

Engaging Pathwork Lecture 131: Interaction Between Expression and Impression

*(Interaction Between Stage 1 and Stage 2 Pathwork)
(Some Radical Ideas for increasing True Joy and Fulfillment in Life)*

Gary Vollbracht

5/5/12

This Presentation is available on line in PDF format in three parts..

Part 1 (Slides 0-12): <http://www.garyvollbracht.com/wp-content/uploads/12.05.03LeadersRetreat-L131A.pptx.pdf>

Part 2 (Slides 13- 26): <http://www.garyvollbracht.com/wp-content/uploads/12.05.03LeadersRetreat-L131B.pptx.pdf>

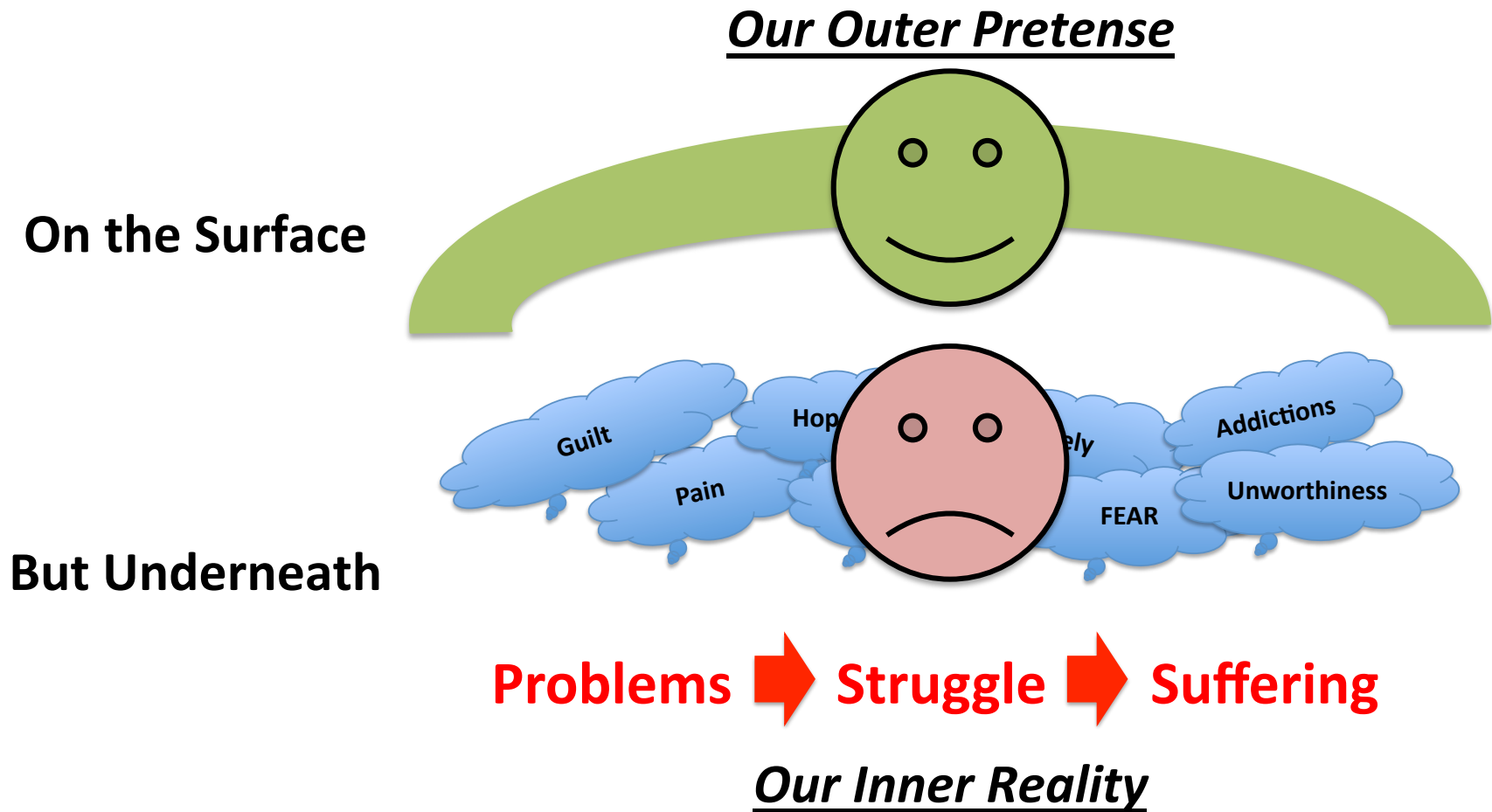
Part 3 (Slides 27- 40): <http://www.garyvollbracht.com/wp-content/uploads/12.05.03LeadersRetreat-L131C.pptx.pdf>

Where We Often Start Our Spiritual Journey

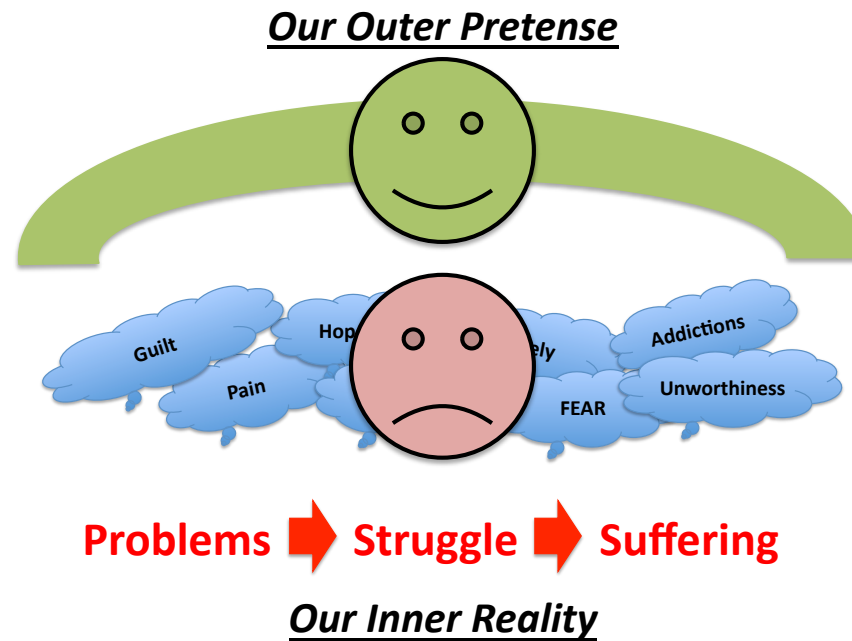


Problems ➡ Struggle ➡ Suffering

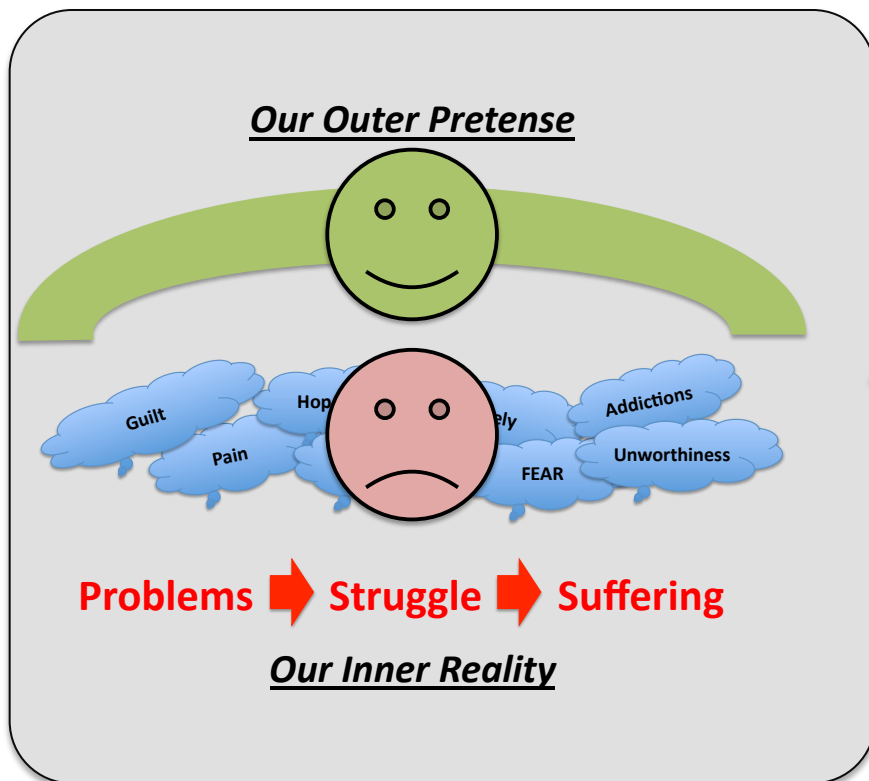
After We Admit That Life is not as Happy, Fulfilling, and
Successful as we have Pretended
(to Ourselves, and to Others)



So What Do We Do?



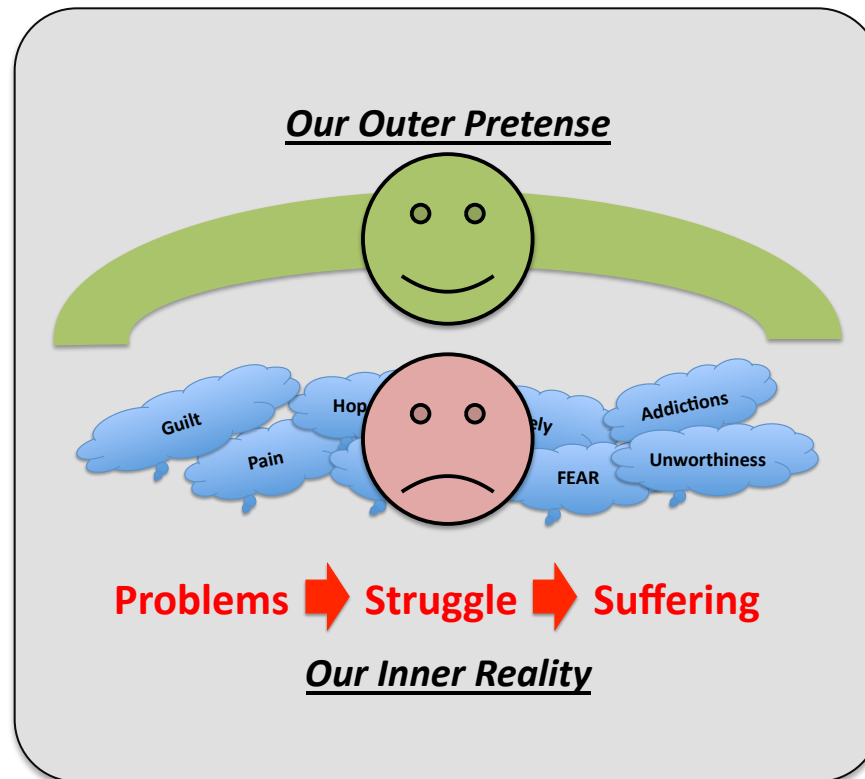
So What Do We Do?



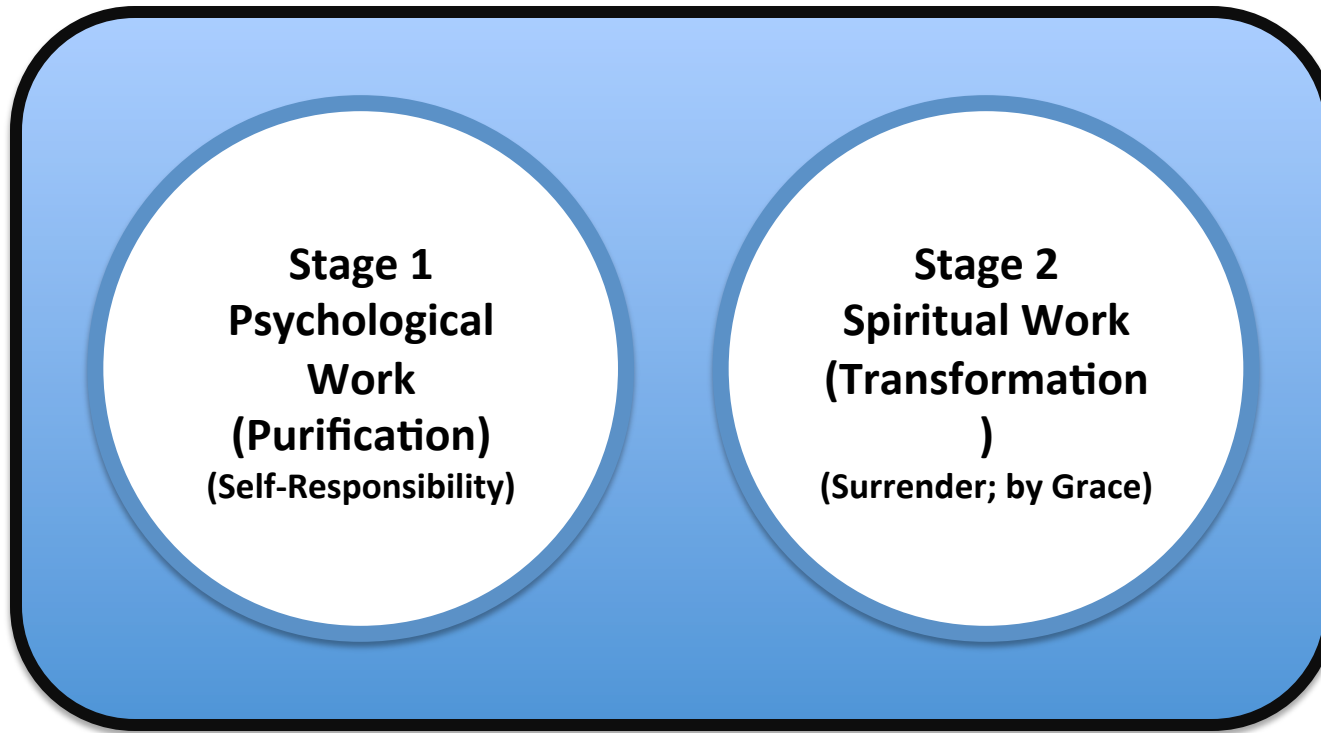
1. Nothing...Life is Pretty Good as it is...Keep it up!
2. Psychotherapy, Spiritual Direction, Counseling, Self-Help Groups, Books
3. Religion – Belief System, Community, ritual, etc.
4. Spirituality – Gurus, Teachers, Self-Help Groups, Books, etc.
5. If in addictions, 12-Step Programs – AA, Al-Anon, etc.
6. Yoga, Movement, Meditation, Consciousness Programs – Breathwork,
7. Etc., Etc., Etc.

Pathwork

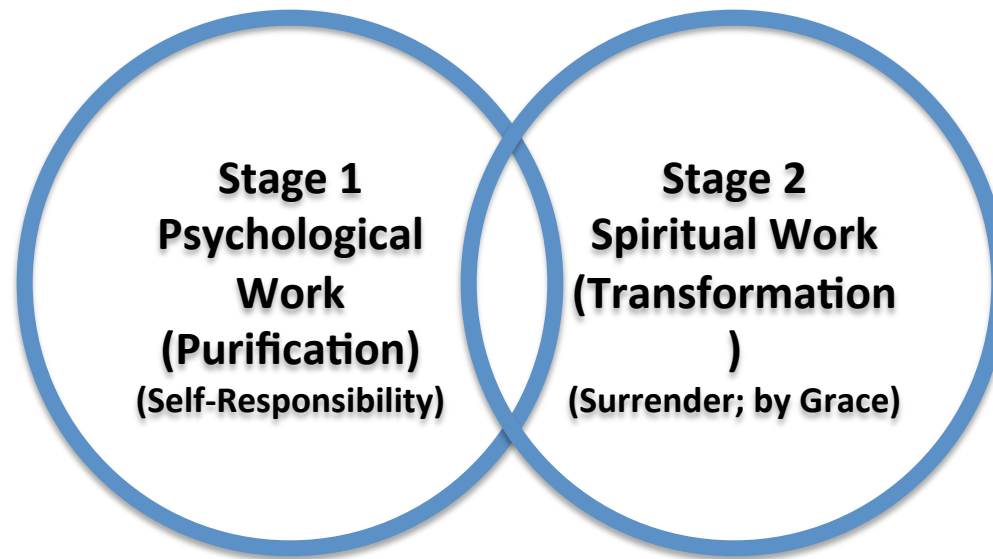
**A Set of Tools, Practices, and Concepts for Tackling Life's Issues
and Manifesting True and Lasting Happiness and Fulfillment**



Pathwork: A Two Stage Process For Working With Life



Pathwork: An Integrated Two Stage Process For Working With Life



Can't Have One Without The Other

Why One Alone Won't Work

If only Stage 1...



