

Pathwork Lecture 189

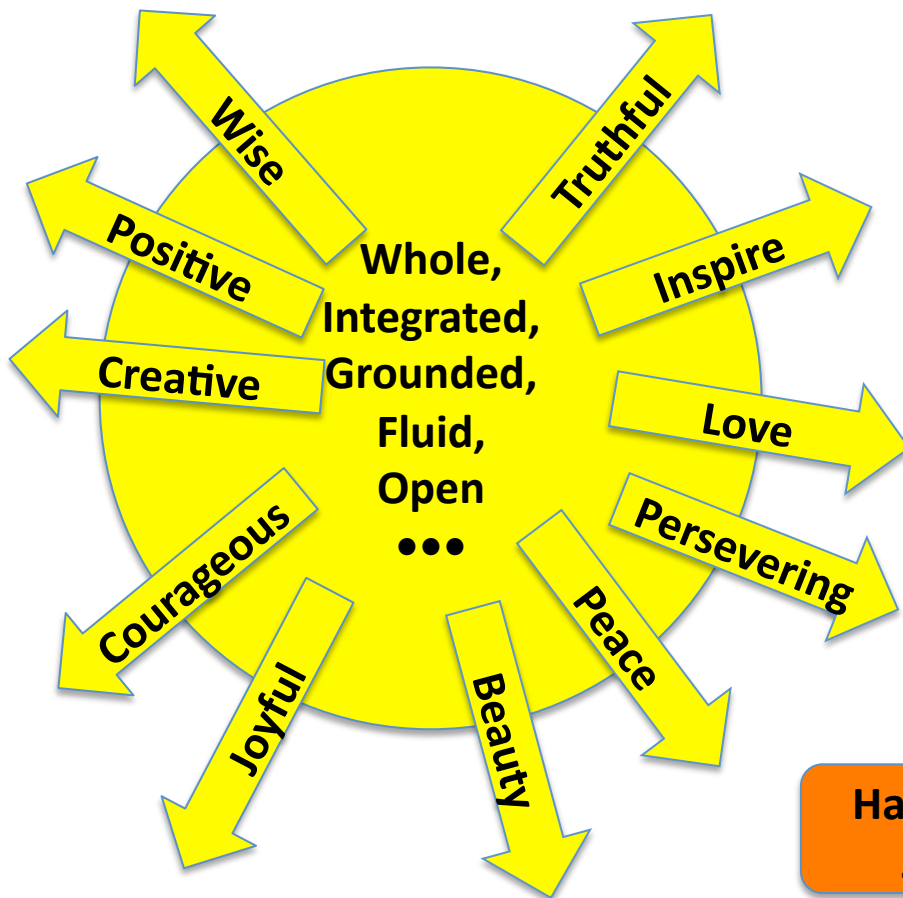
Self-Identification Determined Through Stages of Consciousness

