

Cincinnati Pathwork

The Great Transition in Human Development (Lecture 75)

Keith Covington

July 15, 2005

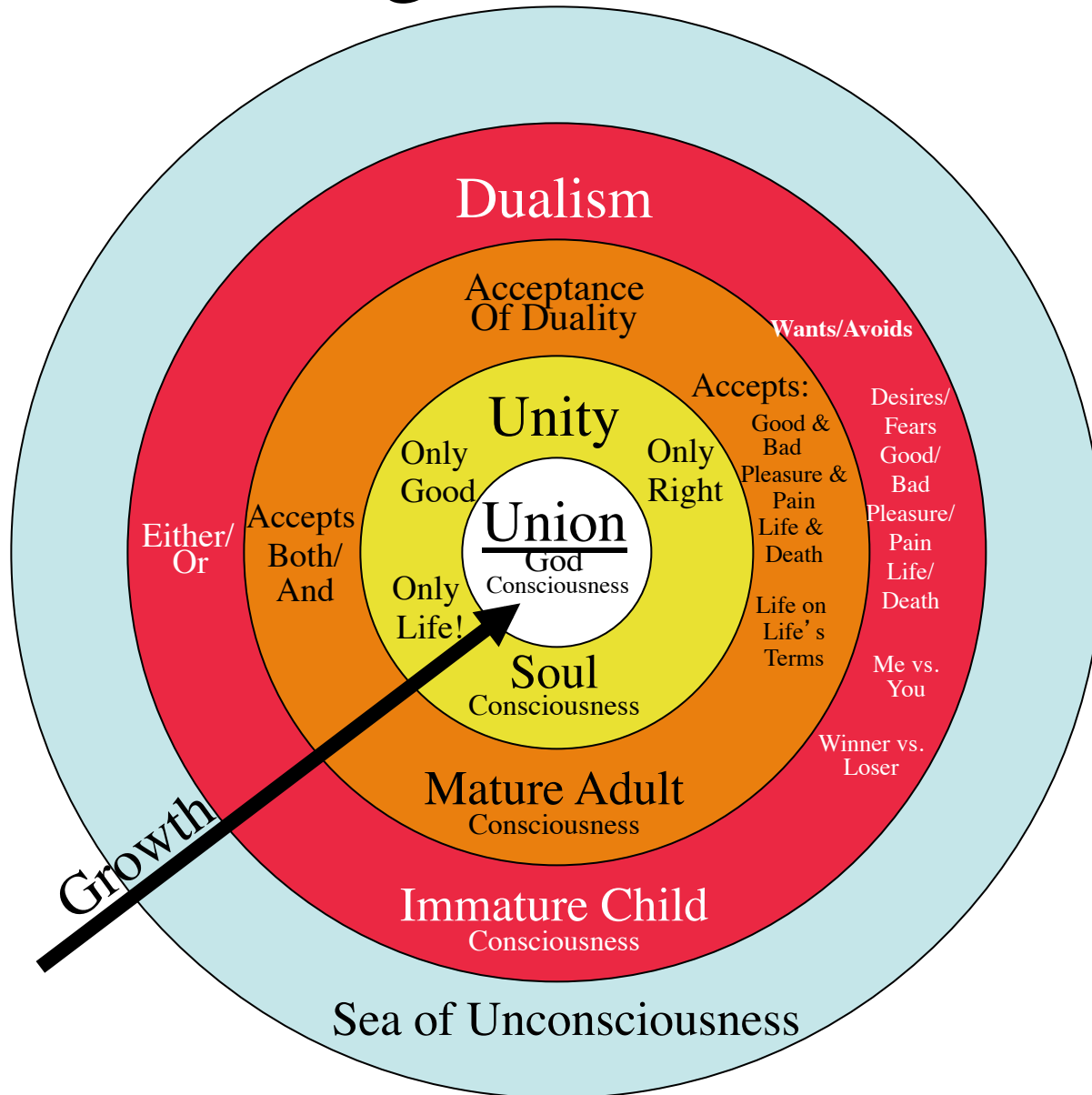
Quote from L 165

“The function of this path is not to remove a bothersome symptom in a person's life. This is not a treatment of sickness. Nor is the path simply a way of becoming a better person, of developing spiritually. All this happens, of course. But it must be fully understood by all of you, no matter how far you decide to follow it, that *the aim of the path is the total realization of the divine kernel*. And this is not merely a theory. It is indeed possible, right here and right now.

