



PATHWORK

NEWSLETTER

PATHWORK IN
AUSTRALIA & TEXAS

Thoughts on Self-Led Study Groups

This essay is more about ‘musing out loud’ and inviting input, rather than presenting a structured program. The essence of Self-Led Groups is their autonomy. I felt inspired to offer some suggestions in response to dozens of enquiries about how to study Pathwork on one’s own, a renewed interest in the Distance Learning Program I tried out in 2006, and the interesting reality that my contact list is sent to 20 US states, much of Australia, and 15 additional countries (plue contacts from China and Japan later this year). In total, 365 souls across 5 continents read (*or delete*) this newsletter. The greatest concentrations are where I have actually lived: in Austin, Texas US (35) and Melbourne, Victoria AU (42). This reflects the power of personal one-on-one connection. Yet a group of 3 or more (2 tends to be buddy study) is possible anywhere on the planet with the help of telephones and the Internet.

“Demagnetizing Negative Force Fields”(pgl 201) invites awareness of the negative aspects of energetic magnetism. The positive aspect also needs attention. What we attract reflects our current stage of development and also what we are capable of handling. ‘Now’ is both information a guide to where we might explore further.

My globe-trotting childhood in a military family led me to understand different cultures and philosophies. My ideaphoria (a fancy word for seldom experiencing a blank moment/always finding new trains of thought) makes me sound like an overly serious Robin Williams, inspiring the thought ‘put a cork in it, Jan’. My ideas aren’t better than anyone else’s. There are just a lot more to choose from , so my batting average tends to be higher. Wanting to share (in ways others can receive easily) fuels my passion for collecting written, audio, and especially video manifestations of ideas. There are also sensory collections -- scalp scratchers, stuffed animals, aromatherapy, tea light holders. My wardrobes, bureaus, and bookshelves are filled with symbols of ideas. My passion for teaching enables me to be more fully present with others. Teaching also feels like the fastest way to learn, so the giving and the receiving can be balanced. And in each moment of Now, a new direction for this life material is possible.

My most recent acquisition is “A Pig with Six Legs... and other clouds”, a tiny book of pictures from the Cloud Appreciation Society. They formed in the summer of 2004 in order to fight the banality of ‘blue-sky thinking’ and to remind people that clouds are one of Nature’s most beautiful and life-giving phenomena. The society now has a membership in excess of 8,000, spread across 43 countries around the world. Cloud Self-study groups!

Carolyn Myss’ 2006 book “Invisible Acts of Power: Channeling Grace in Your Everyday Life” tells a story of a mother who had to request government assistance and who wept during the interview, deeply ashamed of feeling like a failure. The bureaucrat came around the desk, put her arm around her shoulders, and said “You are what this agency is for. Don’t feel bad and believe me, honey, you will pay this money back tenfold in taxes someday.” A group could attract and manifest ‘Pay it Forward’ energy. The ultimate positive Karma may be to pay back tenfold what we have received,by discovering and activating our unlimited inner wealth.

Essay continued on page 2, Self-Led Study Group plans on page 3

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2009 Teleconferences

2nd and 4th Saturdays

Formal Presentation
5:00 - 6:55 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 and can be listened to or downloaded as mp3 files.

New! Open Discussions

7:00 - 8:00 pm US Central Time
This Q&A portion will not be recorded.

September

Sep 12 Child, Adult Ego and Soul Self, Chapter 4 from The Undefended Self by Susan Thesenga and pgl 182, The Process of Meditation

Film suggestion: Field of Dreams

Sep 26 The Spiritual Meaning of Sexuality pgl 207

Film suggestions: Brief Encounter (1945) Bliss (1997)

October

Oct 10 Facing the Lower Self, Chapter 7 from The Undefended Self by Susan Thesenga

Film suggestions: Running on Empty (1988) 25th Hour (2002)

Oct 12-29: I will be offering presentations to universities in China on Pathwork and the new Chinese translation of The Undefended Self.

November

Workshops in Tokyo, Japan Oct 31/Nov 1 and Nov 3

Nov 14 Authority pgl 46

Nov 28 Inner and Outer Laws in the New Age pgl 227

Film suggestions: Mr. Smith goes to Washington (1939)

The Contender (2000) Day Night Day Night (2006)

December

Dec 12 Commitment; Cause and Effect pgl 196 including AD6, Stages of Commitment on the Path
Film suggestions: The Visit (1964) The Human Stain (2003)

May be based in NYC for 4-6 weeks during Dec-Jan

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

Self-Led Groups cont'd...

