

# Pathwork Steps June 2014

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## Real and False Conscience, Real and False Guilt

Quotes from Chapter 15 of The Path to the Real Self (PRS15)

By Eva Broch Pierrakos

The existence of some form of conscience is generally recognized. The phenomenon of conscience is explained in different ways. However, it is generally ignored that man is governed by two consciences.

One is the expression of his higher or real self, the center of his being, aiming at full self-realization.

The other is a superimposed conscience that is, partly, the expression of superimposed rules and regulations, such as the dictates of public opinion, and, partly, an expression of the dictates of his private idealized self image. The existence of conscience (either of the two) is felt by most people through a nagging little voice, pushing in a certain direction; through strong inspiration; and through a feeling of guilt when not living up to its precepts.

When the dictates of the superimposed conscience and the idealized self image -- two self-alienating, artificial factors -- conflict with one another, the inner struggle is even more desperate. The superimposed conscience cannot be fully recognized without a thorough awareness of childhood relationships, reactions, conditions, the personality of the parents and their effect on the child. Only by seeing this entire picture, can the struggle between the superimposed conscience and the lower self be resolved and the real conscience can evolve.

The superimposed conscience is responsible for the hiding of the lower self, with its primitive, destructive, egotistical instincts, instead of permitting awareness of it, so that it can change and grow up.

He who is aware of his lower self is in a better position to cope with it, without the threat of the superimposed conscience and the inflexible dictates of the idealized self image.

The total understanding, in depth and width, of what faulty attitude led to the unwelcome result, brings such liberation and such an influx of renewed life force that outer results become proportionately more favorable. When this is the approach to the self and life, superimposed conscience is completely superfluous.

The Path to the Real Self © The Pathwork Foundation 1999 may be purchased at [www.pathwork.org](http://www.pathwork.org)

Download complete study guide at [www.pathworksteps.org/teleconferenceschedules](http://www.pathworksteps.org/teleconferenceschedules)

Lectures referenced in this month's study guide:  
PL 49, 108, 109, 152, 201, 217 (see portions below)

Download all lectures at no charge from [www.pathwork.org](http://www.pathwork.org)

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## Spiritual Fitness

In the NY Times commentary [Fitness Crazed](#), Daniel Duane writes about his obsession with becoming physically fit, and what he learned about the science of the body -- and the fitness industry.

He discovered that the best results are achieved by sports trainers, who use a principle called '*progressive overload*'. What works best is a gradual increase of repetitions, weights, or distance. Yet the actual physiological changes -- on a cellular level -- happen in-between exercise days. The key to *progressive overload* is the rest day(s) in-between workouts. That's when the body adapts, in preparation for a new reality.

He writes "The human body is an adaptation machine. If you force it to do something a little harder than it has had to do recently, it will respond — afterward, while you rest — by changing enough to be able to do that new hard task more comfortably next time. This is known as the progressive overload principle. All athletic training involves manipulating that principle through small, steady increases in weight, speed, distance or whatever."

Spiritual fitness works the same way. A concept moves from intellectual understanding to inner knowing when we experience its value and truth in our daily lives. A change of mind may start in a workshop, but it completes once we realize its truth on an intensely personal level -- often while we are 'resting' from our studies.

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## Completed POV Drawings from Initial Steps PRS4 Study Guide

In the March Study Guide, I included an arts and crafts template called 'Life is a Point of View' and invited people to email their creative interpretations to me at [janrigsby@gmail.com](mailto:janrigsby@gmail.com).

27 drawings are now available and can be downloaded from the 2014 Teleconference page at [www.janrigsby.com/id5.html](http://www.janrigsby.com/id5.html).

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## How does the weekly Self-Study plan work?

Simply bringing awareness of our higher self into our daily lives will bring about self-transformation. Additional efforts may accelerate the process, yet the goal of all spiritual paths is to find our own inner harmony. Helping others then becomes the manifestation of our our belief system, rather than a struggle against disbelief.

My introduction to new-age spirituality (i.e.non-religious) was a 12-Step program. As suggested in their literaturel, I attending various meetings looking for a group and format that I felt comfortable working with.

