

Pathwork™ Steps

Study Guide for April 2013

- Week 1:** Part 1: The principles of reason, will and emotion p1-3 (p 4-5 optional)
Week 2: Part 2: Expanding, restricting, static principles p 6-8
Week 3: (Easter weekend) Films that illustrate cosmic principles / Review p 8-10
Week 4: Part 3: Human faults of pride, self-will, and fear p 11-12

Cosmic Principles Manifest in Soul Currents – Part 1

Quotes from Chapter 7 of The Path to the Real Self (PRS4)

By Eva Broch Pierrakos

We now know that identical principles apply to the individual and the Cosmos, to the Creator and the created. Let us discuss a few of them.

These forces exist and take their course, according to the prevailing circumstances -- exactly as with any physical powers man knows of. Let us take, for example, the force of electricity. Electricity is, regardless of whether or not man knows it, or how he uses it. According to man's knowledge, and the apparatus and type of use, it can work constructively to make life easier and more pleasant for him; or it can be destructive to the point of killing. It is the same with all forces, whether they be physical or spiritual. They just are.

Fundamentally, they all have one common denominator, they possess one key. The more the created entity progresses in his evolution, the more these manifest forces unify. The manifold expressions will become one expression, without being impoverished, but enriched.

Let us begin with the threefold principle of **reason, emotion and will**. [See PL 43 plus 30,84, 248] It may be a novel thought to consider these human attributes as universal, cosmic forces, manifesting throughout the entire creation, in many other facets of cosmic expression. To gain a glimmer of this cannot be done through words; it can only be done by understanding one's personal inner self, with all its hidden aspects.

Considering the masculine and feminine Divine Principles, in connection with reason, will and emotion, we might state that reason and will are part of the former, emotion of the latter. Reason is divine wisdom, will is divine activity, emotion is divine love. The entire universe is permeated with these aspects, nothing can be created and come to fruition without these aspects working together in harmony.

The same applies to man. All three principles have their function, each fulfills its role. The more harmoniously they interact, complementing and strengthening one another, the better equipped is the individual to cope with life. But, since man is imperfect and his balance out of kilter, these three forces often interfere with one another. One faculty is over-emphasized because, at one time in the individual's evolution, he deemed it opportune to concentrate exclusively on this faculty. Thus, a so-called personality-type is created, in which one function is predominantly in the foreground, to the detriment and underdevelopment of the other two.

The person who conducts his life mainly by the **reasoning process** is often apt to neglect his feelings. He may be afraid of them, not trust them. His faculty of will power may be equally impaired. Therefore, this over-emphasis of mental faculties works to the detriment of inner experience, of richness of feeling, of good human relationships, of intuition and creativity. The

results reason, alone, are supposed to accomplish are often not coming forth because the intellect cannot, by itself, give access to the core of inner wisdom. If the will is also impaired through this over-emphasis, all the best reasoning power in the world cannot give the stamina, energy, persistence, discipline, strength, momentum, necessary to accomplish any desired goal. Thus, the one-sidedness of reason perverts the cosmic principle of reason.

The person who predominantly reacts out of **emotional** motives is driven blindly. To be thus driven is not conducive to awareness -- whether awareness of one's own unconscious mind, of other people, or universal principles. For that purpose, reason is of equal importance, because it can evaluate and discriminate that which was perceived. True intuition is impossible without reason, for reason is an integral part of awareness. Reason serves to prevent blind drives, and to raise one's consciousness. It only becomes perverted if it be made master, and an end in itself.

The emotional person is often so carried away by uncontrolled, blind feelings, whose nature he is ignorant of, that he rides on the crest of a wave on which he is tossed hither and yon; he often gets caught in the breaker, the wave crashes over him and he gets lost completely, without access to either reason or will power. Even if his will appears to function, perhaps with great force, it, too, is driven by blind, uncomprehending forces and is thus without purpose or direction.