Gary Vollbracht

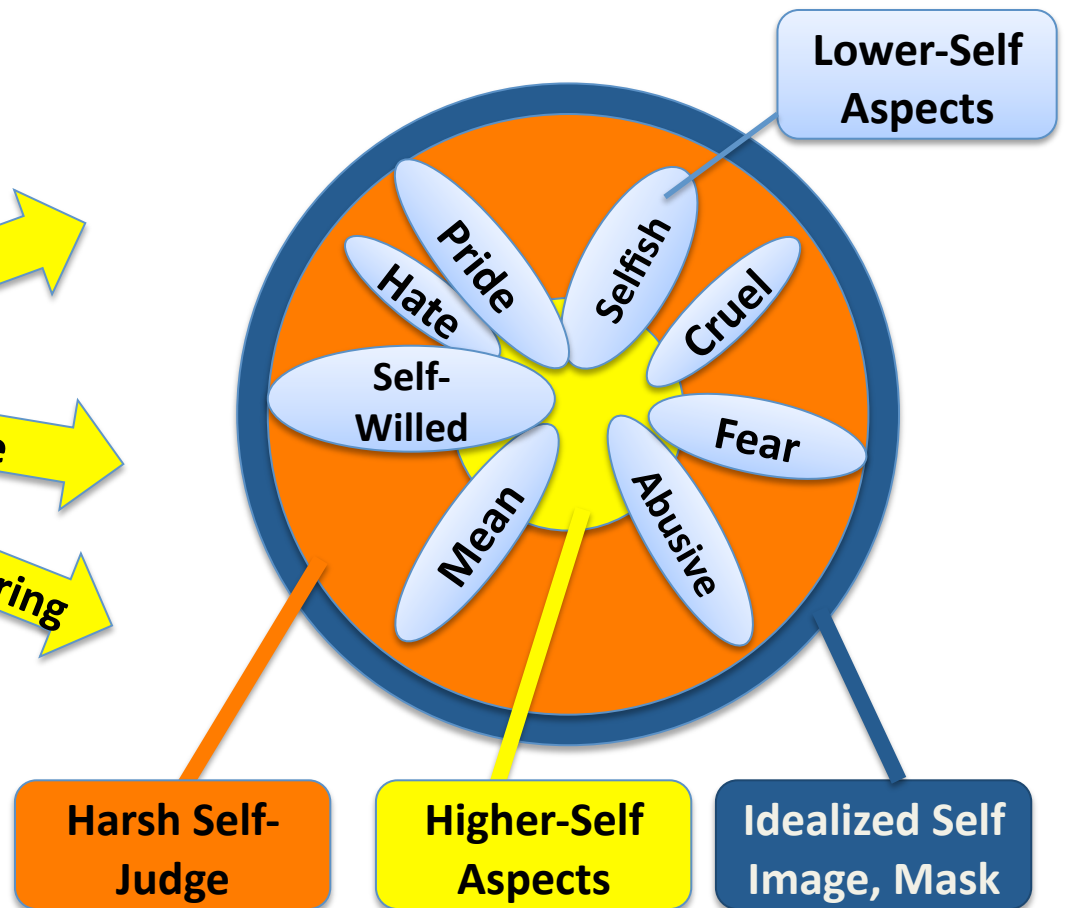
September 21, 2010

Parts of our Lives

Where Life is Working ...



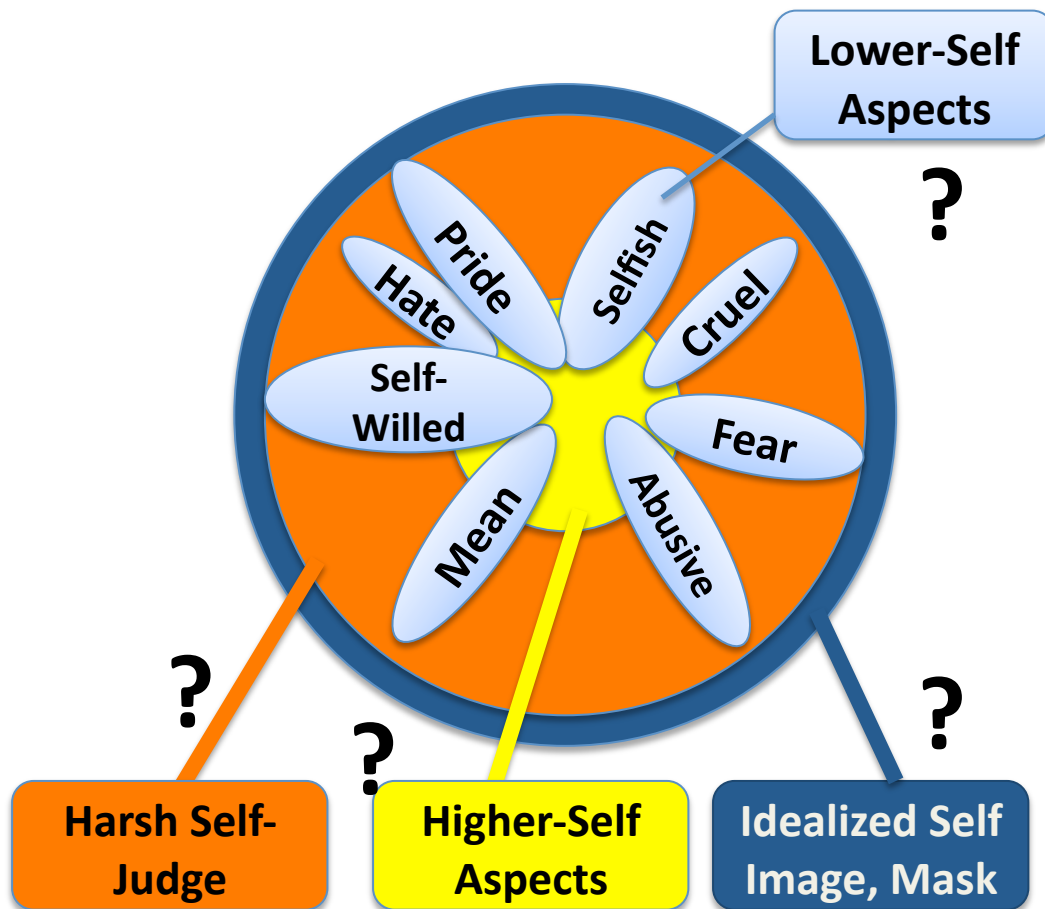
Where Life is NOT Working...



