

A Pathwork Metaphysics

7/11/09

Modified 4/20/19

Gary Vollbracht

Though Time is an Illusion

We say...

“In The Beginning”

Pre-Incarnation, Pre Fall



Spirit World

- **State of Purity**
 - God's Will followed with Joy
 - Love and Oneness Permeate Life
 - Truth Honored and Treasured
- **Primary Experience...**
 - Limitless Abundance and Expansion
 - Limitless Love and Connection
 - Limitless Wisdom
 - Limitless Power
 - Limitless Creative Capacity
- **Hence...**
 - No Pain
 - No Frustration
 - No Wants or Needs
 - No Uncertainty or Doubt
 - No Separateness or Loneliness
 - No Lack of Trust in God, Life
 - Flow with Will of God and Life

Original Plan

Create Beings “Compatible With” God

- **Consciousness/Energy**
 - **Free Will**
- **Power to Create**

“Task”

Fill the “Void”

Original Plan

Create Beings “Compatible With” God

- **Consciousness/Energy**
- **Free Will – A PROBLEM**
- **Power to Create**

“Task”

Fill the “Void”

With the Fall



- *Impurities* showed up in tiny places

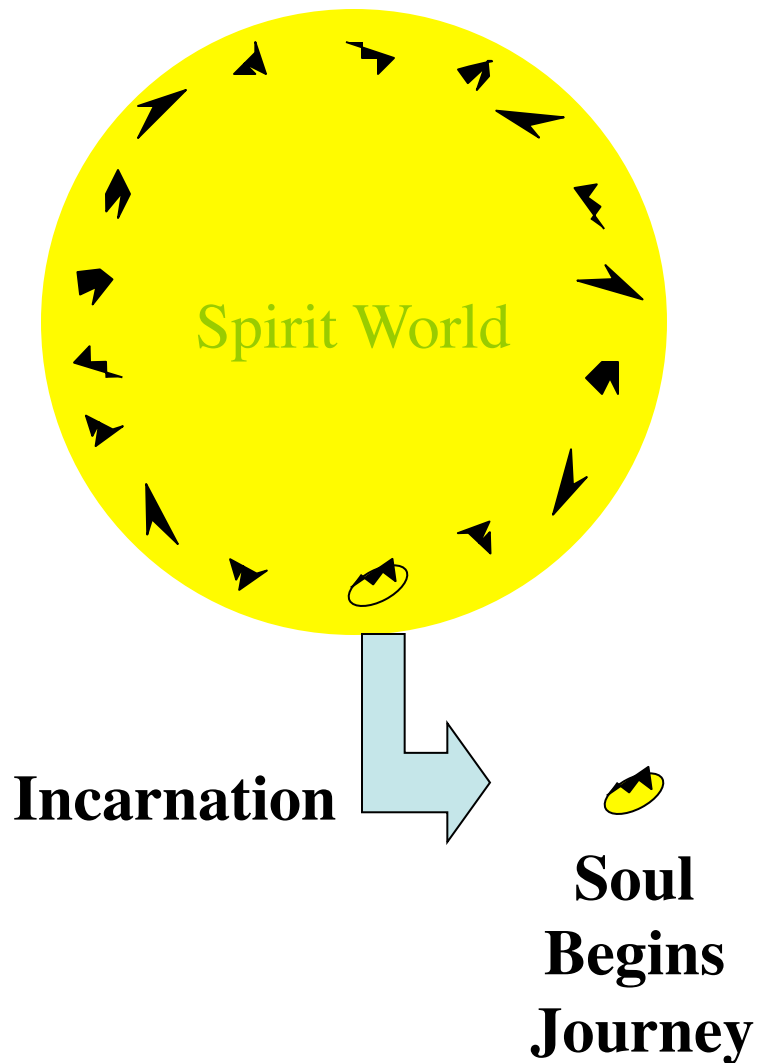
- *Self-will* replaced God's will
- *Separation* replaced Love and Oneness
- *Lies* replaced Truth

The Divine Overshadowed the Impurities



- The impurities were so tiny that they *could not be seen or felt* and had no major impact on life in the presence of the Divine
- There was *no motivation* to purify the impurities.
- YET the impurities had to be purified -- *without violating free will.*

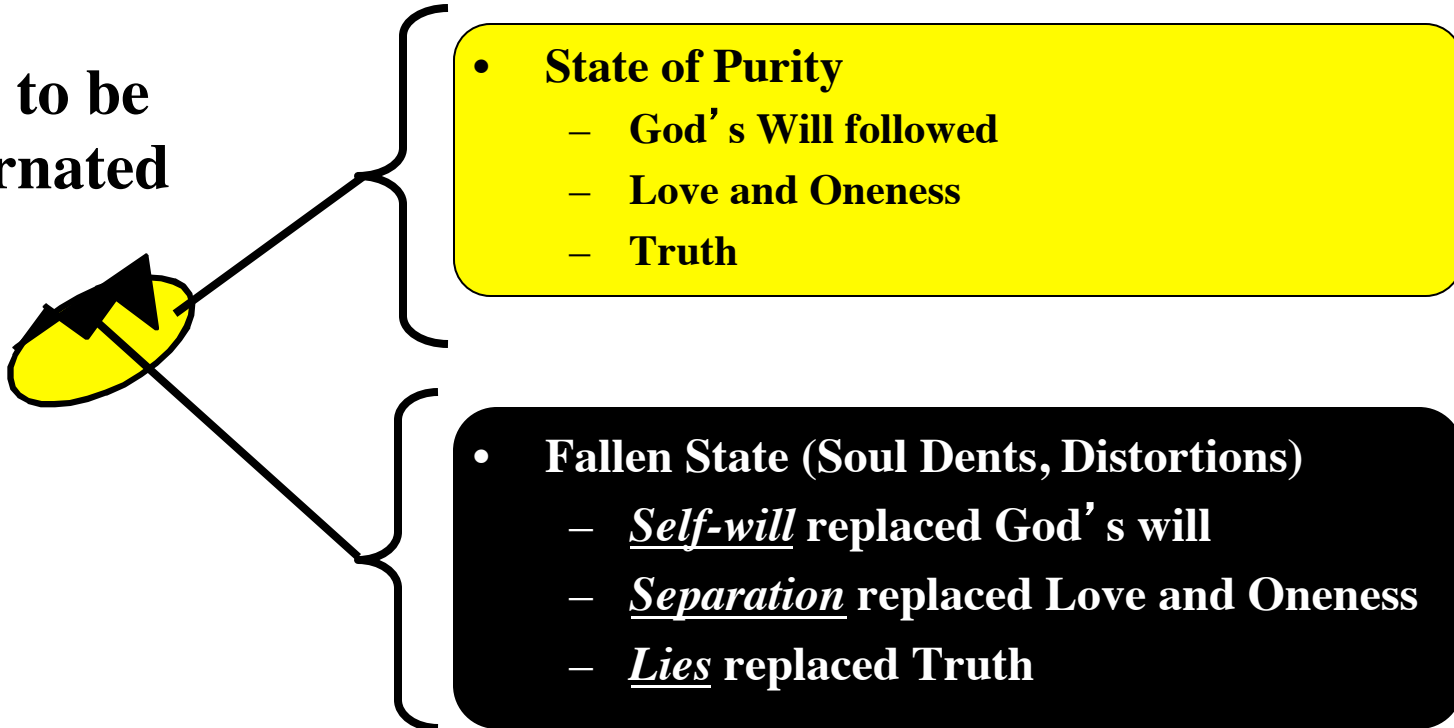
The Plan of Salvation



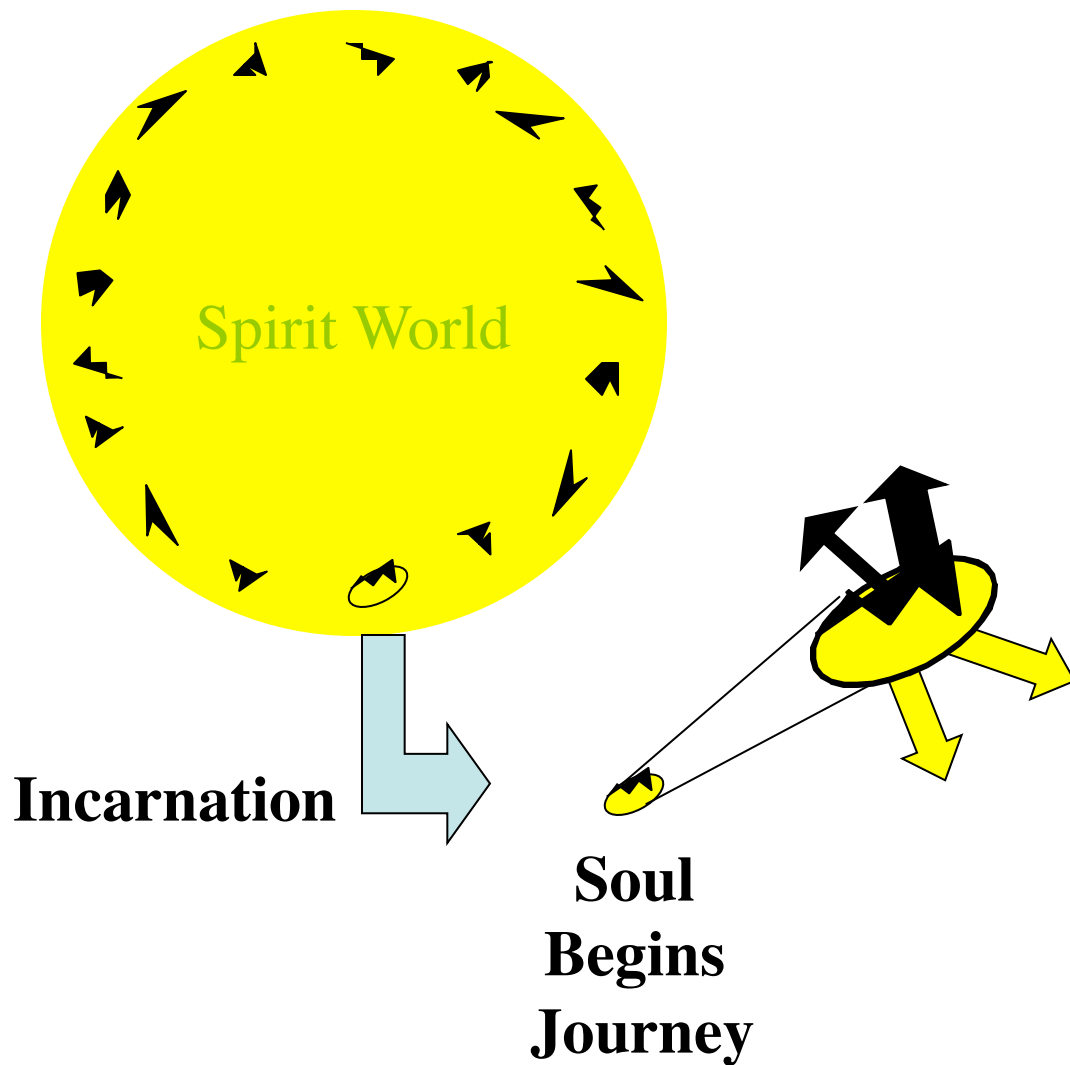
- Pieces of Spirit (Souls) with the their impurities (dents) would incarnate in a world with other Souls and their impurities.
- These incarnated Souls would be very limited in their Divine Power.
- As a result of limited access to full divinity, incarnated Souls would be
 - Largely Unconscious
 - Confused
 - Uncertain
 - Groping
 - Relatively weak
- This would allow the impurities to be more dominant and their effects more easily seen and felt -- PAIN would show up!
- From here purification would be possible and Souls would be motivated to do the work of purification -- to get out of PAIN and return to Joy and Peace! *Of their own free will.*⁷

On A Soul-by-Soul Level

Soul to be incarnated

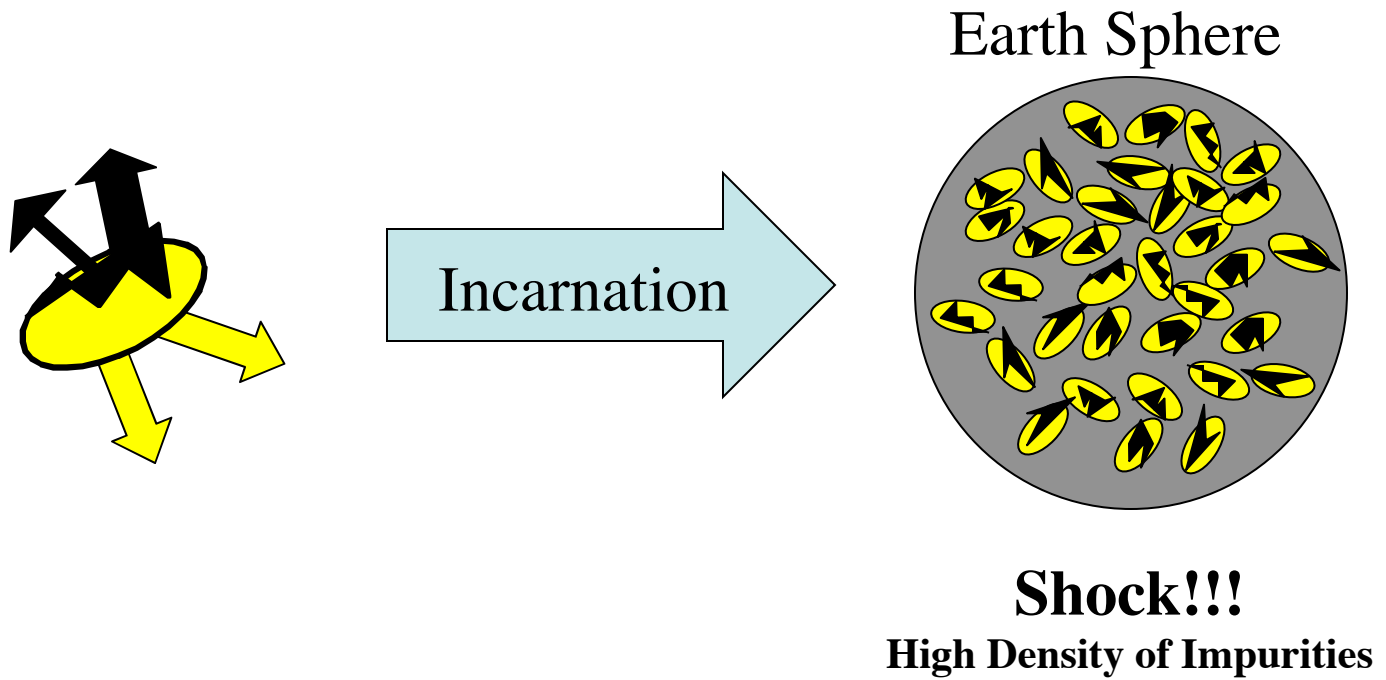


Individual Soul's Incarnation

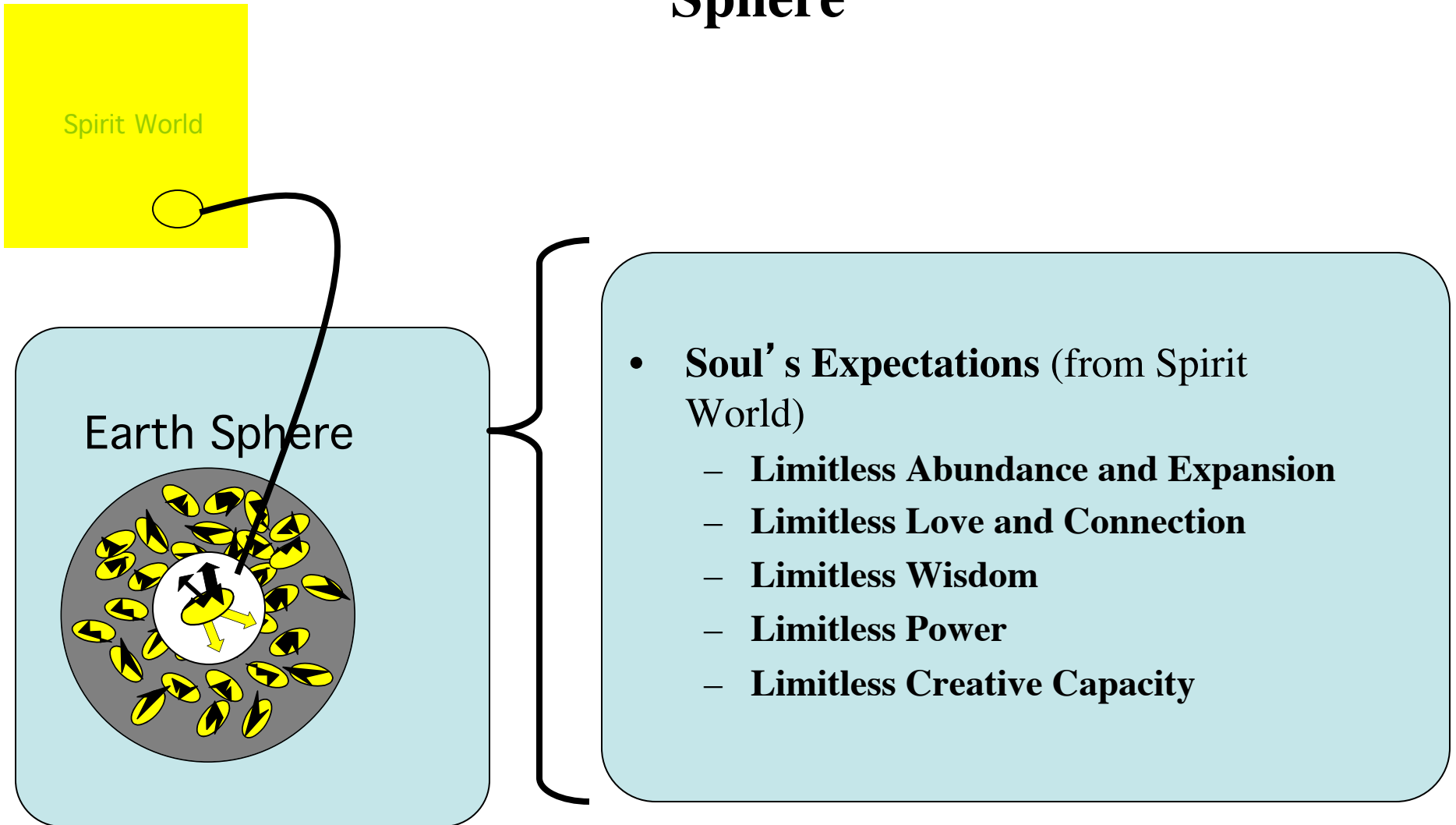


- **Coming from the Spirit World, a Soul would be...**
 - Fully Alive
 - Spontaneous
 - Free
- **And would have**
 - Pure Aspects
 - Distorted Aspects
- **Little awareness of distortions and their affect.**

Earth Sphere Existence!

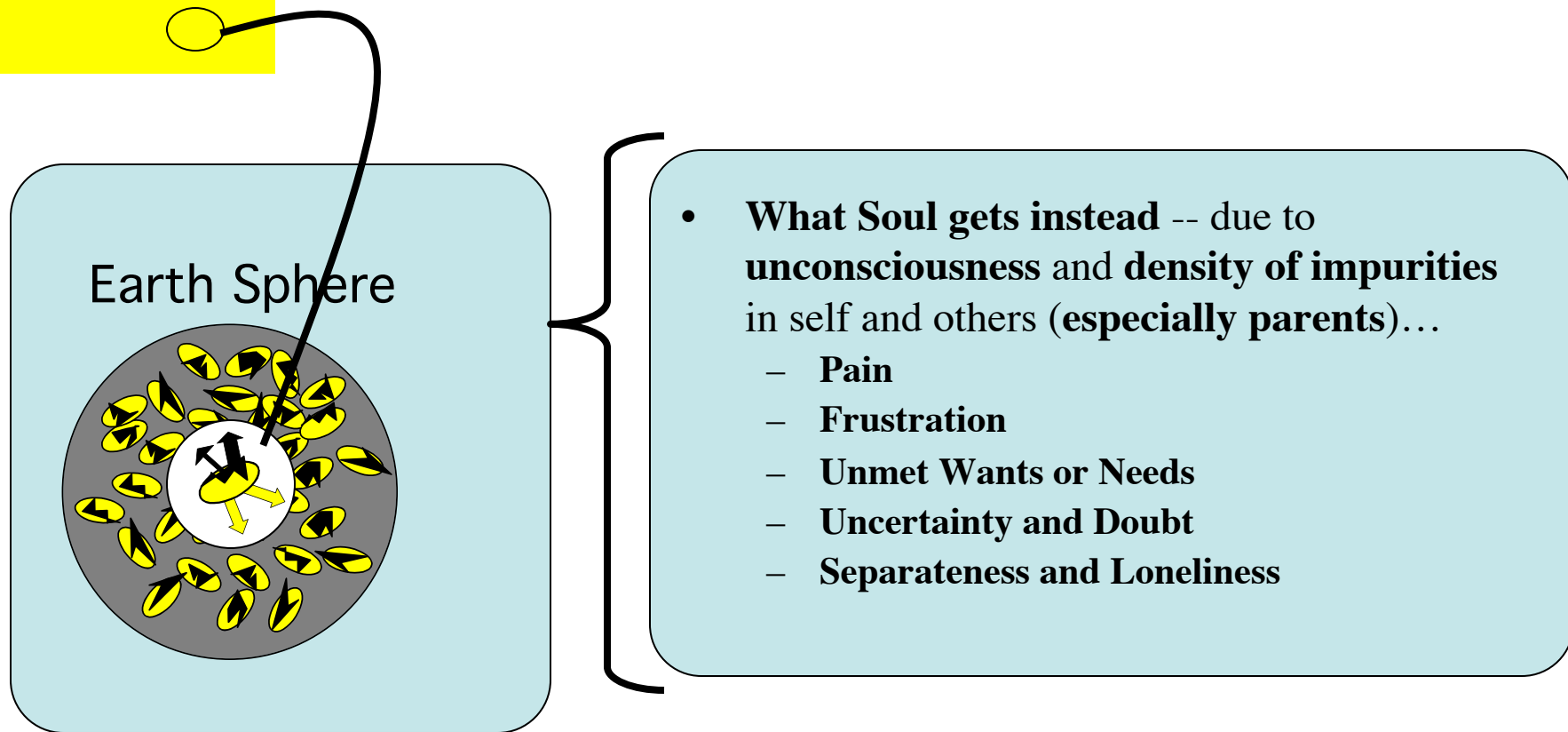


Soul's Expectation Entering Earth Sphere



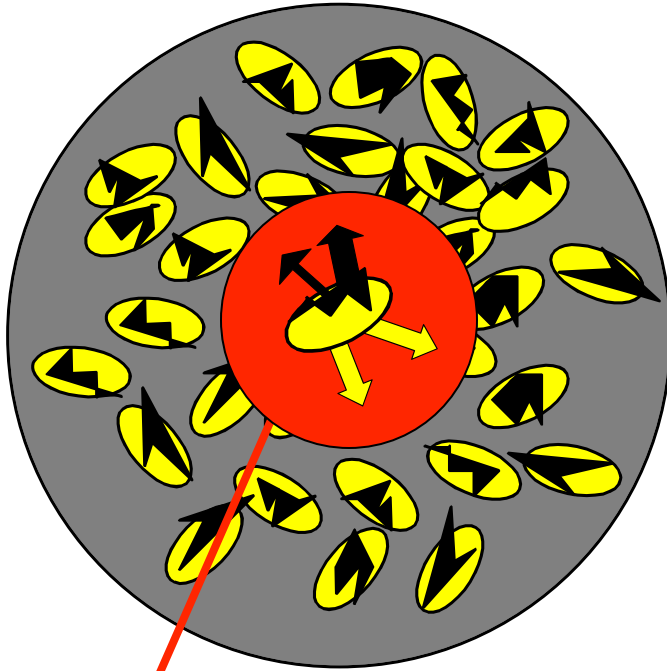
But What Soul Gets Instead...

Spirit World



Soul's Experience and Reaction

Earth Sphere

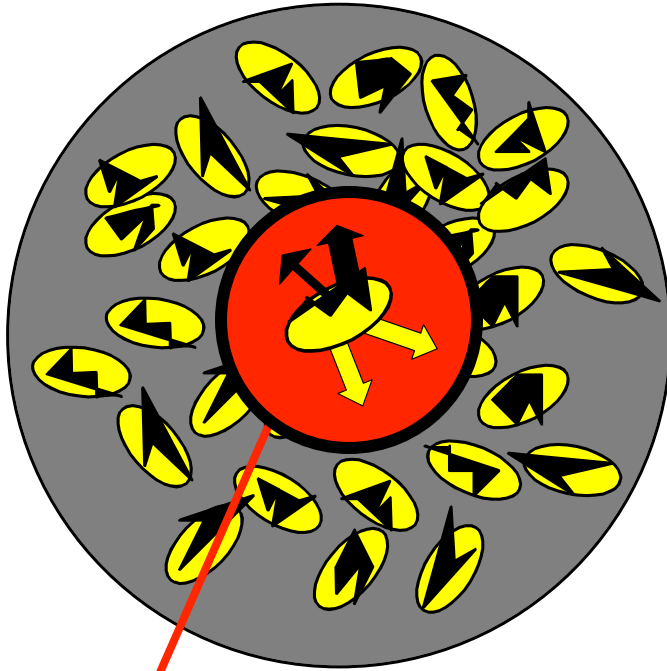


Pain!
Yikes!!!

- Soul feels *Huge Betrayal*
 - Pain
 - Frustration
 - Unmet Wants or Needs
 - Uncertainty and Doubt
 - Separateness and Loneliness

Soul's Experience and Reaction

Earth Sphere

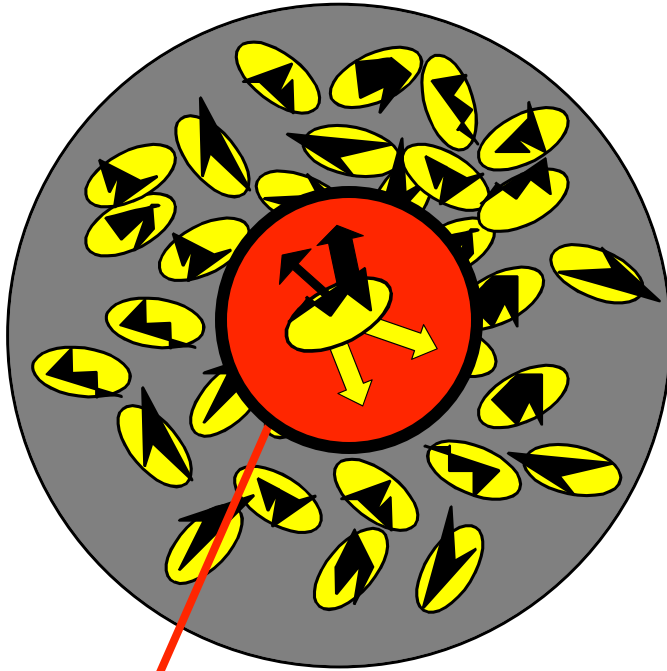


Pain! Yikes!!!
But Hold Onto the
Pain

- In animals the pain is “shaken off” when the experience is over.
- In our higher brain function, humans **REMEMBER** and **HOLD ONTO** the **PAINS** of **CHILDHOOD** -- the **STORY**
- But this remembering is mostly unconscious.

