

Pathwork™ Steps

Pain of Injustice – Cosmic Records PL249 Study Guide for June 2013 Teleconference Meetings

The only pain worse than the Pain of Injustice is that there is no justice at all. The antidote to both is a deep understanding of Spiritual Law.

It is also crucial to explore the limitations of our own understanding. It is not as simple as ‘humans are to Spirit as jellyfish are to humans’. We are becoming aware that other species engage in what were thought to be uniquely human activities: language, tool-making, educational evolution (100th monkey syndrome). Yet no other species builds altars to a deity, imagines a life after death, and seeks self-awareness beyond its world.

Week 1. Principle: Law of Self-Responsibility (from PC10 at the end of this guide)

"You create your own reality." PL40

"Only you create your own happiness and unhappiness." PL60

"Your life experiences are a reflection of the beliefs in your soul. You should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, it is your misconception that has caused it." PL48

1. At the end of this study guide is a list of 7 short documentaries and film clips, none over 11 minutes in length, with links to YouTube. They were selected to illustrate the paradox of studying spirituality from a human perspective. Which one resonates for you? What kinds of limitations have you overcome in the past?

“As long as you live in the shell of matter, encased in time, many connections can never be fully made. They remain invisible, although some links can sometimes be intuitively sensed. The main connections need faith. But true faith, which is to some degree experiential, comes into being exactly because the person's inner process moves toward an increasing uncovering of connecting links, thereby removing fear of and healing the wounds of the pain of injustice. The unrolling of time extends beyond the human vision. All spiritual scripture speaks about the reality of ultimate justice that is often only possible to perceive and experience after the body is left behind and vision more extended. But the true meaning of the "final judgment" is the revealing of connections that show the unutterable beauty of faultless justice of spiritual laws. The joy and security of this discovery by far outweighs the personal price that needs to be paid for infringements of divine law.” PL249

2. What aspects of the earth plane do you see as benign or neutral? For some, it could be the oceans, with tides and hurricanes seen as cleansing events (ultimately constructive even if temporarily de-constructive of what ‘is’). For others, it could be a long-term faith in humanity’s connection to spirit. Notice if you can name one easily, or if it takes a while.

Week 2. Principle: Law of Paying the Price

"There is a price to be paid for each desired gratification. PL29

"Every advantage has its disadvantage. PL41

"The disadvantageous side of each alternative or decision has to be faced and accepted." PL32

"There is a price to be paid for everything."

Six kinds of pain are described in PL249:

1. **Most familiar pain:** someone wounds you, wishes to hurt you, hates you
2. **Pain of Confusion:** you do not quite understand what pains you or what is going on
3. **Pain of Resistance:** you feel (even if vaguely) that you have created the state of pain (or at least co-created it) without fully understanding how or why. The pain results from your own resistance to be in truth, and increases as your resistance increases.
4. **Pain of Un-Redeemed guilt:** the distinct pain of your own guilt that you have no intention to make restitution for.
5. **Pain of Injustice:** fearing that the universe is meaningless, can allow destruction to exist without safety valves, that nothing has rhyme or reason, that chaos is the result of (and creates) disconnection.. This includes the pain from No.1.
6. **Pain of No Justice:** feeling that you have gotten away with your lower self negativity, that the universe is untrustworthy. This is the strongest pain in the human soul; the Pain of Injustice is actually preferred.

Profound relief from ALL 6 fears results from

Overcoming resistance

Facing Lower Self traits

Facing the consequences of the effects

Because you are then able to see that life is really **just** and **fair**.

Justification for believing that the universe is unfair =

Wanting absolute fairness according to human understanding

Wanting to witness fairness before believing in universal justice

A demand that we be party to the larger Karmic reality

Actual cosmic timeline may be

Greater than a single human lifetime or a single generation

More complex than human intelligence can comprehend

1. If you give up your resistance, what will you lose? What will you gain?

2. Does this feel like a fair 'transaction'?

If Yes, why not go ahead and give up your resistance?

This process may reveal more layers of resistance. Follow each thread.

