

# Pathwork Lecture 204

## The Path

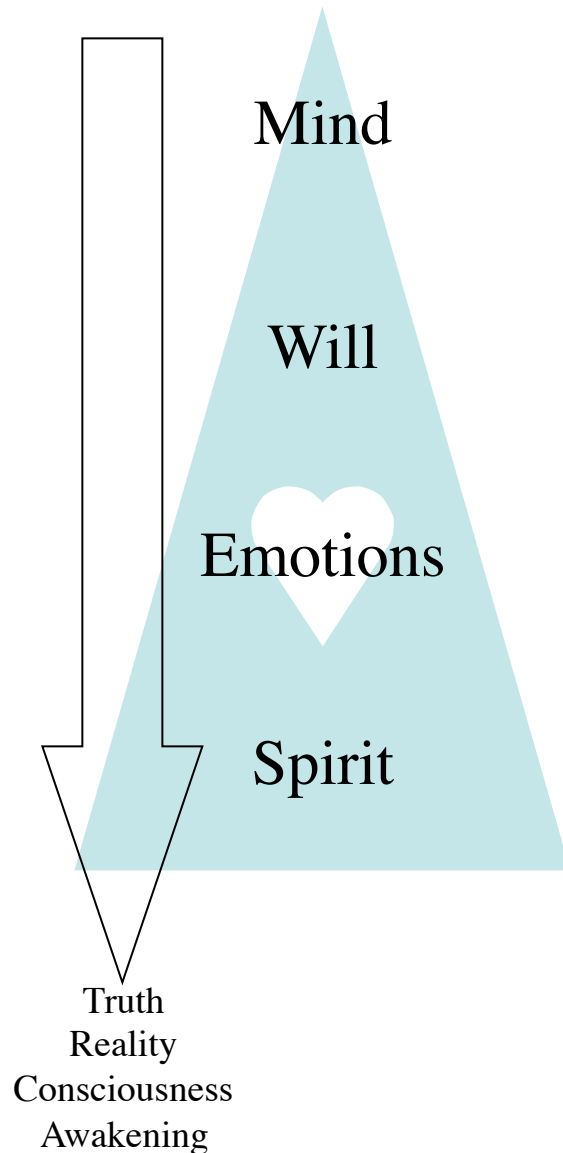
Part 1 On Reading Pathwork Lectures  
Part 2 Outline of Lecture 204

Gary Vollbracht

6/28/05

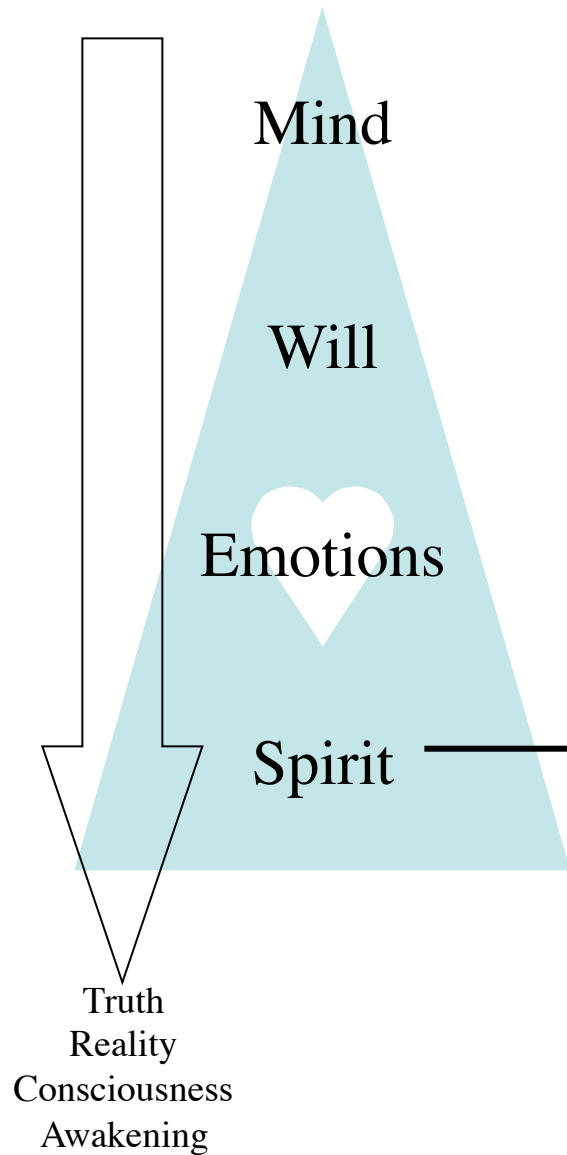
For Sevenoaks 4x4 Fourth of July Weekend

