

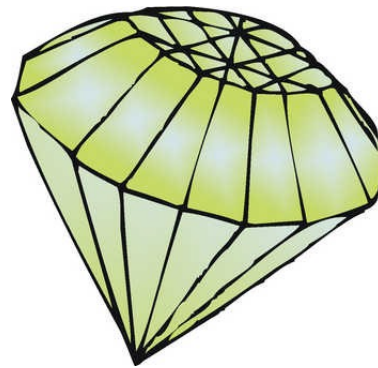
How Pathwork Saved My Life

Cincinnati/Dayton Ken Wilber Meet-up Group

June 6 & 20, 2007

Presented by

Gary Vollbracht



Toward a Life Fully
Experienced Through All
Its Many Facets

My Path to and with Pathwork

At Age 50 (1992)

- Fairly Successful in the World
 - Business
 - Church
 - Volunteer organizations (United Way, Etc.)
 - Family
 - Financial
- **But...**
 - LOST -- not sure why I was so:
 - Anxious
 - Nervous
 - Unsettled



What To Do?

- Get over it, it's just a midlife crisis, it will pass
 - But the emotional pain feels so real
- Talk it over with my pastor
 - Rigid orthodoxy seemed way wrong!
- Get involved with self-improvement
 - Life Success and other Programs -- not open to them
 - Numerous books -- which ones to trust of the thousands
- Go to a psychotherapist
 - Diagnosed with *Anxiety NOS* -- do I want drugs?
 - Fear of really looking under the covers -- not risk breaking my bubble of "success"
 - Needed a clearly spiritual orientation, not know spiritual psychiatrists
 - Not pathological, so therapist would be overkill, right
- Or?



What Showed Up?

- Nun who spoke of Spiritual Direction -- sounded dead on!
- What I said I was looking for:
 - **A 12-step-type support group with a non-named malady**
 - Nun did not know of any, but would help me start one
- Changed my life forever...



The Next 8 Years

- Numerous groups
- 33 credit hours of graduate level liberal Catholic seminary courses
- Retirement from job
- Chaplain Intern -- Clinical Pastoral Education program
- Massage School
- Falling in love
- Left church
- Left all other organizations
- Left 34 year marriage

At Age 58 (2000)

- Life collapsed on all fronts
 - No job -- retired four years earlier
 - No new career, several attempts
 - Divorced, broken off other relationships
 - No church affiliation
 - No community involvement
- Longing for an intimate holistic relationship with a woman
 - Physical
 - Emotional
 - Mental
 - Spiritual
- Longing unfulfilled!
 - Broken heart



8-Years of ~~Growth~~ Groping!

Age 50

Conscious

Unconscious

Gary's
Essence

- Dismantling my Life
- Affairs
- Spiritual Direction, Groups
- Clinical Pastoral Education
- Counseling
- Seminary Courses
- New Friends

Age 58

Conscious

Unconscious

Gary's
Essence



Enter Pathwork, Uninvited

- August 2000: Amazing Retreat, Amazing Counselor
 - “Gary, you are **very serious about your spiritual journey**”
 - “You need an **incredible amount of help!**”
 - “The only place I know for you to get the help you need is the **Sevenoaks Pathwork Center** in Charlottesville, Virginia”
- September 2000: First Emotional Processing Weekend at Sevenoaks
 - Scared me, but some part of me knew it was right for me
- October 2000: Signed up for 5-Year Pathwork Transformation Program
 - 9 weekends/year at Sevenoaks -- 500 miles away
 - Numerous other Sevenoaks workshops

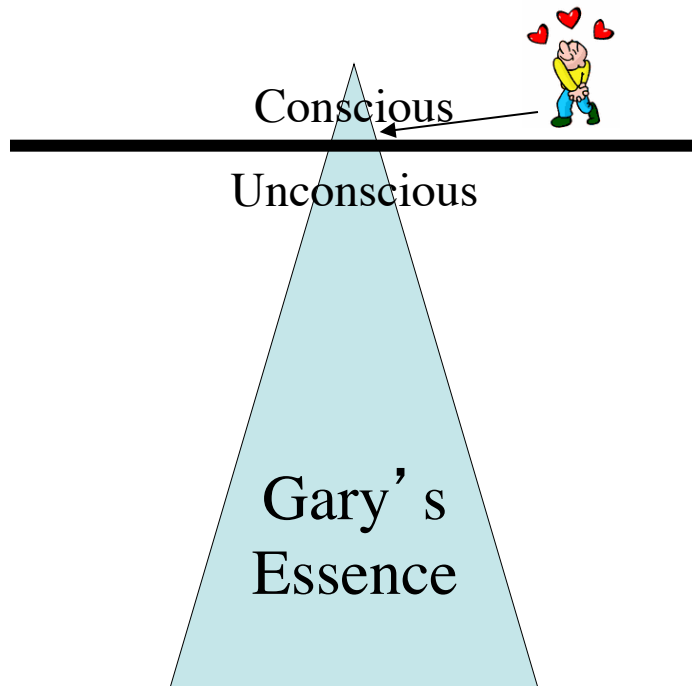
Pathwork:

My Psychological-Spiritual Boot Camp

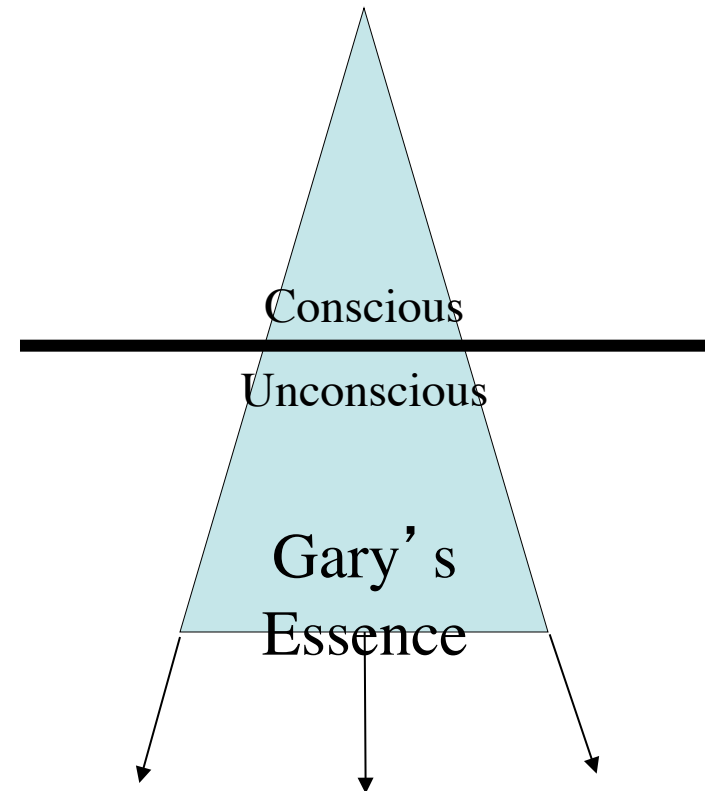
- Seven Year Investment ...
 - Programs:
 - 5-year transformation program,
 - 2 years teacher training (concurrent with above)
 - 2 years helper training, numerous workshops,
 - 2 intensives,
 - numerous emotional processing groups, etc.
 - Time:
 - 200+ hours of personal helper sessions;
 - 200+ **Days** of group emotional processing, core energetics body-work, breath-work, etc.
 - Hours and hours of practices, journal writing/daily review, meditation
 - Money
 - 80,000 miles of traveling to-and-from Virginia
 - \$67,000 plus travel expenses

7-Years of Pathwork

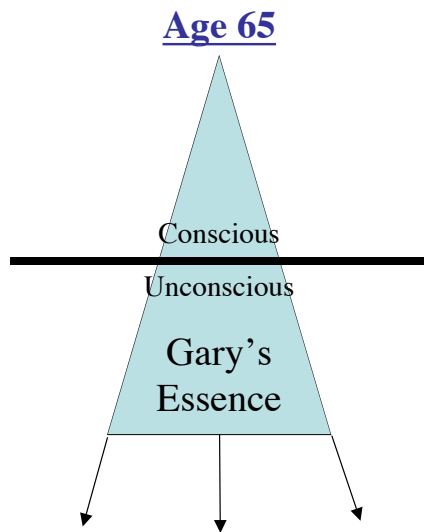
Age 58



Age 65



Some of What Happened over Seven Years



Problems Discovered

- I had been *very* shut down -- not free to be me:
 - Emotionally (ENFP)
 - Physically
 - Intellectually
- Unfamiliar with giving or receiving love
- My Belief: NOT OK to be different from culture, to be *odd* in some ways
- My strategy to avoid pain of not being OK had been
 - Isolation, do my own thing
 - Connect via performance and role in the culture -- to the max!
 - *Be very special, be RIGHT*
- Fragmented - emotionally, sexually, physically, mentally
- Extreme low self esteem in essence
- Not trust inner authority--always look to external authority for validation
- Egocentric
- Terrified of looking under the covers of my being -- not risk taking off masks
- God, Cosmos, authority are not safe, loving or helpful, but judgmental and punishing

Beginning Liberation

- Risking Some Opening up
 - Emotionally
 - Physically
 - Intellectually
- Dabbling with authentic love -- giving and receiving
- Thank God its OK to be ODD! To be wrong, to be groping!
- Somewhat less isolated
- Give up some need to be special and RIGHT
- Somewhat more integrated -- emotionally, sexually, physically, mentally
- More self esteem, sense of value and worth
- Much more trust in inner authority, my intuition
- Somewhat less egocentric
- Eager to look under the covers and face what is there
 - Mask
 - Lower Self, Faults
 - Higher Self Traits
- Faith in a benign Mysterious Divine Cosmos

Overview of Pathwork Components

What Is Pathwork?

