

# Pathwork Steps May 2014

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### Introduction to the May 2014 Study Guide on PARENTS -- IMAGES

Chapter 10 of The Path to the Real Self By Eva Broch Pierrakos

The PRS was written by Eva Pierrakos as an overview of Pathwork concepts. The full 26-chapter manuscript is available for \$40 on CD-Rom at [www.pathwork.org](http://www.pathwork.org). For those who wish to continue studying on their own, I have listed relevant lectures [*in italics*]. These are available at no charge on the same International Pathwork Foundation website.

Over 258 formal Pathwork lectures were delivered through Eva Pierrakos between 1956 and 1979 after a rigorous 5-year exploration of automatic writing and mediumship. Her process is described in the Preface to the PRS (download free from the 2014 teleconferences page at [www.janrigsby.com](http://www.janrigsby.com)). The anonymous entity she began to channel in 1956 was simply referred to as the Pathwork Guide.

Lectures 1-25 outline the history of creation and structural aspects of the world of spirit. An early summary of the overall Pathwork cosmology was created by Monica Rice Welding and is also available on the CD-Rom (as Pathworker Contribution 8 / PC8) along with other worksheets and essays by members of the first Helper training groups.

In PL22, the Guide explained that he spoke for a conglomerate of spirits. In PL24 there was several references to a 'new course of study': helping us overcome the distortions inherent to the process of having manifested as human beings.

#### *God: The Creation PL20*

"My dear friends, most of you believe that when I hold a lecture that I, freely and arbitrarily, choose the subject myself on my own authority. But this is not quite so. The appropriate subject at the appropriate time is not always easy to determine, and I personally could not possibly do this alone. You have not the vaguest idea what a world of order and organization God's spirit world is! The efficiency of the spirits trained expertly for their particular tasks, the teamwork involved, is something that surpasses your comprehension.

For instance, there are a number of more exalted spirits above me in the scale, whom I have to consult for the selection of a subject, for the advice given to certain individuals as well as various other decisions.

On the other hand, these spirits also take my opinions, my experiences, and my advice into consideration. I have a number of helpers whom I am sending out or who are helping with other tasks in connection with the building of your community. From all

these reports coming in from spirits involved with this work, a commission, let us call it, then decides finally on each subject and how far I may go in answering certain questions that may come up unexpectedly. These decisions are made on the basis of a great number of factors involved where all the pertaining laws are to be considered. It is a sort of bookkeeping work, if I may call it that for lack of a better expression, where painstakingly many details have to be considered and weighed.

You have no idea how much work there is involved in our world regarding this community of yours; how much there has to be considered, and also concerning the future, how difficult it is to determine that certain information given too soon may be harmful for some of the listeners and readers, while the same information may be useful for others for their progress; in other words, to find ways and means to further the progress of each individual belonging to your group by just the right amount of spiritual food at the right time; and, at the same time, to plan ahead wisely for the future of this group as a whole. You, in your world, are so blind. You only recognize what is right in front of your eyes. You do not realize that often a truth heard too soon can be more harmful than heard too late. Yes, my friends, this is so! On the other hand, for other people it may be of imperative importance to hear a particular truth or spiritual law at a particular time. In such cases, this information to be given has to be worded in such a way that it will not be understood by those not ready and mature yet. This may give you the vaguest idea of your counterpart organization in the spirit world, which is deeply involved with many details you ignore completely; which is working with love, care, and wisdom to guide everything to the best advantage of all concerned -- also for those you do not even know as yet and who will join you in the future.

To compute all this data demands trained experts, unceasing efforts, foresight, and the thorough knowledge of divine law in all its workings, as well as great devotion to God and His great plan of salvation."

#### *Questions & Answers PL24*

"You may ask: How do I go about it? This I could not possibly show you even in an entire lecture, but you will find the answer, my friend, by following my instructions *in the series of lectures I will begin shortly [all italics added]*. I mentioned earlier that *I will start this course* through which all my friends who do not attend private sessions will be able to proceed step by step in the proper direction of inner self-development, of making hidden emotions, fears or problems conscious and dealing with them properly.

The only thing I can tell you now is that you have searched in the wrong direction. You have to search much nearer, in yourself. You have to start on the road of self-recognition in a much more profound way. It is a new way of life and you will be able to get really started *when we begin the course.*"

The PRS was written in 1965 and covers material up to Pathwork Lecture 140. The lecture topics then turned to issues about group relationships and shared distortions.

As of PL200 (The Cosmic Feeling) the Guide addressed relationships between man and spirit and the realities of the spirit plane.

