

Pathwork™ Steps

Three Basic Personality Types: Reason, Will and Emotion PL43 Minutes from May 4, 2013 Teleconference

Love: One of these pseudosolutions is love. The feeling is "if only I would be loved, everything would be all right." In other words, love is supposed to solve all problems. In order to receive love, such a person develops several typical personality trends and patterns of inner and outer behavior and reaction, and thereby makes himself weaker and more helpless than he actually is. He takes on more and more self-effacing characteristics in order to gain love and protection, which alone would seem to save him from annihilation.

Power: In the second category is the seeker for power. This person thinks that power and independence from others will solve all his problems. This type, just as the other, can present many variations and subdivisions. It can be predominant or subordinated by one or both of the other two attitudes. Here the growing child believes that the only way he can be safe is by becoming so strong and invulnerable, so independent and emotionless, that nothing and no one can touch him. So he proceeds to oust all human emotions. When, nevertheless, they come to the fore, he feels deeply ashamed of any emotion and considers it as weakness, whether it is an actual weakness or an imagined one.

Serenity: Let us now consider the third attribute, serenity, chosen as a solution and being thereby distorted. Originally a person may have been so torn between the first two aspects that he seeks a way out by resorting to a withdrawal from his inner problems and thereby from life as such. That is, underneath his withdrawal or false serenity, he is still torn in half, only he is not aware of it. He has built such a strong facade of false serenity that as long as life's circumstances permit him, he believes himself truly serene. PL 084

1. What is your current understanding of your personality type, or how the types manifest the traits in the study guide charts?

- After 20 years, the types still confuse me. The traits seem to always change, especially as I go deeper.
- My impression is that I display power. I'm not aggressive outwardly, more inwardly. I don't depend upon anyone. Also serenity. I want to be more loving.
- When I was younger, I was reason – afraid of emotion. In my 40s I am reaching out for emotion. It feels like I am always last in the group.
- I am an emotion type. I am angry quickly, and I cry quickly. Now I am learning many things.
- I am 90% emotion, blending with will for control. The will was much more evident when I was younger. I wanted to be the leader!
- This feels exciting. I feel a bit of a mix. I can be emotional, I try to repress it, find the reason behind it. I can't use will well, but can if I find real reason deep within. I feel in-between.
- I filled out the chart, and found 5 circles in the love column and 5 in the serenity.

2. If you focus upon the 'Core Angels' of Wisdom, Courage, and Love, which appeals to you most? What are you attracted to, or what are you uninterested in learning about?

- My will feels out of control, too wilful. [*If you use the analogy of being in rehabilitation therapy to correct a deficit, wouldn't you focus on the underdeveloped muscle(s)?*] I'd be a leader but I'd just take

over. *[Anyone who honestly felt that way would never admit it, it would weaken their position or allow others to resist them]* And a part of me feel like I have given you a weapon by speaking about this.

- I need to work on emotion, perhaps as a defense... I don't see myself as sensitive enough. I'd like for my emotions to respond intuitively. Family and social conventions have allowed me to leave my emotions undeveloped. *[What if incarnating within such a culture would force you to submit – until you developed your will?]* I see myself as a work in process. I feel like will-reason.
- It's easy to use my will for community, hard to use it for myself. *[Were you criticized as a child when you took care of yourself?]* Yes. Being told to take care of others... *[awakens the will].*
- I feel that I am okay with courage. I already knew how love is, I need to learn how to express it. With wisdom, I need to learn how to use it, connect to it. It's the most attractive.
- It feels like I am going from one to the other. As a teenager, my will was managing. The last 10 years I swung to emotion 100%. It didn't work, so I feel totally unbalanced. With my father, it was his way only. So I said, when I get older, I'll do it may way. *[When we do spiritual work, we are not only speaking of balance within a single human lifetime, but over the longer, greater arc of the soul's journey. During an individual lifetime, we may need to seem out of balance as we shift a larger imbalance.]*
- I am attracted to wisdom, and have felt the need to repress emotion. I observe people being kind naturally, while I have to tell myself to do so. I feel that I am protecting myself.
- I am attracted to Wisdom and Emotional Love. I see courage as the bridge. I need to take action to achieve my goals.

3. One the chart, the Forcing Currents are listed as Withdrawal, Aggression, and Submission. Imagine these energetically; holding in (constriction), pushing outward (expansion), and looking for which way to turn (static). Which energy do you feel most strongly / most often in your life? How do you march through life?