Who Am I? Who Is the Real Self?

The Confusion of Self-Identification

Where Life is NOT Working...

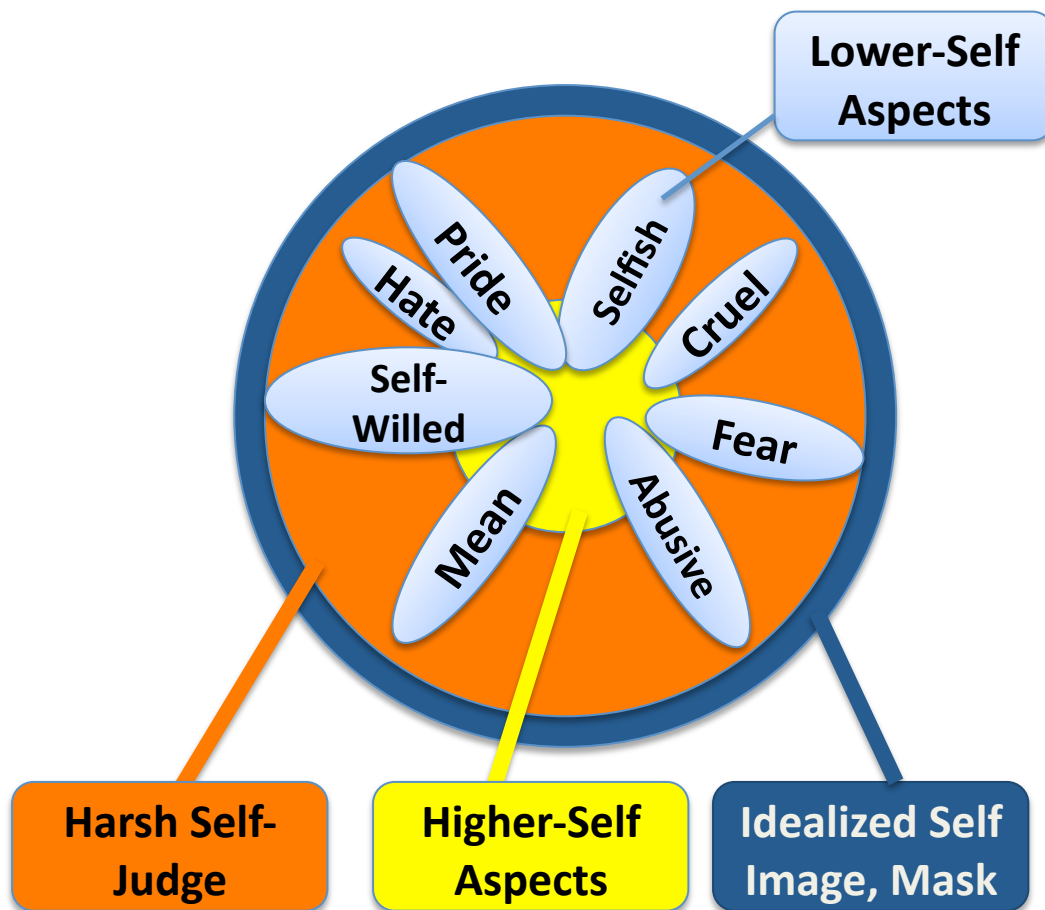


Am I ...