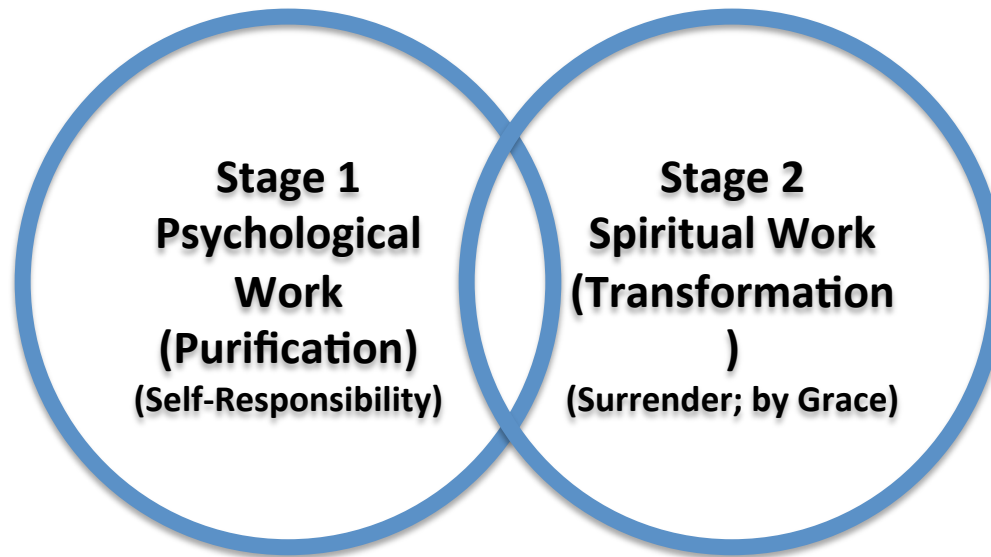
- Coping, yes but...
- Lacking Sense of Purpose
- Deep Anxiety Underneath
- Might be Mask Self and not Real Self
- Limited Power/Energy
- Not Manifesting to Full Potential

If only Stage 2...

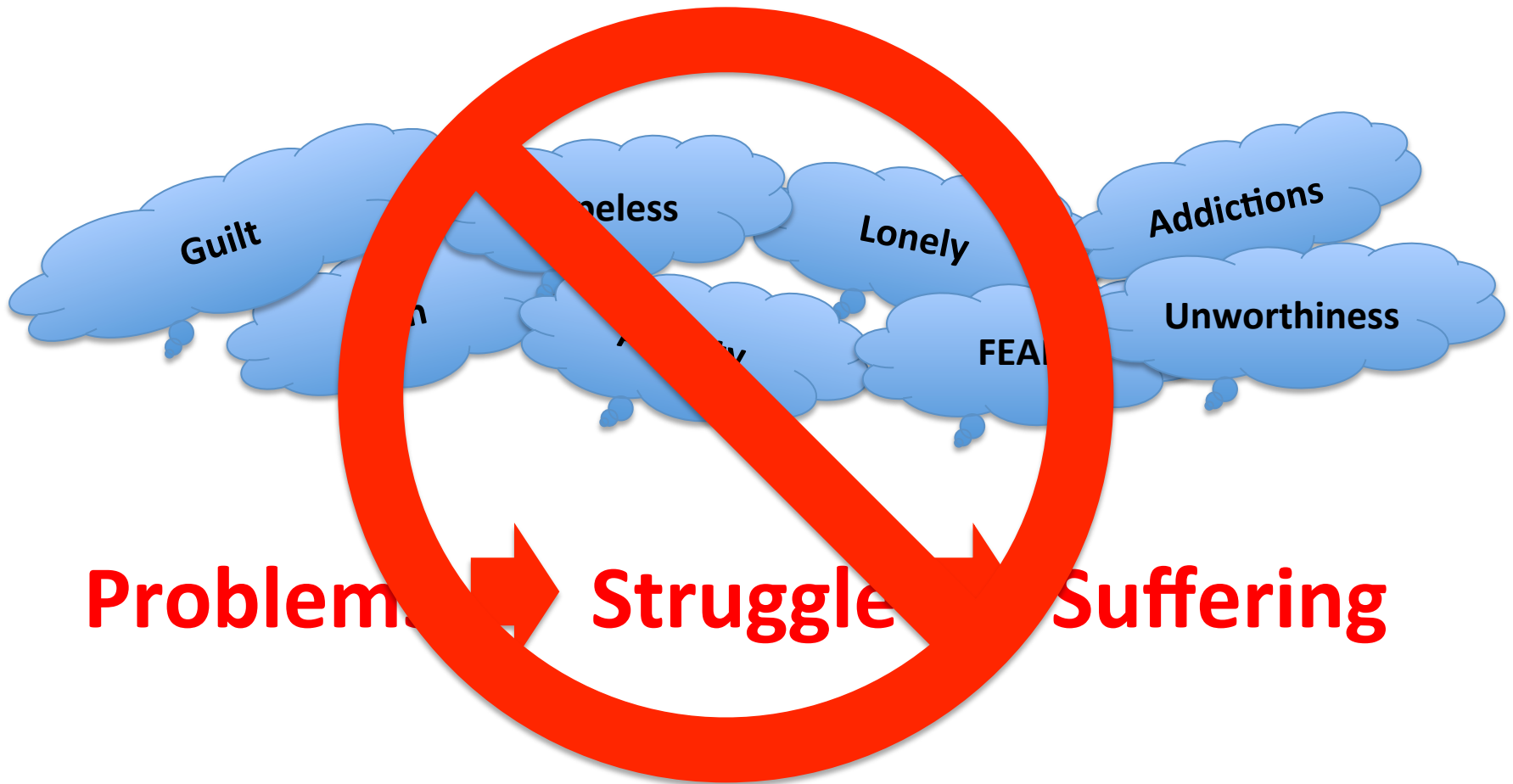


- Enlightened, yes but...
- Spiritual By-passing
- Limited psychological & emotional health
- Limited Self-Responsibility
- Limited Coping In World
- Not Manifesting to Full Potential

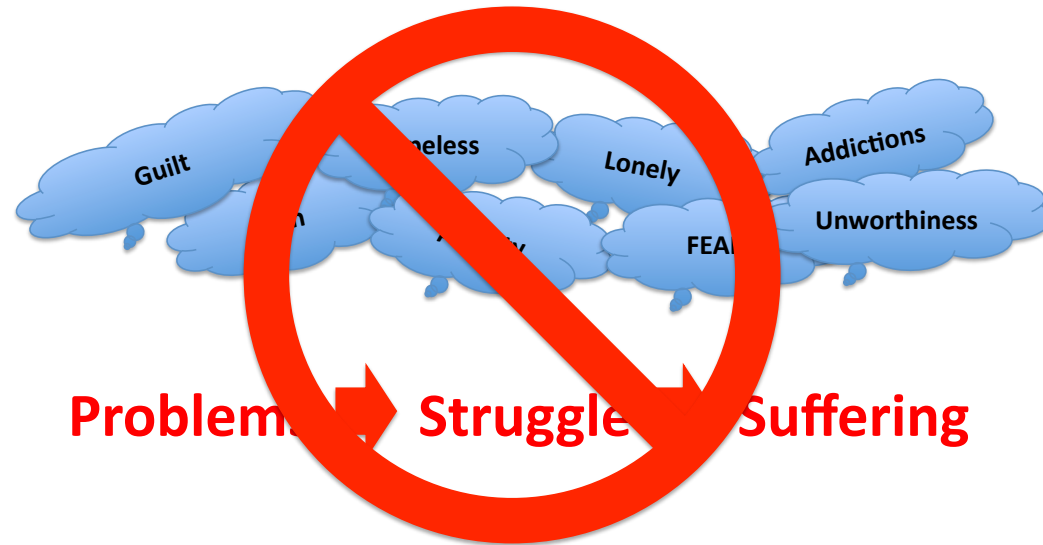
Where To Begin?



Radical Idea 1 – The Struggle and Suffering Are Unnecessary; The Problems Are Illusory



Why?



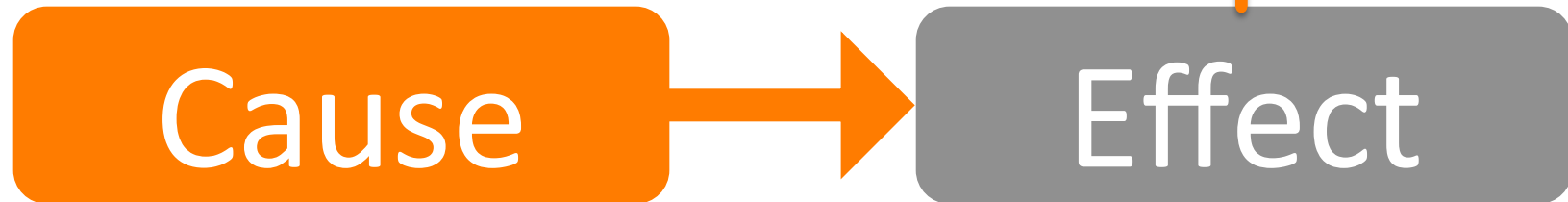
- **Why are the struggle and suffering unnecessary, the problems illusory?**
 - **Our Problems are based upon Untruth, not Truth**
 - Wrong beliefs, ideas (called images) – from our “enculturation,” “authority”
 - Wrong conclusions about life from childhood
 - Primary Image: I am separate from God and All
 - Not only in our head but in our deep emotions and cells
 - Unconscious
 - **So our struggling against Non-Problem Problems gets us nowhere**
 - Yet our entire life has been built upon struggling with these “non-problems”
 - Unconsciously

That is, the Law of Cause and Effect is in play

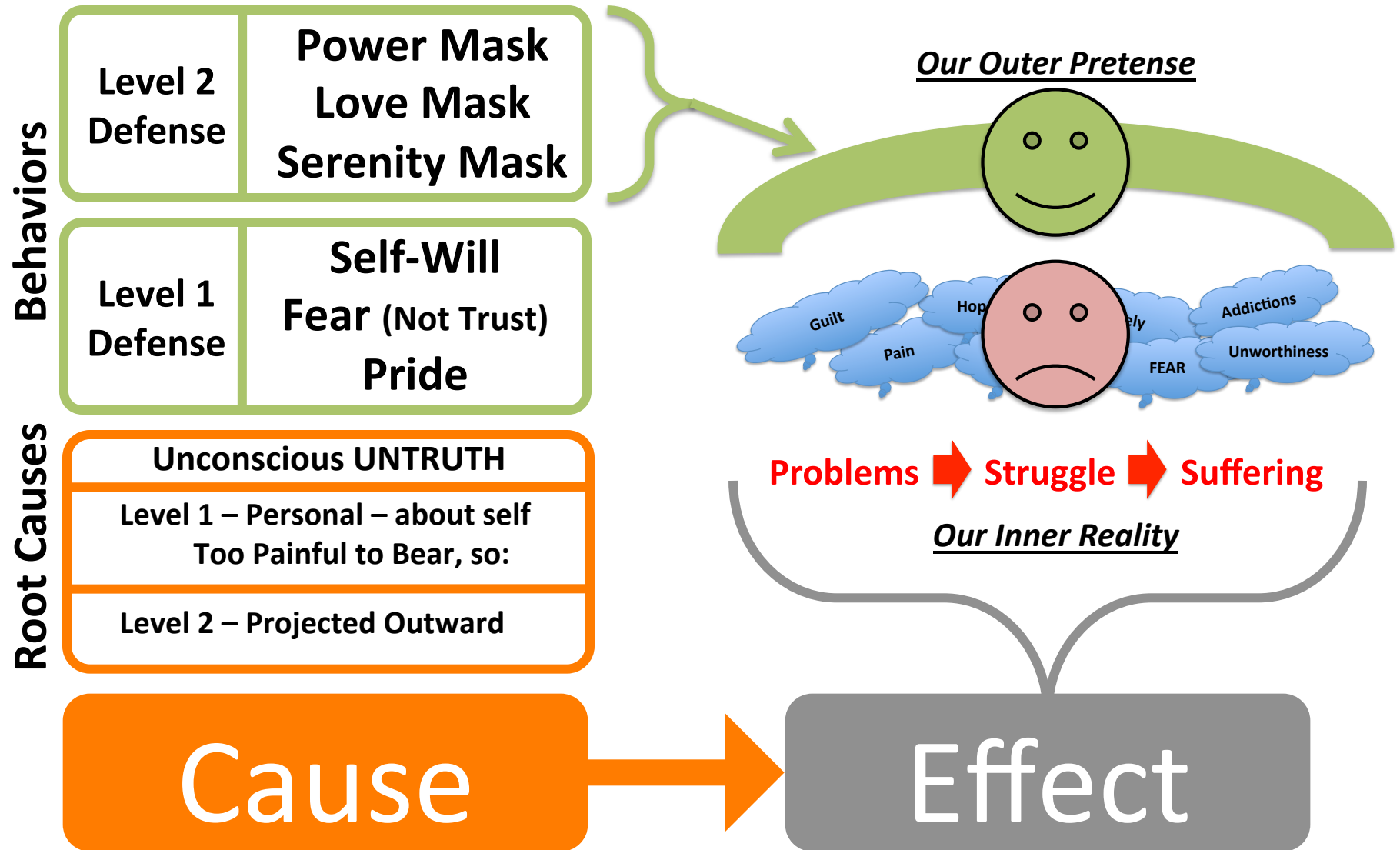
- **Unconscious UNTRUTH**
 - Wrong Beliefs, Images
 - Wrong Conclusions
 - I am separate
- **Wrong Defenses against pains, guilt, Hopelessness, etc.**
 - Pride
 - Self-Will
 - Fear



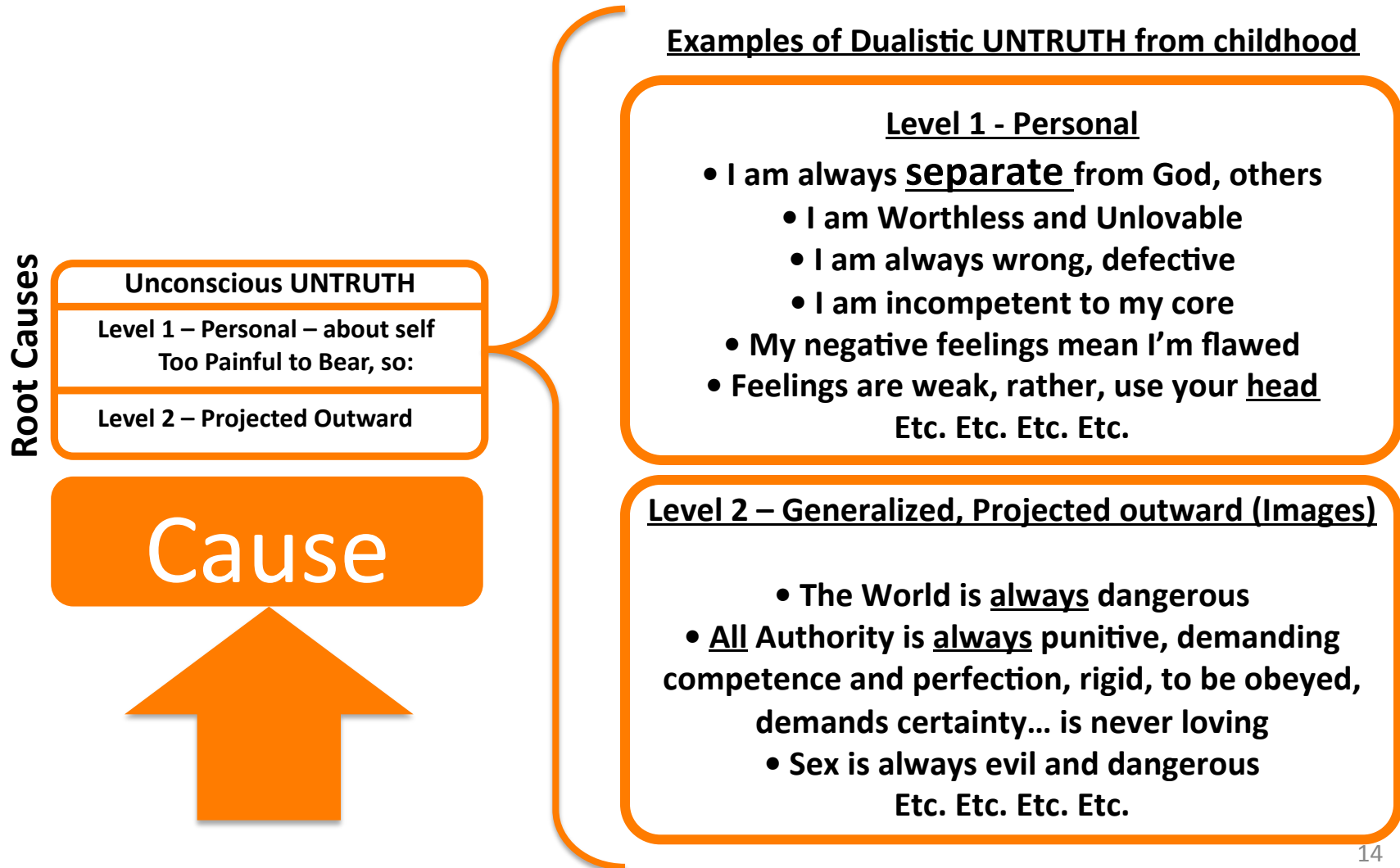
Problems ➡ Struggle ➡ Suffering



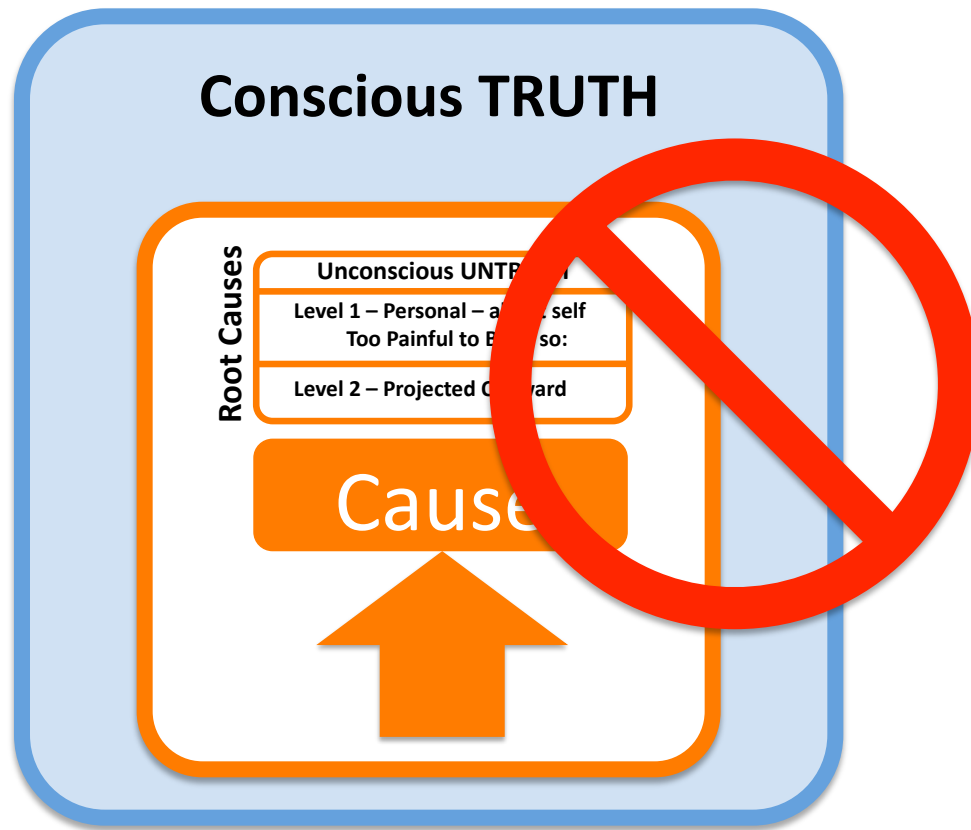
On a Deeper More Complete Level



To Tackle Life – We Address the Root Causes of Suffering – Replacing UNTRUTH with TRUTH