- Willfully. I push my way through, then regret it. When I encounter another will type, they overpower me, go along with me, or ignore me. I have good intentions to start with but it doesn't result in what I desire.
- Courage and wisdom come naturally. My gut says I will mostly be fair. A lot of times I don't realize what emotion might be behind the motives of others. I am learning by hearing the perceptions of others in these meetings.
- My default forcing current is submission. I dislike aggression, it feels destructive. What does withdrawal feel like? *[Like someone going to their cave and closing the door.]* I go to submission. *[Could there be too much perfectionism around the use of your will?]* Yes.
- My favorite is withdrawal. I don't like submission, and aggression doesn't feel like my type. My partner reacts with aggression.
- I use submission. But when you speak of reaction to the force of others, I want to look at how souls blend together. *[Souls don't react. This lecture is about human personality elements.]* I find withdrawal in other people difficult. *[That's because it isn't neutral; as a forcing current, it is actually a disguised act of aggression. Forcing currents are tactics.]*
- I like withdrawing! But it doesn't work, it's a learned behavior.
- I don't like submitting. It leaves me defenceless. But it might get me what I want. Aggression is sometimes attractive, it makes me feel powerful. It gets me what I want but not the way I want it.
- The energies I feel strongest about are chaos and imbalance, and that aggression is bad. I thought submission was a weakness, now I see it as how to get what you want. Withdrawal and submission sound passive, now I see they are actually active.

“The idealized form is in balance, but that does not mean that they are distributed in equal measure. Balance and harmony does not always mean an equal measure of each.” PL43

Pathwork™ Steps

Three Basic Personality Types: Reason, Will and Emotion PL43 Minutes from May 11, 2013 Teleconference

“Greetings in the name of the Lord. I bring you blessings, my dearest friends, blessings for all of you. You can be sure that this final decision to walk on this path of self-development, as well as each victory on this path, creates a special blessing for you whether or not you can feel it at the moment. Yet, this blessing is a reality.

The reason-type uses will premeditatively, often overcautiously, while the emotional type is carried away by his emotions and uses his available will power unconsciously, not knowing in which direction he is thrown. The harmonious personality would find the healthy middle way between the two and use his will alternately, depending on the situation. The will should be a servant to both reason and emotions.

This, my dear ones, should be a help when you get deeper and deeper into your own soul so as to find out where and how all these aspects or currents function, where one interferes with the other instead of helping and thereby creating one harmonious whole.

1. What observations have you made while this lecture / concept has been in your consciousness?

- The more I read the more confused I am AND I have new insights. It's more complicated than I had thought it was. I'm not just one type or another, and this makes me feel relieved – I never wanted to be just one. I may be all of them at once.
- I feel that I have a sense of what my overriding type is. My responses to the questions [in the invitation] feel embarrassing, but I'll respond later when you ask them.
- It's a lot of information. I can see aspects of all 3 types. Now looking at where I do what. Sometimes it makes sense, sometimes it doesn't.
- Biggest value of this lecture = helps me understand other people's styles, different strengths.
- Interaction with others and understanding how others see me. Helps me with my fear, to not be so emotional.
- Interesting to discover my blend. It goes against my previous beliefs, I see myself differently. I don't want to see it! I don't want to see this reality.
- I never read this before, still confused about my personality. Unclear on vicious circle. Need to learn how I apply this to my daily life.

[Personality types can be analogized to learning preferences. "Approximately 20 to 30 percent of the school-aged population best remembers what is heard (auditory); 40 percent most easily recalls things that are seen or read (visual); many must write or use their fingers in some manipulative way to help them remember basic facts (kinesthetic / tactile); other people cannot internalize information or skills unless they use them in real-life activities such as actually writing a letter to learn the correct format (experiential)." Teaching Students to Read Through Their Individual Learning Styles, Marie Carbo, Rita Dunn, and Kenneth Dunn; Prentice-Hall, 1986, p.13.]

2. What are your responses to one or more of these statements:

"To be loved, I must _____"

"When I feel defended, I am unable to _____"

"The world and people are _____"

These statements are listed in the study guide chart, 2 on the bottom of page 12 and 1 on the bottom of page 13. All of the traits and adaptive behavior elements are ways of exploring preferences and prejudices, fears and favorites.

- To be loved would show that I am in control of others. What I would normally do is rationalize that statement to make it 'right'. That sounds ridiculous!
- To be loved I must master something, provide something the other wants, make it easy for them.
- To be loved I must love. When I am defended, I can't speak, I can't be myself.
- To be truly loved we need to love ourselves. For me, it's having empathy. Have I hurt someone? I am worried about hurting someone else's feelings, and allowing others to express themselves.
- To be loved I must be understood. Approval, reason. I seek to understand others effectively. When I am defended, I can't focus. I don't want to attack.
- I tried to separate these. Previously I quite to be loved I must give them everything. Recently to be loved I must be myself without forcing.
- To be loved I must be supergood and perfect. The world is dangerous. When defended, I cannot speak honestly.