My absolute favorite was a writing group that worked on one step for an entire month. We would read the 12-Step intro materials together, write our thoughts about the step, then share *only* what we had written. The focus upon a single step over an entire month allowed me to observe myself and others within the context of that step. I noticed how my thoughts evolved over several weeks, and I noticed changes in how other group members addressed their issues. By restricting oral sharing to what had been written down, we avoided extended story-telling. We became acutely aware of what we were able to admit to ourselves (in our writing) and what we were unable to share with others in the moment (by editing sections or passing).

The transformative power of this simple process was my inspiration for Pathwork Steps.

Each month, a lecture or concept is highlighted in the newsletter. A study guide is made available for download that includes excerpts from Pathwork materials, worksheets, charts or diagrams, and suggestions for observing the concepts 'live' (such as short films on YouTube or news articles). 2014 study guides are divided into 4 or 5 weekly sections.

Those signed up for weekly notices receive 2-4 pages of the study guide each Sunday. We can gain a sense of camaraderie in just reading along during the week.

Participating in the weekly meetings adds a catalyst: hearing ourselves and others who are 'in process'. The only requirement is that those who want to share during the meeting must read the weekly section beforehand.

During 2012 I experimented with non-intervention, allowing the meetings to be fully self-led. For those unfamiliar with Pathwork, this was not effective. In the current format I offer feedback, teachings that illustrate the concepts, plus tools and techniques for further study.

*(And this prompts personal and spiritual transformation?)*

Yup.

Those who have been participating in the weekly meetings have experienced self-transformation and have observed it in others. We are often in awe of each other. We often laugh at ourselves and the human condition. Deep process work is not the result of a format or a facilitator; it is the natural result of activating our positive intention for being here in the first place.

I take handwritten notes during the meeting in order to capture some of the flavors of what is shared, and as a reminder of the wisdom, courage, and love we are privileged to witness. These are scanned and emailed to participants (past and present) with any relevant additional materials.

Anyone is welcome to sign up for the weekly notices and follow along. Unsubscribing is just as easy.

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## Parents - Images PRS11



Becoming aware of our self-image (how we choose to present ourselves to ourselves and to others) is a significant step in self-transformation. We can't address something until we become aware of it.

An Australian Pathworker decorated 34 tealight holders based upon a plain wooden design from IKEA for a weekend workshop on Images. What we thought would be a brief bit of fun turned into hours of process, as the playful images resonated, leading us into deep process work that lasted many hours.

Even using these via photographs and online files has been remarkably effective in activating awareness of our self-images.

Download 'Tealights' .pdf from the 2014 Teleconference page at [www.janrigsby.com/id5.html](http://www.janrigsby.com/id5.html) and notice your process in selecting one for yourself. Feel free to use the pictures elsewhere, such as icons or illustrations (select the picture and copy it into a text document, then crop and save as a jpg).

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## The Power of the Word "Restitution"

Restitution is the last step in the process of determining real or false guilt. Because it triggers strong emotions ( *When? How much / how often? To whom?*) that can interfere with the process of self-analysis, I decided to address some aspect of restitution in each of the weekly meetings this month.

Our concerns about restitution are based upon several Grains of Truth.

First, harm cannot be quantified or converted into dollars and cents, or hours of community service, or forfeitures. Compensation (giving something) is often substituted for restitution (restoring). Apples are traded as if they were oranges, resulting in feelings of unfairness or incompleteness. Yet considering what restitution might be

appropriate can act as an antidote for exaggerated or false guilt -- we don't want to pay for 'crimes' we didn't commit. Determining how to restore something can lead us to consider the full impact of what was lost.

Second, doing harm is the effect; inner spiritual disturbance (a false belief, misconception, or distortion) is the cause. Unless the inner disturbance is addressed, effects will continue to manifest (Commitment: Cause and Effect PL196; Cause and Effect on Various Levels of Consciousness PL245). When social or legal resolution is required before we are able to do the deeper work ("Tell him you're sorry right now!") it can encourage a disconnect between cause and effect.

We sometimes use words to support or hide agendas or cloak vulnerability with virtue. For example, we might use the word 'trust' when what we actually want is acceptance or support. Trust refers to having a firm belief, while acceptance is about saying Yes (regardless of beliefs), and support is about offering some level of assistance.

Inspired by the teachings of The Power of the Word PL233, I developed a practice of looking up definitions when a word is used over and over by myself or others. When a word is used narrowly, subjectively, or as an exaggeration in order to distract, the meaning can become distorted. I use The American Heritage Dictionary (online version plus free apps at <http://ahdictionary.com>). The mis-use or emotional charge loaded onto a word can reveal false beliefs, misconceptions, and/or images.

