

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)*

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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>

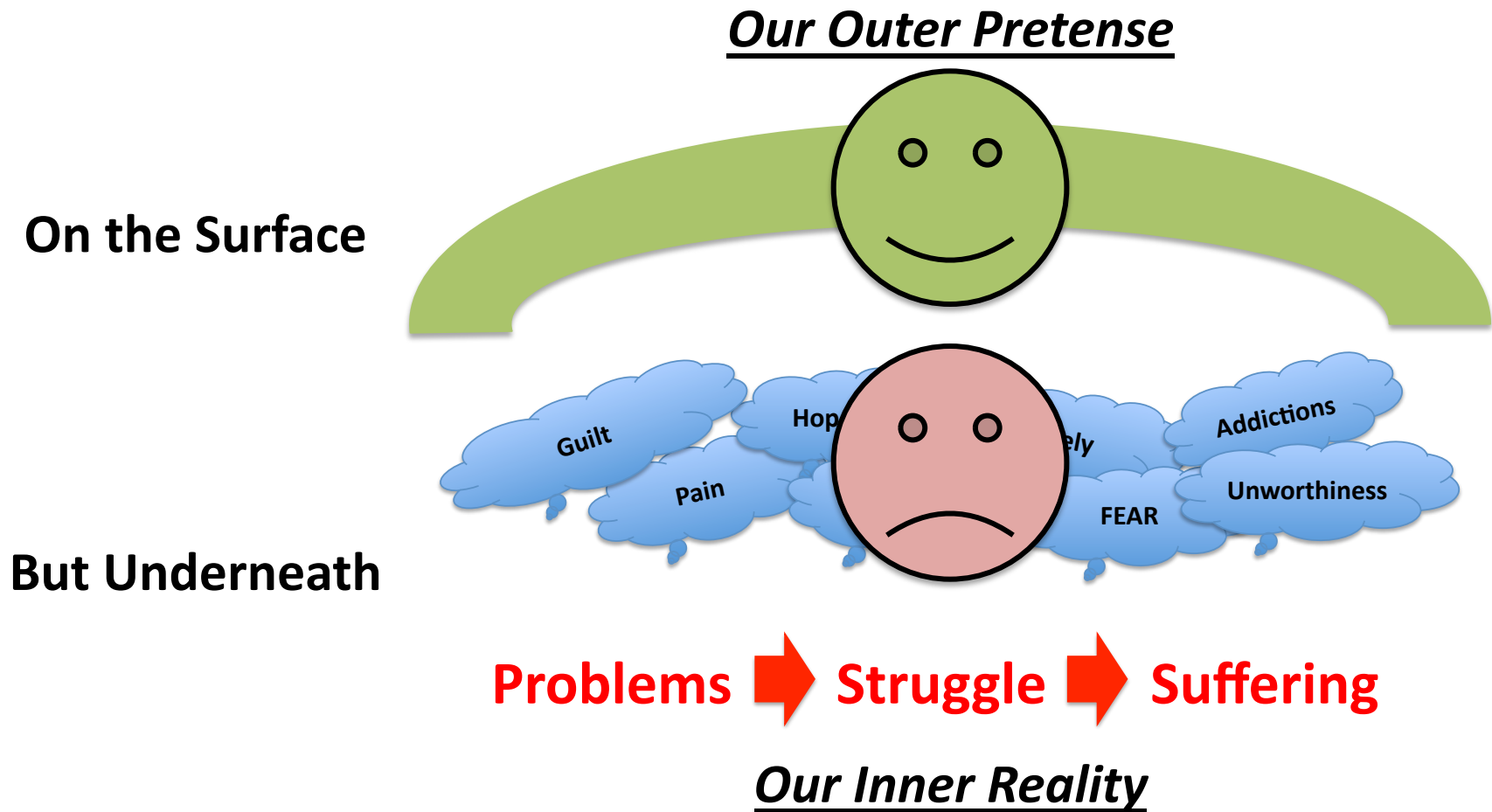
Part 3 (Slides 27- 40): <http://www.garyvollbracht.com/wp-content/uploads/12.05.03LeadersRetreat-L131C.pptx.pdf>

