

# Growing Through the Pathwork Lectures

(My Love Affair with the Guide)

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## Step 1 of Growing with The Pathwork Lectures Identify a Life Issue Before You Start

*An Upcoming Meeting*

*A Decision You Face*

*An Addiction*

*Trouble Achieving a Goal*

*Sex*

*Boredom*

*A Family Issue*

*Health*

*A Troublesome Relationship*

*Relationship With God*

*Career*

*Loneliness*

*A Confrontation*

*Depression*

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- What Life Issues are up for you now?
- Pick one. Make it a small one at first

# Exercise

- **Begin Reading Lecture 145 The Language of the Unconscious**
  - Read ¶ 3 -- Stop to reflect. How Do these words of introduction apply to your issue? How do they nurture you?
- **Read Lecture 145 for about 10 minutes.**
  - Underline, make notes, reflect...all as the words relate to your issue -- intellectually, emotionally, physically, spiritually
- **Three minutes silent meditation**
- **Journal** (perhaps jot down what paragraph struck you...)
  - What feels rich to look at, practice, or further investigate with regard to this issue?
  - Did another issue pop into mind when you did this? What could that be about?

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## A Second Step in Growing with the Lectures Find a Lecture Buddy

- **Pick a partner**
  - Introduce each other
  - Share your selected issue
  - Share what you learned from the reading of Lecture 145
  - Discuss how each of you would apply these words to your life, what you want to look at more, etc.

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## **Fleshing this out in Life**

### **Find a Lecture Buddy in your Pathwork**

- **Finding a Lecture Buddy...**
  - Find someone who is also interested in a deeper experience of applying the Pathwork Lectures to Life.
  - If both agree to explore the buddy approach, pick an issue and pick a lecture to work with.
  - Agree to make contact three times, say every two weeks. You will then assess what works, what doesn't and decide if this works for you. No obligation.

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## **Fleshing this out in Life**

### **Find a Lecture Buddy in your Pathwork**

- **Format of Lecture Buddy contacts**
  - 45 minutes to an hour
  - Attune, check in
  - What have you learned about your issue?
  - What practices from the lecture are you doing?
  - How is your issue changing or resolving?
  - Etc.
- **Between sessions**
  - Read various sections of the lecture, apply, practice, etc.
  - Be flexible!
  - Journal, noting paragraph numbers of those sections that spoke to you most.

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**Another Exercise**  
**The “Picking three paragraphs”**  
**Approach to Lecture Study**

- **Reflect again on your issue**
- **At random, pick three numbers between 3 and 53**
- **Read these paragraphs from L145**
- **Which of the three paragraphs relates LEAST to your issue?**
- **Work with this paragraph to see how it may relate to your issue.**
- **Meditate (2-3 minutes)**
- **Journal**
  
- **Share with your Lecture Buddy**

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**Growing Through the Pathwork Lectures**  
**Review**

- **Step 1 Pick an issue that is up with you now**
  - **Work with a lecture to see what it may pull up from you to address this issue**
  - **Take a lecture that seems to relate, or pick one at random**
  - **Study systematically or randomly. Be playful**
- **Step 2 Find a Lecture Buddy**
  - **Connect via phone**
  - **Try for three times, say every 2 weeks**
    - **Tweak to make it effective for you**
    - **Or decide this is not working for you**

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# Interlude

## Some History of the Pathwork Lectures

- **Eva Wassermann Broch Pierrakos**
  - Born in Vienna in 1915, Died March 6, 1979, age 64
  - To U.S. in 1939, age 24
  - First Guide Lecture March 11, 1957, age 42
  - Met John Pierrakos in 1967, she was 52 at the time
  - Last Guide Lecture January 10, 1979 -- 22 years of lectures
  - Died March 6, 1979, age 64, 2 months after last lecture (258)



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## Some History

- **Guide Material**
  - **Trance Sessions**
    - Regular Lectures (258, March 11, 1957 - January 10, 1979)
    - Question and Answer Sessions (in between, after about L100)
      - Amazing energy present at these lecture and Q&A sessions
      - A true transmission
    - Private sessions
  - Lectures and Q&A Sessions were recorded on tape
    - Some available (Pathwork Press - 9, more elsewhere)
  - Three written versions
    - Earliest Printed Version (truly unedited?)
    - Unedited version (but edited by Eva)
    - Edited version (1996 by Judith and John Saly)
  - The Guide wanted the material spread
    - Talked about having the lectures printed and distributed for study
    - Recommended having someone read them aloud at groups
    - Did *not* speak of sharing the original tapes