Soul's Experience and Reaction

Earth Sphere

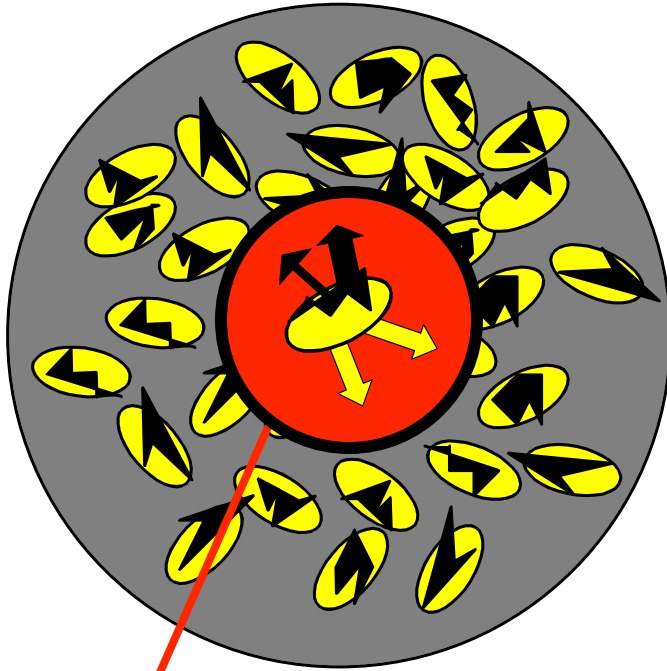


Pain! Yikes!!!
But Hold Onto the
Pain

- **Thinking happens**
 - **Generalized Assumptions about Life**
 - **Can't trust authority, etc., etc., etc., etc, etc.**
- **But again is *largely unconscious!***

Soul's Experience and Reaction

Earth Sphere

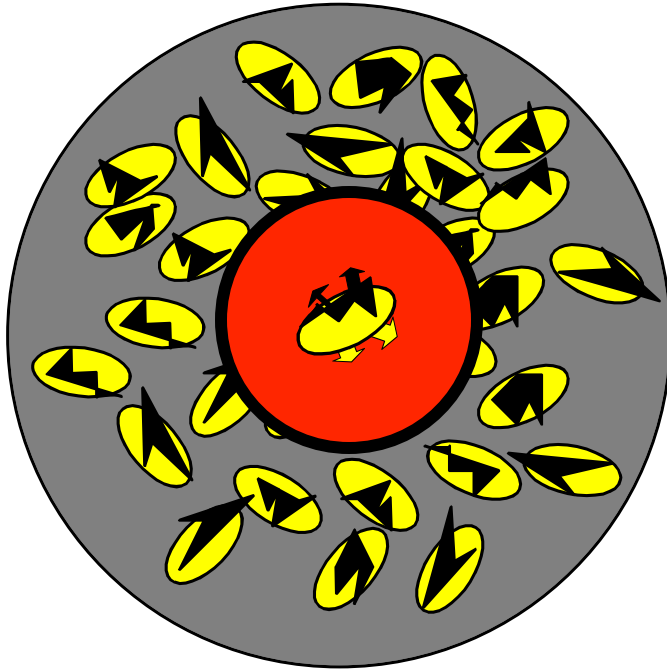


- Negative Emotions (fear, anger, hate, etc., etc.) arise and are stored in the Body -- and again, *largely unconscious*

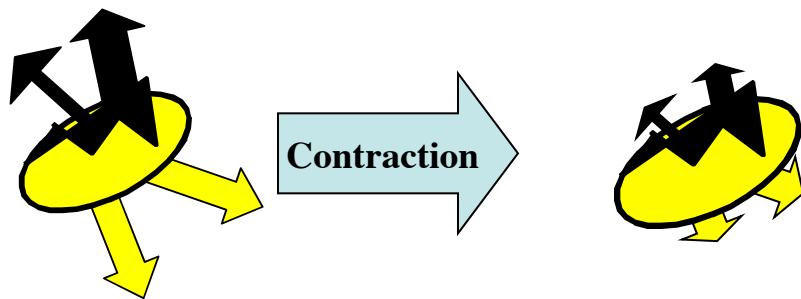
Pain! Yikes!!!
But Hold Onto the Pain

Soul's Experience and Reaction

Earth Sphere



- Negative Emotions (fear, anger, hate, etc., etc.) arise and are stored in the Body -- and again, *largely unconscious*



The Pain Body Is Born



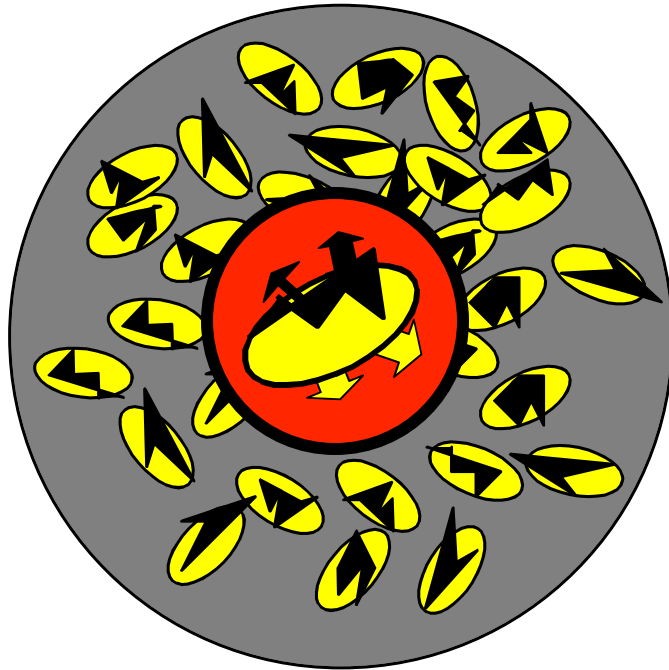
Pain Body



Pain Body: The **unconscious accumulation** of **old emotional pain** that almost everyone carries in his or her energy field because of the **human tendency to perpetuate old emotions**. (Tolle “A New Earth)

Soul's Experience and Reaction

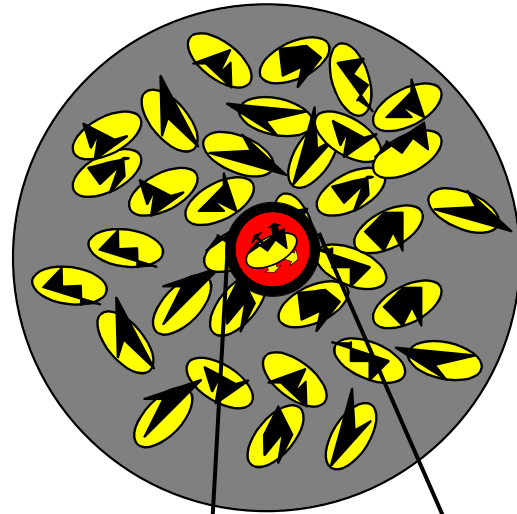
Earth Sphere



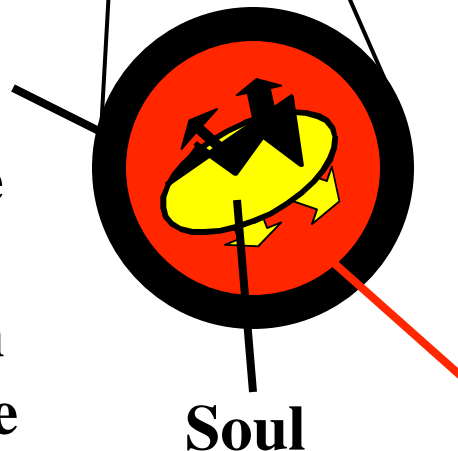
- Unconscious Pain Body Leads Soul to Not Trust
 - In Divine
 - In Life
 - In Authority
 - In Love
- Soul Trusts only Egoic Self for Survival
- *Separates* from all outside self. “I’ ll Rely only on ME.”

Birth of Resistance and Defense!

Earth Sphere



Ring of
Resistance
and Defense
against
further pain
from outside

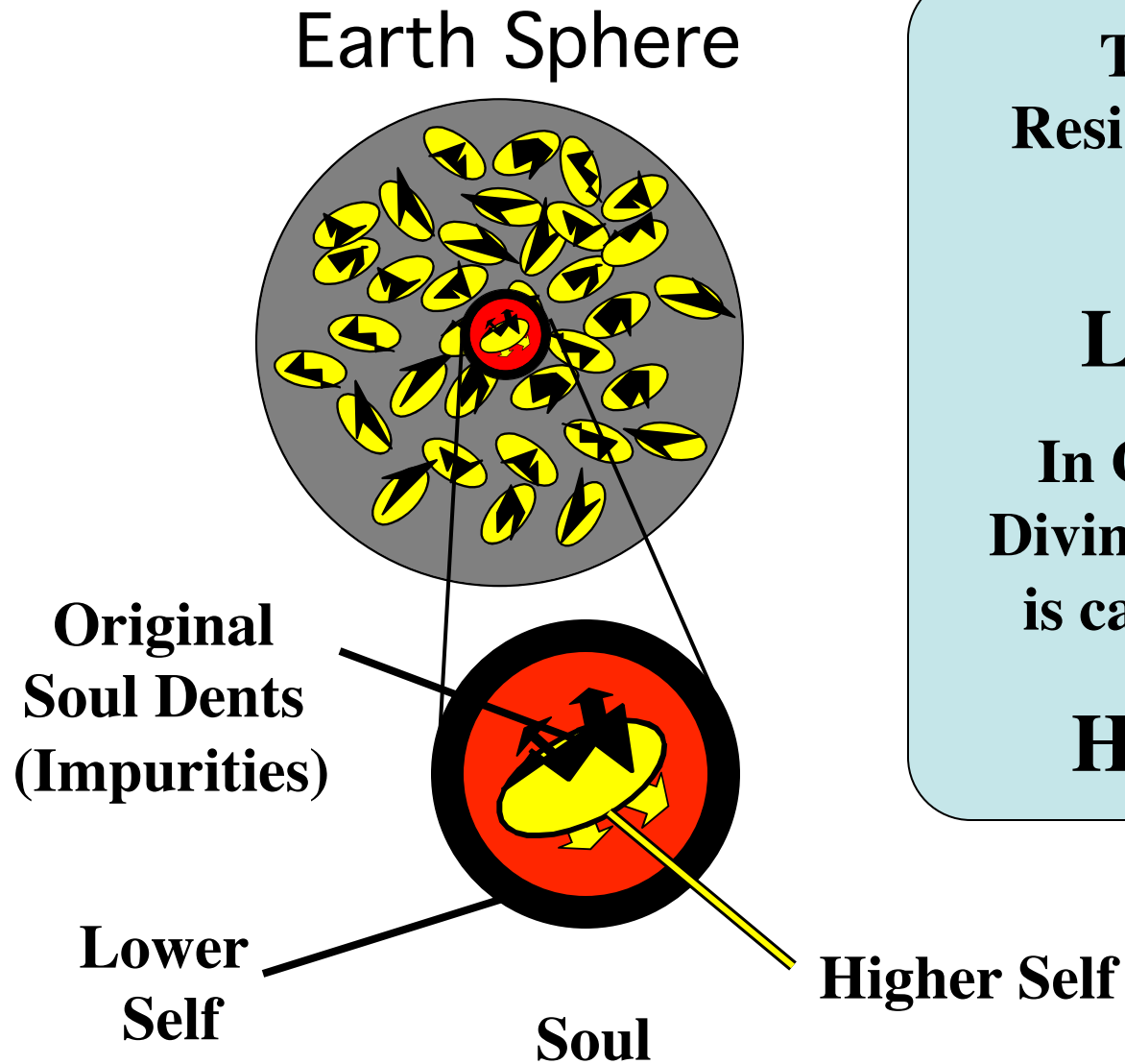


Soul

- Soul, at child level,
**Resists and
Defends
Against Pain** it
experiences as
coming at it
from the Earth
Sphere...

**Pain Body -- “remembered”
pain from unconscious
childhood experiences**

Birth of the Lower Self



This Ring of Resistance is called the Soul's

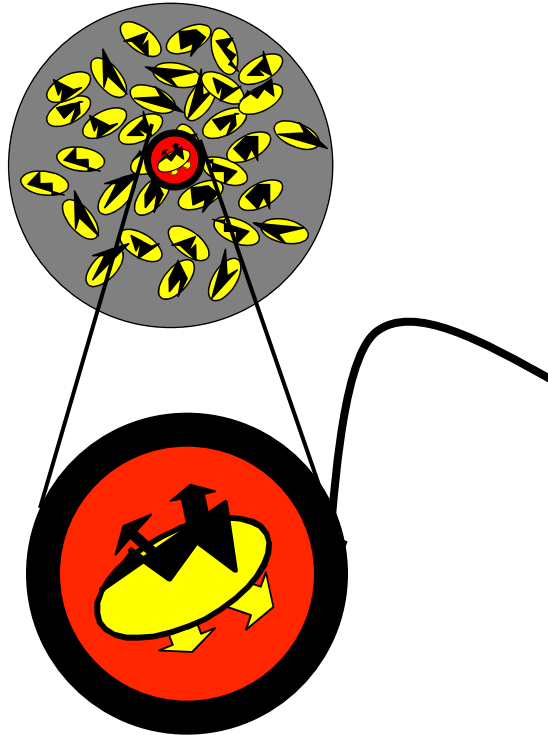
Lower Self

In Contrast to its Divine aspects which is called the Soul's

Higher Self

The *Lower Self* Grows and Develops

Earth Sphere



Fear

- *Wrong Generalized Beliefs -- The Pains I faced as a child will now annihilate me as an adult*
 - If I'm hurt in any way I must perish
 - If I don't have it all, I'm nothing
 - If I don't know it all, I'll be shamed and killed
 - If I'm not loved 100%, exclusively, by everyone all the time, I'll be annihilated
 - If I can't do it all, create it all, I'm worthless
 - Sense of COLLAPSE, *Terror of collapse*
 - Attitude: NEVER TRUST LOVE, LIFE or EXTERNAL AUTHORITY

The Lower Self Defense Grows and Develops

Earth Sphere

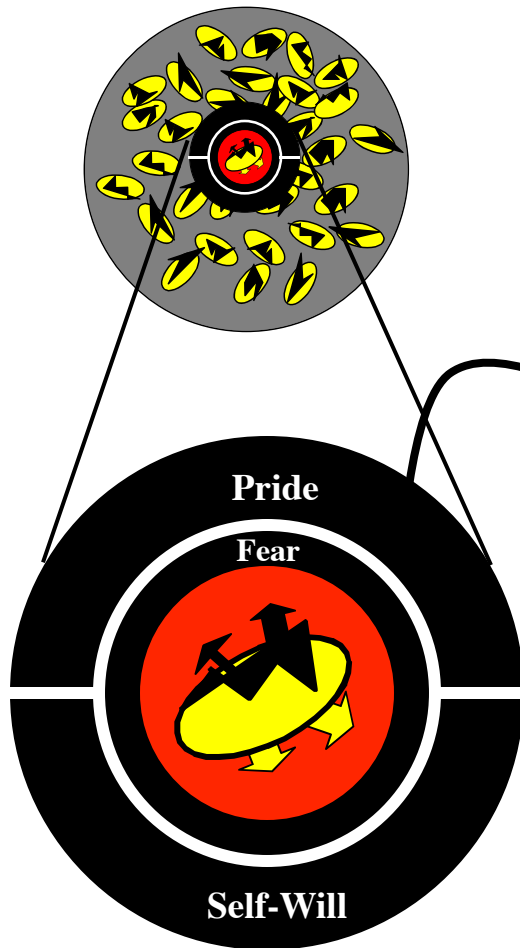


Self Will

- Unconscious Wrong Strategy of Defense
 - I will not be hurt!
 - Voracious acquisition and hoarding to not feel fear and pain body
 - Destructive Power against anything that opposes -- Clashing with environment
 - High intensity of power and action
 - I don't need to know, just act
 - Attitude: INTENSE "MAKE IT HAPPEN"

The Lower Self Grows and Develops

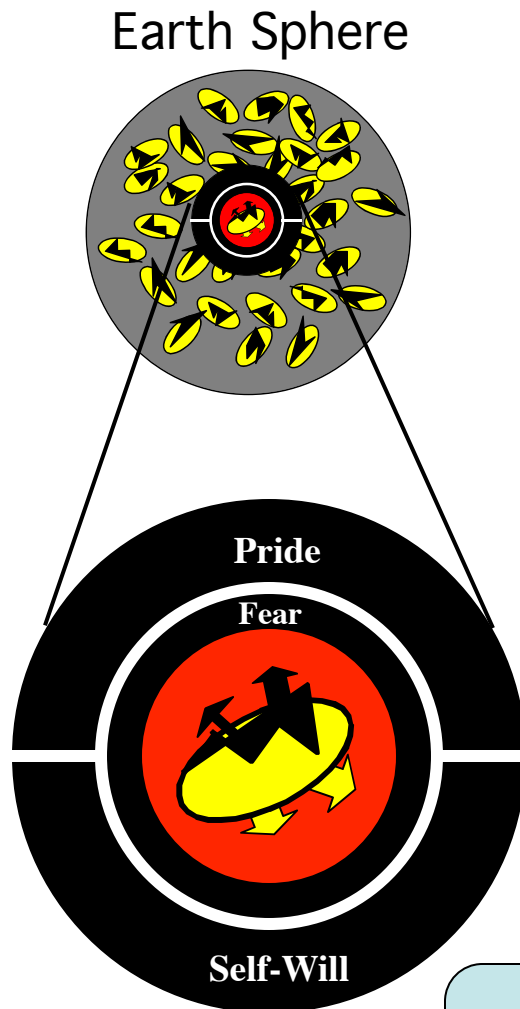
Earth Sphere



Pride

- Unconscious Wrong Strategy of Defense
 - I cannot be hurt
 - I am *entitled* to infinite amounts of all that I want -- love, wisdom, power, creative capacity
 - Attitude: DEFIANCE, NUMBING OUT, RISE ABOVE

The Lower Self Grows and Develops



Lower Self Defenses

- Fear --
 - Wrong Generalized Beliefs -- The Pains I faced as a child will now annihilate me as an adult
- Self Will --
 - Wrong Strategy of Defense not to face the fear or the pain
- Pride --
 - Wrong Strategy of Defense not to face the fear or the pain

Pain Body, Lower Beliefs and Self Defenses, are all mostly unconscious

The Impact of Abuse on Children



- **Severe Childhood Pain**
 - Severe Physical Abuse
 - Severe Sexual Abuse
 - Severe Emotional Abuse
- **Specific Pain is Generalized**
- **Fear becomes TERROR**
 - I dare not ever experience such pain again
 - If I do, I' ll collapse and be annihilated
- **Pride and Self-Will become impermeable, impenetrable walls of defense against feeling the pain or the fear of the pain**
 - Any threat will be met with defenses of Self Will or Pride

Healthier Childhoods Still Bring Challenges in Adulthood



- “Healthier” Childhoods still have some pain
 - Sometimes mild Physical Abuse
 - Sometimes mild sexual Abuse
 - Usually mild to deeper Emotional Abuse
 - Often more pains of *omission* (emotionally absent parent, etc.) than *commission*
- Fear, not terror, is still present
 - Some situations bring of fear of childhood pains
 - Some degree of seriousness
- Pride and Self-Will become walls of defense against feeling the fear or the pain
 - Some threats will be met with defenses of Self Will or Pride

Degrees of Childhood Issues



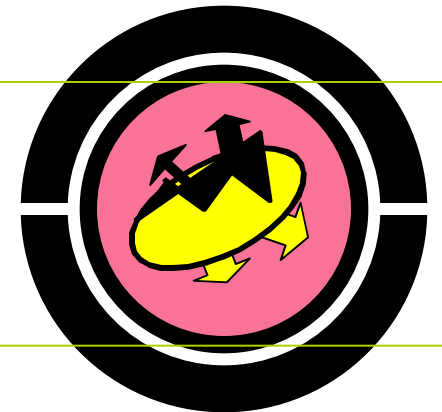
Severe

Very challenging to work through -- may be beyond Pathwork and require extensive psychological therapy to break through



Moderate

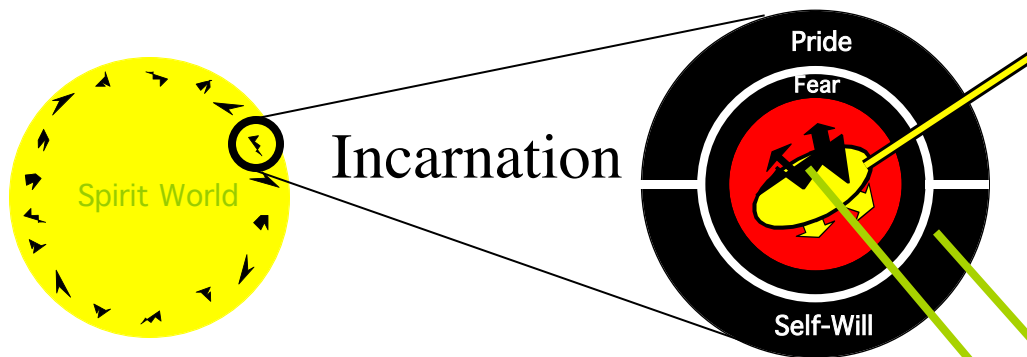
Challenging to work through -- Pathwork is generally very effective



Mild

Some needs, but may not require the intensity of Pathwork

Individual Soul's Real Self Has Two Parts



Lower Self “Revs Up” the Impurity or Soul Dent So That the Soul Dent’s Influence Will Be Obvious

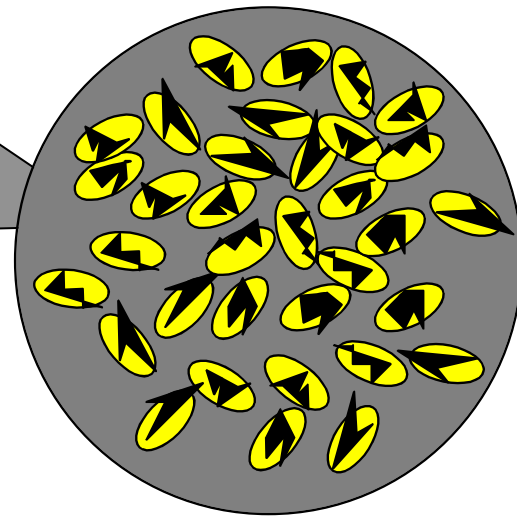
- **Higher Self**
 - **Divine Self**
 - God’s Will followed
 - Love and Oneness
 - Truth

- **Lower Self**
 - **Impurities**
 - Self-will replaced God’s will
 - Separation replaced Love and Oneness -- Fear
 - Lies replaced Truth -- Pride

To Survive, Culture Has Established Authority and Set Up RULES

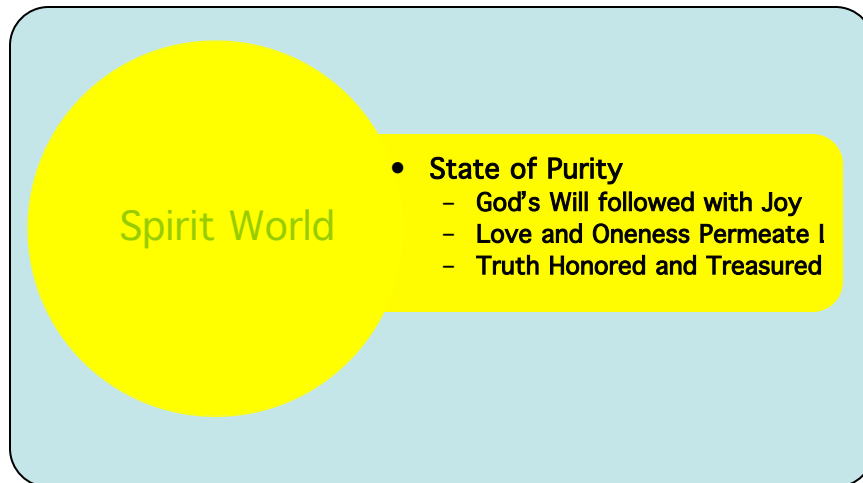
- Authority
- Rules for
 - Morality
 - Success
 - Love
 - Correctness
- Curbs Lawlessness
- Creates Norms

Earth Sphere

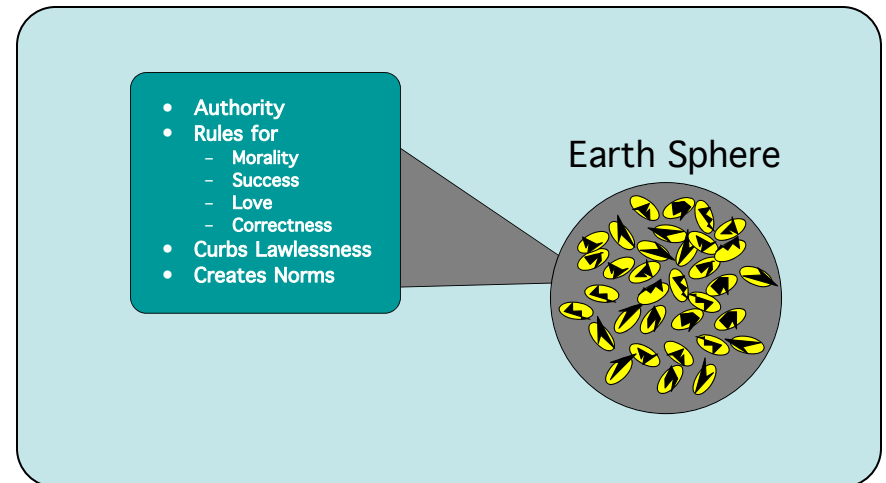


**These Rules and Authority
Have the *Form* of Our Original Divinity, but have
neither the Power nor the Spirit. They are
Pretense and Not our Real Higher Self**