You may find some chapters particularly dense or difficult if you have not already read the individual lectures it summarizes. Instead of going into overwhelm, see if you can allow the PRS chapters to become a treasure map. Notice what suggestions or ideas attract you, unlock memories, or give you a sense of Aha! Allow the lectures to remind your conscious mind of truths that you had forgotten but have always known.

As the Guide says in PL22 (above) the lectures are coded so that we will hear only what we are able to process in the moment. If reading a lecture puts you (literally) to sleep, or makes you feel spacey, it is likely that you are not meant to absorb or process those particular lessons. Move on to something that excites you and holds your attention!

This month, we will be using extensive selections from the chapter, divided into 5 parts.

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## Parents -- Images

Quotes from Chapter 10 of The Path to the Real Self (PRS10)

By Eva Broch Pierrakos

We are now ready to delve deeper into the recesses of your inner life. Some aspects of them have become conscious in the process of your past endeavors, provided your efforts were sincere, but important areas of your unconscious mind still have to be explored, interpreted, understood. If seeing, possibly for the first time, that a difficult outer situation is, indeed, a reflection of an equally difficult inner confusion and conflict, good progress was made.

Continued questioning of the significance of emotional reactions and responses, observed in the daily review, is bound to produce more comprehensive answers as you proceed. We shall now attempt to go a step deeper.

### **Week 1: Becoming aware of emotional reactions**

An entity is drawn, by the law of attraction and repulsion, into an environment which is most compatible with psychic conditions -- favorable as well as unfavorable ones. This offers the entity a chance to experience the problems. It is then up to him whether or not he wishes to understand and resolve them. The result of parental imperfection may be painful, but, by itself, it can never induce inner conflict, problems or unhappiness, if the personality does not have a problem within its own psyche, to begin with. Lack of affection, hurts, indifference, cruelty, will surely be felt by the person who does not have strong inner lesions when he is born, but they cannot leave a scar in the "soul tissue."

Before starting to find the personal images, it is necessary to have a fairly good

understanding about emotional reactions to the parents. The work on images represents the most significant phase on this path, leading directly to life's unfulfillments.

It is a good beginning, in this new phase of the path, to think about your parents, your relationship to both. What did you really feel for both? Ask yourself in what conceivable way could you harbor contradictory feelings, one part being hidden from awareness. Bring out what hurt you, what you resented -- whether or not you now think that this reaction on your part was justified. Do not immediately evaluate the validity of your reactions. First, simply face them. By really taking stock of your actual feelings, with their intricate contradictions, you will discover a great deal, shedding light on recurrent problems. Ref PL 127 and An Autobiography in Five Verses

### **Week 2: Becoming aware of unconscious compulsions, conclusions, and images. and how they may be operating in our current lives:**

Further, ask yourself, after having established some of your real emotional reactions to them, in what situations and relationships you later registered similar emotional reactions. Take all important relationships of your life and question yourself about them in the same way as you did about your parents. You will be amazed how many parallels you are going to find.

All children are greedy for exclusive love. One does not only resent siblings, but often also one parent who seems to be a hopeless competition for the love of the other parent. Is it surprising that one later transfers one's feelings for a parent to one's mate? Both are the most important persons in the world on whom everything depends. If the relationship with one or both parents is "unfinished business," as it were, you are bound to carry it over into your important relationships. Ref PL 73 and worksheet on Feelings vs Emotional Reactions.

### **Week 3: Understanding Soul Splits: Our parents represent opposing 'sides' of an issue:**

Next, find how, deep within yourself, you represent both parents, as well. You carry your father and your mother in you. Without being in the least aware of it, you not only emulate the desirable one, but also the undesirable parent. Where you secretly disapprove of yourself, feel ashamed and contemptuous, it probably concerns traits of the parent you felt ashamed of and contempt for. The more you struggle away from being like this "undesirable" parent, the more certain you may be that you have somehow identified with that same parent -- and you fight against it. The "undesirable" parent was probably looked down upon by the "strong, superior" partner. Hence, your own insecurity puts you in the same boat with this parent. Such negative identification causes great strain in your psychic life. It has to be unearthed if you want to find peace and a productive mode of living and relating.