Where We Often Start Our Spiritual Journey

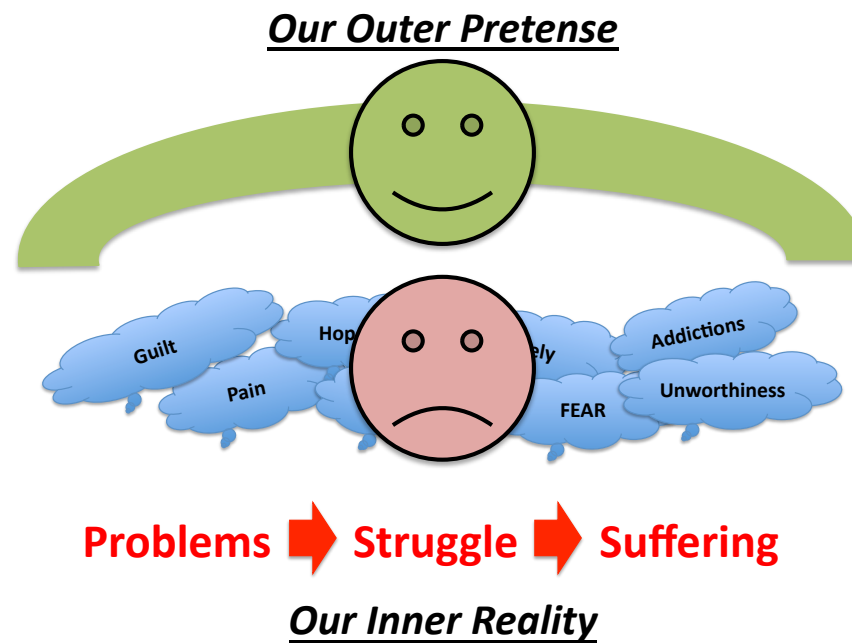


Problems ➡ Struggle ➡ Suffering

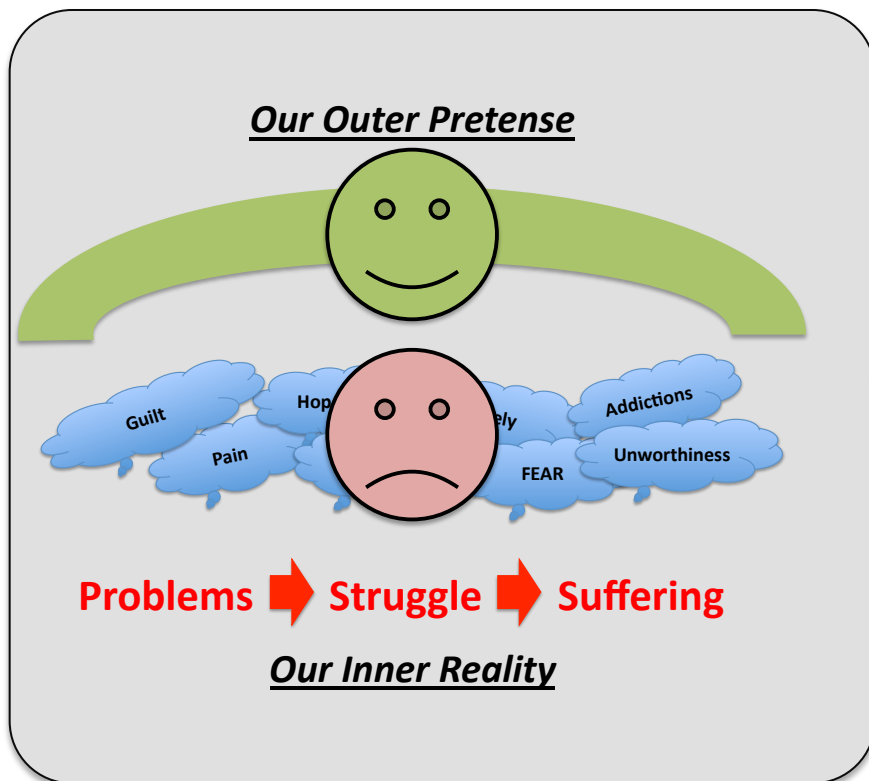
After We Admit That Life is not as Happy, Fulfilling, and
Successful as we have Pretended
(to Ourselves, and to Others)



So What Do We Do?