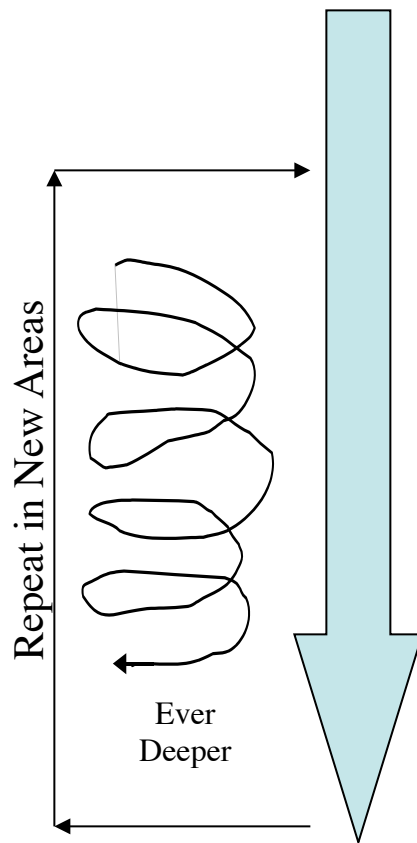
Let us restate the meaning of self-realization. I shall use new words to reach you in a more dynamic way. Self-realization means to *bring forth, as a living reality, the kernel of your spiritual being -- the kernel of self that is eternal*. This is, I repeat, not a religious concept for a faraway future. It is immediately available. How can some of the results or manifestations be best described? I might say that a new area is awakened, located in the center of your body, around the *solar plexus*. From this area *new life flows -- new feelings, a new way of perceiving and responding, a new way of knowing life, people, values, and events*. Everything is endowed with a new luminosity and a deeper meaningfulness. Beliefs change, or they feel different. The scope of an opinion, conviction, or sensation widens and deepens. Everything becomes fuller. *The self becomes at once intensely personal and universal*. What appeared to be contradictions suddenly unify without a breach of logic. Fear vanishes, and life becomes unending pleasure just because its opposite is no longer feared. The opposite of the desired state of fulfillment and happiness is not avoided, but its illusory nature is unmasked by going through it. Thus *there is nothing to fear*. The creative power of the self is available at all times, because of the personality's freedom from fear.

These words are inadequate to describe the state called self-realization. But they may give you a glimmer of what is to come; perhaps you have begun to experience this state to a small degree once in a while. It comes gradually, and yet, at times, suddenly. Only when all surface layers and all contradictory trends of consciousness have unified with the innermost being can this state become a steady condition of the soul.”

Growth Stages of Consciousness



Spiral Cycles in Personal Development



Trance (triggered)