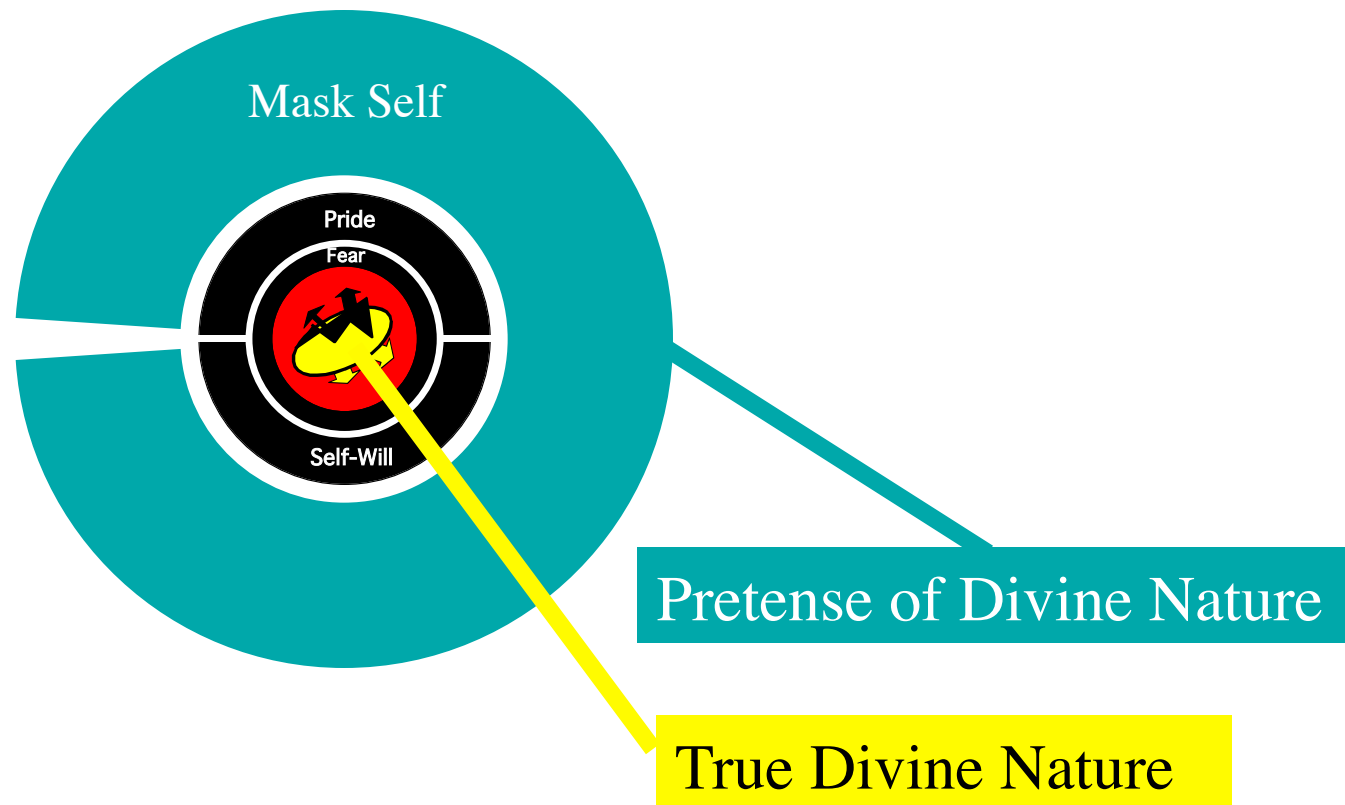
Real Divinity



Pretense of Divinity

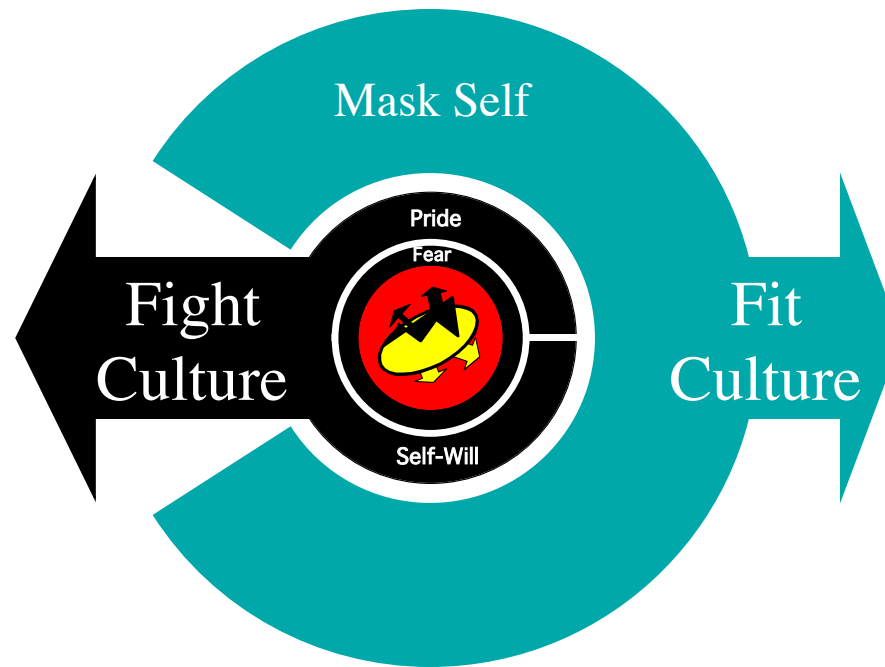
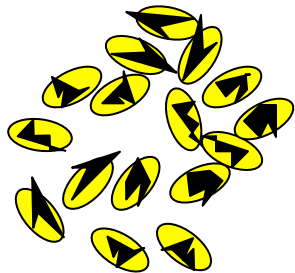


So Cultural Authority Curtails the Childs Lower Self -- and the Mask Self is born

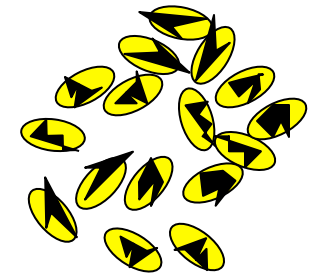


Development of the Mask Self

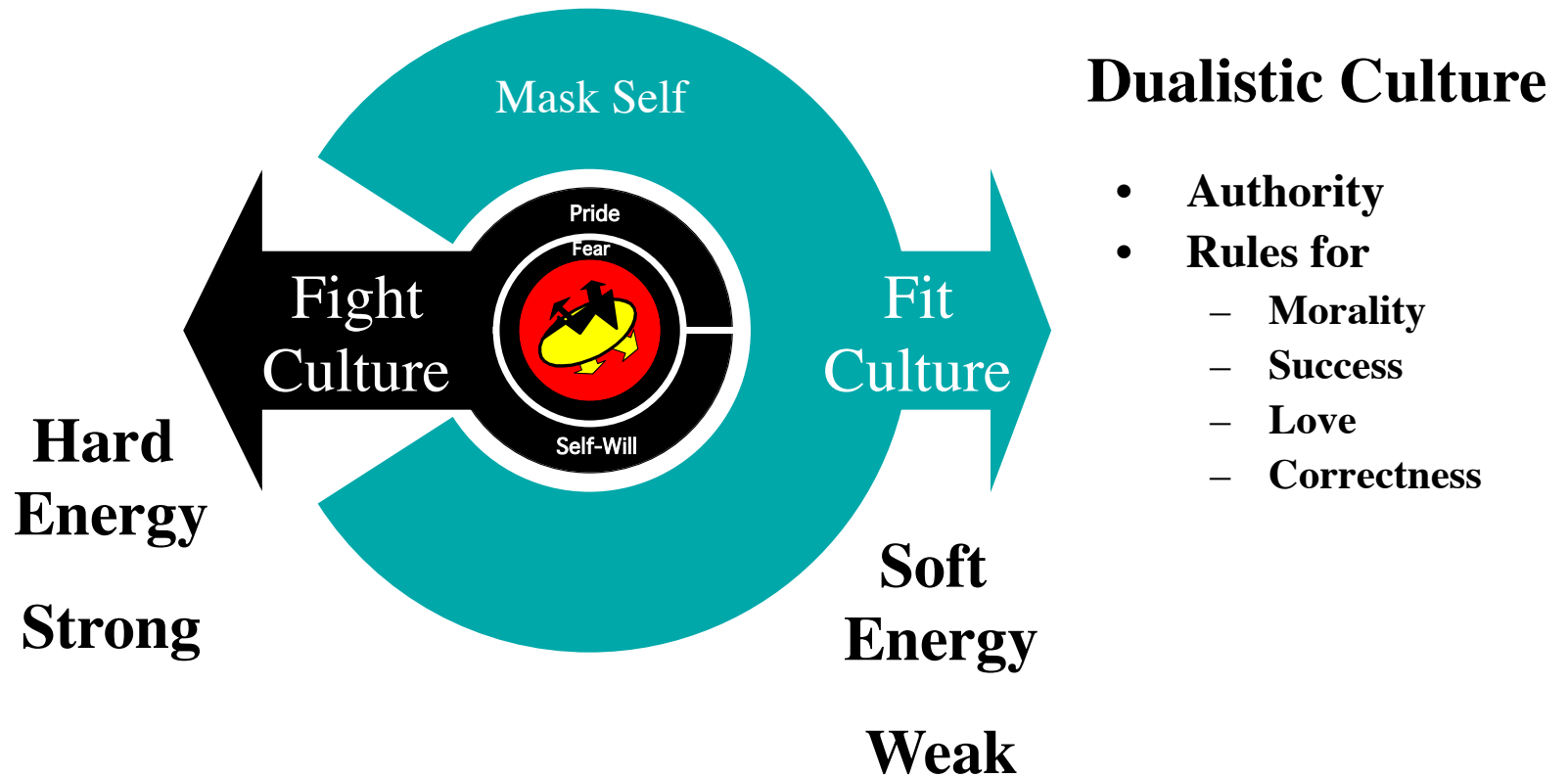
**Dualistic
Earth Sphere
Culture**



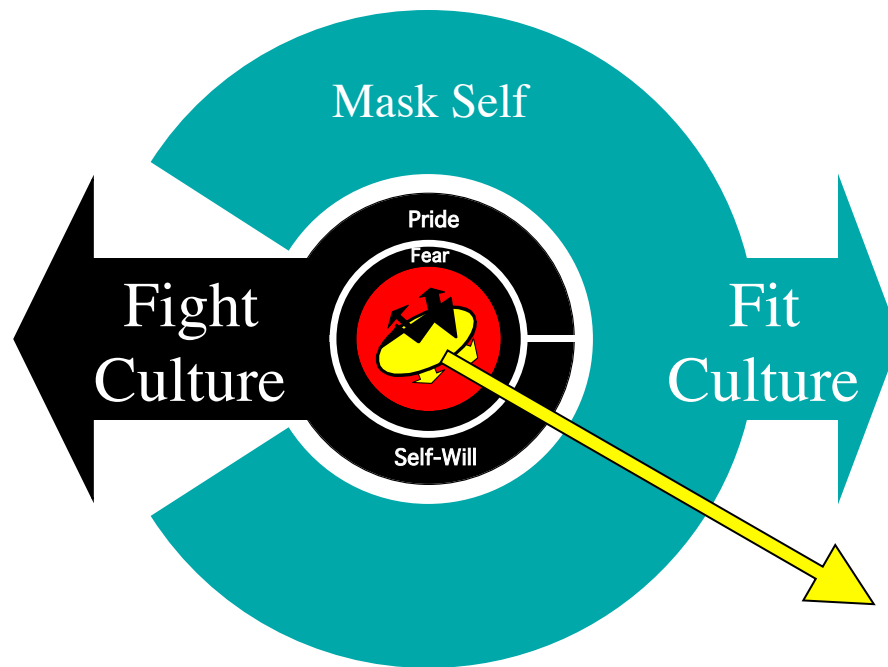
**Dualistic
Earth Sphere
Culture**



Development of the Mask Self



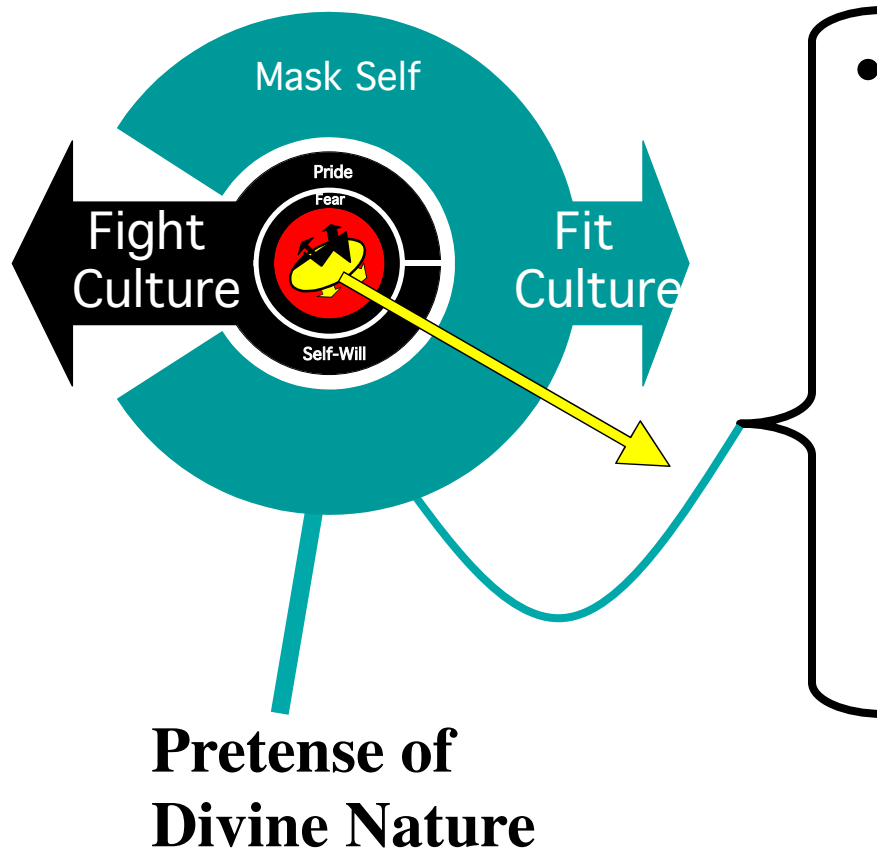
Some Higher Self (Divine) Aspects Manifest



**Higher Self Aspects
Bless Culture**

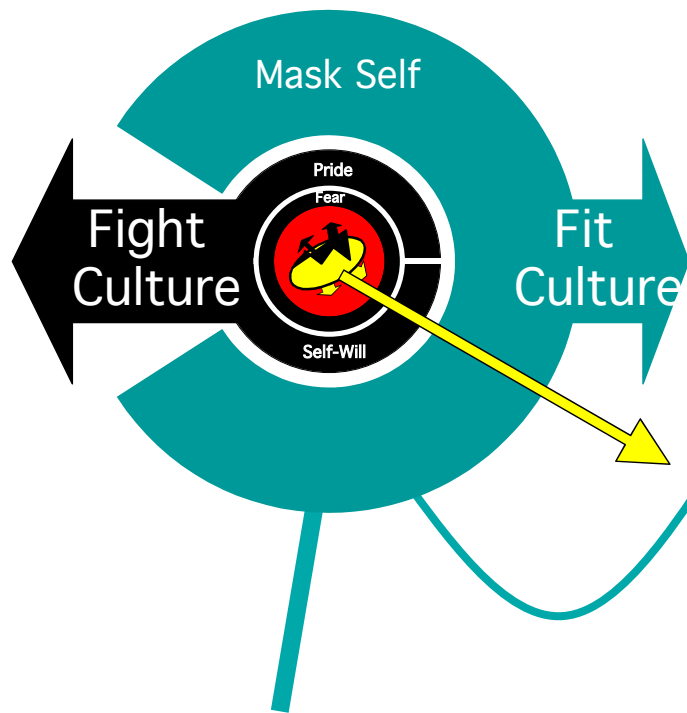
**(Creativity,
Wisdom, Love, ...)**

Development of the Mask



- **Power Mask** -- play by the *rules* of the culture
 - Busy workaholic to succeed in culture
 - Success defined by culture
 - Finds “security,” identity and “happiness” in recognition for accomplishments

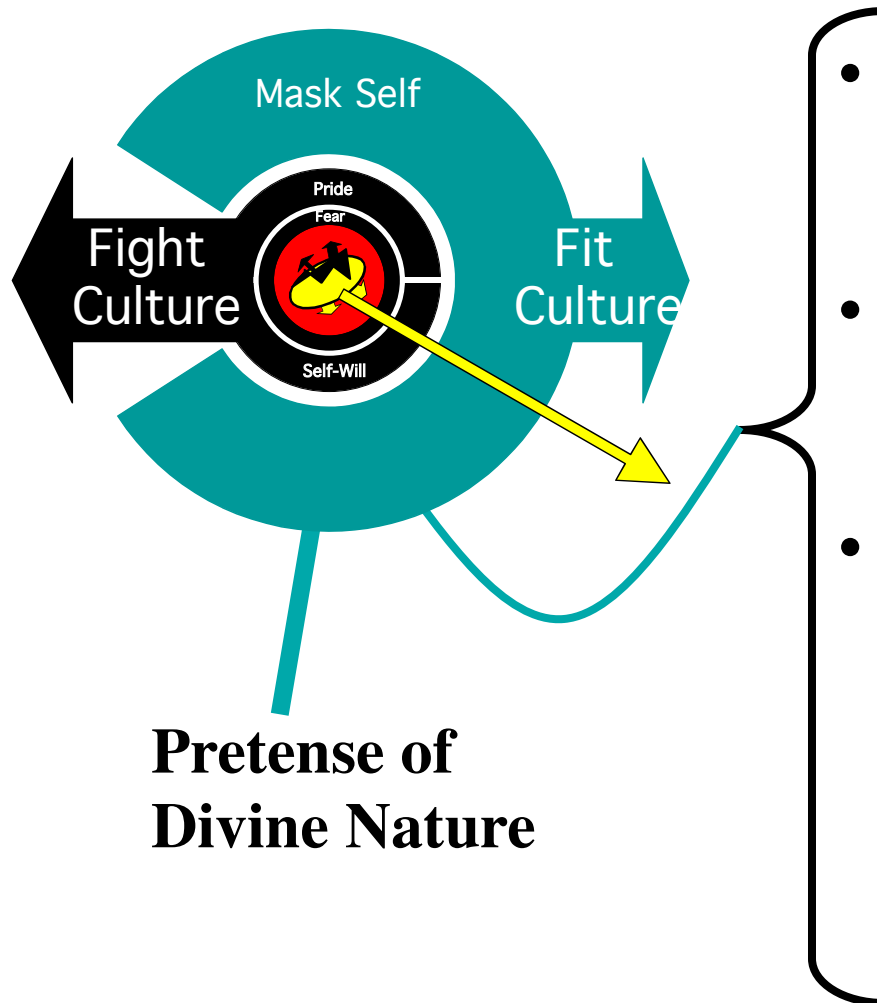
Development of the Mask



**Pretense of
Divine Nature**

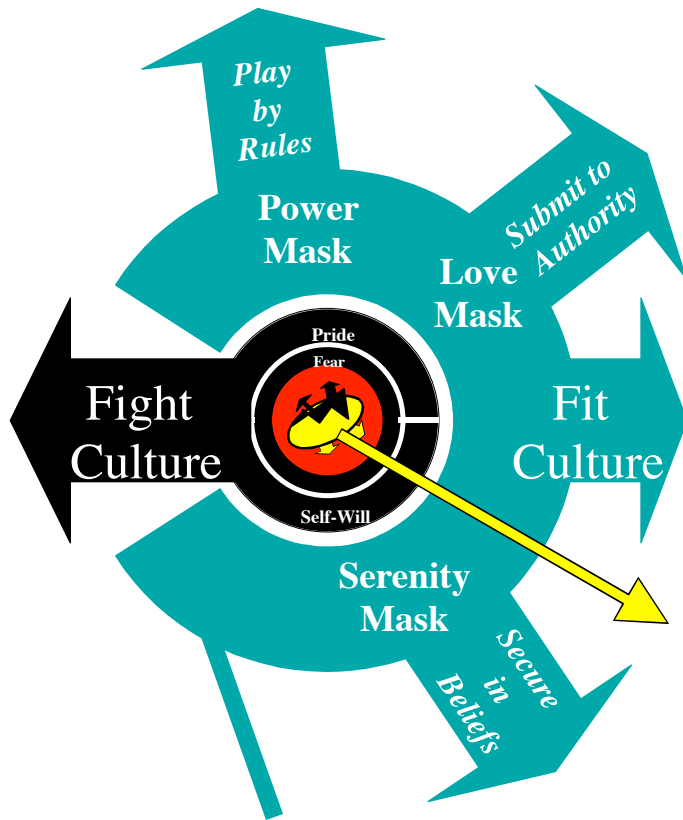
- **Power Mask** -- play by the *rules* of the culture
- **Love Mask** -- submit to the *authority* in the culture
 - Do whatever authority asks
 - Finds “security,” identity and “happiness” in authority
 - Parent
 - Government, Company, Church, Etc.

Development of the Mask



- **Power Mask** -- play by the *rules* of the culture
- **Love Mask** -- submit to the *authority* in the culture
- **Serenity Mask** -- finds security in the *beliefs* of the culture
 - Trusts that culture is RIGHT
 - Intellectual Coolness and smugness in beliefs of culture
 - Finds “security,” identity and “happiness” in the beliefs of the culture

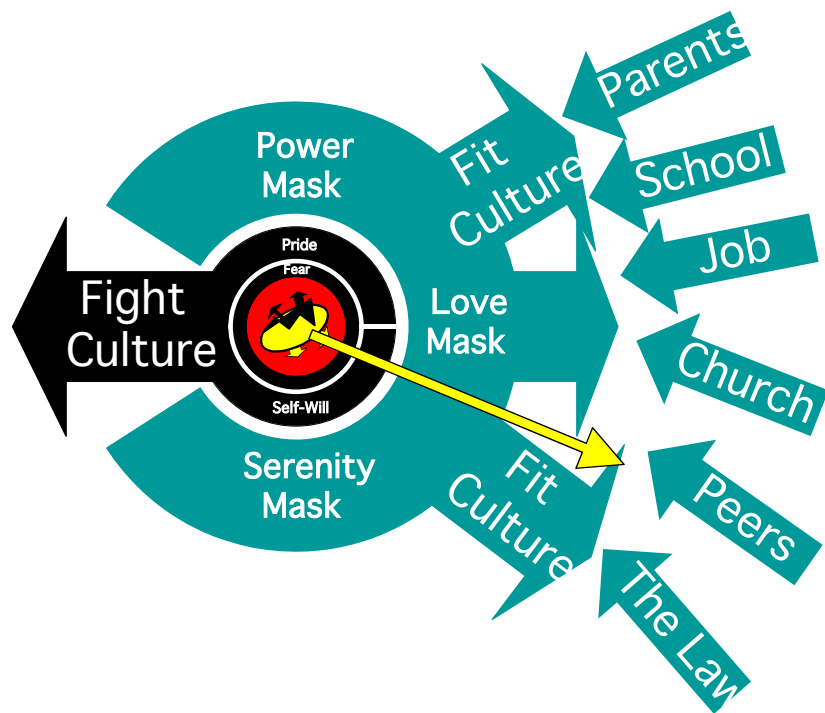
Development of the Mask



**Pretense of
Divine Nature**

- **Power Mask** --
 - play by the *rules* of the culture
- **Love Mask** --
 - submits to the *authority* in the culture
- **Serenity Mask** --
 - finds security in the *beliefs* of the culture

Mask Works on *Reward/Punishment* System, Not Direct Manifestation



From Mask...

Oh Reward Me

Love Me

Save Me

Don't Punish Me

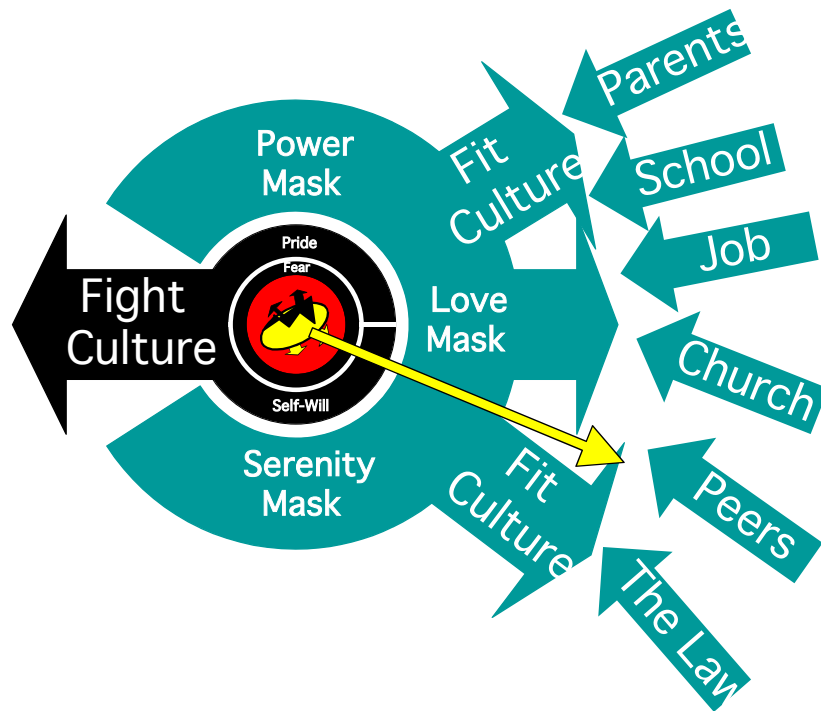
From Higher Self...

Direct Manifestation

True Love

Truth, Wisdom, Peace

Mask Self Comes From The Child Self



From Mask...

**No Self-Responsibility --
Results depend on others**

**Not willing to Pay The
Price for Manifesting
What One Wants**

From Higher Self...