These conditions not only influence your behavior and attract partners with equally

unresolved problems, equally incapable of having a satisfying relationship, but they also hinder the strength of your feelings of pleasure and joy. Hence, you are imprisoned in more ways than one. Ref PL 66, 160

#### **Week 4: Images and the Damage They Do**

Let me give a simple example of this process. Returning to the example of the cruel father, let us assume the pseudo solution or defense against all the dreaded aspects of father's cruelty, such as rejection and criticism, are mistrust, defiance, withdrawal from people, from friendships, from close relationships. Is it not natural that such an attitude brings forth rejection from and criticism by others? This, then, gives the impression that they are cruel, confirming the conviction of the generalization -- all authority people or men, are cruel and one has to defend against them.

The insidious fact is that the original misconception -- all men being cruel because father was cruel -- SEEMS to be correct, because the person's behavior pattern cannot bring any other reaction from people but what must appear as cruelty.

This entire process -- the original painful experience, the imprint made on the malleable soul substance, the misjudgment through generalization, the pseudo-defense against re-occurrence of the original experience, the apparent re-experience through the pseudo-defense -- sets up an elaborate negative chain reaction. These are: a number of wrong conclusions, derivatives of the principal misconception; vicious circles; unjustified fears; negative experience; lack of fulfillment; limitation. For simplicity's sake, we call this entire process An Image. An image is simultaneously a wrong evaluation of a past situation, and a protection against its re-occurrence, which is taken for granted for all situations. Ref PL 41, 83

#### **Week 5: Transference**

The mature adult, apart from healthy interdependence of all human life, is self-reliant on all realms of being. He can earn his livelihood through his own endeavors. He can stretch his mind, seek answers, form his own opinions and values; he discriminates and selects, using his reason. And he will not lack love, companionship and affection, because he is fully equipped to give it. He does not have to wait helplessly to receive, as a child does.

Dependency always indicates, and is connected with, identification. It means that an umbilical cord has not been cut during the growing process. The umbilical cord, connecting the mother with the baby on the physical plane, is the visible symbol of the identical tie, existing on the emotional, mental and spiritual plane.

Man is not himself to the degree either positive or negative identification exists. The real self is pushed further out of reach, regardless of how worthy the character and conduct of the parents one identifies with may be. It is a detriment, because life's meaning and significance is the becoming of the real self. The role of the parents is destined to help bring the child to this state. The role of each individual is to help

himself to reach this state.

Fear of dependency and, therefore, withdrawal from an intense involvement and deep relationship, is not in the least a sign of the inner freedom, resulting from identification with one's own innermost, real self. On the contrary it reveals, in this fear, a tendency to be dependent.

Just as identification with parents prevents identification with the real self, so does it prevent perceiving the real individuality of the partner. Ref PL 81,118

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

Pathwork Lectures © The Pathwork Foundation 1999 available at no charge from [www.pathwork.org](http://www.pathwork.org)

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

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## Autobiography in Five Chapters

By Portia Nelson

### I

I walk down the street.  
There is a deep hole in the sidewalk.  
I am lost... I am helpless.  
I fall in.  
It isn't my fault.  
It takes forever to find a way out.

### II

I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I am in this same place,  
But - it isn't my fault.  
It still takes a long time to get out.

### III

I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in... it's a habit... but

my eyes are open.  
I know where I am.  
I get out immediately.

IV

I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.

