

Pathwork on  
**Pathwork Discussion Groups**

In response to a participant’s question about Pathwork discussion groups, this quote from Pathwork Lecture 108 *Fundamental Guilt for Not Loving -- Obligations*, lays out the purpose and guidelines for Pathwork Study/Discussion Groups as distinct from Group Work or Helper Sessions. It speaks to a core philosophy of a **Pathwork School** centered around the **applications of the Pathwork tools and wisdom in daily life**, a school where **each person is both pupil and teacher at the same time**. What evolves, through trial and error over time, is what the lecture defines as a “**functional love group**.” I found myself inspired by this concept of a Pathwork Discussion Group.

27	<p>QUESTION: We are planning to make some changes and improvements in the discussion sessions. Would you have any suggestions?</p>
28	<p>ANSWER: Yes. I will not go into technical details. This is something my friends can work out among themselves. <b>The laborious road of trial and error is a test from which each individual can learn.</b> When you <b>build something together</b> in this way, you will <b>gain a sense of accomplishment</b> that has much more value than simply following advice. Then <b>your spirit will be in it</b>. This, after all, is the only thing that matters. Therefore the question is <b>really how to go about it so that your spirit is in it together</b>, with <b>as many participants as possible</b>.</p>
29	<p>To help in that direction, I will remind you of the <b>purpose of these sessions</b>. The idea of these <b>discussion groups</b> is to <b>help you put into practice, to assimilate, a theoretical knowledge and to apply it to your private lives</b>. If you approach the discussion with this outlook and you <b>constantly remind each other of that</b>, it will <b>keep you from abstract theorizing</b>. You would not really need meetings to just theorize, which comes easily for most of you anyway.</p> <p>Let your aim be to <b>voice where you do not emotionally understand something</b>. Then through private and group work you will first verify that such emotional understanding is still lacking. You know so well that the <b>first step</b> toward understanding is always <b>acknowledgment and concise verbalization of what one does not understand</b>. This is half the battle.</p> <p>Let each person pronounce what <b>may be intellectually but not yet emotionally understood</b>; what is <b>not yet a living experience</b>.</p> <p>Then the <b>others may help with clarification</b>, perhaps by way of <b>examples</b>. Personal exposure is not necessary unless desired by the person; the discussion can be kept general. This should <b>not be confused with the group work</b>. The important thing is to help you toward an <b>emotional assimilation</b>. Others who have the experience perhaps through having worked out a particular point under discussion may show how to arrive at this assimilation.</p>
30	<p>However, if here or there something is <b>not intellectually understood</b>, then, of course, <b>these study groups are the place to air it</b>.</p> <p>If your pride prevents you from doing so, it is not only to your own</p>

	<p>detriment, but also to the detriment of the entire venture. <b>The right spirit, humility, and honesty will make your discussions a living, dynamic experience. Otherwise, they will become dull and dragging.</b></p>
31	<p>The speed at which these study groups can grow into a meaningful venture depends, first, on the <b>pride of the timid ones who do not wish to expose their "ignorance,"</b> and, second, <b>the pride of the boisterous ones who show off their "knowledge" to impress others.</b></p> <p><b>Both have burning questions.</b> Some of these are quite conscious, others are unformulated, vague, out of laziness and pride. Such <b>inner nonparticipation is a passive pretense that hinders the quality of the discussions.</b></p> <p><b>If every participant prepares questions by voicing what he or she does not understand, both intellectually and emotionally, I can promise that these discussion groups will turn out profitable for all concerned.</b></p>
32	<p>Let these discussions also serve as <b>opportunities to probe yourselves.</b> What is the <b>motive for sharing?</b> What is the <b>motive for not doing so?</b></p> <p>To the degree that you <b>voice your confusions, these discussions will prove of immeasurable value.</b> Help will then be given as much to those who pronounce their confusion as to the others especially by the example that is set.</p> <p>Then <b>your group will truly become a school</b> where <b>each person is pupil and teacher at the same time.</b></p> <p>If you keep this in mind and <b>try to live it, all the outer details will easily fall into place.</b> They are unimportant.</p> <p><b>Trial and error, and the improvements you will make along the way will come easily and without friction.</b> If this basic spirit prevails, it will <b>draw others along, because it is the strength of the spirit that matters.</b> And even those who are too timid and blind and lazy will be swept along by the truthfulness, the self-honesty, the humility of those who actively participate. <b>This will make the venture blossom.</b></p>

37	<p><b>My dearest, dearest friends, the love force, the life force, is abundantly flowing toward each one of you, and also to my absent friends.</b> I think you can all feel it. You feel the light and the strength. <b>Rejoice on this path.</b> There is <b>nothing more meaningful.</b> There is nothing that makes more sense, no matter how painful life may sometimes be, no matter how many times you may feel a relapse or a stagnation.</p> <p>If you <b>persevere, the light will become steadier and stronger.</b> If you are <b>more outspoken and more direct, this entire group will grow more and more.</b></p> <p><b>Those who find themselves in a hopeless depression will be less inclined to hide.</b> Instead, they will go to those who find themselves strong at the</p>
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	moment; who have successfully passed through such a stage and have come out of it through this work. They will communicate with them and will thus be helped. <b>This is true love, this is true relating.</b> You all have much to learn about this. You are at the beginning of a very concise stage of your development. You all have learned a great deal and have thus come nearer to the point where <b>this group, as a whole</b> , can truly become <b>a functional love group</b> .
38	And now, be blessed, all of you. Be in peace and in God!