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Pathwork Steps September 2014

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In this issue:

New Process Groups

**Benign and Vicious Circles
PRS 21 PL 50**

The Power of the Word PL233
Circle, Vicious, Benign and Cycle

Handling Negative Feedback

Quick Online Lecture Word Search!

Quotes from Vicious Circles PL50

Order vs Disorder

Changes to Pathwork Steps Google Group

Short Film: My Life After Manson**The Spiral of Spiritual Development**

by Dottie Titus

FutureTopics**Happy New Year!****Free Weekly Teleconferences****New Process Groups**

Seven 90 minute fortnightly meetings between September and December:

Saturdays 4pm EST (=6am AU EST, then 7 on Oct 5 and 8am on Nov 9th as the US and AU change to DST). Also = 1pm PST

Sundays 10am EST (designed for US and Europe time zones = 3pm UK 5pm Central European, EUR DST changes on Oct 26 so time will be -1 hour that weekend) Also = 7am PST

Additional times are possible on Saturdays and Sundays, plus a 4pm class on Fridays. Weekday groups may also be formed. As soon as there are 4-5 signups for a group, we will discuss topics and refine times / dates to minimize absences.

Dates:

Sept 13 / 14 Sept 27 / 28

Oct 11 / 12 Oct 25 / 26

Nov 8 / 10 Nov 22 / 23 Dec 6 / 7

Fee US\$175 payable via Paypal, check, or direct bank transfer once your group start date is announced. Reduced by \$25 per class if group begins after after Sept 13/14 but not for absences.

No attendance requirements, but the full fee will apply to all members whenever they join.

Format: we will begin in the same manner as the existing meetings, which

means that the weekly study guide will serve as our starting point -- until the group indicates other interests. Any issue, concept, question or request for personal process will be welcome. Once a group forms, we will review options by email. *See notice at the end of this newsletter for how to listen in to the FREE Saturday 7pm US EST meetings!*

Email addresses will be exchanged and participants will be encouraged to exchange group emails in-between meetings, ask questions, or contact each other. Email addresses will be NOT exchanged between the different meeting times / groups. Members are welcome to also / continue to attend the free Saturday 7pm meetings. The Google Group may serve as a container for all participants to share.

Why new groups?

- More convenient meeting times
- No 'visitors' = safer container, as all members will be making a significant commitment
- Smaller group, more time for personal process
- Opportunity to connect with other group members directly, use email for sharing in-between meetings, ask questions regarding meeting process, maintain sense of continuity.

To apply: Please email jan at janrigsby@gmail.com and indicate time(s)/day(s) you are interested in. Once there are 4 applications for a group time/day I will contact you to confirm, fee will become due, and the group will begin to exchange emails.

Benign and Vicious Circles

PRS 21 PL 50

Week 1: What goes around comes around

Week 2: Factors that fuel a Vicious Circle

Week 3: Comparing Vicious and Benign Circles

Week 4: Elements of a breaking point: Ref The Abyss of Illusion PL60

There are 7 sample diagrams / illustrations in this month's study guide which cannot be included in these newsletters. Please download the pdf from www.janrigsby.com (2014 teleconference page) or www.pathworksteps.org/teleconferenceschedules.

One of the most significant laws in the universe is the law of circular motion . Every movement, every energy current, follows this law. All created life is subject to this law. The planets follow it. All objects, when thrown into the air, follow this circular motion. This law applies to the physical, mental, psychological, emotional and spiritual realm. The life of each created being, as well as any thought, emotion or attitude, follow according to this law -- a circular motion, a continuous stream... a stone thrown into water creates continuous circular waves, which are interrupted only because the body of water is limited

When consciousness was first created, its circular movement followed a benign circle. Its spirit and will, its determination and attitude, the manner in which consciousness directed itself, caused it either to remain in a benign circle, which continued to widen its circumference and thus formed a spiral movement.

When attitudes and direction deviate from reality and divine principle, vicious circles are the result. This vicious circle remains until a new energy current is created by consciousness -- a new impact which then forms a benign circle.

When only fragments of a circular motion are perceived, the line does not appear as round, but straight. Nevertheless, if the line of its original direction were followed through, the circular motion would be obvious. Each life appears to be a straight line, with a beginning and an end, because the continuum is out of sight, from the human vantage point. It is evident that false perception of reality, with its concomitant negative and destructive thoughts, feelings and attitudes, are bound to create vicious circles. The individual is caught in them until he is aware of the fact that he finds himself in a vicious circle; what faulty perception has created it and where to find the breaking point. In this way, a benign circle is established.