**Self Responsibility, but
calling upon Divine Help**

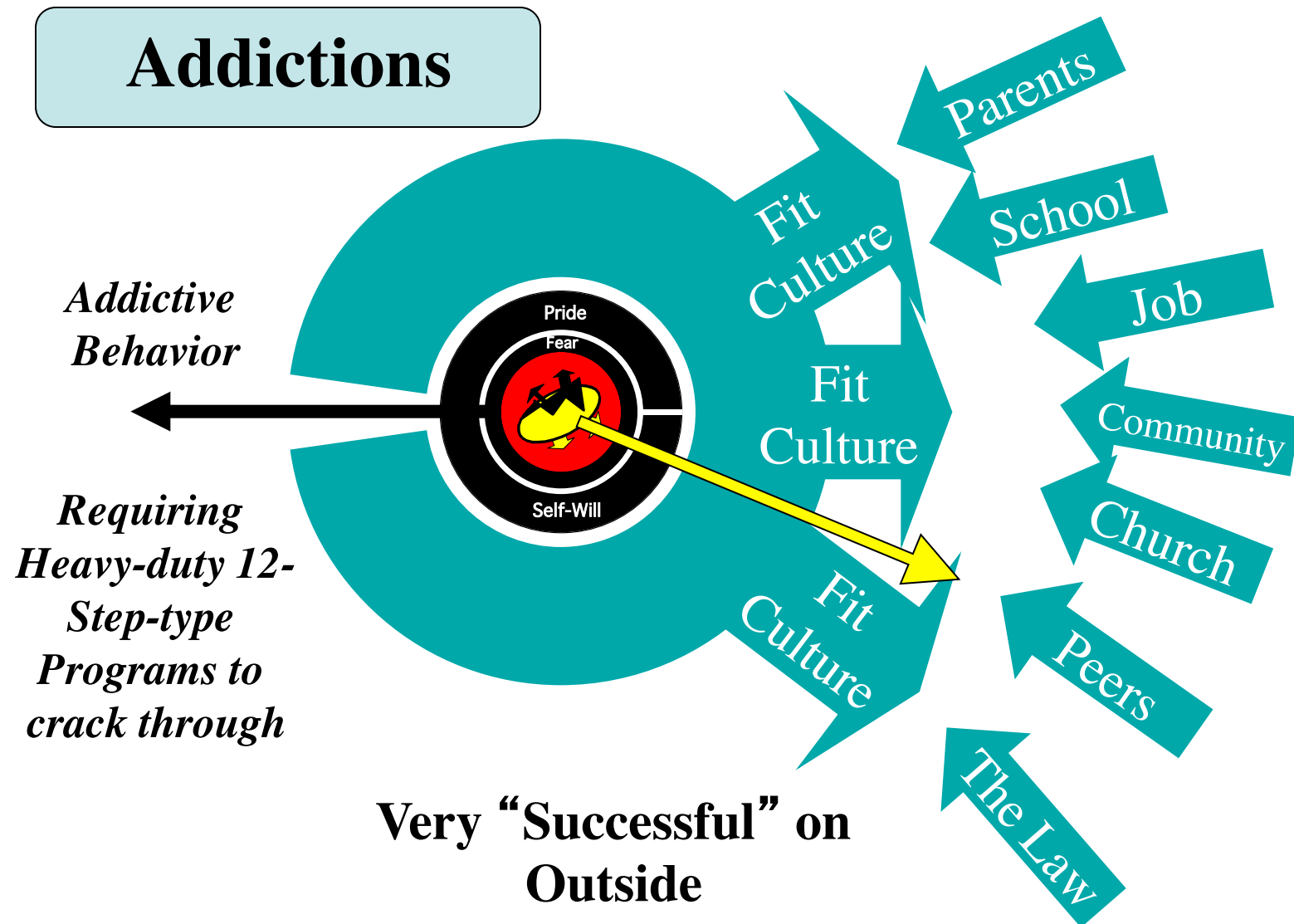
Patient, Surrendered

Degrees of Mask Development

Law Upholder

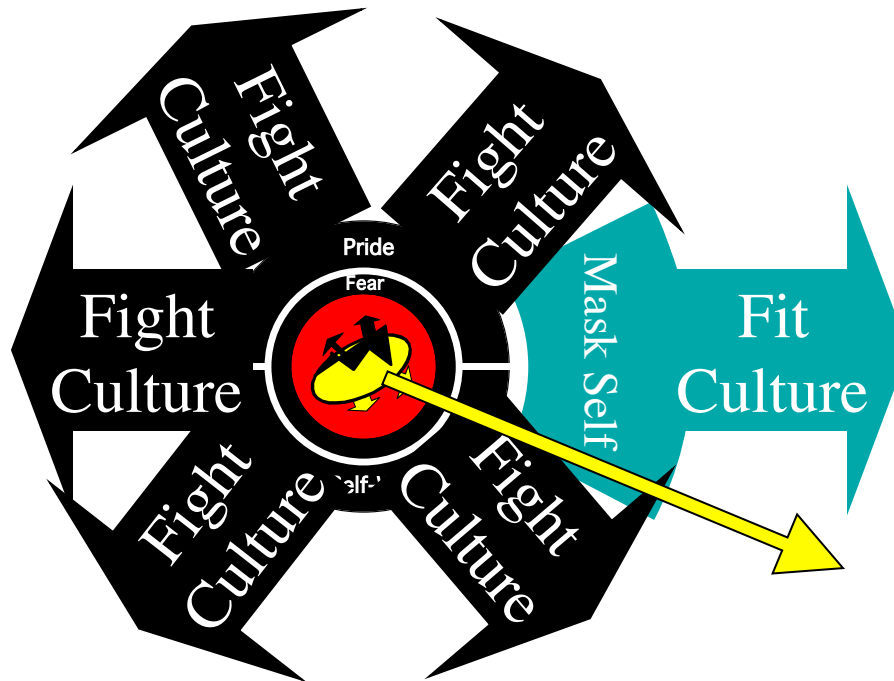


Degrees of Mask Development



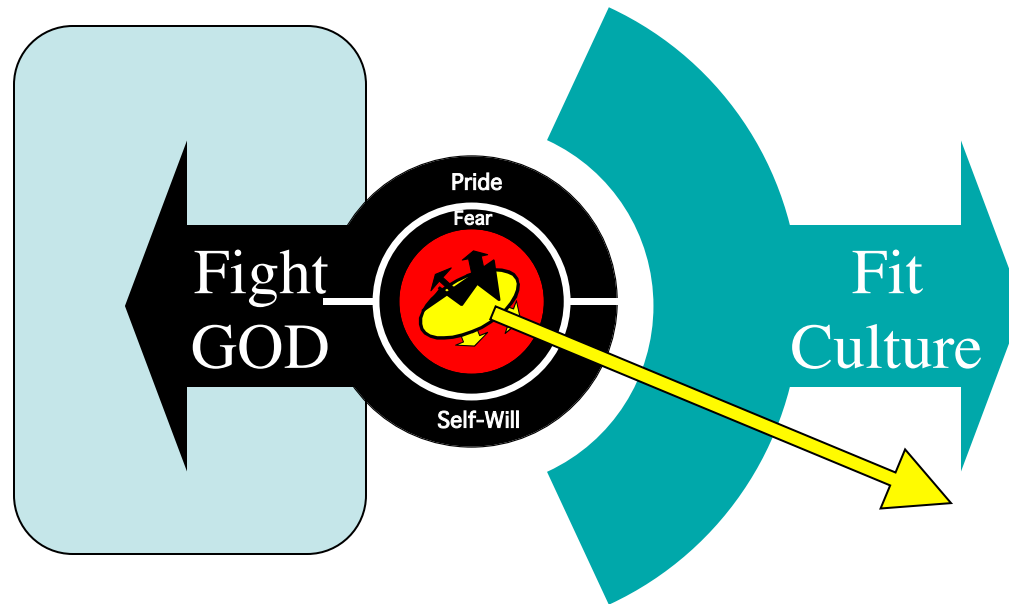
Degrees of Mask Development

Law Breaker

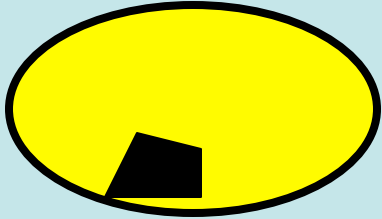


In many ways the Law Breaker is farther along the path than the Law Upholder!

Lower Self Moves from Fighting Culture to Fighting GOD

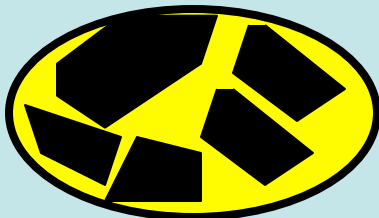
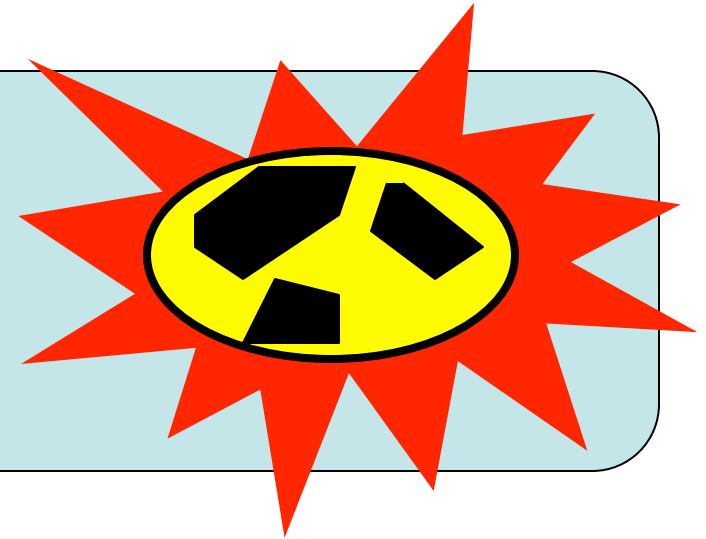


Intensity in the “War” of Life



No “War.” Smooth Transformation happens due to dominance of *Higher Self* aspects.

Crises, Destruction, and Heavy Battling in Transformation due to nearly equal quantity of Higher and Lower Self aspects. ***BUT Transformation DOES HAPPEN.***



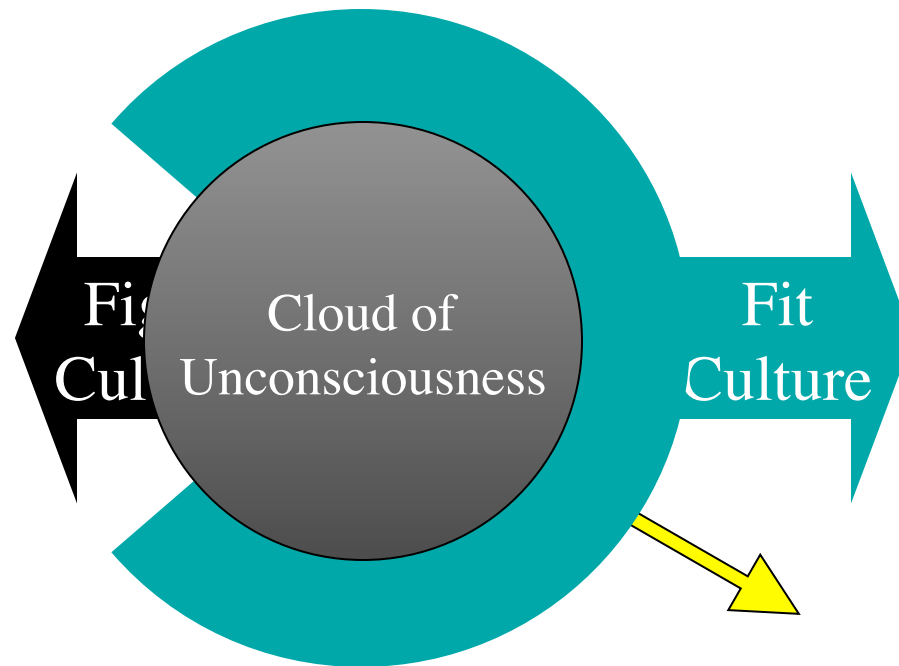
No “War” and No Transformation due to dominance of *Lower Self* aspects

The Issue of Unconsciousness

Aware of outer behavior only

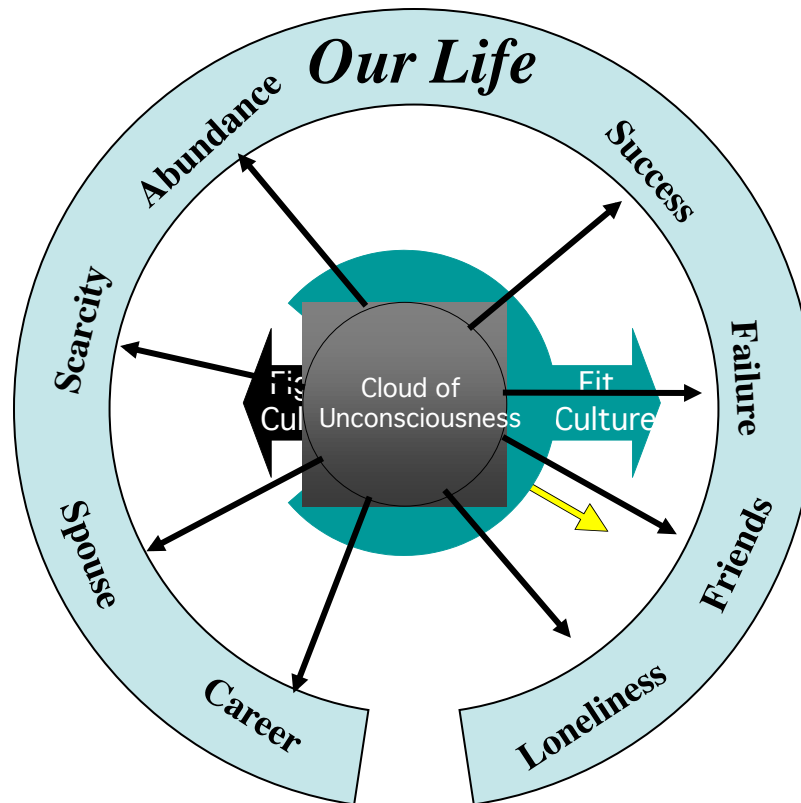
No sense of inner reality or cause & effect

Identified with Mask Self, Lower Self Aspects



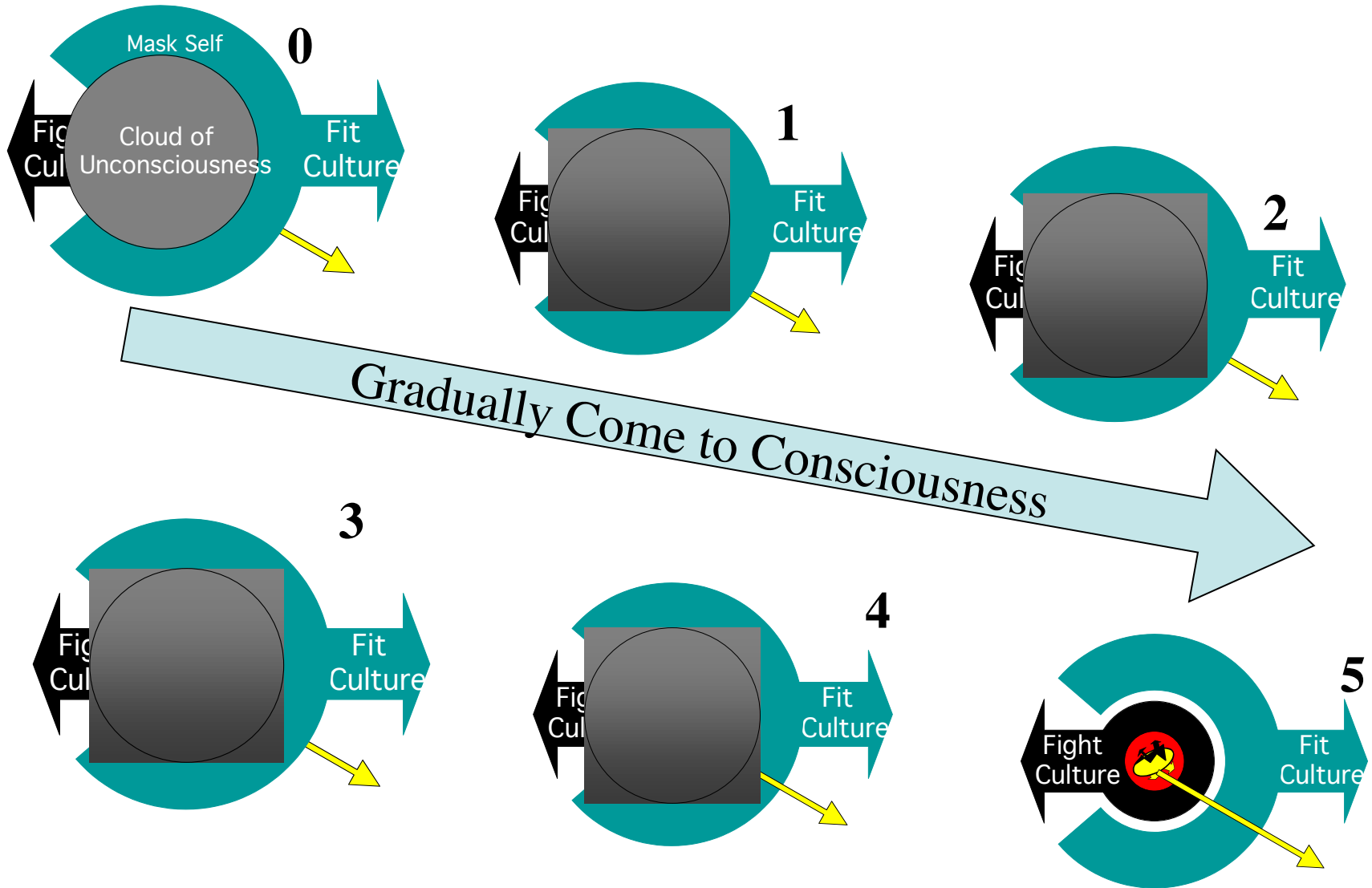
The Issue of Unconsciousness

**Yet We Manifest Our Entire Life from Within
this Cloud of Unconsciousness**

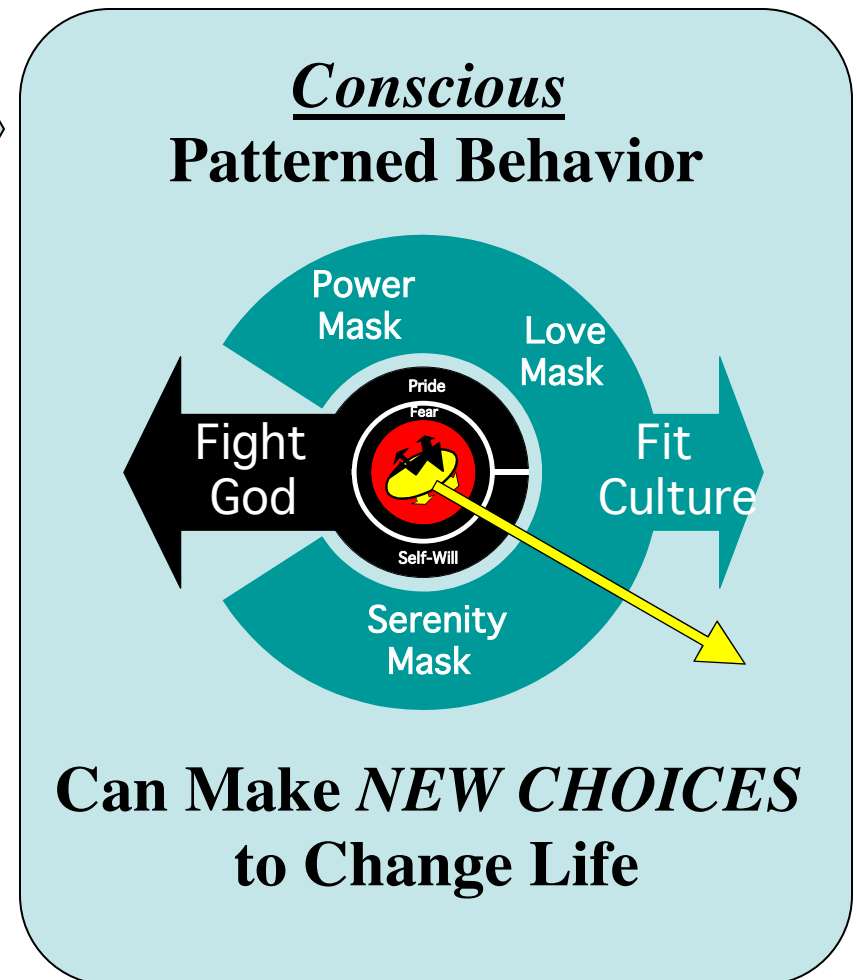
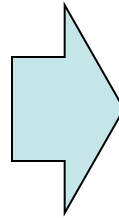
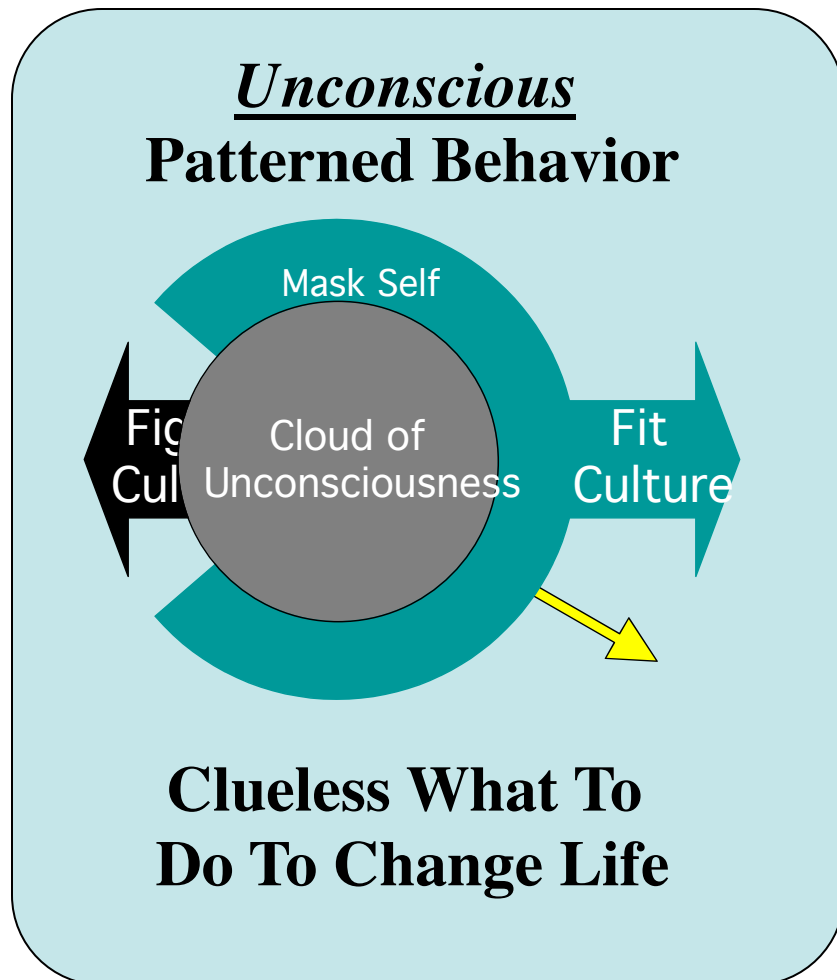


**The Soul is quite
confused -- no real
sense of cause and
effect -- especially in
problem areas**

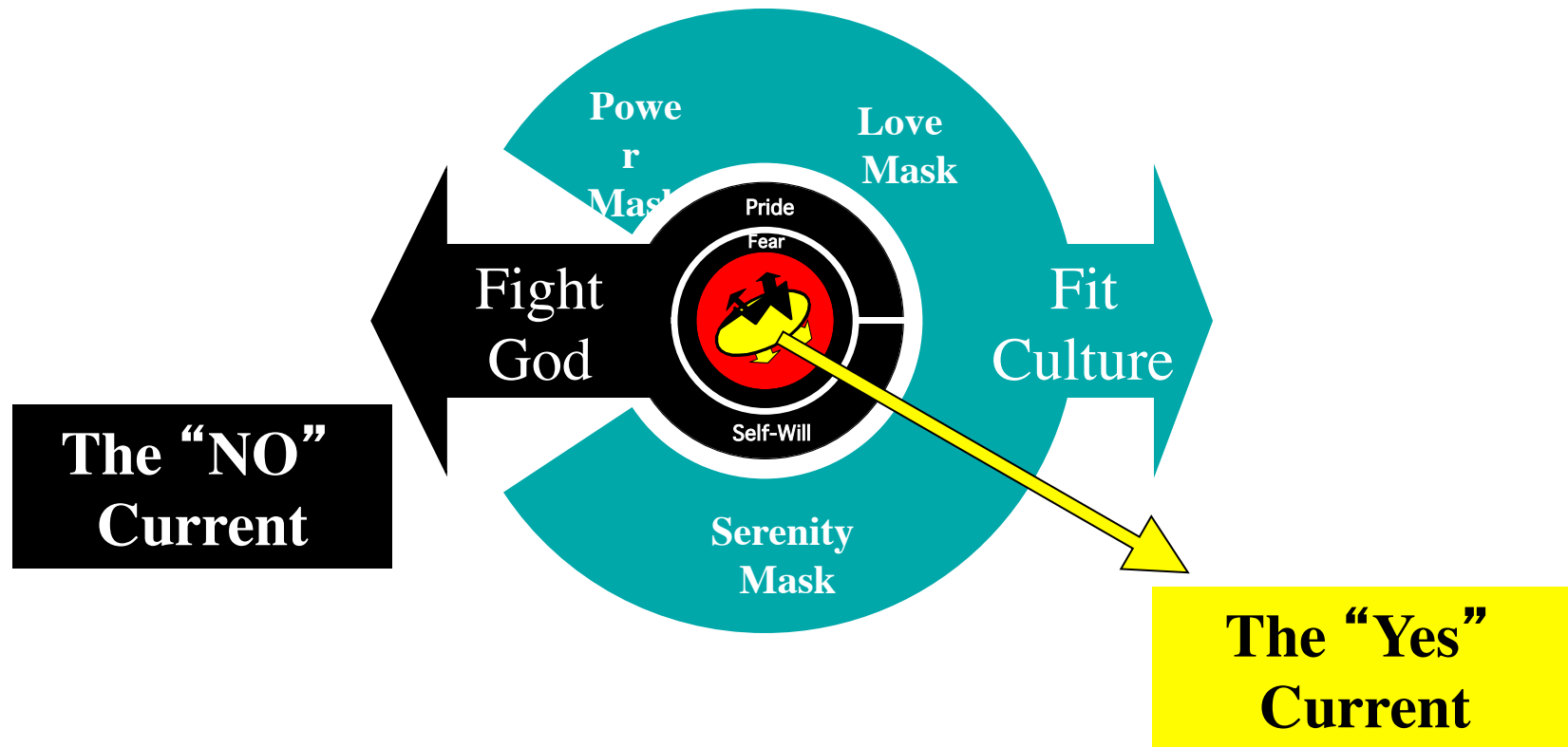
Need to Wake Up -- Come to Consciousness



**Once We “Wake Up” We Can Observe Ourselves
and Find the Truth -- From Here We Can
CHANGE OUR LIVES**



**But We Are Invested in Our Old Selves,
So It Is *STILL Hard Work To CHANGE*
*Even if we Know and Understand***

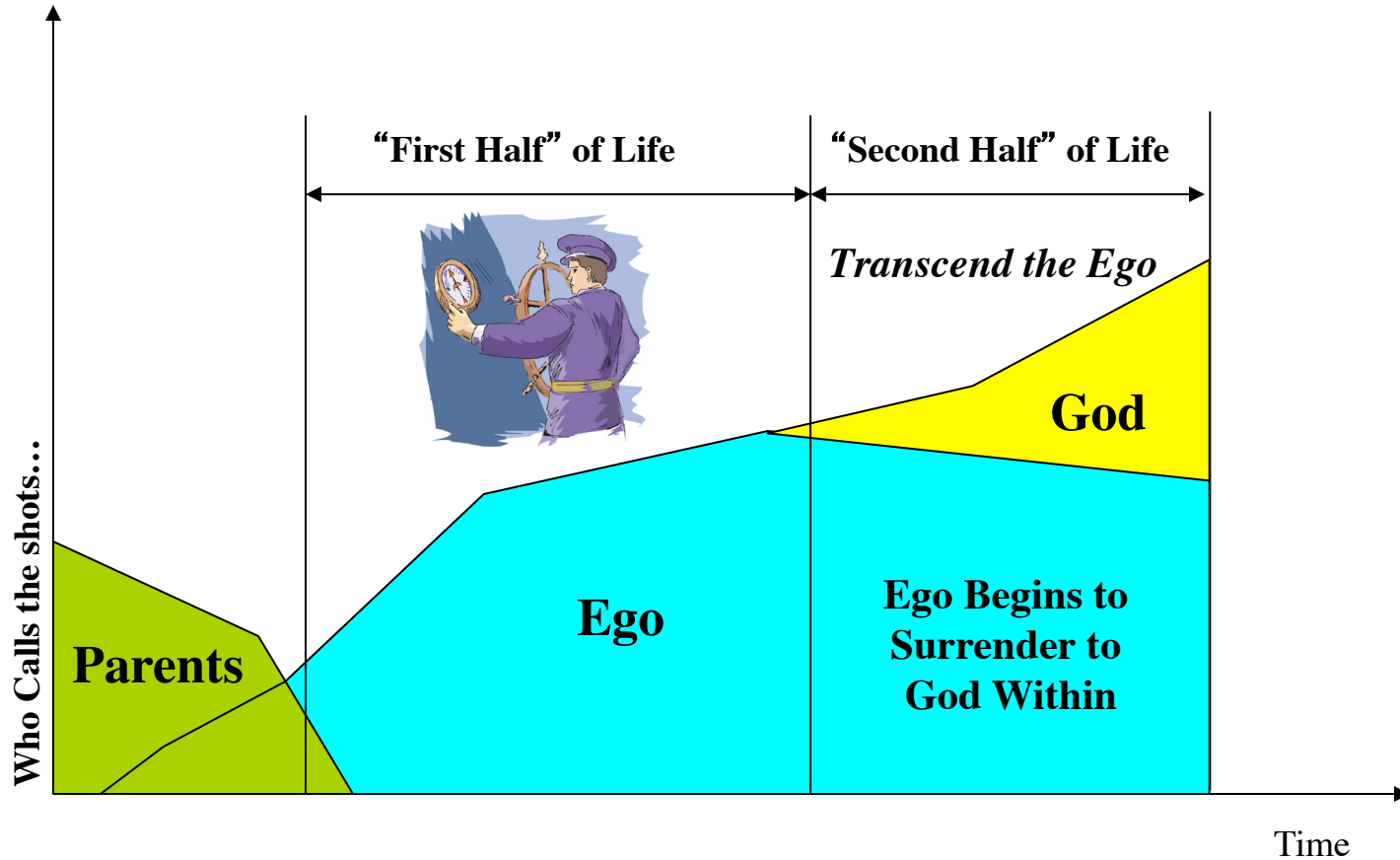


Role of the Ego Self

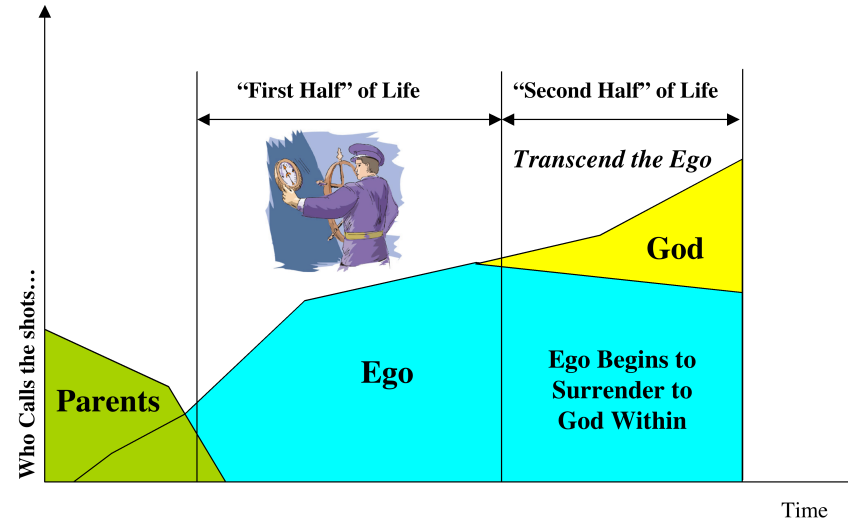


- **Ego -- The *Captain of the Soul's Ship* that Chooses, Reacts, Responds, Acts...**
 - Based on own needs, goals, desires, understanding, intuition, feelings, etc., as the ego understands it
 - In the face of the outside world, as the ego understands it and its "rules."