Our task on this planet is to open up this inner treasure chest and activate it. Along the way, we need to grok* the ultimate weakness of negativity: being finite (= ultimately boring), it has no spiritual power over us without our consent.

It is the 'along the way' segment that preoccupies most of us. It's where we can become lost, disoriented, and discouraged. When we believe that negativity is spiritually powerful and dangerous (just because it is able to manifest painful real-life consequences on this dualistic plane), our belief empowers it further. "Whatever possibility you can conceive of, you can realize" (pgl 157) is a two-edged sword. "Every thought, every feeling, every ambition, and every act is formed in spirit" (pgl 22) allows for infinite possibilities. Each day is the first day of the rest of your life, and time is a human perception -- so there is always as much time as we need. The distinction becomes when, not if. (And in which lifetime!)

Within the structure of a Pathwork community, I discovered my calling: to teach through being. In September I will turn 60 and enter the final trimester of life. I don't want to die holding onto empty toys and trophies. Their only value lies in how I am able to use them, and how they may inspire me further.

A Six-Legged Pig comes into universal consciousness when it's author conceives it. An unread book still exists for those who have published it. Yet in reading it (or sharing) more of us can appreciate the unique delight of looking up with anticipation and connecting heart and mind to a wisp of condensation.

Group work is a way of reading to each other from the unique creation that is Our Life, and to more fully access the greater library of Unitive Consciousness.

For details on new ways to read together, see page 3!

Jaukiy

* Grok: To understand profoundly through intuition or empathy. Coined by Robert A. Heinlein in his 'Stranger in a Strange Land'



Garden in Nambucca Heads NSW

Sunset in El Paso

Self-Led Groups

A 12-Step format might include:

- Reading selections from a lecture out loud at each meeting in order to bring the Guide energy in and create a container.
- Choosing lectures, principles or concepts on a rotating basis as starting points for sharing.
- Clearly dividing meeting segments between sharing and discussion, so that there is no feedback or cross-talk when members are sharing.
- Feeling into the group's organic process, with each person naming what they feel and perceive ("I statements").

A 12-Step format is not easy to hold without an agreed upon structure, time for active discussion ("either during one segment of the meeting or afterwards) and a commitment by all members to uphold rules or agree to change them through consensus.

Once a group completes an initial introductory stage together, the format may need to be adjusted to meet the organic needs of the group.

A key factor is that there must always be one or more organizers, but that their intention only be to support rather than facilitate. Pathwork asks that we confront our own defenses; it is easy to hide from this process by caring for others, and it may be our very defenses may encourage us to do so. When we try to help others as a way to avoid self-discovery, they will collude with us and the group will stagnate.

Email groups

The easiest way to do this is using group addresses and 'reply all'. Lots of software can be used to create a private, online group if tracking older responses is important. Yet the same principles apply regarding sharing, taking care with feedback or 'rescuing', and having some overall structure.

Self-Led Groups

Part-time Facilitation might include:

- Group time with a facilitator on a regular or as-needed basis, where members could process issues with each other or go deeper into individual process.
- Temporary support during the formation phase.
- The ability to reflect upon facilitator input regarding individual issues (as they apply to each group member in 'I' statements) and the group as a whole to support discussion and work more deeply together.
- Using software for group emails for tracking a concept or thread, allowing members to review and consider input at their own pace.
- Bringing in different modalities, such as Voice Dialogue©, Core Energetics©, or other meditation and process techniques. Members could share costs for instruction materials and brief seminars or teleconference meetings with different facilitators.
- Curriculum / topic suggestions
- Group exercises and /or assignments
- Reading, audio or video materials
- Ongoing mediation for group process
- Philosophical common ground, even if this is about helping members to understand each other's points of view rather than to attempt consensus.
- Periodic group workshops

Peer-Led Lecture Study Groups

Blending experienced Pathworkers and newcomers can be exciting. Working with others means you don't have to know everything, and trying to explain a concept is the fastest way to find out you don't know really what it means! Lowering the competitive aspect of a group (so we don't feel like the lowest person on the totem pole) can help us lower our defenses, allowing us to see where we don't 'walk the talk'.

To be continued...

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