

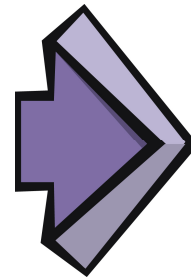
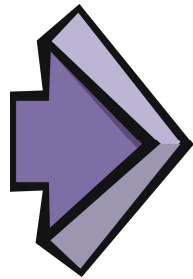
The Struggles of the Rigid

Based on PGW Lecture 114
“Struggle: Healthy and Unhealthy”

Gary Vollbracht 3/17/06

The Divine Plan

Divine
Blessings

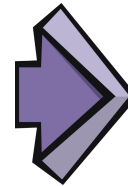
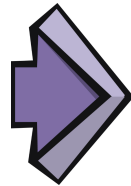


- Creativity
- Love
- Wisdom

Divine blessings work **THROUGH**
YOUR inner strength, not apart from you

The Divine Plan

Divine
Blessings



- Creativity
- Love
- Wisdom

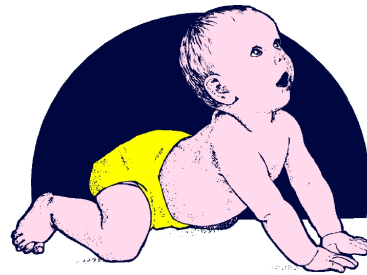
Divine blessings work **THROUGH**
YOUR inner strength, not apart from you

But as part of the human condition, we struggle in arriving here!

The Human Path

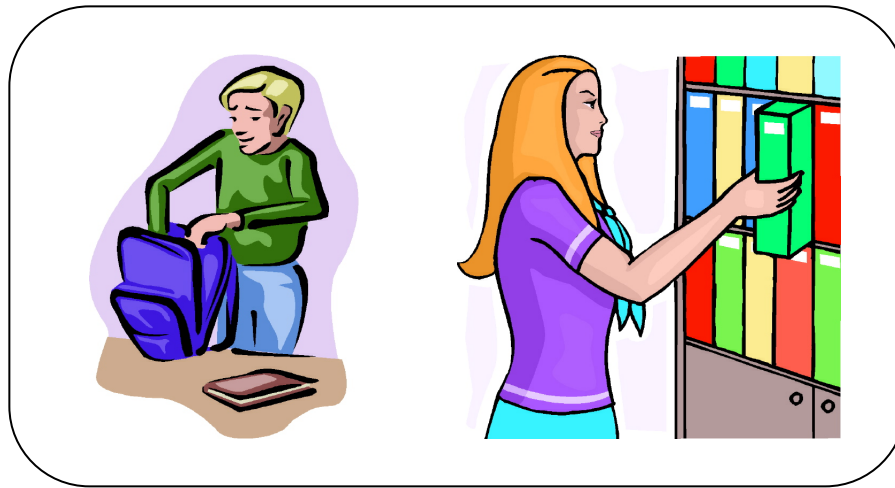
Growing into maturity

Stage 1: Totally dependent



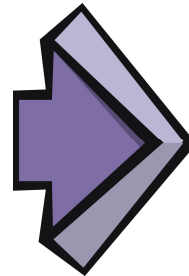
Growing into maturity

Stage 2: *Pseudo* Cause and Effect



Cause

Hard Work
Being Smart
Obedience
Correct beliefs



Effect

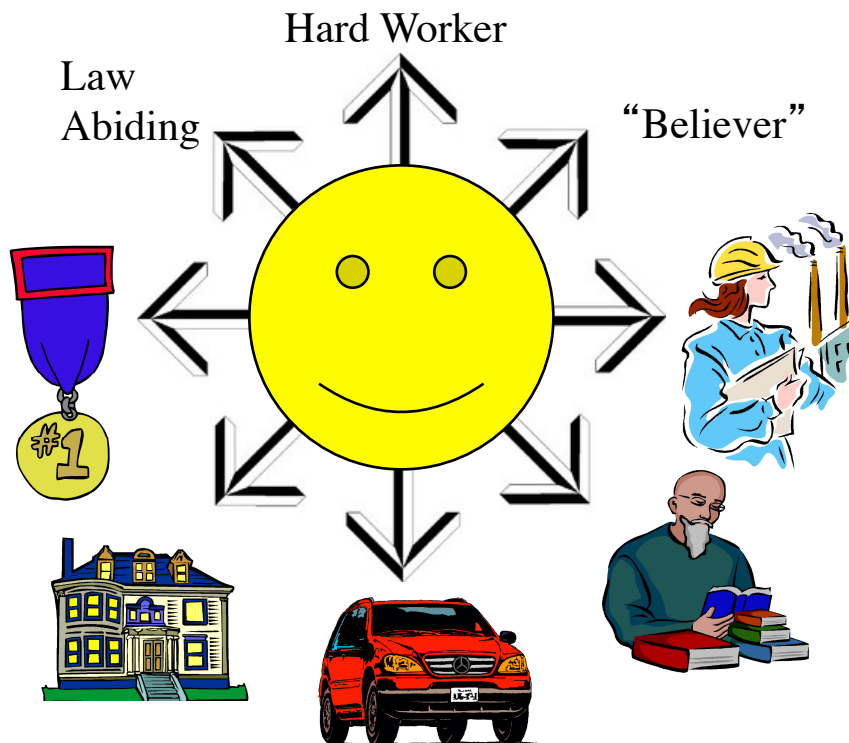
Rewards or
Punishment
from society
from God

Growing into maturity, not

Stage 2A: For the RIGID, MORE Pseudo Cause and Effect -- A continuation of childhood



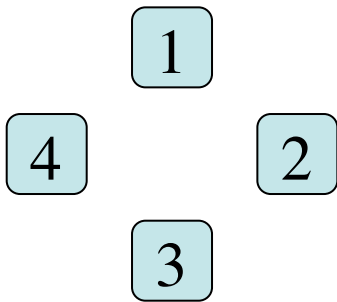
What's Going "Right" for the Rigid?



