

# Pathwork Steps

## March 2014

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# Basic Pathwork Skills: Building a Toolbox

## Finding Our Faults PL26 Initial Steps for Self-Search PRS4

Coming into conscious awareness of our spiritual journey is a gradual process. Some of us, as children, experienced spiritual and psychic connections that we 'grew out of' or were taught to distrust. Adolescence is a traumatic time for many reasons, and a common theme is that our dreams, ideals, and natural instincts seem impossible to integrate into the roles we are asked to take on as adults. When our sense of truth is still developing, it can be feel too vague to claim for certain. Words and phrases we might use to express ourselves today were not commonly used or understood even a decade ago.

People new to the Pathwork lectures often remark, 'I *knew* that!'. Of course we do. "Memory fades automatically the moment matter envelops the spirit." Choosing Your Destiny -- The Will to Change PL3. Our journey is about remembering. The Pathwork lectures can accelerate this process by reminding us who we already are.

In February, the weekly meetings and self-study guides focused upon The Structure of the Human Personality PRS2. A one-line summary might be, 'activate your Higher Self regularly, learn to identify it, and discern the difference between your eternal spirit and your temporary human personality'.

This month, we turn to Initial Steps for Self-Search PRS4. The chapter suggests two sets of self-inventory questions. Just to bring another perspective, I offer suggestions from 'Life as a Card Game' (download the study guide

from [www.pathworksteps.org](http://www.pathworksteps.org)) which asks 'what were you dealt, which cards have you played, and what cards are you holding now'? Finding Your Faults PL26 suggests how to develop a self-inventory with a partner or friend. The lecture focuses upon faults because most people exaggerate or diminish these. In either case, it can be useful to hear objective feedback.

There is another objective reality about spiritual work: it requires certain skills, such as self-analysis, observation, and discernment. Developing such skills requires practice.

Eva's preface to *The Path to the Real Self* describes how it took 5 years for her to distinguish and learn to write, then to speak the messages of the Pathwork Guide. It is a fascinating story! Download free from the 2014 Teleconference page at [www.janrigsby.com](http://www.janrigsby.com).

Children don't complain about how long it takes to learn to walk, although they instinctively know there is something very important they must learn to do. As adults, we are more able to imagine the new stage of development we are working towards. It is our vision of what might be that leads us to become discouraged at slow progress, and frustrated with anything that seems to hold us back.

Imagine someone illiterate hearing a beautiful story, and deciding that literature must be part of their lives from now on. They could buy audiotapes, attend readings, enlist someone to read to them, even hire a reader. Yet how would they pick the next story? What was the actual spark that inspired them -- the author, the genre, particular characters or situations? If we learn nothing about what activated Eros, we can only wait, helpless, until it re-awakens,

Eros "is one of the most potent forces in existence, and it has a great amount of momentum and impact... The strong momentum of the erotic force alone carries the soul just so far and not further. It is bound to dissolve if the personality does not know how to learn to love, if he or she does not cultivate all

the qualities and requirements necessary for true love... The erotic experience puts the seed into the soul so that it longs for unity." PL 44 This is true for all levels of love -- of God, spirituality, learning, and self-development.

There are skills and techniques within the lectures that can enable us to accelerate our spiritual growth and development. Activating our Higher Self is one example: "Express gently, but firmly, the wish to be in contact with your Higher Self, to have it manifest...whether this concerns inner will, inner wisdom or guidance, or any other facet of it, it is bound to respond." PRS2. Creating a self-inventory is another.

Lectures that focus upon such 'tools' may feel pedantic, even boring! My approach is to teach them alongside the juicier lectures on crisis, childhood hurts, and the plan of salvation. During the 2014 series of self-study guides and teleconferences, I am emphasizing them as they appear in The Path to the Real Self, Eva's unpublished manuscript, where each chapter may touch upon a dozen or so lectures in drawing a stronger narrative about Pathwork concepts.

