



Every Journey Begins with a First Step

It is a privilege to witness beginnings. Being present with a sentient being in the role of parent, teacher, or friend is how most of us find ourselves seated front and center to the best show on earth: the birthing of a new level of consciousness. Parents learn that perception -- the simple reality of becoming aware -- is a miraculous new stage for an infant. Then there is an inner decision that an object or a feeling is desired, an instinctive impulse to reach out for it, explorations around how to get closer to it, experience it, own it. 'Possession' is a mini-victory which immediately triggers new behaviors; to investigate and experiment. We want to find out what its essence is, what relevance it has to our life and our needs, what it means to others. When a small child tosses a new toy aside, the deeper meaning can be these tasks were completed -- for the moment -- and the child wants to repeat its success. This is also instinctual; the brain needs repetition, in actions, thoughts, and feelings, in order to grow new neural pathways of understanding and memory. The growth of nerve cells is directed by consciousness. This goes on throughout our lives; where we focus, we grow.

December's teleconference topic is **Commitment: Cause and Effect**, Pgl 196. The Pathwork Guide addresses adult experiences of consciousness. *"Maturity is to a great extent the ability to put cause and effect together. The ability to put cause and effect together also indicates the degree of awareness an entity has reached through his development."* I encourage you to download the full text from www.pathwork.org. Study materials are available at www.pathworktexas.org.

In 1991 I was penniless and close to a nervous breakdown. A therapist gave me a list of self-help books (which included one of the Pathwork books). She also offered practical, day to day techniques which helped me stay present and focused. One was called a **Four Part Native American Harmony**, and it goes like this:

1. Show up
2. Pay attention to what has heart and meaning
3. Tell the truth without judgement or blame, and
4. Stay open to the outcome, rather than attached to it.

'Showing up' can require all of our strength during a crisis. It is indeed the first step. Nothing will happen until -- and unless -- we show up.

Last month, first steps were taken by many communities throughout the world. Liaisons were appointed for Pathwork communities (see insert on page 2). In Tokyo, Year One of a four-year Pathwork Transformation Program may begin as soon as October 2010; see www.janrigsby.com/pathworkinjapan/. Pathwork in China has become a possibility; see www.janrigsby.com/pathworkinchina/ and www.janrigsby.com/ for details and essays. These are the larger, public manifestations of consciousness. They represent thousands of 'first steps' by individuals. Showing up and paying attention can change the world. It all depends upon our taking that first step.

2009/2010 Teleconferences

2nd and 4th Saturdays

5:00 - 7:00 p.m. US Central Time

Teleconferences are accessed by calling a US phone number.

Automated email reminders (available upon request) will include the phone number and pin, plus convert the time to *your time zone*. Sent 1 week before, and again 24 hours prior..

Completed teleconferences can be listened to or downloaded as mp3 files.

December

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

January

Jan 9 from *New Your City*: Giving Up Illusions Pgl 204
“This is basically the Pathwork. Unless you give up these illusions and take stock of whatever is in you, you must remain alienated from your own spiritual essence”
Jan 23: Self Acceptance / The True Self Pgl 94
Film suggestion: Groundhog Day (1993)



[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

Pathwork in Japan

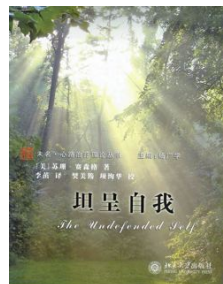
The Pathwork of Self-Transformation

Japanese translation 2007

A Pathwork Transformation Program will begin in Tokyo in October 2010.

Details may be found at

www.janrigsby.com/pathworkinjapan/



Pathwork in China

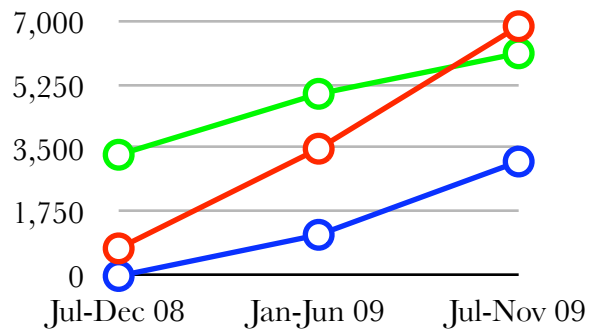
Jan and Dr. David Schwerin were welcomed by 12 Chinese universities for talks on Socially Responsible Business, Pathwork, and Personal Transformation. You may download dual-language PowerPoint presentations at

www.janrigsby.com/pathworkinchina

in addition to Chinese and English translations of The Observer Self, Chapter 3 of The Undefended Self.

What a Year!

I've been tracking statistics on how many times a month the audio and video files are downloaded since I began taping them in July 2008. This graph will give you a very rough idea of the raw numbers for each group of files; MP3 audio files of the teleconferences (download from [eSnips](#)), views of the original *Introduction to Pathwork Concepts* on [YouTube](#), and views of short videotaped segments of the teleconferences.



Number of online views and downloads
Audio (eSnips.com) and Video files (YouTube.com).

- Audio (TC) eSnips
- Video (TC) YouTube
- Video (Intro) YouTube

IPF Liaisons

After receiving the support and trust of their Pathwork Communities, so far six Liaisons (including Liz Ryan, who will represent the Melbourne Pathwork Community) have been appointed by the International Pathwork Foundation