Rigid asks rhetorically, "Can it get better than this!"

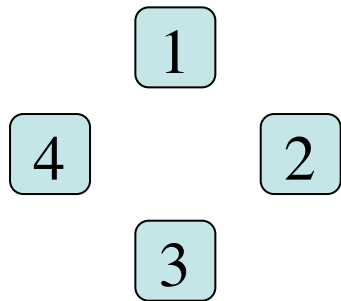
Exercise 1

Getting into the World of the Rigid



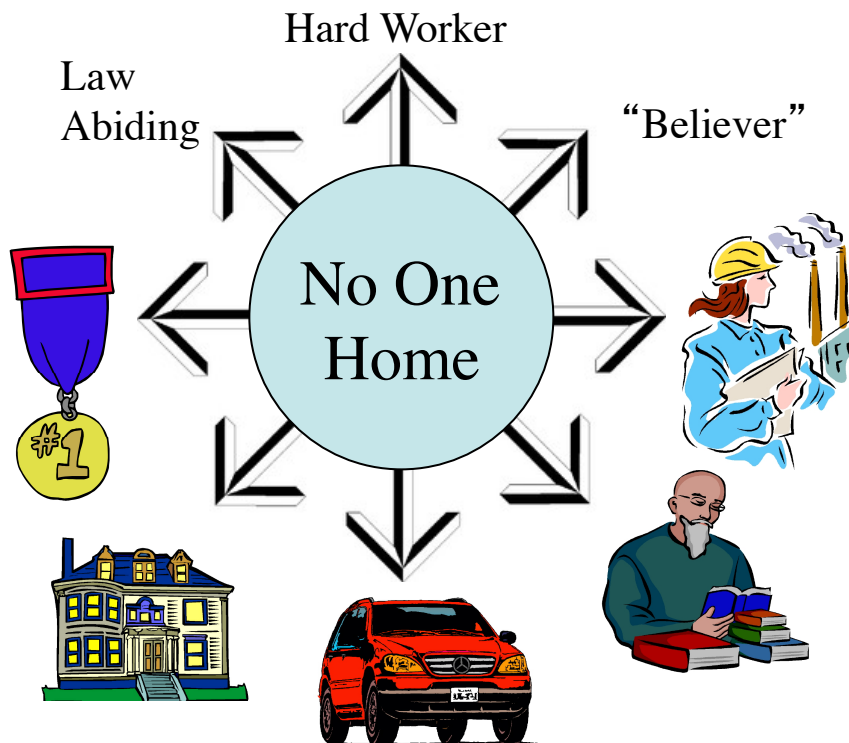
- Form groups of 4
- Do NOT Ground (Rigids believe they are already grounded)
- Close eyes, and turn back the clock to a time when you were more in the culture and less awakened.
 - What was your identity in the world?
 - What was the basis of your security in the world?
- For 1-2 minutes, let #1 describe him/herself totally in terms of doings, accomplishments, fabulous vacations, status in the community, career, cars, homes, and other possessions that will impress us.
- Similarly for #2, 3, and 4.
- When the group is complete, close your eyes and for a few minutes meditate on how that was for you.
- Let each person share with the foursome what you observed in yourself in the giving and receiving in this exercise.

Exercise 2 Coming back from the World of the Rigid



- Stand up. Ground yourself -- Breathe, bow, head over, stomping, etc. Sit down when done.
- #1 and #2 face each other, ditto #4 and #3
- For 1-2 minutes gaze into your partner's eyes, be present
- At the end of the eye gazing, close your eyes. Reflect on how this silent eye-gazing experience was different from that of Exercise 1?
 - What was your sense of connection in each experience?
 - What was your energy like in each experience?
- Each person share with the foursome what this experience was like.

What Price Does the Rigid Pay?



- No deep connections
 - With God
 - With other people in general
 - With a significant other (split heart/genital sexuality)
- Little satisfaction from all that I do
- Deep-seated anxiety -- “something is missing”
- No sense of self-responsibility -- feel stuck/trapped by life
- Exhaustion
- Depression
- Begins to feel that “*no one is home*” inside

Rigid begins to ask, “Can this possibly be all life is?”