If No, what would be a 'fair' price for your resistance?

Notice if your terms are disguised demands. For instance, wanting swift justice is a way to disguise a demand that you be allowed to witness punishment or reward, a form of 'proof' and a need for instant gratification.

Week 3. Principle: Law of Cause and Effect

"Every act has its consequence in the sphere of present reality. It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels." PL245

"The Pain of Injustice is eliminated when we can see the connections between Cause and Effect"
PL196

1. Everyone has moments of Aha! where they realize that they were working with incorrect information or assumptions, and now have to 're-write' a narrative to reflect the actual cause. Consider such realizations in your past. What kept you from seeing the real cause? Can you find a pattern?
2. Look for examples of cause and effect that you are able to perceive, but that others don't seem to realize. What quality in you allows you to see the connections? This can be as simple as your having a background in science, or it can be the result of having worked through complex emotional issues around betrayal or broken trust and being able to apply your learning from one situation to another.
3. Notice where others seem to perceive a cause and effect connection that you struggle to understand. Ask others what they perceive. 'Blind spots' can be identified as such, and becoming aware of them will lead inevitably to a greater awareness and understanding.

"Maturity is to a great extent the ability to put cause and effect together.
... also indicates the degree of awareness an entity has reached through his development." PL196

Week 4. Principle: Law of Living in Truth (Facing Life)

"To face life's reality means to face yourself as you are, with all your imperfections; embrace life whole-heartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, "In order to be come what I would like to be, I must first, without fear or shame or vanity, face what is in me." PL25

1. Look over the list of Spiritual Principles for which one or two that bring up any feelings of resistance, protest, or claim of exception ('but if/when...'). Find an example in your own life where this principle does not seem to apply. Make certain this example is one that is very personal, where you are able to know the feelings and energies involved and have a reasonable chance of correctly interpreting the feelings and energies of any other involved party.
2. Consider, with scrupulous honesty, what might be true here.

"So I beg of you, my dear friends, consider the outer conflicts that come to you as an answer to your prayer. If you will only turn into the other direction. Instead of becoming defiant and hurt, turn inside, turn around, no matter how wrong you think others may be! Ask yourself, ask your Father in heaven, 'Isn't there some grain of truth somewhere? By recognizing it, I will continue to learn and develop.' " PL 43

The Pain of Injustice -- Cosmic Records of All Personal and Collective Events, Deeds, Expressions PL249

Worksheet by Rosalie Chamberlain

Pain of Injustice – Fear of a meaningless universe - that universe can allow destruction to exist without safety valves - creates fear that there is no rhyme or reason, doing good or bad has no effect on the outcome

- Not knowing all actions, outer and inner attitudes and states, have consequences, creates pain.
- Every macrocosmic fear of injustice, meaninglessness, exists in a personal manner.
- Underneath resistance to face lower self is pain of unjust, chaotic, meaningless creation.

The **lower self is a direct result of the fear and pain of injustice**, meaninglessness and chaos.

- Pain of injustice creates negativity – the lower self
- Guilt about lower self fosters attitude of not deserving

When you overcome resistance to face lower self traits, you experience profound relief.

Work: Try to perceive behind resistance to face negative aspects lies greater resistance to see negative patterns create negative experiences and undesirable life circumstance.

- Admit resistance
- Note **duality** – *longing* to make connections – and *fear* that no connections exist
- Note where you hide your lower self from helper and are frustrated that you can deceive your helper – this furthers the pain of believing universe unfair
- Find moments of relief in past work when realized fairness of life to help see cause and effect
- See actions, thoughts, hidden intentionalities, feelings, attitudes have definitive results/effects.
- Overcome resistance to make every crevice of the self known and take responsibility for it.
- Note struggle between opposite will directions of fear of revealing and longing to reveal – fearing destructive aspects are your essence/ultimate reality.
- Feel the pain of believing universe is unjust.
- Establish awareness of struggle to heal the pain.
- Pray for faith in your divine essence to reveal and recognize what covers it up.

