

Pathwork Steps July 2014

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The Defense

The Path to the Real Self Chapter 19 & Pathwork Lecture 101
Study Guide for June 2014 Online Meetings

“The goal of this path is to free the individual from encrustations, prohibiting the manifestation of his real self. These encrustations consist of unrealistic concepts, with their resulting fears. Fear creates tension and distrust. Tension and distrust produce a hardening wall, standing between man's consciousness and his real self, as well as between him and others. He cannot relate to others, he cannot perceive and respond adequately, if his entire inner being is cramped, which is the case in a state of fear.” PRS19

Week 1: What being in defense looks and feels like.

Week 2: What do you fear will happen if your defense is found to be false?

Week 3: The physical, emotional, and spiritual price of our addiction to defense.

Week 4: Living in a unitive state on a dualistic plane

“I think you all begin to see how predominant this defensiveness is. It may be subtle and not easy to detect, but once you are on the right track, you become more acutely aware of its permanent existence. You defend not only against hurt as a supposed mortal danger. You defend also against frustration of your will, against anything that does not go according to your wishes. All this represents, unconsciously, a threat to your safety, while in reality it is not so. It may be undesirable, but something undesirable is by no means necessarily dangerous. Yet, a defense mechanism, by its very nature, is a process of warding off danger.” PL101

“The moments of real danger in a life are comparatively few.” PRS19

Download complete study guide at www.pathworksteps.org/teleconferenceschedules

Download PL 101 at no charge from www.pathwork.org

Quick Online Lecture Word Search!

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

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

Replace the words -- *your phrase* -- with the word or phrase you are searching for;
remember to include the quotes!

The Power of the Word

Practical Applications for PL 233

The online [American Heritage Dictionary](#) is my favorite dictionary. One of the definitions always helps me understand why I am struggling to identify and understand the implications and underlying agendas words can carry. For instance, the word 'defense' can sound courageous, even noble if we feel our cause is righteous.

The problem is that being defended represents having already made a judgment, that 'the other' is dangerous to 'us'. When we are in defense, we are thinking dualistically (PL 143). As described in this month's lectures, our perceptions narrow ('tunnel vision'). In 50/50 terminology, one side is seen as 100% bad and the other as 100% good. We lose the ability to consider, connect, and confer with our higher self and the unitive state of being.

Defense:

1. a. To make or keep safe from danger, attack, or harm: i.e., a vaccine to defend the body from infection.

b. To engage in or be prepared to engage in battle to prevent (a population or area, for example) from being captured or occupied by an enemy.

from Latin *dēfendere*, to ward off

What being in Defense looks / feels like:

[In a healthy mind/body state:] "all his muscles -- physical, mental and emotional ones -- must be in a state of relaxation, in order to have all his faculties ready to deal adequately with life, as it unfolds for him. Then he can be alert and "tune in" on the

happenings around him. This alert, relaxed state permits him to think clearly, to judge and evaluate reasonably, to feel so deeply that his individuality will be enriched by everything that life offers. He can then automatically find the right balance between giving out and drawing in; between action and reaction; between giving in and reaching out in self-assertion. This process must be as automatic in the healthy, integrated, balanced person, as the heart beat or the working of the respiratory system, which function effortlessly and perfectly in the healthy body. They are not willed to function.”
PRS19

[The fear state:] “When man finds himself in danger, all his faculties withdraw from other matters, having nothing to do with the danger area. All his muscles -- emotional and mental ones as well as the physical muscles -- flex and harden in the intense preoccupation with the danger. The entire organism undergoes a change for the singular purpose of dealing with the emergency situation. This happens automatically, due to the fact that, as danger is perceived, the glandular system releases a certain substance which shoots through the nervous system, speeding up blood pressure and accelerating the pulse beat. This substance contains a poison, which has a strong stimulating effect for the purpose of heightening perception and focusing attention on the danger, to the exclusion of all other preoccupation and attention. Man's normal reflexes do not respond quickly enough to deal with a threatening situation. In order to make a quick decision, he needs a special stimulant, which is built into his system and is released automatically when needed. Hence, he can protect and defend himself with greater strength, more undivided attention, increased and quickened resourcefulness, better judgment -- all in a split second. Under ordinary circumstances, it is not only possible, but advisable, to take one's time about decisions, to ponder and weigh, to wait and see. In dangerous situations, such maneuvers may be fatal. The built-in poison substance, called adrenalin, works like a drug, temporarily beneficial for certain purposes, but harmful when habitually used.” PRS19