Back to the Drawing Board

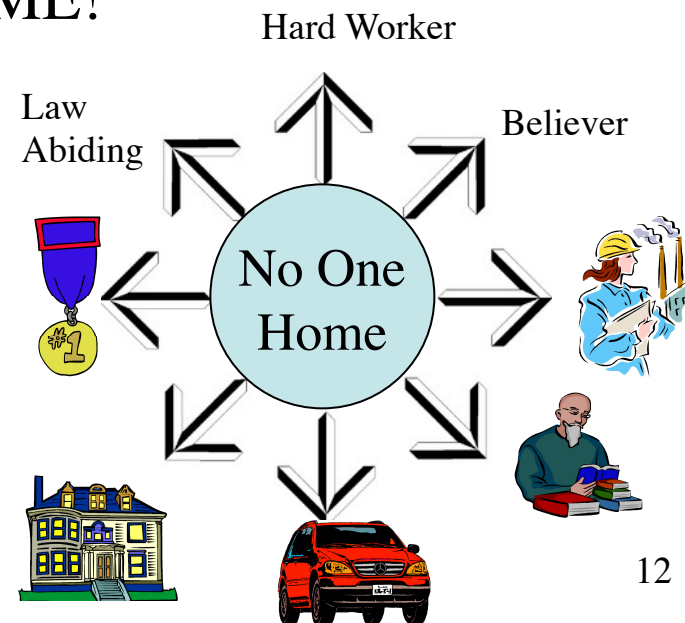
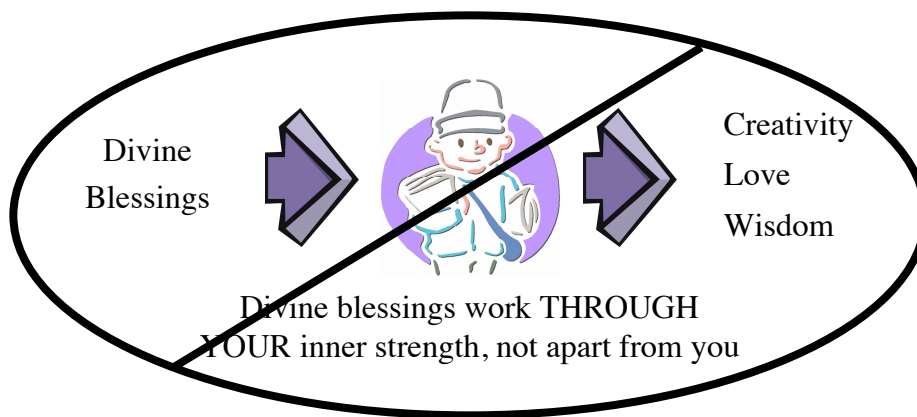


Divine blessings work THROUGH
YOUR inner strength, not apart from you

- In the end, YOU are DIRECTLY responsible for your life
 - NOT indirectly by a God or Cosmos “out there” rewarding you or punishing you for your behavior, beliefs, efforts or lack thereof
 - But by God working through your inner strengths, through your oneness with the divine
- “Your personal life, as it manifests for you, is a conglomeration of all your attitudes and traits. ... Whatever confidence you have in yourself, in your capacities and potential, you can have in life. The joy in your heart and your ability to experience that joy will be your life.”
- **This is NEW NEWS for the Rigid!**

So What Went Wrong with the Rigid?

- The Rigid does not know he/she even has a core essence and so identifies not with what he/she has manifested but entirely with his/her
 - Hard work
 - Correct Beliefs
 - Upstanding behavior in the community
 - AND the rewards that he or she has received for such traits
- BUT HE or SHE is NOT AT HOME!



Back to L114

Life is a Struggle

- But there is healthy and constructive struggle
- AND there is unhealthy and destructive struggle

Healthy Struggle

- Healthy Struggle is constructive
- Never exhausts
- Is never futile, though it does not always directly reap success
- Is characterized by
 - Relaxed activity
 - Ability to accept defeat
 - Has well-defined aims
 - Has healthy underlying motivations by being concerned with an issue itself rather than with using an issue to cover up hidden psychological deviation.
- Will always make you stronger.
- Is energized from the core essence of your soul.
- Flows with the stream of life, not against it.