Every thought or attitude, every emotion or action affects not only the self, but the outside world as well. Hence the circles -- benign or vicious -- established within the entity's own psyche, ultimately extend and operate with others where a mutual involvement exists.

Being caught in a vicious circle is a result of blindness to reality. This must also close the person's eyes to the fact that he finds himself in a vicious circle. He merely perceives fragments of it which, taken out of context and continuity, appear as a fate which has nothing to do with his actions, his attitudes, his thoughts and his emotions. It is like the object thrown a short distance. The person lacking in knowledge, ignores the large circle that actually exists through the momentum, although this circular

movement is invisible to the naked eye.

It is therefore necessary that the line of vision must be extended, the links be connected. As was shown regarding how to find an image, there is a possibility of doing so.

PRS21

The Path to the Real Self © The Pathwork Foundation 1999 may be purchased at www.pathwork.org

The Power of the Word:

PL233 suggests that we listen to ourselves and others with care. When a word is used repetitively, I have learned to look it up and see whether it is being 'loaded' with a charge that skews its meaning in order to buttress a forcing current -- or reveal a misunderstanding. This month's definitions from The American Heritage Dictionary Online:

Circle: **4.** A series or process that finishes at its starting point or continuously repeats itself; a cycle.

Vicious: **5.** Faulty or defective: a forced, vicious style of prose.

Benign: **2a.** Having little or no detrimental effect; harmless: a benign chemical; benign indifference.

Spiral: **2.** Circling around a center at a continuously increasing or decreasing distance.

Handling Negative Feedback

From [Dealing With Digital Cruelty](#) In The New York Times By Stephanie Rosenbloom Aug. 23, 2014. Highlighted because it supports elements of "Constructive Attitudes in Self-Confrontation" PRS5 / Chapter 5 of The Pathwork to the Real Self

Just as our attention naturally gravitates to loud noises and motion, our minds glom on to negative feedback. Much discussed studies like "[Bad Is Stronger Than Good](#)," published in 2001 in the Review of General Psychology, have shown that we respond more strongly to bad experiences and criticism, and that we remember them more vividly. The mind, however, can be tamed.

One way to become proactive is to ask yourself if those barbs you can't seem to shrug off have an element of truth. (Glaringly malicious posts [or comments] can be dismissed.) If the answer is yes, Professor Suler has some advice:

Let your critics be your gurus.

“You can treat them as an opportunity,” he said. Ask yourself why you’re ruminating on a comment. “Why does it bother you?” Professor Suler said. “What insecurities are being activated in you?”

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!

"to be nobody but yourself -- in a world which is doing its best, night and day, to make you everybody else -- means to fight the hardest battle which any human being can fight, and never stop fighting." e.e. cummings

Vicious Circles: Quotes from PL 50

This vicious circle begins in childhood, just as all images are formed in this early period. The child is helpless. It needs to be taken care of. It cannot stand on its own feet. It cannot make mature decisions. It cannot be free of weak, selfish motives and therefore be independent of other human beings. Hence, the child is incapable of unselfish love. The adult and mature person grows into such love, provided the whole personality matures harmoniously and provided that none of these childish reactions, because of wrong conclusions, remain hidden in the unconscious mind. In such a case, the personality will grow only in part while another part (and a very important one at that) will remain immature. There are only a few adults who are as mature emotionally as they are intellectually.

The child desires to be loved; in fact, it needs to be loved. If an adult existed who is able to give a semblance of divine love, the conflict we are discussing here would not arise, but the inner problems of such an entity would never be solved. For nothing can really be solved by what another person can or cannot do! Hence life on this imperfect and unpurified planet is necessary for every soul who is not yet pure. Thus the child comes into contact with more or less imperfect surroundings which bring its inner

problems to the fore. The lack of divine love, the limited human love does it. Due to this lack, the child (in its ignorance) craves for an exclusive love that is neither divine nor humanly possible. The love it wants is selfish. It does not want to share it with others, with its brothers or sisters. It does not even want to share this love with the other parent. He is often unconsciously jealous of both parents. And if the parents do not love each other, the child suffers even more. So the first conflict arises out of two opposite desires: on one hand, the child wants the love of each parent exclusively; on the other, it suffers if the parents do not love each other. Due to the lack of perfection in the love capacity of any parent, the child misunderstands that in spite of this imperfection, many a parent is still fully capable of loving more than one person. This the child interprets in such a way that it feels excluded and rejected if the parent also loves others. In short, the love the child craves for can never be gratified. Furthermore, whenever the child is kept from having its will done, it serves as additional "proof" that it is not sufficiently loved.