Awareness of having impact on life through your very being, simply existing, will give peace and sense of own value. Faith is required to understand connections exist – Inner process moves toward increasing uncovering of connecting links – which allay fear of the pain of injustice and heals the wounds it causes.

Final judgment is the revealing of connections that show the unutterable beauty of faultless justice of spiritual laws. Relief in seeing cause and effect even if means paying the price. Divine justice is the full vision of all an entity expresses, so consequences become the measure and medicine to grow into wholeness/holiness.

Duality – On one level you don't want to be accountable – but on deeper level you are relieved to find out every smallest particle of consciousness creates effects – positively or negatively.

Key: to the degree you experience fears and anxiety, you will feel pain of unjust universe, and you do not want to know your lower self has effects and consequences. To the degree you name the fear, you look into the pain of injustice. To the degree you overcome the resistance to see how you wish to disconnect from the consequences of lower self attitude, to that degree you will free yourself of immeasurable burden and gain deep new security – that all is very well with life.

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Everything is Perfect

A Game of Life based upon the Pathwork Lectures

An Essay by Jan Rigsby

There's nothing like a catastrophe or a crisis to demonstrate the power and presence of fear. Paradoxically, the further removed we are from the actual effects, the more terrifying it can seem. We can feel powerless, our questions unanswerable. Why are some of us hit by the storm, and others allowed to go about their daily business uninterrupted? Why was I not selected to suffer more? Am I next?

How dare we focus our energies upon creating art, learning how to lounge in a hammock, or 'work on our relationships'? How can it be equitable for such disparity to exist? What is our obligation to 'even things out', to stamp out poverty and misery, to help our brothers and sisters?

How is it possible to know the truth of what is right for us? How can we find our alignment with divine will, the perfect balance between what we can offer and what is needed?

I find answers for these questions within the Guide's descriptions of 3 aspects of cosmic structure: spiritual law, cause and effect, and karma. Spiritual laws stand as divine principles, the cosmic constitution that everything is based upon. Cause and effect are the dynamics that result from our interactions with these laws. Karma is the accounting system, updating instantaneously after every single moment by moment transaction. One of the keys to understanding karma is that it must reflect the complexity of universal reality rather than the relative simplicity of human thought. Like the accounting system in a large corporation, there are charges to departments and projects, deposits to savings, reserves for emergencies, posting to prior periods (oops! late invoice!) as well as the traditional 'payment of outstanding debts'.

We decide 'The driver is guilty' and say 'Let him pay the fine, accept the consequences!'. Karma might have a distinctly opposite point of view: 'The driver has reminded himself of debts he owes from previous lives and this life. He genuinely feels remorse after centuries of selfishness. This aspect of his life plan is now fulfilled' -- and spirit may then allow a massive lottery win, to springboard him into a new phase of experiences. Sometimes this is a test -- to see if we learnt our lessons. From the outside, it can look as if evil or negligence has been rewarded. The difference in viewpoint comes from not knowing the whole story of a person's spiritual journey. Looking at one short section can be misleading. Our entire lives are, to some extent, only short sections of our ongoing development.

Then how do we know where we stand? Where's the baseline, where's zero, what's a minus, what's a plus? How does human reality get a cosmic reality checkup? I'd like to answer using an extended metaphor, the Game of Life (subtitled "Where Everything is Perfect"). Here's how it is played.

The Players:

"The karma influences the plan and the plan determines the parents, the country and circumstances into which the spirit is born, and which qualities should come out, and which ones remain hidden for a future life." (PL 78 Q&A) How did you position yourself at the start of this lifetime? What did your choices make possible, and what probabilities did your choices eliminate? If you were born without legs, then managing toenails (at least, your own) is simply not on your list of tasks for this lifetime. What have you created IS the playing piece that you will be moving.

