

# Pathwork Steps February 2014

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## Pathwork Steps Google Group

The Google Group is an opportunity to engage in discussion with other Pathworkers on Pathwork-based topic. Questions from the weekly meetings can be explored at length.

View postings from this link:

[https://groups.google.com/forum/?fromgroups#!forumsearch/pathwork\\$20steps](https://groups.google.com/forum/?fromgroups#!forumsearch/pathwork$20steps)

If you have a gmail address, you can request to join directly from this link. Otherwise, Jan will need to send you an invitation to join (email Jan at [janrigsby@gmail.com](mailto:janrigsby@gmail.com)).

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

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

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

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

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## **Ways of Changing Perspective**

Pathwork has taught me that each and every human being on the planet is here on a divine mission. Our life task is designed to succeed despite our resistance, fear, and pettiness. We can know love, yet be afraid to express it so that it can grow through interaction. Love becomes stronger when challenged, or at least shows where it is weak so that we can support and strengthen it.

### **A Four-Step Outline for Living**

When both inner and outer lives had collapsed in 1992, my very first therapist gave me a jaunty little 4-step process to help me function. She claimed it was a Native American Harmony; my daughter informed me a few weeks ago that it's a Buddhist teaching. Since truth is universal and eternal there may be

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any forms of this teaching. I was mostly grateful that it was short.

1. Show up.
2. Pay attention...  
...to what has heart and meaning.
3. Tell the truth...  
...without judgement or blame.
4. Stay open to the outcome...  
...not attached to it.

I separate some of the points into 2 parts, because in the beginning phases of coming into full consciousness (and becoming aware of the the mess you have made of your life) just showing up can feel overwhelmingly difficult.

These steps are my daily mantra. After 20 years of working with them, I still scan every email for judgement and blame before hitting 'send'. I can attribute almost any disharmony to not following one of these steps.

Techniques, exercises, and examples of new perspectives help us become comfortable.

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## 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; keep the quotes!

After you have entered this into your browser bar, you can bookmark the search and use it over and over, replacing the word phrase with whatever

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**2014**

### **Free Weekly Teleconferences**

Saturdays 7pm US EDT

Converts to Sundays 11am AU EST

***Advances to 10am March 15th, then 9am April 6th due to Daylight Savings time changes in the US and AU***

verify your time zone at [www.timezoneconverter.com](http://www.timezoneconverter.com)

**We work with one central topic or concept a month**, looking at it from different angles. Members share their understanding and interpretations based upon their own life experience. Members can pass (skip their turn) or remain silent throughout the entire meeting.

**Meet online!** We use [Zoom.us](http://Zoom.us) teleconferencing software. Simply click on the access link. You may also call in via landline,

**Unable to attend a meeting?** *Use the study guide on your own! Allow the weekly reminders to encourage you to read a few pages a week. Use the worksheets, watch the films, download additional lectures from [www.pathwork.org](http://www.pathwork.org).*

**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.

**For meeting access links and updates**, click on the link at the bottom of this email and tick the "Pathwork Steps Weekly Meeting Notices" in your MailChimp group preferences. Every Monday you will receive the study guide portion for the Saturday meeting. You may unsubscribe from the weekly notices at any time.

**Download monthly study guides** at any time from [www.pathworksteps.org/teleconferenceschedules](http://www.pathworksteps.org/teleconferenceschedules) These include 2 pages of quotes from the primary lecture or source material plus worksheets, suggestions for further self-study, tips on observing Pathwork concepts in our personal lives. There is often a list of film suggestions, with links to to online clips or shorts that may illuminate the concepts. Those who wish to share are encouraged to read the full lecture plus the study guide, but *participants are only asked to read the assigned 1-3 pages each week.*

2014 topics will be selected from Eva Pierrakos' manuscript **The Path to the Real Self (PRS)**. The 'voice' of Eva is easy to discern in the preface, where she describes the process of developing a relationship with the Pathwork Guide. The surviving 26 chapters seem to have been written by the Guide, and even have Q&A segments like the lectures.

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**March: Initial Steps for Self-Growth** PRS Chapter 4

**April: Cosmic Principles** PRS Chapter 7

**May: Parents - Images** PRS Chapter 11

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 copyright was part of John Pierrakos' personal estate so the International Pathwork Foundation was unable to sell copies until a few years ago. When I was training to be a Helper, the chapters were made available but were considered 'advanced material'. Yet today, many Pathwork teachings that seemed radically 'new age' in the '60s or 70s have been absorbed into everyday culture. The PRS can deepen our appreciation of the individual lectures by giving them a larger context.

The entire PRS is included on the newest DVD-Rom of all the Pathwork lectures, now \$40 at [www.pathwork.org](http://www.pathwork.org).