“When you are on the defensive, you are frightened, you feel threatened, endangered. In order to deal with an urgent issue at the moment, you need all your faculties focused on that one point. ... In order to do that, your entire system goes through a change for the singular purpose of dealing with the emergency situation. When you are in real danger, this is good and important, for otherwise, with but your normal faculties and perceptiveness, you could not accomplish what is necessary to protect yourself. Thus you will develop more strength -- physical or mental -- than you normally have in order to defend yourself. Or you will quickly judge and decide whether defense by counterattack or flight is the better way to deal with the particular situation.” PL101

Download all Pathwork Lectures at no charge from www.pathwork.org

New Pathwork Videos on YouTube

In June I asked several long-time Pathwork students if they would help me create a new series of videos. My intention was to demonstrate what it looks, sounds, and feels like to apply Pathwork concepts to our unique situations.

Identities were concealed as requested. Subjects reviewed the recordings, and have the right to have the sessions erased at any time. Follow-up sessions were offered, which may or may not be recorded. Most had little or no experience doing sessions with a Helper.

Just as every Pathworker follows a unique path towards their life task, each Pathwork Helper offers a unique perspective of the concepts. Local and long-distance help is available from Pathwork Helpers on the community page of www.pathwork.org.

Several recorded sessions plus a short introduction are now available in a playlist on my YouTubechannel. More will be added over the next few weeks.

<http://youtu.be/JFa6k021EKA>

Flatland

Seeing Life from the Perspective of Spirit:

Films based on Edwin Abott's book "Flatland" about geometric characters living in a two-dimensional world can be used as a metaphor for how difficult it is to recognize higher dimensional realities than our own. and to have compassion for how difficult it can be to communicate and translate spiritual truth to those who have not experienced it directly.

The first was a 1965 film by Eric Martin: 11mins

https://www.youtube.com/watch?v=VKniWY_2Hb4

Jeffrey Travis released a 30min version in 2007 narrated by Martin Sheen that is visually slicker but simpler:

Trailer: <https://www.youtube.com/watch?v=fadWYmQMcvk>

The feature length 2007 version by Ladd Ehlinger Jr, spends more time in Lineland (2

dimensions, length and width) and Spaceland (3 dimensions adds height) -- even exploring spiritual dimensions: 1hr38mins

<https://www.youtube.com/watch?v=eyuNrm4VK2w>

The Dot and The Line won the Oscar for Best Animated Short Film in 1965 and makes some of these points around falling in love with someone 'different': 10mins

<https://www.youtube.com/watch?v=hgqUya0kGPA>

I Suggest to You

Our defenses push away discomfort, change, and the unknown as if these were death.

Susan Werner: <https://www.youtube.com/watch?v=eW1DDSQnEYo>

Red Molly <https://www.youtube.com/watch?v=7kbvTPIYqNw>

What if this week IS the best part of your life?
What would you need to understand to see things that way?
What would you have to accept?

How a BBC Financial Reporter Ended Up Bankrupt and Homeless

Former journalist Ed Mitchell describes his roller-coaster life story. The 5 minute film was a top ten pick at Sundance London's short film competition. It illustrates the attitude shift that is possible once we are able and willing to accept what IS instead of what we expected, desired, or imagined might be. 4 mins 40 sec.

<http://www.theatlantic.com/video/index/361438/how-a-bbc-financial-reporter-ended-up-bankrupt-and-homeless/>

Purple Shoe Rap

A one-minute video featuring my granddaughters purple shoes.

<http://youtu.be/SyoKqRhGpJs>

No Money, No Time

How the Dualism of Life on the Earth Plane Accelerates Transformation

Below is a link to a New York Times op-ed article on how poverty accelerates poor decision-making, costing time and money and creating more poverty.

This is a great example of a vicious circle. Using the principle that everything on earth reflects a spiritual truth, real-life poverty can reflect how mental, emotional or spiritual poverty is perpetuated. The more effort, anguish, and doubt consume us, the less time and energy we have available for self-analysis and transformation.