Divine blessings work **THROUGH**
YOUR inner strength, not apart from you

The “Other Side” in a Healthy Life

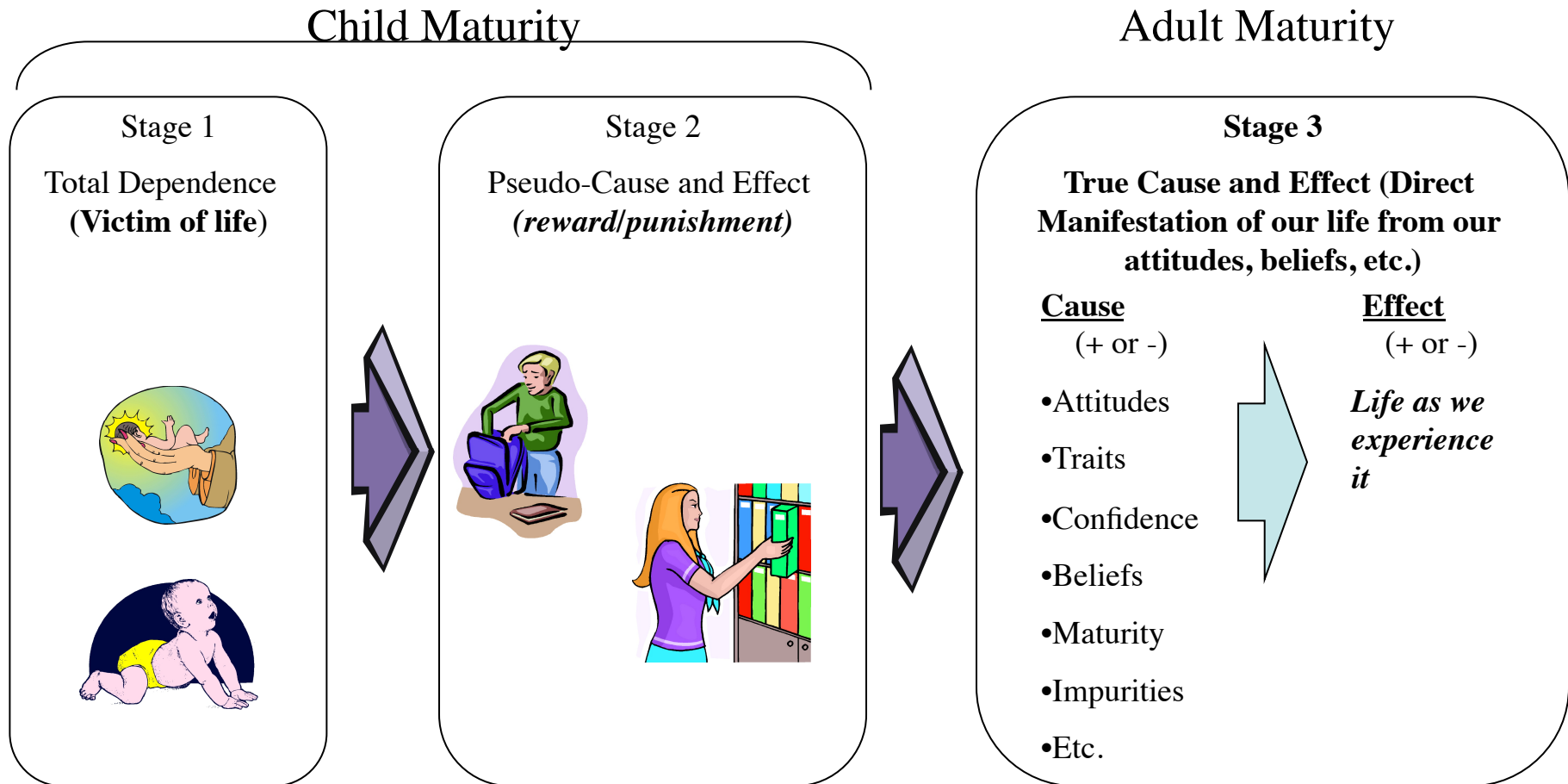
- In addition to manifesting creativity, love, and wisdom, it includes “overcoming impurities and immaturity.”
- But this is not a struggle for the non-rigid. He or she can overcome impurities and immaturity by simply “allowing these aspects to reach your awareness so that you can understand and come to terms with them.
- Again, “*no effort* is required to allow what is in you to surface.” There is *no struggle in allowing negative aspects to reach your awareness*.

Both Sides of a Healthy Life



- While they require struggle because we are not perfect, *neither of these sides is a burden or is tiresome for the healthy life...*
 - We have divine blessings working through us for both sides
 - Though we may not like our negative side, there is *no effort involved* in simply being aware of our human nature with its impurities and immaturity.