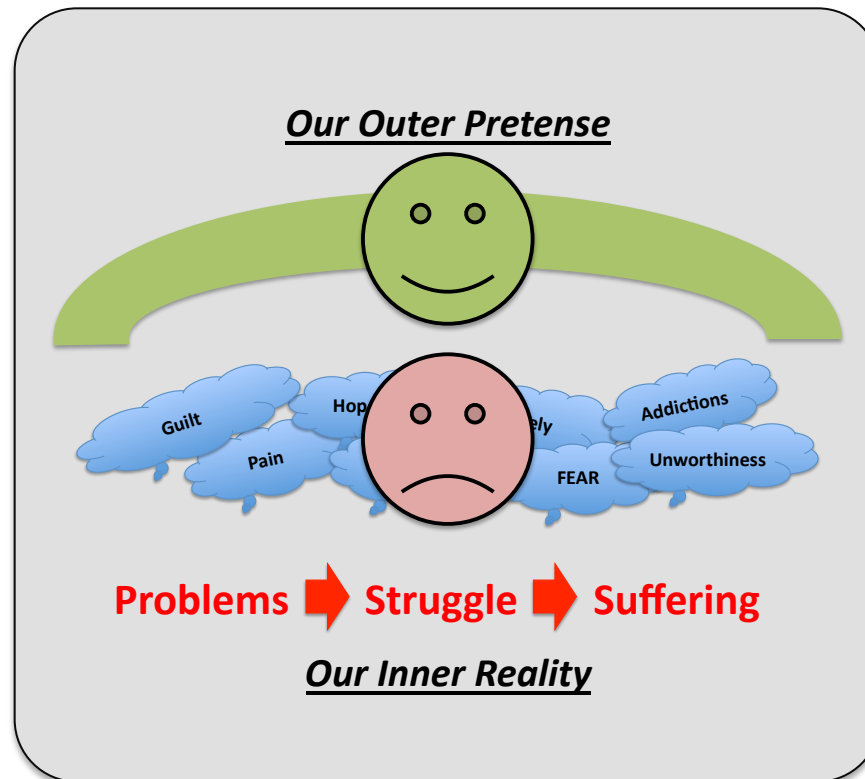
So What Do We Do?



