

Pathwork
Thank God for my Beautiful Problems

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July 11, 2009

Without Problems

- **Why work on any spiritual path?**
- **Why grow?**
- **Why mature?**
- **Why change?**

With Problems

- Motivation to work on a spiritual path, any spiritual path. **Help me, please!**
- Why grow? **Well I don't get this yet.**
- Why mature? **Nor this.**
- Why change? **Me change? NO – it's everyone else that needs to change to fix my problem!**

But now really, “I have no problems”

- **My entire life has been spent to fix the problems of my life and to be happy and fulfilled...**
 - **My career**
 - **My relationships**
 - **My hobbies**
 - **My spiritual community**
 - **Etc. Etc.**
- **And I’ve done a pretty good job! Life is basically good!**

Caution! A Spiritual Path could “Ruin” your “Oh So Happy” Life!

- I thought I was happy enough
- I thought I was fulfilled enough
- Now what if I find that maybe I wasn't?
- **This could change everything!!!**
- **Choice: Do I want to go on? Be Careful here!**

Danger



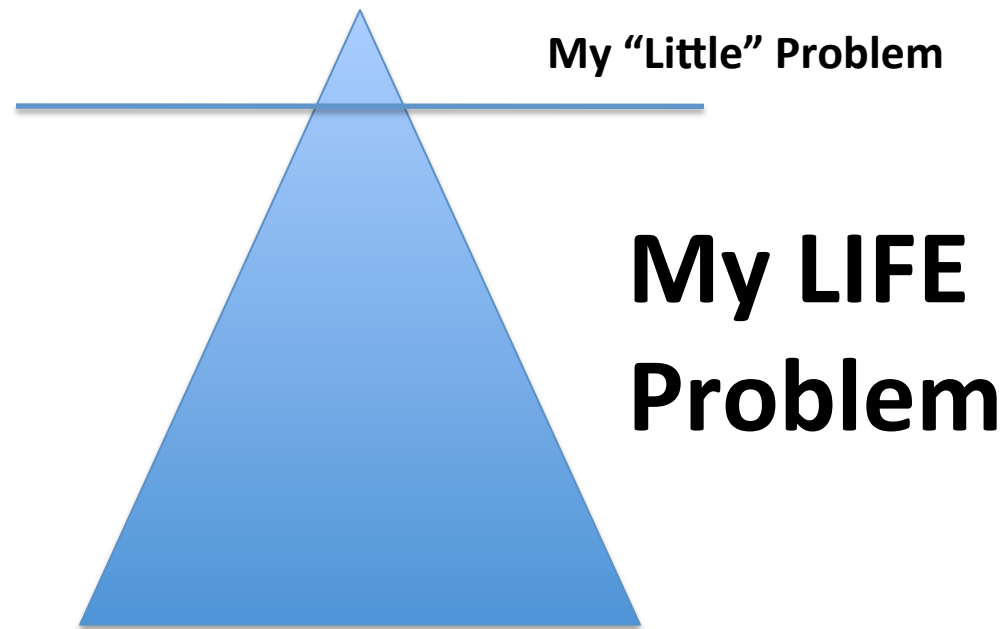
Danger

OK, I'll Go On

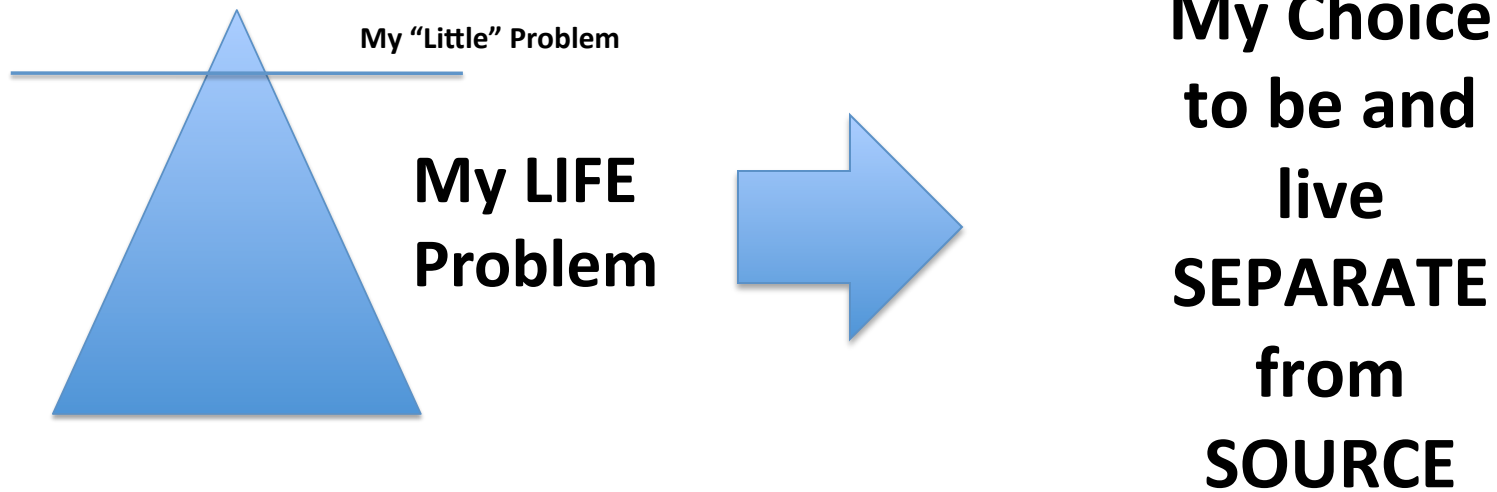
- **So what might be a “little” problem, an area where life is not working so well?**

The Beautiful Problem

- A problem is a key to finding profound happiness, fulfillment, and true bliss.
- Thank God for **PROBLEMS!**

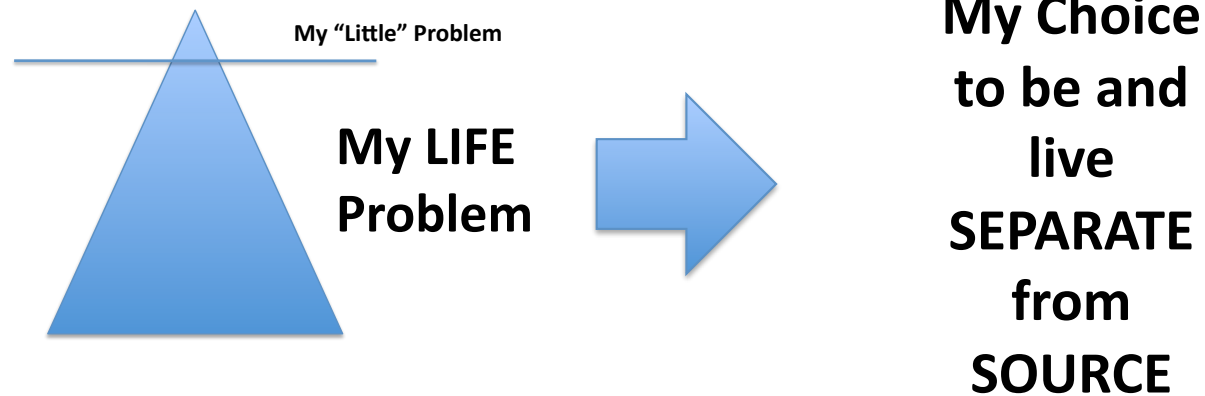


What Is My LIFE Problem?