- My Lower-Self Aspects?
- My Harsh Self-Judge?
- My Idealized Self Image or Mask?
- My Higher- Self Aspects?
- Other?

Result of Confusion of Self-Identity

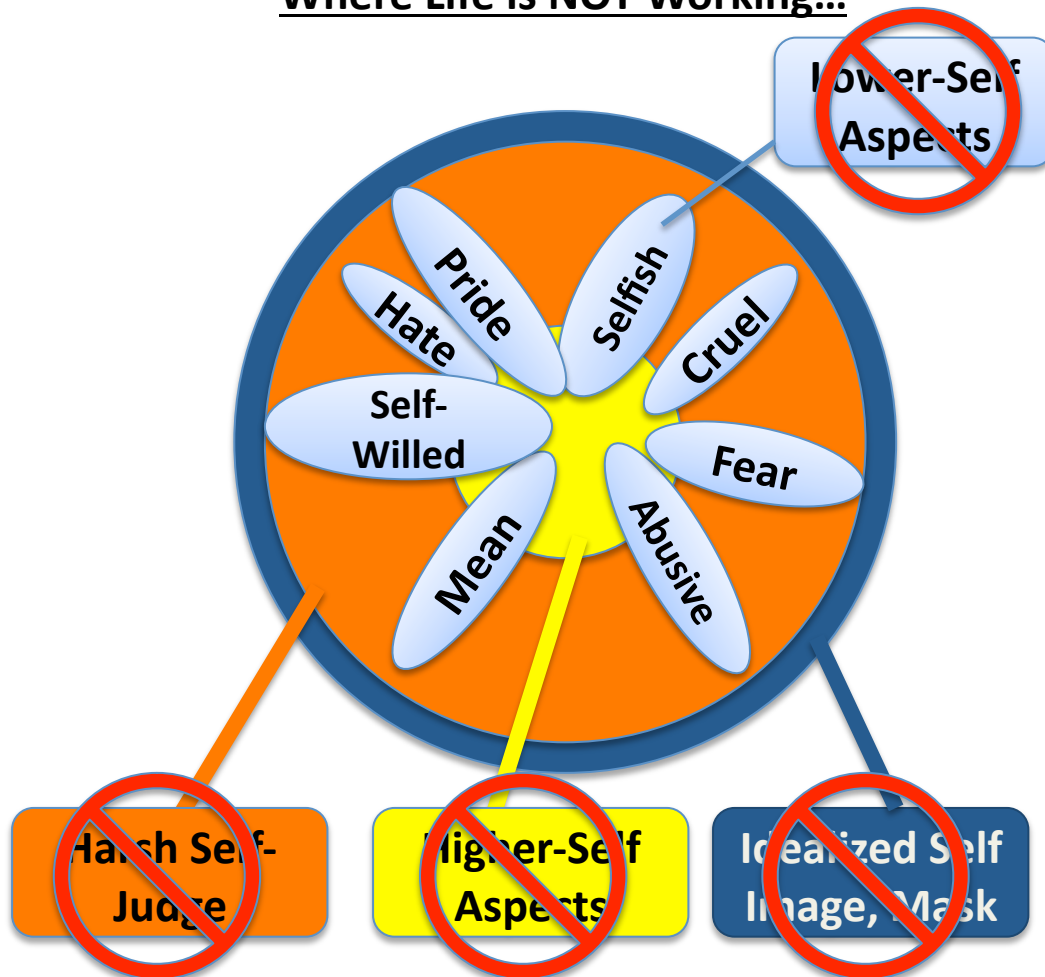
Where Life is NOT Working...



- Confusion
- Inner Turmoil and Conflict
- Pain, Shame, Guilt
- Suffering
- Raging Inner Struggle
- Terror of Annihilation
- Acting Out from Lower Self

Who Is The Real Self?