This causes frustration and the child feels rejected. This in turn causes hatred, resentment, hostility, aggression. This is the second part of the vicious circle. The need for love which cannot be gratified causes hatred and hostility towards the very people one loves most. Generally speaking, this is the second conflict of the growing human being. If the child could hate someone he does not love or if he could love someone in his own way and from whom he would desire no love in return, this conflict could not arise. It is the very fact that hatred exists for the same person whom one loves dearly which creates an important conflict in the human psyche. It is evident that the child feels ashamed of these negative emotions; therefore it puts this conflict into the subconscious where it festers. And this hatred causes a guilt feeling because the child is taught early that it is bad, wrong, and sinful to hate, particularly one's parents whom one is supposed to love and honor. It is this guilt feeling (living on and on and on in the subconscious) which, in the adult personality, causes all sorts of inner and outer conflicts. Moreover, the person is unaware of the roots of these conflicts until he decides to find out what is hidden in his subconscious. PL50

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

PL50 can be downloaded at no charge from www.pathwork.org

Order vs Disorder

In the October newsletter on Repressed Needs we will explore the consequences of bringing needs into awareness. This topic feels relevant to the study of Vicious and Benign Circles as well, as expectations can lead us to condemn the slow pace of

pragmatic change.

Excerpt from [Order vs Disorder](#), Part 3 Aug. 23, 2014

By Thomas L. Friedman for the New York Times

Seidman, author of the book “How”, points out that while there’s been a lot of warranted focus on the destabilizing effects of income inequality, there is another equally destabilizing inequality emerging at the same time: “It is the inequality of freedom, and it is even more disordering.”

That may sound odd. After the fall of the Berlin Wall and the toppling of dictators in the Arab awakening, how could more people be feeling “un-free”?

Seidman looks at the world through the framework of “freedom from” and “freedom to.” In recent years, he argues, “more people than ever have secured their ‘freedom from’ different autocrats in different countries.” Ukrainians, Tunisians, Egyptians, Iraqis, Libyans, Yemenis to name a few. “But so few are getting the freedom we truly cherish,” he adds. “And that is not just ‘freedom from.’ It is ‘freedom to.’ ”

“Freedom to” is the freedom to live your life, speak your mind, start your own political party, build your own business, vote for any candidate, pursue happiness, and be yourself, whatever your sexual, religious or political orientation.

“Protecting and enabling all of those freedoms,” says Seidman, “requires the kind of laws, rules, norms, mutual trust and institutions that can only be built upon shared values and by people who believe they are on a journey of progress and prosperity together.”

Pathwork Steps Google Group Changes

The Pathwork Steps Google Group was created in February to offer an alternative to the weekly teleconference meetings, following the same principles:

- to be a container for self-development using, following, or exploring Pathwork concepts
- allowing any topic is allowed, monthly / weekly study guides are only suggestions
- sharing our own experiences, thoughts and feelings

Yet while the weekly meetings have been acknowledged as a powerful tool for self-awareness, the Google Group has languished.

This month I changed the format. For the rest of 2014, the Google Group will, like the teleconferences, act only as a temporary container for sharing rather than holding the history of all postings. At the end of each month, all entries older than 2 weeks will be deleted. Members who wish to retain copies may choose to have postings emailed to them via preferences. I will post as only if specifically asked to respond or make suggestions.

Short Films: My Life After Manson

A 9 minute film about the pain of accepting responsibility for our actions, and the freedom that is possible from doing so.

http://www.nytimes.com/2014/08/05/opinion/my-life-after-manson.html?emc=edit_th_20140805&nl=todaysheadlines&nid=54982637

The Spiral of Spiritual Development

by Dottie Titus

[Dottie Titus was the administrative director at Sevenoaks Pathwork Center for many years before founding the Minnesota Pathwork. She died of cancer several years ago.

Dottie created the Pathwork Teachers Helper, a database of worksheets and teaching materials. This was one of her own contributions. I have included just the first few paragraphs; the entire 8-pages of quotes from a variety of lectures (along with her wonderful illustrations) is part of this month's study guide.

The developmental spiral is a positive process of expansion and contraction, re-encountering issues from a different perspective. It is important to recognize the difference between this spiral process and circular patterns of repetition, 'stuckness', and stagnancy.]