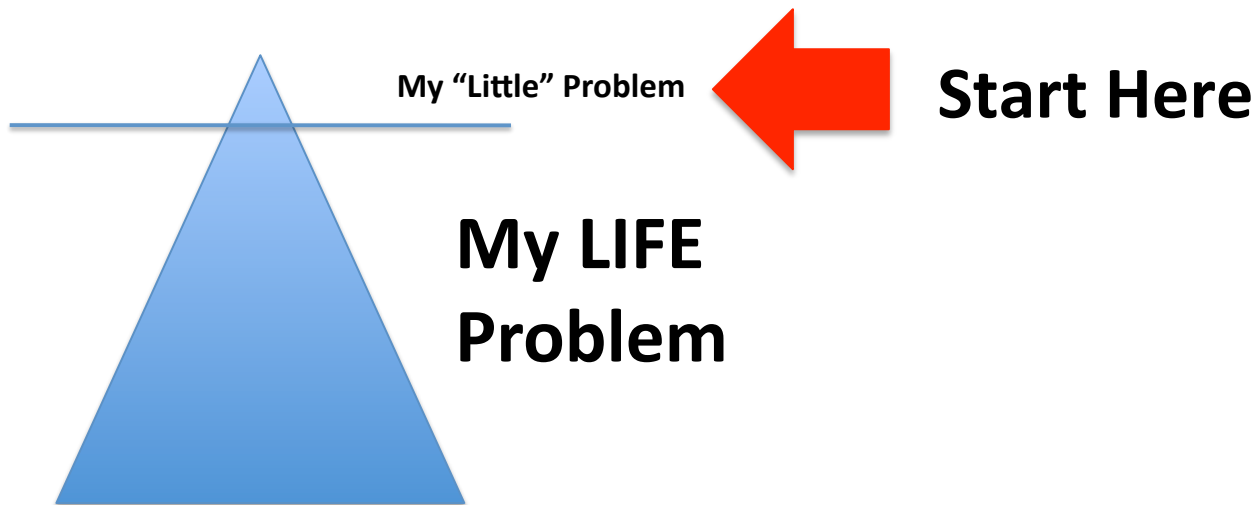


But Let's Not Get Ahead of the Game

I May Not Be Ready for this View



But We Can Always Begin with Today's "Little" Problem



Working with Today's “Little” Problem

Step 1 Develop the Problem

- **What we find...**
 - **My Story**
 - **Self-righteous blaming**
 - **My “Case”**
 - **Fear**
 -
 -
- **But don't get stuck here**

Working with Today's "Little" Problem

Step 2 STOP AND

- **Feel the Feelings...**
 - **Real Hurt**
 - **Real Pain**
 - **Real Disappointment**
 - **Real Grief**
 - **Real Fear**
 - **Real Sadness**
 -
- **And don't get stuck here either**

Working with Today's "Little" Problem

Step 3 – Stand Back

- **Compassionate Objective Observer**

- Choose self-responsibility
- Looking at all pieces of ourselves
 - Child
 - Critic
 - Persona (Mask)
 - Little Ego
 - Higher Self

- **And finding**

- Recurring themes, Patterns
- Recreations of childhood hurts
- Misconceptions, Images
- Pride, Self-will



Working with Today's "Little" Problem

Step 4 – Seek TRUTH

- **What is the truth?**
 - Pains won't kill me
 - Truth vs. Misconceptions Images
 - Right Conclusions
 - "Good Enough" vs. Dualism
- **Willingness to give up**
 - Case
 - Pride, blaming
 - Fear of being wrong
 - Negative Pleasure
 -
- **Prayer, Surrender**

Working with Today's “Little” Problem

Step 5 – Let Go, Let God

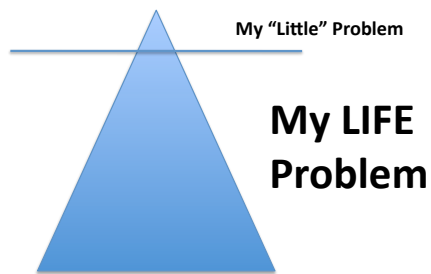
- **The Magic**
 - **Love**
 - **Truth**
 - **Understanding**
 - **Positive Intentionality**
 - **Connection**
 - **Freedom**
 - **Real Pleasure**

Working with Today's "Little" Problem Summary

- 1. Define the Problem, Story**
- 2. Stop and FEEL the feelings**
- 3. Step Back -- Compassionate Objective Observer**
- 4. Seek Truth**
- 5. Let Go, Let God – The Magic**

And Then...