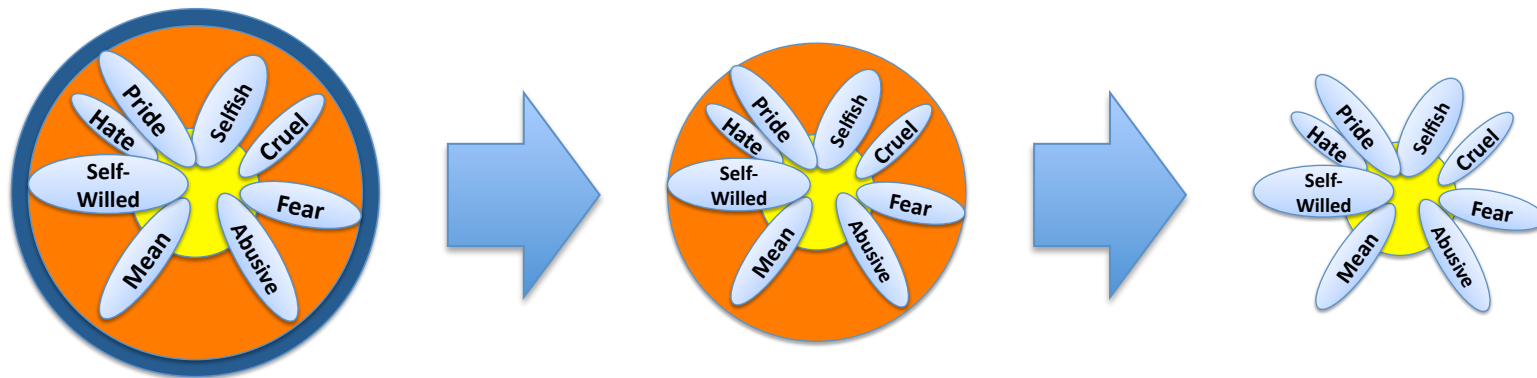
Where Life is NOT Working...



- The Real Self is the Healthy Positive Ego that:
 - Brought us this far
 - Is conscious enough to observe what is and take the next steps of evolution
 - Is a limited manifestation of our Spiritual Being
 - Is the “I” I can identify with!

When the The Real Self, the Healthy Positive Ego, Is Working

- The mask (ISI) comes down
- Self-hate – the harsh judge leaves
- The Positive Ego can identify, observe, and clearly articulate our destructive aspects
- With higher consciousness we stop acting out



Power of the Positive Ego

- Attitudes, Thoughts and Thought Processes have great power
- Our Positive Ego Can face and confront Lower-Self Traits
- Can adopt new attitudes, thought-patterns toward Lower-Self Traits
- Can search for more realistic and creative ways to meet life's difficulties
- Requires act of inner will to awaken dormant forces within and make them available to us
- This is the work on this Path
 - Not magical beliefs or practices that are “rewarded”
 - Not denial, covering up with positive and wishful thinking

Facing Life Difficulties – The Choice is Ours

- **Attitude Choice # 1**
 - **Unrealistic Hopelessness**
 - Totally dismayed
 - Impossible for me to be different – this is just who I am
 - Continue acting out in old patterns, blaming life and others
- **Attitude Choice #2**
 - **Unrealistic Magical Hope**
 - Tell myself, “I have the power to make an immediate and drastic change in my being”
 - Yields disappointment, can turn to Choice #1: Hopelessness