Before We Begin L204...  
Reading Lectures 101



- Reading *Mentally* for Content
  - New insights, corrections of wrong conclusions, wrong beliefs, etc. “Shaking the trees” of the old
  - For understanding/reframing reality
  - But fluid, changing, not fixed -- no grasping, no believing
  - Pointing to reality, but not reality
  - Planting seeds in the Psyche that will sprout later
  - Critical Thinking -- accept or reject
- Reading from the *Will*
  - Will to accept or reject
  - Will to adopt new practices, new disciplines
- Reading *Emotionally* for feelings
  - Emotional reactions to the words (“+” or “-”)
- Reading *Devotionally/Spiritually* for inspiration
  - Bringing Presence (Higher Self, silence) to the Reading
  - Baraka -- the energy of the text, beyond words
  - Inner “Truth-Knowing” -- resonance with the soul
  - Mystery of “not knowing” yet “Knowing,” Awakening
- Power of reading in groups

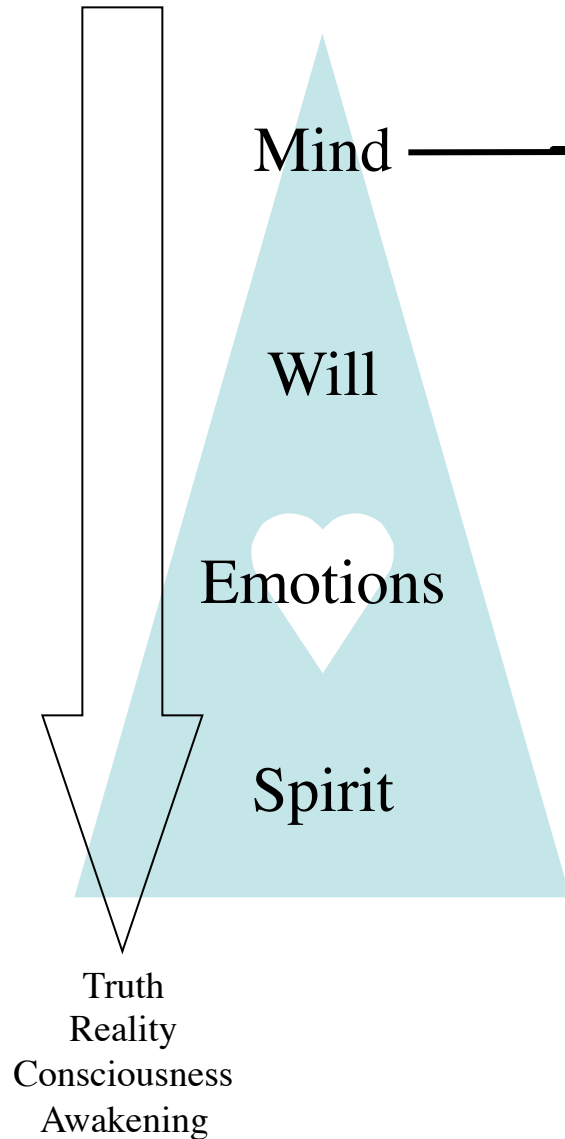
# Always Remembering the Purpose...