The Rest of your LIFE



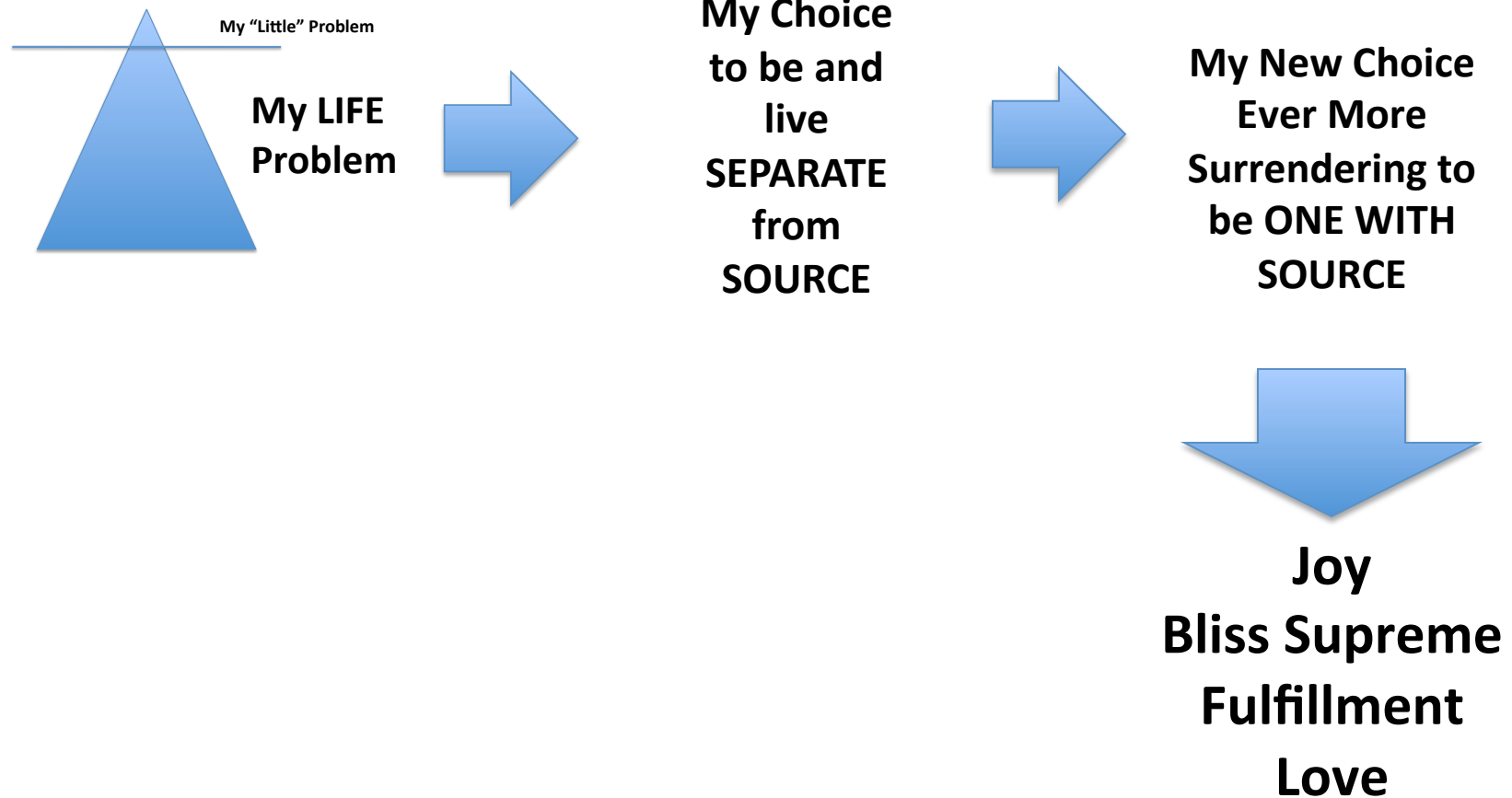
**My Choice
to be and
live
SEPARATE
from
SOURCE**



