

Pathwork Steps August 2014

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"But he hasn't got anything on," a little child said.

"Did you ever hear such innocent prattle?" said its father. And one person whispered to another what the child had said, "He hasn't anything on. A child says he hasn't anything on."

"But he hasn't got anything on!" the whole town cried out at last.

The Emperor shivered, for he suspected they were right. But he thought, "This procession has got to go on." So he walked more proudly than ever, as his noblemen held high the train that wasn't there at all.

-- Hans Christian Andersen, "The Emperor's New Clothes"

The Abyss of Illusion

Quotes from PRS 20:

Now I should like to discuss one common soul form which, to some degree, exists in every human being. I will call this the "abyss of illusion." There is an abyss in each one of you. This abyss is utterly unreal, and yet it seems very real as long as you have not taken the necessary steps to discover its illusory character.

When you cannot let go of your self-will (this does not mean that you necessarily want something bad or harmful), when you cannot accept the imperfection of this world, when you cannot have life and people according to your very own way, even if yours may be the right way, it seems to you that you have fallen into an abyss.

The abyss can only disappear if you let yourself sink into it. Then and then only will you learn that you do not crash and perish, but that you float beautifully. You will then see that what made you tense with fear and anxiety was as illusory as this abyss.

This is a good part of the reason why you reject self-responsibility. By making

independent decisions, you are bound to make mistakes. The child in you, clinging to the world of utopia, believes you must never make a mistake. Making a mistake means falling into the abyss. This is another instance of jumping in and finding yourself afloat. You then see it is no tragedy to have made a mistake, while the infant thinks you must perish if you do. Therefore no independent decisions must be made for which one is responsible. It should be noted that this may manifest only in a very hidden and subtle way.

Self responsibility includes:

- awareness of the dimension of energy
- understanding wrong concepts that have been unconscious
- challenging previously unchallenged ideas
- weakening and dissolving wrong concepts
- creating imperishable (yet changeable) forms based upon truth

No Freedom and No Responsibility	No Freedom and Responsibility	Freedom and No Responsibility	Freedom and Responsibility
		Wild Animals	
Pets Infants Prisoners	Service animals Slaves	Superficial disconnection between cause & effect	Actual adults Spiritual adults
		'No skin in the game' = no consequences	

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

PL60 can be ownloaded at no charge from www.pathwork.org

The Power of the Word:

A Bottomless Mocking Irony

Abyss

- 1. An immeasurably deep chasm, depth, or void: "lost in the vast abysses of space and time"**(Loren Eiseley)**.
- 2. **a.** In the book of Genesis, the primeval Chaos out of which earth and sky were formed.
b. The abode of evil spirits; hell.

from Late Latin abyssus, from Greek abussos, bottomless :

Illusion

- 1. **a.** An erroneous perception of reality: Mirrors gave the illusion of spaciousness. **b.** An erroneous concept or belief: The notion that money can buy happiness is an illusion.
- 2. The condition of being deceived by a false perception or belief: spent months flailing about in illusion.

from Late Latin illūsiō, a mocking, irony

Happiness = Love People, Not Pleasure

Excerpts from the NY Times OpEp by Arthur C Brooks,
President of the American Enterprise Institute

Full article: http://www.nytimes.com/2014/07/20/opinion/sunday/arthur-c-brooks-love-people-not-pleasure.html?emc=edit_th_20140720&nl=todaysheadlines&nli=54982637

Today, each of us can build a personal little fan base, thanks to Facebook, YouTube, Twitter and the like. We can broadcast the details of our lives to friends and strangers in an astonishingly efficient way. That’s good for staying in touch with friends, but it also puts a minor form of fame-seeking within each person’s reach. And several studies show that it can make us unhappy.

It makes sense. What do you post to Facebook? Pictures of yourself yelling at your kids, or having a hard time at work? No, you post smiling photos of a hiking trip with friends. You build a fake life — or at least an incomplete one — and share it. Furthermore, you consume almost exclusively the fake lives of your social media “friends.” Unless you are extraordinarily self-aware, how could it not make you feel

worse to spend part of your time pretending to be happier than you are, and the other part of your time seeing how much happier others seem to be than you?

So when people say, “I am an unhappy person,” they are really doing sums, whether they realize it or not. They are saying, “My unhappiness is x , my happiness is y , and $x > y$.” The real questions are why, and what you can do to make $y > x$.

As the Dalai Lama pithily suggests, it is better to want what you have than to have what you want.

We assume that things we are attracted to will relieve our suffering and raise our happiness. My brain says, “Get famous.” It also says, “Unhappiness is lousy.” I conflate the two, getting, “Get famous and you’ll be less unhappy.”