Awakening

Processing

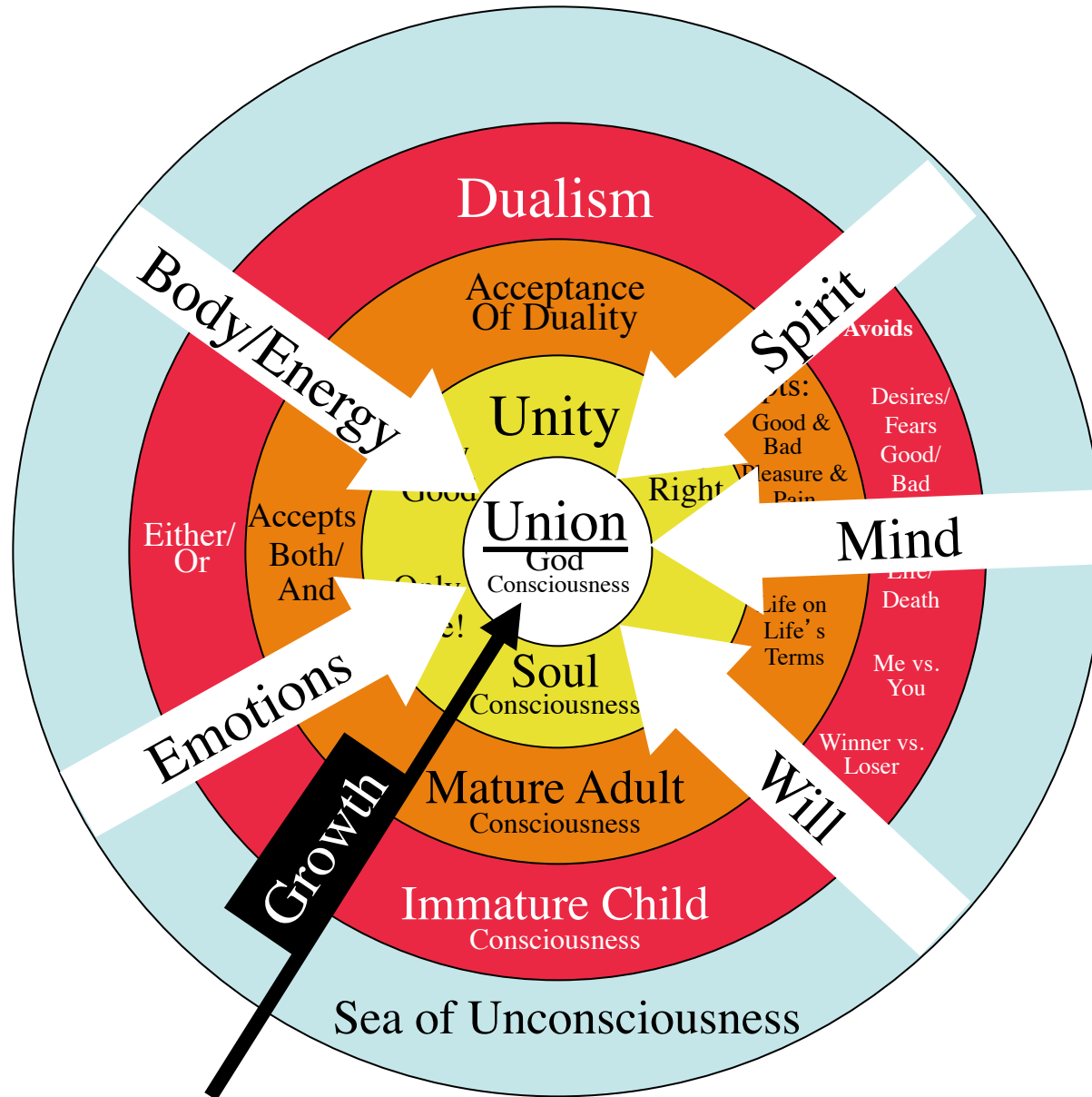
Releasing { Suffering
Old Patterns

} Heal the wounded child

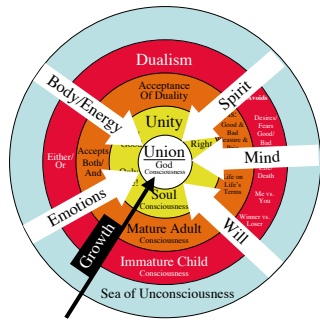
Transforming the Lower Self
distorted divine qualities back into the original
“positive” non-dual divine qualities

Integrating the divine qualities
into the human self { Create
Express
Radiate divine energy