Starting Positions:

"Karma, as you know, is the result of everything up to the present point." (PL 111 Soul-Substance)

Each player starts where ever they are. There are no allowances for should have, could have, or might have been. You have already made the choices that brought you to to this moment, and the premise of the game is that every decision was perfect even if it eliminated options that you were (and perhaps still are) attracted to. The only thing that counts is what is real in the moment. You are always in the right place, doing the right thing, feeling the right thoughts. So before you start trying to move about, you might look at where you are, how you got there, and what you can (and cannot) change.

How the Players Move:

As in real games, there has to be a dynamic, a force that creates change. In this game the moving force is intrinsic to our basic organic structure as human beings.

Starting: our innate incapacity to stand still will get us going (PL 55 on Expanding, Restricting, and Static principles). Nature abhors stasis in carbon life forms; the organism will stagnate and die unless it moves.

Order of play: survival outranks manners or ideas for ourselves, our species and our dreams (PL 85 and 86 on Self-Preservation and Procreation).

Style of move: Reflex behavior will rule until consciousness emerges (PL 127, Three Stages of Evolution and PL 124, The Language of the Unconscious).

Types of moves allowed: Expansion is the only infinite choice since both contraction and stasis are limited (PL 235, The Anatomy of Contraction). Movement of expansion allows for growth, connection, self-preservation, procreation - even in the process of dying.

Free Will: These are the wild cards, expressed as soul movements. Primary soul movements include feelings, Eros, imagination, and the sheer pleasure of life (PL 119, Movement, Consciousness and the Pleasure Principle). Secondary movements include thoughts (i.e., unfelt feelings), dreams (the leftovers from cosmic conferences during REM sleep), and awareness (number 2 from PL 127, Evolution's Four Stages).

The Rules:

Spiritual Law (PL 171) governs all aspects of the Game of Life. PC10, included below, is a handy summary). The trick is to understand the holographic nature of cosmic law.

Holograms (3-D pictures) are created by having each pixel of the picture contain a tiny image of the larger picture. A hologram of an apple contains millions of pictures of apples. The mind then discerns which part of each microscopic picture to use based upon the perceived position of the whole. Voila, Apple!

In spiritual law, all laws uphold each other. To not Pay the Price violates the law of Brotherhood, and vice versa. To not accept the law of Cause and Effect violates the law of Living in Truth, etc. You can simplify the process of learning to live by spiritual law by picking just one to live by, as a kind of mantra or theme. Upholding one will inevitably lead to upholding all.

Alternatively, you could pick a law that irritates, aggravates, or confuses you and work on the cause and effect that results from not upholding it.

"Do not forget that the law of cause and effect or the law of karma specifies that people are always given the chance to solve their problems in the easiest circumstances possible. / You violate divine law when you escape from yourself instead of facing yourself. / Violation of anything divine must therefore perforce be finite. You cannot infinitely twist the law. Your violation of divine law finally reaches a point where you automatically again begin to work for the good. (PL 38 Images)

"So it is not a question of preordainment or predetermination in the sense these words are usually understood. It is always a question of cause and effect, how you have unwittingly, unwillingly and ignorantly brought it about. When you understand that, the word "fate" will take on a completely different meaning for you, and even the word 'karma.'" (PL 61 Q&A).

FAQs

Q: What about lucky breaks, such as "Get out of jail free" cards?

A: "There is no such thing as coincidence." (PL 25 The Path) Consider the possibility that every aspect of your life has been dictated by your real self, which your conscious mind is too limited to fully understand or perceive.

Q: Why do some have easy lives, full of "Pass Go and get \$200" cards?

A: "As any difficulty or apparent disadvantage can be a cure, which it must be if the person is on the right path, advantage can be a cure, too." (PL 25 The Path) How have your advantages helped you to realise where you might be deficient?

Q: What is the meaning of bankruptcy (financial, moral, spiritual or emotional)?

A: "Happiness is meant for each individual, but is impossible to attain without eliminating the causes of your unhappiness, which are your faults -- as well as any trend that breaks a spiritual law." (PL 11 Self-Knowledge)

Q: I am in the wrong place / time / circumstances!