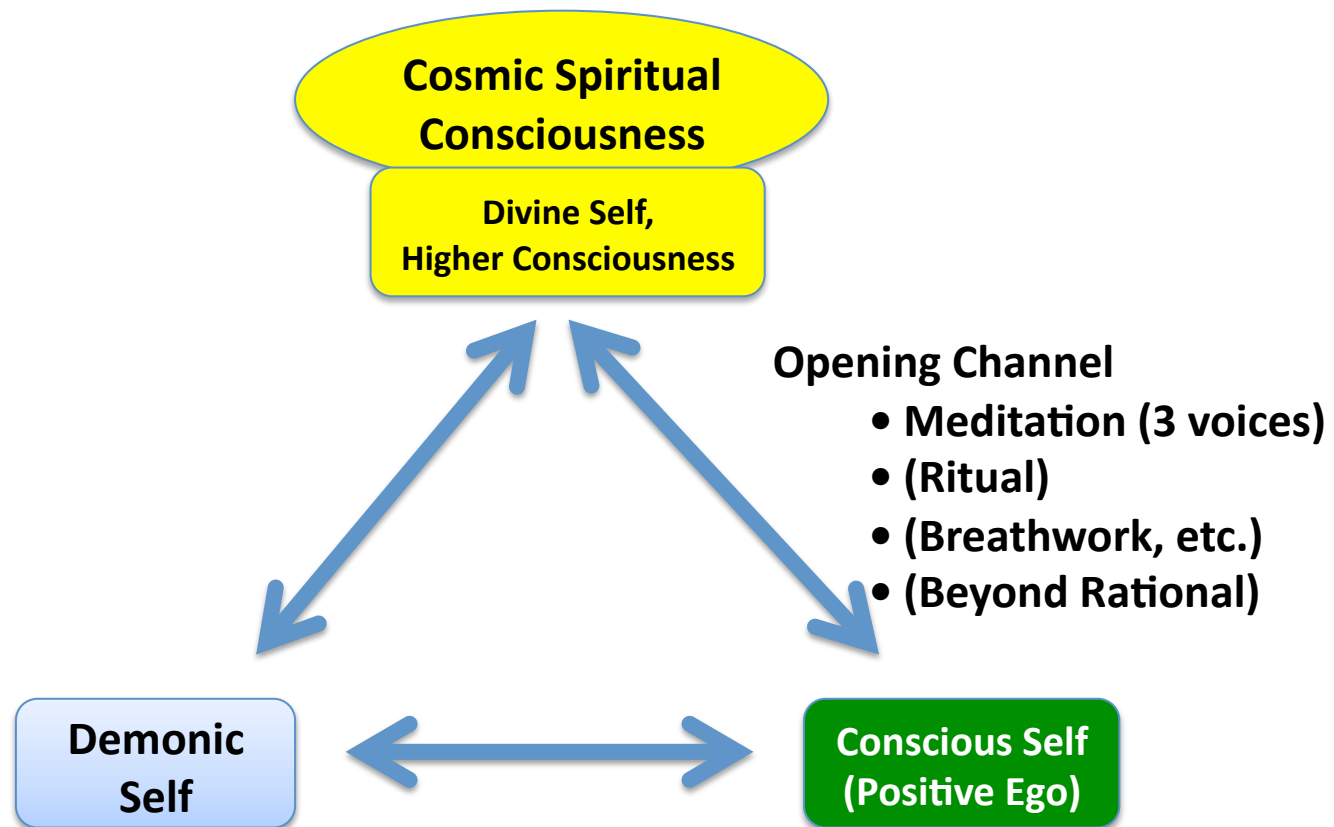
Choice #3 –The Pathwork Way

- Say, "It is likely and predictable that I will forget and become involved again in the old blindness and its conditioned reflexes.
- But this need not deter me. I will have to struggle again and grope to find, over and over, my key.
- I can do this, and I will do this and thereby gradually build new strength, resources and energies.
- I will not be deterred by the fact that building a beautiful edifice requires patience. I will not be childish enough to expect this to be done at once. I want it and will use all my powers to do it, but I will be patient and realistic.
- I would like the spiritual powers in me to guide me, but if I cannot perceive the guidance yet because at the beginning of this undertaking my energies are too dense and my consciousness too dulled, I will trust and wait and persevere.
- I want to give my very best to the venture of living. I will try over and over again to identify, observe, and articulate what I do not like, without being identified with it. I will grope for new ways of understanding it all, so that I will eventually grow out of it."