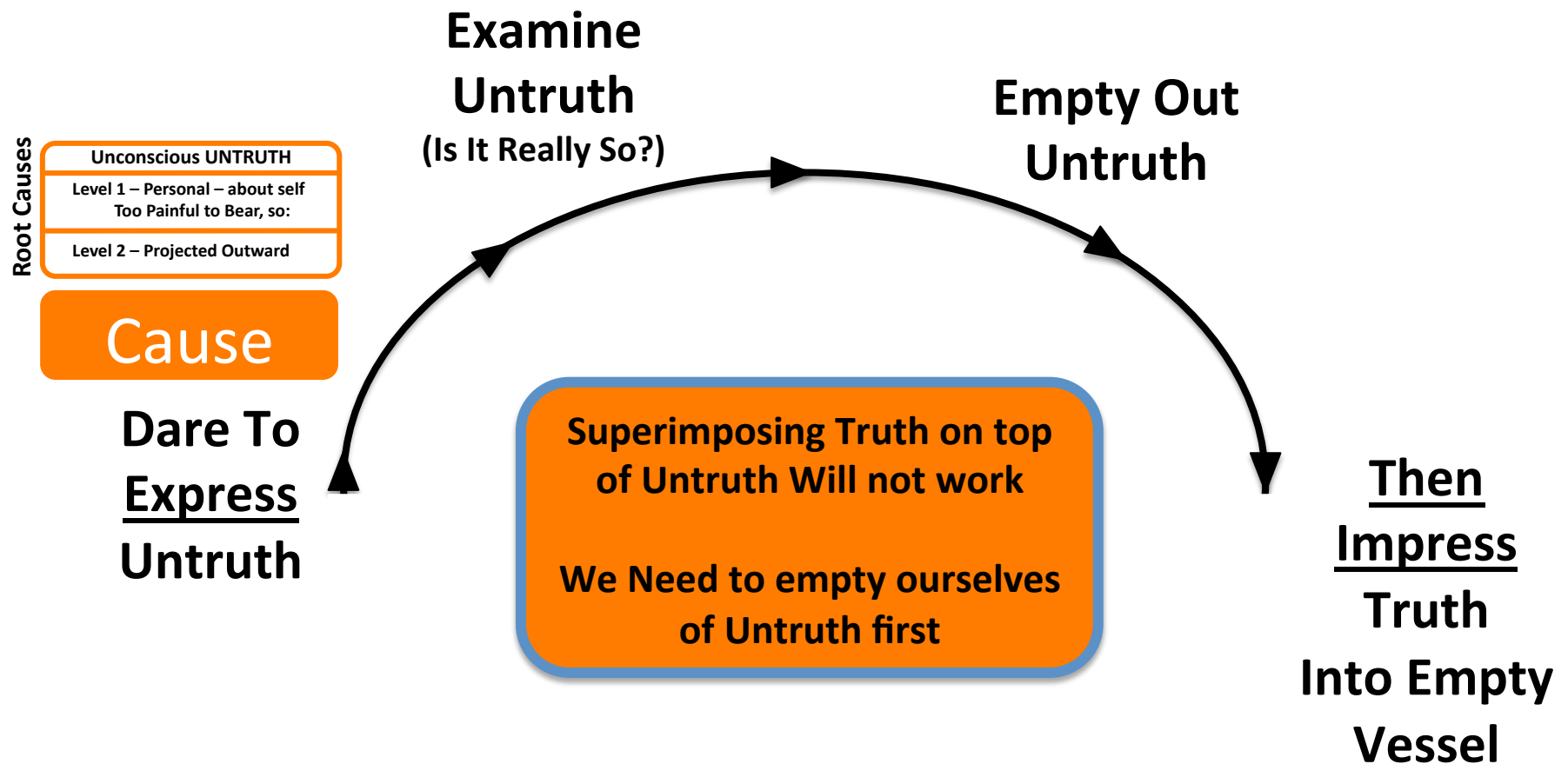


But Cannot Superimpose Conscious Truth On Unconscious Untruth

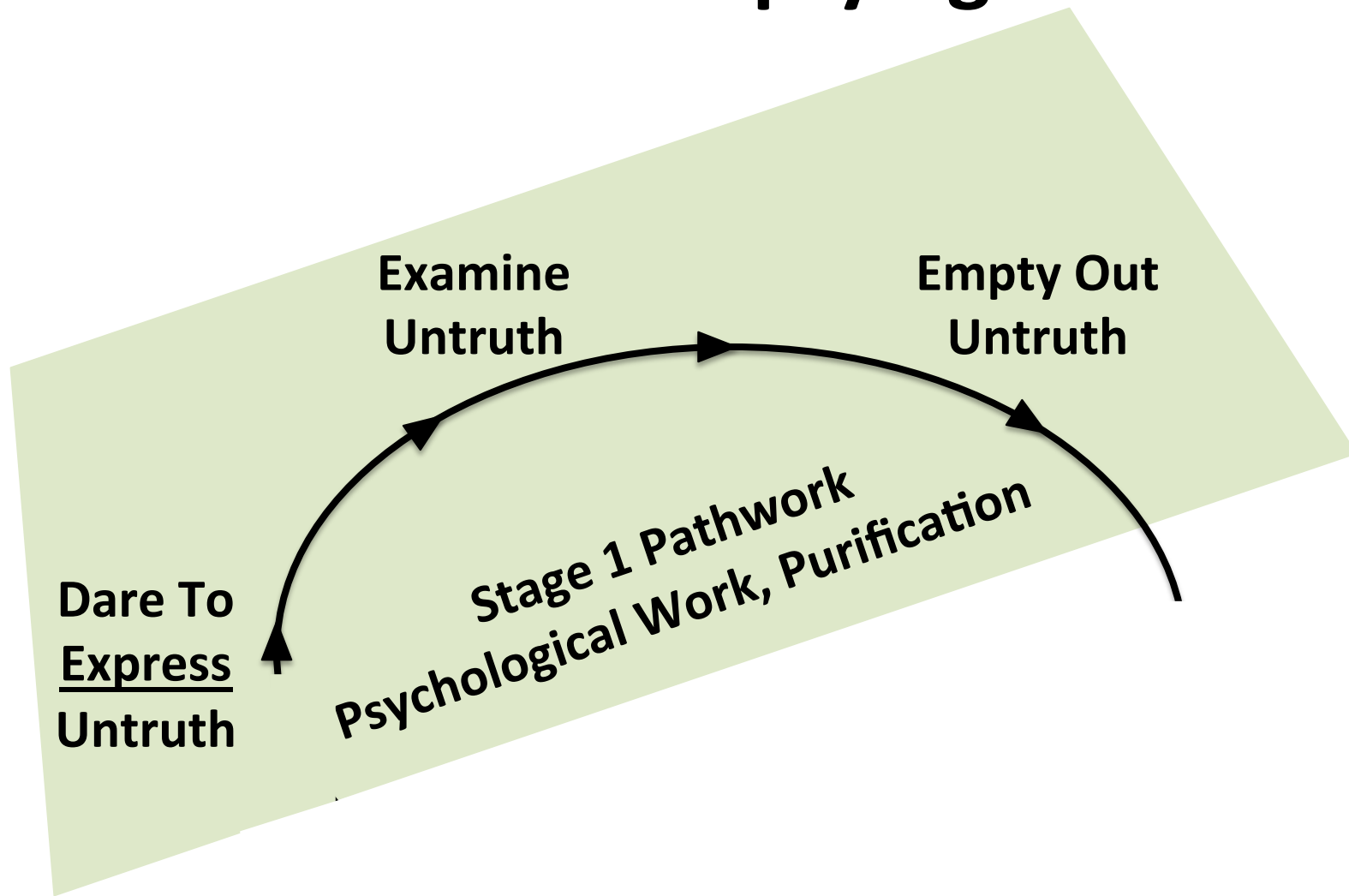


- Truth superimposed on top of Untruth will not hold
 - Unstable
 - Untruth will leak out sideways and have negative effects
 - Especially if the Untruth is unconscious

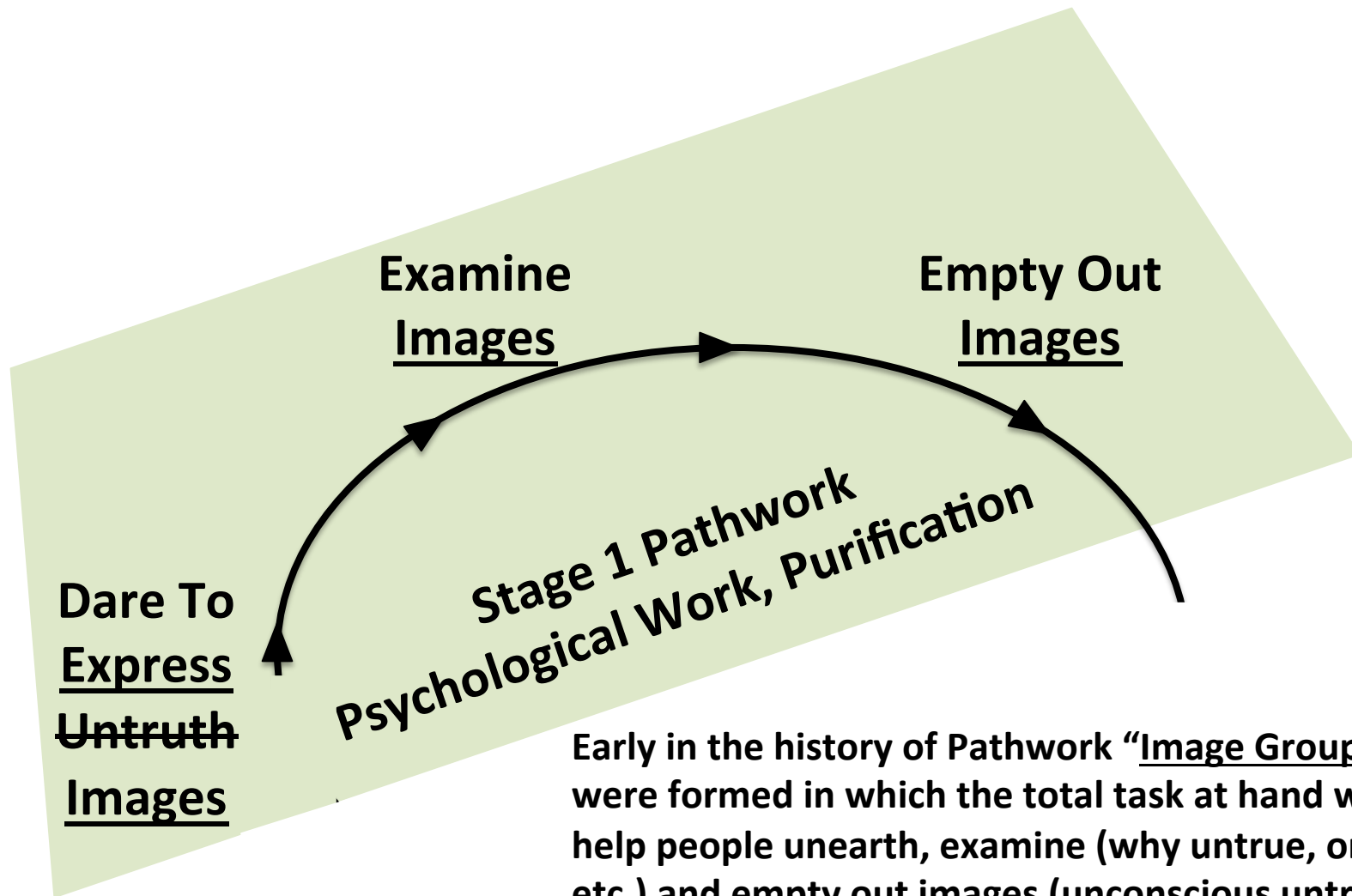
Radical Idea 2 – Empty Before Filling



Stage 1 Pathwork – The Expressing and Emptying



OR: Stage 1 Pathwork – Expressing and Emptying Out Images



Early in the history of Pathwork “Image Groups” were formed in which the total task at hand was to help people unearth, examine (why untrue, origins, etc.) and empty out images (unconscious untruths) – a major phase of Pathwork.

Stage 1 Pathwork – 2 Tools

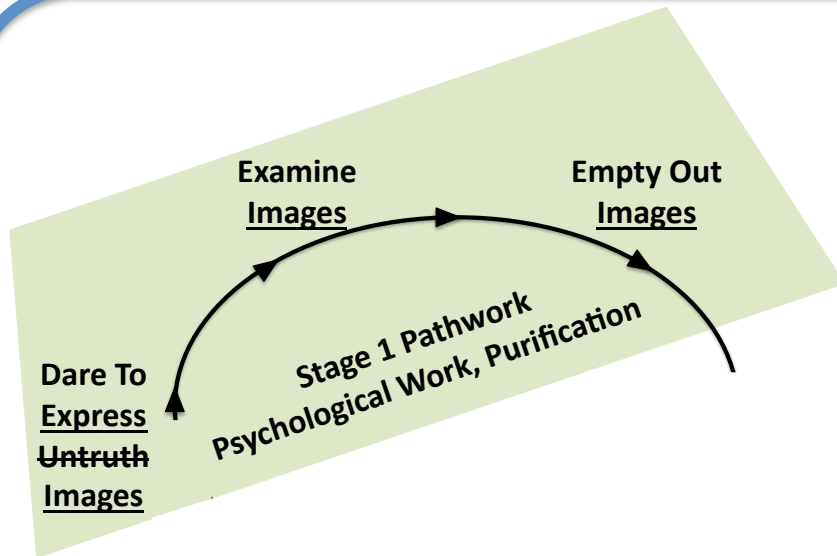


Problems ➡ Struggle ➡ Suffering

Clouds – Disharmonies in Daily Life

- **Tool 1 – Daily Review**

- Identify and keep track of, in detail, the disharmonies (clouds) in daily life.