1. Group Emotional Processing

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



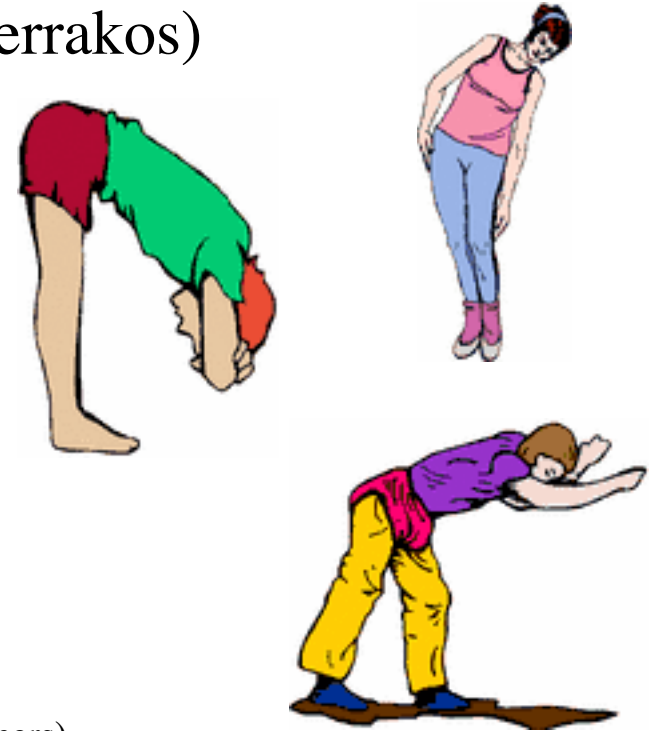
2. Core Energetics (Bioenergetics)

(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)
 - Meditation in several voices
 - Inner characters
 - Child, Idealized self, Prideful self, Divine Self, ...
 - Insight
 - Blocks
 - Direction



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.

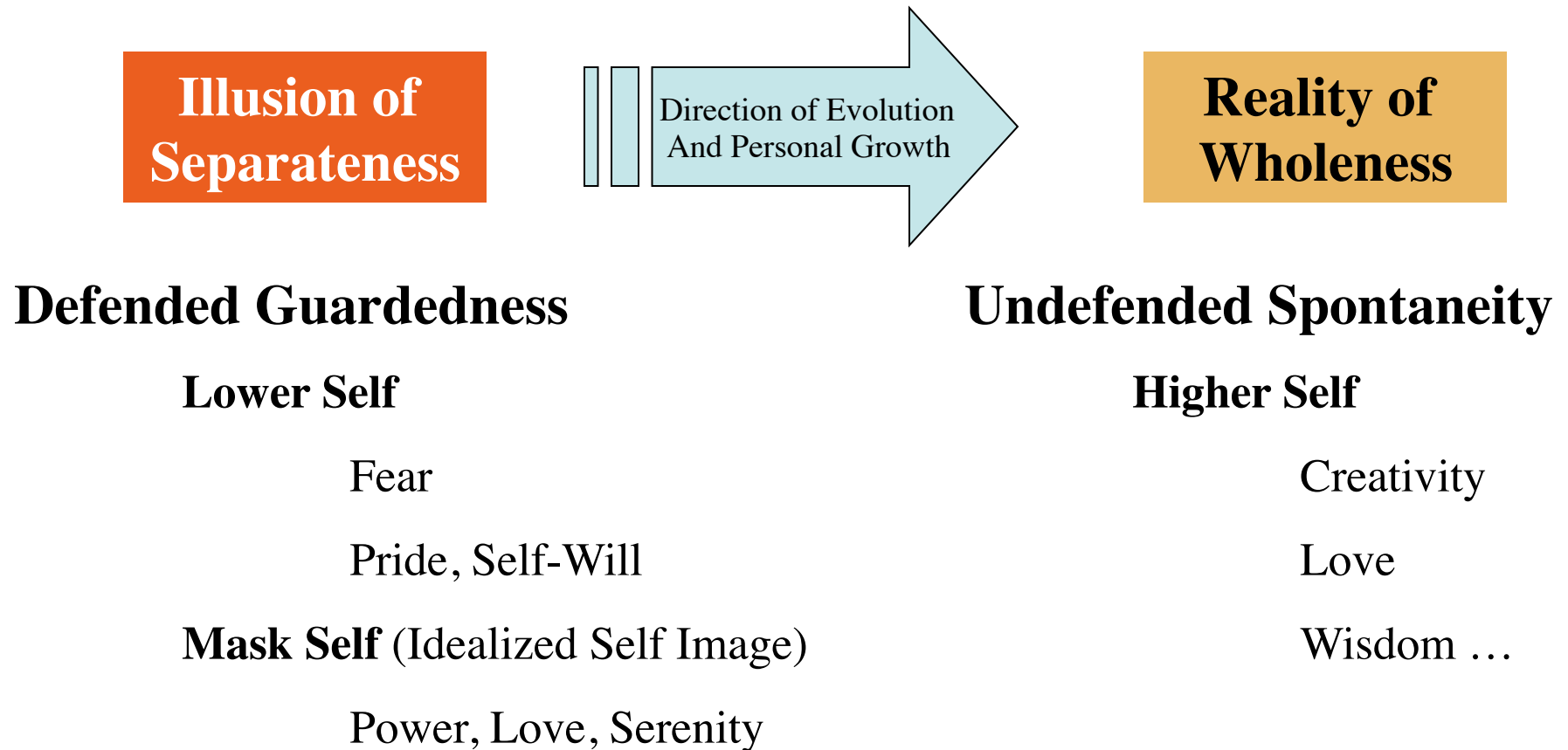
Pathwork Framework

Pathwork Framework

- Caution -- There are many concepts presented in the Pathwork Lectures. They sink in over time. The reader is NOT asked to accept them on faith but rather to ENGAGE them with the Psyche. If they help, fine, if not, that's fine too. Things may change over time.
- So...
 - If interested in the Lectures, pick a few and read them. Play with them. Apply them. DO NOT MAKE THEM THEORETICAL MODELS to grasp and hold onto. That is counter to Pathwork aim, which is to liberate your soul.
- That having been said, I shall now give some of the ideas as I have picked them up over time.