Who Is Calling the Shots?



Ego Matures



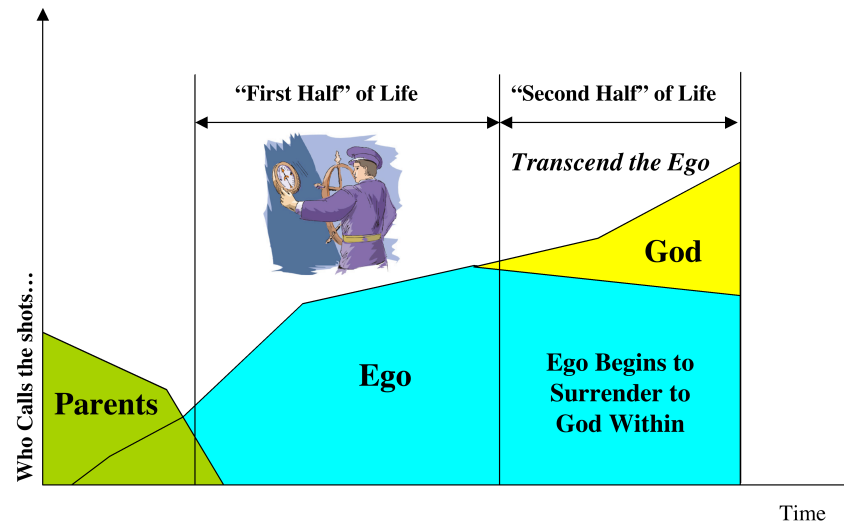
Immature Ego

- Blaming, not take responsibility
- Operates from Wrong or limited Understanding
- Impatient -- acts without thinking
- Child-like
- Low level of consciousness
- Imbalanced use of will, reason, and emotion.
- Self-centered

Mature Ego

- Self Responsible
- Operates from broader Understanding
- Patient
- Becomes Objective Observer of Life and pieces of personality (Higher Self, Lower Self, Mask Self, etc.)
- Comes to higher level of consciousness
- Balanced use of will, reason, and emotion
- Surrenders self to higher cause

Strong/Weak Ego



Weak Ego



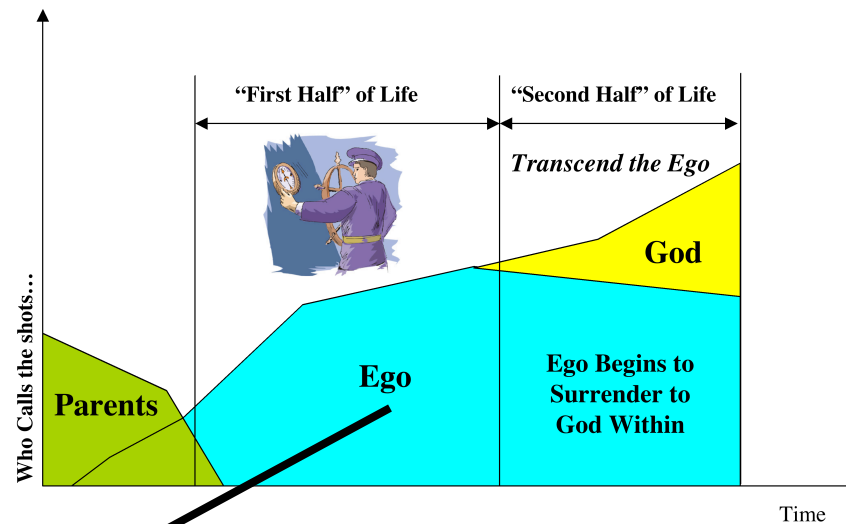
- Accomplishes Little
- Vacillates, blows with wind
- Undisciplined
- Cannot commit to a long view
- Weak Leader

Strong Ego



- Accomplishes Much
- Solid, often rigid, world view
- Disciplined
- Can take the long view and commit to it
- Strong Leader -- career, family, church

But!!!!

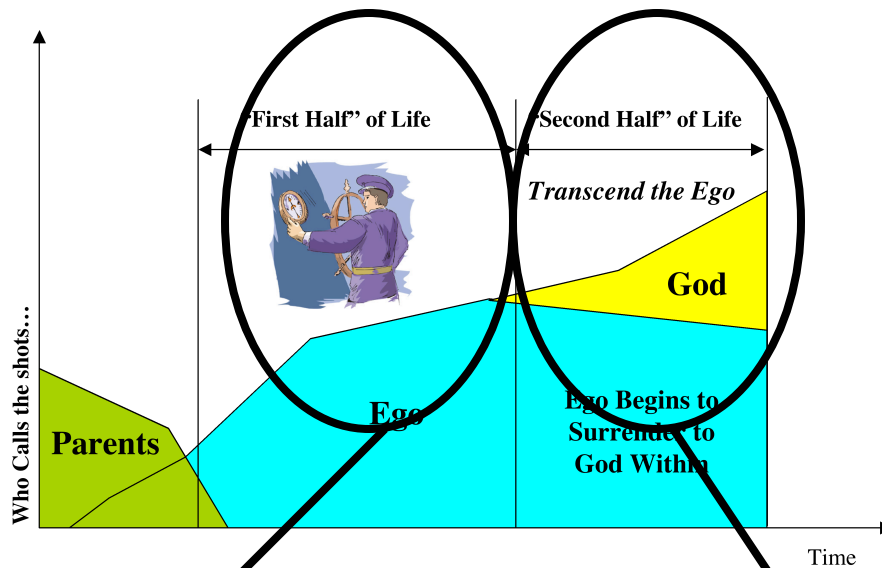


While the Strong Ego...

- Accomplishes Much
- Solid, often rigid, world view
- Disciplined
- Can take the long view and commit to it
- Strong Leader -- career, family, church

He/She can be...

- Unconscious -- on automatic pilot
- OR Semiconscious
- OR Selectively Conscious of only
 - Higher Self (Artist, Genius, Guru)
 - Lower Self (Criminal)
 - Mask Self (Fit the System)
 - Worldview (Materialistic)
 - Religion (Form)
- OR Have Blind Spots
 - Especially regarding Lower Self
- OR Be Fully Conscious

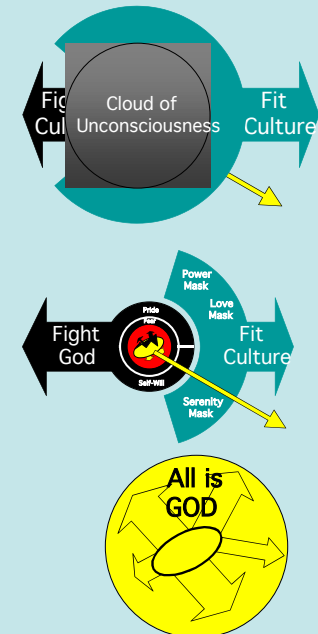


Two Halves of Life

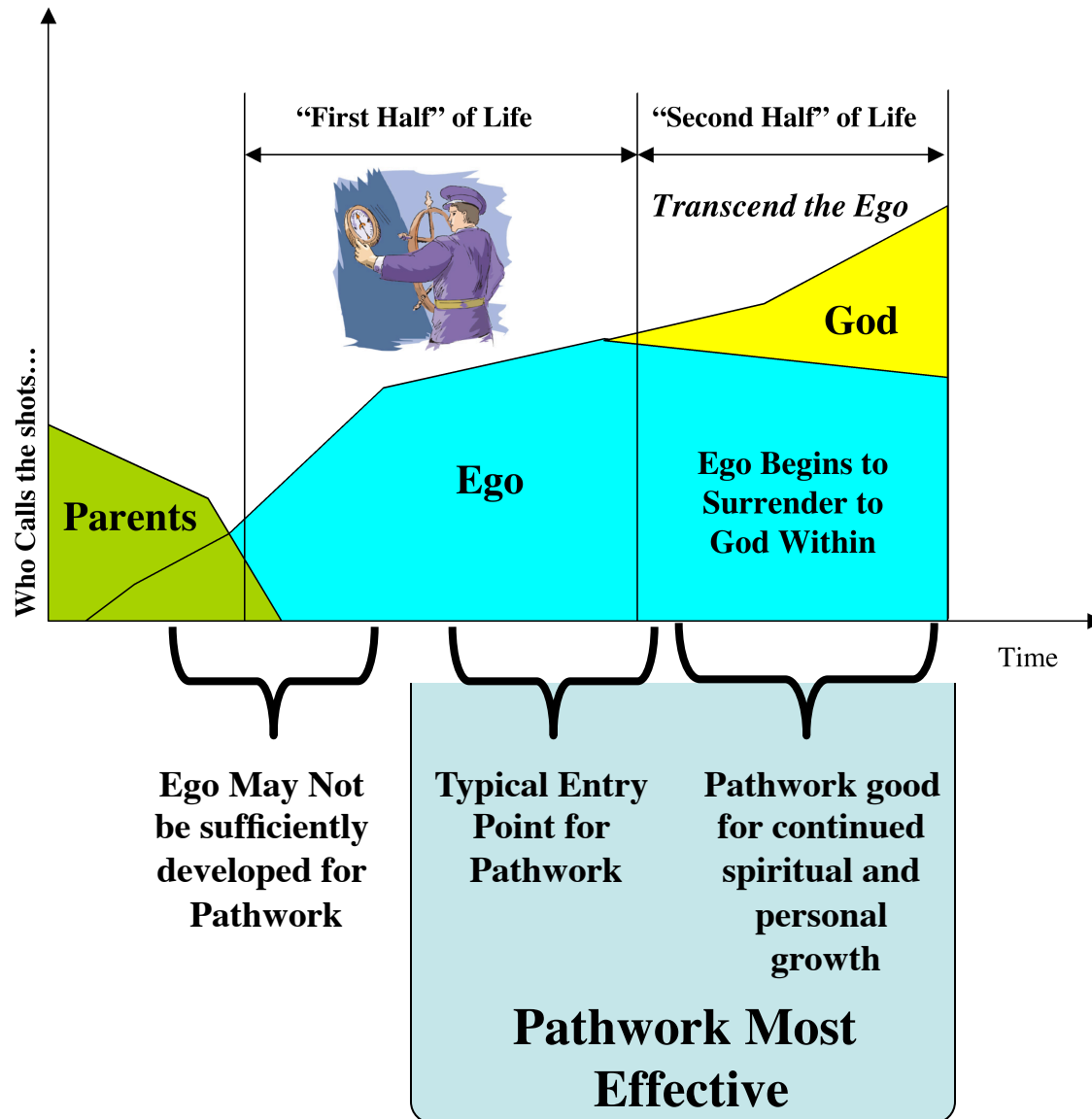
- **First Half of Life...**
 - Develop Strong Ego



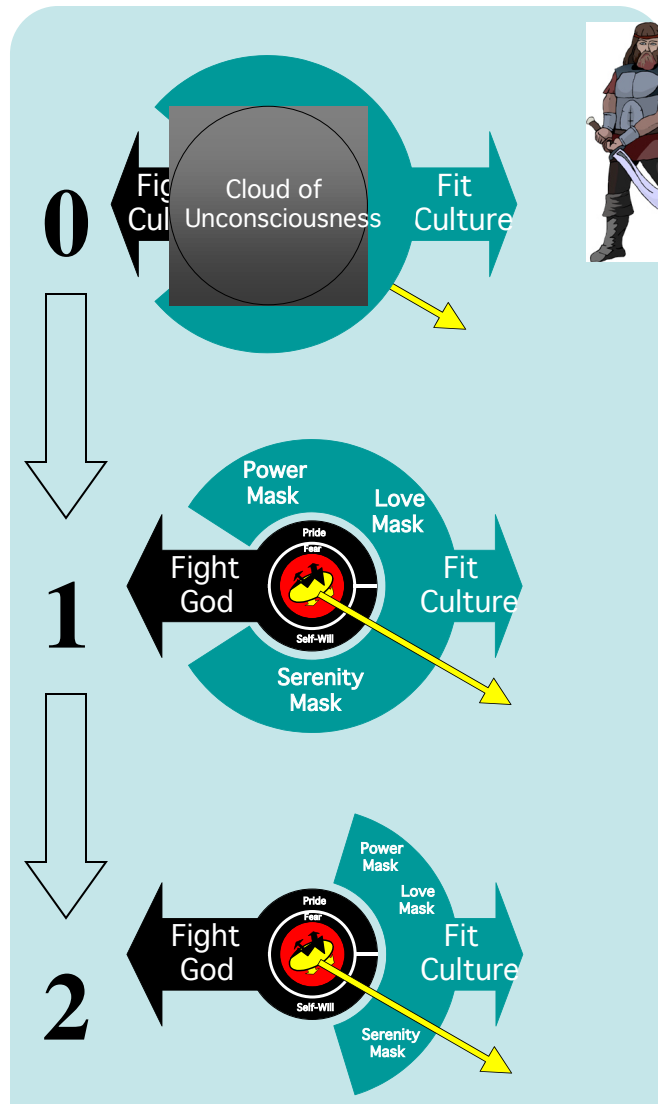
- **Second Half of Life**
 - Wake Up!
 - Come to increasing consciousness on all levels
 - Transcend the Ego
 - Surrender to God Within
 - Transform Lower Self
 - Continue the Path Into God
 - Fulfill Plan of Salvation!



Pathwork and the Ego



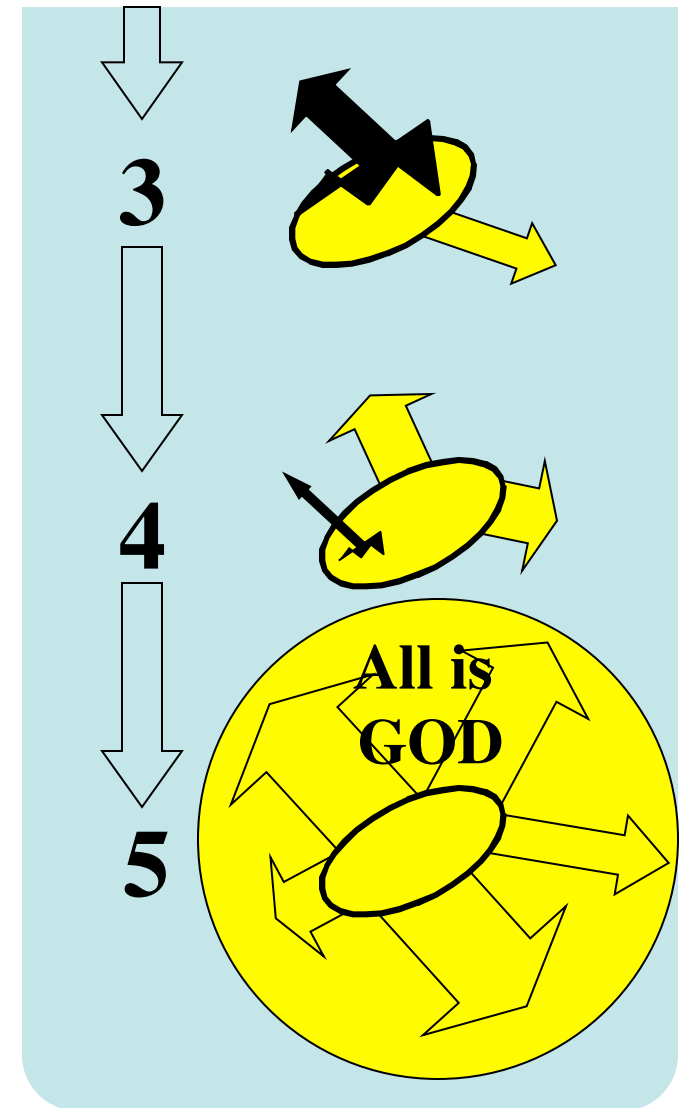
Plan of Salvation on a *Soul* Level



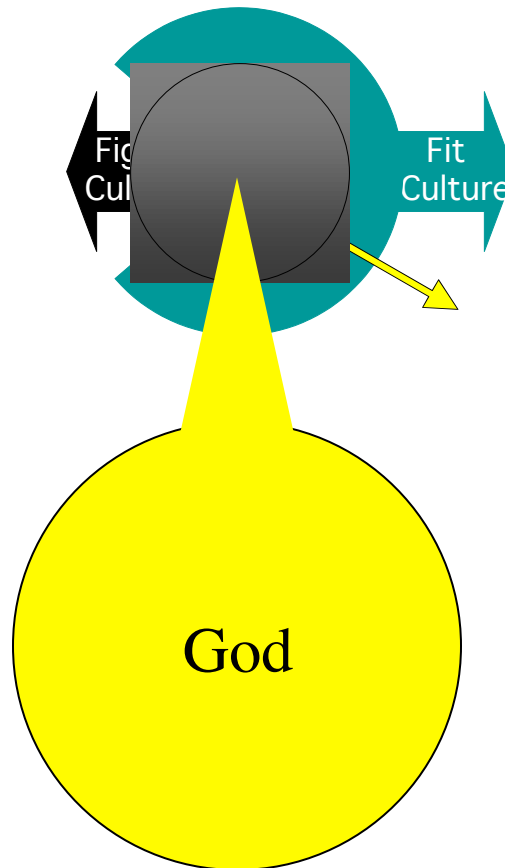
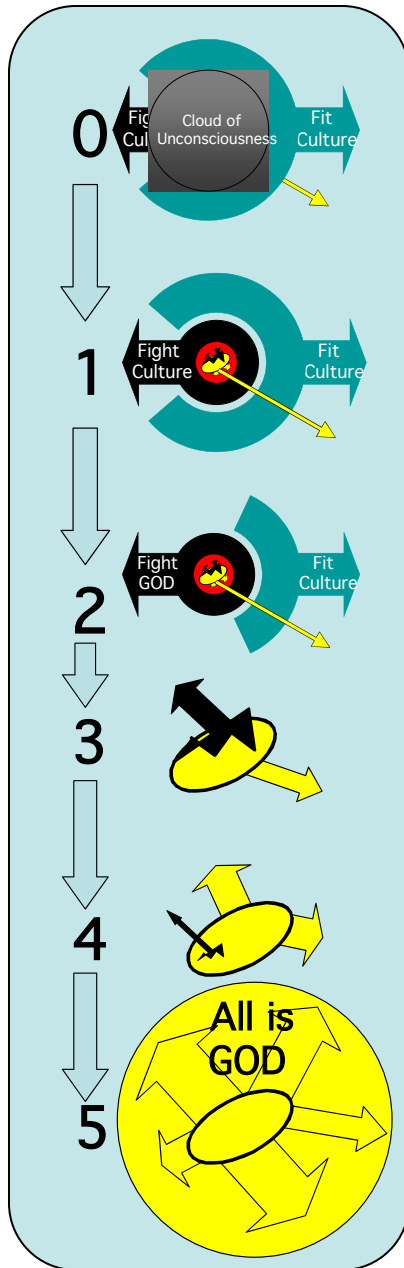
*Gradually,
Organically, In
various areas of life
at a time...*

- 1. Become Ever More Conscious**
- 2. Remove More of Mask**
- 3. Transform More of Lower Self (Purification)**
- 4. Manifest More of Higher Self**
- 5. Experience Oneness with God, Wakes Up!**

*Thousands of
Incarnations in all
A Nonlinear Process*



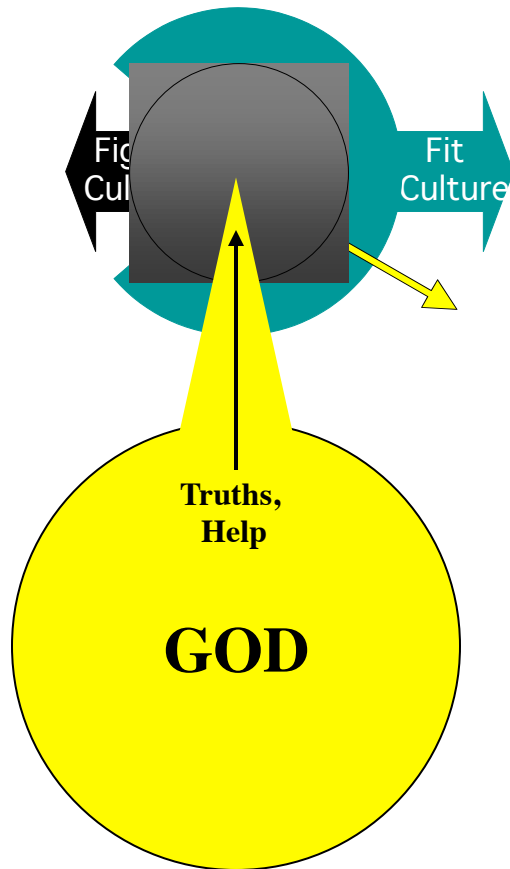
The Soul's Ego Can Not Do This Work Alone -- Needs to *Ask for Spiritual Help*



**Soul's Mature
Positive Ego
Surrenders to God
Within ...the
Higher Self**

**Which is the Link
to God, the Link to
ALL THAT IS.**

While Truths and Spiritual Help Come from Within, External Truths CALL INNER TRUTH OUT

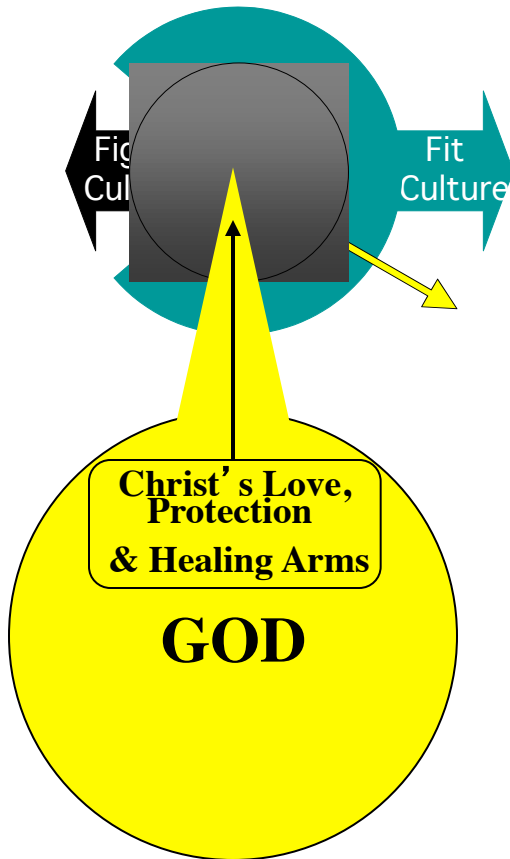


External Truths resonate with and call forth Truth from within.

Truths are *not* absorbed from the outside and imbedded in the intellect.

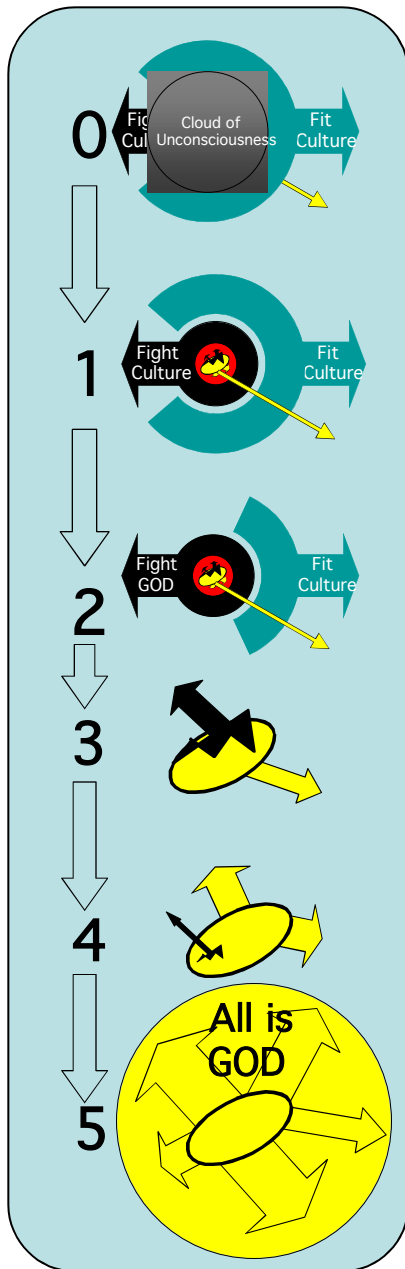
Likewise, Spiritual Help ultimately comes from within.