Encouragement

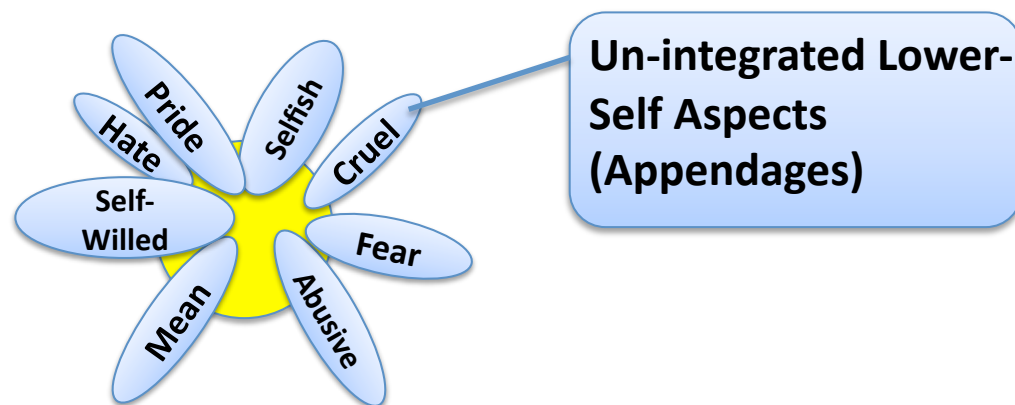
- This work is the purpose of our incarnation, our source of dignity!
 - We chose to bring negative aspects to purify
 - Be glad to find, face, and work with them
- Our Positive Ego is enough
 - We do have the power to make different choices in our thinking and attitudes
 - Using prayer, meditation – we can contact higher realms of spiritual reality
- Our Positive Ego grows as we use it
 - Using what we know expands what we know
 - As we do this work we tap our “infinitely greater and unlimited consciousness of our as yet submerged spiritual self.”
 - Caution: Use it or lose it
- Results in the realization of our true Spiritual Identity
 - Truly know the incredible beautiful limitless consciousness of our Real Self
- Giving us all power – there is nothing to fear
- We are FREE

Key Tool for the Journey Dialogue In Three Voices



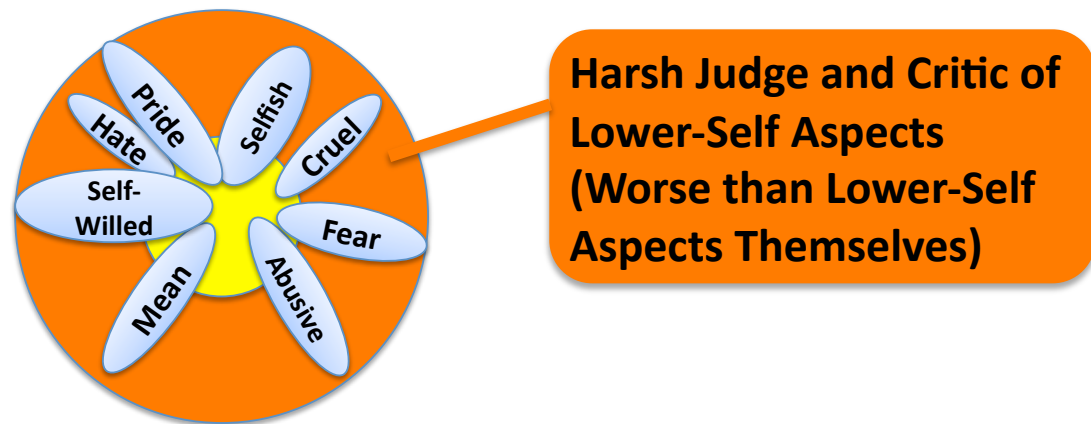
Exercise

- Where is my life working? – note in journal
- Where is my life not working? – note in journal
- From where my life is not working, what demonic traits did I bring in to heal?
 - Meanness, hate, laziness, malice, impatience, stubbornness, selfishness, ill-will, failure, destructiveness, cruelty, etc.
 - Get into this energy – feel it, act it out
 - Enter your experience of your demonic traits into your journal



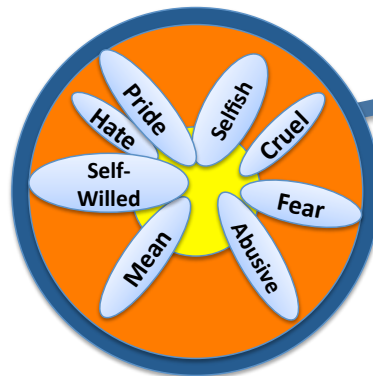
Exercise - Continued

- **How does my inner critic enter?**
 - Really feel and enter into the energy of the inner critic – act it out
 - Enter your experience of your inner critic into your journal