2. We did 2 rounds on these questions, allowing participants to answer any or all of the three original sentences:

- When I am defended I go into total defense. I am intuitive / feel my feelings; when I feel I am 'up against the wall' I lose these, go into control mode.
- Once I was really in trouble, face to face, in a tight spot. I felt emotional, voice trembling. Tried to be as fair as I could. Perhaps Emotion, with will. It's hard to accept that I contributed.
- When I get defended, I identify with losing focus. I become emotional, lose control. It blurs my vision. I become impulsive. I want to be a person who can come up with an answer. But I am passionate and I strongly express that.
- I see the world as all good. When defended, I have trouble controlling emotion with reason, have trouble being tough and being attacked as not 'good'. I want to appear reasonable.
- What do I do when attacked? I feel I am weak, ask was I bad? Then I withdraw.

[This example may show all three types; looking for a reason, feeling overwhelmed, trying to figure out how best to defend even if that means pulling back for a moment.]

3. What are your emotional reactions to these ‘all or nothing’ statements? What do you fear so much that you will do anything to avoid it (= what feels like death?) What do you need so much that you would do anything to attain it / keep it (= what feels life-affirming?). This follows from our work with PL143 Unity and Duality.

Love or no love (can be Acceptance or no acceptance)

Control or no control

Pleasure or no pleasure

Another way to find your life/death duality is to see how you manipulate life in order to avoid what you feel is death:

I must get approval, validation, objective proof or _____

I must be seen and heard / famous and successful or _____

I must be good, do it all, please others so they must love me or _____

[Jan suggested that the person going first could pass and answer last this time...]

- Willful! I like to go first! Sometimes you should step to the back, yet instantly I knew I wanted to go first. Control is immediate. Versus ‘maybe this time I could...’ But I don’t do that.

- Losing acceptance is death. Having acceptance is life and pleasure. Control is what I use to survive. [Control is optional?] And the world and people are unpredictable.

- What is life (vs death) is love and acceptance. If I didn’t have that, life would have no meaning.

[Notice the congruity of acceptance (Reason) and meaning (Reason), where someone else might have said that no love = life without pleasure (Emotion). This is where the words we use can lead us to wrong conclusions (see PL233 The Power of the Word). What does an individual mean by ‘love’ if they don’t spell out the details = what it would look like in a given setting or situation?

Do they mean huggy love, pleasurable love? Emotion types seek pleasure through love, even though selfless love also brings them pleasure on a deeper level. Or provable love? Reason types may need feelings to be based upon logic. Emotion types may be able to rationalize, bending the truth (half-truths in PL 248) to get the pleasure they need. Pathwork lectures invite us to find, tap into, and identify the energy that feelings express -- before they are translated into thoughts, and then interpreted into language (see The Language of the Unconscious PL124).

What is meant by ‘can’t be myself? It could mean that when defended, feelings and intuition are blocked (=Reason type); or that the natural, organic flow from reason to emotion is blocked (=Will type); or that when defended, there is no pleasure, and the joy of living vanishes (=Emotion type).

Jan shared that it is possible love to perceive different types by the words they use. Jan invariably checks in with people with the phrase ‘does that make sense?’ where others might say ‘how does that feel to you?’ She is a Will/Reason type, wanting to communicate and preferring to access the divine via the intellect = understanding (especially during a teleconference with 8 people, where personal process is not the primary focus!). In creating the minutes, Jan uses the exact words spoken by participants whenever possible. See if you can notice how different people express themselves, and guess what personality type or behaviour trait they might be displaying during their sharing – even if they are expressing a different conclusion. Both aspects may be present. The value of learning personality types

lies in developing awareness of these elements in others and in ourselves.]

- Non love, non acceptance. Control = freedom, health, happiness.
- I used to take all blame and all responsibility, that would make it easy to solve the problem. Used reason in problem solving. My solutions have not been good enough. What I born like that?

[From a spiritual perspective (see The Process of Reincarnation PL34) we may have incarnated with the task of developing strength in what is (the spiritually equivalent of) a weak leg. Spending a lifetime doing rehabilitation exercises is neither easy nor fun from a human perspective! So a strong Reason type might manifest an Emotion personality, so that at some point in the future a more harmonious balance will be possible. Yet in one particular lifetime, that decision might result in an extremely unbalanced personality or life experience.]

- I am afraid of NO control. I care about acceptance. Not much about pleasure. After all, I am [country description deleted]!

[It is an interesting exercise to notice whether we fit into the ‘personality type’ of our country of birth, just as it is to notice the personality types and dynamics of our family of birth. Those who are ‘like’ their family / culture may feel a visceral sense of being loved and / or accepted that allows them to feel more confidence and encourages wider exploration. Those who feel ‘unlike’ their family and/or culture may feel more hesitant, or react with rebellion and anger.