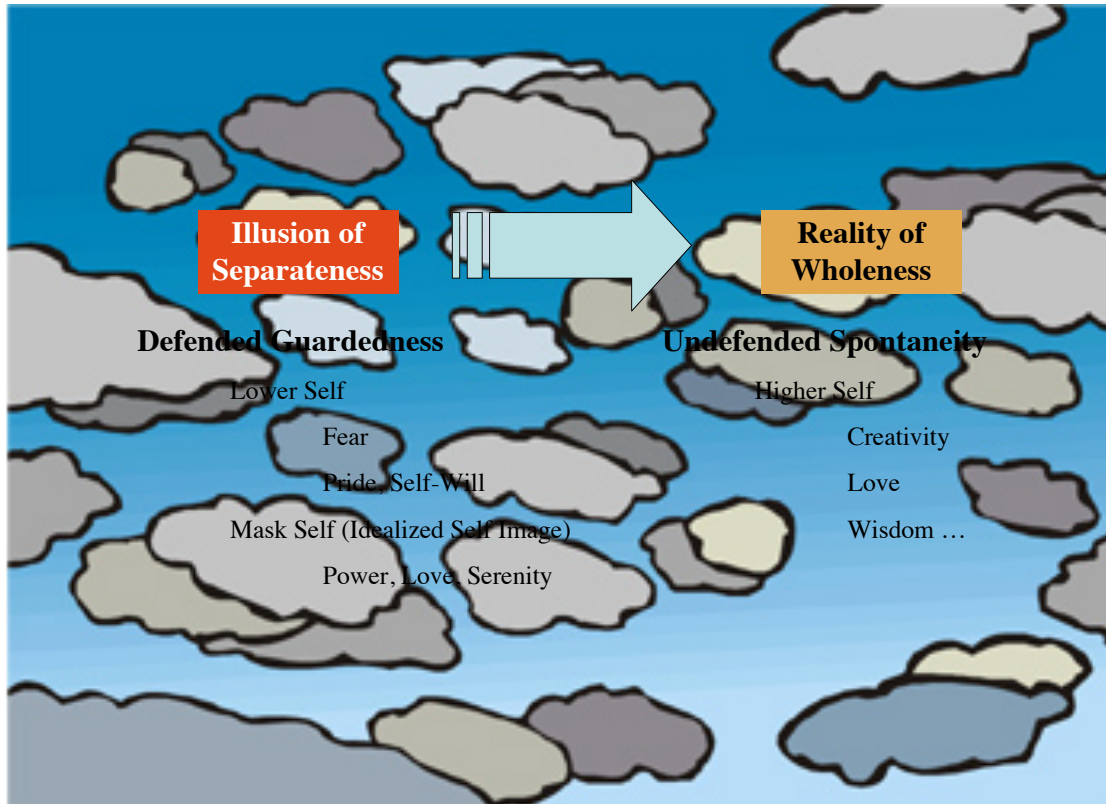
A Pathwork Framework

Evolution of the Human Soul



Human Dilemma

Asleep, Unconscious, Numbed Out
To Truth of Human Development

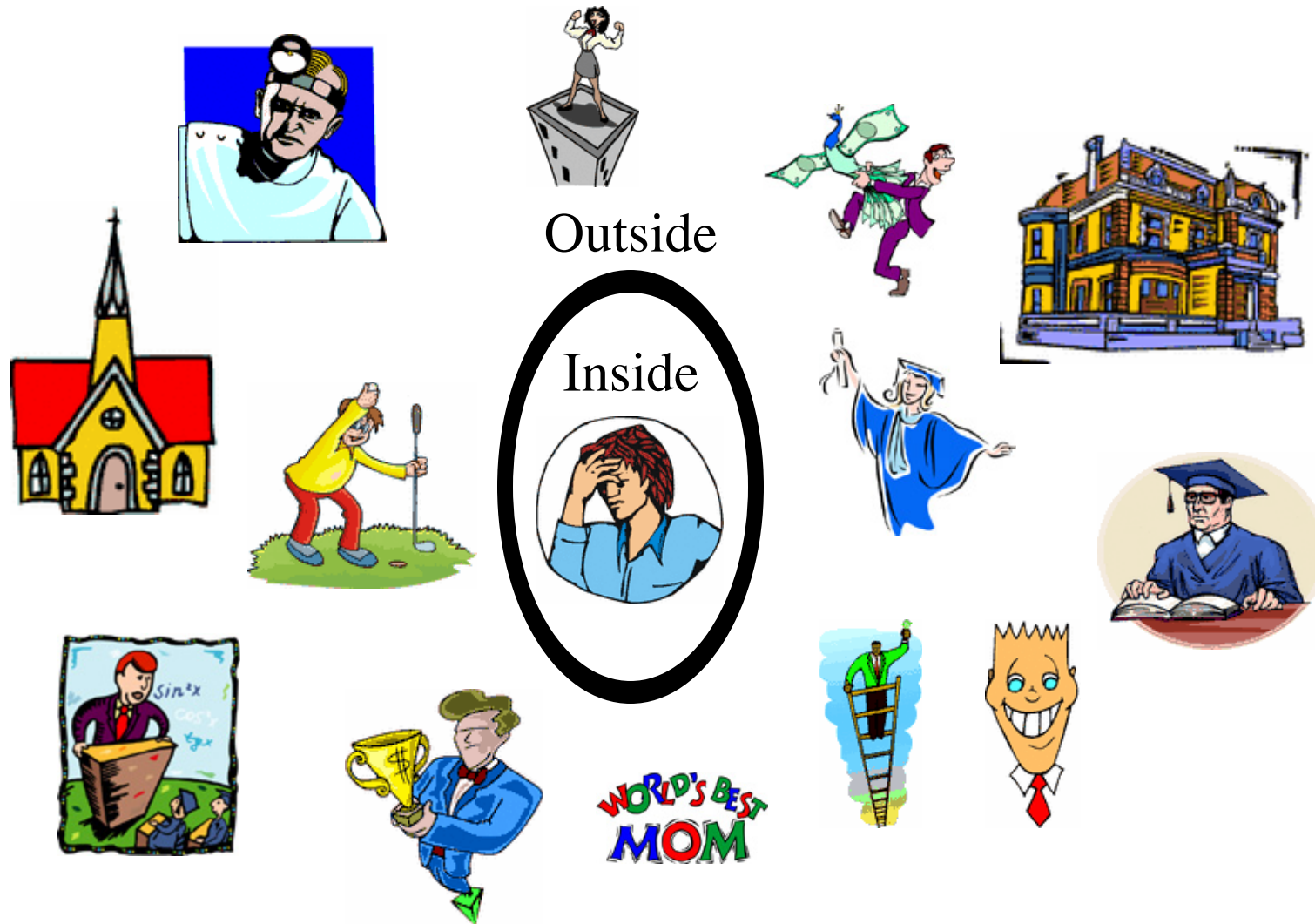


And Therefore
Experience



Suffering
Lack of Fulfillment
Confused
Dissatisfied
Hopelessness
Numbness in Life
Feel like Victim

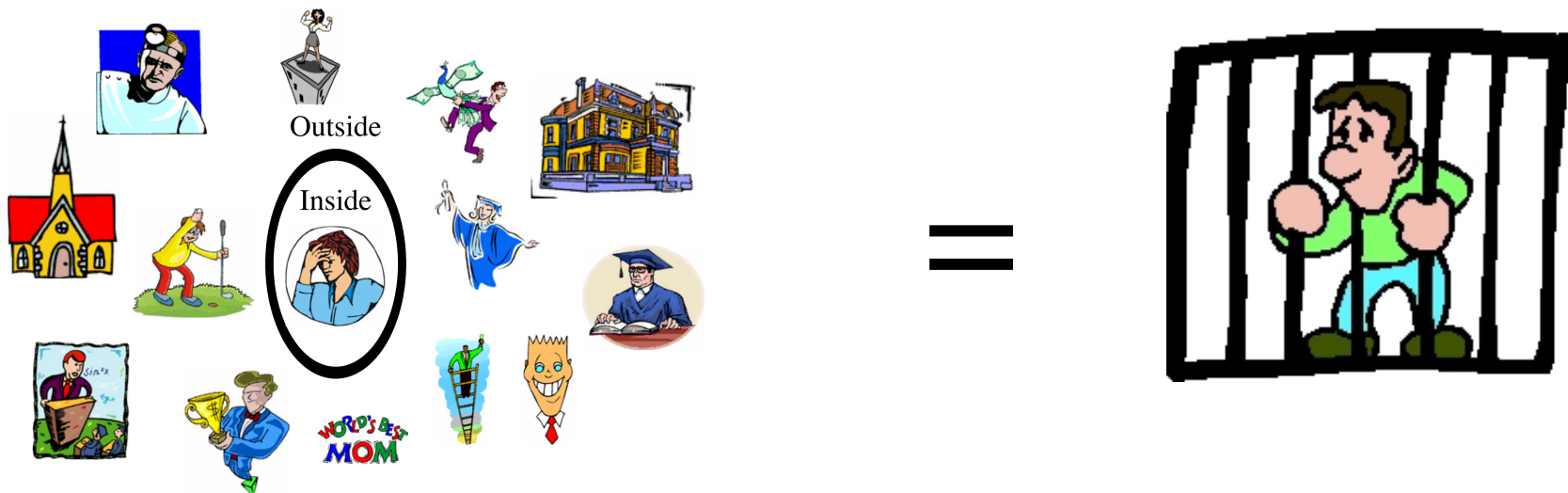
Inner Suffering Covered Over With Outside “Success”



Where We Start...

Wake Up to the Issues!

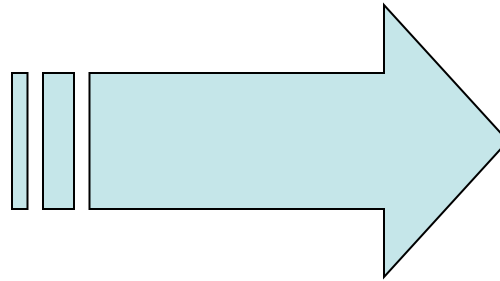
Realize...