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## **INITIAL STEPS FOR SELF-SEARCH**

Quotes from Chapter 4 of The Path to the Real Self

By Eva Broch Pierrakos

Self inventory questions, part 2:

When the questions of the first "inventory" are conscientiously and truthfully answered, wherever possible, the following questions are important and helpful. As mentioned before, here, too, not all questions can be answered now, but wherever it has to be shelved, this should be noted. It should be seen that this fact in itself indicates that there may be a problem, a conflict, for, otherwise, awareness and clarity would exist.

The next set of questions is the following:

Do you enjoy the pleasures of life as fully as you sense this may be possible? Or is your experience of them flattened, stale, shallow?

How do you respond to life's hardships? Do you become panicky? Angry? Do you blame others, life or yourself? Or do you try to find the cause of it in your own past and present psychic processes and, until you have full understanding, trying to make the best of the situation, learning from it, accepting what is inevitable at the moment, and changing what can be changed through corrective measures?

How do you react to friction with friends and associates? Do these emotions paralyze you, so that your faculties do not function when you need them and you are flustered, cannot think of the right answers at the time, but hours or days later?

How do you respond to criticism? Do you feel utterly devastated? If a fault or failure is pointed out, or you yourself suspect it, do you feel as though your entire value as a person is annulled? Or is it possible to admit wrongs without losing all

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nd assets?

Is everything either/or? Can you feel that you can be right in one respect, wrong in another -- and apply the same to others? Because something is bad, do you cease to feel, see and experience the good?

Do you feel undeserving of good things? Do you feel as though some of the fulfillments, listed before, cannot possibly come to you? That you cannot visualize yourself in this situation? Perhaps an inability to enjoy pleasure, in the fullest possible way, has something to do with it. Test it within yourself, probe.

Do you trust yourself to handle difficult situations? The more you do, the less will you live in fear and the more capable you will become of enjoyment. How do you react to frustration? Does something in you scream like a baby? Are you frantic? Or do you retain a rational and appropriate sense? Does momentary frustration feel as a finality? Or are you capable, if it is necessary, to accept it, adopt to the lack and make the best of the situation, in the realization that it need not be final?

Is it difficult for you to make decisions? Are you too quick and impulsive about them? Or can you never make up your mind? Do you wish some reliable authority would take the responsibility for your decisions, so that you will not have to take a chance, make mistakes?

Do you like to rely on the judgements of others? Is it difficult to form your own opinions? You will find that the more you resent advice, the more you really want it, unknowingly. Are you capable of loving, of truly unselfish concern for others, or do you confuse self-destructive false sacrifice, possessiveness and fearful submission with "true love" and weakness with flexibility? Do you confuse unscrupulous selfishness with strength, assertiveness and healthy self-love? Again, you may note how well one has to discern in order to

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ifferentiate; how easy it is to pronounce judgement without knowing what goes on within the soul.

To evaluate the reality of a human being -- oneself and, even more, another person -- a great deal of insight and understanding, observation and vision are required. Acts, attitudes, behavior patterns must be looked at as a part of the whole personality; they must be evaluated in correlation with other trends, and still undiscovered factors must never be left out of sight, before it can be determined what a person is, what his behavior signifies.

**Intuition gives, of course, perfect answers, but before intuition truly comes into play, self-knowledge has to exist to a very considerable degree.** *Ready-made rules about what is right or wrong are totally unreliable.* [Bold and italics added]

The lazy person, who shies away from the trouble of weighing, thinking and discriminating tends to flock to organized religion, which sets rules for his thinking and relieves him of the responsibility to form his own opinions, to inevitably make mistakes and grow from them, to occasionally change his mind, with all its consequences.

The emotionally and spiritually mature person is accountable to his own conscience only. No one else can decide for him. The rules of man's religions often parallel divine reality, but they only become a reality if arrived at through personal experience and the gallant struggle for self-responsibility. There are also instances when divine reality leads into quite different channels than the generally approved ones. This may first require courage but, in the end, it will prove the greatest blessing, the only possible way to make life worth living.

The second set of questions clearly points to the spiritual and emotional maturity of a person. There is a correlation between

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ruthful answers of both sets of questions. However, it is premature to consider this. Later on, it will evolve quite naturally out of the work. In the meantime, you have to be reconciled to the fact that preliminary work, preparatory tasks, have to be fulfilled. The mere fact that answers to these questions have been given, wherever possible, and thought about, establishes an inner climate conducive to the work and helps towards a better overall view of the self. Many aspects may appear to you in a new light, may give you food for thought and the dawning of a more accurate understanding of yourself and your life.

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

Quotes from The Path to the Real Self © The Pathwork Foundation 1999 Full text may be downloaded from [www.pathwork.org](http://www.pathwork.org)

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Click this link to read the January 2014 edition of **In Connection**, the International Pathwork Foundation Newsletter:

[http://us5.campaign-archive2.com/?  
u=149b578a83345b140d3028616&id=a44fb5467f&e=48d93c77](http://us5.campaign-archive2.com/?u=149b578a83345b140d3028616&id=a44fb5467f&e=48d93c77)

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