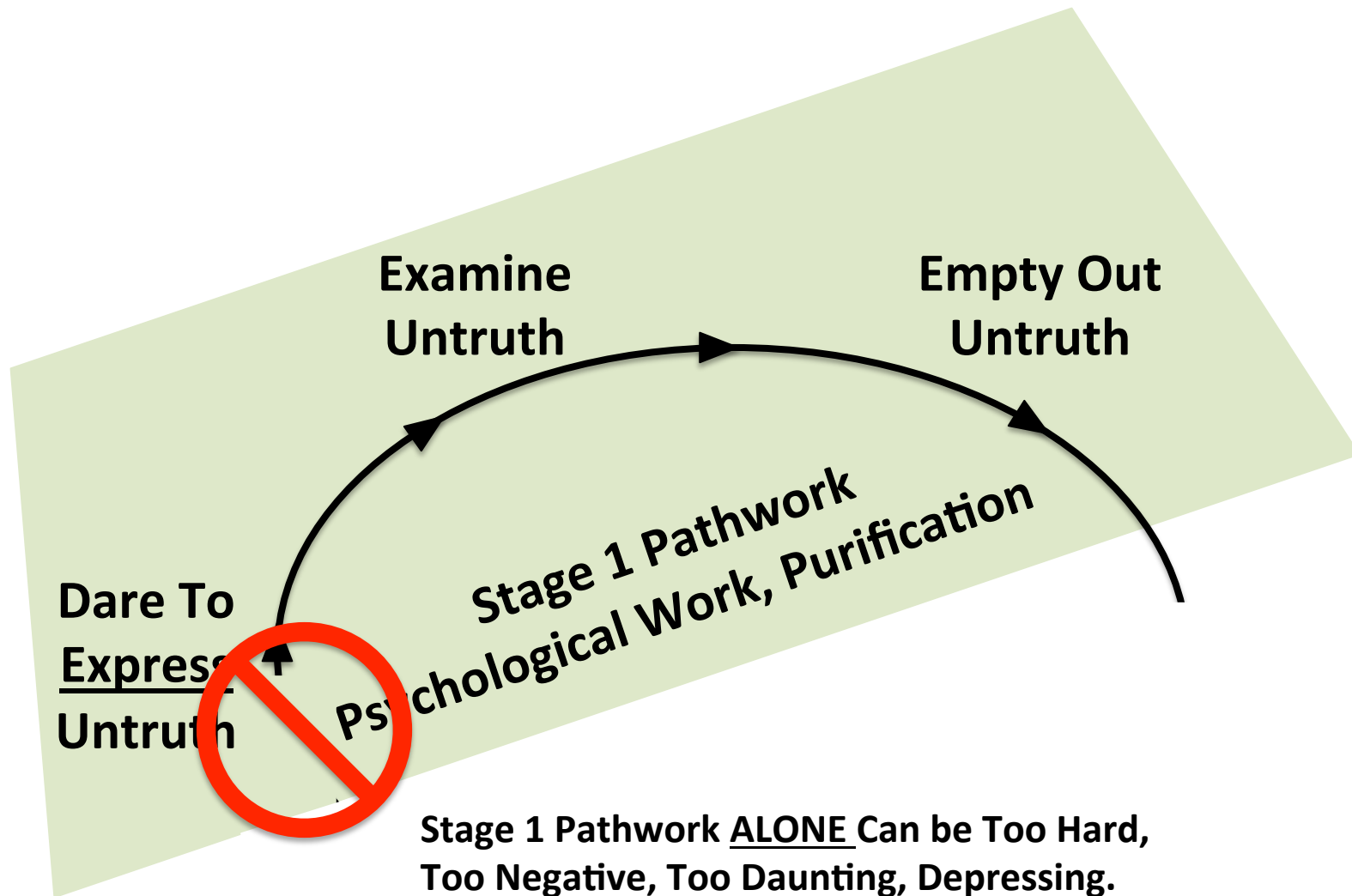
- **Tool 2 – Image Work**

- Dare to mine from the unconscious the images that have formed and guided one's entire life.
- Examine images (their origin, why untrue, etc.)
- Release images – empty them out of the psyche

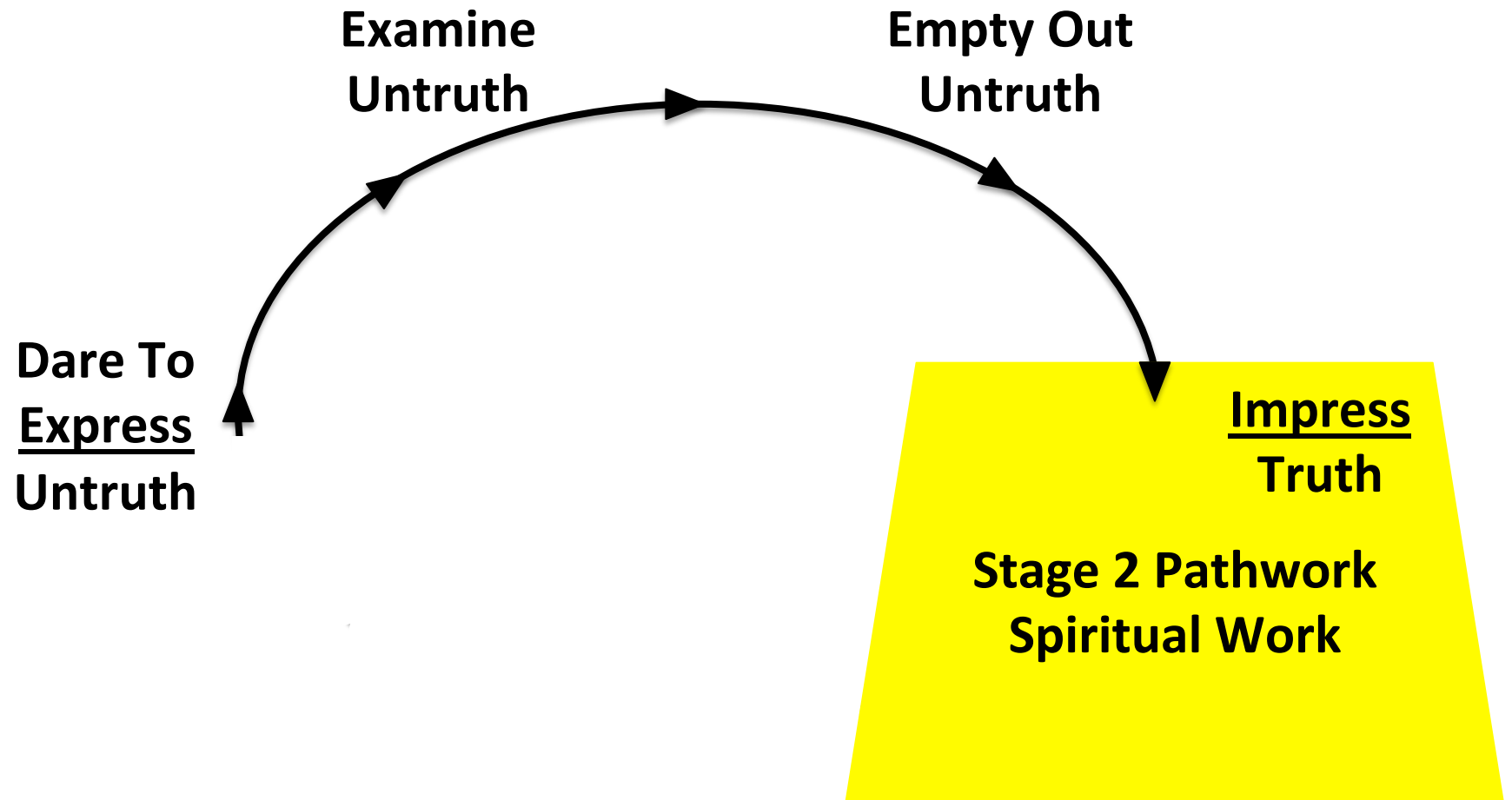
But We Resist!

- **We resist admitting disharmonies and finding the images (untruths)**
 - We have built our entire life and sense of security and identity on these untruths – our defense against the pains of life
 - This body of untruths has resulted in a powerful defense system, an armored web of patterned behavior
 - All of these Level 1 (Pride, Self-Will, Fear) and Level 2 (Masks of Power, Love, and Serenity) defense patterns are in our unconscious, and often we think our life has “worked pretty well” – we deny or dismiss our disharmonies.
 - A huge perceived risk to undo what has served us well for living our entire life

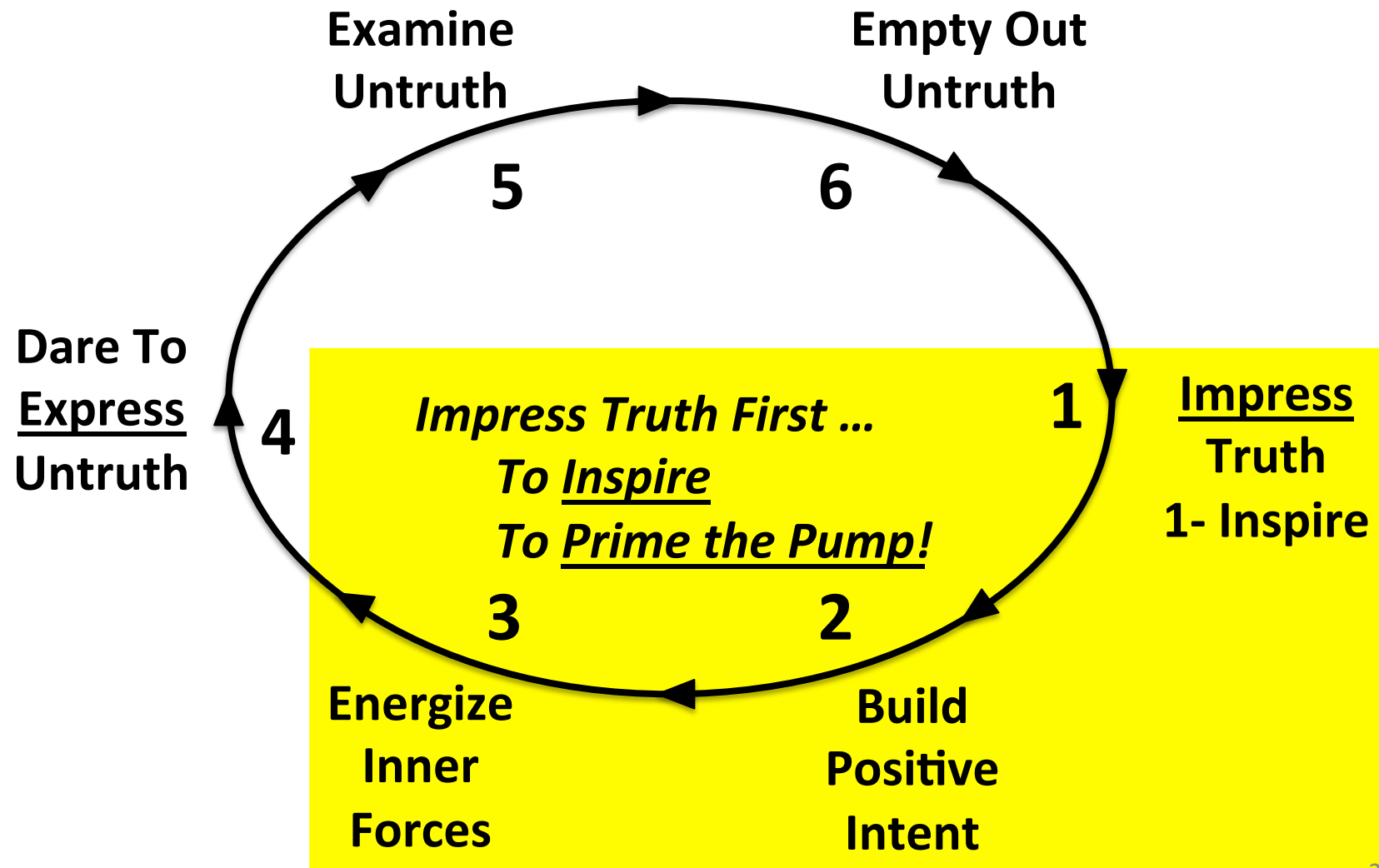
Stage 1 Pathwork Is a Very Challenging Place to Begin the Journey



So We Look For Help From Stage 2 Pathwork – The Impressing of Truth



Radical Idea 3 – Need To Impress Truth First even though Vessel is not Empty



Radical Idea 4 – A BIG Truth – Sun Is Behind the Clouds



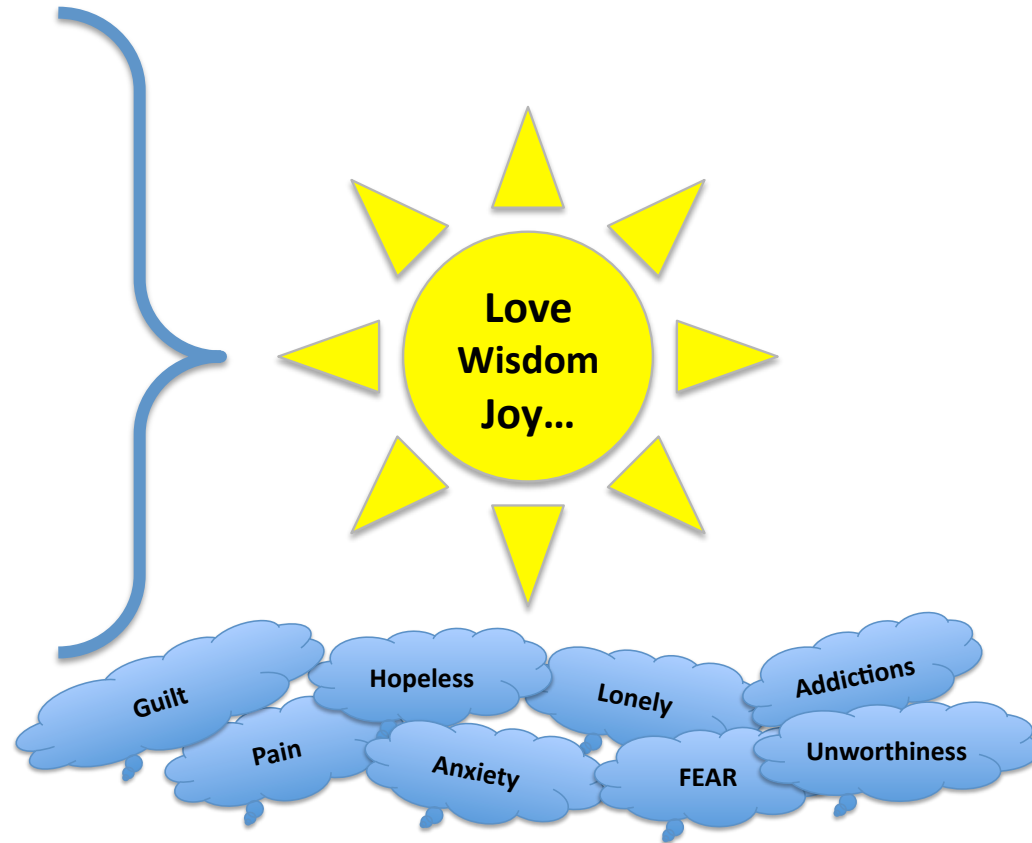
Problems ➡ Struggle ➡ Suffering

Clouds – Disharmonies in Daily Life

Impressing: Let the Big Truth Sink Into Our Cells

God is on our
side and wants
our happiness

We Are NOT
Separate



Problems ➡ Struggle ➡ Suffering

Clouds – Disharmonies in Daily Life

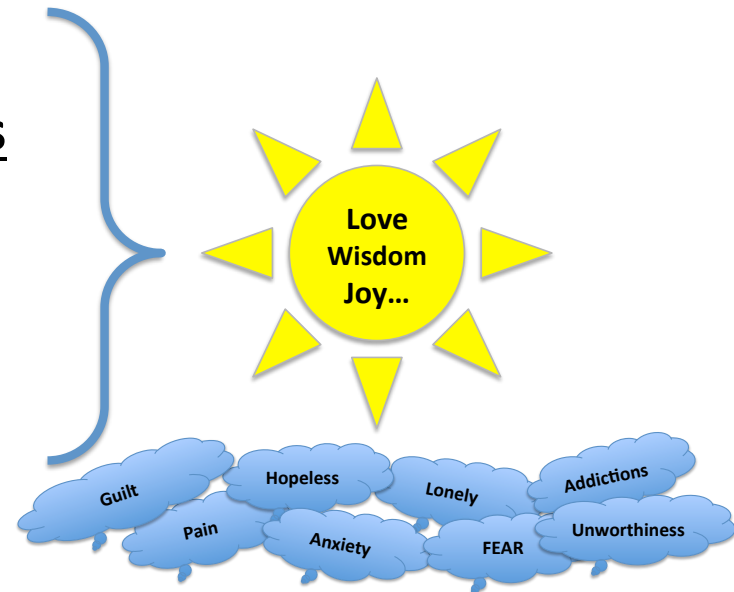
Radical Idea 5 – We Begin Our Pathwork Spiritual Journey with

Stage 2 Pathwork – Coming to consider the possibility that the TRUTH is that the Sun is behind the Clouds (i.e., Disharmonies) in our Life

