

# *Pathwork in Texas*

## The Role of Parents in Pathwork

by Jan Rigsby

Part 1 of 2

When I first started doing Pathwork-based sessions and process work, I quickly became irritated by the constant focus upon my parents. It didn't help that my father had been a military officer, subject to easy clichéd interpretations, and that my mother and I didn't get along – an immediate 'gotcha' to explain my repressed anger (which I was not aware of).

Over the years, I became more aware of the depth of human experience. I realized that being human was not an adjunct to spirituality. The earth plane is not a penalty box or a 'time out' corner; it is the Olympics of process work.

We aren't 'imprinted' by our parents because of simple proximity. That belongs to the 'I didn't ask to be born' version of creation. The power our parents have over us is the result of our having chosen them as perfect accelerators for the task we have chosen to accomplish in this lifetime. We searched high and low for the developmental influences which would load us up with 'stuff' so that we felt compelled to act out and explore. We outfitted ourselves for our task with personality, talents, intelligence and an appropriate dose of self-will. We also 'wore' the DNA which would cause body development, facial appearance, and a constitution favorable to illness or health.

What would your life have been like if you had been radiantly attractive? A musical prodigy? The best sports player of the century? Many of us fantasize about fame and glory. The key element in fantasy is that we can control it – we can imagine only the positives, without any intrusion of reality. What deep experiences have you had that you would have missed out on if you'd been born with different gifts?

Perhaps the most critical pre-birth decisions were about what to leave behind. Would athletic ability lead us away from our task? Would the pain of being unattractive actually help us to focus? By removing options – not being able to function as a brain surgeon, ballerina, world leader, orator – we sharpened our chances to focus on our task like a laser beam. Short height might make you easy to overlook, but what did you learn that you would not have if you'd grown up looking down on others? Wearing glasses or being overweight may have caused children to tease you, but in your hurt and loneliness, was there an opportunity to develop empathy? Is it possible that your real self knew how hard empathy would be for you to develop, and felt that the only way you could understand the pain such cruelty caused was experientially. Knowing our adult ego could deflect childish talk and immature judgements, it would be imperative the experience occur when we are young and vulnerable.

Whoa – wasn't this supposed to be about parents? Yes. An integral part of being born is that we develop based upon the DNA we get from... our parents. Our parents' contribution to our spiritual journey is carried in every cell of our body for every moment of our lives. We cannot separate ourselves from it. Our choice of parents includes all that they are, on a cellular level. Our bodies are programs which enact physical, psychological, and intellectual elements of our plan. Do you look just like one of your parents? How has that affecting your attitudes towards yourself? Do you like seeing your parent in the mirror? Is it harder to be different from them, or does it compel you to rebel and seek your uniqueness? Picking up some recessive genes and creating something novel from them can lead to lifelong feelings of being 'different'. Remember

– we set this plan in motion when we were smarter and had more resources than our human form may have. We designed a plan that our distortions could not outwit.

Distortions? Where does that come in?

Actually, that's the whole point of the earth plane: to allow our distortions fertile ground to grow – er, manifest in. References to the Real Self are meant to distinguish between larger divine spirit we are in God from the portion of spirit that we condense into a soul which can then incarnates as a person. The larger purpose of our plan is to allow us to bring our distortions into a 'reality' that we cannot escape. Big or small, fast or slow, distortion (false beliefs) will inevitably create pain and suffering, as they are by definition not in alignment with Spiritual Law.

On the journey to finding the divine truth in our own distortions, we attract negativity. Negative influences, negative specialists, collusion by others who also want to believe in distortions – we magnetize them to us in order to augment the distortion. Experientially, we need to know on every level of our being that Spiritual Law is divine and unbreakable. We learn this by trying to bend, twist, outfox, outrun and hide from what is essentially true. Some of us work hard at this, running fast, trying hard. Others find themselves in lives of meditative-like circumstances. Our tasks are different, our gifts unique, our paths infinitely varied. Yet for all of us, our greatest enemy is ourselves, the part of us that holds distortion as truth even as the greater part of us sets a table for eventual transformation.

Back to parents.

There is the emotional imprinting that we receive during the formative years of our childhood. It is generally accepted that around 7 years of age, we begin to shift into developing ourselves as individuals. In the 'individuation' stage of child development, we are learning that we are not our parents; later, we are learning who we are as individuals in a larger context than family – school, playground, society. Few of us are conscious at 7 of how we have dealt with the inevitable contradictions and incongruities humans are prone to. Yet personality is well-established by 7, even if it's focus is not to be seen or noticed.

This are some of the underlying spiritual concepts which pgl 73, The Compulsion to Recreate and Overcome Childhood Hurts, works with.

To be continued (part 1 of 2)

Lecture Study Class Outline © Jan Rigsby: 2009

Guide Quotes © The Pathwork Foundation 1999  
Full text all lectures may be downloaded from [www.pathwork.org](http://www.pathwork.org)