And matters are hardly helped by nature’s useful idiots in society, who propagate a popular piece of life-ruining advice: “If it feels good, do it.” Unless you share the same existential goals as protozoa, this is often flat-out wrong.

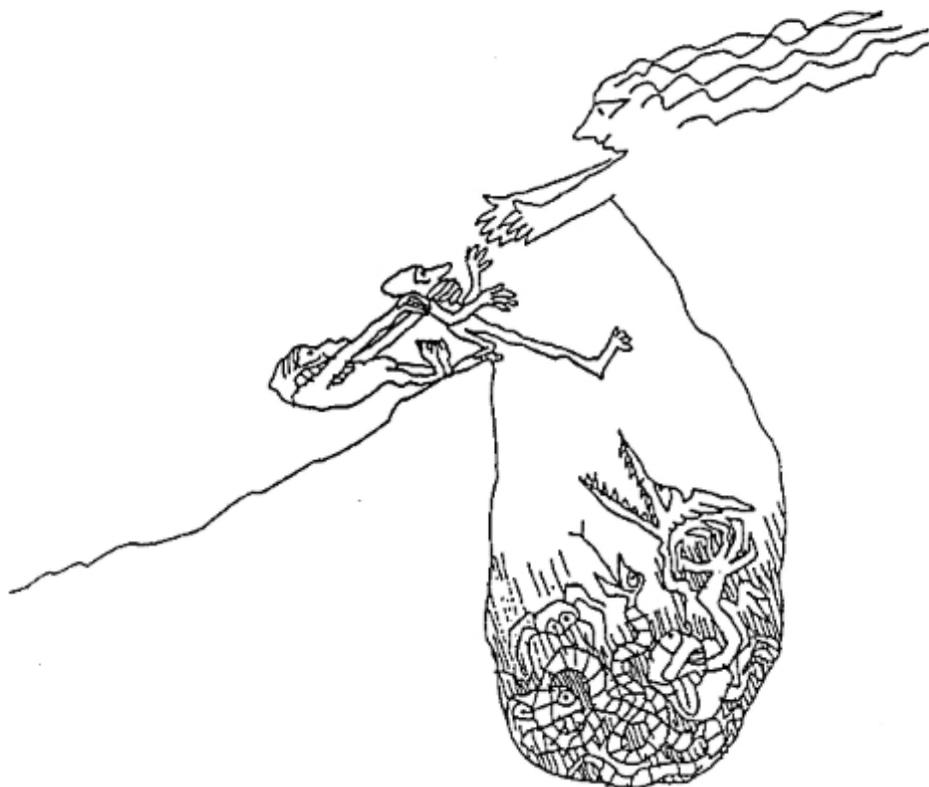
We look for these things to fill an inner emptiness. They may bring a brief satisfaction, but it never lasts, and it is never enough. And so we crave more. This paradox has a word in Sanskrit: upadana, which refers to the cycle of craving and grasping. As the Dhammapada (the Buddha’s path of wisdom) puts it: “The craving of one given to heedless living grows like a creeper. Like the monkey seeking fruits in the forest, he leaps from life to life... Whoever is overcome by this wretched and sticky craving, his sorrows grow like grass after the rains.”

This search for fame, the lust for material things and the objectification of others — that is, the cycle of grasping and craving — follows a formula that is elegant, simple and deadly:

Love things, use people.

You want to be free of the sticky cravings of unhappiness and find a formula for happiness instead. How? Simply invert the deadly formula and render it virtuous:

Love people, use things.



the Abyss of Illusion

**Learning is No Easy Task
The Structures of Growth**

David Brooks, [Op-Ed](#)
The New York Times June 16, 2014

Most of us are trying to get better at something. And when we think about our future progress, we tend to imagine we will improve linearly. We'll work hard at mastering some skill; we'll steadily get better and better.

But, as the Canadian writer Scott H. Young points out in a recent [blog post](#), progress in most domains is not linear. In some spheres, like learning a language or taking up running, improvement is logarithmic. You make a lot of progress when you first begin the activity, but, as you get better, it gets harder and harder to improve.

Logarithmic activities require a certain sort of mind-set, Young writes. During the early high-growth phase, when everything is coming easily, you have to make sure you maintain your disciplined habits, or else you will fall backward. Then later, during the slow-growth phase, you have to break some of your habits. To move from good to great, you have to break out of certain routines that have become calcified and are now holding you back.

In other domains, growth is exponential. In these activities, you have to work for weeks or even years at mastering the fundamentals, and you barely see any return. But then, after you have put in your 10,000 hours of effort, suddenly you develop a natural ease and your progress multiplies quickly.