General Pathwork Aim

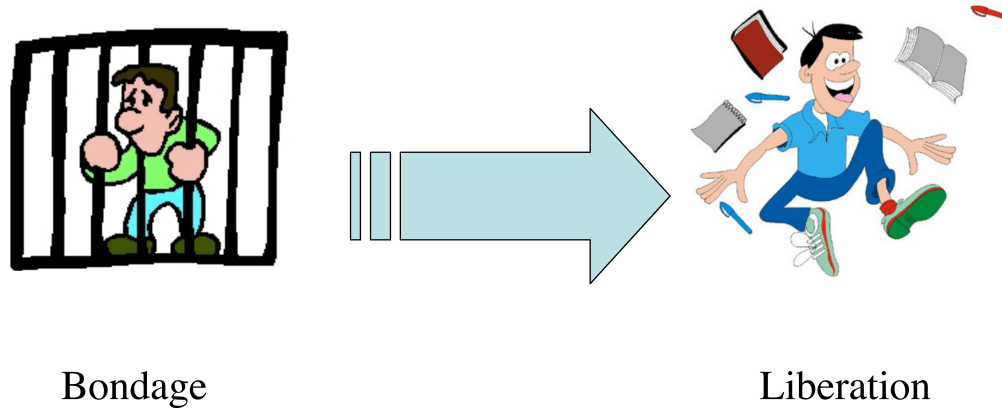


Bondage



Liberation

General Pathwork Aim



- Happens in **stages** and
with **various aspects** of your life
- Over a life time (or more)
- **Liberation via Transformation is the purpose of one's life**

Major Steps In Pathwork

- **Wake up, realize there is a problem!**
 - In truth, find areas in life where you are suffering or are not fulfilled
 - Pay attention to feelings, especially fear, pain, anxiety
- **Take off the Mask Self (Idealized Self Image)**
 - Power
 - Love
 - Serenity
- **Discover, Accept, and Transform the Lower Self**
 - Pride
 - Fear
 - Self-Will
- **Manifest the Higher Self**
 - Power
 - Love
 - Serenity



Expanded Pathwork Overview

<p><u>Higher Self</u></p> <p>Original Ray of my Divine Nature My essence as a Divine spark The LIFE FORCE that draws me to my destiny and pulls me into union with God and LIFE</p>	<p><u>Lower Self</u></p> <p>Distorted Ray of my Divine Nature Developed to DEFEND my ego against life's inevitable pains: loss, rejection, invasion, abandonment -- learned from childhood, fed by duality and my choice to gain happiness, avoid pain, and achieve security by REMAINING SEPARATE from God and Life. The Negative Side of Duality</p>	<p><u>Mask Self</u></p> <p>Pretense of my Divine Nature Developed to "MAKE NICE" and cover over my "unacceptable" Lower Self Defenses. I attempt to appear how I want to appear (my Idealized Self Image). This is my strategy by which I try to be accepted by myself and others even though I "know" underneath I'm "awful."</p>
<p>POWER Ray In service to Whole Drawn to CREATE</p> <p>Traits: Courage, Strength, Confidence, Honesty, Ability to Manifest, Influential, Effective, Self- responsible, Giving, Self-esteem. This is Divine Masculine</p>	<p>SELF WILL Power in service to ego PROTECT ego via POWER</p> <p>Traits: Aggressive, Tough, Manipulative, Controlling, Workaholic, MY WAY, Rigid, Stubborn, Taking (vs. Giving), Compulsive, Sadistic. This is Distorted Masculine</p>	<p>POWER Mask Inauthentic power in order to appear powerful and creative Compensates for feeling powerless Traits: Mock Confidence, Workaholic to appear important, Controlling to appear powerful, Busy but ineffective</p>
<p>LOVE Ray In service to Whole Drawn to CONNECT</p> <p>Traits: Empathy, Compassion, receptivity, Trustworthiness, Full Presence, This is Divine Feminine</p>	<p>FEAR Fear to trust Love PROTECT ego via SEPARATION</p> <p>Traits: Submissive, Manipulative, Dependent, Helpless, Masochistic. True connection is avoided in favor of pseudo connection. This is Distorted Feminine.</p>	<p>LOVE Mask Inauthentic outer love in order to appear loving Compensates for feeling resentful, unloving, and disconnected Traits: Submissive, "Sucky," Pleasing, "Nice," Many outer friends but few inner intimate friends</p>
<p>SERENITY Ray In service to Whole Drawn to TRUTH</p> <p>Traits: Wisdom, Honesty, Security, Sense of Purpose, Clarity, Intuitive KNOWING, Faith, Ability to synthesize, Freedom, Individuality, Joy, Detachment, Hope</p>	<p>PRIDE Secure in Separateness PROTECT ego via SUPERIORITY</p> <p>Traits: Sense of Superiority, Self-Righteous, Judgmental, Negative Detachment, Intellectual "knowing," Withdrawing, Arrogant, Contemptuous, Indifferent, Denial of pain, Numbing of pain, coolness, Emotionally not available</p>	<p>SERENITY Mask Inauthentic serenity in order to appear secure and in truth Compensates for feeling insecure and inadequate Traits: Withdrawing, Intellectual coolness, Need to be RIGHT, Intellectual "knowing"</p>

A Simple Example

Example -- Good Day/Bad Day with Pat

- An Example: Good Day/Bad Day with Pat January 16, 2007
 - The story of my Good Day/Bad Day with Pat...
 - In Automatism, shut down, withdraw, have another beer
 - In Awareness -- My energy dropped like a rock, I do not want to engage. Just noticing.
 - In Understanding -- Level 1 What is going on here?
 - I want Pat to see me, to celebrate my enthusiasm
 - But here I am changing light bulbs and taking out the trash
 - I'm Angry
 - In Understanding -- Level 2 How am I reacting? My defenses and strategies
 - Fear -- I won't risk sharing my enthusiasm, too close to my essence, if she rejects me here she rejects my essence. I die.
 - Pride -- Anything Pat says about my Good Day will trivialize it. She won't get me and how great this all is. How great I am!
 - Self-Will and Control -- I won't share. I'll close you out.
 - Self-Centered, self-absorbed. No connection to how Pat's day was or what is alive in her.
 - Numb out the pain of not being seen. Ignore it.
 - In Understanding -- Level 3 How did this pattern get set in childhood? Why am I soooo reactive?
 - Mom and Dad trivialized what was most alive in me. What was important was taking out the garbage, obeying, studying hard, practicing the piano, dressing nice, not being FAT, etc.
 - My defenses and strategies were the same then as now.
 - In KNOWING
 - Grace to see truth in all this.
 - Discuss with Pat.
 - Decide how to connect (allow LOVE) and engage rather than separate.

Example (continued)

So Why Bother to Do the Work?

- NOT Do the Work
 - Benefits:
 - Painless
 - Risk free
 - Joy of victimhood
 - No effort required
 - Lots of TV, vacation, etc.
 - Liabilities
 - More disconnected over time
 - More frustration over time
 - Limited pseudo happiness
 - No hope for improvement, no growth
 - Lifeless
 - Stuck in fear, pride, control, self-absorption
 - Become a narrow, rigid, grouchy, crotchety, self-centered old man
- Do the Work
 - Liabilities
 - Painful and uncomfortable
 - Risky -- revealing faults
 - Uncertain of outcome, Fear
 - Takes time and real commitment of both parties
 - Hard work!
 - Benefits
 - Get more REAL and CONNECTED
 - Personal GROWTH
 - Come to experience LOVE
 - More ALIVE, feeling all my feelings, and connecting!
 - Full of LIFE in MIND, BODY, EMOTIONS
 - Become a pleasant, open, loving, joyful, engaging, mature man

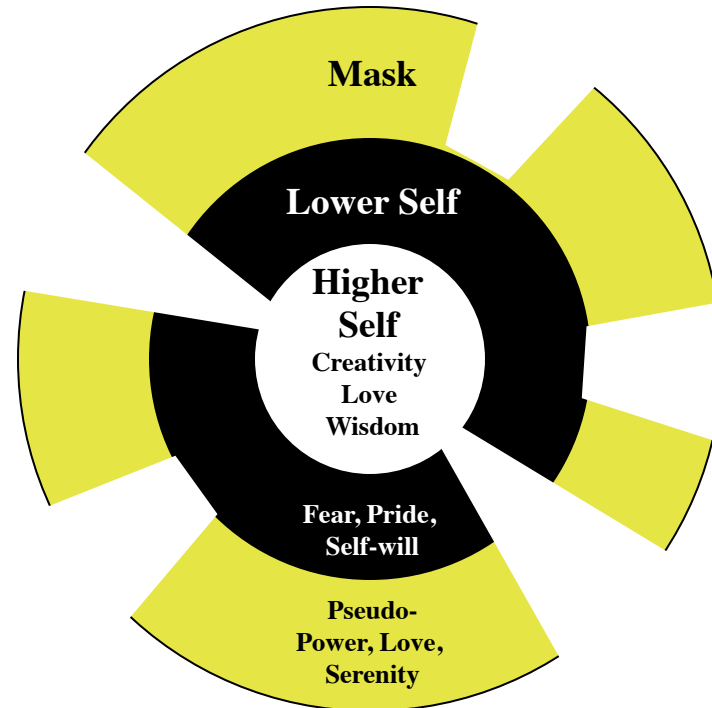
Example (continued)

So Why Bother to Do the Work?