Over-emphasis of the **will** makes a master out of it, while it, too, is supposed to be a servant. All these faculties should be in the service of the real self and should be used by the ego in order to bring the real self into play. Any of them can be perverted if they be made into THE tool with which to master life. The will-type may apparently achieve a great deal, for his goal is usually rulership and dominion over others. However, even if some of these goals are achieved, they leave an emptiness, because in this one-sidedness, much is neglected that is part of a full life. Moreover, the strongest will-power finds obstructions. As a result, the person feels inadequate, a failure, thus his very foundation of will as the major tool is destroyed.

Each of the three types believes himself superior over the other two types. The reason-person despises emotionalism and brute force. The emotional type is proud of his "depth of feelings," his "love capacity," his "sensitivity" -- all distortions of the real, just because of the over-emphasis and the blind drives. The will-type despises the others for their weakness. We shall discuss these distortions more thoroughly at a later time, when I shall demonstrate that each distortion can become (unconsciously chosen) a pseudo-solution to master life and one's own unresolved inner problems.

In rare cases are people exclusively one type. Even if they are, it does not mean that the other two faculties are not used at all. This would be quite impossible. Most of the time, a mixture exists, although rarely a harmonious one. All three principles may be misused; where one would be appropriate, either of the other functions. This causes chaos and disorder in the psyche and leads to further conflict.

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Three Cosmic Principles: Reason, Will and Emotion

Positive and negative aspects of the principles

Worksheet for Pathwork Lecture 43 based upon Chapter 7 of The Path to the Real Self

WILL: Divine Activity; part of Masculine Principle

Positive aspect: Affords stamina, energy, persistence, discipline, strength, momentum – all necessary to accomplish any desired goal.

Negative consequences of imbalance:

- Makes will the master instead of the servant of reason and emotion, an end in itself instead of for the greater good of all
- Believes itself to be superior to both reason and emotion
- Goal becomes rulership and dominion over others
- Goals unsatisfying because they are one-sided and much is neglected
- Inevitable obstructions create feelings of inadequacy, failure, destroying ability to use will at all
- If forced by life to use feelings, feels ashamed, humiliated, weakened
- Cannot reconcile that he is sometimes driven by blind emotions, builds elaborate defenses and subterfuges to justify this fact.
- Despises others for their weakness

REASON: Divine Wisdom; part of Masculine Principle

Positive aspects: Evaluates and discriminates what was perceived. Prevents blind drives and raises consciousness

Negative consequences of imbalance

- Apt to neglect feelings; afraid of them (can't be trusted)
- Neglects Will = misses out on those positives.
- Overemphasis of reasoning leads to impaired inner experience to the detriment of richness of feeling, good human relationships, intuition, creativity
- Despises emotionalism and brute force
- Believes itself to be superior to both will and emotion

EMOTION: Divine Love; part of Feminine Principle

Positive aspects: Creates harmony. Capable of highest divine state -- just being.

Negative consequences of imbalance

- Driven blindly, without awareness of one's unconscious mind, of other people, or universal principles
- True intuition impossible without reason (=awareness)
- Uses will without purpose or direction
- Proud of 'depth of feelings', 'love capacity', 'sensitivity' which are often the overemphasized results of blind drives
- Believes itself to be superior to both will and reason

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Personality Traits of Reason, Will and Emotion Page 1 of 2

Traits and Adaptive Behavior	Personality Type as outlined in Pathwork Lecture 43 (PL43)		
	REASON	WILL	EMOTION
Core ‘Angel’ PL43	Wisdom	Courage	Love
Core gift to all PL84	Serenity	Power	Compassionate Love
Core childhood pain, worst fear	Pain, rejection, chaos	Helplessness, annihilation, losing	Rage, frustration, abandonment
History or perception of child	Parent rejected child or rejection was possible	Parent defeated child or child felt unimportant = powerless	Parent frustrated child, aggression or withdrawal not permitted
Life/Death generalization 100/100 PL143	Love or no love	Control or no control	Pleasure or no pleasure
Pseudosolution	Acceptance	Control	Pleasure
Primary defense PL101	Withdrawal, aloofness	Aggression, winning, safety	Submission, bartering for love
When defended, each type is unable to	Allow free flow of feelings, connect with intuition	Serve reason or emotion as appropriate; must control them	Accept that sometimes there is pleasure, and sometimes there is not pleasure.
Main Image: “to be loved I must...” PL93	Get approval, validation, objective proof	Be seen and heard or famous and successful	Be good, do it all, please others so they must love me
Idealized self image (ISI) PL84	Glory, approval	Triumph, fame, success	Vanity, spiritual pride (invisible)