Mastering an academic discipline is an exponential domain. You have to learn the basics over years of graduate school before you internalize the structures of the field and can begin to play creatively with the concepts. Ice hockey is an exponential activity (it takes years just to skate well enough).

Thinking about growth structures reminds you that really successful people often have the ability to completely flip their mental dispositions. In many fields, it pays to be rigid and disciplined at first, but then flexible and playful as you get better.

[This is a form of the Abyss of Illusion PL 60, giving up old ways in order to achieve even more. It also reflects the Cosmic Principle of Expansion, Contraction, Stasis PL 235]

http://www.nytimes.com/2014/06/17/opinion/david-brooks-learning-is-no-easy-task.html?emc=edit_th_20140617&nl=todaysheadlines&nid=54982637

Short Films

Three 5-minute op-ed documentaries on
relationship, life, love, living in the unknown, and faith

Good Night, Margaret
The Mother Who Jumped
Unexpected, Unplanned, and Unwanted

<http://www.nytimes.com/video/health/100000002951693/good-night-margaret.html?playlistId=1194811622277>

And 2 billion years from now:

A Galaxy Far Far Away... Will Hit Outs

<http://www.nytimes.com/video/science/100000002906469/colliding->

galaxies.html?playlistId=1194811622277

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.

Recorded sessions plus a short introduction are now available in a playlist names PathworkSteps.org Sessions on my YouTube channel.

<http://youtu.be/JFa6k021EKA>

Grace

Quotes from 60a (Question and Answer Session)

QUESTION: What exactly is grace?

ANSWER: It may make it easier if I briefly mention first what grace is not, but what is often taken to mean grace. It is often thought that when grace is extended, a person does not have to encounter difficulties he or she ordinarily would have to go through. In other words, the law of cause and

effect is thereby broken. People think if God extends grace, He eliminates trouble for

you. Of course, this is an entirely wrong concept. In reality grace is the Plan of Salvation with everything therein to enable the fallen spirits to return. If divine law would not operate in such a way as to make evil defeat itself, the fallen spirits could never return. This is the basic grace. The help of the spirits who did not fall, or of those who have evolved, is further grace. Without this constant help, the return would be so much harder and longer, but this does not mean that the law of cause and effect is broken.

Grace is the coming of Jesus Christ. One Being has taken upon Himself such a tremendous task and such hardship He did not have to endure in order to open the doors, to show the way, to help accelerate development for all, by an act of supreme love as has never been witnessed on this earth before or since. If you reread the lecture I gave on this subject, this will become clearer to you. Divine grace constantly happens where the spreading of light penetrates confusion and darkness in order to hasten the realization of the divine world. Grace may take many forms. It can happen through the incarnation of a few strong and highly developed people who do not have to take on certain tasks, but who do so in love and brotherhood, to help.

By the same token, each one of you can also be an instrument of grace. If, by your development, you come to understand more profoundly, and your power and capacity to love truly unfolds -- not by force and compulsion, but in reality -- you have an effect on others, and therefore on the world, such as you cannot imagine. You are a spreader of light and truth by the very act of your search into your own soul. Your innermost self unfolds, freeing itself of all the layers and masks, and thus you are capable of affecting the innermost self of other people. You penetrate right through their superimposed layers and masks. That is the case, as I explained before. Hence, every good and right act, most of all the act of self-unfoldment, makes you an instrument of grace. The power of good and love is infinitely stronger than the power of evil and ignorance. Others do not only learn from your example, but they are strongly affected in their subconscious by your emanation. You may think that it means nothing; it cannot be grace or guidance or anything divine because you did it. But any human being can be an instrument of grace or of any other divine manifestation. There are constant chain reactions, not only as far as the negative currents in the human soul are concerned, as you all have had plenty of opportunity to verify on your path, but also as far as divine manifestations are concerned. They come from a source and that source is divine grace. That it finally takes effect through various chains of instruments of grace -- also human instruments -- does not alter the fact that it originally comes from the divine source. I realize that this is a hard subject to explain and to understand.

QUESTION: Have those who receive it merited it in some way?

ANSWER: Again this indicates the wrong concept. Grace is not extended to a few chosen ones and withheld from others. Grace is all around you. If you want it, you can partake of it. If you do not want it, if you desire in some corner of your being to remain in

blindness, grace will not be accessible to you. But those who want it will constantly be affected by it. It is there for everyone alike. Grace is there as the product of the divine world and you can all get it if you know how to turn toward it.

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

Future Topics

Benign and Vicious Circles PRS21 / PL50

Repressed Needs PRS23 / PL92 & 192

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!

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 (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.*

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, 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. 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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