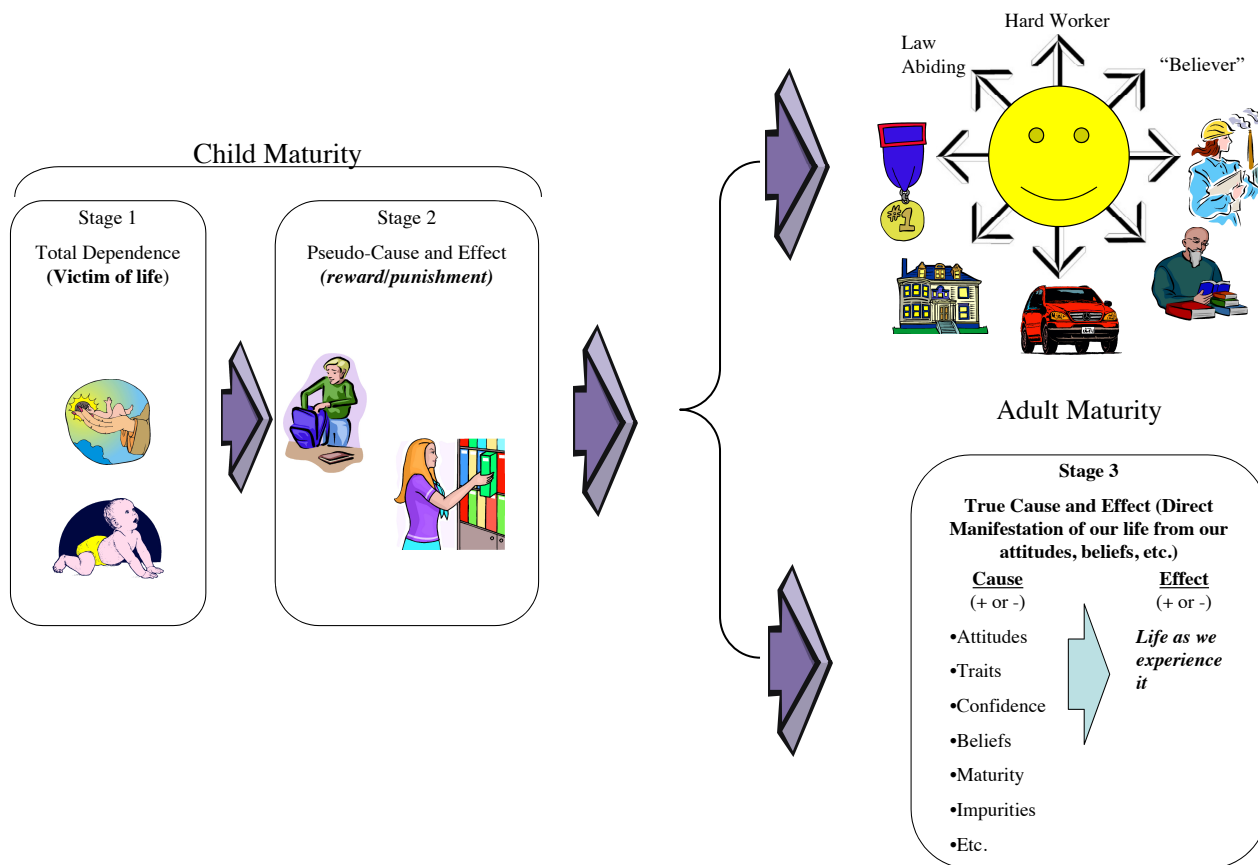
Revisiting Maturity



- On the Path our aim is to grow into adult maturity and take direct responsibility for our lives

Stage 3 Maturity -- the Rigid's Challenge

- The major challenge the rigid faces is moving from immature childish stages of maturity to more mature adults stage of maturity.

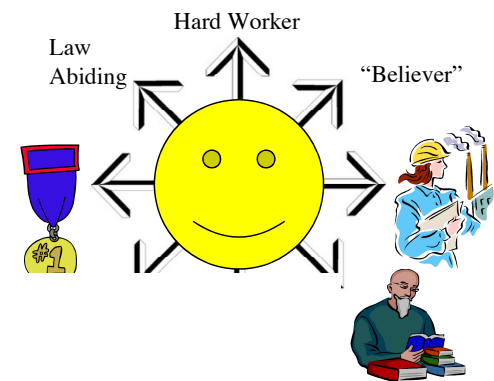
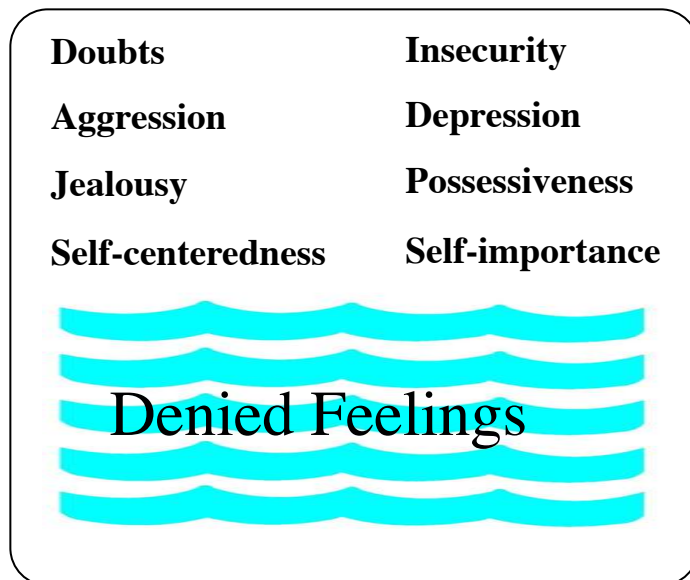


Road of the
Rigid -- Stage
2A Childish
Maturity

Road of the
Mature Adult --
Stage 3
Maturity

The Plight of the Rigid

Wall of feelings building behind the dam ...
feelings the Rigid does not want to face...

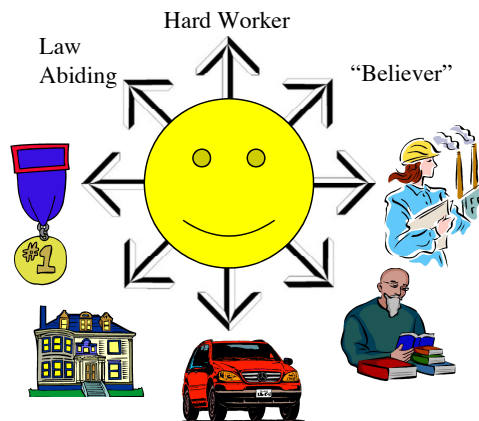


“When you struggle against your insecurity, denying its existence, it rises up behind the dam, like swelling waters. As long as the dam holds, you will feel a vague discomfort. ... One day certain outer events will swamp you with all the despair of helplessness and insecurity you had never dared to face. So by struggling to repress your insecurity, you actually increase it. ... The same holds true for any other emotion or attitude -- fear, doubt, hostility, or whatever.”