Chart prepared by Jan Rigsby ©2011

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Personality Traits of Reason, Will and Emotion Page 2 of 2

Traits and Adaptive Behavior	Personality Type as outlined in Pathwork Lecture 43		
	REASON	WILL	EMOTION
Mask PL14	False serenity	False Power	False love or beauty
Repressed need PL92	Receive emotional warmth and affection	Be seen and understood on an emotional level	Have contact and feel connection with others
Real need PL192	Love, approval for ones real self, developing capacity to love	Being seen and heard for real self, valuing being as well as doing	To express and assert real needs for pleasure while accepting reality
Forcing current PL77 & PL84	Withdrawal	Aggression	Submission
Manipulation of feelings (energy) PL235	Constriction, obsessive order, stagnation preferred to chaos	Constriction AND exaggeration to gain control, conquer, win	Exaggeration and dramatization to create or hold pleasure
Lower self defense of child PL30	Pride, rigidity “I am better than...”	Self-will “I must have...”	Fear “I’m afraid of...”
Personification of evil as adult PL248	Materialism, proof, rejects intuition	Separation, superiority	Half truths and confusion
Outlook: the world and people are...	Just fine	Really bad	Really good
Real Self Qualities	Harmony, balance, clear perception	Leadership , direct knowing, courage,	Connection, unity, oneness
When undefended, each type will be able to...	Experience deep level of feeling because they see so clearly	Freely use and support wisdom and love as appropriate	Create connection, focusing upon being one with all

Chart prepared by Jan Riggsby ©2011

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Cosmic Principles Manifest in Soul Currents – Part 2

Quotes from Chapter 7 of The Path to the Real Self (PRS4)

By Eva Broch Pierrakos

Another set of cosmic principles are **the expanding, the restricting and the static principles.** [See PL 55 plus 187, 235] All creation and growth is determined by the same breathing movements. Outward movement: expanding, giving of itself. Inward movement: drawing in, receiving, absorbing, preserving what is worthwhile to be preserved, thus enriching. This path, any productive, realistic self-realization, undergoes the same rhythm. Any human relationship does. Any leaf growing on a tree follows these laws. ...the universe does all three movements. It breathes...is a living organism, just as the cell, or a plant, or an animal, or the human entity, or a single planet. Let us consider them in their positive and negative aspects.

The principle of **expansion**, in its pure, harmonious form, stands for: creativity, growth, building, forward movement, search, activity, the outgoing quality necessary to relate to others -- therefore unselfishness, lack of egocentricity, generosity, and many more.

In its distortion, the principle of expansion is perverted into: aggression, hostility, over-activity, quarreling, destructiveness of any kind, cruelty, impatience, lack of consideration, lack of insight into oneself, over-concern with others (mingling into their affairs), lack of caution, foolhardiness, being a spend-thrift, irresponsibility, etc.

The principle of **restriction**, in its positive aspects, includes: introspection, inward movement, caution, patience, sense of responsibility, thoughtfulness, self-search -- in contrast to the search of another soul, as contained in the principle of expansion. A combination of both constitutes the harmony between others and self. One can never really penetrate the wall, separating man from his fellow-creatures, before the wall, separating man from his innermost self, is penetrated. Growth, proceeding at a faster rate than the entity is ready for, would lead to destruction, in the end. Unchecked growth cannot be assimilated and is therefore harmful. Hence, the principle of restriction also stands for assimilation.