**My New Choice
Ever More
Surrendering to
be ONE WITH
SOURCE**

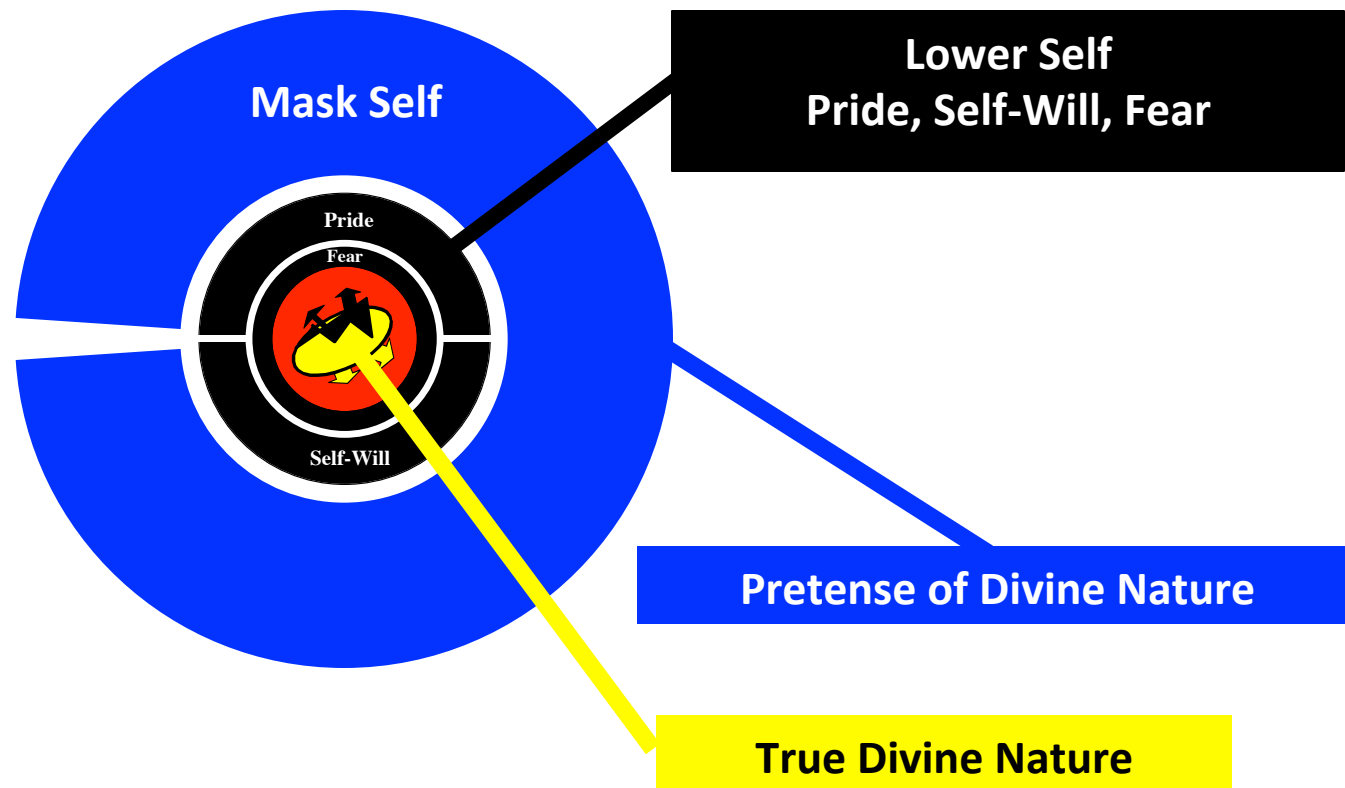
And Then...

The Rest of your LIFE



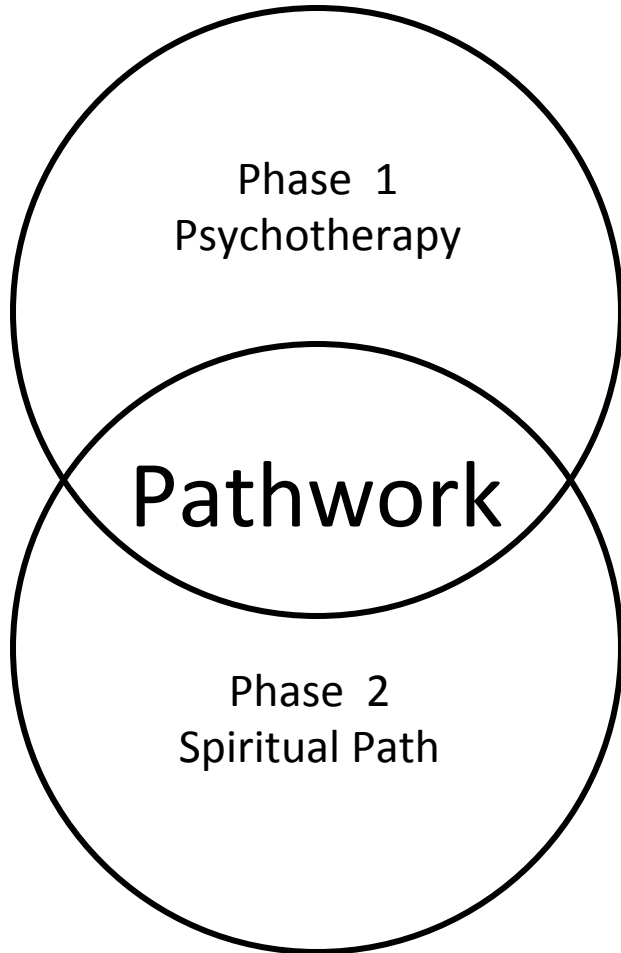
So What Is “Pathwork”?