Start
Spiritual
Journey with
Stage 2 –
Consider This
Truth

God is on our
side and wants
our happiness

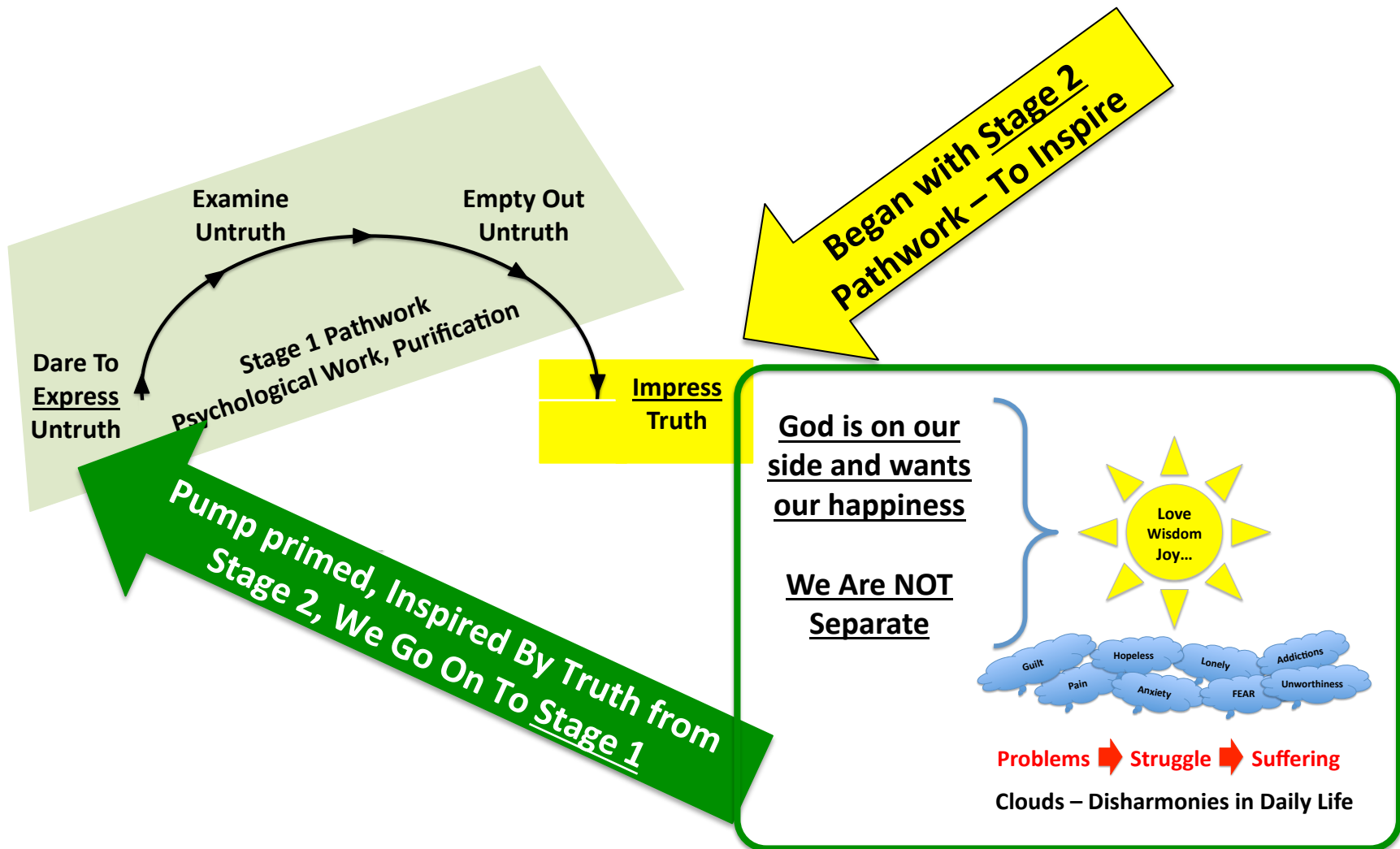
We Are NOT
Separate



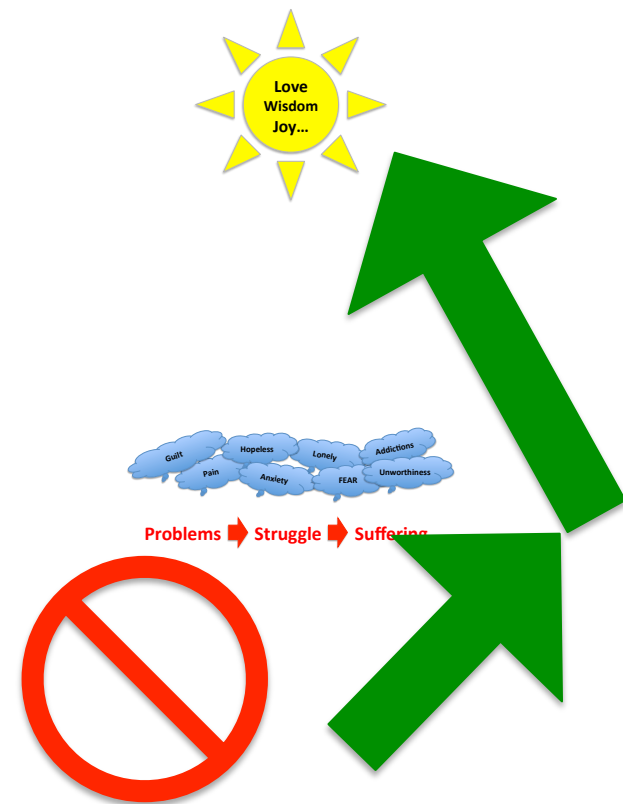
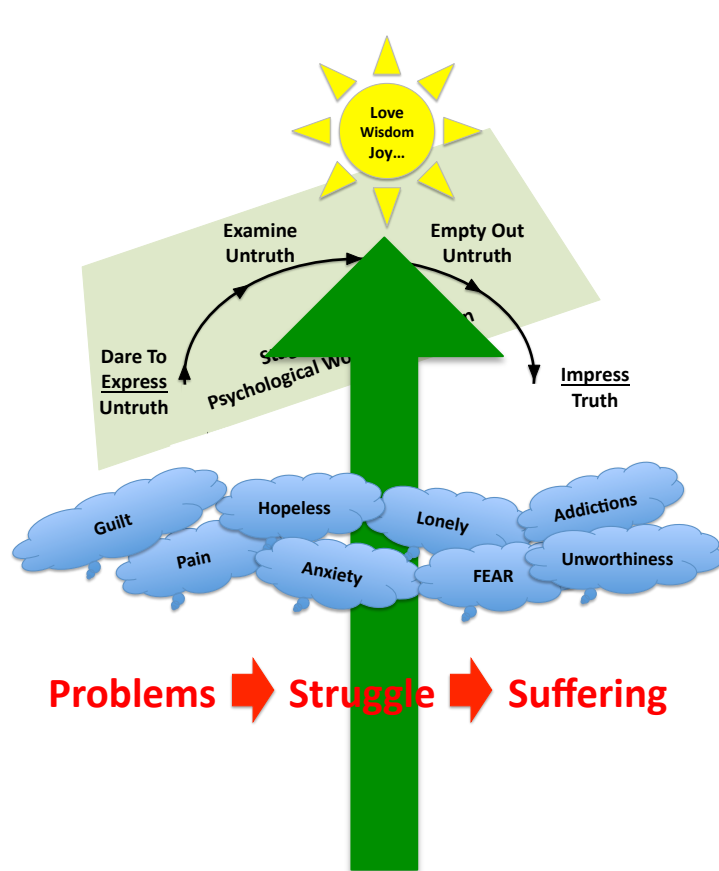
Problems ➡ Struggle ➡ Suffering

Clouds – Disharmonies in Daily Life

With the Pump Primed by Stage 2 Pathwork, We Can Move On To The Hard Work of Stage 1 Pathwork

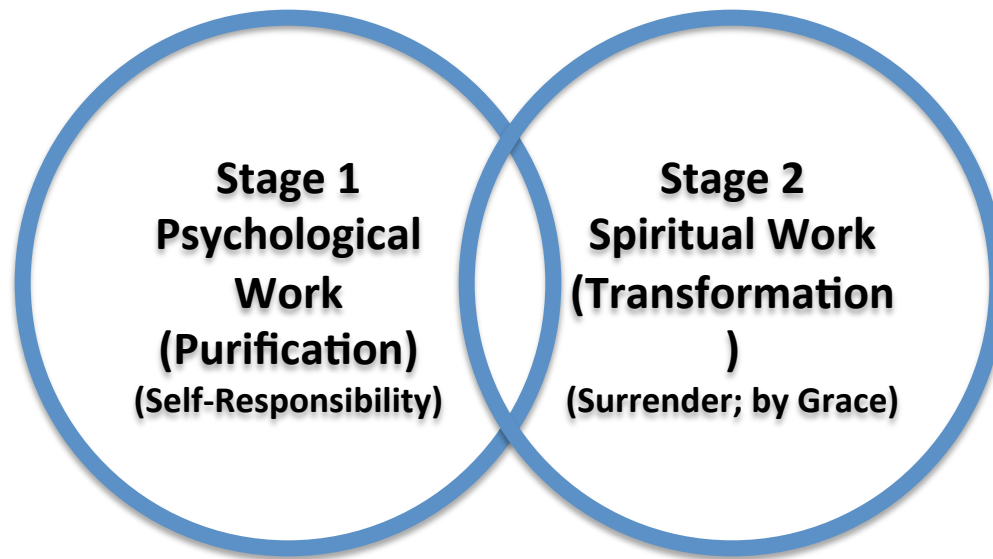


Must Go Through the Clouds and Into the Purification Process, NOT Around



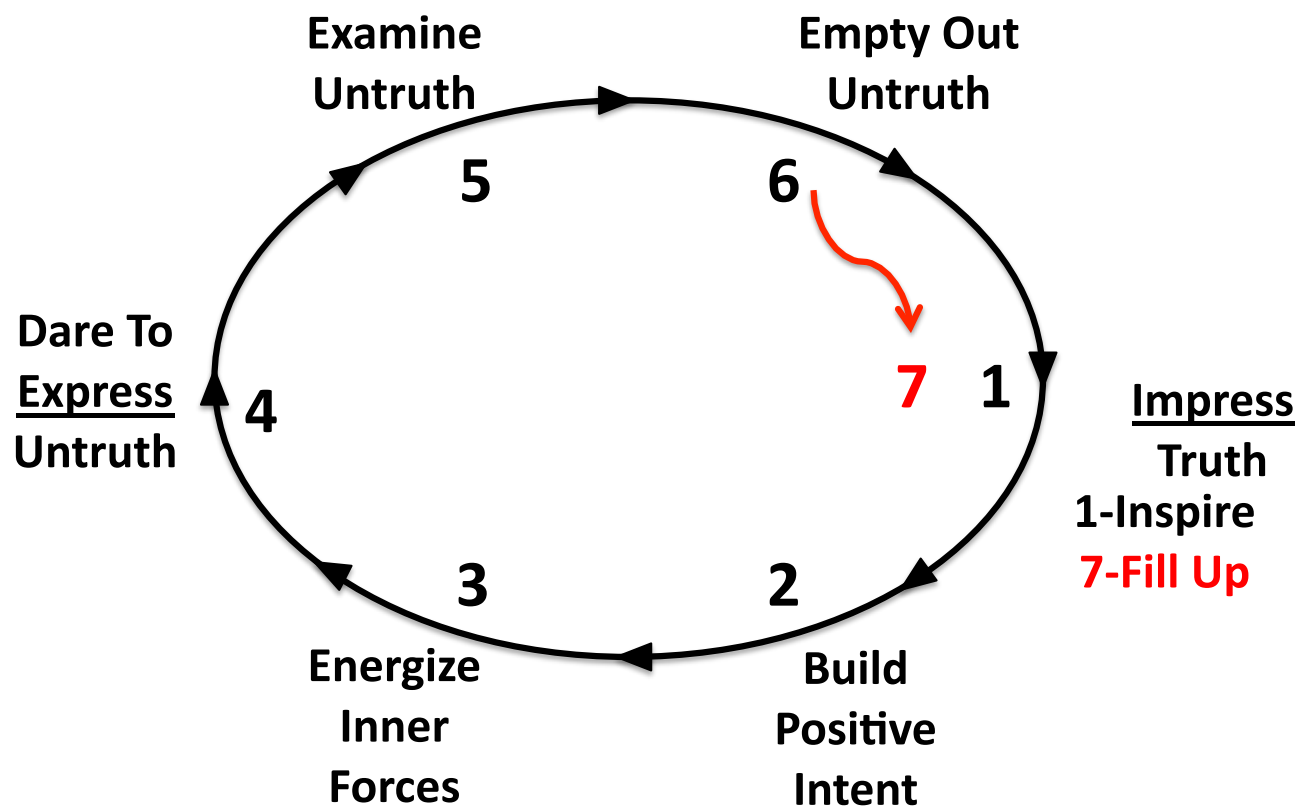
Spiritual Bypassing

Reminder: Pathwork: An Integrated Two Stage Process For Working With Life

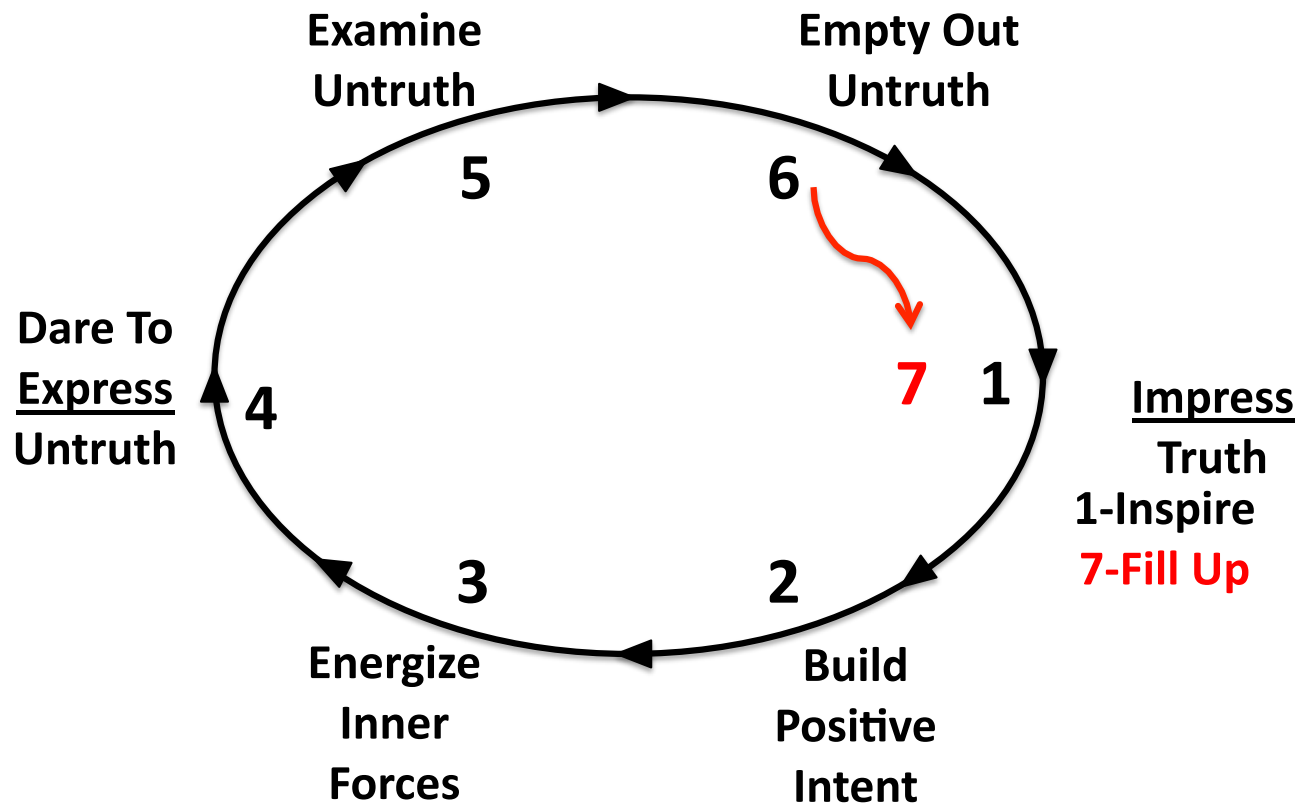


Can't Have One Without The Other

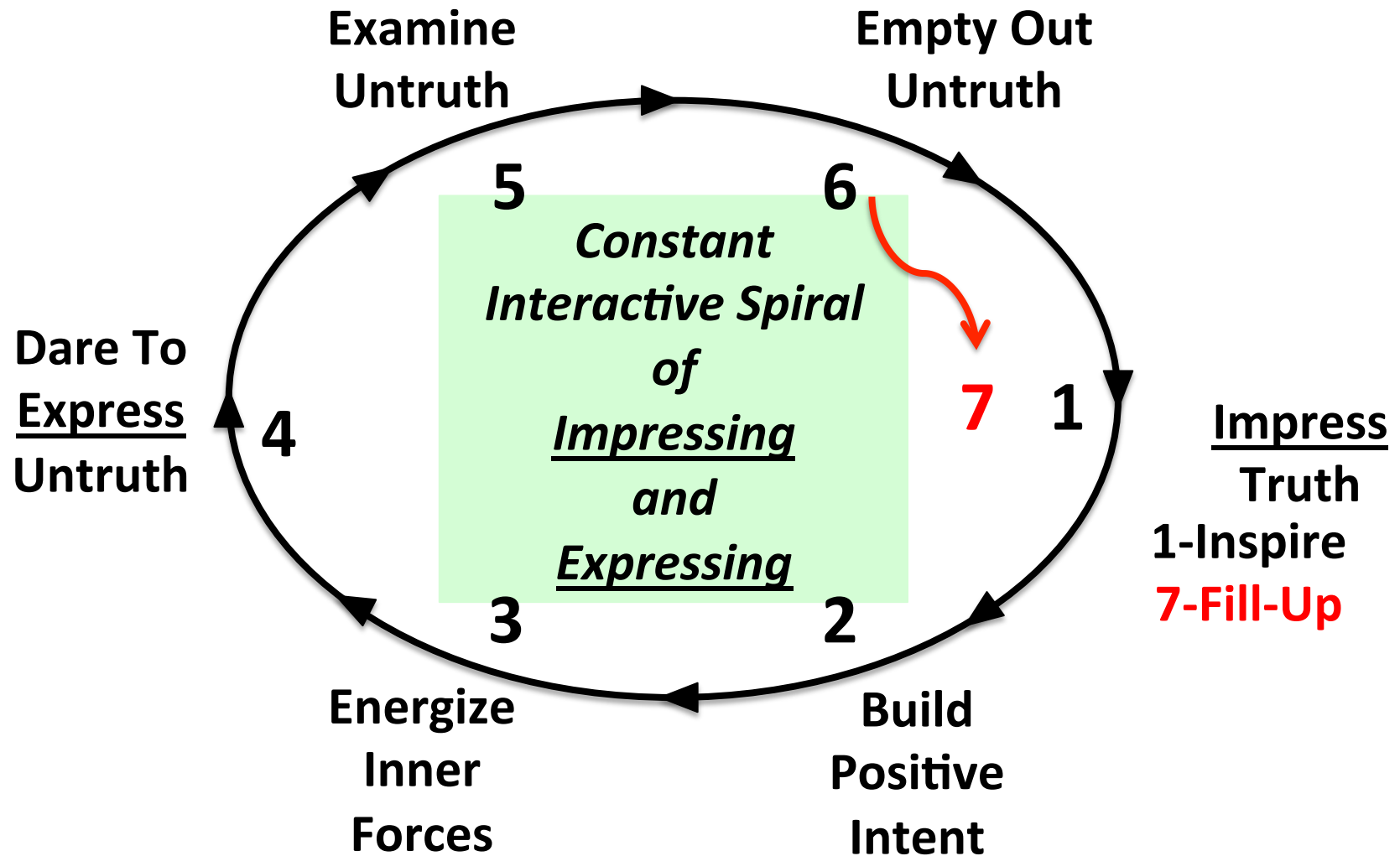
After Emptying out Muddy Water (Stage 1 Pathwork), We Fill Up With Clear Water (Stage 2 Pathwork)