Here's a short list of 'tools' that are usually taught in the first 2 years of Pathwork studies, to ground the concepts experientially in support of our personal process.

### **Jan's Pathwork Toolbox:**

#### **Developing objectivity about ourselves:**

Daily Review PL28

The Power of the Word PL233

Constructive Attitudes in Confrontation Chapter 5 of The Path to the Real Self / PRS5

Vicious Circle PL50

Evolution's Four Stages: Automatic Reflex, Awareness, Understanding and Knowing PL127

The Observer Self Chapter 3 of [The Undefended Self](#)

**Understanding human bias:**

The God Image PL52

Personality Types of Reason, Will and Emotion PL43

Unity and Duality PL143

The Process of Meditation (Meditation for Three Chairs) PL182

The differenced between emotional reactions (ERs) and feelings, worksheet by Margit Colgrande

**Untangling discrepancies between spiritual reality and the human condition:**

Spiritual Law PL73

Spiritual Principles by which we create Heaven on Earth PC10

The Great Transition in Human Development PL75

Commitment: Cause and Effect PL196

Stages of Commitment AD6

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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

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

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### What does faith look like? A story about living ones beliefs.

Excerpts from CNN article February 22 2014

Full text: <http://www.cnn.com/2014/02/22/us/tuff-survivor-gunman/>

*[Note: the lectures teach that divine truth underlies all serious philosophies and belief systems. I collect examples of Pathwork concepts at work irregardless of how they are expressed or described. This story is an example of how our fundamental belief systems can manifest change.]*

**(CNN)** -- *Antoinette Tuff's knees tremble as she stares at the black barrel of an AK-47. Her hands shake so much she can't hold a pencil.*

*Facing her, a stocky young man dressed in black points the assault rifle at her.*

*"This is not a joke," the man shouts at Tuff. "I need you to understand this is not a joke. I am here. This is real. We are all*

*going to die today."*

*Tuff, a school bookkeeper, isn't supposed to be at work today. She's filling in for the front office receptionist as a favor. Now she is the only one standing between the gunman and 800 children at an elementary school just outside Atlanta.*

*Tuff began her day by reading Psalms 23: "Yea, though I walk through the valley of the shadow of death, I will fear no evil."*

*As she watches the gunman raise his rifle to fire, Tuff realizes she is no longer just sitting in a school. She is in the valley of death.*

Tuff was too terrified to speak when the gunman burst into the school, but what she said during the standoff that followed was credited with saving hundreds of lives. Tuff recounts the standoff in her new book, "Prepared for a Purpose," in which she attributes her actions to God. Yet Tuff's story can also be read as a survival guide for anyone who wonders what to do if they're suddenly facing someone with a gun.

We asked survival experts to analyze Tuff's actions, and they freeze-framed three subtle moments in which her deft maneuvering increased her chances for survival. To Tuff, these actions seemed insignificant at the time. But they went beyond her celebrated ability to build empathy with the gunman by disclosing her personal struggles. Tuff instinctively took a series of actions that professionals who deal with violence take years to master, experts say. Although she had received training for dangerous situations, Tuff's instincts took over with a series of actions that experts say can take years for professionals who deal with violence to master.

Tuff noticed that the gunman refused to make eye contact with her. Be wary when an angry gunman refuses to look at you,



says Laurence Gonzales, author of "Deep Survival," a book that examines why some people are more resilient facing sudden life-threatening situations.

"He's got himself into a fit of rage and he's trying to protect his emotional state," Gonzales says of Tuff's gunman. "He knows it's a very fragile state. If he doesn't make eye contact, he can keep that emotional state encapsulated."

A potential victim can sometimes break that murderous mood with an out-of-the blue question that forces a gunman to think.

"The guy is locked in and he's going to continue on his path unless there is something that changes the channel," Wilder says of the gunman Tuff faced.

Wilder saw another woman skillfully execute Tuff's maneuver in a less lethal situation. Wilder was riding a bus one day when he saw an enraged man hop on board. The man appeared to be high, his jacket was bloody, and he looked like he wanted to hurt someone. He started messing with passengers, trying to start a fight, when he came upon a young woman eating pretzels.