- NOT Do the Work

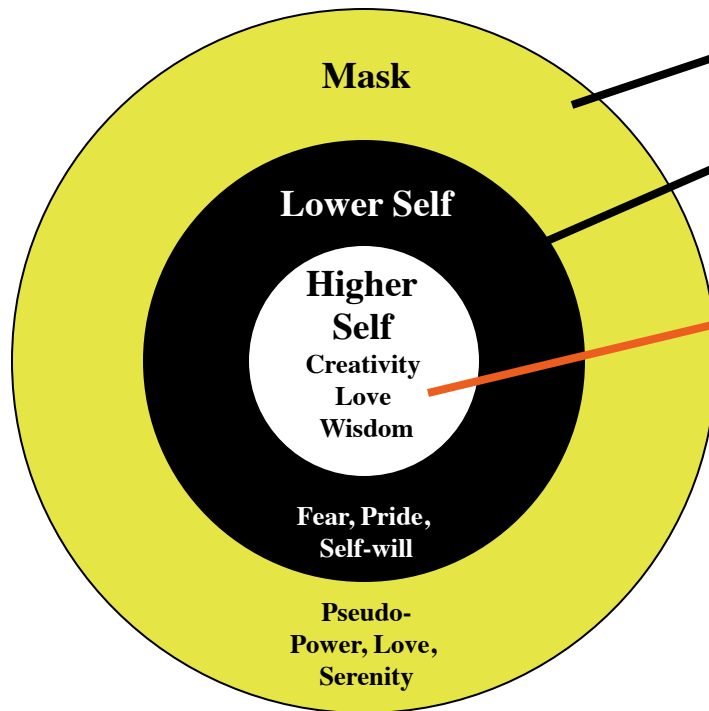


- Do the Work



Pathwork Process

- Starting Point



- Process

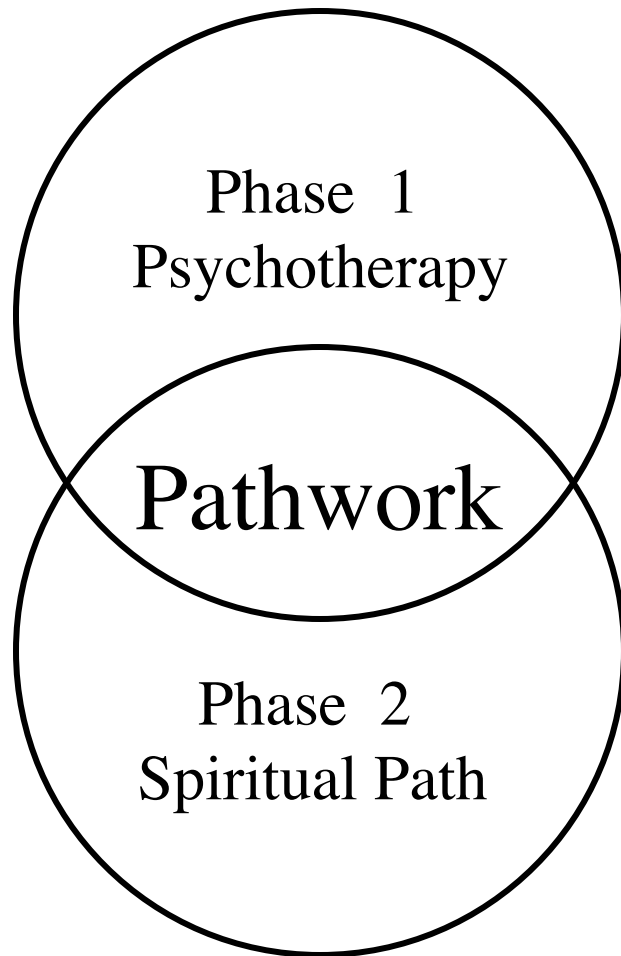
- Wake Up
- Remove Mask
- Transform Lower Self (Shadow)
- Manifest Higher Self (Unmanifest Emptiness)

Pathwork as Transpersonal Work

Pathwork -- Transpersonal Psychology

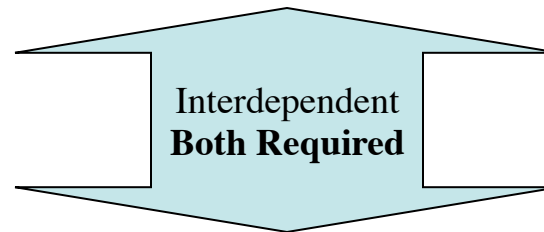
- Phase 1 -- Psychological
 - Wounding, images, damaging beliefs, shadow material, etc., etc.
- Phase 2 -- Transpersonal
 - Manifesting from the unmanifest emptiness

The Two Phases of Pathwork



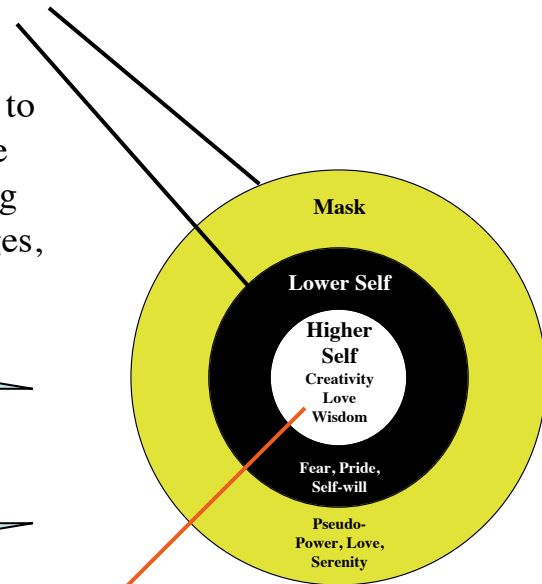
Phase 1: Deal with Mask and Lower Self:

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

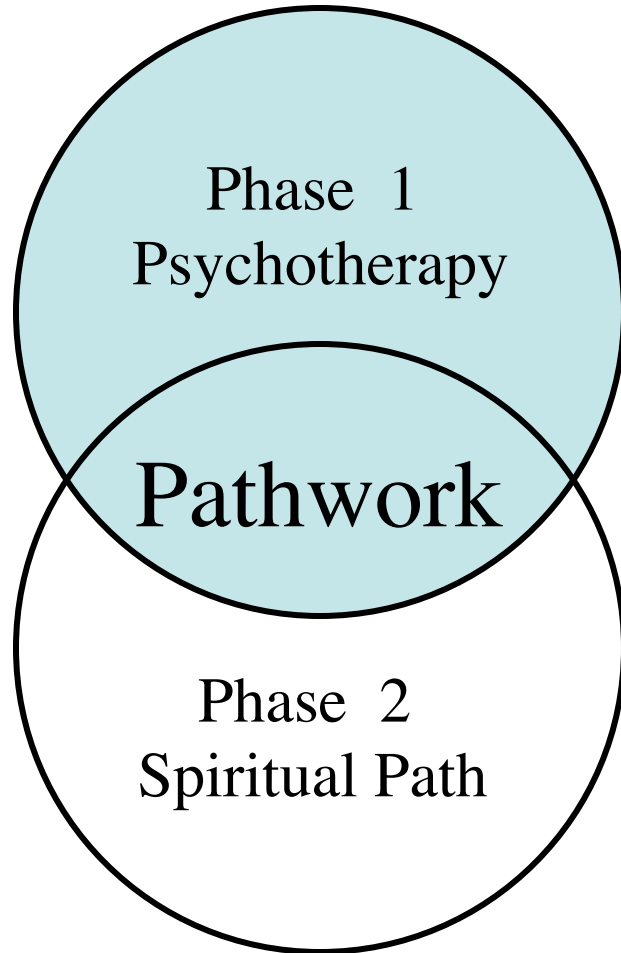


Phase 2: Activate the Higher Self

Explore and activate greater consciousness, contact with spiritual self, the personality's depth -- tapping into the Causal Body.