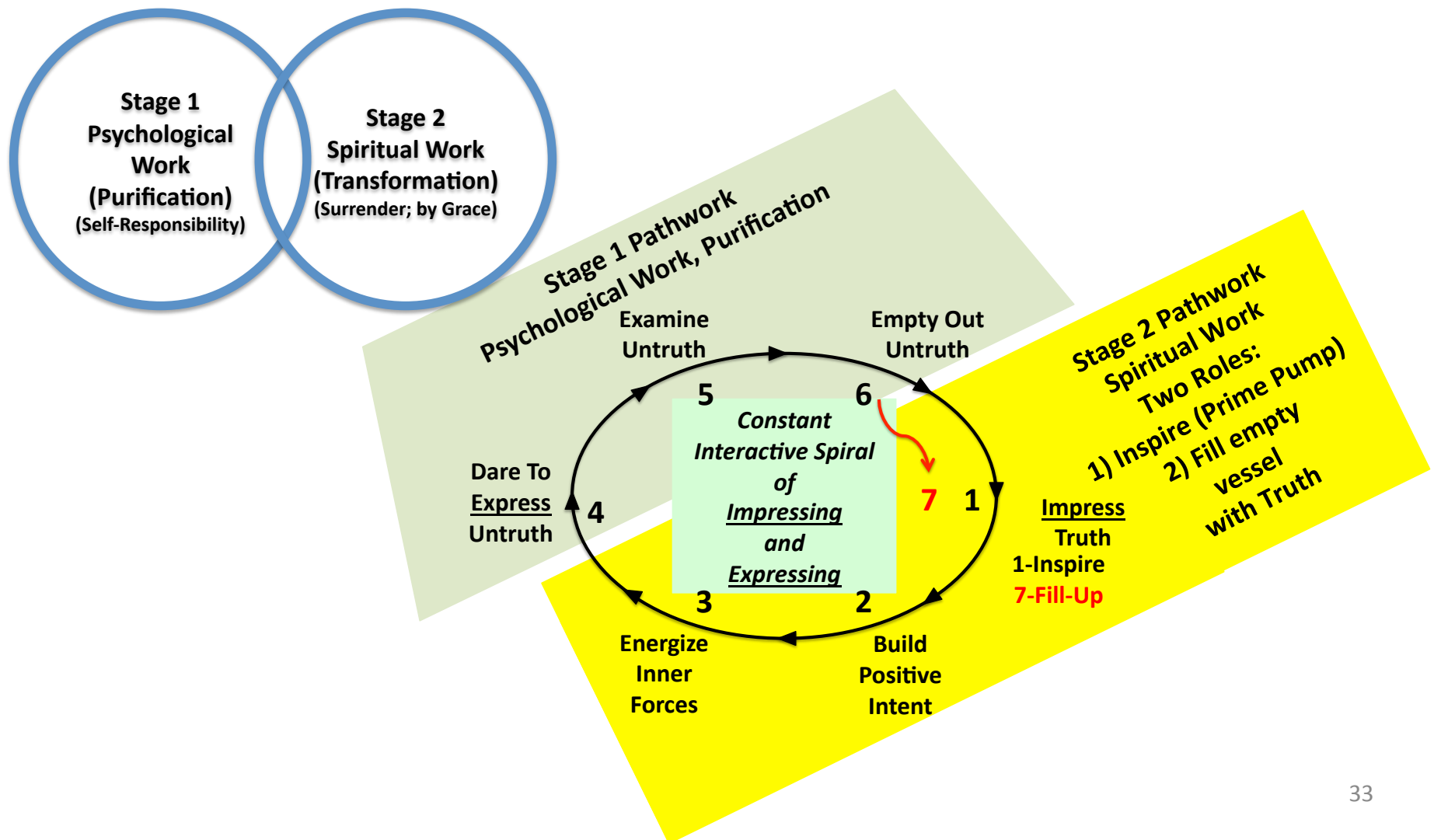
In Other Words –
After Stage 1, We Return to Stage 2 Pathwork –
Step 7, The Second Use of Impressing Truth – Filling Empty Vessel With Truth



Radical Idea 6 – The Work of Pathwork is not a one-shot deal but a Life-Long Constant Interaction of Impressing and Expressing

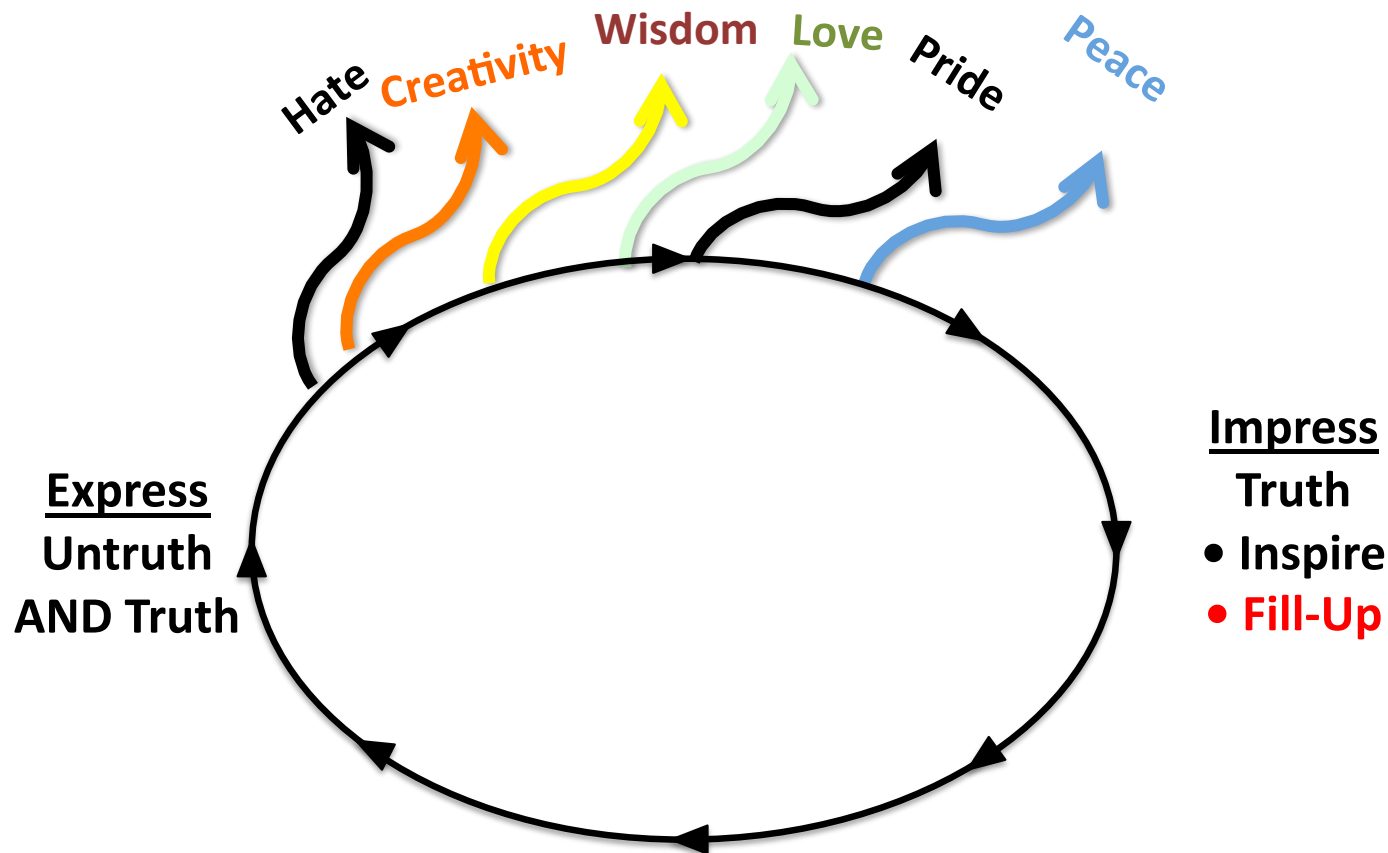


Expressing/Impressing Go Together Like Stage 1/Stage 2 Pathwork

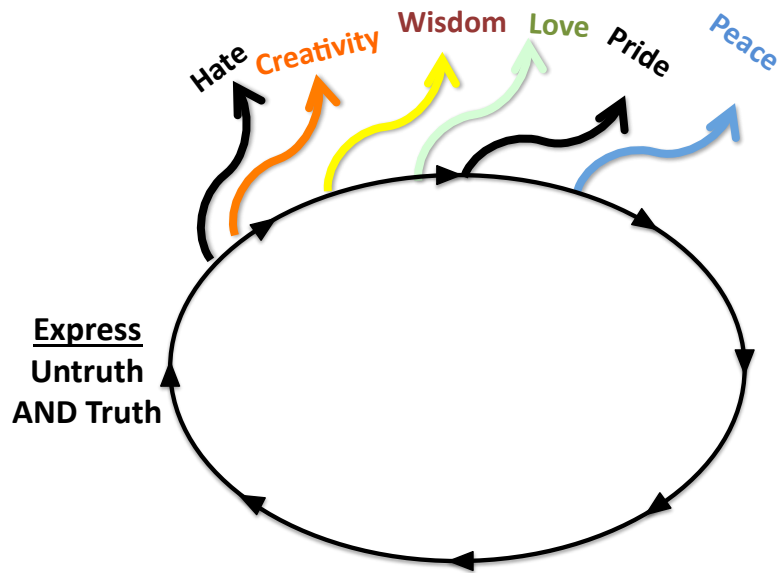


Radical Idea 7 – By Grace, Transformation Happens!

- As we go forward on the Path, we begin to express Higher-Self aspects of ourselves



Per Law of Cause and Effect, the Clouds Dissolve, We See the Sun!



Impress
Truth
• Inspire
• Fill-Up

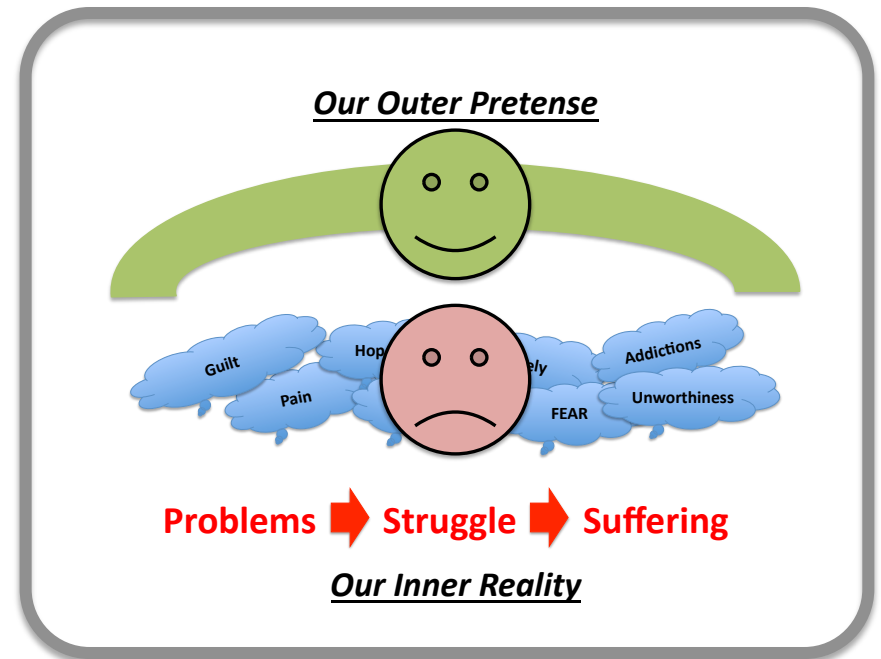
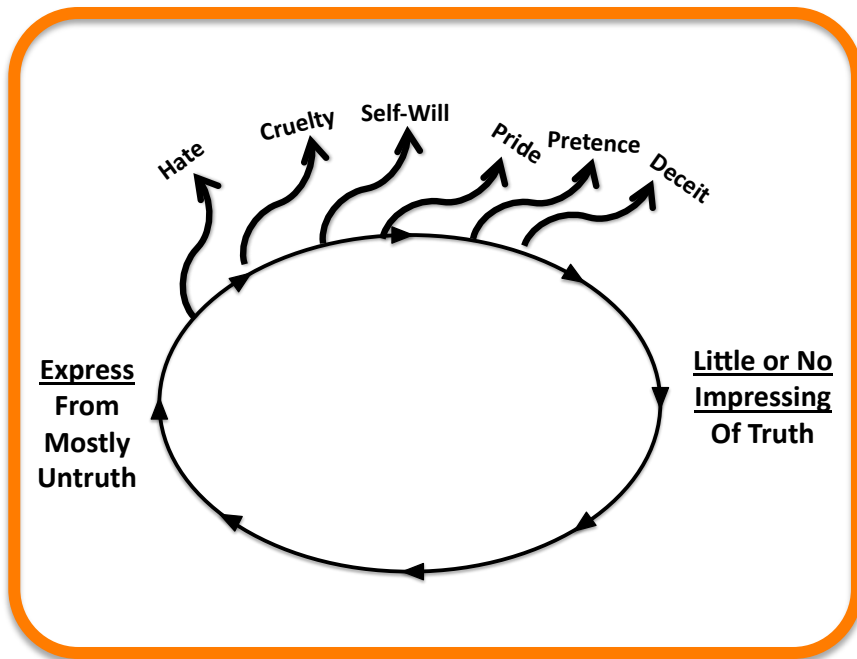


Still Some Struggle – Deeper Issues

**New Higher Self
Causes**

New Effects
(but still some residual "old")

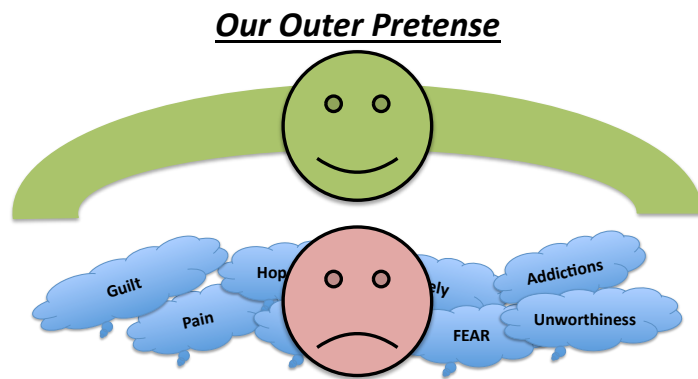
Where We Began



**Old Lower-Self
Causes**

Old Effects

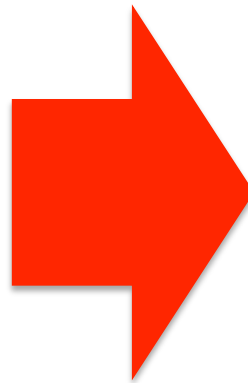
Radical Idea 8 – The Pathwork Transformation Program Is Beyond Five Years – It is for Life (and LIFE)



Problems ➡ Struggle ➡ Suffering

Our Inner Reality

We live in pretense as we struggle against *Imaginary Problems* and are suffering beneath the clouds – unaware of the Sun



Still Some Struggle – Deeper Issues

The hardest Struggle is Finished!

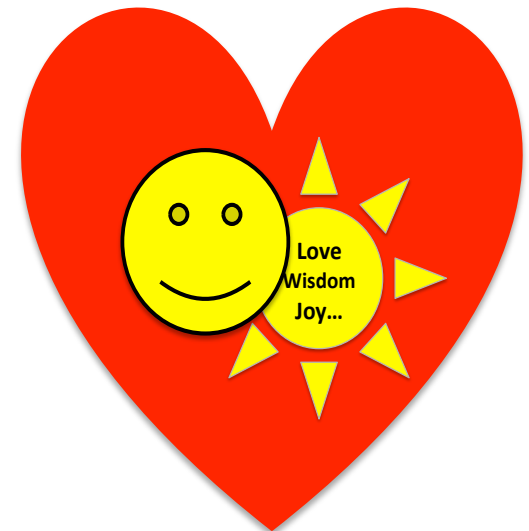
We are not separate, we live in reality and manifest from our essence for the benefit of all beings

A Closing Word from the Pathwork Guide – Radical Idea 9: The Sun is Within Us!

... Once you are well launched on the intercourse between the **volitional impressing** and the **soul movement that expresses from deep within**, you will find a deep harmony and reason to trust your innermost self.

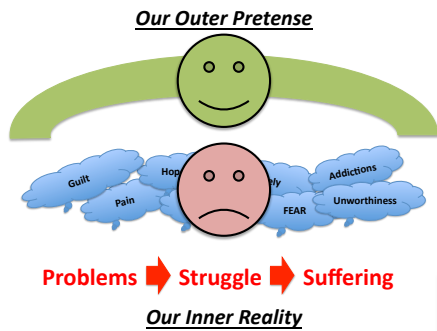
The creative forces, the positive elements which you could not truly express before, will increasingly guide you toward the light you seek.

You will continue to grow, to learn and extend yourself, and **the useless struggle will be finished**.