The Threefold Framework of Pathwork



Summary of Lecture 204

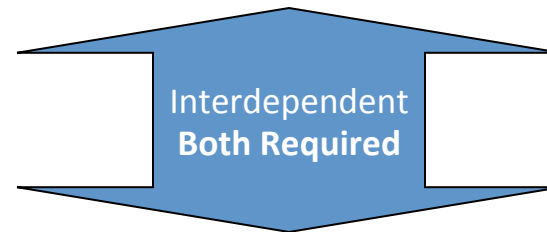
The Two Phases of Pathwork



Phase 1: Deal with Mask and Lower Self:

Identify and deal with obstructions to life, wrong conclusions, destructive attitudes, negative emotions, paralyzed feelings, images, childhood hurts, etc.

Methods: Group Work: Emotional processing; Daily Review, Reading, Helper Sessions, Breath Work, Core, etc.



Phase 2: Activate the Higher Self

Explore and activate greater consciousness, contact with spiritual self, the personality's depth.

Methods: Meditation, Prayer, Practice of Presence, Reading, Community, Ritual, etc.

What Is Pathwork?

1. Group Emotional Processing

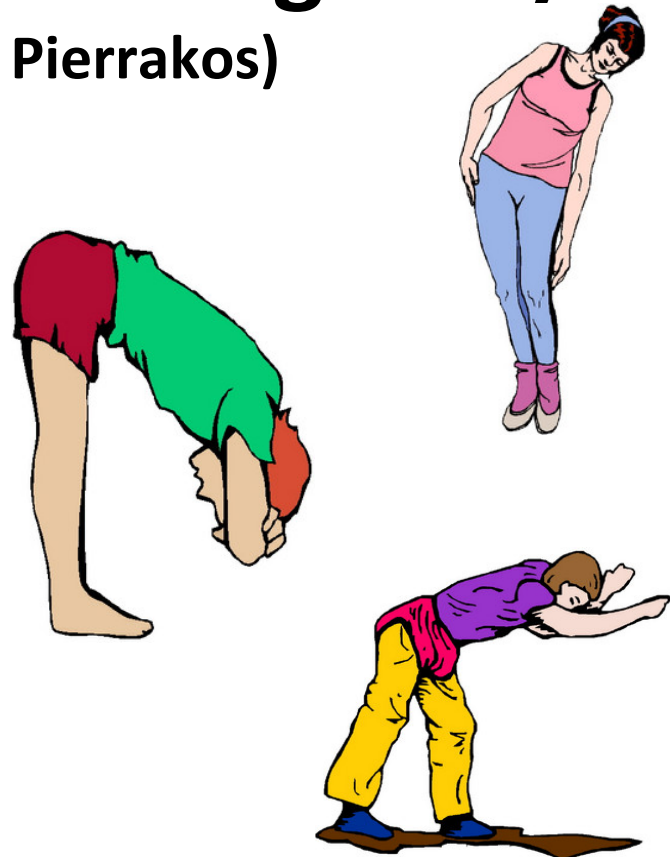
- Getting to the REAL YOU
 - Beyond persona (mask)
 - Including negative aspects (Lower
 - And positive aspects (Higher Self)
- Gestalt Work
 - Reenact Childhood situations
 - Recreate family of origin
 - Role play
- Emotional Processing
 - Safely acting out negative emotions
- Bonding



2. Core Energetics (Bioenergetics)

(Alexander Lowen, John Pierrakos)

- Getting the Body involved!
 - Stretches, movement, dance
 - Play-acting -- anger, etc.
 - Body types (Characterology)
 - Schizoid
 - Oral
 - Masochistic
 - Psychopathic
 - Rigid
- References
 - Alexander Lowen *The Way to Vibrant Health* (and many others)
 - Jalieh Milani, Alessandra Shepard *Flexing Your Soul*
 - Stephen M. Johnson *Characterological Transformation* (and several others in series)



3. Meditation

- Several Types
 - Vipassana (Mindfulness, Insight)
 - Meditation in Several Voices
 - Inner characters
 - Child, Idealized self, Prideful self, Divine Self, ...
 - Can be written out
 - Focused Meditation
 - Blocks, Issues
 - Direction
 - Meditation as Positive Life Creation



4. Daily Review, Inquiry, Journaling

- Daily Review
 - End of day or during day
 - Note times of disharmony or upset (also highs)
 - Write out in journal - what feelings, what happening
 - Do not analyze cause
 - Review for patterns every several weeks
 - Note possible cause-effect patterns
- Purpose
 - Get in touch with feelings
 - Become more conscious
 - Discover patterns, behaviors and beliefs that run your life