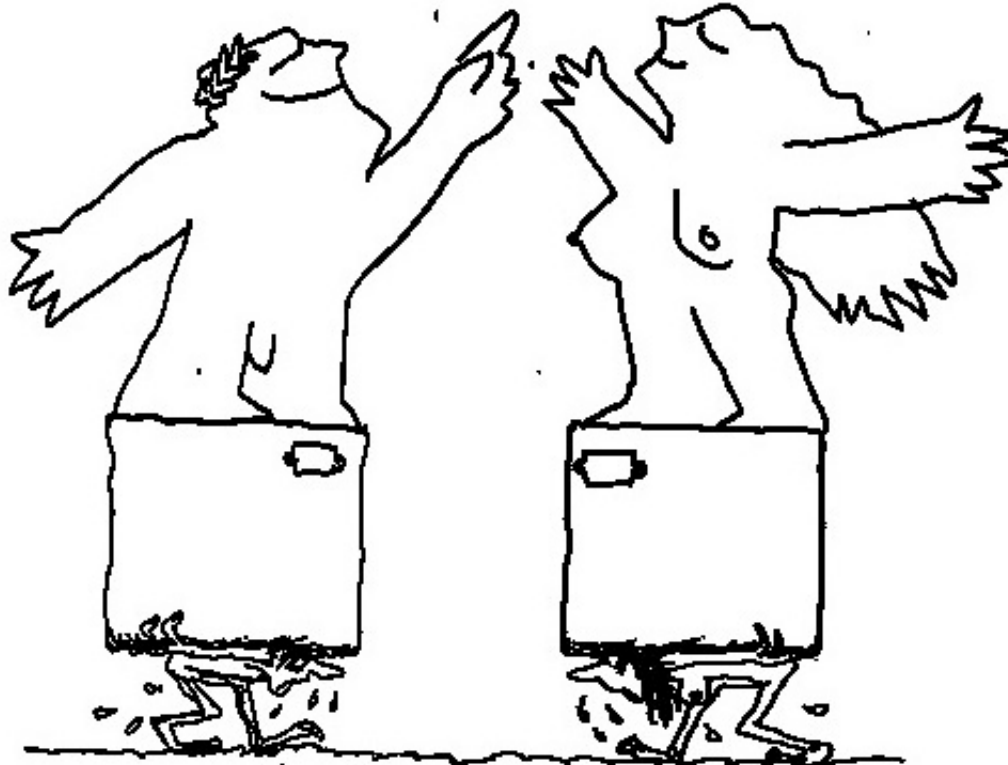
V

I walk down another street.

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It is the greatest step a human being can undertake when he can say to himself, "**With all my heart and all my might, I wish to recognize the cause within.**"

PL160, Conciliation of Inner Split



*the Idealized Self Image*



It's common to feel that in studying Pathwork we are alone. There are few Pathworkers in the world, the word itself has no particular definition (read one lecture? two? think about it night and day?). It is helpful for me to notice universality. Here's a short New York Times article about how our culture is fragmented and specialized in many, many aspects today: [http://www.nytimes.com/2014/04/08/opinion/bruni-the-water-cooler-runs-dry.html?emc=edit\\_th\\_20140408&nl=todaysheadlines&nid=54982637](http://www.nytimes.com/2014/04/08/opinion/bruni-the-water-cooler-runs-dry.html?emc=edit_th_20140408&nl=todaysheadlines&nid=54982637)

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**EVOLUTION'S FOUR STAGES:  
AUTOMATIC REFLEXES, AWARENESS, UNDERSTANDING, KNOWING  
Quotes from Pathwork Guide Lecture No.127  
Full text of this plus all other lectures may be downloaded from  
[www.pathwork.org](http://www.pathwork.org)**

**There are four distinct phases. They interact and overlap, with each of course having many subdivisions, degrees of intensity, and variations.**

**The lowest phase of human consciousness is automation.** Man responds according to automatic reflexes -- emotional reactions which are based on deeply imprinted wrong conclusions and generalizations. Blind automatism is always the result of material that man is unwilling to face.

**The next phase on this scale of evolution is awareness.** The curve of development proceeds from automatism to awareness. When this takes place, he is aware of the automatism -- hence the automatism no longer exists. Needless to say, man succeeds first in specific areas to pass from automatism to awareness, while he retains blind automatism in others until much later phases of his personal development. But this stage does not yet mean that he understands it. He now knows that he has it. He even sees what it makes him do, how he reacts on account of it.

**After a certain degree of awareness has been gained** and, proportionately, blind reflexes have ceased, **the next stage is understanding.** Understanding the hostility means understanding why it exists, what first brought it on in a person's life, what conditions existed that created it, and what conditions exist now whenever a new flare of hostility is generated. What is the apparent and real similarity between the original and the present situation? How are they related in the person's psyche? How, if at all, are they related in reality? Why is the hostility based on a false assumption? In what respect? Understanding what one has become aware of previously means deeply

experiencing the answers to all these questions.

**The highest phase of this particular scale is knowing.** There is a great difference between understanding and knowing. It is not knowledge I am talking about. I am talking about knowing the truth. When you know the truth, you more than understand cause and effect of images and misconceptions. You know what the right conclusions are behind the wrong ones. And it is always and exclusively the misconceptions which create havoc, disharmony, unhappiness. Nothing else can ever do that.

When you deeply know the truthful concept, the particular truth behind the particular error that you begin to understand, something begins to happen within and around the sphere of your being. Knowing is not theoretical understanding. It is experiencing the truth. Knowing the truth behind the untruth must connect the knower with a great spiritual principle, or several such laws and principles. Knowing them opens up the world. ... The only way that knowing divine principles can come about is through a highly personal experience of the untruth that blurred the way, so far, to that particular truth. By studying theories, by reading even the greatest literature on earth -- even spiritual literature -- you cannot possibly know the truth. Knowing the truth means following through these stages of evolution I have just discussed.