A: "If a person in an earlier incarnation has accumulated much karma through offensive behavior toward his or her own sex -- and we will not go into details -- a woman must be incarnated as a man, and vice versa. That has to be endured ... karma does not always have to do with suffering. Karma is also the good; it means simply cause and effect." (PL 10 Male and Female Incarnations)

Q: Life feels like a game of Chutes and Ladders!

A: "For no one is asked to bear too much at a time. I might add, however, that generally, though not always, the higher the development, the faster the effect will follow the cause." (PL 34, Preparation for Reincarnation)

Q: How is the game scored?

A: Karma is your instant cosmic score card. Karma neither judges nor acquits, since spiritual law is absolute. Karma doesn't even decide how to allocate the demerits! Before you even came to the game of life, you made those decisions with your team (see PL 34, Preparation for Reincarnation for details).

Determining the Winner:

Not Applicable. It isn't a matter of how the game is scored, but by our intimate personal journey of discovery, transformation, and purification. "The joy and security of the discovery by far outweighs the personal price that needs to be paid for infringement of divine law. Even if negative karma results from the actions of a lifetime, it is joyfully undertaken once the covers fall off, because living in a just and trustworthy universe has much greater value. This is parallel to experiencing at certain stages on your path the relief of seeing cause and effect, even if it means paying the price." (PL 249 The Pain of Injustice)

This article was based upon a word search prompted by questions on recent world events.

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The Spiritual Principles With Which We Manage Ourselves To Create Heaven On Earth

The Pathwork Purification Process is the way we stay true to spiritual principles:

Pathworker Contributions Document PC10

1. Principle: Law of Self-Responsibility

"You create your own reality." PL40 "Only you create your own happiness and unhappiness." PL60

"Your life experiences are a reflection of the beliefs in your soul. You should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, it is your misconception that has caused it." PL48

2. Principle: Law of Paying the Price

"There is a price to be paid for each desired gratification. PL29 "Every advantage has its disadvantage. PL41

"The disadvantageous side of each alternative or decision has to be faced and accepted." PL32

"There is a price to be paid for everything."

3. Principle: Law of Cause and Effect

"Every act has its consequence in the sphere of present reality. It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels." PL245

4. Principle: Law of Living in Truth (Facing Life)

"To face life's reality means to face yourself as you are, with all your imperfections; embrace life whole-heartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, "In order to be come what I would like to be, I must first, without fear or shame or vanity, face what is in me." PL25

5. Principle: Law of Brotherhood

"To be able to open your heart to another brings spiritual help that you could not receive by yourself." PL26

6. Principle: Law of Transformation of Negativity

The strength with which your divinity can penetrate the ego structure and manifest depends on the degree evil has been transformed throughout the evolutionary development." PL222

7. Principle: Law of Lack of Awareness

Lack of Awareness of One Area of Your Human Personality Prohibits Awareness of Another

"It is one of the immutable spiritual laws that lack of awareness of one area in you prohibits awareness of another. This is why the path purification process is above anything else a process of making things conscious. This awareness unifies you. It is the aim of this Path's approach to spiritual reunion to help towards a reunification of everything that has ever split off." PL193

8. Principle: Law of Consciousness Reflects Experience

"Working out of abundance, produces abundance, but working out of poverty and need, produces more poverty and need." PL132

9. Principle: Law of Fully Inhabiting a State of Consciousness in Order to Grow

"You have to reach a certain state, and fully be in that state before it can be abandoned for a further state. It is often overlook by man; and even more often, totally ignored. This is one of the great, important laws for man to know and deeply comprehend." PL132

Guide Lecture quotes © The Pathwork Foundation 1958

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

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Gaining a Larger Perspective
Illustrated by 3 films and 4 clips

Flatland (1965 Animated 11 min) An extraordinary example of how difficult it is to explain a new dimension, by having an inhabitant of a two-dimensional world experience the third dimension – and find it impossible to explain the experience to others using current vocabulary and understanding. Edwin Abbott (London 1838-1926) was a writer, theologian and educator. The work for which he is now best known is Flatland. A Romance of Many Dimensions, published anonymously in 1884. The book sells for \$1. Director Eric Martin, voice Dudley Moore. http://www.youtube.com/watch?v=VKniWY_2Hb4 (Russian subtitles!) Audio book: <http://www.youtube.com/watch?v=PcOv1CAnTb8>