5. Counseling Sessions

- With experienced Pathwork helper
- 2-4 1-hour sessions/month
- Some emotional processing
- Sometimes phone sessions



6. Study Classes

- With experienced Pathwork helper
- 4-8 session class, every other week
- Experiential work as well as mental



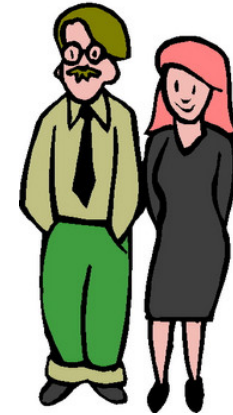
7. Pathwork Lectures

- Written material transcribed from lectures through Eva Pierrakos
- 258 40-60 minute Lectures between 1957 and 1979
- Transcribed and available in written form
- Some recordings available -- original or readings
- Material is for **Engagement with the Psyche** as much as for understanding



8. Couplehood: Path within a Path

- Pathwork gives high view of Couplehood
- Couplehood, path within a path



9. Pathwork Transformation Program

Putting It All Together

- 5-Year Program -- in two formats
 - Monthly Weekend Format
 - 4-Day 4 Times a Year Format (4x4)
- Often with same small group
- Including all of the components -- Group Emotional Processing, Core Energetics, Meditation, Daily Review Practices, Counseling sessions, Study classes, and personal engagement with the Pathwork Lectures.

10. Pathwork Post Transformation Program Training – Pathwork for the Rest of Your Life

- **5-Year Training Program** -- in two parts
 - 2-Year Advanced Pathwork Studies
 - 3-Year Helper Training Program
- **Post Helper Training Graduation**
 - Apprentice Helper (With continuing Sessions + Supervision)
 - Assisting in Transformation Program
 - Begin Helper Sessions
 - 2-5 Years
 - Become a Helper (With continuing Sessions + Supervision)
- **Pathwork for Life**
 - Continue doing the Work (with or without continuing Training)
 - Helper Sessions
 - Group Work
 - Practices

Some Encouragement for the Serious Pathworker

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.

Appendix 1: Pathwork Entrance Exam

<i>Statements (From Lecture 204 -- discernment about Pathwork for you)</i>	<i>Score (1-5)</i> 5 strongly agree. 0 strongly disagree
1. My life is meaningful, fulfilled, and rich	
2. I feel very secure with others	
3. I feel comfortable with my most intimate self in the presence of others	
4. I am capable of feeling, giving and receiving great joy	
5. I am rarely plagued with resentments, anxiety, or tension	
6. I am rarely plagued with loneliness and a sense of isolation	
7. I rarely need a lot of overactivity in order to alleviate anxiety	
8. I usually have no sense of being dead, numb, listless or paralyzed	
9. I rarely depend on appreciation and approval from others, on being loved, and on being successful in terms of the outside world.	
10. I see no point to feeling any anxiety or pain, in fact these are to be bypassed	
11. I see no reason to consider finding and owning my dishonesties, my cheating games, and my more or less subtle pretenses. Besides, I have none of these.	
12. I see no point in exerting a real effort to embark on a journey into myself	
Total Score (Must be below 30 out of 60 possible or have one "0" to pass entrance exam)	

See scoring analysis on next page...

Appendix 1 (Continued)

Scoring Entrance Exam

- Note that **low** scores qualify you for Pathwork whereas high scores disqualify you. You “pass” the entrance exam if...
 - Total score is **less than** 30 or
 - **One or more** statements was a “0”
- Questions 1 - 9 are about life in general
 - Scores of 3 or higher (strong agreement) for each statement suggests you experience life as being pretty good -- why try *any* personal growth or transformation program?
- Questions 10 - 12 are about Pathwork as your spiritual program
 - Individual scores of 3 or higher (strong agreement) suggest that you look for a program that is less demanding and does *not* deal with the deeper psychological issues of the Lower Self and wounds. Maybe a purely spiritual program would work for you better.
- Caveat
 - For some of your answers you may be wrong or just unaware of your truth. In such cases you may enter Pathwork despite your high score and see what happens -- *like so many of us have done!*

Remember: All of You Is Welcome Here!

May You Enjoy This Day

May You Enjoy This LIFE

May You Be The Blessing You Are