The Pathwork version of an ‘icebreaker’ process was held at the International Pathwork Leadership conference in Italy in 2002. We were invited to name the distortions of our culture / nation. The Italians spoke with heart-rending honesty about how their profound ability to access pleasure through food and family also manifested an inability to create a stable government (turnover of prime ministers during the past 2 decades and having been aligned with Germany during most of WWII). They spoke of their pride in magnificent artistic accomplishments – frescoes, statues, buildings – and being unwilling to pay the upkeep so that the world could enjoy them. Germans spoke of their sense of duty and precision, their scientific brilliance, and WWII; the US of its courage and leadership, and of using it to promote Coca Cola and Pepsi along with its version of democracy.

Every country, nation, culture, family and individual has a spiritual task, a positive intention, a lower self, and a spiritual distortion / false belief that seeks transformation and purification. During The Process of Reincarnation PL34 our choice of parents included their cultures – and their proclivity to emigrate – as well as our own personality, while we held the larger perspective from the world of spirit about how these choices were likely to support our chosen task and the tasks of others.

According to the Guide. there are no accidents, no coincidences. We are exactly who we are supposed to be, doing exactly what we are supposed to be doing. In gaining a greater awareness of who we are and what we are doing, we may be able to accelerate our growth and accomplish our task – with more wisdom, courage and pleasure. JR]

Pathwork™ Steps

Three Basic Personality Types: Reason, Will and Emotion PL43 **Minutes from May 18, 2013 Teleconference**

A. Visualization exercise.

Allowing the Language of the Unconscious (PL124) to be heard. For those listening, it can be useful to jot down a few words about your experience (so as not to forget while awaiting your turn).

Imagine you have a 'snow globe' in your hand. Allow yourself to imagine it in detail: a familiar scene, or something new... the size and shape of the globe... the decoration around the base... whether it is filled with snow or a sparkly glitter or a combination of both.

Turn it upside down and give it a shake. While the 'snow' is falling to the top, notice whether this feels normal or unusual: an upside-down scene filled with distractions.

Now hold the imaginary globe right-side up and allow the 'snow' to settle, or gently rock it back and forth so that it settles to the sides of the scene.

Notice the workmanship inside. Is made of high quality glazed porcelain, or cheaply painted plastic? Is it an heirloom, an inexpensive souvenir, a gift, or something you have been permitted to hold for only a few precious moments? Is the snow delicate enough to stay floating for a long time, or does it simply drop to the bottom the moment you stop shaking? Do you prefer the scene bare, or cloaked by the snow?

What felt like the best / most fun part? Turning it over and shaking? watching the 'snow' swirling? Guessing where the flakes would land? Observing the final result? Comparing results after each repetition? Does the 'snow' distract from the scene, or? In your imagination, did you create a souvenir of a time you wish to remember?

Round 1: Please share any feelings about being surprised, disappointed, or left out.

- I imagined flakes of gold vs snowflakes. Upside down reminded me of chaos in my life, I really felt that. I couldn't discern the gold through the chaos. Right side up, the center was like life, the gold fell immediately,
- It felt hard to engage, to get into it. Then the most interesting part, what was inside; imagining the future I want. A few weeks ago, it was hard to imagine what I wanted. Now I am seeing other options, in the middle.
- It surprised me that the 'snow globe' transported me immediately to childhood. Mine was the cheapest thing on the earth; the snow fell immediately. I spent hours with them.

- Interesting – in Australia there aren't many snow globes. So I went to the beach! Yet a snow globe reminds me of a homestead in a cold climate, a home with warmth and comfort.
- [Misunderstanding; snow globe was heard as snow glove] I have a few, this reminds me that I have to throw them away, don't have any childhood images. I didn't like them, am uncomfortable with them. [Honor the misunderstanding. The lectures teach that there are no coincidences, no accidents. Instead, look at what happened and how it might be useful to your process in a way you may not have been prepared for or expecting]
- When I tried to imagine, I find myself nervous and scared. I struggle with creativity, can't bring them forward. Home covered with snow on rooftop, cute snowman in front with a scarf. And it was not enough for me – the 'perfect' house. I was looking forward to snow falling slowly. I also imagined a clear day, sun shining. In my childhood I lived in [cold climate] then in [warm climate]. Wonderful image of Christmas as fantasy. Reality was not as pleasant.
- Snow globe in hand is multifaceted like a diamond. Can't see through, material is somewhat soft, organic. I shook it, lots of liquid, not much snow. The most fun was waiting for what would appear. Blue fluorescent forest, dark blue sky.
- My grandfather had one, I loved playing with it. No sense of chaos. I relate this to my life – I've had no sense of chaos, even though I now realize I may have lived in chaos. Only now that I am becoming organized.

Round 2: What were your most familiar feelings as a child: surprise, disappointment, or 'not getting it'?