As he approached the woman, she did something that stopped him.

"You want a pretzel?" she asked.

The man halted, confused, and then muttered, "Yes."

"Open your mouth," the woman said.

He did as commanded. The woman plopped a pretzel in the man's mouth. End of story. The man didn't bother anyone else because she had changed his channel, or shifted his thought patterns.

Tuff threw a pretzel question at the gunman, but at the time she thought she made a terrible mistake.

Tuff and the entire school staff had received some training for dealing with dangerous situations involving trespassers. But it was life's hardships that had conditioned her like a soldier. She automatically calmed down when faced with an extreme situation. She had been trained to do so by her own struggles, as well as by her faith.

Tuff calls it "anchoring." It's the spiritual practice she incorporated into her life that she says helped her during the standoff.

She goes to sleep every night with an audiobook of the Bible playing softly by her bed to instill a sense of peace. At 5 each morning she listens to gospel songs, talks out loud to God and reads the Bible. She ends her anchoring practice by sitting in silence for 15 minutes, waiting to hear God.

"Trust me, sitting for 15 minutes isn't as easy as it sounds," she says in "Prepared for a Purpose." "I could sit and watch a TV show for an hour, but listening for the Lord for 15 minutes was a challenge. I had to work on it. I had to practice."

Tuff wasn't just a receptionist when the gunman entered the office. She was like a finely tuned spiritual athlete. She was ready.

That's what quick-thinking people who survive life-threatening situations often do: They practice calmness before their crisis, says Gonzales, author of "Deep Survival."

You don't have to open the Bible to practice calmness; you can do it during rush hour, he says.

"You have to practice emotional calm in your everyday life to have it in an emergency," Gonzales says. "Look at your emotional responses to everyday things: If you're stuck in traffic, are you pounding the steering wheel or do you turn on classical music and relax?"

Tuff's calmness -- not just her empathy -- helped her connect with the gunman because emotions are like viruses; what you feel can be transmitted to others, he says.

"If you're with someone who is lighthearted and happy, you're going to feel the same emotions," he says. "She transmitted these feelings from her own deep beliefs and sincerity, and he caught this emotional message from her. It completely disabled him."

Tuff didn't know she was so poised during the standoff.

"I thought I was screaming," she says today. "I didn't realize how calm I was. I went back to listen to the (911) tape and it was like I didn't even recognize who I was. I could not repeat what I said if you asked me. I had no idea what I was saying. I know it was God."

Tuff says she has not spoken with Hill since their encounter.

But she has spoken many times about her experience, and has been flooded with letters and gifts from strangers. She says it was no accident that she was in the front office that day.

"I know that every last thing I've gone through, from childhood up to the end, prepared me to save that young man and all of those students," she says.

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## **Initial Steps for Self-Search**

Quotes from Chapter 4 of The Path to the Real Self (PRS4)

By Eva Broch Pierrakos

*[The PRS chapters are not available online and must be purchased; all 26 are included on the \$40 CD-Rom that includes both edited and unedited lectures, several dozen Q&A sessions plus additional materials from [www.pathwork.org](http://www.pathwork.org). Since the PRS is essentially a review of Pathwork concepts the source materials are available online at no charge (such as PL 26, Finding Your Faults as described in the free study guide). Quotes from the PRS chapters which outline the concepts are included below and in the study guides. The topic for April, Cosmic Principles PRS 7, reviews PLs 30,43, and 55.]*

Let us now begin with some definite steps in the direction of self-knowledge.

Before attempting to do so, it will help to realize, and save confusion and delay, that all human beings often harbor contradictory feelings. It is possible to genuinely love another person, and yet to resent him. One does not exclude the other. But man is indoctrinated with the belief that this is not possible. Even if he knows better in his intellect, emotionally he cannot accept this fact. Hence, one set of emotions is repressed, so that he is no longer conscious of its existence.

