

Pathwork Steps October 2014

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When we work with how our soul distortions have manifested on the human plane, we are working in areas where we are attached to images and pseudo-solutions. It is useful to remind ourselves of our spiritual reason for manifesting as human beings: to recognize our misconceptions, distortions, and false beliefs -- and transform them.

Week 1: Repressed needs and their relationship to Man's State of Consciousness

Week 2: Real and False Needs

Week 3: Repression, Manipulation, Displacement, Substitution

Week 4: Sublimation

Please download the pdf from www.janrigsby.com (2014 teleconference page)

or www.pathworksteps.org/teleconferenceschedules.

Real and False Needs, and Their Relationship to Man's State of Consciousness

Quotes from PL192:

In the course of this journey toward experiencing old feelings which had not been fully experienced before, you also come across the needs you had as a child, needs whose unfulfillment caused most of the painful, and therefore repressed, feelings. As I said, any entity who does not bring his unconscious feeling experience into consciousness must take this material with him and be reborn with the same non-

experienced material. This residual material is vastly responsible for the way energy draws forth and seeks corresponding outlets. To put this differently, **the imbedded material seeks out circumstances and people for the next incarnation that will give an opportunity to bring this dormant unassimilated material to the fore again.**

Thus a set of parents, a certain environment, and specific conditions seem to be responsible for painful experience in childhood. But actually the undeveloped state of the parents functions as a means to bring out what would otherwise remain inaccessible, dormant, and blocking total purification. Of course, it is possible again and again to "treat" the painful experience in the old way which avoided the experience, thereby prolonging the chain. But the day comes for every entity when he finds it no longer possible to avoid the confrontation and turns about-face. You can follow this chain of events even within this life span. **To the degree you have not experienced fully your past as a child, you must attract similar experiences, at least in essence, later.** To the degree you have avoided the former and are unaware of what truly went on in you, to the same exact degree you tend not to recognize what you feel and experience now, in the repeated experience.

Conversely, to the degree you become conscious of your past feelings, you are also becoming aware of how the experience repeats itself. You fully experience and thereby understand, thus making further repetitions superfluous. The state of numbness about your past feelings numbs you to similar present experiences -- unless and until you make a real commitment and a real effort to awaken yourself no matter how painful this may seem at first. PL192

What are real and what are false needs? In the first place, what is real at one period of an entity's life may be utterly false and unreal at a later period. What is a real need for a child is not at all a real need for an adult. Now, when the growing entity denies the pain of the unfulfilled real need, what happens is not at all that this need disappears. On the contrary, the denial of its pain perpetuates it and projects it in time and onto other people so that it becomes a false need.

To be specific, a child needs to be taken care of; it needs to be solely a recipient in care, nursing, good feelings, attention, appreciation of its own uniqueness. If these needs are not fulfilled, the child must suffer. If this suffering is dealt with on the conscious level, the personality does not remain crippled, as many would want to believe. **What creates a crippled state is the belief that this pain can only be eliminated when the personality is finally given all that was lacking, even years later.** Now, this can never be, of course. For even if it were possible for an adult to finally obtain substitute parents who are ideal and perfect according to the notions of the deprived child, to an adult all this giving from outside could never bring fulfillment. **The more the pain of the unfulfilled legitimate need remains unexperienced, or**

only half experienced, unreal, false needs fill the personality which then will make demands on others. When these demands are not being fulfilled, the resentments, and often the venom with which cases are being built against life and others, increase the sense of deprivation so that a continuous vicious circle seems to entrap the person in a state of hopelessness. **It is not too difficult to rationalize a case, to produce an accusation, to blame. One can always find actual as well as imagined or exaggerated and distorted "reasons" for focusing the weight outside of the self.** Since all this is subtle and concealed, it requires specific attention in self-observation and self-honesty to see this process at work. Only when you are capable of admitting the irrational demands and you see how you want to deal out punishment to those you blame for their unfulfillment, can you truly understand the connections I make here.

What are the real needs of an adult? They are self-expression; growth; development; reaching his spiritual potentials and everything else that accrues from that: pleasure, love, fulfillment, good relationships, and making a meaningful contribution to the scheme of things, to the great plan in which everyone has his task. When a certain amount of growth has taken place, this task is being felt, inwardly experienced, until it becomes a reality. **It is a real need to perceive this, and when this perception is lacking, unhappiness accrues.** The entity must then proceed to search for the obstructions within his own soul and remove them. They are always, in one way or another, connected with a perpetuation of once real needs which have now become false needs.

Repressed Needs, Manipulation of Emotion, Displacement, Substitution Quotes from PRS 23

Whenever a person is confused in a situation, negatively involved in a relationship, unable to come out of a feeling of disturbance, in spite of certain recognitions, and whenever he is bitter and hurt, dependent and anxious, more than he reasonably knows the situation warrants, the entire question of needs should be probed.

Has a need been shifted into another than the original one?