“Your total goal in life must be to find the reality of the living God as immediate experience. ... Not as theoretical speculation and a luxury of belief, but as living reality in your inner and outer life.” Pathwork Lecture 243)

# Caution!

## Pathwork Concepts *Are* Powerful, But...



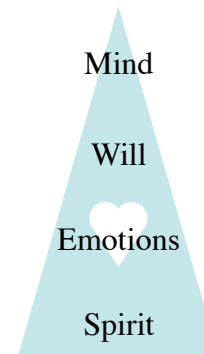
- Do *not* get stuck in the mind...
  - Attached to new beliefs
  - Attached to insights, concepts, ideas
    - Do not Become a Pathwork Fundamentalist!
- The mind helps *understand* reality, but is not the *experience* of reality



# Experiential Reading #1 “Pain on the Road to Bliss”

“If a life situation is painful and you defend with rage, complaints, and other defenses against cleanly experiencing this pain, you are not in truth about your present state. But if you just let the pain be and feel it without playing games like, “it will annihilate me,” or “it will last forever,” the experience will release powerful creative energies to increasingly work for you in your life and open the channels to your spiritual self. Feeling the pain will also yield a deeper, fuller, and wiser understanding of the connections between cause and effect. For instance, you will see how you attracted this particular pain. Such insight may not come immediately, for the more you force it, the more it will elude you. But it will come if you stop the inner fighting and resisting.”  
(L204)

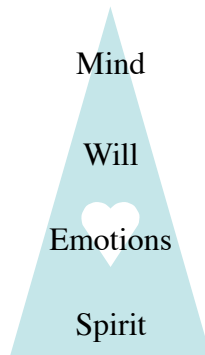
- Identify a pain, disappointment, or point of suffering in your life today.
- Read the Lecture section at the left
- How do you react to this reading?



## Experiential Reading #2 “Never Give Up the Longing”

“Do not abandon the longing that comes from the sense that your life could be much more, that you could live without painful tortured confusions and function on a level of inner resilience, contentment, and security. It is a state of experiencing and expressing deep feelings and blissful pleasure, where you are capable of meeting life without fear because you no longer fear yourself.”

L204

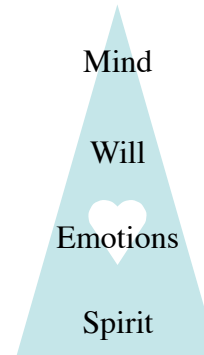


- What is your reaction to this reading?  
(Mentally, Will, Emotionally, Spiritually)  
Do you accept that such a life of fulfillment is available to you?
- Where you...
  - Live without painful tortured confusions
  - Function on a level of
    - Inner resilience
    - Contentment
    - Security
  - Experience and express
    - Deep feelings
    - Blissful pleasure
  - Meet life without fear -- because you no longer fear yourself

# Experiential Reading #3 “Living in Non-Duality”

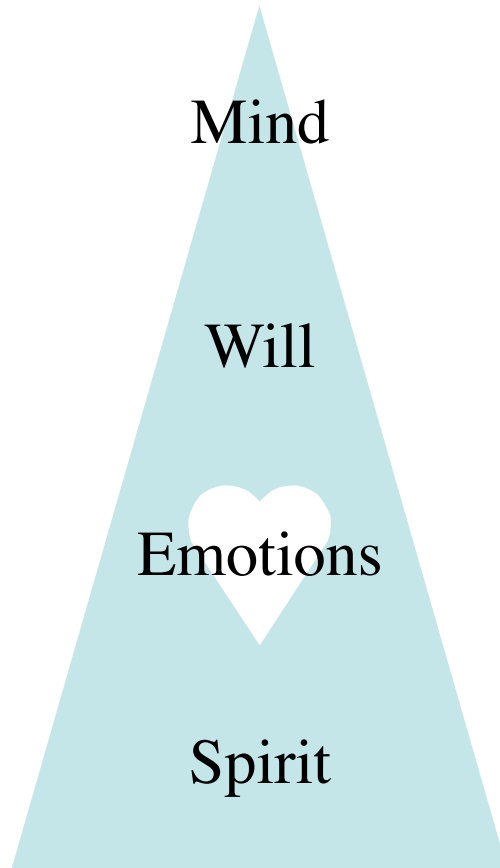
“You will, therefore, find life, even its problems, a joyful challenge. If your inner problems can become a challenge that gives spice to your life, the ensuing peace will be all the more sweet. The tackling of these problems will give you a sense of your own strength, resourcefulness, and creative ability. You will feel the spiritual self flowing through your veins, in your thoughts, in your vision and your perceptions, so that decisions will be made from the center of your being. When you live this way, occasional outer problems are the salt of your life and become almost pleasurable. But the times of outer problems will become less frequent, and peaceful, joyous, creative living will become the norm.”