For the moment, try to answer the following questions simply by probing and listening into yourself.

It does not matter where one begins. Some start off by examining their physical habits, find that they are not health furthering, and find it easier to change them before looking behind the surface to find the causes. One thing is certain: the well integrated person, who is in comfort and ease with himself,

who does not fear his innermost being, will have good, healthy outer habits, without ever being fanatic about them.

The general false concept that happiness and fulfillment are impossible, may combine with personal and specific misconceptions and false imprints. They both work against a particular aspect of life experience, while consciously the wish is not only very ardent, but tense and anxious. It is as though this tension were a means to make up for the undercurrent of denying the wish fulfillment.

When the personality is split in such a manner -- one part wishing it, the other denying the wish -- the greater the denial of the wish, or the belief in its impossibility, the more compulsive and greedy the wish becomes on an outer level . This is obviously unhealthy, hence, one has to learn to let go of the urgency. The personality has to be able to accept, first, the non-fulfillment, for now, while yet knowing it is absolutely within the realm of the possible.

**Spiritual truth, as mentioned before, often appears contradictory. Two apparent opposites, supposedly mutually exclusive, are both correct. [Bold added]**

The "inventory" ... is a good beginning. It will make you aware of certain facets in your life and in yourself you may never have thought about before. It may also give you a view of what you might want to change in your life. This concise awareness is necessary.

Some people claim that self-confrontation is self-centered or selfish. Nothing could be further from the truth. This is another example of an apparent contradiction. On the one hand, all spiritual teachings of value postulate that knowing the self is essential. On the other, man is continually admonished not to

be self-concerned, but to be concerned with others. As though the one excludes the other! In fact, how can one truly love others if one does not love oneself?

It must never be forgotten that there is a right, constructive and healthy way, as well as a wrong, distorted, destructive and unhealthy way to every activity and undertaking. It is seldom true that the whole is to be discarded, or can be accepted without probing and condition.

The same applies, for instance, to concern with the past. This, too, can exist in a most unhealthy manner -- in the manner of not giving up and letting go what has taken place. This is exactly what the unconscious mind is doing. In order to make it stop doing so, this fact has to be brought out into the open which, in turn, is often impossible unless the past, and one's reactions to it, are investigated. If it is properly recognized how one clings to obsolete events and feelings, it is possible to let them go.

This necessary activity is often confused with the unhealthy attitude as such and it is advocated not to be concerned at all with past happenings. On the surface, it may, indeed, appear as though the individual is no longer burdened by the past, but, in reality, he may be completely driven and controlled by it, which cannot be corrected as long as he does not find out that this is the case. Hence, there is a healthy and an unhealthy way of looking at one's past, at the childhood, with all its significance and all the reactions it engendered.

*Please download the complete study guide from  
[www.pathworksteps.org/teleconferenceschedules](http://www.pathworksteps.org/teleconferenceschedules)*

Quotes from The Path to the Real Self © The Pathwork Foundation 1999 Full text may be downloaded from [www.pathwork.org](http://www.pathwork.org)



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**2014**  
**Free Weekly Teleconferences**  
Saturdays 7pm US EDT

Converts to Sundays 11am AU EST  
*Advances to **10am AU EST on March 15th**, then 9am AU EDT  
April 6th due to the reversed seasons between Northern and  
Southern hemispheres and different dates for changing to DST.  
Global meeting times are tough to track!*

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

**We work with one central topic or concept a month**, looking at it from different angles. Members share their understanding and interpretations based upon their own life experience. Members can pass (skip their turn) or remain silent throughout the entire meeting.

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

**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).*

**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.

**For 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.

**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.*

2014 topics will be selected from Eva Pierrakos' manuscript **The Path to the Real Self (PRS)**. The 'voice' of Eva is easy to discern in the preface, where she describes the process of developing a relationship with the Pathwork Guide. The surviving 26 chapters seem to have been written by the Guide, and even have Q&A segments like the lectures.