- My upbringing was very religious. I felt God within me, felt my center like the scene.
- I realize that what I thought now I also thought when I was a child. I liked the chaos and I liked when the snow landed.
- As a child I didn't experience home and warmth, and I do have that now. I was the child of very young parents, experienced warmth with relatives and grandparents. I want to get my home to that place for my children.
- I tried to do the exercise while waiting for my turn. Felt scared as I am shaking the globe. This fear is the same as when I was a child, parents had fights with each other. [What might be useful about noticing that connection?] Don't know. I don't want to remember these feelings.
- I think that I am in my childhood a lot, feels very close to me. Like a picture, can't look at it because it's in my mind. When I experience baby things with my children, try to help them grow, try new things, new experiences that are loving and good. Yet I feel a bit stuck, acting out things that I experienced with my own parents. Useful, but sometimes an obstacle; can feel like you're stuck. I want to grow up, mature.
- Emotionally, quietly excited and curious. Nervous in upper chest. In childhood, same curiosity and excitement about life.
- Have lived in fantasy and it has worked out. Now I realized that the magic may have actually been chaos and I didn't see it.

B. Reactions to pain experienced in Childhood.

Reason type: Love (life) or no love (death)

“I can’t supply the love I need to develop, and I am uncomfortable depending upon others for my emotional needs. **I can’t depend upon others.**”

Conclusion: If I can become aloof / not attached, I will not feel the pain.

Assumption: pain is the result of chaos rather than something of value

Will type: Control (life) or no control (death)

“I wasn’t able to supply my own concepts around life, and my individuality depends upon my independence. **I won’t depend upon others.**”

Conclusion: If I could be powerful and independent, all my problems would be fixed

Assumption: shoot the messenger (pain indicates problems) so problems will vanish

Emotion type: Pleasure (life) or no pleasure (death)

“I can’t supply my basic physical and emotional needs, and need others to help me. **I must depend upon others.**”

Conclusion: If only I would be loved, everything would be all right

Assumption: pain is to be evaded, ‘no pain’ is the desirable, normal state or being

Round 1. Which do you most closely relate to: I can’t, I won’t, or I must depend upon others?

- Before, it was I can’t. Now with more confidence, I won’t. I will take control. It feels like a challenge to depend upon others. [Consider the language of the lecture – to depend upon others as appropriate, and that we are learning to depend upon ourselves]
- Awesome experience. The child in me has been activated. She says, I’m here! and answers I can’t. Yet I answer I won’t. For a moment I was able to step back. Insight – even though now I am very wilful, could the origin be that she wouldn’t rely upon others? [There was a toy called a ‘Weeble’ whose TV jingle was ‘Weebles wobble but they won’t fall down’. Someplace in the middle of the two positions may be in truth for you as an individual. The passages read at the beginning of this teleconference were from the Q&A section: Q: Wouldn’t it be ideal to have all three [reason, will and emotion] in balance? A: “The idealized form is in balance, but that does not mean they are distributed in equal measure. Balance and harmony does not always mean an even measure of each. It depends upon the way it is distributed; on the way it works in cause and effect; on the way one current strengthens the other instead of weakening the other as happens with the disharmonious, unpurified being.”]
- Originally it was I can’t and I won’t. I like the idea of a middle way, a balance of risk and trust. It must have been a nightmare to have been so unbalanced. Have recently felt I must. Depending upon me feels harder, more difficult.
- At first, I must. I am weak, I cannot do anything. Actually, I don’t like depending on others 100%. [And now?] I don’t feel I can’t. I must. Yet I don’t want to. I try not to. [It is possible that you are in the stage of awareness here. Four Stages of Spiritual Evolution: Automatic Reflex, Awareness, Understanding, and Knowing PL127 teaches that awareness is the most difficult stage. There can be a rapidly expanding

- awareness without any understanding (at first). We may feel tender and vulnerable. Going into defense can actually be an attempt to slow the process down a bit, if we don't know how to lovingly hold ourselves in the process, in areas of new growth.]
- I have noticed for a few years that I depend upon others. I draw upon what they project. It is useful in some ways, also a dependency. I feel like I have to achieve everything now. I need to work on depending upon myself and not rush the process. Let it unfold. It's a challenge.
 - Previously I felt I can't. In marriage, it was I must depend upon my husband like I depended upon my parents. Yet recently that doesn't work for either of us. Awareness feels like an appropriate response.
 - My upbringing included religion and violence, so I felt I can't. In my marriage, I had to submit = I must. I am enjoying my independence now. [When we are in balance, we response to situations as appropriate]

There was time to take questions at the end of the discussion:

- I struggle with the process of acceptance, with knowing that it takes a lifetime.
[Think of development like riding a horse or a bicycle, or driving a car. You can't lock into any single position without falling off or going off the road. Acceptance is a matter of recognizing that life is a process, that solutions need to be temporary -- like band-aids]
- How did I get to the point where I feel I won't? Is [my age] too late for awareness?
[President Kennedy would tell guests that his wife Jacqueline took a long time to get dressed, but she looked a lot better than he did once she was ready.
As long as we are alive, there is no 'too late' for awareness. When Jan first began her spiritual journey she worked with a 12-step group, and was feeling sorry for herself because she had come into awareness too late – at 42. One day a woman shared that she was too late because she was 62, allowing Jan to realize that there is no 'too late'.
The lectures teach that there is always enough time for what needs to be done, that there would be enough for all if it were shared freely, that our lives will last long enough for what we need to accomplish during this incarnation.
- I am so scared to feel what I feel, it seems so real. How can I manage the fear?
[There's a joke that goes, How do you eat an elephant? Answer: one bite at a time. As long as you look for a solution, you won't take smaller steps that might resolve the issue] You mean I am trying for perfection? [Yup.]