Spiritual Help from Jesus Christ



“Christ is here. He hears you, He loves you, He protects you, He is deeply concerned with you, even though your senses are still too dull to perceive it. *The time will come suddenly when you will be intensely aware of this fact.* You will feel His loving, healing arms in which you can always rest and find new sustenance for your life task.” (PWL 258 ¶25)

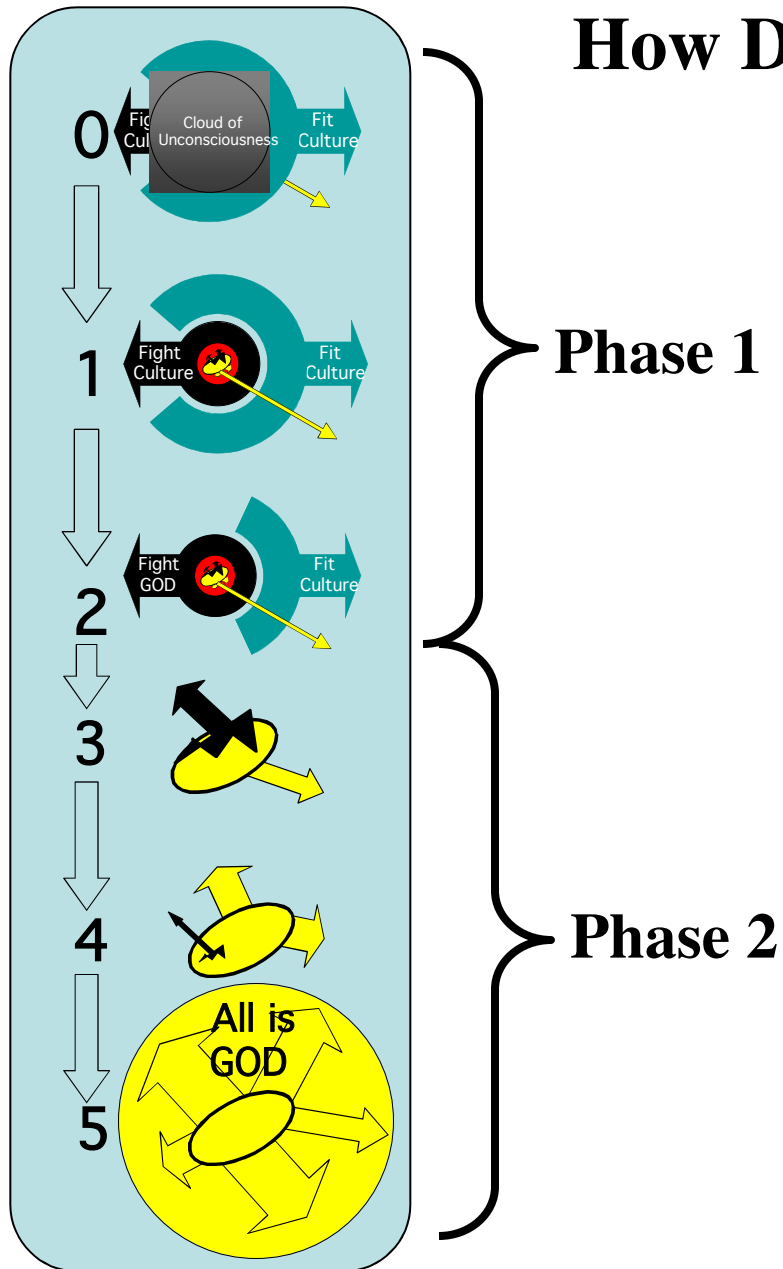
How Does Pathwork Support The Plan of Salvation?



Pathwork

- **Pathwork Lectures**
- **Spiritual Practices**
- **Helper Sessions**
- **Group Work**
- **Core Energetics**
- **Etc.**

How Does Pathwork Support The Plan of Salvation?

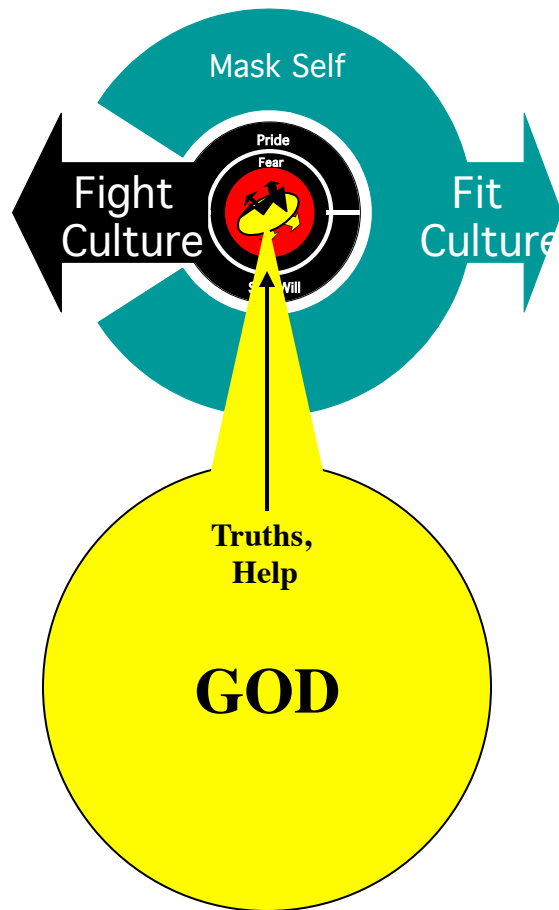


Pathwork

- **Phase 1**
 - Psychological Work
- **Phase 2**
 - Spiritual Work
- **BOTH REQUIRED** in each step of the process of transformation
 - One does not “out grow” Phase 1 aspects -- always uncovering deeper layers of Mask and Lower Self
 - One Needs Divine Help to do this work -- Ego is not capable alone.

How Does Pathwork Support The Plan of Salvation?

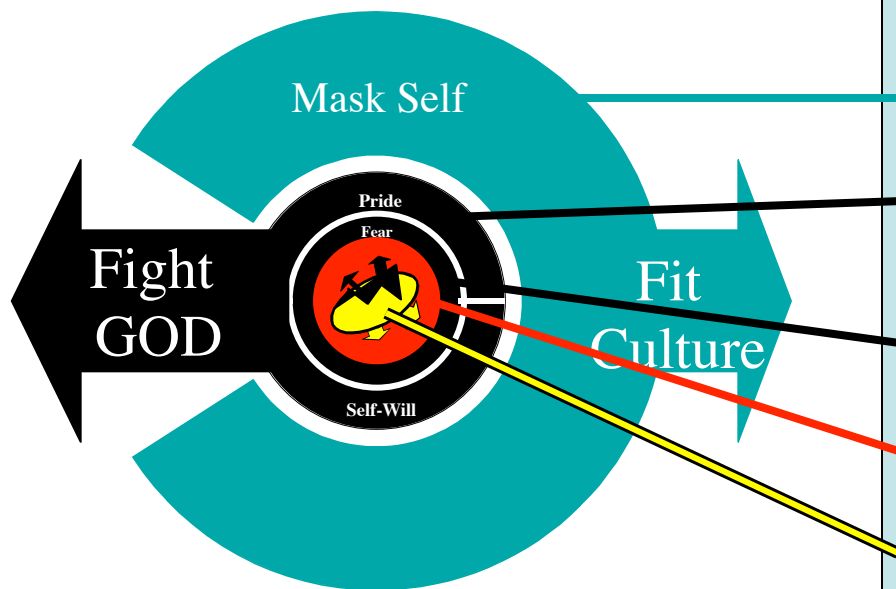
Lecture Study, Meditation, Spiritual Practices



- **Lecture Study**
 - Calling Forth Inner Truths
 - Nurturing the Soul in Wisdom and Love
- **Meditation**
 - Listening to God
 - Listening to Inner Body Wisdom
- **Spiritual Practices**
 - Regularly Grounding Soul in God

How Does Pathwork Support The Plan of Salvation?

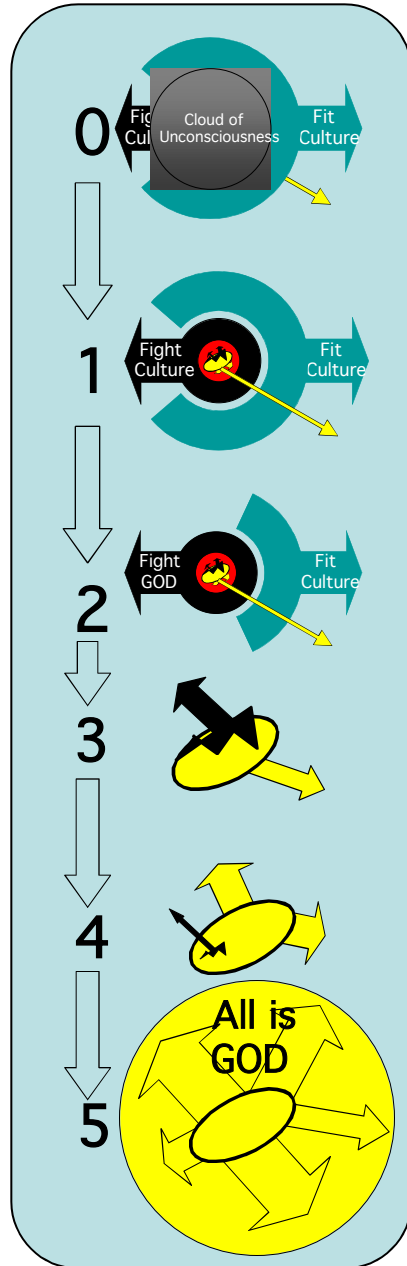
Core Energetics, Gestalt/Process Work, Breath Work



Emphasizing the **BODY**, dropping out of the Thinking Mind, getting into Feelings in Body, and Waking Up.

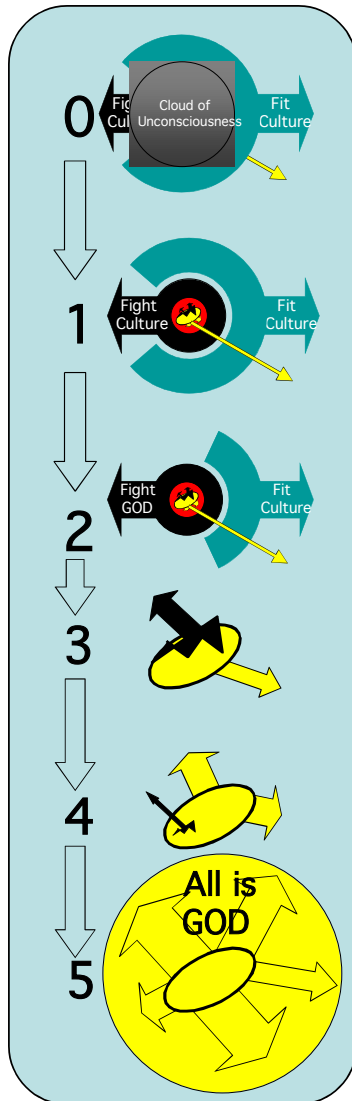
1. Drop the superficial mask via core energetic exercises
2. Get in Touch with Rage, Anger, Withdrawal and other Pride/Self-Will Defenses.
3. Drop into Fear of your pain underneath Pride and Self-Will
4. Drop into the Pain Body, Feel the Pain, Sadness, Vulnerability, Longing
5. Feel the Pain fall away, Feel Your Spirituality, Connection to Higher Self, Your Heart Opening, and Connection to Others arise.

Levels of Commitment to Pathwork



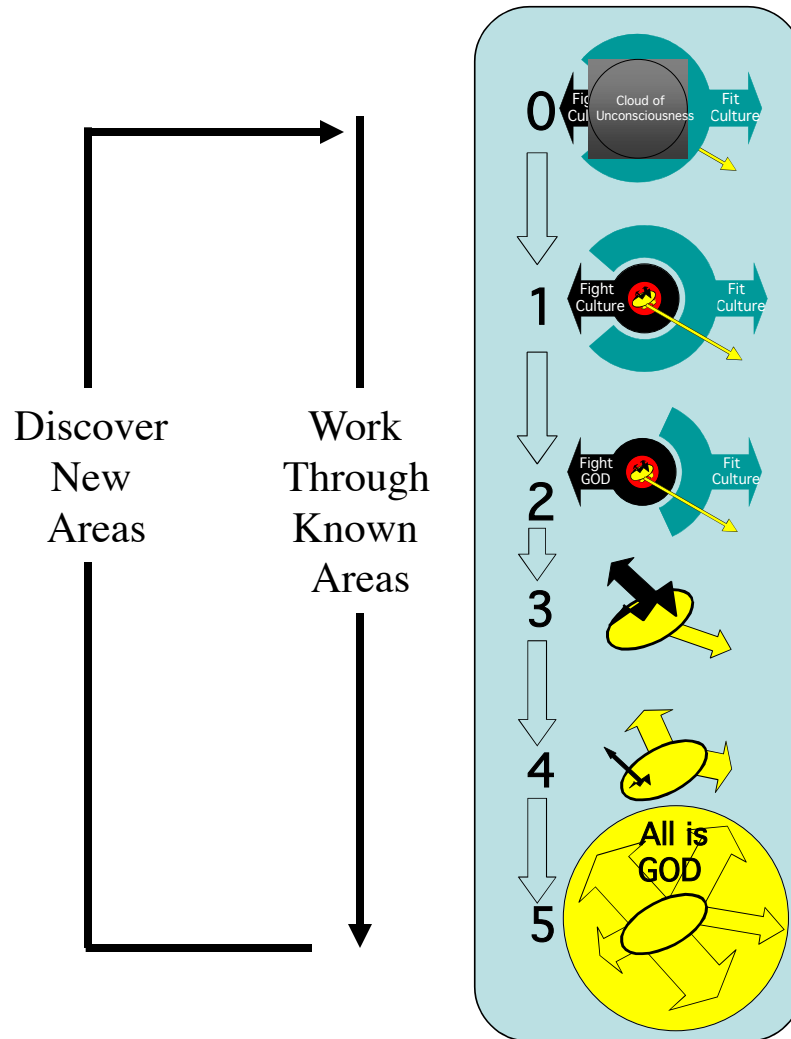
- **Levels of Commitment**
 - Reading/Studying Lectures
 - Lecture Study Groups
 - Workshops (2-4 days)
 - Transformation Program (5 Years)
 - Advanced Pathwork Studies (2 Years)
 - Helper Training (3 Years)
 - Helper Apprentice
 - Helper
 - LIFE

Work Does Not Slow Down but **INCREASES**



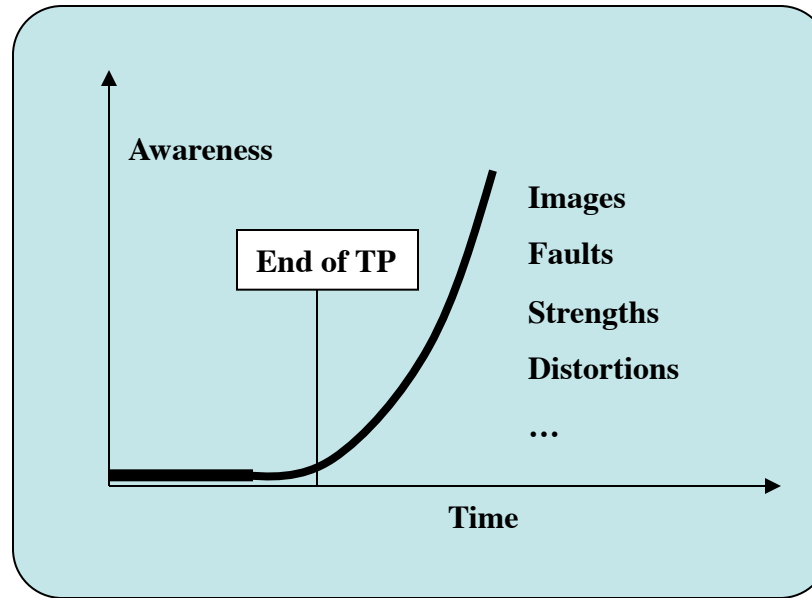
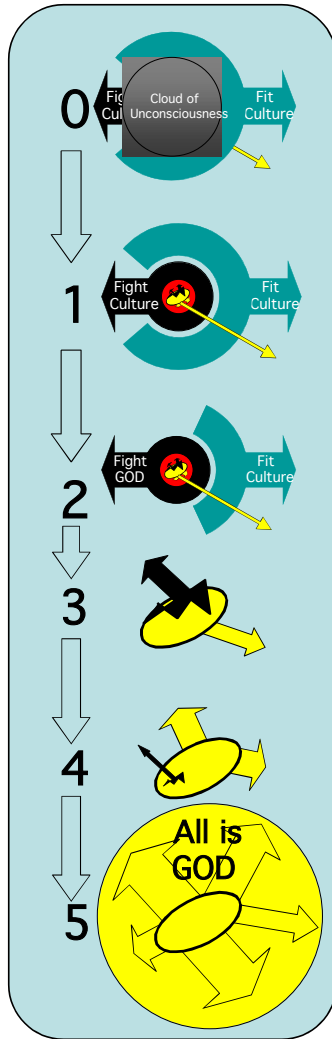
- **The Work reveals ever more subtle but critical...**
 - Images
 - Wrong Conclusions
 - Lower Self Aspects
 - Higher Self Aspects
 - Mask Self Aspects
 - Distortions
- **Hence the work never ends, but gets deeper and broader and more refined -- leading to truth, love, wisdom, joy, peace**

Work Does Not Slow Down but INCREASES

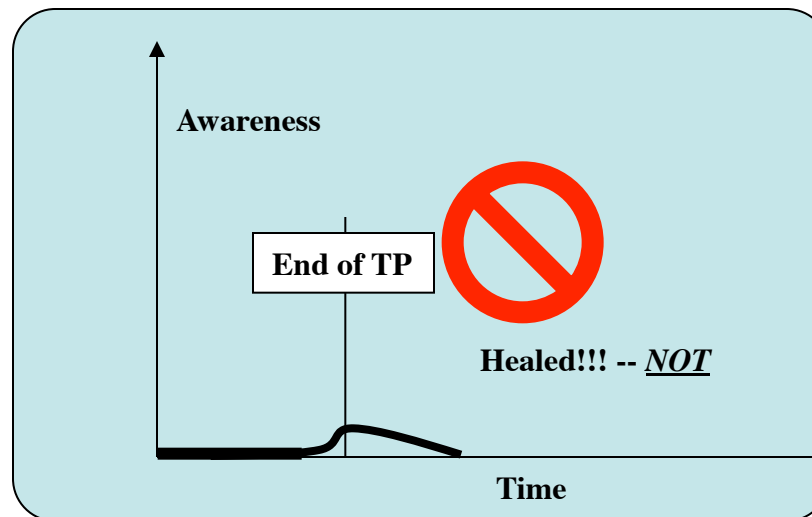


- **Transformation Work Is:**
 - Nonlinear
 - Organic
 - Spiral
 - Ever deepening
 - In new and more subtle and profound areas of one's life

Work Does Not Slow Down but **INCREASES**



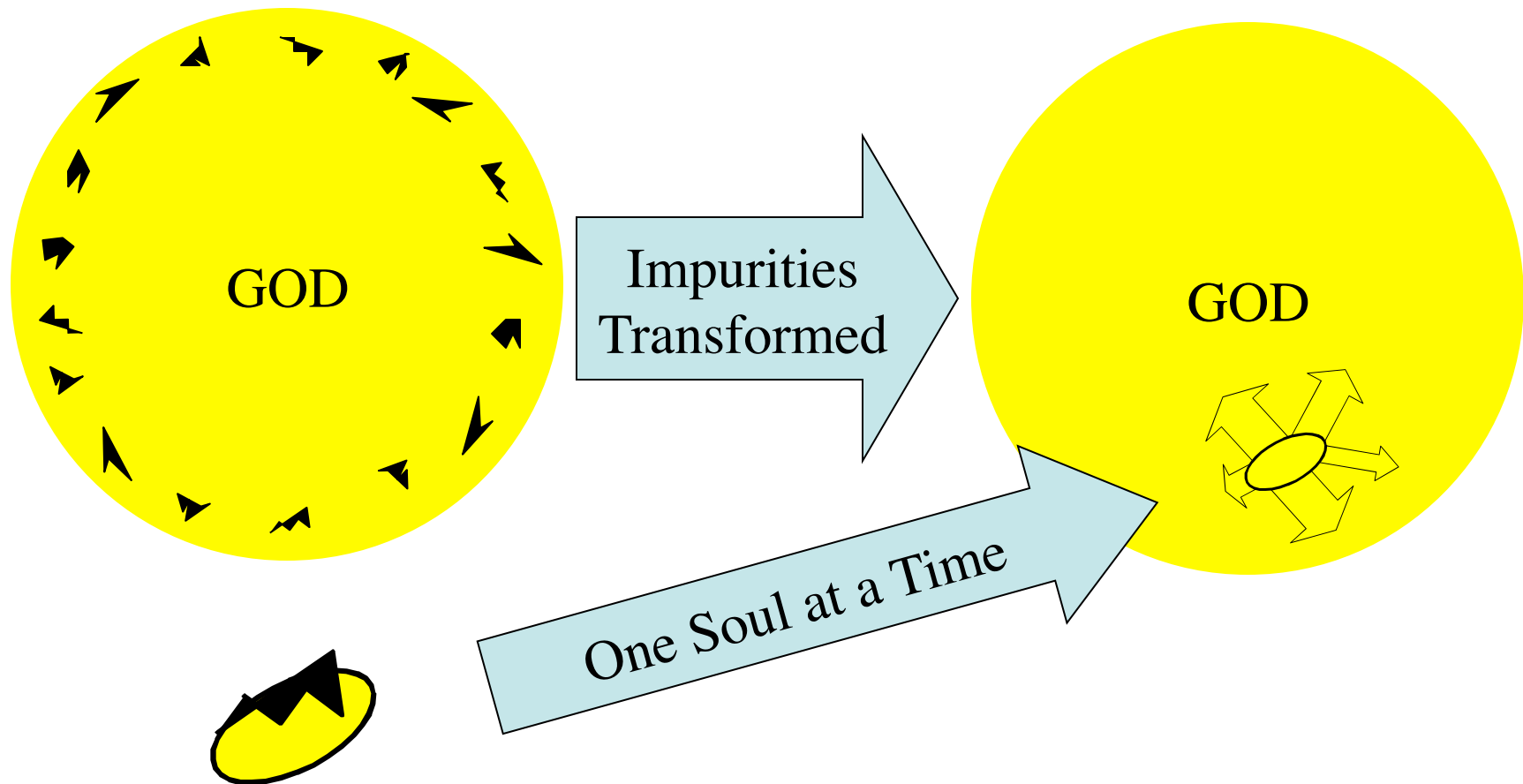
This



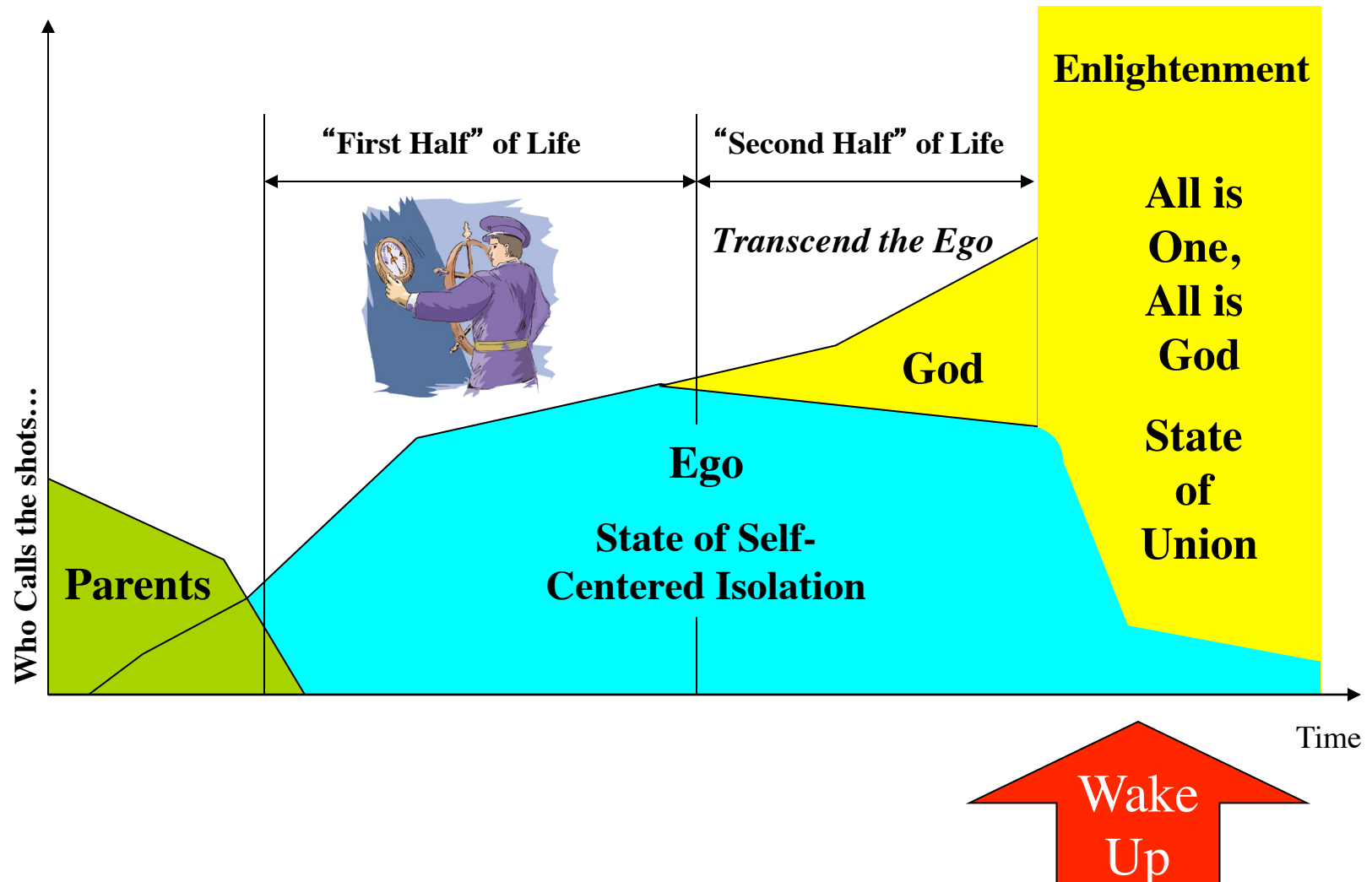
Not This

Plan of Salvation On a Cosmic Level

We Do Not Do the Work For Our Sakes Alone!