Was a substitution made?

Was a different feeling than the real one superimposed?

No matter how deep a problem, how severe a fault, it could never create a deep, abiding disturbance, if the person were completely aware of original needs and emotional reactions, without displacing, superimposing, substituting different needs and feelings from the genuine ones.

Fundamental reasons for denying needs are:

- shame of not conforming to what one assumes to be expected;
- desire for approval;
- ignorance that the need can be fulfilled at all, or can be fulfilled without jeopardizing other fulfillments;
- the misconception that being aware of destructive needs leads to undesirable actions;
- the misconception that a conscious need is harder to bear when unfulfilled than blindness to its existence -- hence denial and displacement.

Sublimation Q&A from PRS 23

Shifting of needs is often called "sublimation," when the shifted area happens to be a constructive outlet. Such sublimation is nevertheless undesirable, because the inner balance is upset.

Sublimation is displacement into a constructive outlet and, as such, it is, of course, the lesser evil. It can never be a solution and only appears desirable to those whose trust in basic human nature is very small. When man comprehends that the ultimate human being has nothing to fear from himself, cannot be destructive, sublimation will only be a temporary measure. Mankind will also eventually understand that the realization of man's ultimate nature is possible for everyone who is willing. Those who are unwilling cannot sublimate destructive drives, either.

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

Guide Quotes © The Pathwork Foundation 1999

Full text of this plus all other lectures may be downloaded from www.pathwork.org

Blind Spots: How Our Mind Works

A blind spot is a regular tendency to repress, distort, dismiss or fail to notice information, views or ideas in a particular area that results in an individual failing to learn, change or grow in response to changes in that area.* We may find it difficult to believe in something we cannot see or feel.; repressed needs behave like blind spots. We may have to rely upon objective feedback, and evidence such as incongruities and discrepancies that belie the 'stories' we are holding on to. Here is an example of how the mind may work differently than we realize, making it hard to confirm objective facts.

Read these sentences out loud. Count the number of letter 'F's that you find.

FINISHED FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF MANY YEARS.

The answer is at the bottom of the Newsletter, along with the explanation.

* Definition from Leadership Blind Spots by Karen Blakely

Short Films that Illustrate the Concepts

Blind Spot 2011 6min <http://vimeo.com/19464611> Bruce couldn't see how his day could get any worse, but that's because he's not aware of his surroundings.

An actor speaks about playing a deeply repressed man. Jude Law on his role in Anna Karenina: <https://www.youtube.com/watch?v=fU4sK9eliJ8> 3 mins

Law and Order Criminal Intent S02 E14: "Probability". A man with Asperger's Syndrome commits murder without fully realizing what was he was doing. A brilliant representation of how it feels to be confronted with evidence of one's own unconscious drives. Entire episode is 42 minutes, the key segment begins at 28mins18sec and lasts 13 minutes. <http://www.free-tv-video-online.me/player/videoweed.php?id=f64d612bc130f>

Developing a Disciplined Mind

Excerpt from [The Mental Virtues](#) a NY Times article by David Brooks Aug 29, 2014 about 5 qualities that contribute to a disciplined mind, building character, and even becoming wise: A Love of Learning, Courage, Firmness, Humility, Autonomy

We all probably excel at some of these virtues and are deficient in others. But I'm struck by how much of the mainstream literature on decision-making treats the mind as some disembodied organ that can be programmed like a computer.

In fact, the mind is embedded in human nature, and very often thinking well means pushing against the grain of our nature — against vanity, against laziness, against the desire for certainty, against the desire to avoid painful truths. Good thinking isn't just adopting the right technique. It's a moral enterprise and requires good character, the ability to go against our lesser impulses for the sake of our higher ones.

Montaigne wrote that “We can be knowledgeable with other men’s knowledge, but we can’t be wise with other men’s wisdom.” That’s because wisdom isn’t a body of information. It’s the moral quality of knowing how to handle your own limitations. Warren Buffett made a similar point in his own sphere, “Investing is not a game where the guy with the 160 I.Q. beats the guy with the 130 I.Q. Once you have ordinary intelligence, what you need is the temperament to control the urges that get other people into trouble.” Click [here](#) to read the full article.

Process Groups

Please email [Jan](#) if you are interested in joining a private study / process group meeting at 10am US EST on Sundays (= 7am PST, 3pm UK). 5 fortnightly meetings starting October 12, fee is \$125. There are 2 places remaining.

Order vs Disorder

Evolving from 'Freedom from...' to 'Freedom to...'

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.”

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:

I have often confused suppression with repression. The distinction is that in psychological contexts, repression is a more unconscious act than suppression.

Suppress:

1. To put an end to forcibly; subdue: suppress a rebellion.
2. To curtail or prohibit the activities of: suppress dissident groups.
3. To keep from being revealed, published, or circulated: suppress evidence; suppress a film.
4.
 - a. To deliberately exclude (unacceptable desires or thoughts) from the mind.
 - b. To inhibit the expression of: suppress anger; suppress a smile.

