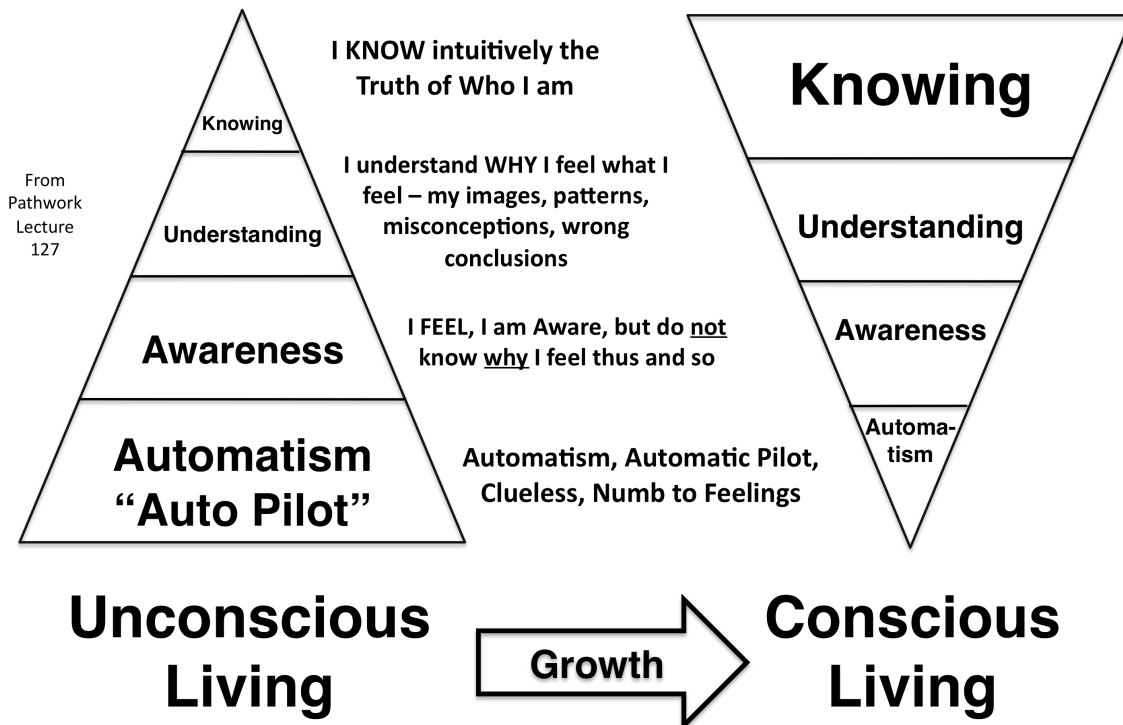


# Daily Review

## A Tool For Growth in Consciousness and Awareness



From Pathwork Lecture 17 The Call – Daily Review

37	<p>The best way to <b>find out about your unconscious</b> ... is by doing what I call the <b>Daily Review</b>. With its help you can <b>find out your true reactions</b> to certain events; you begin to pull off masks and stop pretenses. You can find out where your actions go against a spiritual law.</p> <p>The daily review should be conducted in the following manner: Let the whole day pass in front of your eyes and in your memory; think of everything that has happened and has given you, in some way, a <b>disharmonious feeling or reaction</b>. And no matter how wrong the other person may have been, the moment you have been negatively touched by it, there must be something wrong within you. <b>Write down in a few words the <u>occasions</u>, your <u>reactions</u> and <u>associations</u></b>. If you follow this practice through for some time to come, and not just once or twice, but faithfully, you will see after a while a <b>clear pattern emerging</b>. At first, these disharmonious incidents will appear entirely unconnected and isolated; they will be meaningless for you. Later on you will begin to sense and, in time, clearly understand the pattern. This will help greatly.</p>
38	<p>You should <b>pray for enlightenment and guidance</b> every time you conduct the daily review. Then ideas will flow into you and will eventually furnish you with <b>further clues</b>, though at first they may not make sense to you. <b>Do not discard any of the ideas; do not resist them</b>. Later on, all of them will form a clear picture. <b>As with a puzzle</b>, when you look at the pieces, you cannot</p>

<p>see the picture, but if you patiently put them together, you will succeed. Thus you will <b>uncover your hidden anxieties and complexes</b> which are responsible for your disease. Most of it is anxiety or fear. This is true of almost all of them, in one form or another. There might be a fear that you do not permit yourself to acknowledge consciously, that you have pushed down into your unconscious. So now you have to let it out. It <b>takes time and effort before you can deal with it properly in your conscious mind and become aware of the spiritual laws from which you have deviated within your soul.</b></p>
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## Daily Review--Example

Date		
Occasion, Trigger, Incident	Emotional Reaction, Sensation, <b>Disharmony</b>	Observations, Associations
I sent a long clarifying email to my boss regarding below-budget revenue and forecasting financial downturn ahead	I was uneasy and nervous, too scared to see her in person to explain the situation and now I am afraid and avoiding her in the hallways.	This happens frequently with her – perhaps authority issues to look at. Somehow I seem to like “Bad News” – wonder what this is about
My daughter called and left a holiday message yesterday, but I did not see it until today	I am anxious. I should have seen this message and called her. I should have called her first rather than waiting for her to call me on this holiday. Feeling down on myself as a father.	Setting very high standards for myself. Can I not make a mistake once in a while and learn?
I am late again for my luncheon with friends	Driving like a wild person to make up for leaving late to make this lunch. Anxious.	I could have left in time. Why did I wait, almost intending to be late. Wonder what’s up here.
My website with all my blog entries was down this morning. Not sure what is going on here. Never happened before. Have not backed it up for three weeks.	Fear! What happens if I lose all put on my website these past three weeks! Such a waste. Notice that during my meeting with friends I am preoccupied worrying about my website	So if this is soooo important why do I not back it up more often? Do I have an inner saboteur? And what is the big deal anyway?

# Daily Review

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Occasion, Trigger, Incident	Emotional Reaction, Sensation, <b>Disharmony</b>	Observations, Associations