Pathwork Steps: Worksheet for RWE Self-Awareness Sessions Date: ___ / ___ / ____

1. State the duality as simply as possible:

LIFE =

DEATH =

2. My images are that if _____ happens, it will mean _____.

IF...

THEN...

3. Facts that don't support the 100/100 feelings above:

4. Pathwork concepts activated by this disharmony (mark one or two in each category)

Personality element:	Reason	Will	Emotion
World View (‘people are just...’)	Fine, No Problem	Really Bad	Really Good
Defenses/Pseudosolutions: Idealized Self Image:	Withdrawal Aloofness Exalted One	Aggression Power Perfect One	Submission Love as solution Holy One
Lower Self Energy: Core Fears: Afraid of...	Pride Rejection	Self-Will Losing/Helplessness	Fear Being Left Out
Attitude towards dependency: ‘Losing’ triggers feelings of	Chaos I Can’t	Not being Seen I Won’t	No pleasure I Must
Personification of Evil/ Negative Intentionality:	Pain Materialism Demand Facts/ Objective proof	Pain and Rage Separation or Self-Glory	Rage Confusion Half Truths Spiritual Pride
Feeling Defense:	Constriction =Lack of Feelings	Constriction OR Exaggeration	Exaggeration & Dramatization
Angel:	Wisdom	Courage	Love
Essence: Real Self Need	True Serenity Approval	True Power Being seen/heard	True Love Pleasure

Pathwork™ Steps

Three Basic Personality Types: Reason, Will and Emotion PL43 Minutes from May 25, 2013 Teleconference

RWE is a Pathwork concept that is often taught with charts and worksheets, which can lead to the assumption that we are attempting to diagnose ourselves or others, find our 'type'. However, we are not 'types', we are spiritual beings working on a divine task.

It is useful to understand Personality Types in order to find CLUES: to your divine essences, personal misconceptions, the structure of your human personality, main childhood pain and unmet needs. Your preferences and the preferences of others can indicate what your happiness and unhappiness will be around! They can indicate your primary (or favored) forcing current, and are key elements of your Idealized Self Image PL83. They are huge clues to your personal transformation process, letting you know what you fear most – and therefore, what you need to 'die' into. Ultimately, they can lead you closer to knowing what your divine task is, and what you need to do to be more enlightened.

When you are connected to what your essence is, and you know what your personality type is, you can determine what your divine task of enlightenment is about.

Text based upon chart materials by Moira Shaw and Margit Cologrande

[Note: one of the participants transcribed several sections from this meeting, as I had mentioned previously that when I am talking I am not writing! So I am able to include some sections where I commented more extensively on concepts. And oral remarks must always be edited for clarity in written format and for those who were not present and did not hear the full context.]

General questions for this meeting:

What have you learned by studying PL43 and the overall concepts of RWE?

- I understand a bit better, am learning to go through the process of developing. Not rushing the process, and that's significant for me. I can't rush the process! I'm working with not feeling guilty. It has helped my process to hear about the journey of others. I have thought that others are perfect, because I haven't seen their issues.
- Gave me clarity about how I operate. Felt I was an Emotion types, and have realized that I have other elements. Showed me how to relate to each type. Not sure about what happens next – if we know where we are on the scale, what is the next step?
- I am new to the group. When I was young I was Emotion, more Will as an adult. And it didn't work. Now Reason in terms of withdrawal, trying to find courage.
- I see two benefits: understanding myself and understanding others. This helps be to be better myself. I was also Emotion when young, now trying to grow towards Reason.
- I don't know if I am better off or not after looking at the charts. I was picking out qualities that applied to specific situations, I'm all over the place. Wasn't aware that I was so many 'types'. [and laugh with us – what type uses all three type elements?] Will. Until I saw it, I would not have believed it. I recognized it. These things aren't happening on their own. It may not be good to use so many – I'm using everything. I can go forward from here.
- I used the worksheet, and found life = control and balance, death = chaos. If I let my guard down, things will happen. Yet the best experiences of my life have happened when I was spontaneous! There is very little joy in wearing armour. I am mostly Reason in the Pathwork

concepts, while knowing that we are all 3. I feel more accepting and loving, have noticed myself being more loving.