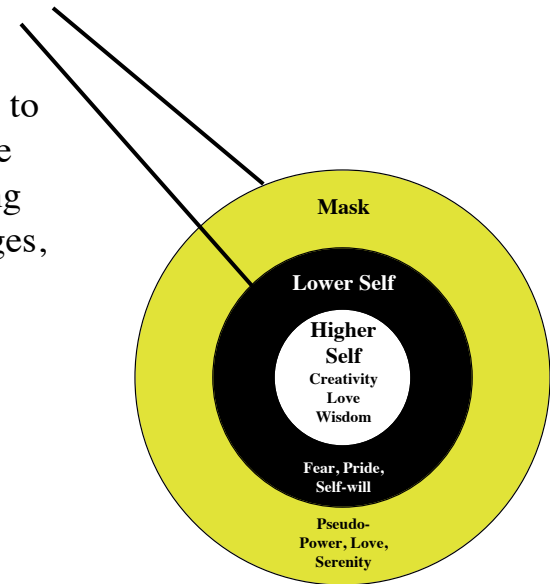


Pathwork Phase 1 Concepts



Phase 1: Deal with Mask and Lower Self:

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

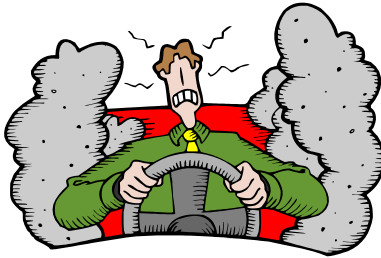


Mask and Lower Self block access to the **Higher Self**

True living comes from Higher Self

Phase 1 Concepts

Pathwork: Difficult and Easy

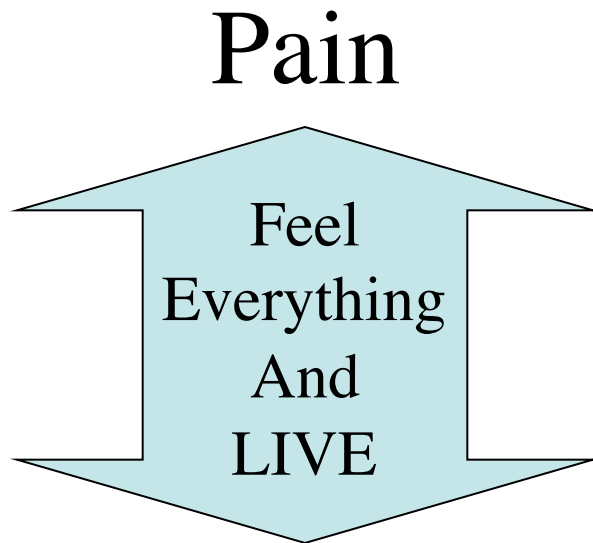


- “This path is simultaneously the most difficult and the easiest”
- “The difficulty exists only to the degree the **personality has a stake in avoiding aspects of the self.**”
- “The reluctance to be truthful with oneself applies to even the most honest people.”



Phase 1 Concepts

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



- Negative Feelings in themselves are *not* terrible or unbearable.
- However, our 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.
- **Consider these possibilities:**
 - Experiencing the deepest pain releases contracted energy and paralyzed creativity.
 - Experiencing the deepest pain enables people to feel pleasure to the degree they are willing to feel pain.
 - Fear of your feelings makes you cut them off. Thus you cut yourself off from life.
 - The temporary pain and struggle will turn out to be your most valuable gateway to light and fullness of living!

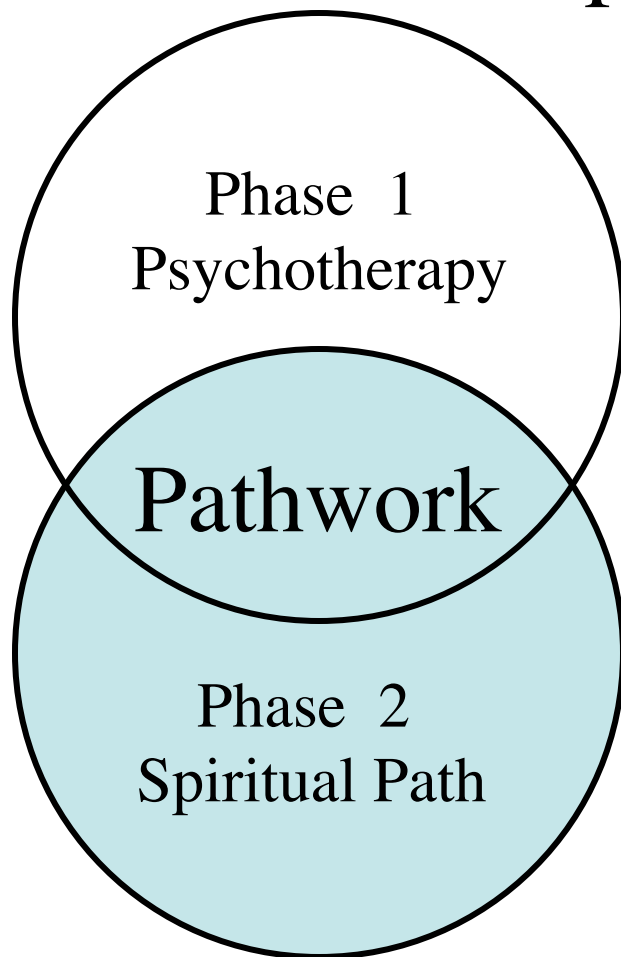
Phase 1 Concepts

Why Accept and Explore Rather than Whitewash Your Negative Aspects?



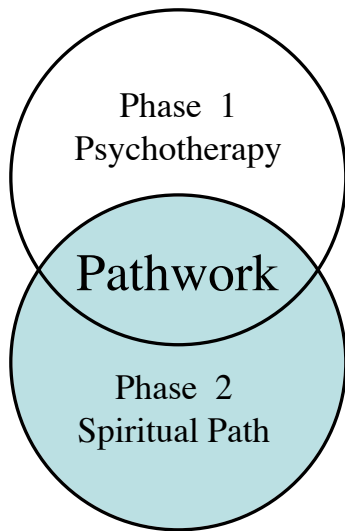
- Hidden dark aspects go on to *unconsciously* create the very life conditions you deplore.
- Every dark aspect of your Lower Self is, in its original essence, both beautiful and positive.
- Whitewashing comes from the vanity of false ideas of how we should be already: perfect! We want to BE PERFECT NOW rather than be on a process TOWARD PERFECTION.

Phase 2 Concepts

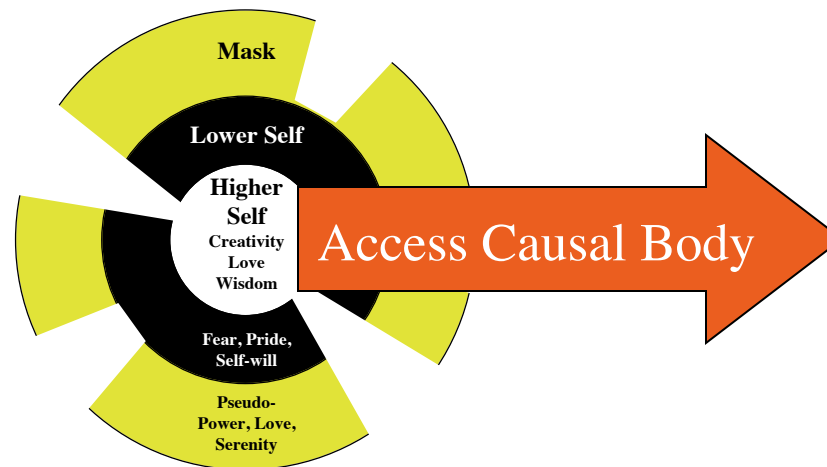


- “When your spiritual center begins to manifest, your ego-consciousness integrates with it and you begin to be “lived through,” as it were, by the spirit.”
- “Your living becomes a *spontaneous, effortless flow*.”

Phase 2 Pathwork -- Access Power of the Higher Self



Higher Self = Causal Body--
the **Emptiness** out of which arises...

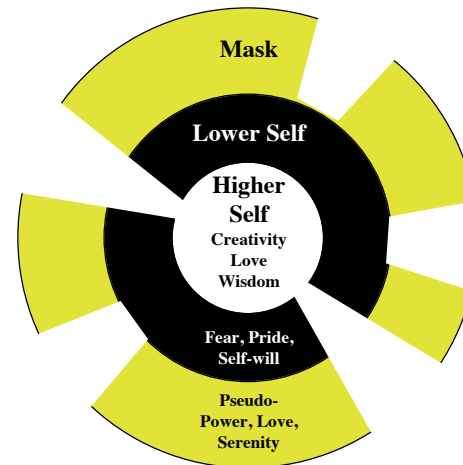
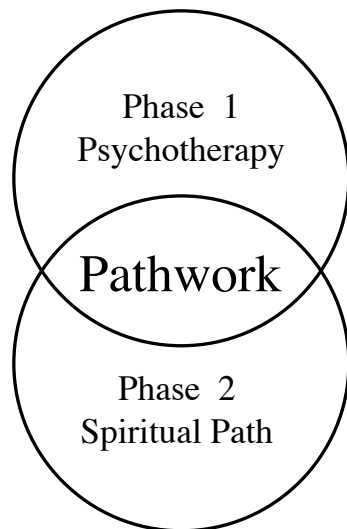


- Power
- Creativity
- Love
- Wisdom
- Peace
- Serenity
- Free-Will
- Beauty
- Union
- ...