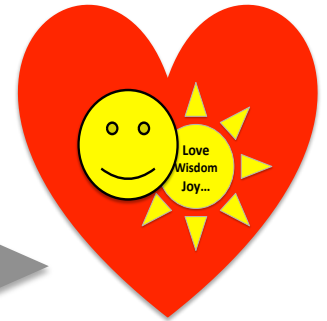
**We Discover that
the Sun is Within**

**We Celebrate as we
grow and serve!**



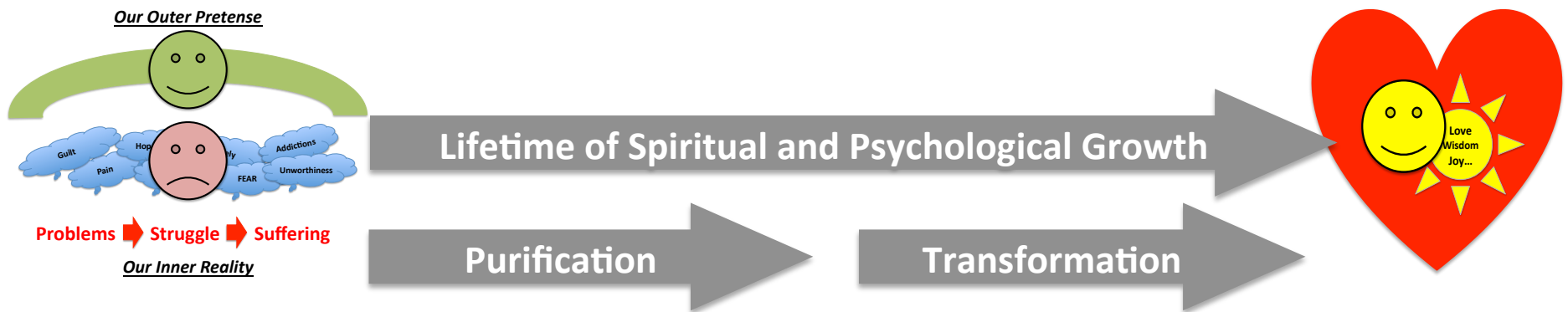
Summary of Radical Ideas

Lifetime of Spiritual and Psychological Growth



1. The Problems and struggles of Life are Illusory and unnecessary
2. Must Empty Untruth before filling with Truth
3. Yet must begin with Truth to Prime the Pump
4. The Big Truth: Sun is Behind the Clouds (Disharmonies)
5. We begin our Pathwork Journey with Stage 2
6. Path is a constant interaction of Stages 2 and 1
7. Purification happens! AND the clouds will dissipate!
8. The Pathwork Transformation Program is Life-long
9. The Sun – Our Divine Nature – is Within Us!

May You Be Blessed on Your Journey of Life

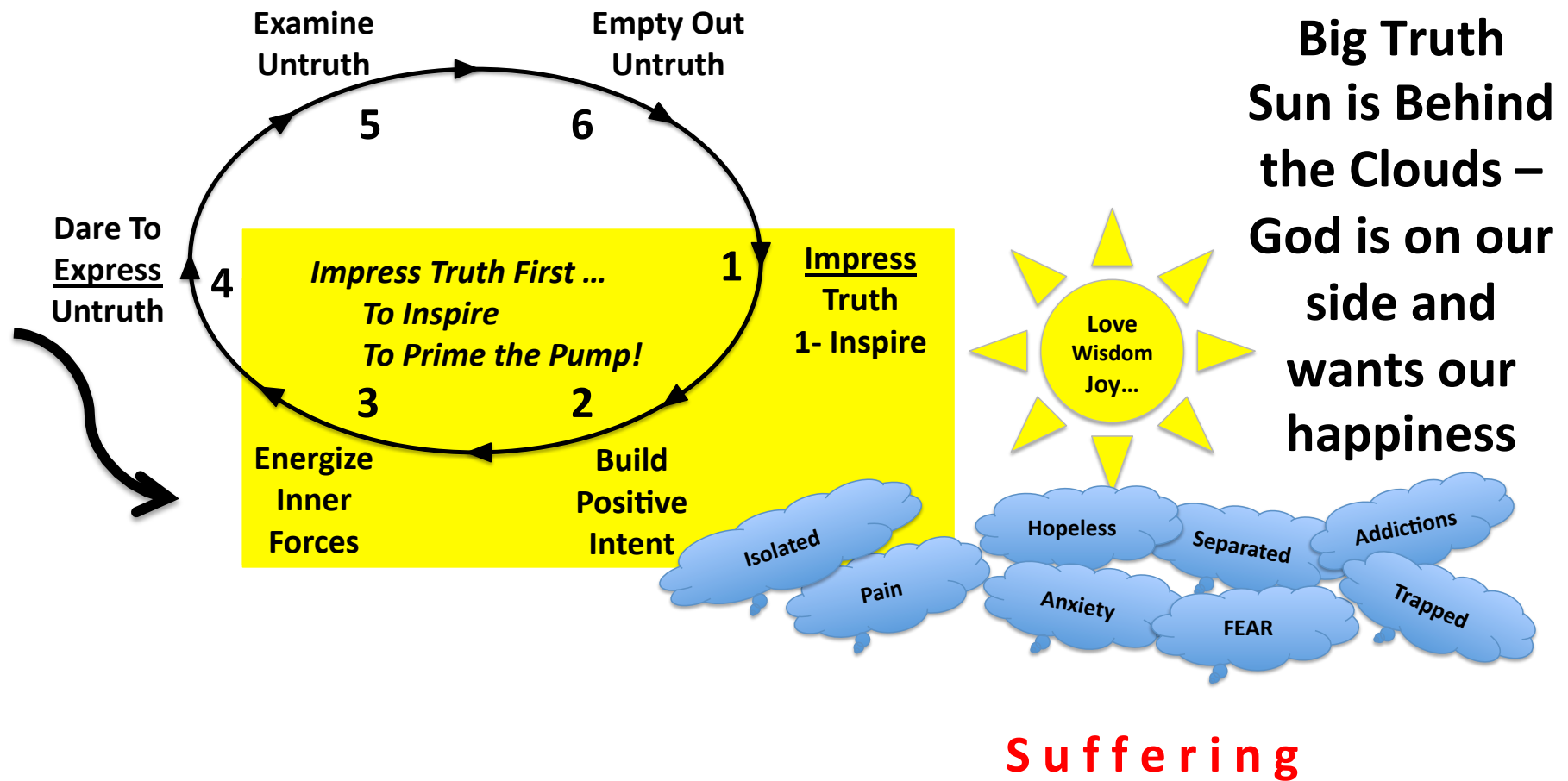


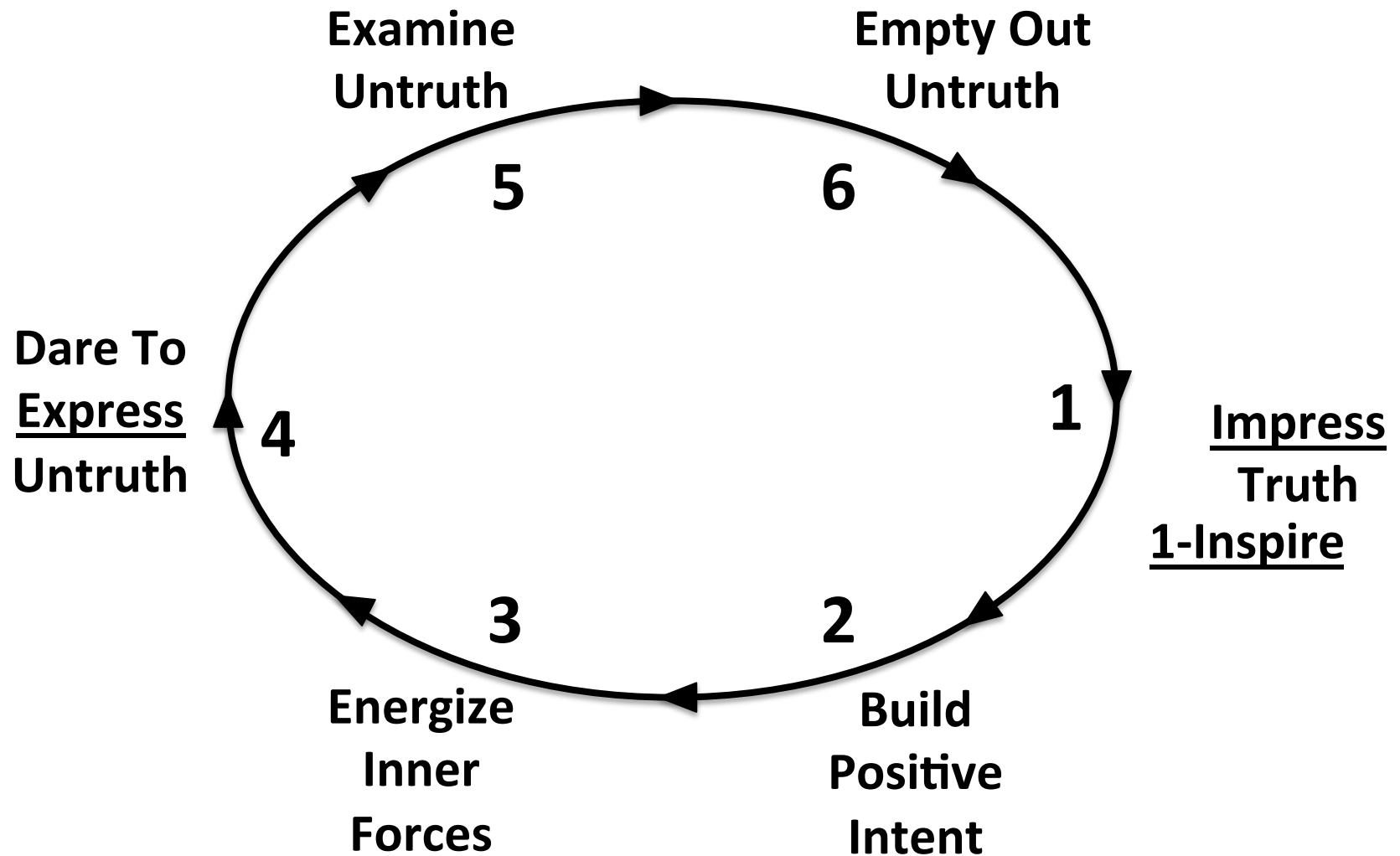
**Pathwork Concepts -- Three Divine Rays in Three manifestations:
Higher Self, Lower Self, and Mask Versions**

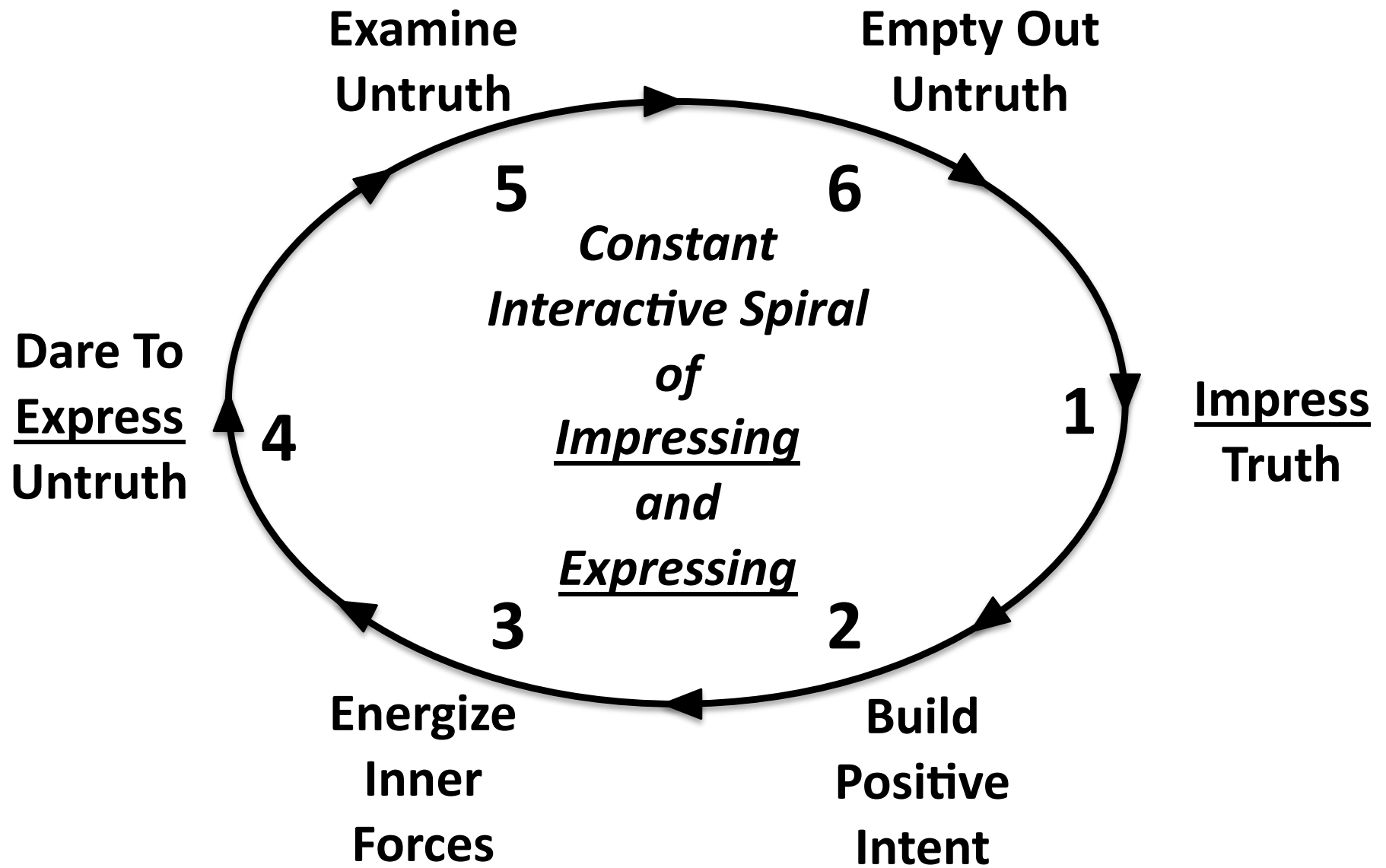
<p align="center"><u>Higher Self</u></p> <p align="center">Original Ray of my Divine Nature</p> <p align="center">My essence as a Divine spark</p> <p align="center">The LIFE FORCE that draws me to my destiny and pulls me into union with God and LIFE</p>	<p align="center"><u>Lower Self</u></p> <p align="center">Distorted Ray of my Divine Nature</p> <p align="center">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 align="center"><u>Mask Self</u></p> <p align="center">Pretense of my Divine Nature</p> <p align="center">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 align="center">POWER Ray</p> <p align="center">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 align="center">SELF WILL</p> <p align="center">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 align="center">POWER Mask</p> <p align="center">Inauthentic power in order to appear powerful and creative Compensates for feeling powerless</p> <p>Traits: Mock Confidence, Workaholic to appear important, Controlling to appear powerful, Busy but ineffective</p>
<p align="center">LOVE Ray</p> <p align="center">In service to Whole Drawn to CONNECT</p> <p>Traits: Empathy, Compassion, receptivity, Trustworthiness, Full Presence, is Divine Feminine</p>	<p align="center">FEAR</p> <p align="center">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 align="center">LOVE Mask</p> <p align="center">Inauthentic outer love in order to appear loving Compensates for feeling resentful, unloving, and disconnected</p> <p>Traits: Submissive, "Sucky," Pleasing, "Nice," Many outer friends but few inner intimate friends</p>
<p align="center">SERENITY Ray</p> <p align="center">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 align="center">PRIDE</p> <p align="center">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 align="center">SERENITY Mask</p> <p align="center">Inauthentic serenity in order to appear secure and in truth Compensates for feeling insecure and inadequate</p> <p>Traits: Withdrawing, Intellectual coolness, Need to be RIGHT, Intellectual "knowing"</p>

