

## *Pathwork Steps*

Movies that illustrate aspects of Incarnation and Soul Task PL216

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Letterbox 5 min documentary: A Turner Classic Movies short on the different in watching via "widescreen" or "Letterboxed" transfers of a film vs. "full screen" or "pan and scan". An analogy of how greater awareness of spiritual reality can change our perceptions.

<http://www.youtube.com/watch?v=GseDCbaHNOK>

Groundhog Day (1993) Bill Murray plays Phil Connors, an arrogant and egocentric Pittsburgh TV weatherman who, during a hated assignment covering the annual Groundhog Day event in Punxsutawney, finds himself in a time loop, repeating the same day again and again. After indulging in hedonism and numerous suicide attempts, he begins to re-examine his life and priorities. Danny Rubin, the writer, said that he felt something like 23 days were represented in the movie, [but they lasted] over 10,000 years." Movie on YouTube in segments:

Part 1 <http://www.youtube.com/watch?v=DT09T96TFOA>

50 First Dates (2004) Henry (Adam Sandler) is a player skilled at seducing women. But when this veterinarian meets Lucy (Drew Barrymore), a girl with a quirky problem when it comes to total recall, he realizes it's possible to fall in love all over again ... and again, and again. That's because the delightful Lucy has no short-term memory, so Henry must woo her day after day until he finally sweeps her off her feet.

<http://www.youtube.com/watch?v=V11t5VAibtg>

Ending: <http://www.youtube.com/watch?v=A2ZzZf7zkjM>

The Karate Kid (1984) Ralph Macchio asks an elderly gardener (Noriyuki 'Pat' Morita) to teach him karate. The phrase 'wax on, wax off' has become shorthand for developing aspects of a skill (such as specific muscles) by doing menial tasks that seem unrelated to the stated goal. Director John Avildsen Learning the larger purpose:

<http://www.youtube.com/watch?v=5fXFiNp6zds>

Clips of 'lessons': <http://www.youtube.com/watch?v=R37pbIySnjg&list=PLD2F15D52D5382889>

Defending Your Life (1991) An intelligent comedy directed and written by Albert Brooks and generally regarded as Brooks' best film., this delightfully offbeat romantic comedy shows it's never too late to change your life - even if you're already dead. Brooks plays an advertising executive who dies in a car accident and finds himself in Judgment City, where he must defend the cowardly, self-involved life he led on Earth. Co-starring Meryl Streep, Rip Torn, Lee Grant and Buck Henry. 112 minutes. Several segments on YouTube: <http://www.youtube.com/watch?v=3GNjHFUz6yk>

Adjustment Bureau (2011) A congressman (Matt Damon) who's a rising star on the political scene finds himself entranced by a beautiful ballerina (Emily Blunt), but mysterious circumstances ensure that their love affair is predestined to be a non-starter. Romantic adaptation of Philip K. Dick's classic sci-fi short story "Adjustment Team." Director George Nolfi

Negative view of free will: <http://www.youtube.com/watch?v=l-Ur11DzLB0>

Ending: <http://www.youtube.com/watch?v=RqmsnG8nE3c>