- How do you react to this reading?



- Do these promises motivate you to consider taking the Pathwork trip? (*See Appendix 1 for Pathwork Entrance Exam*)

# Compare To Your Reading of Other Writings

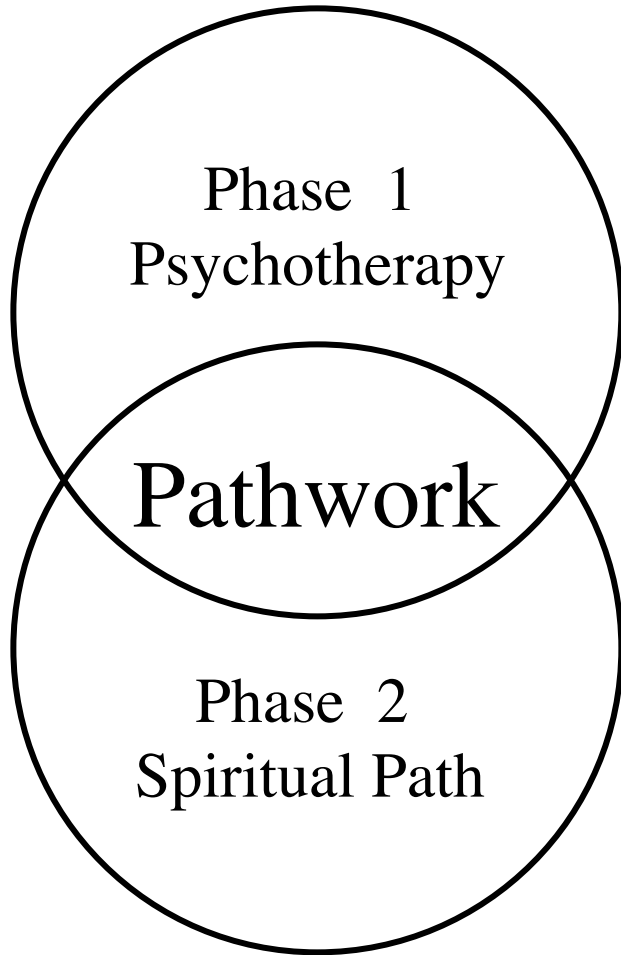


- Bible, Koran, Tao Te Ching, other sacred texts
- Creeds, theology texts
- Novels, poetry, liturgy, devotional writings
- Greek and other mythologies
- Ken Wilber and other philosophers
- Scientists, mathematicians, historians
- Astrologers, New Age writers
- Time Magazine, New York Times, Etc.
- Other channeled material (Kryon, A Course In Miracles, Emmanuel, Abraham, Etc.)
- Or art, music, Nature, etc.
- Etc.



# Summary of Lecture 204

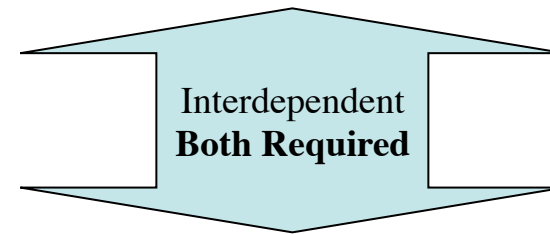
## The Two Phases of Pathwork



### **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: 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.*

# General Pathwork Guidelines

Reflections:

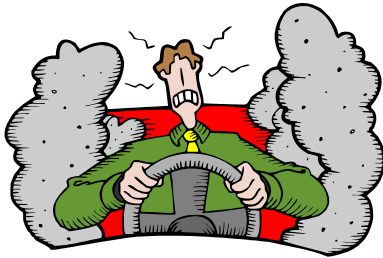
Examples where you  
feel challenged to  
live this way?

How has not  
following these  
guidelines affected  
your life?