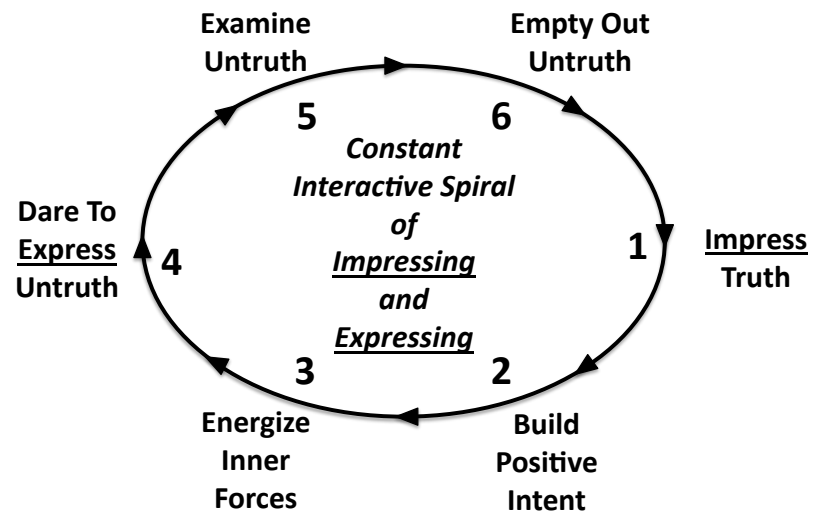
Use BIG Truth To Inspire The Work

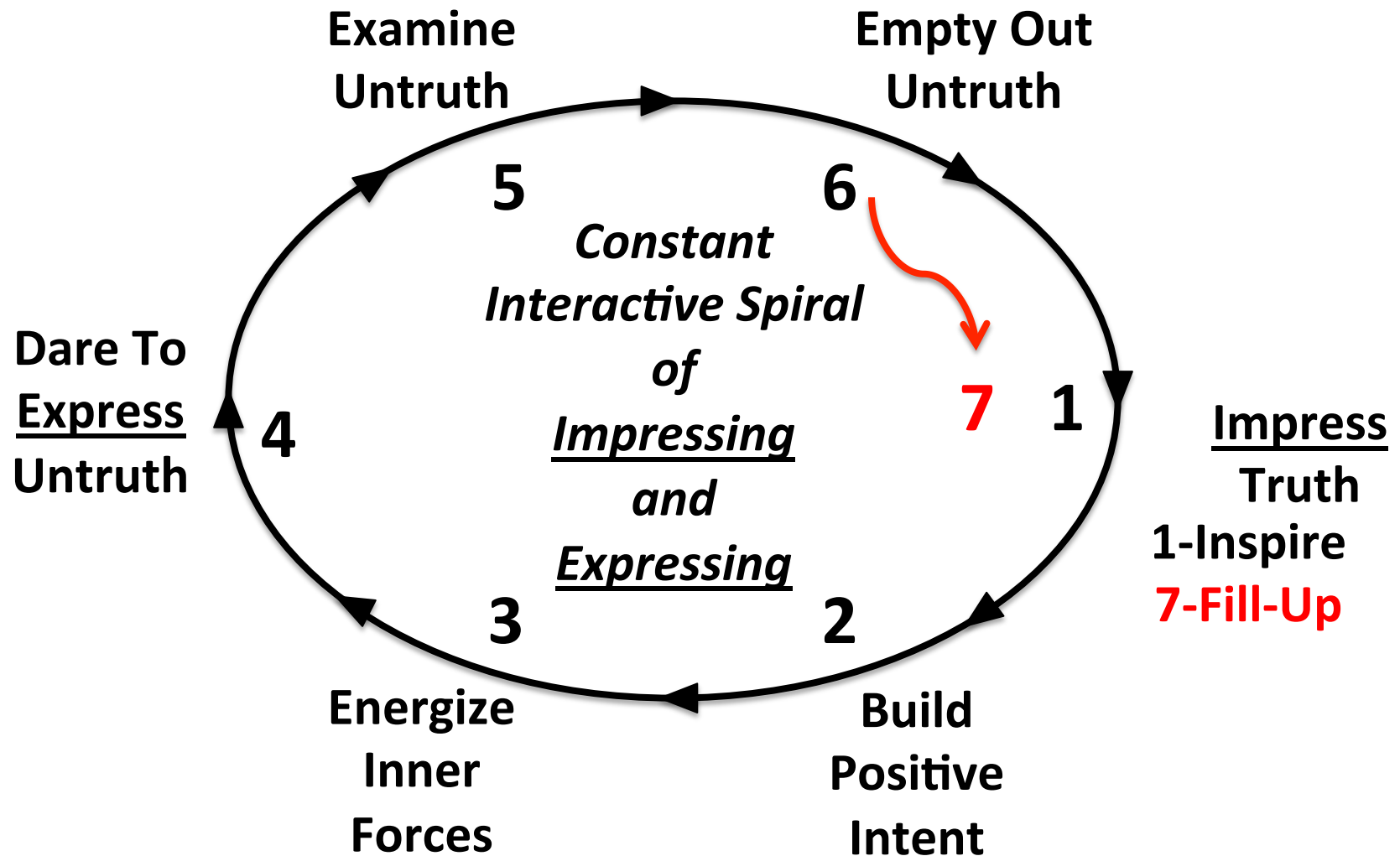
Use Stage 2 Pathwork As Step 1



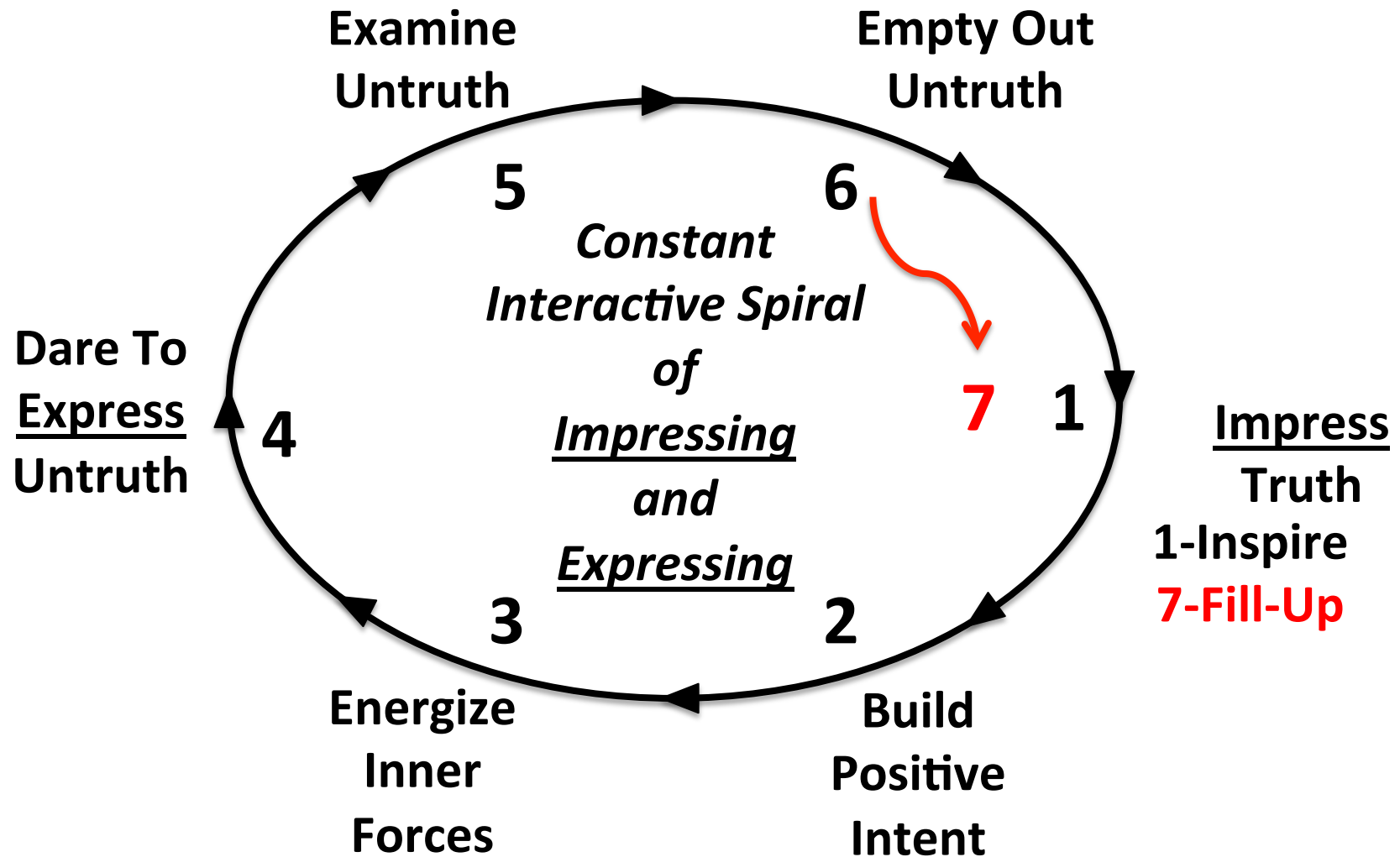






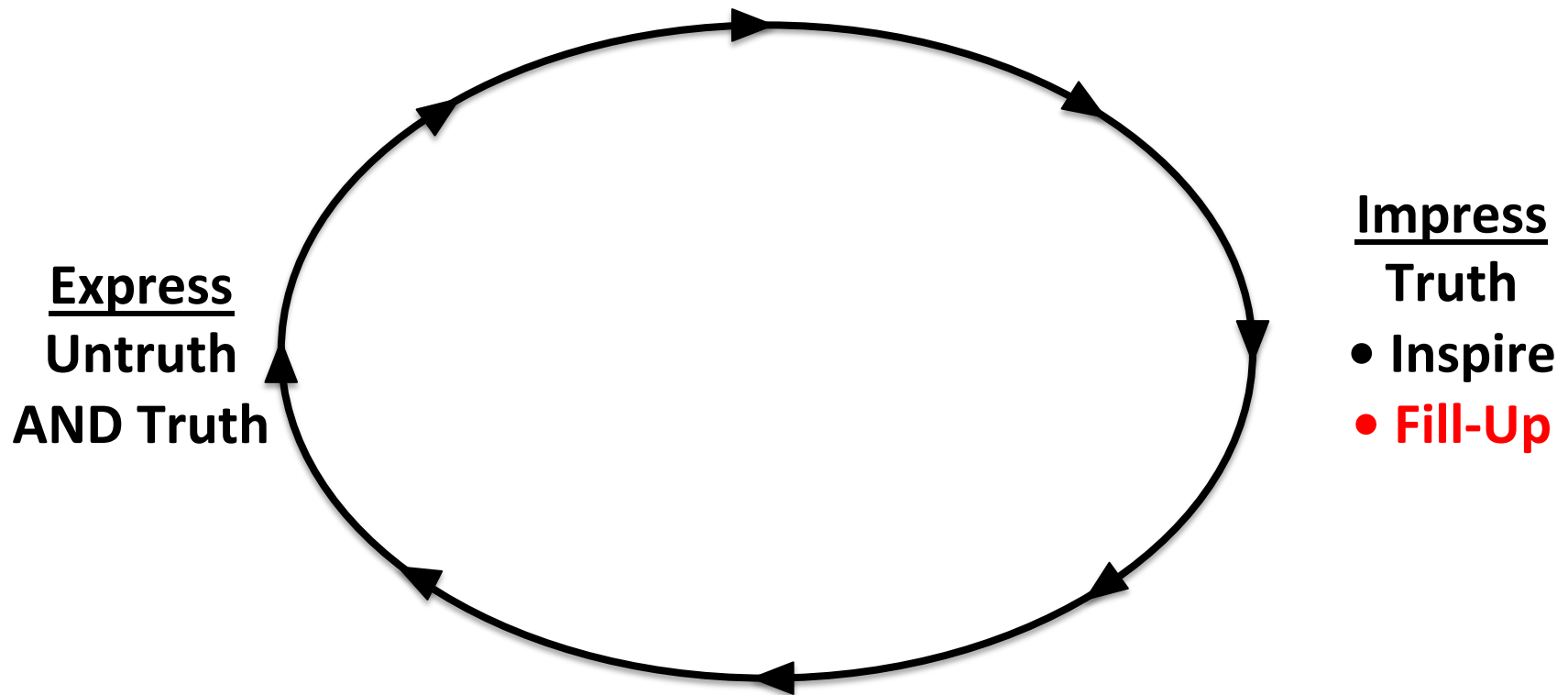


Idea 5 – A Constant Interaction of Impressing and Expressing



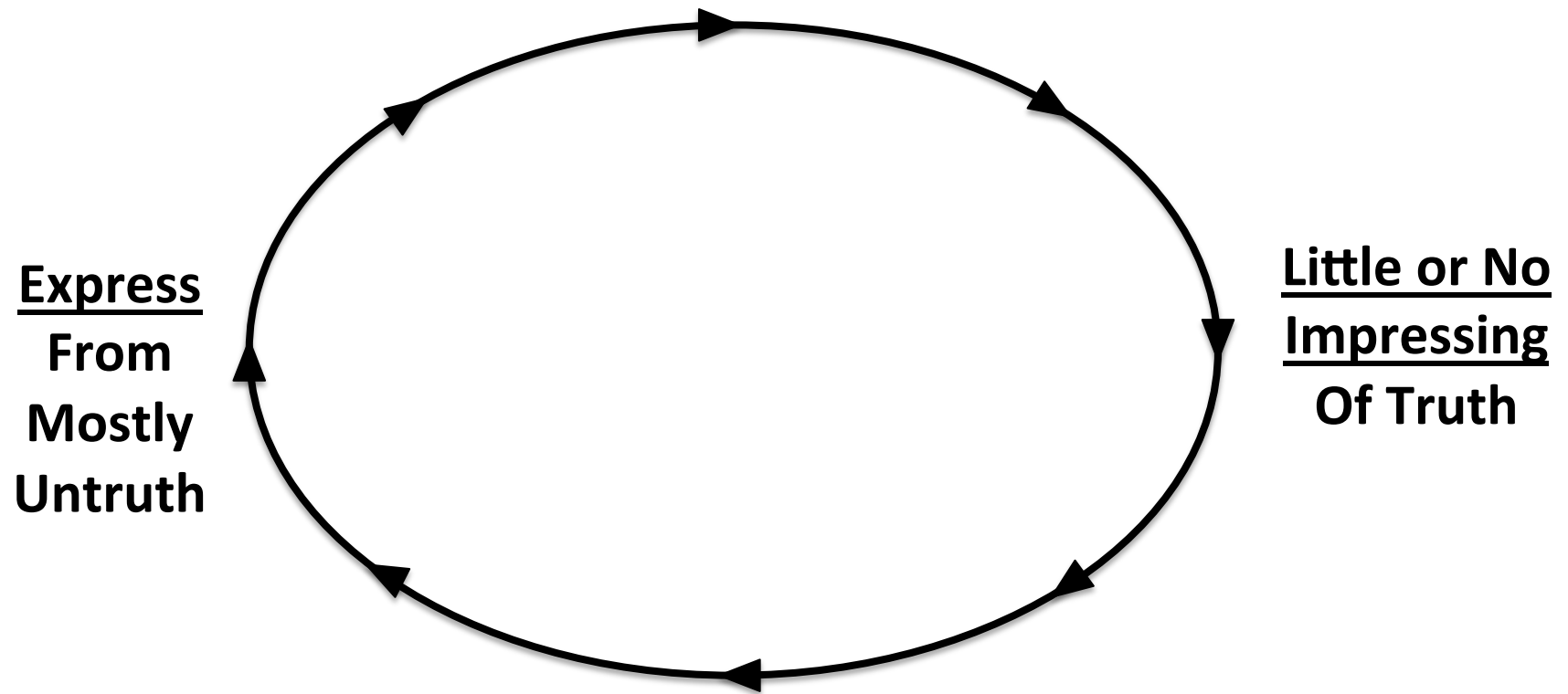
Idea 6 – Purification Happens!

Over time the Muddy Water Gets Clear – and Expressing Becomes Rich With Higher Self Qualities



Idea 6 – Purification Happens!

Over time the Muddy Water Gets Clear – and Expressing Becomes Rich With Higher Self Qualities

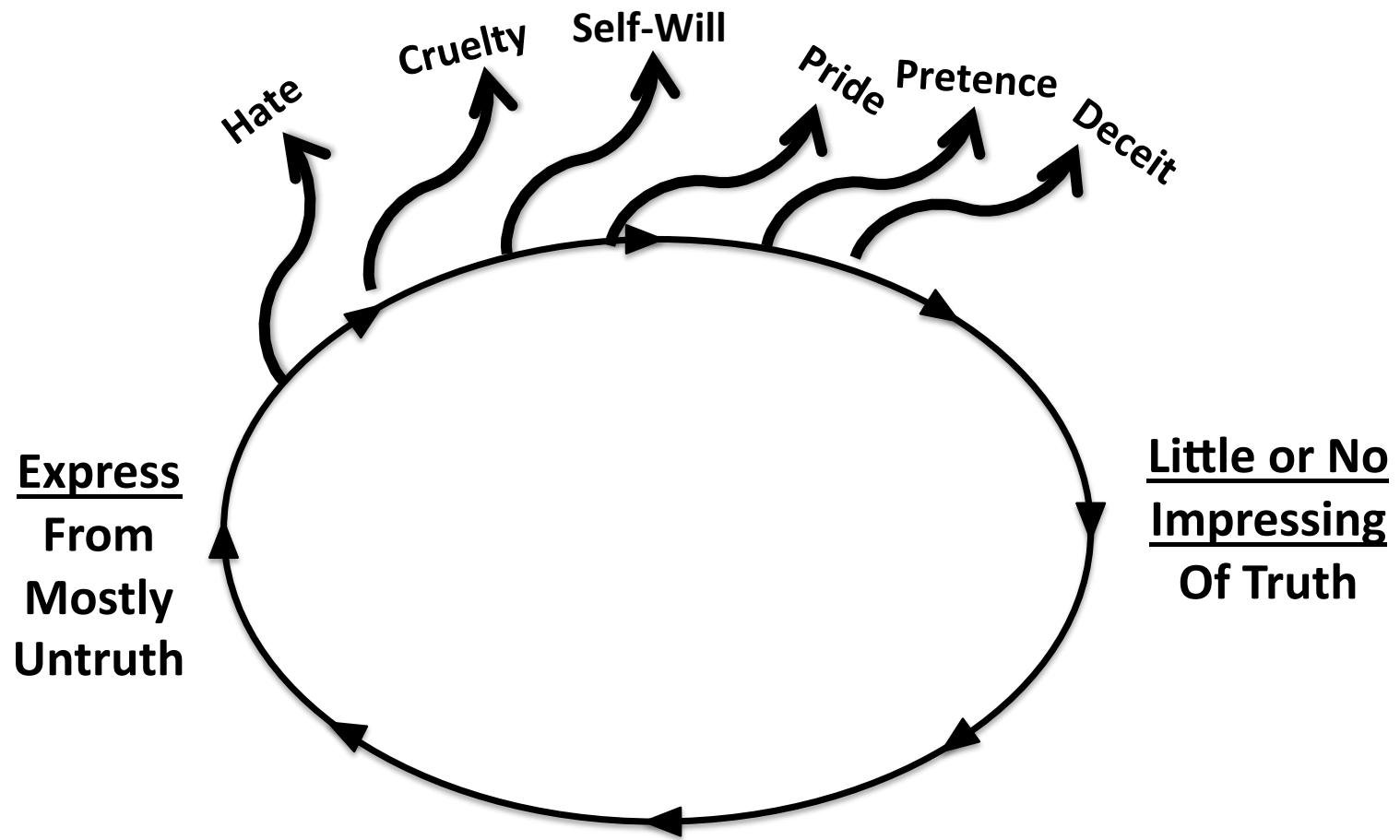




Still Some Struggle – Deeper Issues

Where We Began

(Underneath Our Mask – And Unconsciously)



As We Evolve Higher Self Qualities Manifest from our Essence