In its negative manifestation, the principle of restriction stands for: regression, going backward instead of forward; holding up progress; it stands for inversion, dishonesty, hypocrisy, cowardice, avarice, selfishness, egocentricity, stinginess, isolation, separateness, etc.

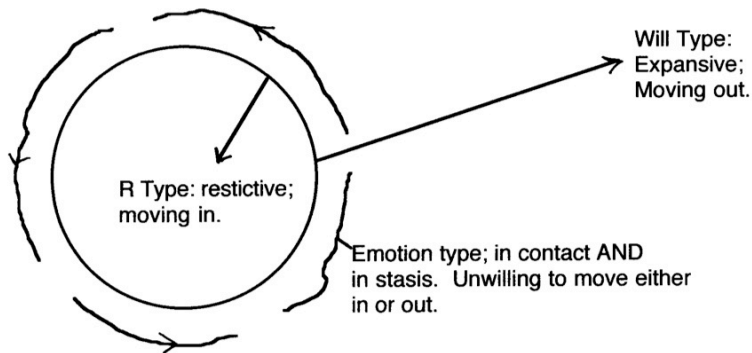
The **static** principle, in its positive aspects, stands for: equilibrium. It balances the outgoing quality with the introspective one. It brings harmony between the former two principles -- expansion and restriction. It prevents either one from getting out of hand. It stands for preservation. It is the highest spiritual state -- the state of being, of timelessness. It seems motionless, as opposed to the former two principles, but it is not. The entire universe is in motion; life is continuous movement, spirit is movement. Thus, passivity is movement, too, in a sense, but of a different kind and quality, which appear, to man's ordinary sense of perception, as being non-movement. But it is motionlessness within motion -- an entirely different vibration. There are human beings who have experienced this, but it cannot be described in words. Perhaps the best way to explain this is by the three distinct phases in breathing: exhaling, inhaling -- and then, there is a fraction of apparent non-movement between the two motions. Yet, it is movement, in that the waiting span prepares for the next proper movement. If breath be

held too long, life extinguishes. If it be not held enough, breathing becomes uneven, agitated and exhausting -- finally extinguishing life, as well.

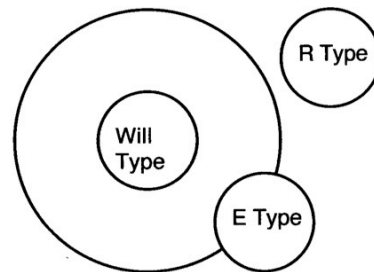
The static principle, in its deviation, means: stagnation, inertia, putrefication, rigidity, stubbornness, routine-boundness, over-conformism, etc.

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Reason, Will and Emotion Personality Types and their relationship to the Restricting, Expanding and Static Principles



In a group of people, types would tend to converge like this:



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#43 #55

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Three Cosmic Principles:

The Expanding, The Restricting, and the Static

Positive and negative aspects and qualities of the principles

Worksheet for Pathwork Lecture 55 based upon notes from Margit Cologrande

Expanding Principle: WILL

Positive

Creativity
Growth
Building
Moving forward
Search
Activity
Search for the other 'You'
(therefore unselfishness and
lack of egocentricity)

Negative

Aggressiveness
Hostility
Over-activity
Quarrelling
Destructiveness
Cruelty
Impatience
Thoughtlessness

Restricting Principle: REASON

Positive

Equilibrium
Balance
Introspection
Inward movement
Caution
Patience
Thoughtfulness
Self-search
Assimilation

Negative

Regression
Going backward
Holding up progress
Going in the wrong direction
Dishonestly
Hypocrisy
Cowardice
Avarice
Selfishness
Egocentricity
Separateness

Static Principle: EMOTION

Positive

Preservation
Rest
State of being
Timelessness
Passivity (healthy)
Motion in motionlessness