- Keep the mind (Ego' s guardian) **open to new EXPERIENCE** (relax critical thinking)
- **Phase 1: Self Confrontation:** Be curious about Negative aspects of your inner universe (Lower Self) -- come to love all parts of self without judgment
- **Phase 2:** Faithfully cultivate and follow **your inner longing** for emotional and creative fulfillment (Higher Self)
- **Be patient.** Growth comes from within and is organic. Suffering comes from thinking you and life should
  - Be perfect NOW and
  - This perfection should be handed to you as some kind of reward from God.
    - Reward for holding to a belief (Fundamentalism)
    - Reward for “being a good person”

# Phase 1 Concepts

## Pathwork: Difficult and Easy



- “This path is simultaneously the most difficult and the easiest”
- “The difficulty exists only to the degree the personality has a stake in avoiding aspects of the self.”
- “The reluctance to be truthful with oneself applies to even the most honest people.”
- Exercise: What factors are making Phase 1 this journey easier for you?

# Phase 1 Concepts

## Why Bother Becoming Conscious of the Truth?

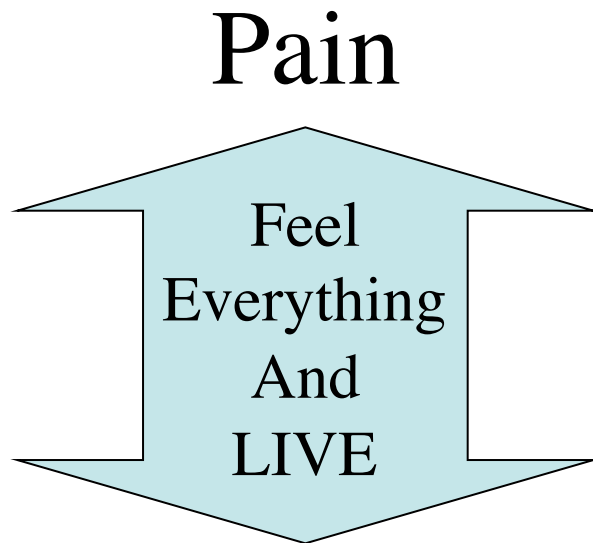


- Understand Cause and Effect...
  - **All** thoughts create feelings and both are powerful agents of creative energy
    - **All** thoughts: true and false (images), wise and false, conscious and unconscious.
    - **All** feelings: loving and hateful, angry and benign, fearful and peaceful, conscious and unconscious.
  - Thoughts and feelings together create
    - Attitudes
    - Behaviors
  - Attitudes and behaviors create
    - Life circumstances
- So **you** create your life circumstances
- **Becoming conscious of the truth allows you to create your life circumstances in accordance with the truth -- including your true desires!**

## Phase 1 Concepts

### Why *Feel* Rather than *Fight* Negative Emotions?

- Negative Feelings in themselves are *not* terrible or unbearable.
- However, your beliefs and attitudes can make them so.
  - Belief: They will never end
  - Belief: They will kill me
  - Belief: They will never allow me to experience joy again.
- **Truth** (experientially): Experiencing the deepest pain releases contracted energy and paralyzed creativity.
- **Truth** (experientially): Experiencing the deepest pain enables people to feel pleasure to the degree they are willing to feel pain.
- **Truth** (experientially): Fear of your feelings makes you cut them off. Thus you cut yourself off from life.
- **Truth** (experientially): The temporary pain and struggle will turn out to be your most valuable gateway to light and fullness of living!



(Other references *Broken Open* by Elizabeth Lesser, *The Dark Night of the Soul* by Gerald May)