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## Some History

- **Sample of Transmission...**
  - Q&A 201...
  - Lecture 66 ¶21

PWL 66 ¶21 (1996 Edition)

Only the other day we discussed guilt feelings, and I spoke about how often people create imaginary guilts, or blame themselves for very unimportant shortcomings in order not to face their main guilt. For most of you, the betrayal of loving is your main guilt which you keep locked away from consciousness. As long as you do not become aware of and face all the ramifications and aspects of your betrayal of the one who has loved you most for the one who has given you less -- at least, according to your feelings -- that betrayal darkens your outlook on life. It eliminates your self-assurance, your self-confidence, your self-respect. It is responsible for the deepest roots of your inferiority feelings. You do not trust yourself with this betrayal locked in your soul. Your psyche says: "How can I trust myself knowing that I am a traitor, knowing that I go on constantly betraying the best in me? If I cannot trust myself, I cannot trust anyone else."

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## The Current Audio Project

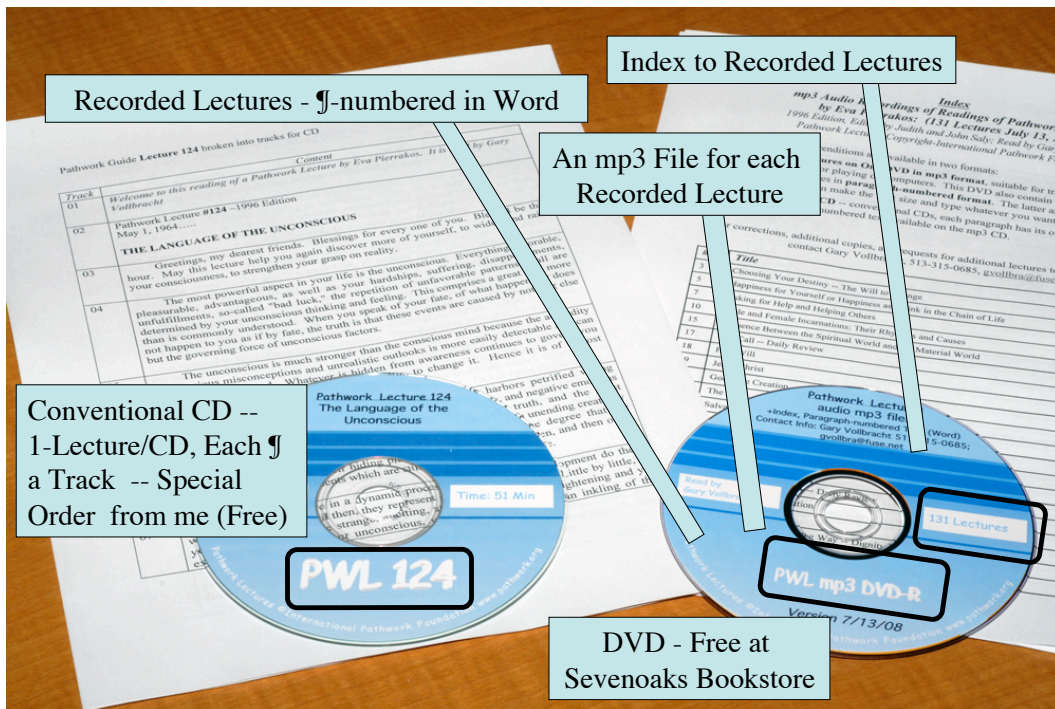
- **Goal: Get Readings of Pathwork Lecture in audio Format.**
- **Initial Project: ProVoice -- via Pathwork Press**
  - Began in 2004, supported by Donna Evans Strauss, Tom Hubbard, and me.
  - Approach: Professional Reader, professional editing/director, artistic director
  - Generated 6 Lectures over 3-year period, challenging to coordinate, costs about \$1,300 per lecture -- at discounted prices
  - Results sounded great, but challenges and costs and volunteer time investment seemed prohibited.