**Restitution** refers to the actions of individuals:

1. The act of restoring to the rightful owner something that has been taken away, lost, or surrendered.
2. The act of making good or compensating for loss, damage, or injury; indemnification.
3. A return to or restoration of a previous state or position.

Reparation is used for the actions of groups or nations:

1. The act or process of making amends for a wrong.
2. Something done or money paid to make amends or compensate for a wrong.
3. **reparations** Compensation or remuneration, as for damage or economic loss, required from a nation defeated in war.
4. The act or process of repairing or the condition of being repaired.

All nations struggle with transparency regarding wartime atrocities, treatment of minorities, and unenlightened aspects of their cultural past. While looking for a way to introduce the topic of restitution I was struck by a quote in [The Case for Reparations](#) by Ta-Nehisi Coates in The Atlantic Magazine. that feels transcendent for both individuals and nations.

He suggests that rather than financial payouts, reparations for past wrongs might be re-defined as *"the full **acceptance** of our collective biography and its consequences."*

He continues, "We stand to discover much about ourselves in such a discussion -- and that is perhaps what scares us. The idea of reparations is frightening not simply because we might lack the ability to pay. The idea of reparations threatens something much deeper -- [our] heritage, history, and standing in the world."

[Errin Haines Whack at the Guardian](#): "Reaction to the piece has been mixed (to say the least) but it appears to be having at least part of the author's intended effect: to get people's attention, and to begin a national conversation about the lingering effects of racism and oppression in America. That anyone in 2014 would be pleading, as Coates is, to simply talk honestly about the implications behind centuries of proven history of one group oppressing another, is astonishing. **More remarkable still could be what happens as a result of him asking the question.**"

It's easy to become discouraged about the human condition. PRS15 reiterates the Pathwork teachings that energy flows from consciousness, not the other way around. Consciousness affects reality by changing its energy.

Offering restitution can bring up a number of hidden agendas and unconscious attitudes. The spiritual value of exploring restitution is to not to find absolute truth, rather to find inner acceptance of our part in what **is**. Restitution can then become joyous, a celebration of who we have become.

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## Quick Online Lecture Word Search!

In Google search: copy and paste the following sentence into the search box:

*"your phrase"* site:pathwork.org/lectures

For instance: if you type

*"crippled"* site:pathwork.org/lectures

into a search engine or browser bar, you will be shown 7 references (8 in the extended version because one of the lectures repeats the word in the same paragraph). The word is used as a simile for how we handicap our minds and our emotions. Click on the reference that seems to suit your enquiry and you will be sent to the .pdf page for that lecture, which can be downloaded.

However, if you search on *"attitude"* you will get 340 references -- from only 258 lectures! *Attitude* is obviously a big topic, addressed in a number of different ways.

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## Lecture references on Guilt

### from the June study guide:

#### **Obstacles on the Path: Old Stuff, Wrong Guilt, and Who, Me?**

Quotes from Pathwork Lecture 49:

In every image you will find inferiority feelings, guilt feelings, hostility, hate, aggression, ignorance, resentment, childish selfishness, fear, and a few other obstructive forces. In the more primitive person, all these traits manifest outwardly and are directed towards the outer world. As the human being develops from incarnation to incarnation, he finally realizes that it is considered bad and wrong and therefore a disadvantage for him to show these feelings openly. Thus he keeps hidden what belongs to the destructive forces, thereby creating obstructions and conflicts way down in the depth of his being (contrary to the surface manifestation of the more primitive person).

There is no image in which guilt is not somewhere interwoven. First of all, it is important to understand that there are two kinds of guilt. There is the unjustified and the justified guilt. It is often true that unconsciously a person uses the absurd, the unjustified guilt as a shield and hides the true guilt behind this unjustified guilt.

#### **The Phenomenon of Consciousness PL 217:**

Consciousness permeates all being, all creation, all existence -- everything that is. In your dualistic realm, you speak of consciousness and energy as if they were two separate phenomena. This is incorrect. Consciousness is a creator of energy, and energy must contain consciousness -- various aspects of consciousness, perhaps "variations" of consciousness as well as degrees. There is no physical, biological, electrical, or atomic energy that could be anywhere near as potent as the energy of direct consciousness. By this I mean the energy of thought, feeling, intent, attitude, belief.