## Phase 1 Concepts

### Why Accept and Explore Rather than Whitewash Your Negative Aspects?



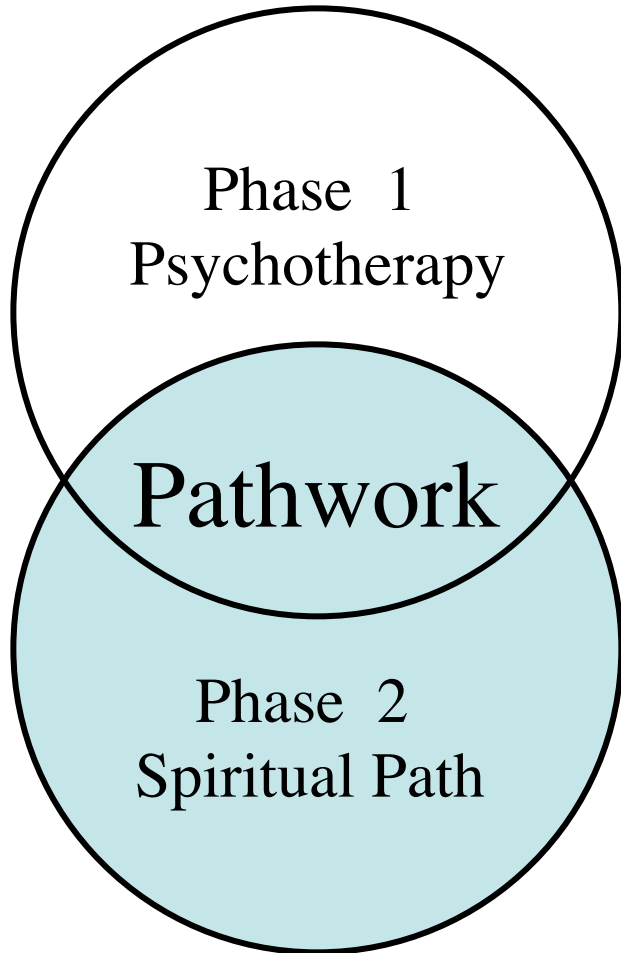
- Hidden dark aspects go on to *unconsciously* create the very life conditions you deplore.
- Every dark aspect of your Lower Self is, in its original essence, both beautiful and positive. Hear This! *See Appendix 2: Distortions and Original Qualities*
- Whitewashing comes from the vanity of false ideas of how we should be already: perfect!

## Phase 2 Concepts



- “When your spiritual center begins to manifest, your ego-consciousness integrates with it and you begin to be “lived through,” as it were, by the spirit.”
- “Your living becomes a spontaneous, effortless flow.”

# Phase 2 Sharing



- Teachers share their Phase 2 practices and experiences
- Students respond and share

## **Phase 2: Activate the Higher Self**

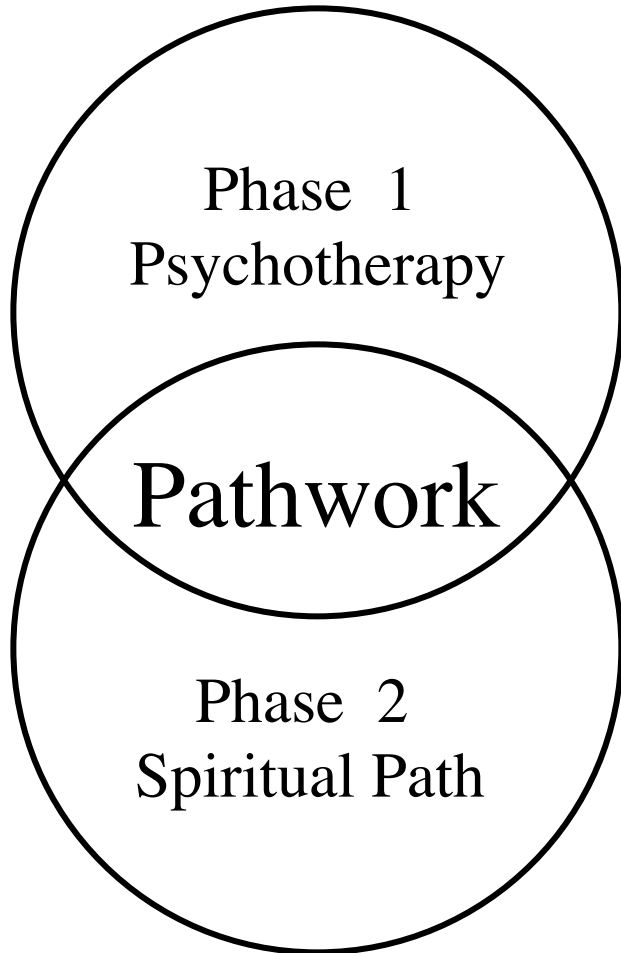
Explore and activate greater consciousness, contact with spiritual self, the personality's depth.