**March: Initial Steps for Self-Growth** PRS Chapter 4

Reviews PL 26 Finding Your Faults

**April: Cosmic Principles** PRS Chapter 7

Reviews PL 30 Pride, Self-Will, Fear, PL 43 Three Basic Personality Types: Reason, Will, Emotion, PL 55 Three Cosmic Principles: Expanding, Restricting, Static

**May: Parents - Images** PRS Chapter 11

Reviews PL 73 The Compulsion to Recreate and Overcome Childhood Hurts, PL 118 Duality Through Illusion: Transference, and the Image lectures PL 38-41, 83, 93...

like the lectures, there is a holistic quality to the PRS, where

once you grasp a concept you will be able to hear it referenced in all of the lectures!

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 copyright was part of John Pierrakos' personal estate so the International Pathwork Foundation was unable to sell copies until a few years ago. When I was training to be a Helper, the chapters were made available but were considered 'advanced material'. Yet today, many Pathwork teachings that seemed radically 'new age' in the '60s or 70s have been absorbed into everyday culture. 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).

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## Pathwork Steps Google Group

View postings from this link:

[https://groups.google.com/forum/?fromgroups#!forumsearch/pathwork\\$20steps](https://groups.google.com/forum/?fromgroups#!forumsearch/pathwork$20steps)

If you have a gmail address, you can request to join directly from this link. Otherwise, Jan will need to send you an invitation to join (email Jan at [janrigsby@gmail.com](mailto:janrigsby@gmail.com)).

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### Very short films that illustrate aspects of **Finding Your Faults PL 26 and Initial Steps PRS4**

**10 Minutes (2013)** A 10 minute short film about how different our perceptions can be.  
<http://conversations.nokia.com/2013/03/06/10-awe-inspiring-short-films-every-movie-lover-should-watch/>

**The Black Hole (2008)** 2 min 49 seconds. What would you do with if you were given a magic device that could change your life forever? Dir: Phil Sansom and Olly Williams. Cast: Napoleon Ryan. <http://conversations.nokia.com/2013/03/06/10-awe-inspiring-short-films-every-movie-lover-should-watch/>

**Clocktower** 2 minutes 28 seconds. An animated version of the eternal struggle between our own personal pleasure and the responsibilities we take on that impact others.

<http://arncyn.squidoo.com/uplifting-short-films>

**I Shall Not Want** 4 minute 22 second Music Video by Audrey Assad  
<https://www.youtube.com/watch?v=e5xEYgGr6ms>

**Julie and Julia** 2009 A one minute film clip from the movie, where Julia Child expresses her frustration about finding a purpose to her life, or at least something to do that feels useful and productive. "What is it you really like to do?" asked her husband, trying to help her figure out what kind of job she would like. "Eat." Says Julia. "Yes, I know, I know... and you're so good at it!" <https://www.youtube.com/watch?v=7hqLTAHnrac>

**Letterbox** 5 min documentary: A Turner Classic Movies short on the different in watching via "widescreen" or "Letterboxed" transfers of a film vs. "full screen" or "pan and scan". An analogy of how greater awareness of spiritual reality can change our perceptions. <http://www.youtube.com/watch?v=GseDCbaHNOK>

**Same Place, Same Time, Tomorrow** 5 minutes 28 seconds. Have you ever

considered the negative power of regrets? What might change if you made a full and complete commitment to one of your dreams? Ref: Commitment: Cause and Effect PL196

<https://www.youtube.com/watch?v=6ZwCnJdQjG4>

**Seconds** (2008) 2 minutes 3 seconds. A short film that captures the life-changing impact of a moment's hesitation. <https://www.youtube.com/watch?v=AdymCQ5PXrs>

**Small Pleasures** (2008) 5 minutes 17 seconds. Do you experience life fully? Imagine if you did... <https://www.youtube.com/watch?v=flkFW5E0XcM#t=270>  
With other short films at <http://gimundo.com/news/article/10-cant-miss-short-films/>