Five Dimensions of Spiritual Growth

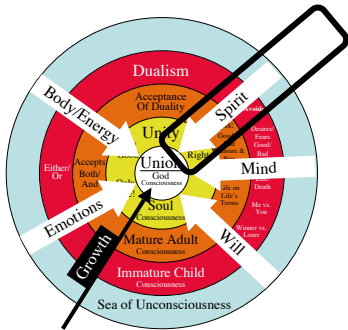


Pathwork Personal Development In Five Dimensions



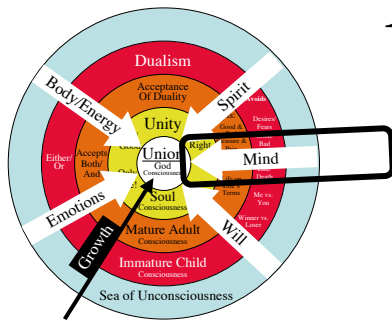
	Immature Child	Mature Adult	Unitive Soul
Spirit			
Mind			
Will			
Emotions			
Body (energy)			

Pathwork Personal Development Spiritual Dimension



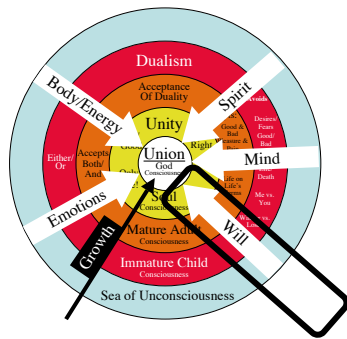
	Immature Child	Mature Adult	Unitive Soul
Spirit	Parental God Dualism (either/or) Superstition Begging God Fundamentalism Obsessed with past	God outside Both/And Atheism Open to new possibilities Channeling Planning future	God within Unity "I am" Divine Presence Union Present in the NOW

Pathwork Personal Development Mental Dimension



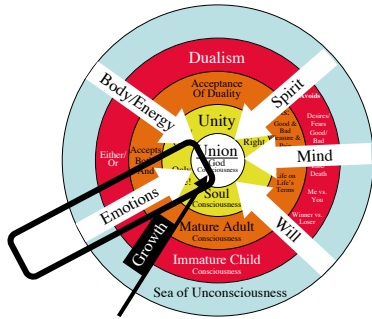
	Immature Child	Mature Adult	Unitive Soul
Mind	<p>Images</p> <p>Vicious Circles</p> <p>Trance</p> <p>Our Soap Opera "story"</p>	<p>Truth</p> <p>Objective Observer</p> <p>Awake</p> <p>Verbal</p> <p>Linear</p>	<p>Universal Truth</p> <p>Multi-dimensional</p> <p>Integrate</p> <p>Balance</p> <p>Harmony</p>

Pathwork Personal Development Will Dimension

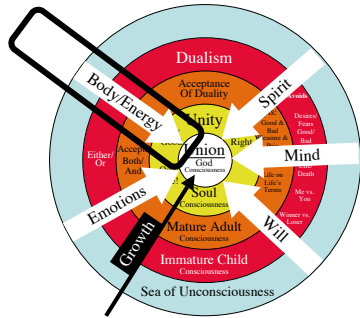


	Immature Child	Mature Adult	Unitive Soul
Will	Self-will Outer will Forcing current “NO” current Passivity Defeat	Inner will Healthily assertive Healthily receptive “YES” to life	Divine will Intuition Highest good for <u>all</u>

Pathwork Personal Development Emotional Dimension



	Immature Child	Mature Adult	Unitive Soul
Emotions	Blocks Numbness Defenses Suffering - Hard Pain Revved up Histrionic	Flow Change Feel all feelings Soft Pain	Intuition Pain turns to Joy and Love



Pathwork Personal Development

Body/Energy Dimension



	Immature Child	Mature Adult	Unitive Soul
Body/ Energy	Blocked Frozen Tense Not breathing Rigid Flaccid Brittle Anxious Split Collapsed	Open Flowing Breathing Supple Flexible Integrated	In tune with the all Receiving Radiating Energy Balance