The Basic Spiral Shape

In many lectures, the Guide talks about the “spiral” of spiritual development. Lecture #39 (Image-Finding) speaks to the importance of recognizing where you are on the spiral and of understanding why you feel differently at different points. He encourages us to view our new found knowledge “from various angles.” DT

“The path is a spiral movement. You know this. You have heard this and experienced it. Each round of the spiral is a new layer, and at the entrance of each round a new and deeper commitment needs to be made. The rounds or circles are not closed, they have openings. As you discover a new opening, you need to make a new commitment, on a yet deeper level: to let go and to let God; to give all of yourself to the truth -- to the truth of being -- to no longer hide from your truth.”
(#235, Anatomy of a Contraction)

“...There is a specific spiral configuration that applies to the development of your soul in this respect... As the soul begins to evolve and grow, it enters a new spiral phase or round.” (#235, Anatomy of a Contraction)]

“The spiral movement of the Path may give the appearance of going around in circles and being stuck. This may not be true. It is always necessary to make the same recognitions or sequence of recognitions, over and over again until the circles get smaller and smaller to finally converge at the key point from which the problem can actually be resolved” (AD #8, Laws in Regard to Being a Helper in the Pathwork)

“But if they cannot bring together the cause and the effect, they will go around in a circle, and not in a spiral, which is the true movement of the path.” (Lecture #196, Commitment—Cause and Effect)

The Downward and Upward Curves of Each Level of the Spiral

“Temporarily you will appear to regress. Depressions are almost unavoidable, temporarily, in the search for what and who you really are... You have to descend into your unconscious in order to reach the liberation and clarity of absolute truth...”
(Lecture #39, Image-Finding)

Connection to Divine Source on the Spiral

“There comes a point when a particular spiral has truly resolved itself. An entirely "new" aspect is coming to the fore, an aspect so strange and unfamiliar that it seems at first somewhat frightening. ‘Is that really me?’ you ask.” (Lecture #255, The Birthing Process – The Cosmic Pulse)

The Interconnectedness of All Spirals

“Each step in its smallest particle is a creation in itself. Each "little" creation is an explosion of a psychic spiral formation. The larger creation consists of so many smaller ones, which extend and extend. This larger scheme, too, is only an infinitesimal step of a still larger scheme -- as one human life is when considered over a whole period of its evolutionary spiral movement.”

(Lecture #215 – Psychic Nuclear Points Continued – Process in the Now)

Download the entire document along with this month's study guide at www.pathworksteps.org or www.janrigsby.com.

Future Topics

Repressed Needs PRS23 plus PL92 & 192
Duality Through Illusion PRS25 plus PL118 & 143
Man's Relationship to Time PRS28 and PL112

Happy New Year!

A Personal Experience of The Spiral of Development

This year, High Holy Days begin at sunset on September 24th with Rosh Hoshanah (like Easter, Jewish holidays follow a moon calendar). For 10 days, we are encouraged to review our lives, make amends, re-negotiate vows and promises so that we enter into the new year clean and fully committed to life. We apologize for our failings to those we have disappointed. Where we have let God down we speak directly to him. At Sundown on September 4th, the 24 hour fast of Yom Kippur ends and we close the 'book of life' for the new year, and begin living it.

At a Rosh Hoshanah retreat 23 years ago, a visiting Rabbi taught me that prayer was about asking God for inner strength, for ourselves or for others, rather than external solutions.

I was so new to self-help that I hadn't yet realized my inner resistance to taking responsibility for my life. I still felt like a victim. One of the group exercises had

shown me that I was suppressing something. My successfully camouflaged negative intentionality was about to be revealed because my child consciousness realized that it had been tricked. Some part of me was observing all this, yet unable to make sense of what it was seeing.

In the warm sunshine of a September afternoon, we went outside to 'practice' praying. For the first time, I felt the presence of my real self. I was the answer to my prayer.

Reb Zalman died July 3rd. In his obituary I learned that he became a rabbi late in life, embraced LSD as a spiritual tool in the 60s, married 3 times, and specialized in old age, death, and dying. *"Rabbi Zalman Schachter-Shalomi was always pained by his estrangement from the Chabad-Lubavitch movement. He was never comfortable with the nicknames that both Jewish and secular news media gave him: the hippie rabbi, the cyber rabbi (for his technological savvy), the gadfly rabbi. He was philosophically averse to labels and the blanket prejudices they stood for. He was a guy who saw each person as a being unto itself, who treated every human being as if he or she had the potential to be holy."* (quotes from [The Jew in the Lotus](#) by Rodger Kamenetz).

My path has also been hard to characterize. Pathwork taught me that this was 'ok', that everyone's path is unique, even if it looks 'normal' -- and to be wary of pride, self-will, or fear that would exaggerate my natural impulses or repress my real needs.

Kamenetz wrote the second book I have read about seminars with the Dalai Lama.