All Spontaneously, effortlessly

Summary of Pathwork

- Everything in Pathwork is aimed to help seekers
 - See and remove their masks
 - See, accept, and transform their Lower Selves
 - See, accept, and manifest their Higher Selves



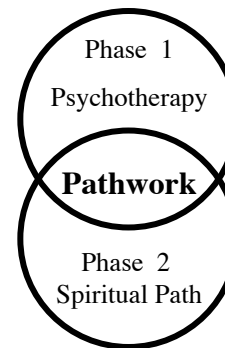
Integral and Pathwork Two Phase Approach

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.

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

- 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"**



**Pathwork -- an
Integral Approach**

Comments from David Sunfellow, founder of NewHeavenNewEarth, Sedona, AZ

“As I mentioned earlier, the source of these lectures does not ask us to believe what it says is true. It asks us to put its ideas to the test. Furthermore, the main thrust of Pathwork material is not vague or hazy. It states, again and again, often in stunning clarity, what we need to do and what we can expect from our efforts. It is one of the few spiritual paths I know of that offers crystal clear guidelines and crystal clear markers to measure our success (or lack thereof).

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.”

Epilogue

- My Life In Review
 - What was it that caused me to shut down so completely from manifesting the person I am?
 - It was **NOT OK to be different or odd**, yet I felt very much different and odd
 - Not able to connect emotionally with others -- parents and peers
 - My solution from childhood on
 - Isolation -- do my own thing -- myriad of interests and hobbies
 - Connect only by performance and role, never from my heart.
 - My solution set up a **crisis in my life!**



- My case seems to have been in the **extreme**. Reminded of the video *The Kid*.
- The **price of transformation has been great:**
 - Found my greatest fear (being odd, etc.), faced it, and did not die
 - Owned my egocentric and solitude nature and am willing to work with it
- I'm left with more joy and peace and great gratitude for my life and all those who have touched it.

Pathwork References

- Written material for study, reflection, meditation, and ENGAGEMENT
 - 258 Lectures with Questions and Answers given between 3/11/57 and 2/7/79 (22 years, 2,500+ pages)
 - 200+ Question and Answer sessions over same period
 - Books derived from the Lectures (*Fear No Evil* and *Surrender to God Within* by Donovan Thesenga, *Creating Union*, *The Pathwork of Self-Transformation*, *Guide Lectures for Self-Transformation* by Eva Pierrakos, Judith Saly)
 - *The Undefended Self* by Susan Thesenga (principles of Pathwork, case studies, exercises)

Pathwork Tools

- Websites and Locations of interest
 - www.pathwork.org, (Main International Pathwork Foundation website; **access to Pathwork Lectures**, International functions, history, etc.)
 - www.sevenoakspathwork.org, (Sevenoaks Pathwork Center, Charlottesville, VA; access to Pathwork workshops and programs at Sevenoaks, etc.)
 - www.tourmalinelifecenter.org (Cincinnati Pathwork Site, audio Lectures, access to written lectures, Cincinnati Pathwork activities)

Options for June 20

- **Topics to discuss?**
 - Cause and Effect
 - Love
 - Feelings and Emotions
 - Faith
 - Truth in Religions
 - Comparison of Pathwork with my orthodox Lutheran roots
 - Origin and History of Pathwork
 - Metaphysics of Pathwork
 - Or...
- **Lecture examples?**
 - 204 The Path
 - 193 Resume of the Basic Principles of the Pathwork: Its Aim and Process
 - 89 Emotional Growth and Its Function
 - 123 Liberation and Peace by Overcoming Fear of the Unknown
 - 132 The Function of the Ego in Relationship to the Real Self
 - 133 Love: Not a Commandment, But Spontaneous Soul Movement of the Inner Self
 - 138 The Human Predicament of Desire For and Fear Of Closeness
 - 183 The Spiritual Meaning of Crisis
 - 200 The Cosmic Feeling
 - 211 Outer Events Reflect Self-Creation -- Three Stages
- **Experiential Lessons**
- **Or ...**

Borrowing from Monopoly...



Pathwork...

A Soul's Get-Out-Of-Jail-
Free Process

Free to be ME,
JUST AS I AM,

Free to be YOU,
JUST AS YOU ARE

The Guide, The Lectures

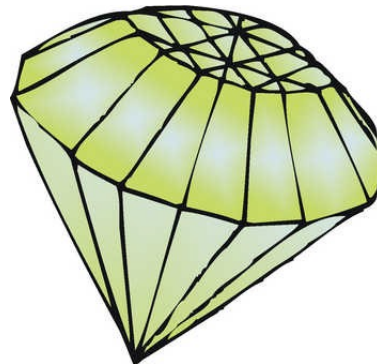
- Eva Pierrakos was used as a channel for an unknown source simply called the GUIDE.
- Eva had no background in matters spiritual or psychological, yet the material was rich in both disciplines.
- History
 - 1952 (age 38) Automatic writing -- multiple sources, narrowing to one -- the Guide
 - 1954 Told and taught to learn trance state (super-conscious, not un-conscious)
 - 1953-4 Eva's intense personal growth work under Guide -- purification
 - 1956 Guide help others through Eva, private sessions, small groups
 - 1957 First published lecture -- continued through to her death in 1979
 - Format:
 - One Lecture each month of the September-June season, recorded, transcribed, used
 - In between would be Q&A sessions, recorded, but not yet fully transcribed
 - Like a guru, but Eva was not working from ego consciousness.

Eva' s Description of what she did...

- “There are those who believe that the Guide is a personality not living in the flesh, who has greater knowledge and wisdom than most human beings, and certainly an unusual amount of love, understanding, patience, compassion, and empathy.
- “There are those who believe that through the trance state I tap a source of universal wisdom within me, that is otherwise denied me.
- “There are also those who believe that the guidance may be a mixture of these alternatives.
- “It does not matter which, if any, theory or opinion is held. The only thing that matters is an open mind, as well as the will and courage to follow one' s own path. Nothing could be more rewarding.”

Engaging ~~Reading~~ the Lectures

- The lectures can be **studied** for concepts, processes, practices -- all delights of the mind.
- The lectures can be **read or listened to devotionally**, letting the words seep into the nooks and crannies of the soul as seeds that sprout and grow as life is lived.
- The lectures can be **felt experientially**, connecting one to the love and care of the Guide.
- The material approaches life from many many facets, all intended to invite the reader/listener to **grow closer to his or her divine essence**.



Pathwork Tools

- Personal Helpers -- steeped in teachings and methods (8+ years training)
- Study classes -- discussing, applying, **engaging** Pathwork Lectures
- Pathwork communities -- for sharing and support
- Group Emotional Processing workshops (1-4 days)
 - Emotional processing, Gestalt techniques, etc.
 - Breath-work, Core Energetics (Bioenergetics), teaching, sharing
 - Mirroring, discovering Mask Defenses
 - Mirroring, discovering Lower Self traits
- Personal practices
 - Meditation, Daily Review, reading, practices from Lectures
- Transformation Programs (committed 4-5-year groups)
- Teacher and Helper training programs (2-5 years after completing Transformation Program)

Brief History of Pathwork



- Eva [Wasserman-Broch-]Pierrakos
 - 1914 (Austria) -1979 (New York)
 - Dad Jewish Writer -- he left her Mother when Eva was 3, but Eva spent time with him during year
 - Brief Time in Concentration Camp in France during war
 - Full of life and vitality, dance
 - Came to US in 1941 (age 27) -- ran dance studio
 -

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!*

Appendix 3: Brief History of Pathwork

From PWL204

<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.