Negative

Stagnation
Putrefaction
Lifelessness
Inertia

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Short and feature films that illustrate aspects of
Cosmic Principles PRS 7
Compiled by Jan Rigsby www.janrigsby.com

God of Love (2010 18 mins short film) A lovestruck, lounge-singing darts champion finds his prayers are answered -- literally -- when he mysteriously receives a box of love-inducing darts. Director: Writer: Luke Matheny Stars: Luke Matheny, Marian Brock, Christopher Hirsh <http://disembedded.wordpress.com/2011/02/28/god-of-love-the-amorous-misadventures-of-a-lounge-singing-darts-champion/>

Star Trek Voyager: Memorial (Season 6 Ep 14 /#134 42 minutes) Voyager crewmembers return from an away mission experiencing repressed memories of having participated in a massacre. The memories were transmitted by an extinct alien culture in a misguided attempt to 'educate' others by forcing them to personally experience being responsible for evil acts they did not commit. An example of trying to FORCE awareness and self-responsibility. Trailer: <http://www.youtube.com/watch?v=YaHg0xMqekY>

Powers Of Ten (1977 Doc 10 mins) A 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. An example of how every aspect of the universe reflects the same principles. <http://www.youtube.com/watch?v=0fKBhvDjuy0>

Proof (1991 Australia 95 minutes) A story about trust and how easily it can be earned and then lost. Martin (Hugo Weaving) has been blind from birth and takes photographs as proof that the world he sees is the same world that sighted people see. Waiting to find a person he can trust to describe his photos, he accidentally meets Andy (Russel Crowe) and a friendship begins. Martin's housekeeper Celia (Genevieve Picot) becomes jealous of the friendship and places Andy in a situation where he must lie to Martin about a photo. AFI Awards for Hugo Weaving and Russell Crowe plus Best Film and Best Director, Jocelyn Moorhouse. Rated M. All three personality types are represented here; the title indicates an emphasis upon the reason type's need to know, codify, prove something is real using only material aspects of life, while discounting emotion and intuition as unreliable. Trailer <http://www.youtube.com/watch?v=AixgCHv2N7I> 1 or 2 scenes also available.

Small Pleasures (2008) 5 minutes 17 seconds. Do you experience life fully? Imagine if you were able to simply be present in each moment of your life: <https://www.youtube.com/watch?v=flkFW5E0XcM#t=270>

Twilight Zone: **The Monsters Are Due On Maple Street** (1960 Season 1 Ep 22) A supposed meteor and weird power outage cause a nice neighborhood to become an out of control mob. All the while it was actually invading aliens using devices to make neighborhoods turn against themselves. Claude Akins, Jack Weston. <http://www.hulu.com/watch/440892>

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Worksheet for Self-Awareness

Use an example from your daily life where you feel that you have gone into defense, feel attacked, or are miserable about your circumstances.

1. My images are that if _____ happens, it will mean _____.

IF...

THEN...

_____	_____
_____	_____
_____	_____

2. State the duality as simply as possible:

LIFE =

DEATH =

_____	_____
_____	_____
_____	_____

3. Facts that don't support the 100/100 feelings above:

4. What options or alternatives are technically possible, even if you have previously rejected them? Consider that you may have exaggerated or dramatized the situation or the flaws of the alternatives that are available to you.

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Cosmic Principles Manifest in Soul Currents – Part 3

Quotes from Chapter 7 of The Path to the Real Self (PRS4)

By Eva Broch Pierrakos

Let us take a few examples of common human faults and I shall show that they are all distortions of divine attributes, flowing through the soul of the entire universe. [See PL 30]

They are interconnected. It is impossible to have one without the other two, even though one may be outstanding and evident, while the other two may be hidden. In order to gratify the demands pride makes, one must have a strong self-will, which cannot bear to relinquish. The stronger the pride, the less is relinquishing possible -- hence the stronger the self-will. The prospect of non-gratification of pride's demands, of self-will's inadequacy causes fear.