The Unhealthy Struggle of the Rigid

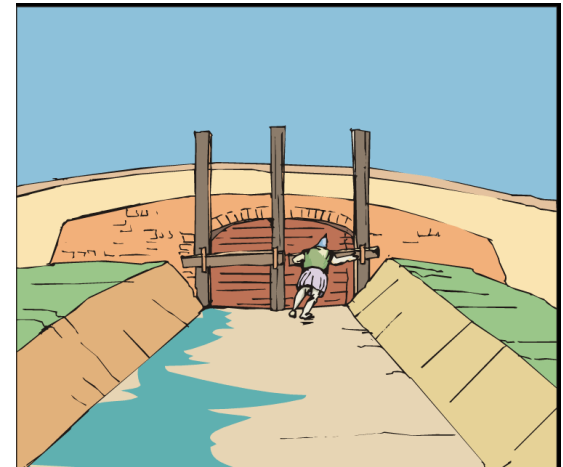
- The Rigid spends his or her energy on two fronts...
 - Building up Stage 2 Image -- making it perfect
 - Building the Dam against negative emotions and attitudes

Make Self PERFECT



Rigid's
Huge
Effort!

Hold up Dam of Emotions



What happens?

- “You waste a great deal of energy preventing this inner material from coming up and then you wonder why you are so tired.”
- “You fight with all your might against awareness of what is in you and constantly block the flow of your emotions. This is unhealthy struggle.”
- “If only you would give it up, you could easily put the energy where it is useful, meaningful, and productive.”
- **“After having reached a certain age, one no longer possesses sufficient energy to cope with life!”**

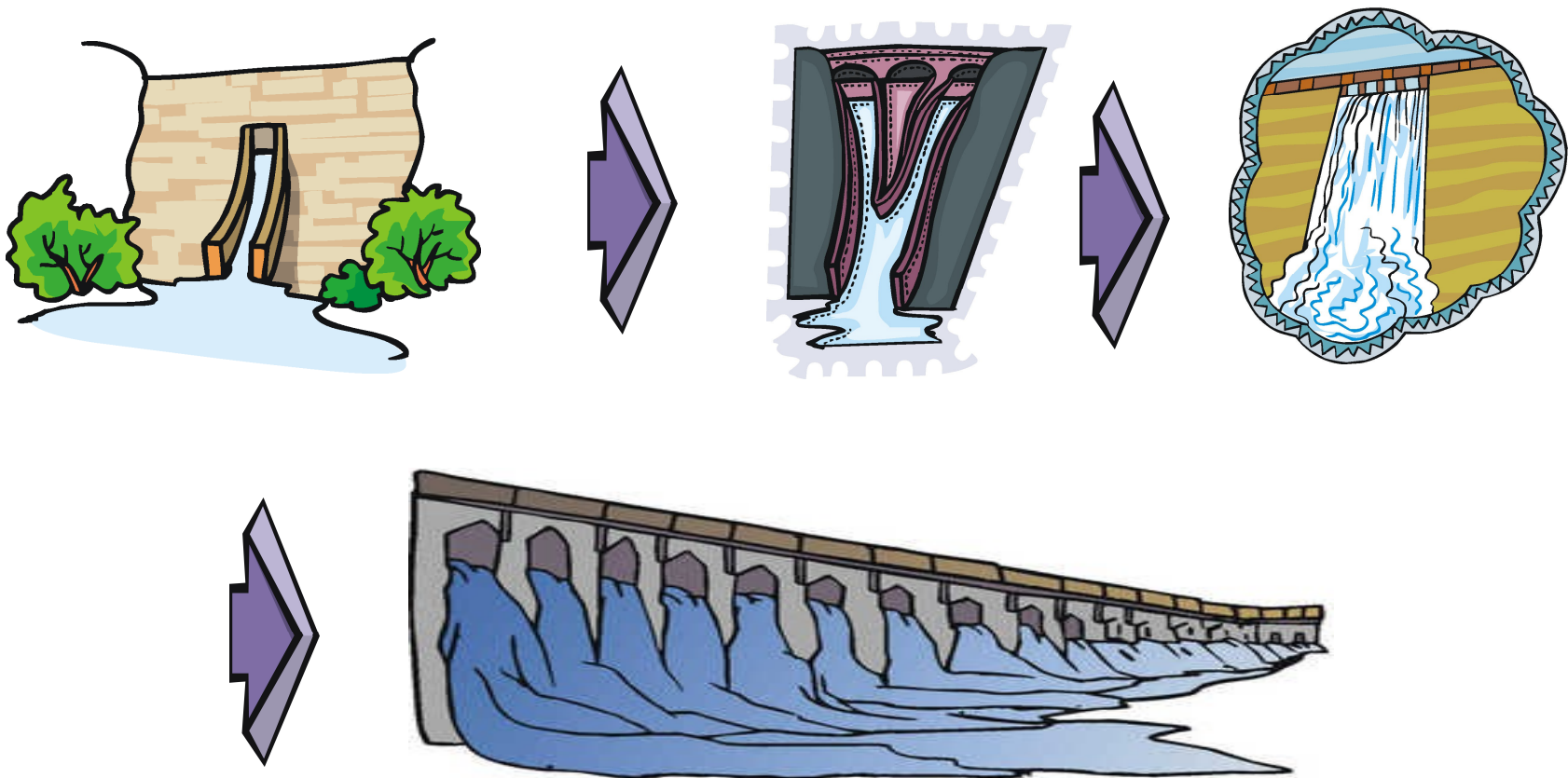


What's a Rigid to Do?