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



# Summary of Lecture 204

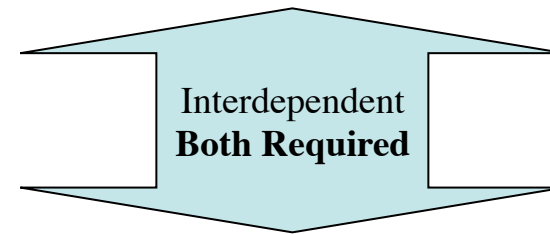
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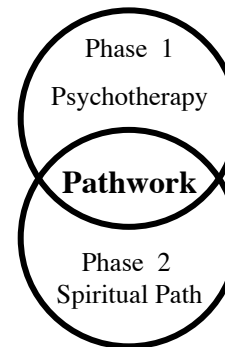
# In Praise of an Integral Two Phase Approach

## Who is Frances Vaughan?

Frances Vaughan, Ph.D., is a psychologist practicing in Mill Valley, CA., and a trustee of the Fetzer Institute. She is the author and co-editor of books, papers, and articles on psychology and spiritual growth. A pioneer in transpersonal psychology, Frances has worked as an editor of the *Journal of Transpersonal Psychology* and was on the core faculty of the Institute of Transpersonal Psychology when it was founded. She has studied several spiritual traditions and was formerly on the clinical faculty at the University of California Medical School at Irvine.

- Comments from Frances Vaughan
  - *From her conversation with Ken Wilber, Integral Philosopher, on Integral Naked. Her Topic: “Psychotherapy and Meditation” Recorded 9/15/03 ...*
  - “80% of the meditators I see could be greatly helped in their spiritual growth by psychotherapy”
  - “Over the past 30 years it has come to pass that psychotherapists no longer ignore the inner life”
  - **“We need an integral approach linking the spiritual with the psychotherapeutic”**

Note: We pick Frances Vaughan for no particular reason; there are many others with similar credentials who hold similar views.



**Pathwork -- an  
Integral Approach**

# Appendix 1: Pathwork Entrance Exam

| <i>Statements (From Lecture 204 -- discernment about Pathwork for you)</i>  | <i>Score (1-5)</i><br>5 strongly agree.<br>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   |  |
| <b>Total Score</b> (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!*

## Appendix 2: Distortions of Original Qualities

| <i>Distortion</i>       | <i>Original Quality</i>   |
|-------------------------|---|
| Judgmentalness          | Capacity to distinguish, to differentiate                               |
| Defiance, Rigidity      | Being centered within, firm, self-assertive, secure                     |
| Lack of Faith in God    | Self-responsibility, not looking for an external “God” to do it for you |
| Fear, Anxiety           | Caution that something is amiss (here points to hiding parts of self)   |
| Rebelliousness          | Spirit of courage, independence, standing against blind conformity      |
| Avoiding Responsibility | Quality of letting go and letting flow, not letting ego run the show    |
| Excessive Joke Telling  | Humor is Divine; life in the universe is joyous, light-hearted          |
| Competitiveness         | Desire to be my best (Distortion: “How can I be better than others?”)   |
| Self-Centeredness       | Seeking your own divine Center (Distortion: when applied to ego)        |
| Abuse of Power          | True Leadership, paying the price without the need for “glory”          |
| Indifference            | Self-sufficiency, Impartiality, serenity                                |

From Lecture 219: Christmas Message -- see that lecture for full descriptions. Note that these aren't absolute. And in transformation sometimes we transform to the undistorted “like” quality (as above) and sometimes we transform to the opposite quality (e.g, from self-centeredness to giving to others, from judgmentalness to acceptance, or from rigidity to flexibility, etc.)

# Appendix 3: Brief History of Pathwork

From L204 Question/Answer

| <i>Era</i>       | <i>State of Human Consciousness</i>   | <i>Human's Need</i>  | <i>Form of Pathwork</i>   |
|------------------|---|--|---|
| Middle Ages      | Barbaric: Acting out Cruel Impulses   | Strict Outer Authority   | Strong Government, The Church   |
| Late Middle Ages | Far Removed from Inner Core, projecting needs outwardly                         | Dogma: Outer Devil and Outside God who would help defend           | The Church  |
| Today            | Ego and pride reign supreme -- many accomplishments, strong self responsibility | Overcome Pride: Exercise powers from within one's spiritual center | Pathwork emerging in some "small group" form -- not ready to be "popular" |

Note: See also Don Beck (also Ken Wilber) Spiral Dynamics for another description. These three levels of human consciousness would correspond to Red, Blue, and Orange in Spiral Dynamics terminology.