- The idea of submission has been a large element in my life. I see the vicious circle. Lots of pride – awful! Maybe I can address things as they come up, without anyone dying?!!! It has been a good mirror, having a core concept, speaking the truth at the time.
- I feel more ‘part of’ humanity, and I often haven’t felt that way. I have a hard time with the images portion of the worksheet.

[We paused here and worked with the Self-Awareness Worksheet on RWE. What is life?]

Acceptance. [What is death?] Rejection. [If I am rejected, ... will the sky fall?] It always sounds silly when you say it. [That’s the point. By exaggerating our fears, we are able to see the absurdity that they try to stand upon, the child consciousness that tries to manipulate us as adults. Fear only works in the dark of ignorance; once it is fully in the light of awareness, issues can be dealt with (to some degree) and understanding is possible – and fear loses its power. The use of the word ‘images’ in the worksheet is intended to evoke non-verbal, semi-conscious sensations: snapshots, feelings, sensations, memories.]

[The other aspect of the worksheet is that we may find that our consciousness emerges one ‘layer’ at a time, and need to work through them one at a time. For instance, I fear rejection because I could lose my job. I have images about finding a job. Yet there may also be images about confrontation. By invoking the fear of losing my job, that fear is so overwhelming that I no longer have enough time or presence of mind to look at the more likely possibility: that I may have to have a ‘difficult conversation’ that I desperately wish to avoid. It’s easier to cry, I’ll lose my job! than to consider that I might do poorly in a discussion and feel humiliated, keeping my job but at the cost of some pride.]

- I also struggle with rejection.
- I need to take more time with it, to work through the layers. It’s hard to see this stuff.

[Again working with worksheet: What is your issue?] I am not sure of my progress. Life = success, skill, confidence, making an impact.

[Death =?] failure, not learning, not able to apply myself, no real change to the world. This would lead to rejection and lack of meaning. [Really? Your life would honestly have no meaning if you could not influence others? That gives others control of your life, as their opinion of your influence would determine your value. This is an example of following fear to its logical absurdity.]

[Images:] Success would give me pleasure, joy. [Would people throw rose petals in your path? It’s important to exaggerate here, to find the underlying truth and the underlying false beliefs] They would be happy. [Ah. So your success would determine the happiness of others? I suggest that there is a distortion here of sorts, because we cannot control the happiness of others; this is an illusion that we (and they) use to manipulate each other.]

- I see how critical I can be, how high I set the bar. [And what are you teaching others by doing so?] To do the same. [Using the vicious circle can show us how what we put out comes back to us]
- I am enjoying the process of hearing everyone.
- At work, I feel challenged on relationships, power, supporting others. Studying the types helps me to understand the energy exchange between them all.
- I want to understand the will, why it uses all these aspects, what being ‘in service’ means.

[Imagine that you are the will, and you have two hand puppets; one is reason and one is emotion. This is the reality of the Will type, of being in charge. You may have a preference for one hand over the other, and your favorite will naturally develop more skills and experience if it is used more often.

As an issue comes into your field of vision, if it doesn’t feel ‘safe’ you feel compelled to make it safe. You use aggression, taking action so that you do not lose or become vulnerable. You prompt your favorite hand puppet for support, without considering whether it is the most appropriate choice for the situation. You seek to fix, to resolve, to neutralize the issue. This is the defended Will who wants to master everything.

The undefended Will wishes to serve. When an issue comes into focus, it considers whether to act or not, rather than feeling it must. If it decides to act, it may reflexively use its preferred perspective (Reason or Emotion, as ways of interacting with the world rather than puppets) before thinking things through. Yet because the undefended Will is focused upon the issue (rather than its own win/lose or vulnerability) it can easily sense when its perspective may not be appropriate. Even if an alternative way of interacting may not be as skillful or developed, there is an understanding that the issue's needs are what matters, not the Will's level of comfort or risk. The Will selects what is most appropriate for the situation, including positive aggression. A natural, organic rotation would develop between all three perspectives, as it develops to work as a team.

When all personality elements are undefended, the 'team captain' can be any one of the types. Reason and Emotion could count on Will to support their priorities and objectives.

For the defended Will, this would feel like being defeated. It would lose control to others.

For the undefended Will, this would feel like victory. It would both support and be supported.]

- Aha! I never see the choice point. [and the defended Will doesn't want you to]
- My challenges are at work. If I don't address them, they'll get worse. My default is submission.

[So... it feels like if you could ignore the challenges, that would be life?] Yes. [But you realize that ignoring them would actually be death] Yes. [So taking a action, even though it feels terrifying, is actually life] Yes. [You can see how the initial sense of what is life or death can be deceptive. This is an example of having to go down through a few layers. Real life doesn't fit on a chart! What are the two life/death outcomes from taking action?] I lose my job. But I've already thought that through – I've tried my best, I'm not sure I want to stay even if I 'win'. [So you have already worked through the illusion.]