- “The dam in your soul never needed to be erected, but since you chose to build it, it has to go!”
- **Plan A:** “You can gradually and systematically remove it by your own efforts: this is the **conscious process of self-confrontation**.” (This is the Pathwork)
- **OR... Plan B:** “Waiting until nature takes its course means that the barricade will be **swept away by the force of the waters**. When life handles you roughly, when the accumulated destructive attitudes whose origins lie behind the barricade finally break loose, **you experience crises and breakdowns** of different kinds and degrees.”

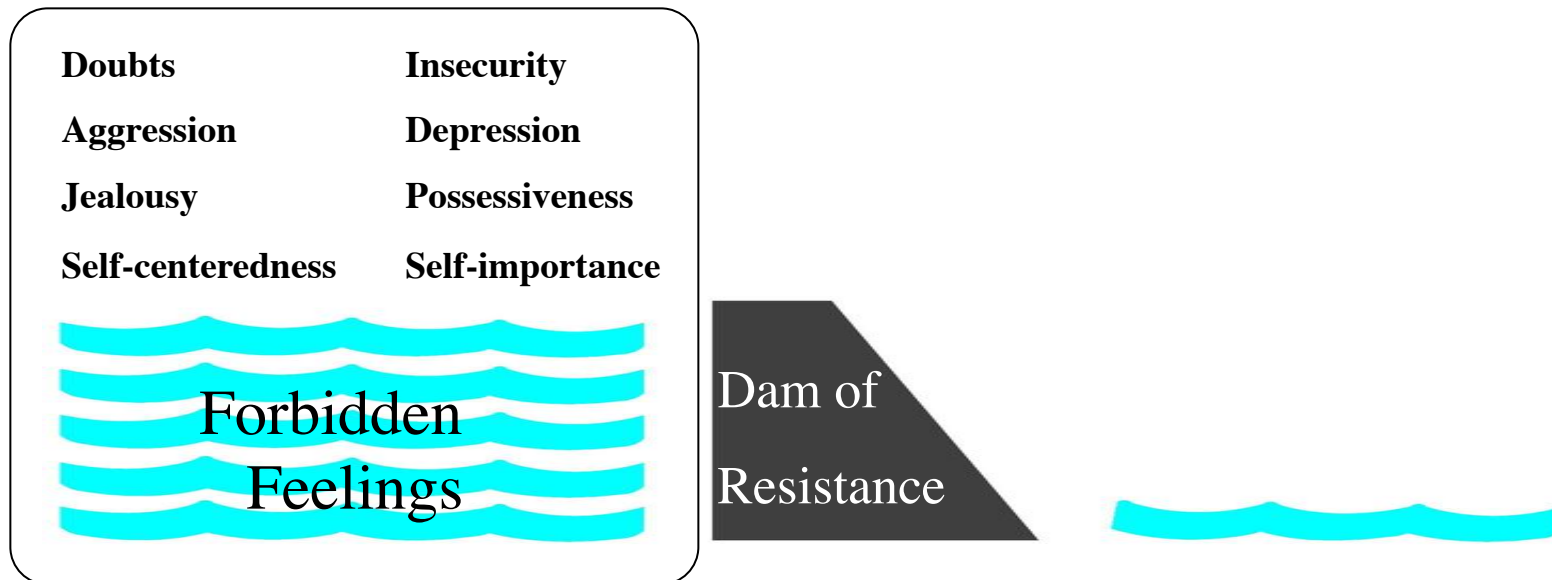
One Small Step at a time

- Begin with small impurities, immaturities and work up to larger ones...

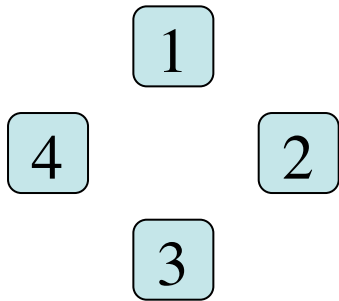


The Biggies

- There is a “forbidden area.”
- This will bring great resistance.



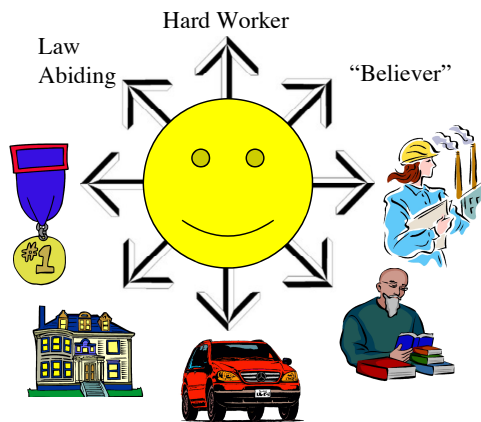
Exercise 3 Re-entering the Rigid' s World