This triad is a distortion of a benign triad, which is: dignity and integrity; determination and self-assertion; and caution. It is easy to see that a person, expressing this benign triad, lives life productively.

Pride is a distortion of dignity; stinginess of caution; foolhardiness and being a spend-thrift of generosity; laziness of relaxation; selfishness of healthy self-consideration and self-assertion; masochism of givingness and the ability to accept frustration; hostility of courage and assertion -- and so on, and so forth.

Getting to know oneself also includes facing character defects and faults. Since a constructive, realistic attitude to self-facing is essential, it is therefore important to evaluate faults from the point of view that they are distortions of originally good qualities. Man fluctuates easily between unproductive guilt and, in order to avoid its pain, unrealistic, unobjective self-justification. If he acknowledges faults without being able to follow their trends to the root, he may be stymied by guilt and shame -- and by a feeling of hopelessness and inability to rid himself of these tendencies. But if he realizes that these unwelcome tendencies do not have to be gotten rid of, but that they can be transmuted into their original nature, once sufficient insight into the underlying conflicts is gained, he will not despair. This transformation happens almost automatically, organically, by itself. Effort need not be used, much less force.

On the other hand, it is equally unproductive to "excuse," to justify and, perhaps, even being proud of these distortions by dint of their positive origins. It must not be forgotten that they have a destructive effect on the self and others. Once again, the constructive attitude to destructive findings is so important to cultivate .

If **self-will** expresses "I must have what I want, I cannot bear forfeiting it" (even if this wish has, first, nothing to do with pride) not being able to give up the wish itself is largely a result of the apparent humiliation of not getting one's way. Hence, pride must be a by-product of self-will, as self-will must be a by-product of pride.

Fear is a result of both. It may appear a novel idea that fear is a fault. However, it once considers its by-products, it must be evident. Fear induces defensiveness, hate, distrust, withdrawal, separateness, rejecting others, unhealthy, egocentric self-concern, hostility, anger -- with their further chain reaction of guilt. Guilt, in turn, is unbearable to face, hence pretense, hiding, instituting a facade, are further results of fear. Fear induces an ever increasing vicious circle in which the personality is caught and which subsequently strengthens pride and self-will as a protection against that which one fears, as well as a protection against exposure of all the guilty secrets.

Pride, Self Will, and Fear

Worksheet for Pathwork Lecture 30
Based upon a worksheet by Elizabeth Mylonas

1. Sentence completions. Say each one several times. Notice which one(s) generate the most real-world answers, feel most justifiable, are most comfortable to express:
Pride: 'I'm better than...'
Self-Will: 'I must have...'
Fear: 'I'm afraid of...'
2. Notice if specific relationships tend to activate different attributes. What does this tell you about yourself? About your relationship to your mate? Boss? Parents? Children? Etc.
3. Make a list of your faults (see PL 26, Finding Your Faults)
 - a) What are the original, undistorted divine aspects of your faults?
 - b) Notice how each fault is a variation on pride, self-will, or fear.
 - c) How do the specific faults of pride, self-will, and fear interact with each other?
4. Which fault or defense in the table below is seen as a positive quality, or at least familiar? Which is most active in you, in what kind of circumstance?

Chart of interlocked triads:

PL 30	Pride	Self-Will	Fear
PL 43	Reason	Will	Emotion
PL 84	Serenity	Force / Power	Love
PL 84	Withdrawal	Aggression	Submission
PL 43	Wisdom	Courage	Love

5. See if you can feel these qualities in your body. What does pride feel like? Self-will? Fear? When you meet a stranger, do you slump down so as not to appear confrontive, or pull back until you understand more about the dynamics of the meeting? Focus your daily review (PL 28) for one week on exaggerate any small muscle movements you remember when encountering people or situations throughout the day.
6. What is your sense of what your overall personality 'type' is? (It is always a mixture)

Study Guide prepared by Jan Rigsby 2014
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