Guide Lecture quotes © The Pathwork Foundation 1999

Full text of all lectures available at no charge from [www.pathwork.org](http://www.pathwork.org)

## What Suffering Does

Excerpt from New York Times Op-Ed Column by David Brooks

Often, physical or social suffering can give people an outsider's perspective, an attuned awareness of what other outsiders are enduring.

But the big thing that suffering does is it takes you outside of precisely that logic that the happiness mentality encourages. Happiness wants you to think about maximizing your benefits. Difficulty and suffering sends you on a different course.

First, suffering drags you deeper into yourself. The theologian Paul Tillich wrote that people who endure suffering are taken beneath the routines of life and find they are not who they believed themselves to be. The agony involved in, say, composing a great piece of music or the grief of having lost a loved one smashes through what they thought was the bottom floor of their personality, revealing an area below, and then it smashes through that floor revealing another area.

Then, suffering gives people a more accurate sense of their own limitations, what they can control and cannot control. When people are thrust down into these deeper zones, they are forced to confront the fact they can't determine what goes on there. Try as they might, they just can't tell themselves to stop feeling pain, or to stop missing the one who has died or gone. And even when tranquillity begins to come back, or in those moments when grief eases, it is not clear where the relief comes from. The healing process, too, feels as though it's part of some natural or divine process beyond individual control.

People in this circumstance often have the sense that they are swept up in some larger providence. Abraham Lincoln suffered through the pain of conducting a civil war, and he came out of that with the Second Inaugural. He emerged with this sense that there were deep currents of agony and redemption sweeping not just through him but through the nation as a whole, and that he was just an instrument for transcendent tasks.

It's at this point that people in the midst of difficulty begin to feel a call. They are not masters of the situation, but neither are they helpless. They can't determine the course of their pain, but they can participate in responding to it. They often feel an overwhelming moral responsibility to respond well to it. People who seek this proper rejoinder to ordeal sense that they are at a deeper level than the level of happiness and individual utility. They don't say, "Well, I'm feeling a lot of pain over the loss of my child. I should try to balance my hedonic account by going to a lot of parties and whooping it up."

[http://www.nytimes.com/2014/04/08/opinion/brooks-what-suffering-does.html?emc=edit\\_th\\_20140408&nl=todaysheadlines&nid=54982637](http://www.nytimes.com/2014/04/08/opinion/brooks-what-suffering-does.html?emc=edit_th_20140408&nl=todaysheadlines&nid=54982637)

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## **The Compulsion to Recreate and Overcome Childhood Hurts PL 73**

I am a collector of articles, films, and life events that illustrate Pathwork concepts.

Take a look at this interview with Patrick Stewart, where he talks about how he resolved his love for both parents, one a victim and one a perpetrator.

<http://www.upworthy.com/a-brave-fan-asks-patrick-stewart-a-question-he-doesnt-usually-get-and-is-given-a-beautiful-answer>

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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.

### June Topic

#### Real and False Conscience, Real and False Guilt

PRS Chapter 15; references PL49,108,109, 152, 201, 217.

**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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Past Issues

Translate

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 keep the quotes!

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## Cosmic Principles Manifest in Soul Currents

Additional references from the April meetings

**Reason, Will and Emotion:** An interesting YouTube sketch pokes fun at the difference between types: 7 mins 34 seconds <http://www.cnet.com/news/this-is-how-an-engineer-feels-when-hes-surrounded-by-idiots/>

*In Heaven As On Earth* by M. Scott Peck is a short novel about the author's beliefs about the afterlife. It posits a life outside of a human body, and with humor demonstrates how human-centric our thinking can be. Panned by critics for incongruities. Available used on Amazon for \$.01 plus \$3.99 shipping.

Daniel, a psychiatrist and successful author much like Peck himself, awakens in a small green room to discover that he has survived his physical death. Hovering about, disembodied but alert, he meets a pair of "greeters" who inform him that heaven, hell and purgatory (Judeo-Christian ideas pervade the narrative) are governed by a "Principle of Freedom." Each soul projects what it wishes to experience -- though sometimes, as with Daniel's green refuge, projections are created by committees in order to ease the "Adjustment" from life to the formlessness of heaven. Peck's hell is a garbage can in which about 140,000 souls hide under rocks, too terrified to accept their freedom to choose a greater reality. In time, Daniel learns that purgatory has to do with clinging to mental and emotional attachments; to help the souls there, the most attentive and loving psychotherapy imaginable is provided.

Base Camp Update...

Plans for moving to Chicago did not work out. Jan will continue to be based in Brooklyn NY for the next few years.

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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).

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