My Road to Pathwork

- Born into Blue German Lutheran Family
 - Identity tied to external Structures and Beliefs, performance and roles
 - Love, beauty, joy were fairly limited experiences, with exception of classical music, love of astronomy, cosmology, chemistry and physics
 - Isolated myself from others, not fit in; survived by being special, performing, and playing roles, developing hobbies, etc., but could not or would not emotionally connect.
- Marriage and middle years
 - Not connected emotionally, did not “get” emotional connection.
 - Very functional in church, career, volunteer organizations, -- even “successful”
 - No outward evidence to me of addictions or psychological pathology -- satisfied with my identity.
- Withdrew from 29-year career, 34-year marriage, 58-years in my conservative church.
- In 2000, at age 58, I was **lost**, but did not know I was lost -- actually still felt “good” about self, but something *very deep* was missing.
- Silent retreat in August of 2000. Counselor offered...
 - “You are **very serious about your spiritual path**, **AND** you need a **lot of help!**”
 - “Only program I know that is strong enough for you is Pathwork -- see Donovan Thesenga who runs Sevenoaks Pathwork Center in Charlottesville, Virginia”
- Six and a half years of Pathwork Experience...
 - 5 years transformation program, 2 years teacher training, 2 years helper training, numerous workshops, intensives, emotional processing groups, etc.
 - 200+ hours of personal helper sessions; 200+ days of group emotional processing, core energetics body-work, breath-work, etc.; Cincinnati community, intense lecture study.
 - 80,000 miles of traveling to-and-from Virginia, \$67,000 plus travel expenses

My Road to Pathwork

- **Results to date:**
 - **Increasing sense of freedom** to manifest more fully from my true inner God-self (from a state of refusing to acknowledge that I even had an inner God-self!)
 - **Beginning to experience** giving and receiving **love** (vs. tons of pseudo love and niceness)
 - **Greater consciousness** about and comfort with self, life, others and the Cosmos
 - Deeper sense and acceptance of my **Shadow and Mask aspects** and awareness of how they have blocked and continue to block my relationships with others and my manifestation in the world.
 - Deeper sense of **awareness of and remorse for my behaviors** that have **brought pain and suffering** to others, especially those closest to me, including my ex-wife and family, due to my unawareness, my Lower Shadow Self, and hardened Mask Self.
 - More sense of **self-responsibility** and **direct manifestation of life circumstances** vs.
 - obedience/reward disobedience/punishment and rules/belief-based models
 - Random-fate and no-cause-and-effect models.
 - More profound **Peace**
 - **Softer**
- **Hopes for future:**
 - **More of the same**
 - More realization of **inner Joy, Bliss, Unity with the Cosmos, and Sense of Fulfillment**
 - **More realization of inner authority**
 - **More Forgiveness of self and others**
 - **Deeper felt sense of community**

Clip Art Master



"Believe nothing just because a so-called wise person said it. Believe nothing just because a belief is generally held. Believe nothing just because it is said in ancient books. Believe nothing just because it is said to be of divine origin. Believe nothing just because someone else believes it. Believe only what you yourself test and judge to be true." --- Buddha

Context

- While Pathwork contains many ideas, processes and concepts, the seeker is cautioned by the author of Pathwork **never to become attached** to teachings, concepts, or ideas, no matter how they might strike the mind, positively or negatively. This spiritual path is NOT a path of the mind alone, but for the entire being -- physical, emotional, mental and spiritual.
- Pathwork in general, and this presentation in particular, are merely **offerings**. Take what makes sense, discard what does not -- but maybe not before contemplating the ideas and trying the practices.

Agenda

- Meditation/Grounding
- My Journey --
 - Pre Pathwork -- the first 57 years (1942-1999)
 - Finding Pathwork and Early Pathwork experiences
 - How Pathwork impacts today
- Context -- Willow Pearson clip introducing Integral Psychology on 8/06 II DVD
- What makes a path spiritual? What makes it psychological? Affect vs. Mental?
- Introductory Framework for Pathwork -- Higher Self, Lower Self, Mask
- Introductory Practices --
 - Daily Review (automatism, awareness, understanding, knowing)
 - Discovering Faults
 - Meditation (general, specific)
 - Community (Lecture study, sharing)
 - Spiritual Food (reading Lectures and other materials)
- Advanced Practices
 - Personal Helper Sessions (counseling, emotional processing, etc.)
 - Group Emotional Processing (Gestalt, group interaction, etc.)
 - Pathwork Transformation Program (4-5 years)
 - Teacher and Helper Training (+ another 2-5 years)
- Example -- January 16, 2007: Good Day/Bad Day with Pat

Opening Ritual

Candle in bowl of water Transcendence (fire, masculine principle) and Immanence (water, feminine principle)

Standing alone:

Physical/Gross body scan (guided)

Emotional/Subtle body scan,

Causal body scan

From this space, we are already connected, but now hold hands, and experience **connecting** to Gross, Subtle, and Causal body *of others*

Silent meditation (3-minutes, bell)

Mythos -- defined for my purpose here

- *Mythos*: a pattern of beliefs expressing often symbolically the characteristic or prevalent attitudes in a group or culture (Webster)
- Purpose: finding a term where BIG IDEAS can be framed and *somewhat* “understood” and “used,” BUT that suggests the abstract beyond-definition characteristics, tentativeness and evolutionary nature of theories and beliefs and softens language in order to get away from Tier 1 “truth wars.” *From my background I need this distinction!*
- For our purposes...
 - Religious Mythos (many varieties)
 - Scientific Materialism Mythos
 - **Pathwork Mythos**
 - Wilber Mythos (AQAL, Spiral Dynamics, Gross-subtle-causal bodies, etc.)
 - Etc., Etc., Etc.
- Caution...
 - “I like the idea, but you must understand that MY mythos is TRUTH, not mythos.” -- problem Wilber ran into with his theories to explain religions.
- Living “AS IF”
 - To be effective, according to Wilber, a tradition has to be lived into fully as if all of it were TRUE. After one becomes a master of said tradition he or she can choose what is universal truth and what is parochial and can be discarded.

Personal Mythos

- *Personal Mythos*: a pattern of beliefs expressing often symbolically the characteristic or prevalent attitudes in an individual or culture
- *Homework* -- take a crack at describing your *personal mythos*. What has informed it? How has it changed over your lifetime and why?
- Include such things as:
 - Purpose of your life and the life of the Cosmos
 - Death
 - Sex
 - God
 - Religion
 - Truth
 - Evil
 - Sin
 - Christ
 - Reincarnation
 - Other realities, universes
 - Etc., Etc., Etc.
- How does your personal mythos affect how you live? Your communities?

Personal Mythos

- Can be tightly held or clung to and defended, or loosely held
- Evolves over time, if we don't get stuck

Evolution of Personal Mythos

Willow Pearson Clip

- August 2006 II DVD -- Introduction to Integral Psychotherapy
- Exercise:
 - Individually write:
 - Reaction to clip -- agree, disagree, yes-but, pretty self-evident, so what? etc.
 - Using her “Light”/”Shadow” model as a mythos, how would it impact how you live your life?
 - How would a spiritual path support or be supported by this mythos?
 - In dyads discuss answers.
 - As entire group, anything worth sharing?

Why a Spiritual Path?

- Why a *psychotherapeutic* path?
 - Dealing with pathology (depression, bipolar, addictions, schizophrenia, food disorders, attention disorders, etc.) and emotional health issues
 - **Goal:** becoming functional in the world, not harm self or others
- Why a *spiritual* path?
 - Finding purpose and meaning in life
 - Spiritual “growth” and “transformation”
 - **Goal:** more love, joy, bliss, creative expression, peace, connection

Agenda

- Pathwork Concepts (pick and choose)
 - Cosmology -- Big Picture Framework
 - The Human Being -- Nature, Aspects, Purpose of Life, Development
 - Evil -- origins and purification; black holes, lines of distortion, role of Earth-plane
 - Feelings -- nature, role
 - Love -- not a command but a spontaneous soul movement of the inner self
 - Jesus Christ -- person and purpose
 - God, Spirit World, Interactivity with Humans
 - Religions and the Evolution of Man; pick one and practice it vs.. survey them all
 - Death -- facing death, reincarnation?,
 - Faith -- a knowing, not a belief, confession, or profession; What is Truth?
 - Sex
 - Nature of Reality -- material and non-material reality
 - Path of Transformation -- following what resonates with your heart, mind, soul
- Story of Pathwork -- its origin, evolution and future
- Resources for further study/experience
 - Websites: www.pathwork.org, www.sevenoakspathwork.org, www.tourmalinelifecenter.org
 - Written Material: 258 Lectures, *Creating Union*, *The Undefended Self*, *Fear No Evil*, *Surrender to God Within*, *The Pathwork of Self-Transformation*, *Guide Lectures for Self Transformation*
 - Programs: Study groups, processing groups, Pathwork Transformation Program, Helpers
 - Audio Material: Pathwork Press (some of the Original Lectures), Gary Vollbracht (50 Lectures)

Forward

*"Believe nothing just because a so-called wise person said it. Believe nothing just because a belief is generally held. Believe nothing just because it is said in ancient books. Believe nothing just because it is said to be of divine origin. Believe nothing just because someone else believes it. Believe only what you yourself test and judge to be true."
--- Buddha*

Credit: from Home Page of NewHeavenNewEarth, founded by David Sunfellow --
<http://www.nhne.org/>-- check this out for references to Ken Wilber, etc. I find David to be a faithful and fervent seeker.