Exercise - Continued

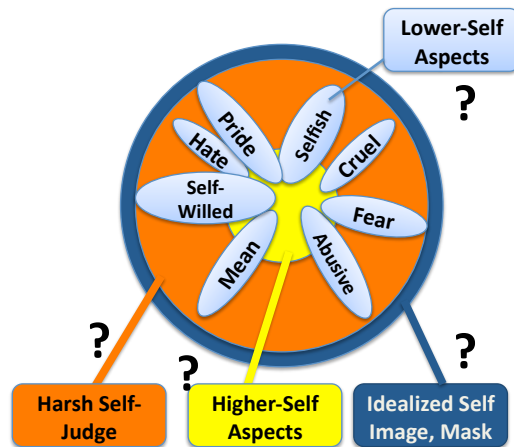
- How does my mask, my Idealized Self Image, show up?
 - Really feel and enter into the energy of the ISI – act it out
 - Enter your experience of your mask and ISI into your journal



Mask, ISI, Covers Up the War Beneath– Worse than Critic and worse than the Lower-Self Aspects Themselves

Exercise - Continued

- How does my confusion of who I am enter in?
 - Really feel the inner chaos and struggle
 - How is my life here?
 - Enter your experience of your life struggle with identity into your journal



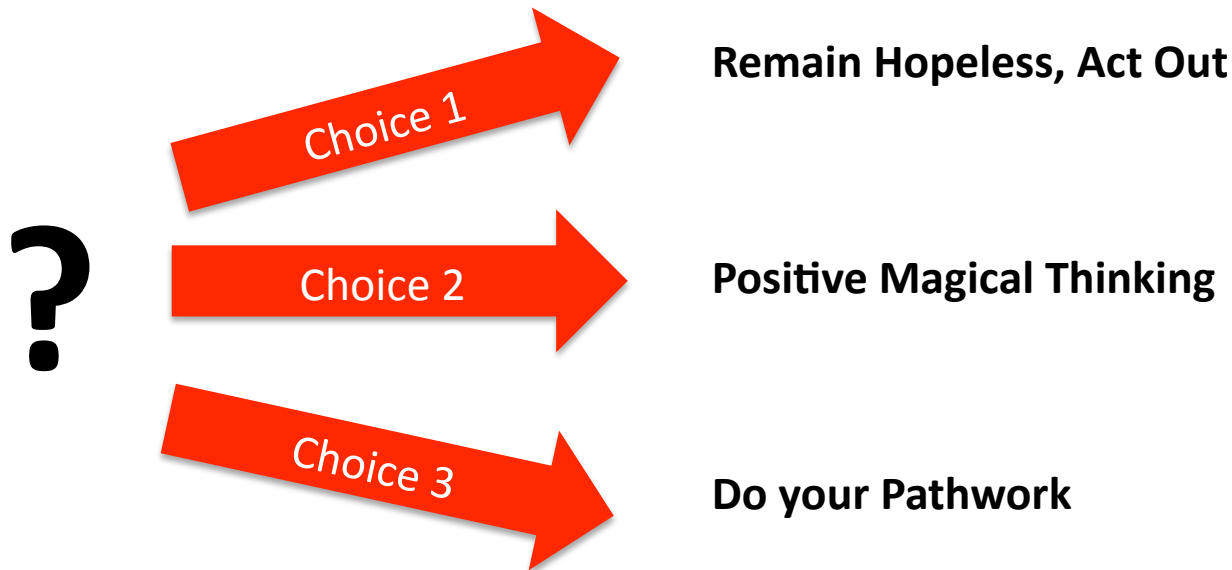
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Exercise - Continued

- **Consider three choices...**
 - Consider the choice to remain hopeless, to continue to act out in your unconsciousness – in your journal write out your hopelessness and acting out and where it leads
 - Consider the choice to cover over with positive magical thinking – in your journal write out what this choice feels like and where it leads
 - Consider the choice of doing Pathwork – in your journal write out how this path would feel and look and where it would lead



Exercise - Concluded

- **Make your choice!**
- **Commit to your choice.**
- **Write a commitment statement into your journal**
- **Be witnessed in the Group**

