

## **A Lesson in Listening**

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I love preparing PowerPoint presentations for my spiritual work in Pathwork. Here I can capture the concepts of Pathwork and relate how they apply to me. I do this in my role at Sevenoaks, teaching students in the Five-Year Pathwork Transformation Program. This year I am involved in year 4.

The first class of this year 4 class was in September. I was nervous about this initial session and came armed with not one but four PowerPoint presentations. We used only three of them, and they were well received. But is this the way to communicate and connect in a spiritual growth program?

The second of four classes was a week ago. Again I came armed with PowerPoint presentations. But I was not nervous. Something had shifted. Several of the presentations could have applied to the material we were covering, but we never got around to them, for whatever reason.

Rather, my experience was one of listening. Listening on several levels. First I was listening to the students. What a concept! Where were they? What were their issues? I seemed more present to really listen rather than to present my PowerPoint presentations. It was risky to move away from my agenda, my control, but a risk I was somehow prepared to take. Secondly, I listened to my inner guidance moment to moment rather than following a preplanned agenda. This inner listening was also new.

In what turned out to be my most memorable occurrence of the 4-day weekend, one student shared her issues. Spontaneously I got up to work with her. I followed her in her process, listening carefully. But beyond that I followed my own deep sense of what was happening. This latter was new. It was spontaneous. It was not coming out of a “figuring her out” consciousness. I would not even have recall as to what happened. At one point near the end of the work scene I was lying on the floor next to the student speaking in the role of God. Weird on one level, but in this moment it felt quite natural. I was aware of the decision to listen to what I was receiving from within, from my deepest core. From here I was speaking as God it seemed to me. Wow. Was this OK? I said yes. The session concluded, and the students were silent in respect to what had happened. Truly a powerful moment..

Except one student. He thought me to be arrogant, to be misleading the student I was coaching. He was really pissed at me. “Who do you think you are speaking as God?!!!”

I was not in any way dismayed at his anger. I was aware of this. Later he softened it seemed. Perhaps he came to see his own issues underlying his anger. A growth opportunity for all of us.

In sharing all this with my supervisor, my supervisor noted that I had been spontaneous with the student I was helping. New. This was not a PowerPoint presentation where my ego was controlling the show. I had had an experience of listening, not only to the student but also to my inner guidance. No room for ego here to take credit, for, as I said, I am still not able to reconstruct what really happened in the work scene.

So I reckon that perhaps this is what being a Pathwork Helper is all about. But I notice my resistance – usually I want to be in control from my mind, not spontaneous from my core. I love the safety of my PowerPoint presentations. But my supervisor reminded me that now I could use my PowerPoint presentations because now I did not have to. They were no longer my defense against spontaneity. I would not be hiding behind them. Now I would know spontaneously from within whether or not they were appropriate. I would have freedom to use whatever was being asked for in the moment. Yes, a lesson in listening – mostly to my own inner guidance. Perhaps this was my initiation into Pathwork Helpership! I feel rich and fulfilled. What will 2011 bring in this regard?