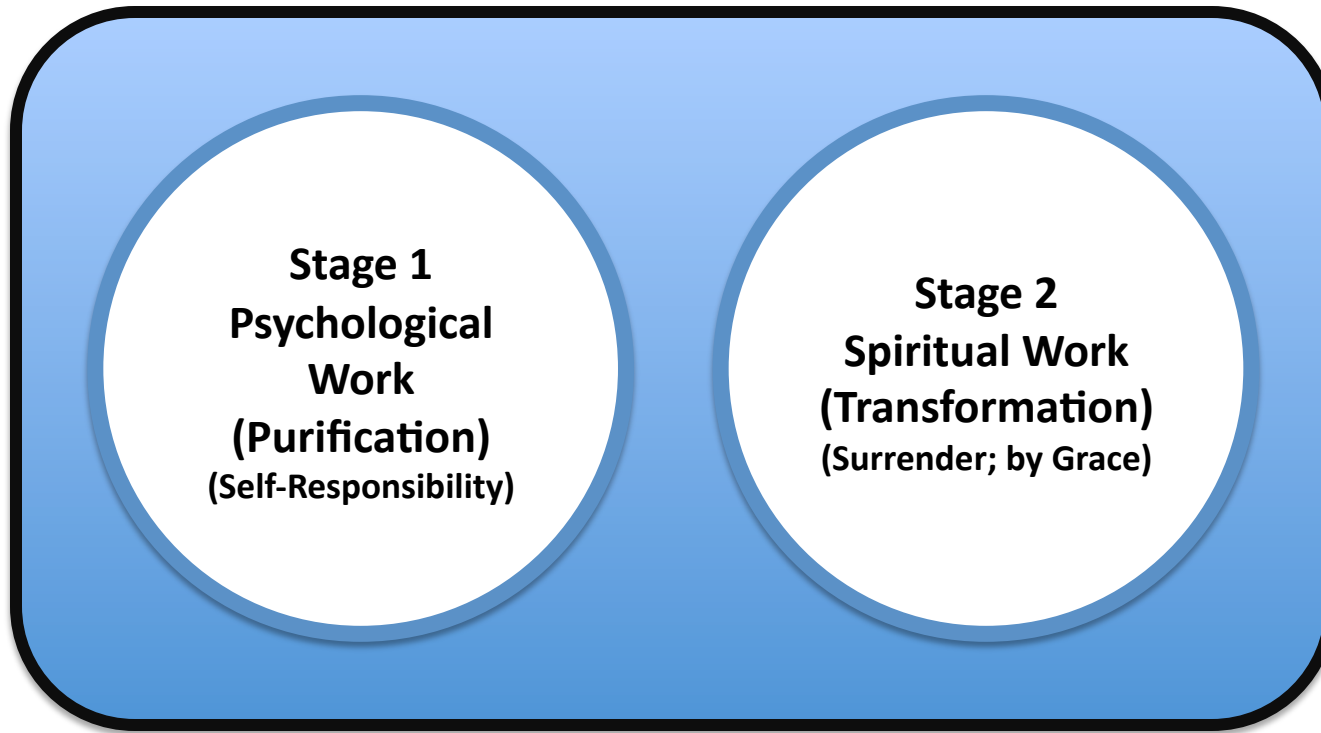
1. Nothing...Life is Pretty Good as it is...Keep it up!
2. Psychotherapy, Spiritual Direction, Counseling, Self-Help Groups, Books
3. Religion – Belief System, Community, ritual, etc.
4. Spirituality – Gurus, Teachers, Self-Help Groups, Books, etc.
5. If in addictions, 12-Step Programs – AA, Al-Anon,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

Pathwork

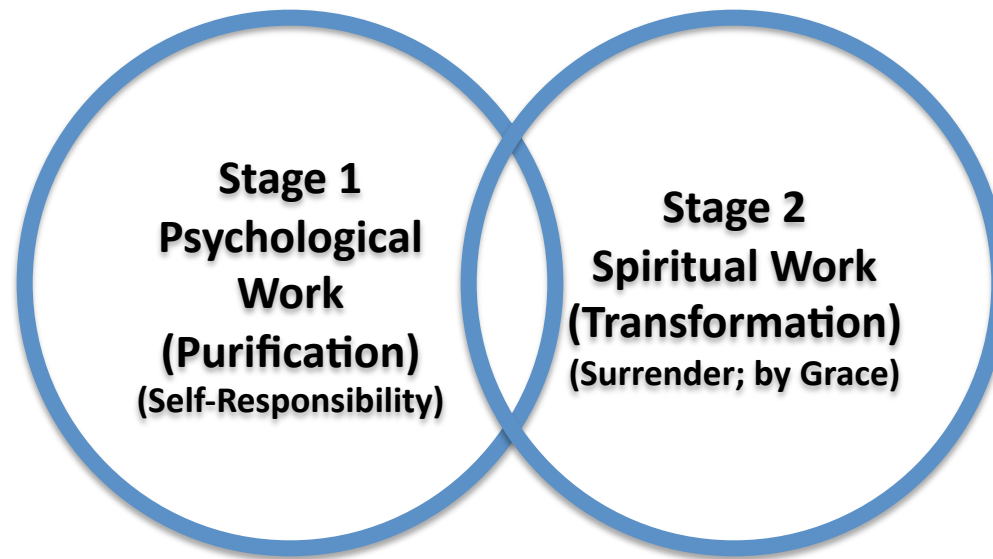
**A Set of Tools, Practices, and Concepts for Tackling Life's Issues
and Manifesting True and Lasting Happiness and Fulfillment**



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...



