



PATHWORK NEWSLETTER

PATHWORK IN
AUSTRALIA & TEXAS

DEVELOPING COMMUNITY

Forming and maintaining any community of like-minded people requires a great deal of commitment and hard work. Where self-analysis and self-responsibility are central concepts, we may need to give up some of the 'normal' glue that can help groups stay together, such as focusing upon a specific set of beliefs, acknowledging an authority or leader, and having group benchmarks to gauge our performance or actions by. Communities can find practical, everyday decisions and deadlines harder to meet if consensus is required before any action is taken.

Self-led Pathwork groups can find themselves in a particularly challenging double bind, a "Catch-22" situation. The Pathwork lectures invite us to become more conscious about the Plan of Salvation and our purpose within it -- **"every human being fulfills an immense task within the universal scale of evolution."** *Great!* Yet **"it is the task of human entities to carry negative aspects with them for the purpose of integrating and synthesizing them. The human predicament is the non-understanding of what is going on, the blindness with which the individual is involved in the struggle, and his deliberate attempt to perpetuate this blindness."** *

Aye, there's the rub...we invite negativity to surface for the purpose of purification and self-transformation, and when it does it can unconsciously (or even deliberately) sabotage the very group that invited it!

Our negative aspects aren't pushovers or wimps. They don't 'go to their room' when we find them inconvenient. Non-understanding is where we begin our spiritual journey, and this leaves us unaware of the most negative parts of us. We may not be aware on a conscious level that we are acting out. In addition, our families and our society encourage us to develop and use 'good' masks. We are also encouraged to displace frustrated energies into 'constructive' activities such as careers, community work -- even sports events -- so that we can feel successful even when we are not on our spiritual path. After decades of being rewarded for being pleasant and busy (or fierce and aggressive), working on the parts of us that are undeveloped and resistant to change can activate our defenses. How can a self-led group handle such strong, unconscious negative forces? ... (cont'd p2)

* Quotes from pgl 189, Self-Identification Determined Through Stages of Consciousness

BI-MONTHLY LECTURE QUOTES, REGIONAL, AND VOLUNTEER UPDATES ARE AVAILABLE FROM THE INTERNATIONAL PATHWORK FOUNDATION BY SIGNING IN AT [HTTP://WWW.PATHWORK.ORG/PHP-BIN/MAILINGLIST/MAILINGLIST.PHP](http://www.pathwork.org/php-bin/MAILINGLIST/MAILINGLIST.PHP)

PATHWORK NEWSLETTER

PATHWORK IN AUSTRALIA PATHWORK IN TEXAS

2009 Teleconferences & Workshops

2nd and 4th Saturdays

5:00 - 6:45 pm US Central Time

Teleconference is accessed by calling a US phone number. Automated email reminders (available upon request) will include phone number and pin plus convert the appointed time to your time zone. Sent 1 week before, and again 24 hours prior. Completed teleconferences are uploaded onto a website and can be listened to online or downloaded as mp3 files.

Questions? Call 512-215-2544 or email Jan at rigsby@pathworktexas.org

August

- Aug 8 Developing the Observer Self, Chapter 3 from The Undefended Self by Susan Thesenga
Entire chapter is available online at www.pathworktexas.org
- Aug 22 The Forces of Love, Eros and Sex pgl 44
Aug 29-30 Austin Workshop: Helping Ourselves
Registration deadline August 22

September

- Sep 12 Child, Adult Ego and Soul Self, Chapter 4 from The Undefended Self by Susan Thesenga
- Sep 26 The Spiritual Meaning of Sexuality pgl 207

October

- Oct 10 Facing the Lower Self, Chapter 7 from The Undefended Self by Susan Thesenga
During October I will be giving presentations in China to support work with The Undefended Self for Pathwork Press. plus offering workshops in Tokyo October 31/November 1 plus November 3rd

November

- Nov 14 Authority pgl 46
- Nov 28 Positivity and Negativity, One Current pgl 148

December

- Dec 12 Commitment; Cause and Effect pgl 196 including AD6, Stages of Commitment on the Path
Will be based in NYC 4-6 weeks during Dec-Jan

New formats being developed for 2010 which may include non-recorded private group meetings and structured classes.

Audio Recordings of ALL teleconferences are available on the internet at no charge. Data DVDs containing multiple tutorials may be purchased if you are unable to download MP3 files. Some Video DVDs also available. Links to FREE audio recordings and video clips (plus free study materials) available at www.pathworktexas.org

Community:

I have found it useful to accept that our universe is a mirror of all things spiritual -- 'as in heaven, so below'. In addition, that every aspect of our lives holds the full story and potential of the Plan of Salvation - the Holographic Universe model. Why not use the very tools the Guide recommends for individual process for a group?

Groups can mimic the various inner voices that an individual might hear through the actual voices of individual members. When members feel defensive, they may focus their energies into one particular point of view or concern. Community needs to develop the voice of an Observer Self just as much as an individual does. Yet for this voice to work in a group, all members will need to have a personal experience of their own Observer Self in order to be able to lovingly surrender to it.

Having a single individual hold or speak the perspective of the Observer Self can be an excellent exercise if done in rotation (so that each member takes a turn, per meeting or per segment). Taking time during each meeting for members to express their own Observer Self is also an excellent exercise, both for developing our individual voices and for introducing a higher vibration into the group energy.

Using the Observer Self as a primary element in a group's structure supports all members in developing their own Observer. We often learn as much by what doesn't work as we do from what does. Success' and 'failure' are little more than snapshot captions to describe a sense of what is happening in a moment.

There are many workbooks and texts on group dynamics. Formats used by 12 step programs can also serve as excellent models to start with. A group whose goal is to self-lead might choose to engage part-time help from a facilitator at some point, through in-person meetings, private teleconferences, or support materials such as audio-visuals, worksheets, or sample curriculum. More on this later!

Jan Riggsby