This link is actually a single line; if it doesn't work when clicked, copy and paste both lines into your browser window:

[http://opinionator.blogs.nytimes.com/2014/06/13/no-clocking-out/?emc=edit th 20140615&nl=todaysheadlines&nid=54982637](http://opinionator.blogs.nytimes.com/2014/06/13/no-clocking-out/?emc=edit_th_20140615&nl=todaysheadlines&nid=54982637)

Questions and Answers at the end of Pathwork Lecture 101:

QUESTION: You mean, we should just listen to someone if he criticizes?

ANSWER: Calmly listen and evaluate. Could there be some truth in the criticism?

Observe your inner reactions of fright. You will soon discover that your fright is unjustified even if the criticism be wrong. Nothing can happen to you, you are not in danger.

QUESTION: But what if we get annoyed at being unjustly criticized?

ANSWER: The very feeling of annoyance is the proof and expression of your defensiveness. Without defense, you would not be annoyed. How could you be? You would evaluate and either find that in it there may be some truth, little truth, or none at all. What can this criticism do to you that causes annoyance? Have you ever analyzed it from this point of view? Justified or unjustified criticism cannot really harm you unless you think you cannot be loved and respected if something to be criticized is found.

QUESTION: What if it is a lie, if it is untrue?

ANSWER: I said that before. It cannot harm you by looking at it calmly. Your defense against it is the harm. The lie itself, or the erroneous judgment, could never harm you. And the less defensive you are, the more adequate will you be to straighten out an outright lie or misunderstanding.

QUESTION: If the accusation covers a betrayal, and you have a natural anger against it, your anger may cover self-defense. But it also is a natural reaction against someone who has made promises, and you have fulfilled your part, and then you find that you are betrayed, and the thing that you were promised and you have hoped for does not come true. Is not this a natural anger?

ANSWER: Before we deal with the term of what is "natural" and "unnatural," I would like to say again that I did not imply that people should take any injustice or betrayal without doing whatever is necessary, constructive, and productive. When it is healthy and when not, cannot be determined in a general rule. It is too subtle and can only be found in truthful self-examination. Now as to what is "natural," this can be so misleading. It is certainly "natural" to have immature, unproductive reactions because everyone else has them too. But that does not mean they are really natural or that it is not possible to grow out of them -- not forcefully, not by superimposition, not by feeling guilty that childish reactions still exist, but in the way that I always advocate.

PL101

Future Topics
The Abyss of Illusion PRS 20 / PL 60
Benign and Vicious Circles PRS 21 / PL 50

Unfair Authority -- Teacher Transference

We may not realize how we play into the parent-child dynamic as friends or teachers.
Excerpt from an article titled 'How I Became an Unfair Teacher' from The Atlantic:

The asymmetries of the classroom are intense. With each teacher responsible for a hundred students or more, the typical kid occupies a teacher's thoughts for—at best—a minute or two per day. But each student only has a handful of teachers. Every instructor looms large in her world, wielding power over her days, via class periods; her nights, via homework; and her future, via grades. She spends much of her time thinking about the teacher's demands, the teacher's expectations, the teacher's preferences and inconsistencies.

So when a teacher briefly focuses attention on a particular student, it comes with the heat and intensity of a spotlight. A moment the teacher barely remembers might stick with the student for years.

This was a frightening realization for me. Classroom lessons may slip quickly through students' fingers, but the classroom experience lingers in memory. Each teacher offers students a different model of authority and justice. We set our own standards of fairness and sometimes fail to honor them. A teacher swings a heavy club, and we can leave big, purple bruises if we're not careful.

Link to full article:

<http://www.theatlantic.com/education/archive/2014/06/how-i-became-an-unfair-teacher/371908/>

2014 Free Online Meetings

Saturdays 7pm US EDT

Converts to Sundays 9am AU EST

verify your time zone at 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 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. By 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.

Download monthly study guides at any time from

www.pathworksteps.org/teleconferenceschedules These include 2 pages of quotes from the primary lecture or source material plus worksheets, suggestions for further self-study, and 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 for each week's meeting.*

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.

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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