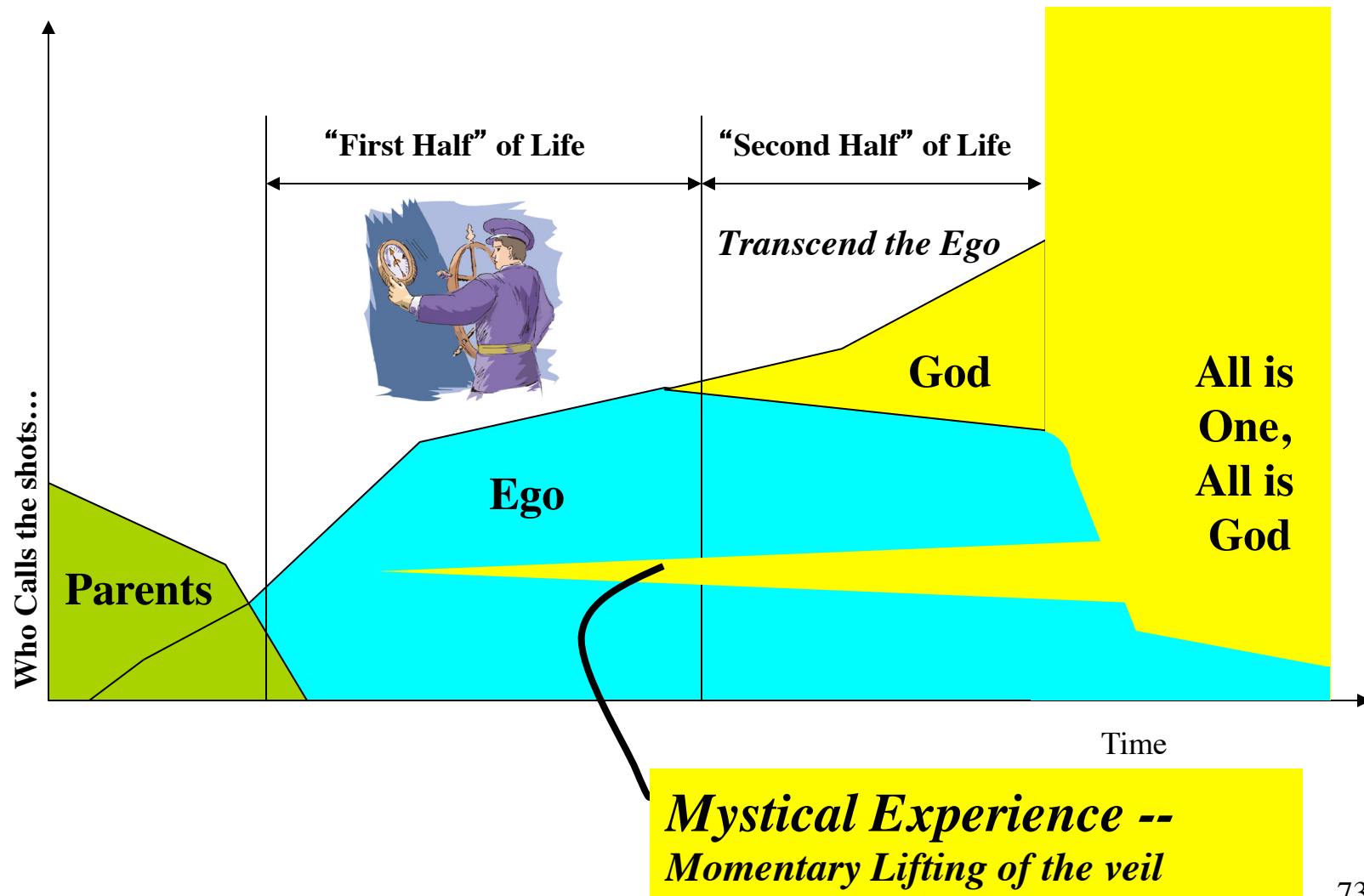


Enlightenment



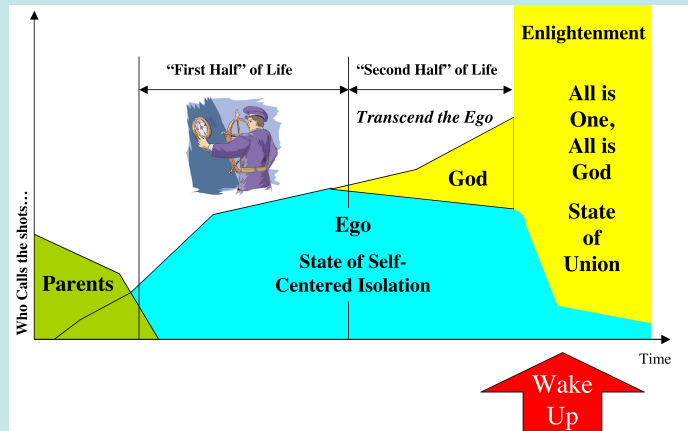
Mystical Experiences

Momentary States of Union



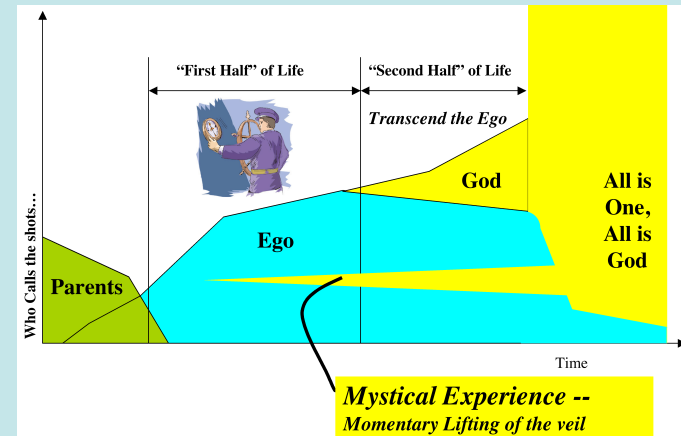
Stages and States

Stages



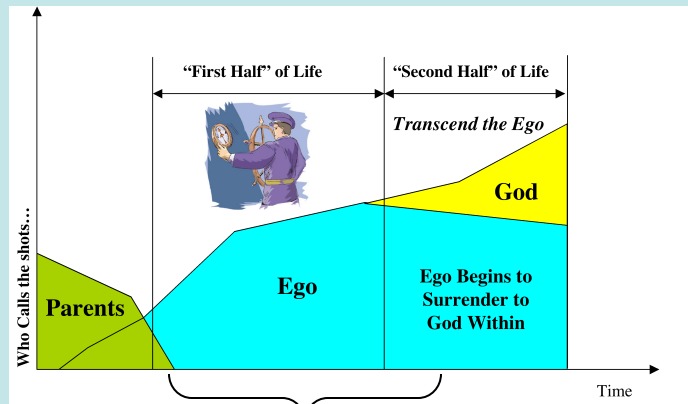
- *Stages of Higher Consciousness*
 - Growth to level of consciousness where one lives all of life from this higher state of consciousness
 - Usually requires years of personal and spiritual preparatory work
 - Comes spontaneously
 - Ongoing purification work required

States



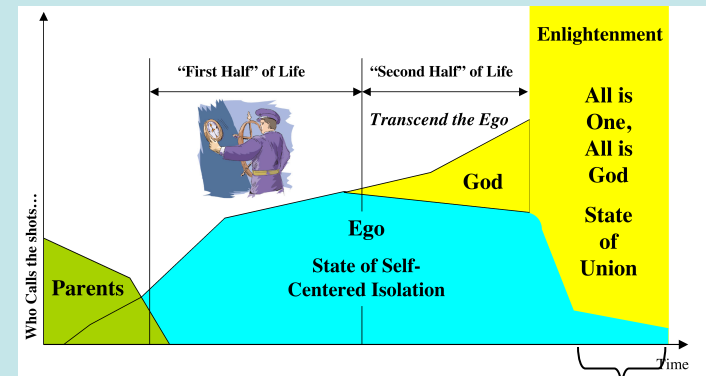
- *States of Higher Consciousness*
 - Can come spontaneously at any time
 - *Or* be induced intentionally
 - Breath work
 - Psychedelics, etc.
 - Does not usually result in a shift in *stage* of consciousness
 - But gives vision and hope for what is possible -- *a taste of Union*
 - Ongoing purification work required

Personal/Spiritual Growth



Ego Stages

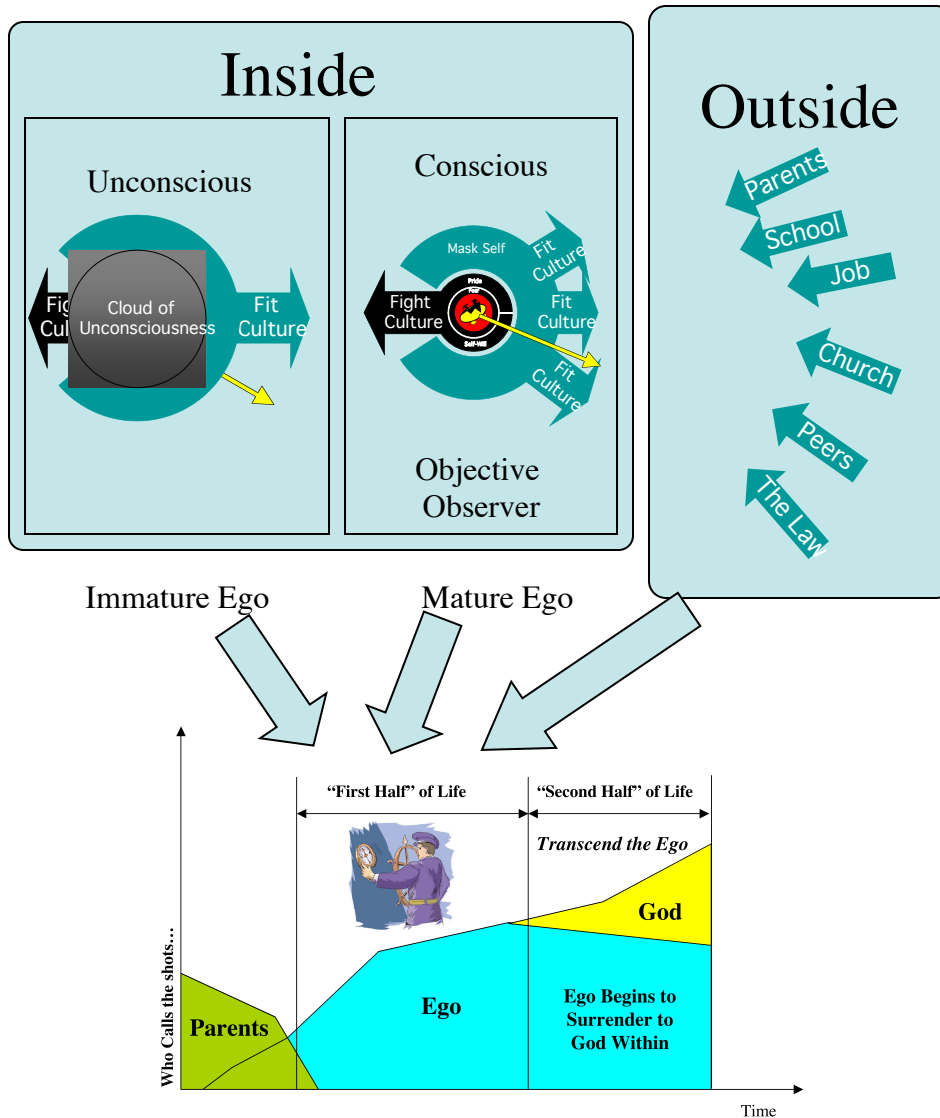
- *At Ego Stages of Consciousness*
 - Individuated from Parents
 - BUT in a Stage of Self-Centered Isolation
 - Resists Union, giving up separateness -- **will not surrender**
 - Results in FEAR and INSECURITY, a meaningless and purposeless life



Awakened Stages

- *At Awakened Stages of Consciousness*
 - Stage of Union with All
 - Part of a Whole
 - Surrendered to God Within
 - Results in JOY and SECURITY, a purposeful and meaningful life

What Informs the Ego? L158 ¶19ff



- Outside world
- Inside world
 - Conscious, Unconscious
 - Mask, Lower Self, Higher Self (Real Self)

Unified Within, Separated Without



PWL 217 ¶20b See also ¶26

When we speak of the fact that the whole universe is permeated with consciousness, this is indeed a truth.

Separated organisms, objects and entities are separated only on the surface level. But within and beneath that surface level there is a constant interaction.

Plan of Salvation

**Purify and Transform Negativity
(Role of Incarnation on Earth Plane)**

Then Return to task of

CREATING – FILLING THE VOID

Appendix

My Journey In Pathwork

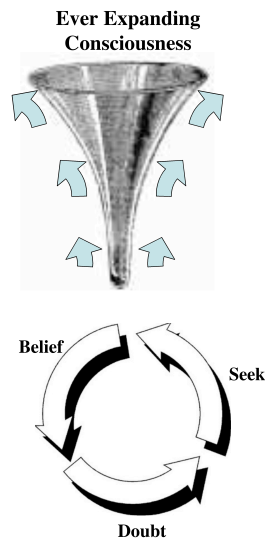
Appendix

My Story In A Pathwork Context



- **My Stepping Stones**
- **More Detailed Look**

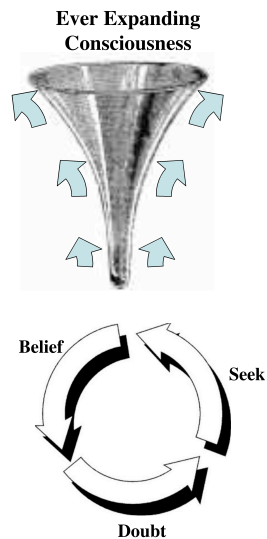
My Spiritual Stepping Stones



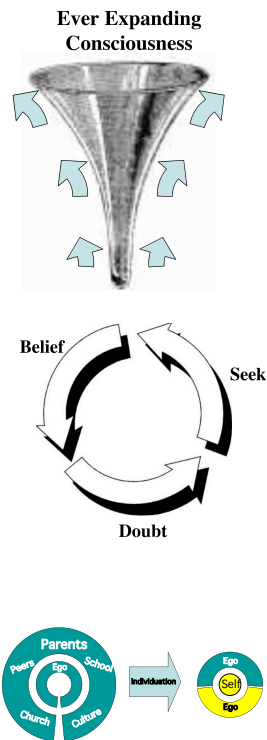
1. Born into German Lutheran Family
2. Followed the rules, never questioned, was peaceful and felt I belonged.
3. Enjoyed structure of spirituality, interested in science and religion, but never risked sharing things outside doctrinal beliefs of family. Very mental and enjoyed it.
4. Hated family devotions, not fit what was arising within. No room for family *discussions* on matters spiritual.
5. Became increasingly private of what was growing within. Led a double life -- one to fit in with parents' conservative belief system, the other what thrilled me (cosmology, spirituality, ultimate meaning and truth). All mental.

My Spiritual Stepping Stones

6. Married non-Lutheran, but would not even consider leaving conservative Lutheran Church (LCMS). Little emotional “in love” feelings with wife. College, Job, all engineering, conceptual.
7. In late twenties very interested in paranormal phenomena, Edgar Cayce, other religions. Could never discuss with others. Private. Mental.
8. When I was 29, my parents were killed. I immediately came back to my church roots. Became more fundamentalist, listened to Bible readings and Swindoll every day, taught bible classes at church and at work. Stayed this way for 10 years.
9. In early and mid forties I was successful from all outside appearances, but was miserable. I was deeply engaged in and identified with work, United Way, Church, so rigid, in a marriage where I felt little emotional connection (wasn't sure what emotional connection was). BUT I would not leave the church, though on the inside I felt nothing and knew something wasn't right.



My Spiritual Stepping Stones



10. When I turned 50, a Catholic nun I met talked about Spiritual Direction, I started a support group with her, fell hopelessly in love with her. Gave myself over to this secret relationship fully for five years. Woke me up emotionally! Continued job, church, family activities, but they meant little.
11. Began dismantling my life -- nun left, I retired, left church, left wife. Rudderless. Several relationships, none really satisfied, in the desert.
12. At 58, in August 2000 on directed retreat I broke down. Director said, *"Gary, you are serious about your spiritual path, but you need an incredible amount of help. The only place I know can help you is Sevenoaks Pathwork Center in Virginia, 500 miles away."*
13. In October 2000 entered TP. Rough dismantling of my inner life. Deeply drawn to the Guide Lectures. Could feel the Love of the Guide. Could experience the power of processing work, meditation, helper sessions, and group work. Seems Pathwork will serve me for years to come.

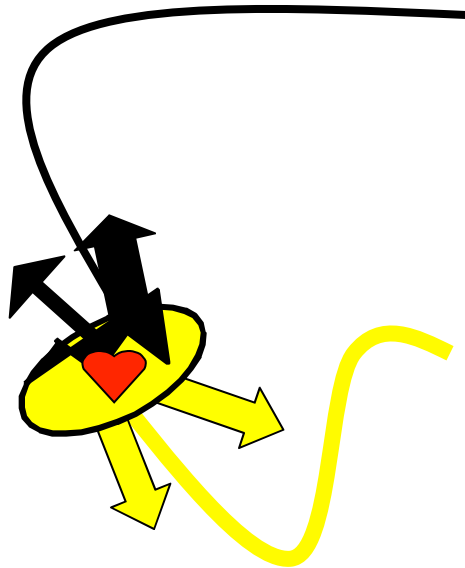
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My Journey in Pathwork Context



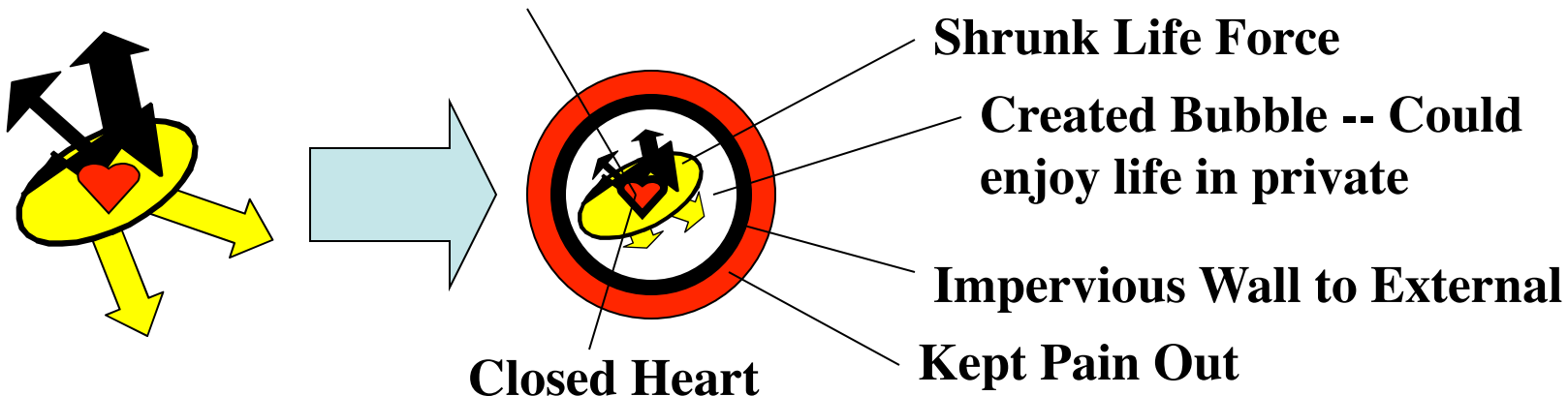
- **Main Distortions (as best I know)**
 - Self-Will vs. God's Will
 - Prideful sense of entitlement and self-sufficiency
 - No trust of Cosmos -- or God, or authority
 - No value of Love or Connection with others or God
 - Fear of others, authority, God
- **Main Divine Aspects (as best I know)**
 - Inner sense of truth, *Longing for Truth*
 - Some level of wisdom, big picture
 - *Big Heart, Longing for Connection* (Emotional, Physical, Intellectual, Spiritual)
 - Love of nature, photography, music

My Spiritual Stepping Stones

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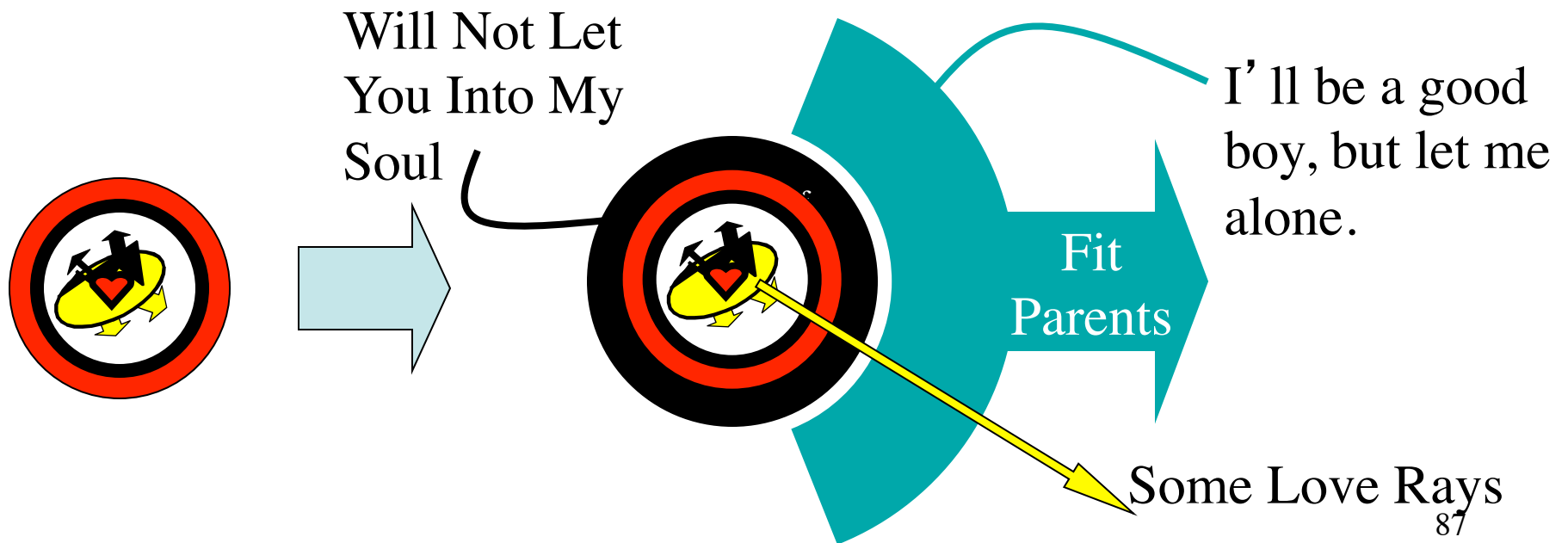
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Very Limited Emotional Connection to Mom



My Spiritual Stepping Stones

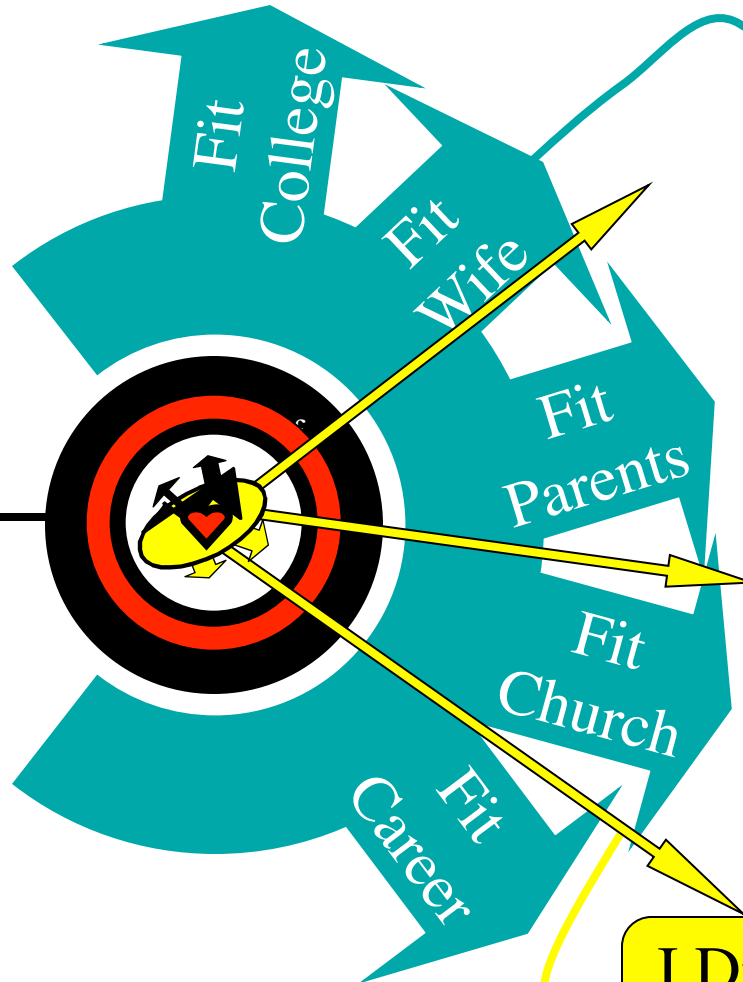
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My Spiritual Stepping Stones

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You Will
NEVER
KNOW
ME and
what is
alive in
me -- my
heart!



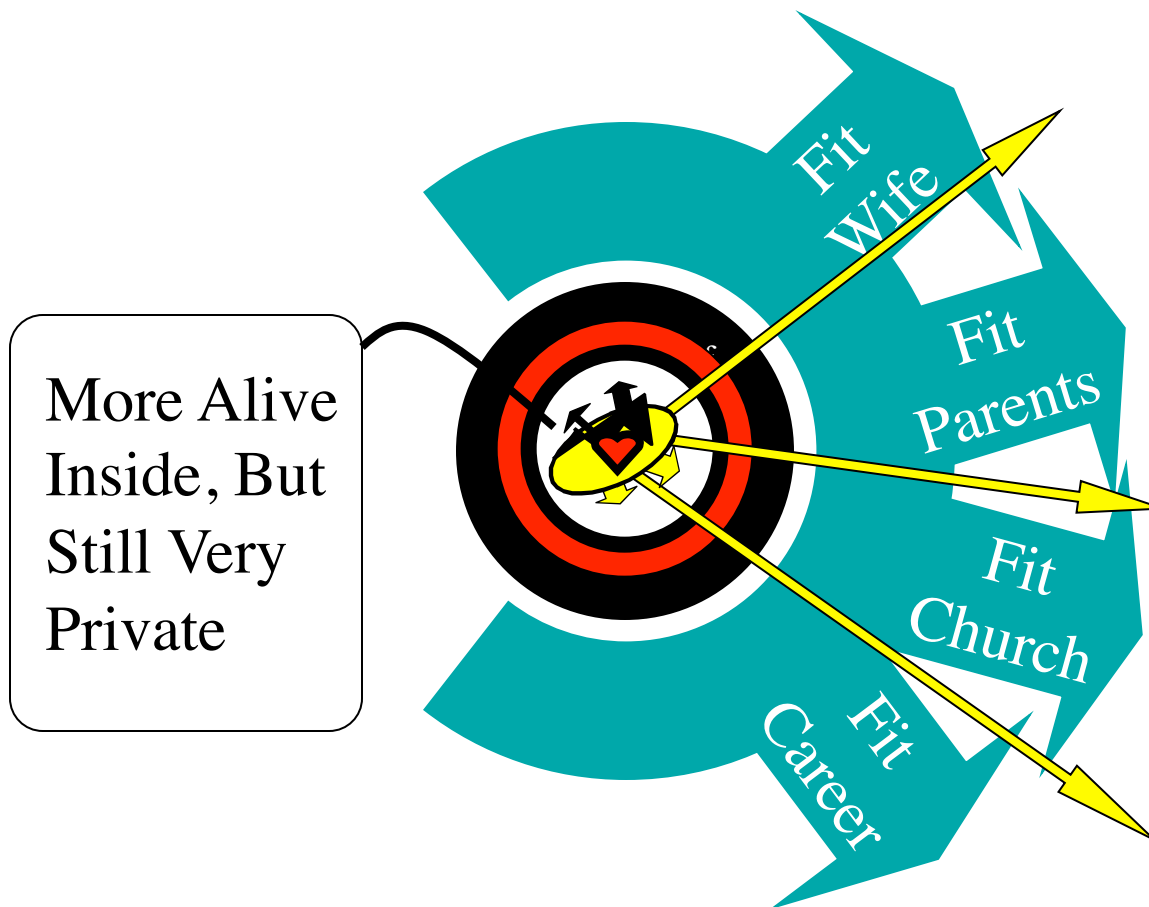
Connecting was via
performance, giving,
obedience, and
specialness in
whatever system I
was in.