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# The Current Audio Project

- Quite by accident I got the technique for recording the lectures -- and beginning in June of 2006 I began to record the lectures.
- Since then I have recorded 131, or just over half of the 258 Lectures.
- Not a “professional” voice, but it seems to work for enough people (even just me would be ok) to be worthwhile.
- Availability
  - Free -- send name and address to [gvollbra@fuse.net](mailto:gvollbra@fuse.net)
  - All on one DVD in mp3 format -- to load onto mp3 players, iPods, via computer.
  - OR: one lecture per CD in conventional format, with each paragraph having its own track.
    - One paragraph per track makes navigation and repeating paragraphs easy.
  - Plus each recorded lecture is available in Paragraph-Numbered printed format in Microsoft Word
    - Again makes navigation easier in groups where you can refer to a particular paragraph.
    - And format can be changed to suit reader.
    - Folder containing all recorded lectures in this format is included on DVD.

## The Deliverables



## **How People Use the Audio Readings**

- **Listen in car -- short commutes or long trips**
- **Listen in kitchen, etc. while doing tasks**
- **Report taking in the Lectures at a different level**
- **Play them at night while sleeping**
- **People with special needs -- e.g., sight challenges**
- **Students: “I never used to read the lectures for class, but now I usually listen to them all before class.”**

### *Listening Can Be An Immersion Process*

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## **And the Paragraph-Numbered Paper Copies**

- **Simplifies lecture navigation in study groups and in buddy systems**
- **Can be used in conjunction with journal writing -- note your responses and reflections of a particular paragraph in your journal and make a note of the lecture and paragraph number.**

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## Make Use of Pathwork Audio Recordings

- **This audio immersion is a Third Way to Make Use of the Lectures...**
- **Make a commitment to try using the audio recordings**
  - See what works, what doesn't
  - If you have ideas, find mistakes, or have suggestions, contact me. ([gyollbra@fuse.net](mailto:gyollbra@fuse.net))
- **AND make use of the paragraph-numbered paper copies to facilitate and enhance your lecture experience.**

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## Lecture Study Groups

- **A Fourth way to use the Lectures is to *join a Lecture Study Group***
  - Usually led by a Pathwork helper, small fee charged
  - Typically runs 6-8 weeks on a once-per-week basis
- **Can also start own group**
  - Peer led
  - Establish own format, guidelines, rhythm
  - Format: Attune, check-in, read and/or share how lecture affects you
  - One member could be under supervision for working issues with the group.
  - Do for an agreed-to period. End. Then restart. Over time people shift in needs. Try various formats.
    - Begin with Lecture 1 (Cincinnati Group got to #130 doing this)
    - Use Lectures being used in TP or other classes
    - Lectures that have meant the most to members

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# Some Encouragement

## Report on Pathwork by David Sunfellow

<http://www.nhne.com/specialreports/srpathwork.html#work>

<http://www.nhne.org/>

Closing to David's 18-page report on Pathwork (1995)...

*And finally, although I have yet to master the Pathwork material myself and, what's more, have no formal Pathwork training of any kind, I can still bear witness to the fact that my attempts to understand and apply the material has changed my life. After eight years, I can say it is the most clearly presented, most strikingly practical, most deeply empowering material I have ever seen. Based on my own experience I believe it can indeed deliver the kind of inner (and outer) peace and happiness it promises to those of us who have enough patience, persistence and determination to follow the challenging path it champions.*

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## Growing Through the Pathwork Lectures

### A Summary

1. Always *pick an issue* to which you wish to apply the lecture
2. Find a *Pathwork Lecture Buddy*
4. Immerse yourself in the Pathwork wisdom by *making use of audio recordings* regularly
  - A. Immersion in audio recordings
  - B. Making use of Paragraph-Numbered Hard Copy
4. Join or start a *Pathwork Study Group*

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## A Caveat

- It is tempting to read lectures without an issue in mind but rather simply to just grasp the theory, principles, and ideas.
- This can be satisfying, BUT mere theoretical and conceptual understanding, while interesting, is *NOT the way the material changes your life*.
- The Lectures must be *lived and experienced* in one's daily living. The Guide reminds us that *LIFE is the real teacher of transformation*. The Lectures support and nurture us in Life's lessons.

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**So Enjoy Life and Grow During Your Journey With the Pathwork Lectures...**



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