- I realize that my concepts of Love (that is, Life) are not what they appeared to be. I'm not sure what's true or real anymore.

[Finding your resistance is a major step. From the perspective of the defended Will, resistance is its defense against being disarmed. If you find your Resistance, the Will has 'lost' the game. As we discussed in previous teleconferences on The Function of the Ego PL132, the little Ego also feels that it has to be in charge all the time or it will face death.

What supports the Will? Our larger self! The divine purpose of the Will requires that it be strong. From a spiritual standpoint, it's OK for the Will to be wrong because it is in the process of developing itself. Like a horse that may have been allowed to run free a bit longer than necessary, now it needs to be trained, to wear a bridle and saddle, to serve our higher needs. We must create a partnership with this force. Learn to partner with yourself.

Throwing around accusations, making yourself guilty or wrong, will only send your Will into defense. The Will won't allow itself to be condemned. It will not give up or give in. It knows it has a spiritual purpose. Your Higher Self / Real Self must lead here. The Will will follow.

One way to teach about resistance is the analogy of Blind Spots (a topic for future teleconferences because of time limitations here). The essence of that teaching is 'how do you see what you can't see?' How do you see what the will won't see?' One answer is, observe what the Will cannot control. Look at the debris in your life; what's not working. Listen to feedback from others (you will have to sift through what's useful and what might be their stuff). Notice cause and effect. Use every tool you can get your hands on, until the veil of ignorance begins to lift. You will be able to see your own resistance. One tool is to think in terms of Supporting rather than Demanding.

It's an important process and it takes time. It is hard to explain the paradox of time. It is an essential element in the dualistic illusion of the earth plane. The finite qualities -- limits, endings, death -- create a sense of urgency that can accelerate our process. Yet at higher levels of development, spiritual growth and transformation can be held back by this same sense of urgency and limitations. Time does not exist on the spiritual plane. We have all the time we need for what really needs to be done.

A similar paradox exists with Love. Human love is limited; spirituality can be defined as unlimited love. Such love is beyond our human experience, yet can be felt if we open ourselves up to a greater reality than we have known.]

- All of the teleconferences have been useful, especially this about partnering with the will. I have been demanding. I feel a lot of energy from the sharings and feedback. I always fear 'breaking' the horse's spirit.
- I am also joining the group for the first time. I realize I am struggling with where my resistance is. I go between Reason and Emotion, forfeiting my value, submitting, withdrawing, using them as weapons.

[You are in awareness, the second stage in spiritual evolution PL127, on this issue. The more significant the lesson, the bigger the gap may be between becoming aware and moving into understanding. Awareness is the most painful of all the stages, and it is the only way to get to understanding. For me, the Pathwork lectures offer support. Loving support of my process, rather than condemnation, guilt, or even 'you should have.'

I invite you to distinguish the difference between Awareness and the next step of Understanding. I love to tease and if you've been listening for any amount of time, you know that. So, laugh with me: What do you think is going to happen once you have become aware? What other possibility is there than to proceed into understanding? Can you, even now, imagine going back to your old ways?

What I'm inviting you to see is that Shame is an attempt to minimize or cloak Awareness. Don't let it happen! You worked too hard for the Awareness.]

- That is validating. I see where I am. But what about other people's shame? [Why are you dealing with other people's shame?] In going through my own stuff, telling the truth... [You may be referring to retaliation by others to your process?] Yes.

[The shame others feel is not retaliation against you – or, if it is used against you, that's not shame but an attempt to blame others instead of taking responsibility for themselves. [There are some things in your life you will be ashamed of, but once you admit them the 'real' shame is far less than the 'false' shame of trying to avoid them. The false shame doesn't want to stop doing what it is ashamed of doing. So the false shame (of trying to avoid) wants you to believe that the real shame (of admitting) will be far worse.

Everyone has experienced the 'wobbly tooth' in childhood that is only hanging on by a flap of gum tissue. It would be useful to complete the process, but we are afraid of the final 'sting' of pain. Once it happens, we realize it wasn't that painful. That's what facing shame can be like. It does hurt; but the amount of hurt is limited IF we do not intend to continue the shameful acts.

Take a torch and shine a light on your fears. Find out what that they actually consist of. As long as you only say "I'm afraid! I'm afraid!" what you may actually be doing is distracting yourself, enjoying the experience of drama (negative pleasure) and avoiding gaining awareness of what the deeper issue may be about.

For instance, we may be afraid because another person holds power over us. Yet this did not happen in a vacuum. On a spiritual level, we traded our power for something we valued more. To get our power back, we have to give back ('refund') what we exchanged it for; love, respect, approval, etc. Then we can use our power to earn these back. This is the essence of 'Paying the Price', a spiritual principle that we will study in the June meetings on Injustice and Spiritual Law.