*My Identity was in
how I fit into culture*

I Did Not Value Love Rays
that “Snuck Out” of me

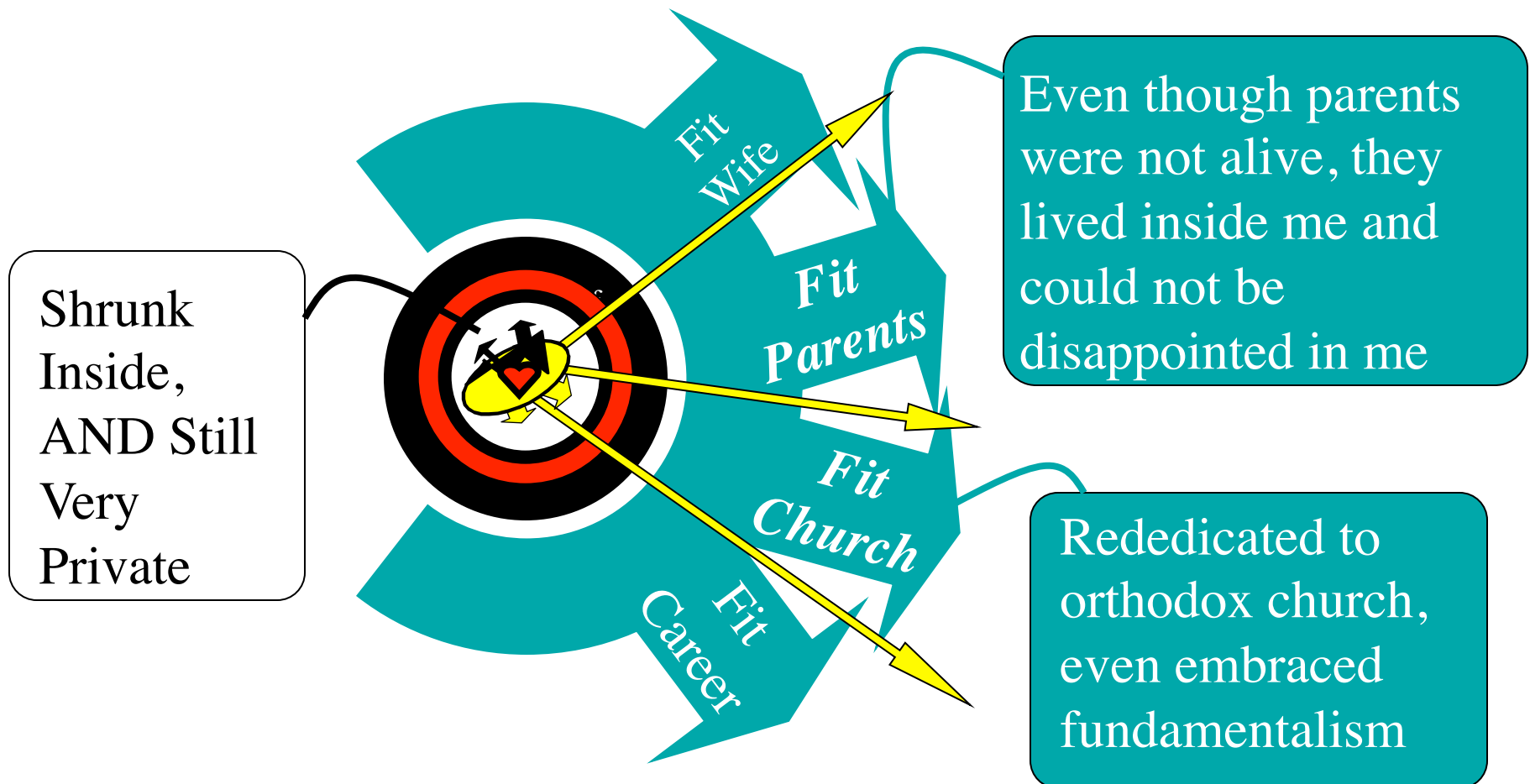
My Spiritual Stepping Stones

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My Spiritual Stepping Stones

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My Spiritual Stepping Stones

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Deep Pain
in my
Inner Life

Still Very
Private

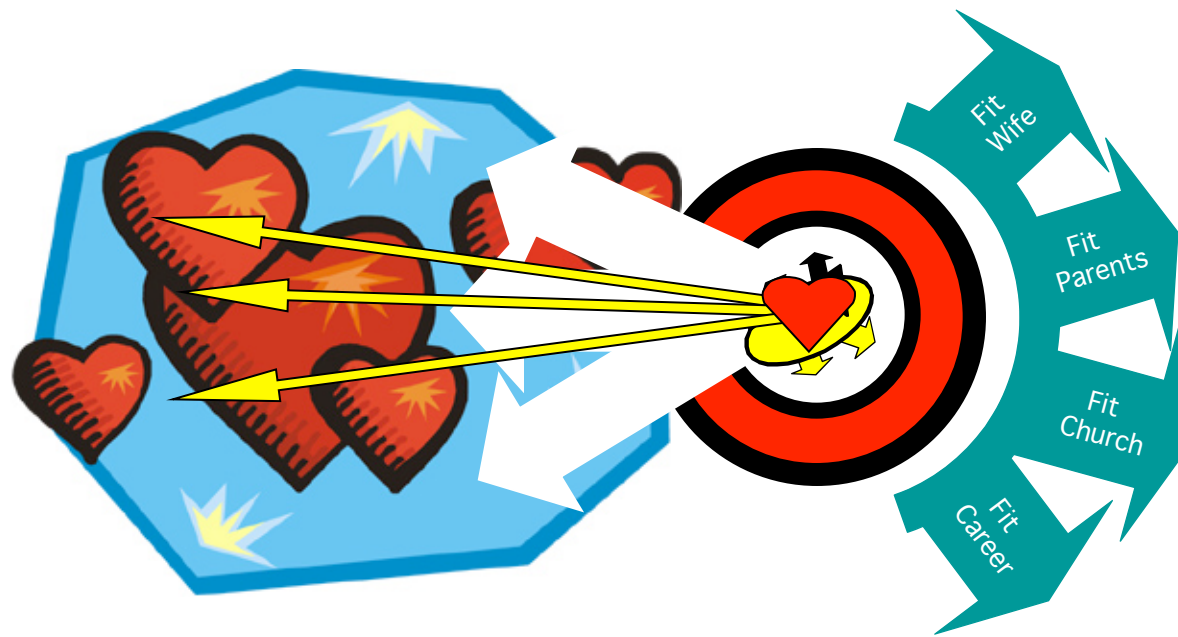


I'm at the Peak of My
Career, my Church
Leadership, My Community
Leadership

My Identity
Tied Up in
Externals

My Spiritual Stepping Stones

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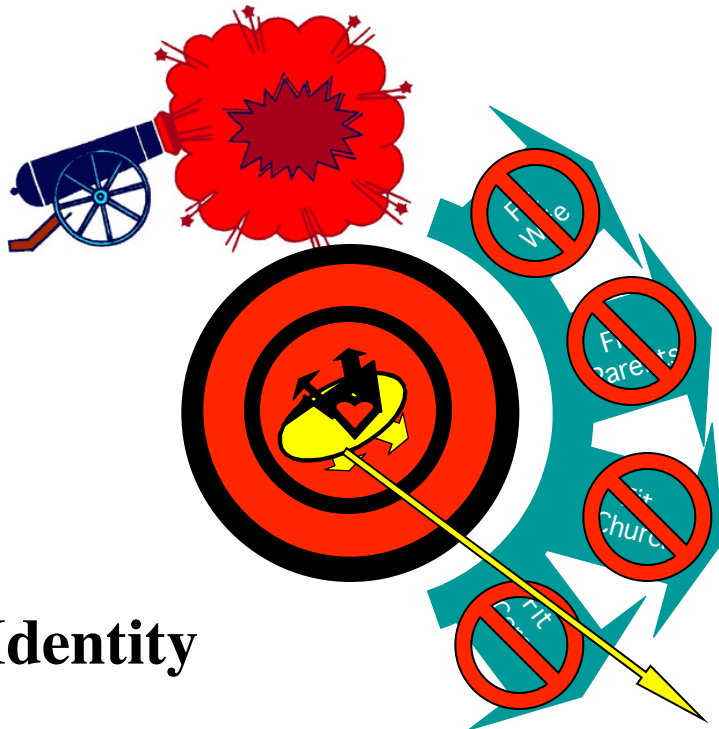


**Life Returned! Heart
“Opened”**

**BUT Pain, though
different in from,
remained -- I did not
know about how to
live freely in an
intimate relationship**

My Spiritual Stepping Stones

11. Began dismantling my life -- nun left, I retired, left church, left wife. Rudderless. Several relationships, none really satisfied, in the desert.



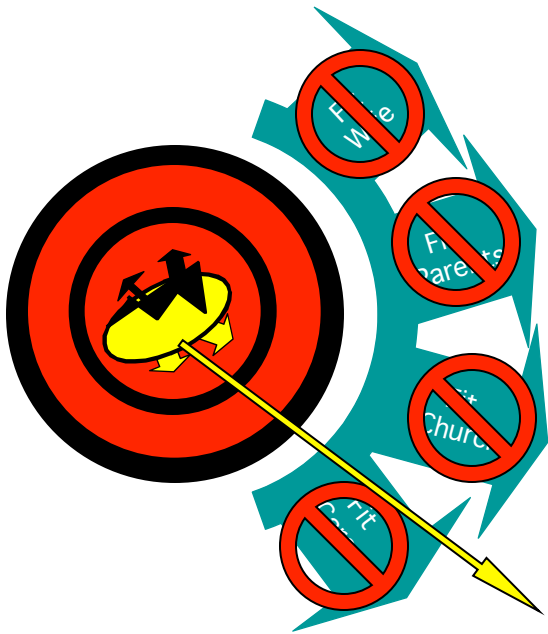
No Identity

No Sense of Direction



My Spiritual Stepping Stones

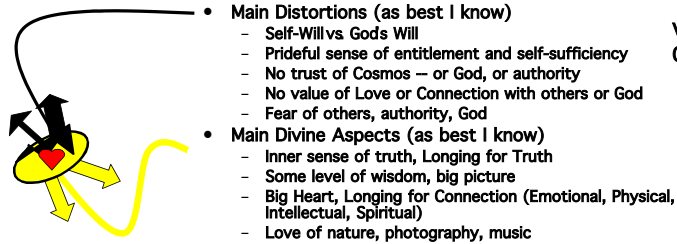
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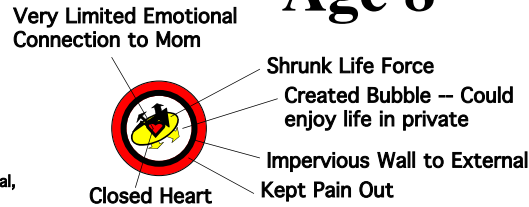
**I was given a
compass and a
map for my
spiritual life --
Pathwork**

Long Journey...

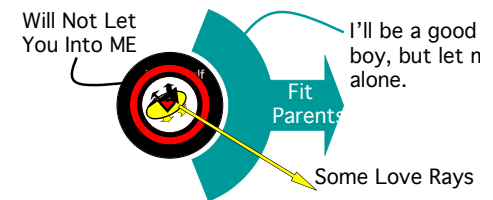
Birth



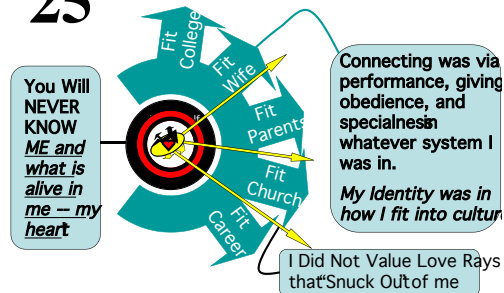
Age 8



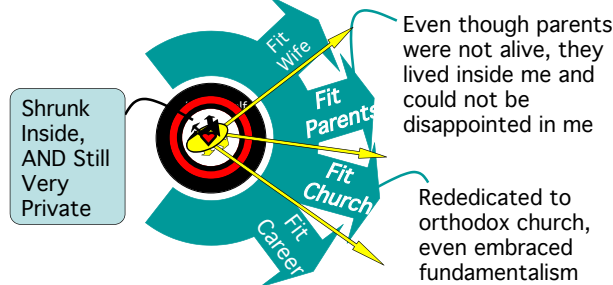
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25



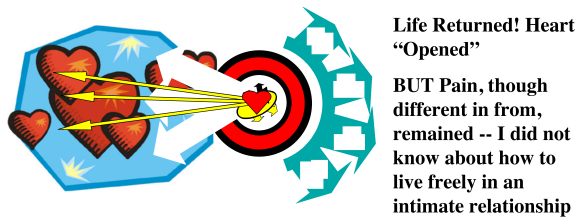
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45



50



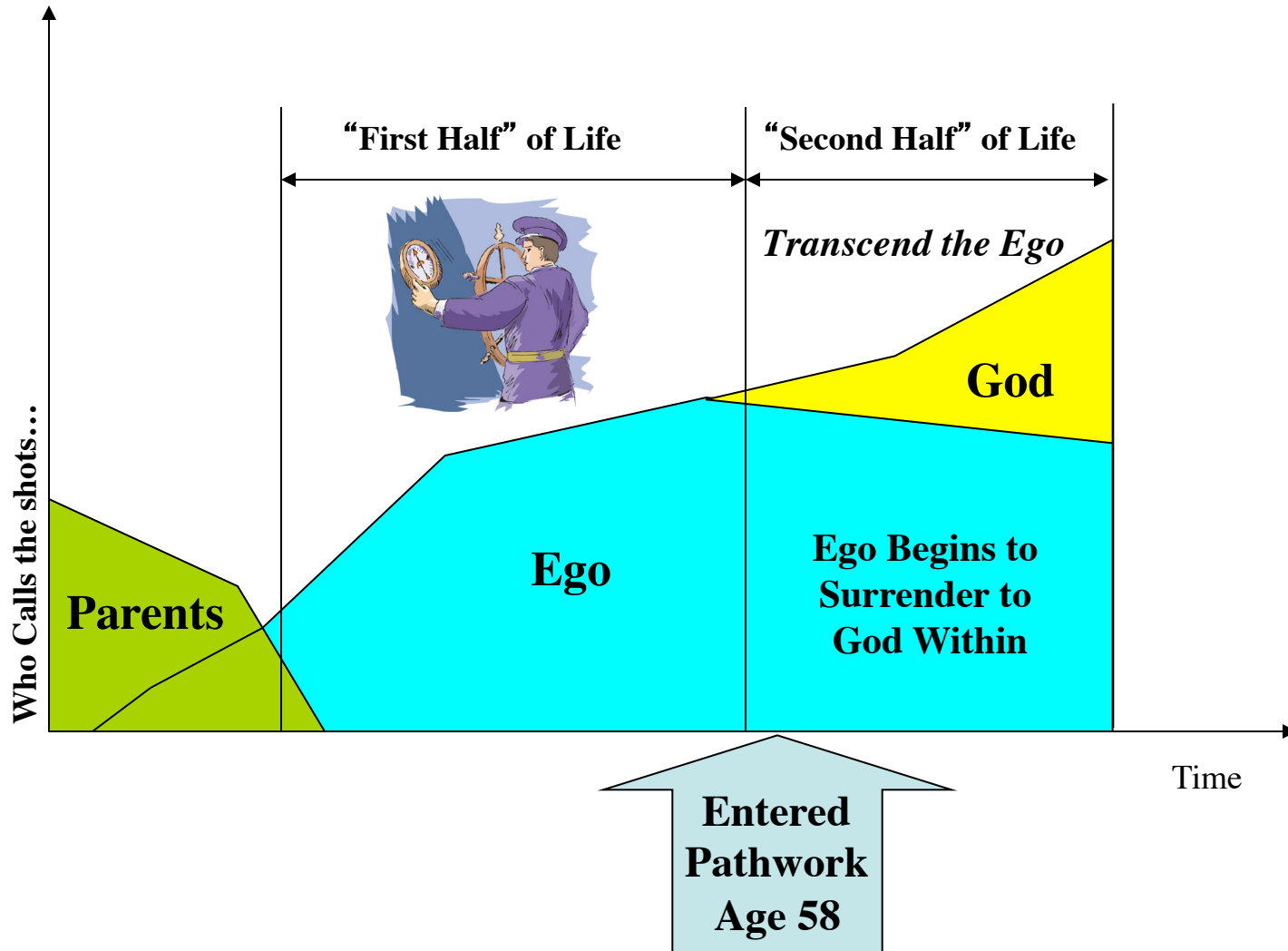
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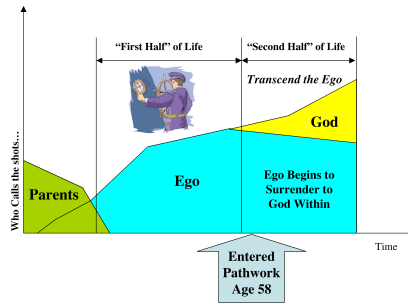


58



Where I Entered Pathwork





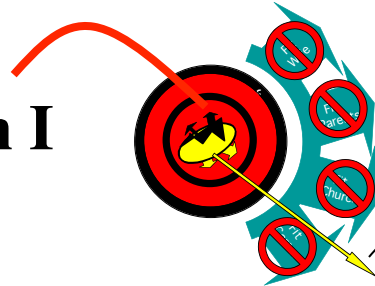
How My Soul Entered Pathwork

Mapless

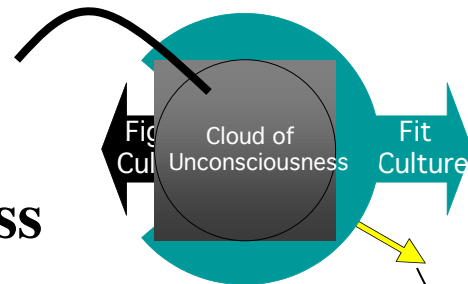


- In more pain than I knew
- Unconscious
- Clueless about
 - Relationships, esp. Primary Relationships
 - God, Spirituality
- Not aware of just *how* clueless!
- Mapless -- discarded maps that had not worked
- Seeking!
- Determined!

In More Pain than I felt



Clueless about my Cluelessness

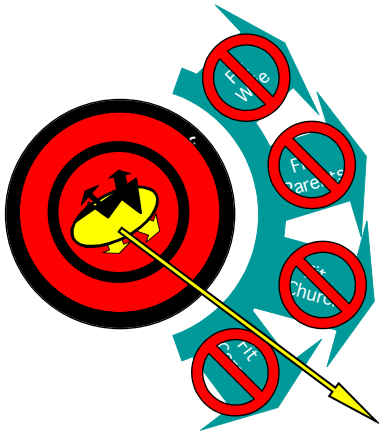


But Determined Seeker

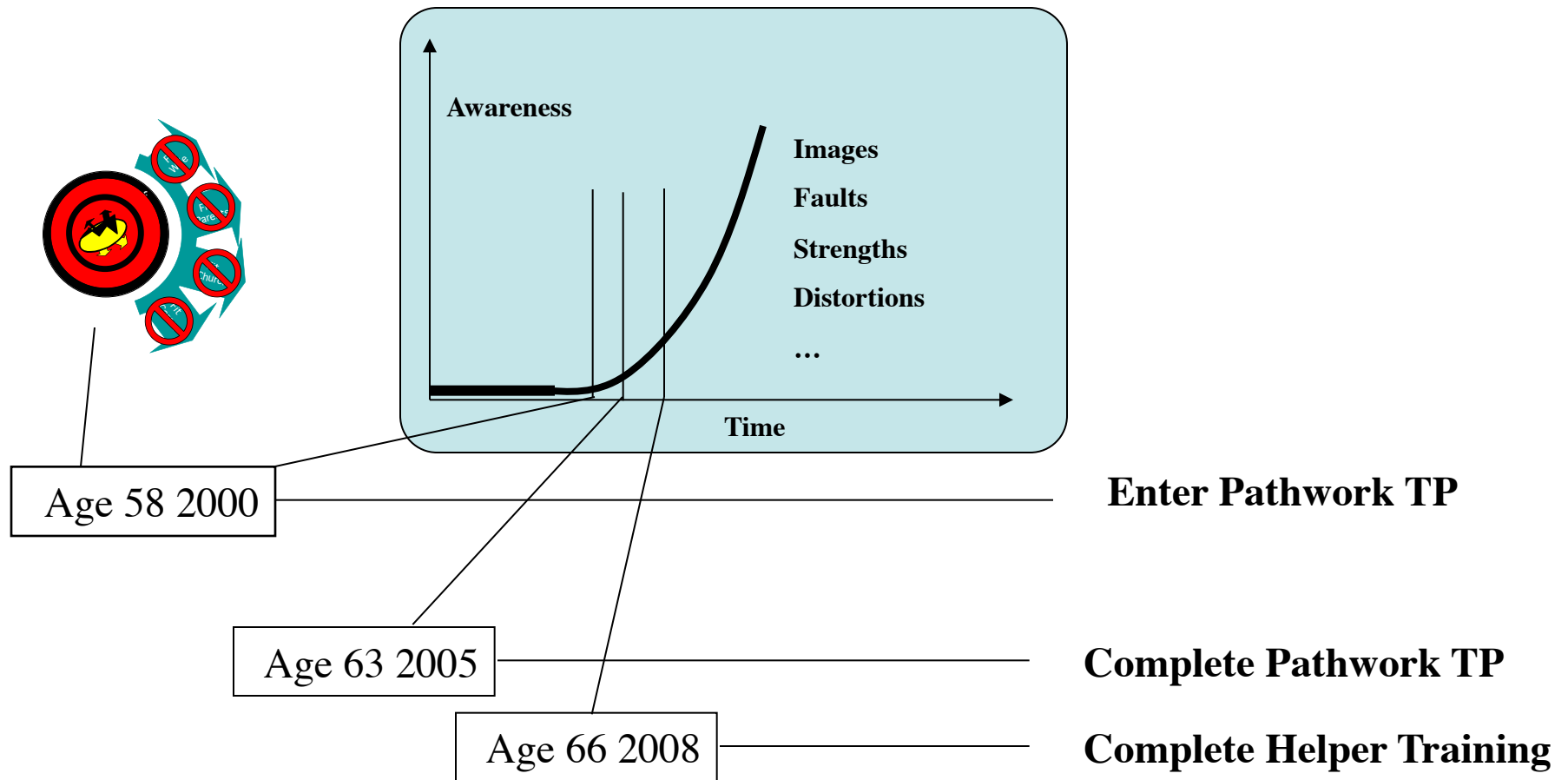
My Spiritual Stepping Stones

13. In October 2000 entered TP. Rough dismantling of my inner life. Deeply drawn to the Guide Lectures. Could feel the Love of the Guide. Could experience the power of processing work, meditation, helper sessions, and group work. Seems Pathwork will serve me for years to come.

Found that I came to *Trust the Pathwork Guide* as my companion in Truth and Love:



And After 8 Intense Years, I' m Just at the Beginning!



Some Results from My Life in Pathwork To Date

- **More Consciousness of Reality, inner and outer**
- **Not as clueless about my cluelessness, but still relatively clueless**
- **Letting go of many of my more superficial patterns**
- **More Authenticity, Less Mask**
- **More Adult Ego, Self Responsibility, More Objective Observer**
- **More Trust -- Guide, God, Others**
- **More Surrender to God Within**
- **More Transforming of Lower Self Self-Will, Pride, Fear**
- **More Commitment to my Path**
- **More Accepting Who I AM, Just Where I AM and As I AM**
- **More Sharing of Who I AM**

And So Much More Ahead

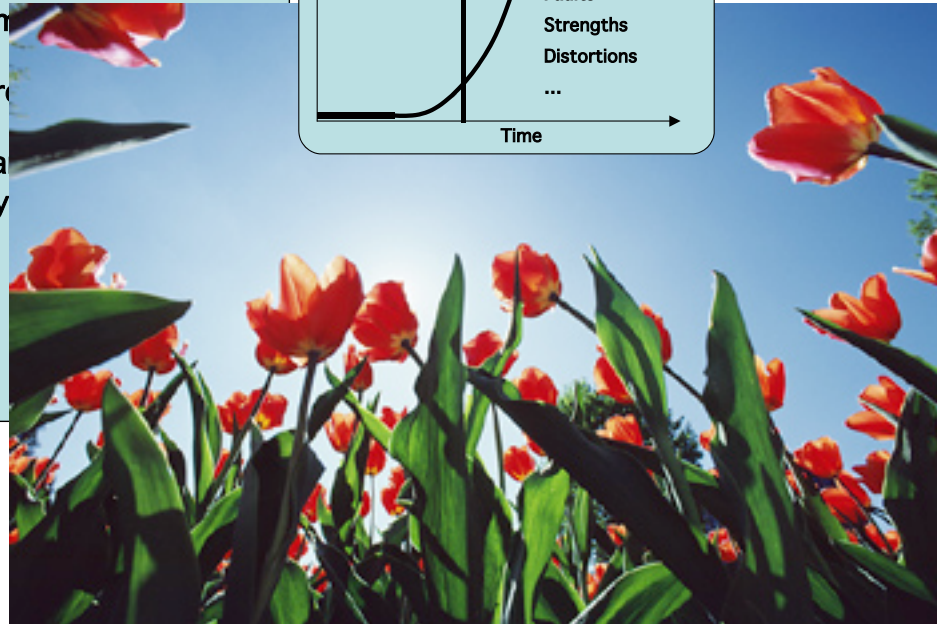
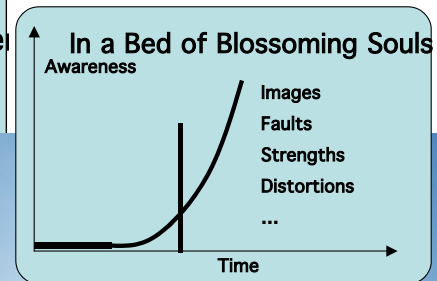
My Development Areas

- **Heal/develop an authentic relationship with God and Jesus Christ -- more surrender**
- **Develop more capacity to feel and express my feelings**
- **Develop a richer and more complete relationship with my partner and others**
- **More service to God, to others, and the Plan of Salvation**
- **More confrontation of my Mask and deeper more entrenched and pernicious Lower Self aspects**
- **Identifying and letting go of deeper, more profound but subtle patterns**
- **Develop more connection to my kids and grandkids**
- **Develop a capacity to enjoy more Peace, Joy, and Pleasure**
- **????**
- **????**
-

And Yet Accepting Where I Am

My Development Areas

- Heal/develop an authentic relationship with God and Jesus Christ
more surrender
- Develop more capacity to feel and express my feelings
- Develop a richer and more complete relationship with my partner
and others
- More service to God, to others, and the Plan of Salvation
- More confrontation of my Mask and deeper n
pernicious Lower Self aspects
- Identifying and letting go of deeper, more pr
patterns
- Develop more connection to my kids and gra
- Develop a capacity to enjoy more Peace, Joy
- ????
- ????
-



The Plan of Salvation In Action



**God's Organic Garden of
Blossoming Souls -- Each One
Perfect, "Good Enough" As Is**