The first was [Destructive Emotions](#) by [Daniel Goleman](#), who also wrote [Emotional Intelligence](#). The books on the Dalai Lama seminars offer a fly-on-the-wall experience of meetings between great minds and spiritual leaders, and clearly explain cutting edge technology and theological exploration in layman's terms. [Destructive Emotions](#) sent me on a journey of intellectual, scientific, and theological exploration that has lasted almost a decade. [The Jew in the Lotus](#) promises to be an equally exciting adventure.

The Pathwork Lectures do not ask that we give up our belief systems or our religions. As a Jew with a Christian background, I have experienced the generosity of this promise. My journey in learning Christ Consciousness has been, like many of my life experiences, eclectic and hard to describe or share with others. I was certified as a Helper and accepted by the Pathwork community as a leader despite reservations about Christ that would have excluded me under fundamentalist interpretations of the lectures. To me, this was proof of the Pathwork 'walking the

talk' in terms of supporting my individual journey despite deviations from 'orthodoxy'.

The Pathwork lectures encourage personal exploration. The only request is that we remain willing to look at our fixed beliefs. In Stage 1 of the Stage of Commitments (AD6) newcomers to a Pathwork community are asked:

"If you feel threatened in the process of removing a fixed prejudice, are you willing to understand the dynamics behind this fear in the process of your pathwork, even before you may actually dare give up the prejudice or fixed belief in question?"

When I took my 4th stage Commitment to enter into my practice as a Helper, I hit a somewhat tougher 'wall': In question 2, the Guide suggests

"Do you cleanse your motives daily that you wish to give to the person whom you help without ulterior motives, not withstanding any ego or power reasons, motives for personal gain, etc.? These motives may still exist, but they can be eliminated every day by making anew this commitment to Jesus Christ who personally guides you in this task."

I had to parse this question dozens of times, before realizing that there was no demand that I accept any reality about Jesus Christ, as a religious figure or as a spirit. I was instead being invited to articulate my spiritual reality around my willingness to ask for help. The preface to the stages says:

"The rituals should contain first of all, an initiation in which the person should be asked certain relevant questions pertaining to the phase. He or she should be allowed to express, according to his own feelings, what this means to him."

My reality was this: that it was not my experience that Christ was helping me. Yet if I ever became aware that this was true, I would admit it.

I have since had an experience of Christ. It matched my belief system, that such a spirit would be great in its generosity. I was welcomed to follow my heart, exercise my beliefs, treasure my religion, and participate in the Plan of Salvation with every fiber of my being. If I ever ask for his support, I will receive it fully.

In 1991 I began the year 5752 feeling fully aligned with myself and clear with God, thanks to Reb Zalman. In 1997, the Pathwork of California inadvertently scheduled a program weekend smack dab on top of Yom Kippur, the holiest day of the Jewish year. We formed a team to design some activities integrating Pathwork teachings and Jewish rituals so that we could celebrate individual beliefs alongside communal ones. I began the year 5758 feeling fully aligned with my community and with Pathwork.

Such feelings pass, of course. Alignment is a process rather than a place to camp out in.

In [The Jew in the Lotus](#), Kamanetz writes of how Buddhism and Judaism can co-exist within an individual soul, each contributing in its own way. The Pathwork Guide spoke directly to this issue many times: we are not asked to abdicate or disavow our cultures, religions, or rituals.

"But if you follow the teachings of your religion whereby you learn and do what alone matters, namely work for self-knowledge, self-purification, and utter self-honesty, then the religion to which you belong or which you have chosen will satisfy your spirit." PL19

L'Shana Tovah! A New Year's Blessing to all.

2014 Free Online Meetings

Saturdays 7pm US EDT

Converts to Sundays 9am AU EST

verify your time zone at www.timezoneconverter.com

Join from a PC, Mac, iPad, iPhone or Android device:

Please click this URL to start or join. <https://zoom.us/j/274177505> Or, go to <https://zoom.us/join> and enter meeting ID: 274 177 505

Join from dial-in phone line:

Dial: +1 (415) 762-9988 or +1 (646) 568-7788

Meeting ID: 274 177 505

Participant ID: Shown after joining the meeting

International numbers available: <https://zoom.us/zoomconference>

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.

Download monthly study guides at any time

from www.pathworksteps.org/teleconferenceschedules

Meet online! We use Zoom.us teleconferencing software. Simply click on the access link sent in the weekly self-study guide. You may also call in via landline, mobile, or VOIP line.

If you wish to participate in the weekly meeting, the only requirement is to read the weekly study guide segment before the meeting. You may pass (skip your turn) at any time for any reason.

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.

Unable to attend? *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.*

To receive weekly meeting access links and study guide sections, 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.

*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 **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 the free lectured referenced in the study guide.*

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