Repress:

1. To hold back or prevent by an act of volition: couldn't repress a smirk.
2.
 - a. To put down or subdue by force: repress a rebellion.
 - b. To end, limit, or restrain, as by intimidation or other action: repress a heresy; repress inflation.
3. Psychology To exclude (painful or disturbing memories, for example) automatically or unconsciously from the conscious mind.

Sublimate

2.
 - a. To modify the natural expression of (a primitive, instinctual impulse) in a socially acceptable manner.
 - b. To divert the energy associated with (an unacceptable impulse or drive) into an acceptable activity.

Exploring Another Way of Being Lessons from Norway

Two years ago I took a winter holiday to Norway. After two days in Bergen, I boarded the Hurtigerten ferry and travelled for 14 days, along the intensely convoluted Norweigan coastline to the Arctic Circle and then back to Bergen. The ferry is a state-subsidized mail and freight service, which carries passengers and organizes excursions for tourists. The days I spent doing 'nothing' except being present and aware were exquisite, and have stayed with me.

My goal was to see the Northern Lights. Like sighting deer or birdwatching, the trick is to stay in the area long enough to catch a glimpse. While there were many nights where they fluttered like ghosts in the distance, over the 12 nights we had only one 'close encounter': a glorious, undulating ribbon in fluorescent shades of green dancing above us for hours. It was a transformational experience for me, to actually see massive magnetic waves and sense the physics of our planet. It was like being on a beach for the very first time and watching the ocean move. I longed to dive in.

Here is a recent NY Times travel article, with wonderful videos, charts, and diagrams on the Hurtigruten voyages, the midngiht sun, and a slower way of life: http://www.nytimes.com/interactive/2014/09/19/travel/reif-larsen-norway.html?emc=edit_th_20140922&nl=todaysheadlines&nid=54982637&r=0

The trip was important in terms of preparing me for a different way of living, of far less action and far more reflection. One comment from the the article,

He pointed to a particular 10-minute sequence from “Hurtigruten Minute for Minute” in which the only action is a cow walking across a beach.

“Will the cow keep walking? Will it stop?” he said. “You just don’t know. And this is exciting.”

Not for everyone's taste, but a splendid description of another way of perceiving life.

Over the past 2 years, I have become more comfortable with just being with a cow walking on a beach. Following my Eros for the Northern Lights exposed a need I was not aware of.

Future Topics

Duality Through Illusion PRS25 plus PL118 & 143
Man's Relationship to Time PRS28 and PL112

[The 12 Steps: A Way Out](#)

"A Spiritual Process for Healing Damaged Emotions"

Suggestions from the workbook for noticing behaviors and feelings.

Consider completing these sentences:

- I compensate for my feelings of low esteem by...
- I isolate myself from other people by...
- When I am around authority figures I usually...
- The ways I seek approval from my family or friends include...
- I respond to personal criticism by...
- I try to rescue others by doing things like...
- I feel overly responsible when...
- I feel very irresponsible when...
- I deny, minimize, or repress my feelings when...
- I deal with fear of rejection or abandonment by...
- My present difficulties with intimate relationships are...
- I have difficulty trusting _____ because...
- When I lack motivation or procrastinate, I feel...
- The current projects I'm not completing are...
- When I am not in control I fear...
- My impulsiveness causes me to make a poor decision when I...

The purpose of such exercises is to unearth feelings that we have judged as inappropriate, shameful, bad. Yet these are often only effects, external symptoms of underlying issues (see PL196)

How many detective stories have you seen where crucial evidence is withheld because someone is ashamed of their contribution to the problem, or just afraid that a secret will be revealed that will humiliate them? Or stories where people lie to their doctors, preventing appropriate treatment?

By denying what our real feelings are, or allowing them to become so repressed that we are no longer aware of them, we become disconnected from our own inner reality. No wonder we may feel helpless, hopeless, and fall into despair!

In the work of self-development, we strive to discern the distorted beliefs, false conclusions, and unmet needs that are the underlying causes of our unhappiness. Scrupulous honesty is required. Admitting how we really feel is one starting point.

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!

Free Online Meetings

Saturdays 7pm US EDT

Welcome to the confusion of global DST changes!

Converts to Sundays **10am AU EST from Oct 4th THRU Nov 1st meetings**

Europe ends DST Oct 26th = after the meeting starts.

verify your time zone at www.timezoneconverter.com

[Daylight Savings Time Ends Nov 2 in the US](#)

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.*

Blind Spots

The letter 'F' appears 6 times. If you read the sentences aloud, you may have missed the F in the word 'OF' because we pronounce the F as a V. Once the mind has learned this, it may no longer recognize the actual letter. However, if you just look with your eyes instead of reading, you may notice all 6 occurrences. See if others notice all 6.

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