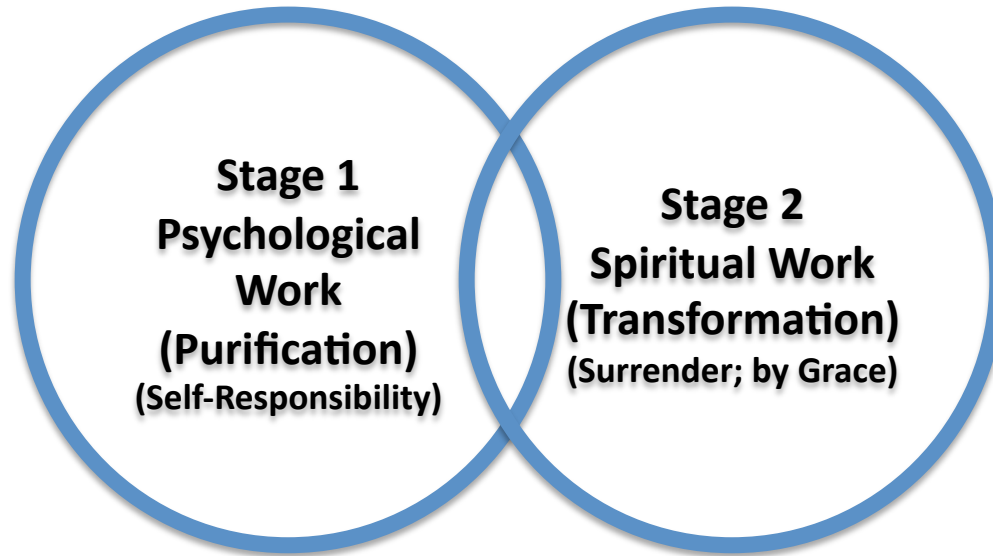
- Coping, yes but...
- Lacking Sense of Purpose
- Deep Anxiety Underneath
- Might be Mask Self and not Real Self
- Limited Power/Energy
- Not Manifesting to Full Potential

If only Stage 2...

