

# Pathwork™ Steps

## The Process of Meditation PL 182

Film suggestions for self-study to illustrate differences between Child Consciousness and an under-developed/ (weak) or over-developed (ego-centric) Adult Ego

### Bluebeard's Wife (2005) 5 mins

When faced with evidence that her husband may have committed a terrible crime, a woman is forced to make a choice. Will she risk the stability of her suburban life to find the truth, or is ignorance truly bliss? Director: Bobby Webster Stars: Joan Barber, Norm Golden, Isabel Irene Bass

<http://www.talktalk.co.uk/video/2419/film/short-film-bluebeards-wife.html#2419>

### Granny O'Grimm's Sleeping Beauty (2009) 6 mins

In this computer animated short film, Granny O'Grimm, a seemingly sweet old lady loses the plot as she tells her version of Sleeping Beauty to her terrified grandchild.

<http://www.youtube.com/watch?v=cIDv1jJhoxY>

### The Kid (2001)

"The Kid" with Bruce Willis is good for child consciousness and needing to re-parent the inner child and resolve automatic "childhood" reactivity. From Carol Day: "In terms of movies, I use "The Kid" in its entirety--to teach the 3 chair process as well as the childhood hurts lecture. This movie does the whole thing--first the total ignorance re: child consciousness, then the cc shows up in the form of a little boy, they go back in time to the original hurt from childhood, they re-educate, and at the end, even a Higher Self version of Bruce Willis shows up. It's marvelous, funny, and does a whole lot of teaching for me."

Bruce Willis, Spencer Breslin, Lily Tomlin. Director: Jon Turteltaub Comedy

Trailer: <http://www.youtube.com/watch?v=wIP-eJM20c8>

### A Child's World (2001) Documentary 3 45 min Episodes

BBC series on how children process information at different ages. Emotional trauma can negatively impact childhood development, impacting our ability to process information.

### Episode 1: Mind Games

Pt 1/3 <http://www.youtube.com/watch?v=1QnnN2zr2Lc> Pt 2/3 <http://www.youtube.com/watch?v=e--hnbue1Lg>

Pt 3/3 <http://www.youtube.com/watch?v=sFPS2OTOQE>

Lying is a fact of life. We're taught from birth that it's bad, but the truth is human relationships would disintegrate without it. Luckily, it comes naturally to us all - just not right away. It's not until age 3, at the earliest, that children develop what may be the most important skill they will ever use - the ability to understand and act upon the fact that others think and feel differently from them. Only then are they able to lie. MIND GAMES explores this ability to read and then manipulate people's thoughts, known as "theory of mind". Once children begin to imagine and pretend, they have started to develop it. But even after acquiring this skill, they don't fully understand how to use it. That's why young kids often tell the truth even when adults would rather they didn't. Not until they get older, around ages six and seven, are they able to view life outside of rigid rules and see the moral shades of grey that indicate when it's okay to lie and when it isn't.

### Episode 2: Facts of Life

1/3 <http://www.youtube.com/watch?v=Tf4pBebDqkQ> 2/3 <http://www.youtube.com/watch?v=wc9QD4qGMR4>

3/3 <http://www.youtube.com/watch?v=nN3aAkhdfw8>

At one year, children have no understanding of gender, yet they still conform to traditional gender stereotypes. But is this a function of nature or nurture? Explore the different effects brain chemistry and adult interaction have on the long and sometimes strenuous quest to understand gender. Young children's answers to fundamental questions about existence demonstrate why the basic facts of life-gender, life and death-are foreign to many of them, and what mental tools they require to understand the life cycle. FACTS OF LIFE guides you through the minds of children to explain why they grow up seeing life as a moment in

time rather than as a process of growth and change, and how a conceptual understanding of time is the first step towards making this distinction. Coming to terms with the idea that the outside can change while the person inside remains the same is the key to developing an accurate sense of self. And this, ultimately, is what guides us along the inescapable path from cradle to grave.

### **Episode 3: The Independent Thinker**

1/4 <http://www.youtube.com/watch?v=sEOTHXxOgm8> 2/4 <http://www.youtube.com/watch?v=jo2SesUcKJU>  
3/4 <http://www.youtube.com/watch?v=rzRHkUF9nVg> 4/4 <http://www.youtube.com/watch?v=Oj67CpGz8-0>

A child's world is an ongoing road to independence, a constant quest for a sense of self. And it's one which, from complete helplessness to total independence, takes humans longer than any other species. But why? INDEPENDENT THINKER examines the role memory and abstract thought play, and how they allow us to make sense of the world. You'll find out why five-year-olds are better at some feats of memory than adults. You'll also discover what's beneficial about tantrums and frustration, and why, although a child's brain is 95% of its adult size at age 8, kids are not fully able to make their own decisions for about 3 more years. When their attitudes of rules become more flexible and they begin to apply their own sense of right and wrong to situations, they are capable of completely independent thought. Then-watch out! They fearlessly exercise this newfound ability, despite still lacking the emotional tools to deal with the consequences. Learn how they cope with this void, and why friends play an increasingly influential role as children advance toward independence.

### **Click (2006)**

An eccentric inventor (Christopher Walken) who works out of the back room of Bed, Bath & Beyond gives workaholic Michael Newman (Adam Sandler) an experimental gadget guaranteed to change his life; a perfect remote control with some startling functions - it can somehow mute the barking of the family dog and even fast forward through an annoying quarrel with his wife (Kate Beckindale). Michael quickly becomes addicted to this new rush of power. But before he knows it, the remote is programming him, rather than the other way around. Director: Frank Coraci Comedy

3:47 excerpt: <http://www.youtube.com/watch?v=48hS20iPDUc>

### **The Miracle Worker (1962)**

The story of Anne Sullivan's struggle to teach the blind and deaf Helen Keller how to communicate. Though Helen perceives sign language as a finger game, Annie's unflinching tutelage ultimately awakens in her charge the concept of words. Anne Bancroft, Patty Duke. Director: Arthur Penn

Final scene: <http://www.youtube.com/watch?v=IUv65sV8nu0>

### **25<sup>th</sup> Hour (2000)**

The clock is ticking on Monty Brogan's (Edward Norton) freedom - in 24 hours, he goes to prison for seven long years. Once a king of Manhattan, Monty is about to say goodbye to the life he knew - a life that opened doors to New York's swankiest clubs but also alienated him from the people closest to him (Barry Pepper, Phillip Seymour Hoffman, Rosario Dawson). Monty's not sure of much these days... but with time running out, there are choices to be made. Acclaimed director Spike Lee sheds light on a man who's unsure of how his life has led him to this point as he struggles to redeem himself in the 25th hour.

Mirror monologue: <http://www.youtube.com/watch?v=mbOuU3L3bQc>

### **Bastard out of Carolina (1996)**

Set in South Carolina after WWII, a single mother and her daughter struggle to keep their relationship strong amidst pain and anger. Very disturbing account of abuse and incest dynamics transferred onto a child while her mother looks the other way. Based on the novel by Dorothy Allison. Jena Malone, Jennifer Jason-Leigh. Directed by Angelica Huston. Full movie: <http://www.youtube.com/watch?v=l6vsu9BYfyw>

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