Every thought is energy. You experience this energy as feeling. There cannot be a thought, even the most mechanical, dead, sterile, cut-off thought, that does not also contain feeling.

#### **De-magnifying Negative Fore Fields – Pain of Guilt PL 201:**

It is absolutely necessary that you be totally aware of and make all the connecting links of cause and effect, of received pain and given pain and how one leads to the other and back in an endless chain reaction. It is in your power any time you wish to break this chain. When you decide to go into this area of your being; to look at it; to

express your intent to avail yourself of all divine help in you, call upon this help. Become so still that you can listen or feel it, know its presence.

### **Connection Between Ego and Universal Power PL152:**

Every individual consciousness is universal consciousness. It would not be correct to state that it is a part of it, for a part implies it is only a little of it, a fragment of a whole. Wherever consciousness exists at all, it is all of original consciousness.

### **Spiritual and Emotional Health Through Restitution for Real Guilt PL109:**

Perhaps the most difficult thing for man is that of facing his lower self. And, after all, it is in connection with the lower self that real guilt exists. Man goes to any length to avoid facing the lower self. Or perhaps he is capable of and willing to face parts of it, yet certain parts he is absolutely unwilling to accept. He is so frightened by the possible implications and so eager to be better than he can possibly be at the moment, that he would rather produce much worse guilts that are untrue than accept the tiniest real guilt belonging to the area of the lower self that he is unwilling to accept. This condition is quite general and very important to recognize. It is still vastly underestimated.

Self-respect and self-assurance can only exist if you do not hide from your impaired integrity. When you come courageously face to face with that part in yourself, you will repair damage that cannot otherwise be repaired. In order to muster up the necessary courage and concentration, you have to understand fully the corroding effect on your life of the best that is in you. This will give you the incentive.

Download all Pathwork Lectures at no charge from [www.pathwork.org](http://www.pathwork.org)

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## **Future Topics**

**JULY: The Defense PRS 19 / PL 101**

**AUGUST: The Abyss of Illusion PRS 20 / PL 60**

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## **2014 Free Online Meetings**

**Saturdays 7pm US EDT**  
Converts to Sundays 9am AU EST

verify your time zone at [www.timezoneconverter.com](http://www.timezoneconverter.com)

**During 2014** we are studying one chapter of the Path to the Real Self each month, looking at it from different angles or dividing into concepts that are supported by individual Pathwork lectures.

**If you wish to participate** in the weekly meeting, the only requirement is to read the weekly study guide segment (below) before the meeting. You may pass (skip your turn) at any time for any reason.

**Meet online!** We use Zoom.us teleconferencing software. Simply click on the access link. You may also call in via landline, mobile, or VOIP line.

**Audit a meeting!** Feel free to listen in. There is no charge or obligation. Reading requirements apply only if you wish to participate by sharing.

**To receive weekly meeting access links and updates,** click on the link at the bottom of this email and tick the 'Pathwork Steps Weekly Meeting Notices' in your MailChimp group preferences. Every Monday you will receive the study guide portion for the Saturday meeting. You may unsubscribe from the weekly notices at any time.

**Unable to attend a meeting?** *Use the study guide on your own! Allow the weekly reminders to encourage you to read a few pages a week. Use the worksheets, watch the films, download additional lectures from [www.pathwork.org](http://www.pathwork.org).*

**Download monthly study guides** at any time from [www.pathworksteps.org/teleconferenceschedules](http://www.pathworksteps.org/teleconferenceschedules) These include 2 pages of quotes from the primary lecture or source material plus worksheets, suggestions for further self-study, tips on observing Pathwork concepts in our personal lives. There is often a list of film suggestions, with links to to online clips or shorts that may illuminate the concepts. Those who wish to share are encouraged to read the full lecture plus the study guide, but *participants are only asked to read the assigned 1-3 pages each week.*

The **Path to the Real Self** (PRS) encourages a holographic understanding of the Pathwork lectures, bringing an overall perspective to concepts that may be touched upon in 20-30 different lectures. The PRS can deepen our appreciation of the individual lectures by giving them a larger context.

**The entire PRS** is included on the newest DVD-Rom of all the Pathwork lectures, now

\$40 at [www.pathwork.org](http://www.pathwork.org). You do not need to purchase the PRS in order to participate; just download (free) the lectures that are referenced in the study guide.

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