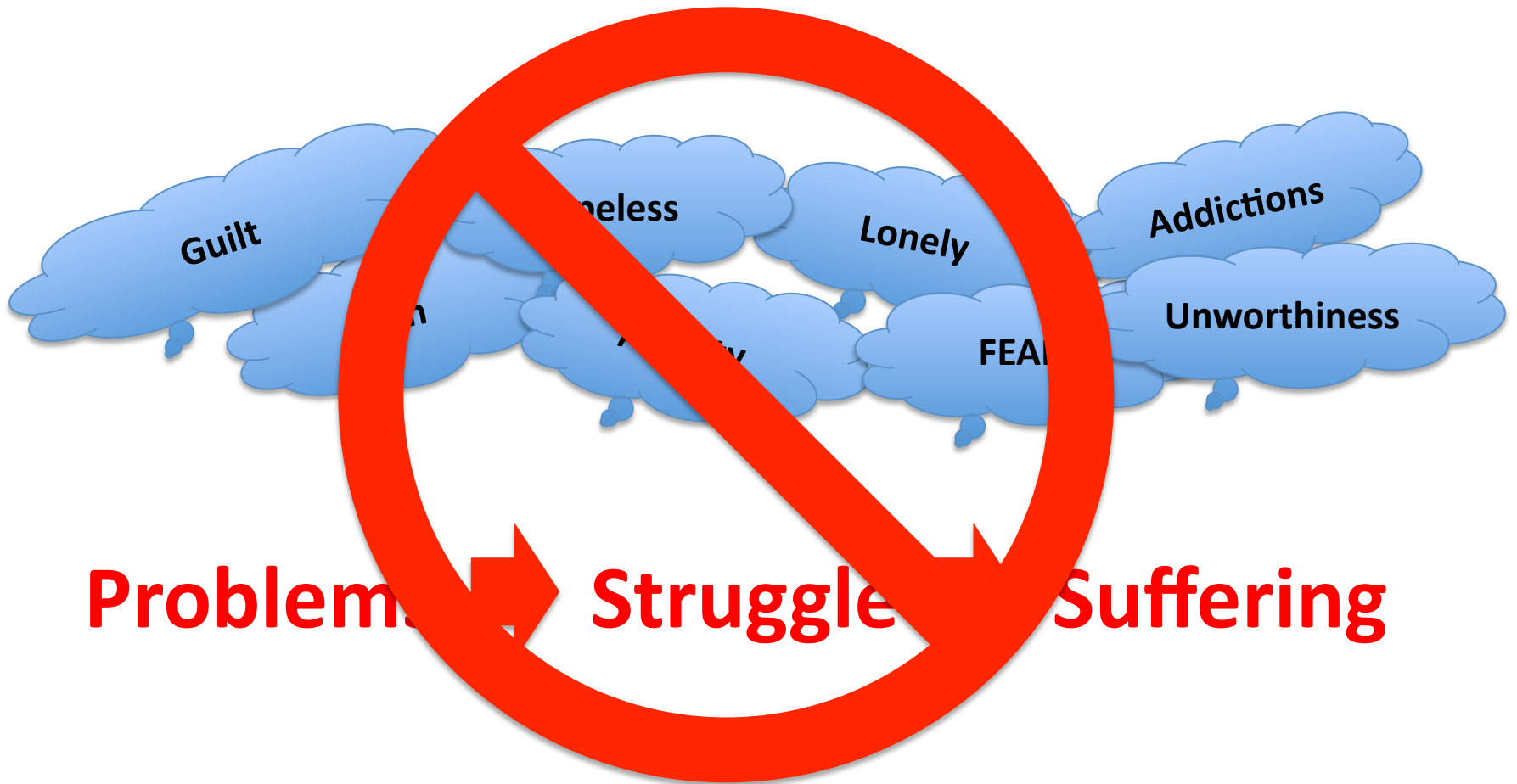


- Enlightened, yes but...
- Spiritual By-passing
- Limited psychological & emotional health
 - Limited Self-Responsibility
- Limited Coping In World
- Not Manifesting to Full Potential

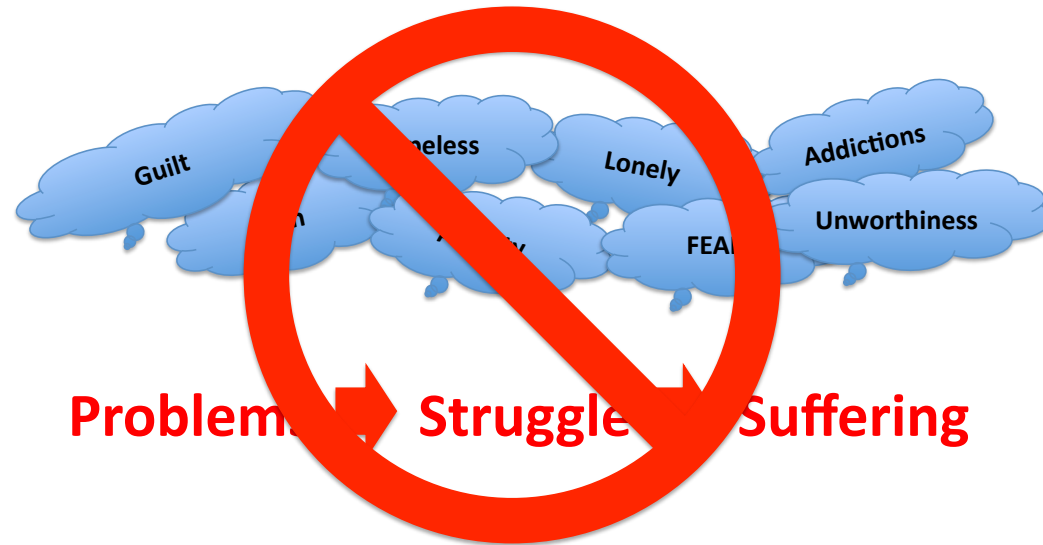
Where To Begin?



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