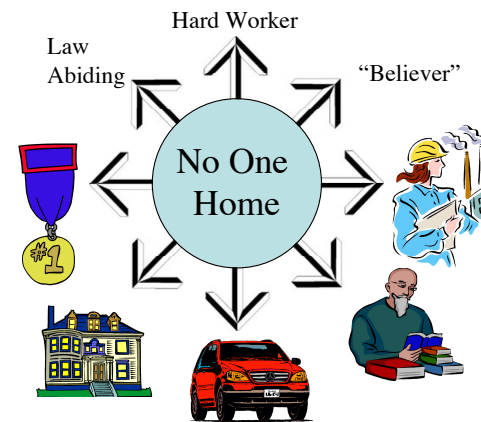
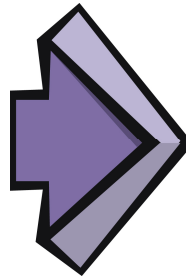
- Go into meditation and ask what *forbidden area* is up for you to address
- In your foursome, to the degree you are comfortable, each person share either what your forbidden area is or, if you are not comfortable with sharing the area, share how you feel about knowing it.
- Share with each other what it was like to be present with each other from this place. Compare with Exercise 1.

Conclusion for the Rigid

- Step 1 Wake up



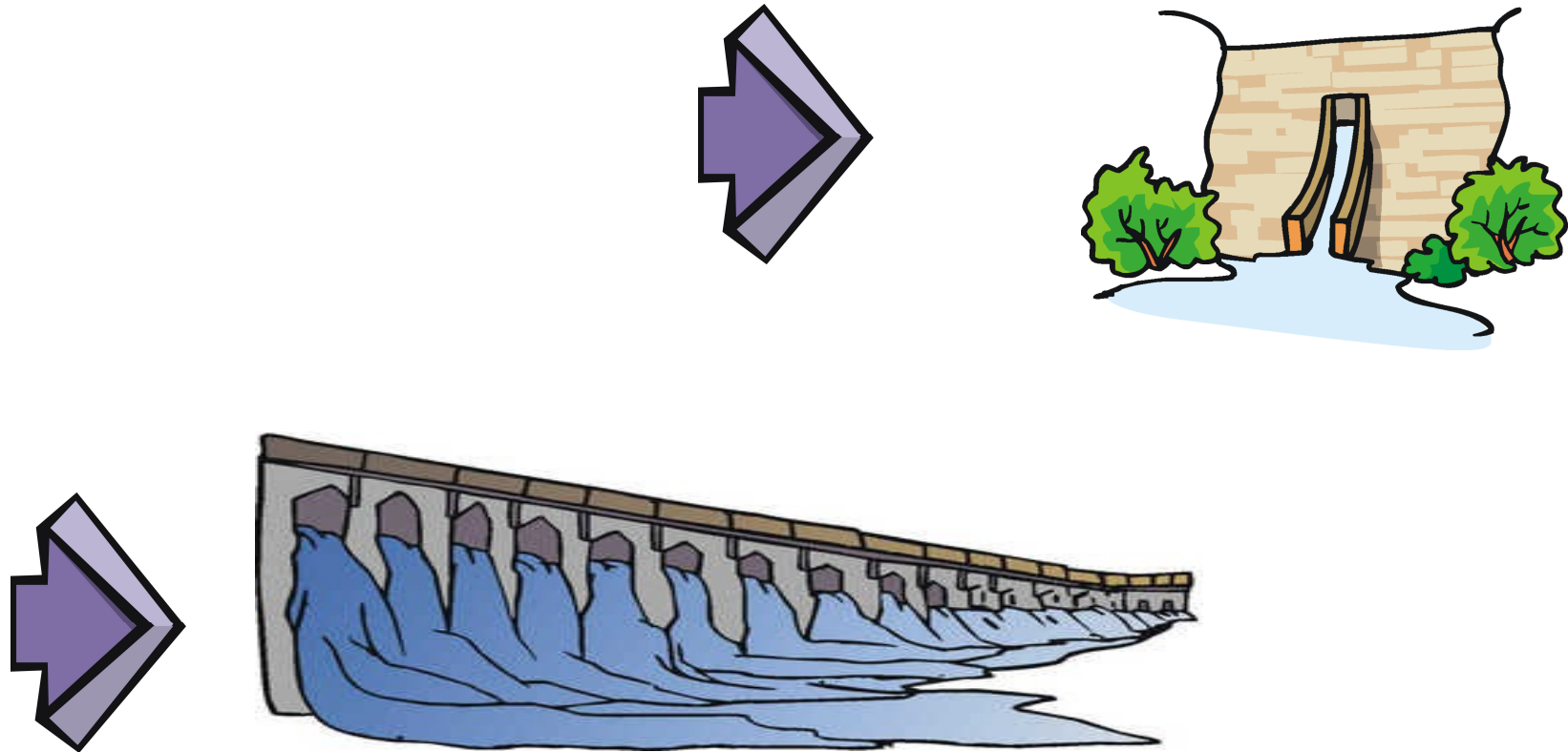
Illusion



Reality

Conclusion for the Rigid

- Step 2 Begin to Feel Emotions behind the Dam -- let them flow out -- ever more and more



Conclusion for the Rigid

- Step 3 Begin to live life from your core essence