Inherit The Wind (1960 3 min clip) When the local teacher is arrested for teaching Darwin's theory of evolution, two master attorneys must fight the issue out in the courtroom while the teacher's life hangs in the balance. Spencer Tracy, Fredric March, Florence Eldridge, Dick York, Donna Anderson Director: Stanley Kramer 130 mins This clip asks, how is a day defined when the sun has not yet been created? <http://www.youtube.com/watch?v=l5Kdc0LLSW8>

The Karate Kid (1984 3 min clip) 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>

Letterbox (2006 Documentary 5 min) A Turner Classic Movies short on the difference 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=GseDCbaHN0k>

Powers Of Ten (1977 Documentary 10 min) This scientific film essay by Charles and Ray Eames begins with a picture of two picnickers in a park; then the area of each frame one-tenth the size of the one before. After reaching a view of the entire known universe, the camera gradually zooms in until we are viewing the subatomic particles on a man's hand. <http://www.youtube.com/watch?v=0fKBhvDjuy0>

War Games (1983 6 min clip) An extremely bright young man (Matthew Broderick), thinking that he's sneaking an advance look at a new line of video games, breaks into America's missile-defence system and challenges it to a game of global thermonuclear warfare. Dated teen drama, valuable for the last 5 minutes of special effects as the computer learns 'the only winning move is not to play'. Sci-Fi <http://www.youtube.com/watch?v=s93KC4AGKnY>

West Wing (Season 2 Ep 16 4 min clip) It's "Big Block of Cheese" Day, when Leo sends grumbling staffers to meet with organizations who are not usually heard from at the White House. C.J.'s assignment is the Cartographers for Social Equality. Why are we changing maps? So we can live based upon truth instead of the illusion that 17th century mapmakers imposed. <http://www.youtube.com/watch?v=n8zBC2dvERM>

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A way to have fun with the concepts... a Karma Ticket book, found in a North Carolina highway gift shop in 2006.

NOTICE OF KARMA VIOLATION



TO _____
 DATE _____ TIME _____ am/pm

Persons and /or Institution Perpetrated Against _____

NOTICE: THIS CITED BEHAVIOR WAS IN VIOLATION OF THE SPIRIT OF KARMA AND THE KARMA POLICE CODE, SECTIONS:

01.01		Barefaced Lying
01.02		Cheating: (a) In a game (b) In a relationship (c) In business
01.03		Disgustingly Thoughtless
01.04		Borrowing with Intent to Keep
01.05		Hurting Intentionally
01.06		Using Destructively: (a) A Person (b) The Environment
01.07		Avoiding an Issue
01.08		Pompously Prejudiced
01.09		Reprehensibly Irresponsible
02.01		Just Plain Rude and Obnoxious
02.02		Underhanded and Diabolical
02.03		Blindly Self-Serving and Self-Obsessed
02.04		Incorrigibly Lewd and Lascivious
02.05		Hopelessly Spaced Out and Dangerously Unaware
		GOOD KARMA COMMENDATION FOR BEHAVIOR OF THE HIGHEST INTENTION

Manner in which violation/commendation was perpetrated: _____

IN ACCORDANCE WITH THE LAWS OF THE UNIVERSE AND KARMA, YOU ARE HEREBY REQUIRED TO MAKE IMMEDIATE AMENDS AND/OR APOLOGIES TO THE AFOREMENTIONED PERSON(S) OR INSTITUTION(S) PERPETRATED AGAINST. FAILURE TO COMPLY WILL CAUSE THIS ALREADY NEGATIVE ENERGY TO COME REELING AROUND THE PLANET RIGHT BACK INTO YOUR LIFE!

DO NOT THINK YOU CAN REALLY EVER GET AWAY WITH THIS



Karma Police Officer: _____

Today's Date _____

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