


Healthy and Unhealthy Soul Substance

An Interpretation of Pathwork Lecture 111 *Soul Substance – Coping with Demands*

9/12/13

Gary Vollbracht



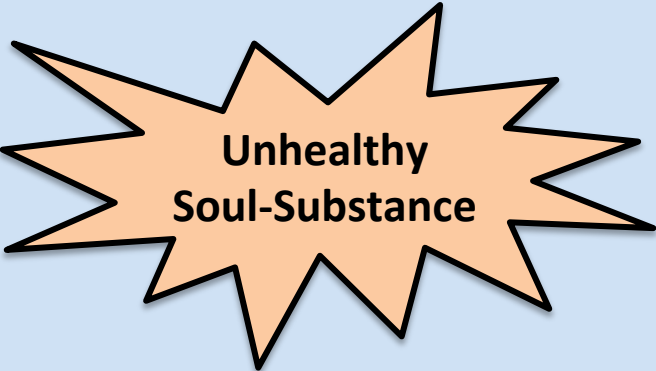
**Healthy
Soul-Substance**

Form:

Rounded, Smooth, Even

Substance:

**Elastic, resilient,
healthily resistant softness**



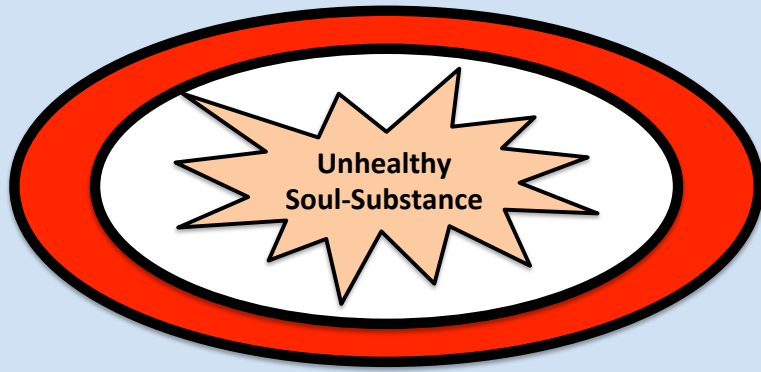
**Unhealthy
Soul-Substance**

Form:

**Uneven, bumps hardened
– like scabs, dents**

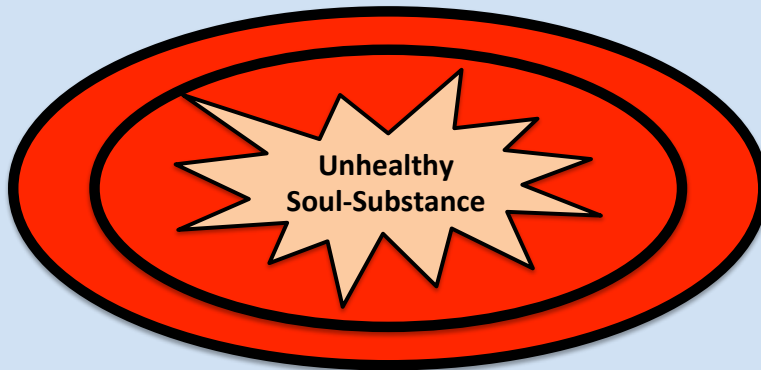
Substance:

Malleable, sticky, pasty



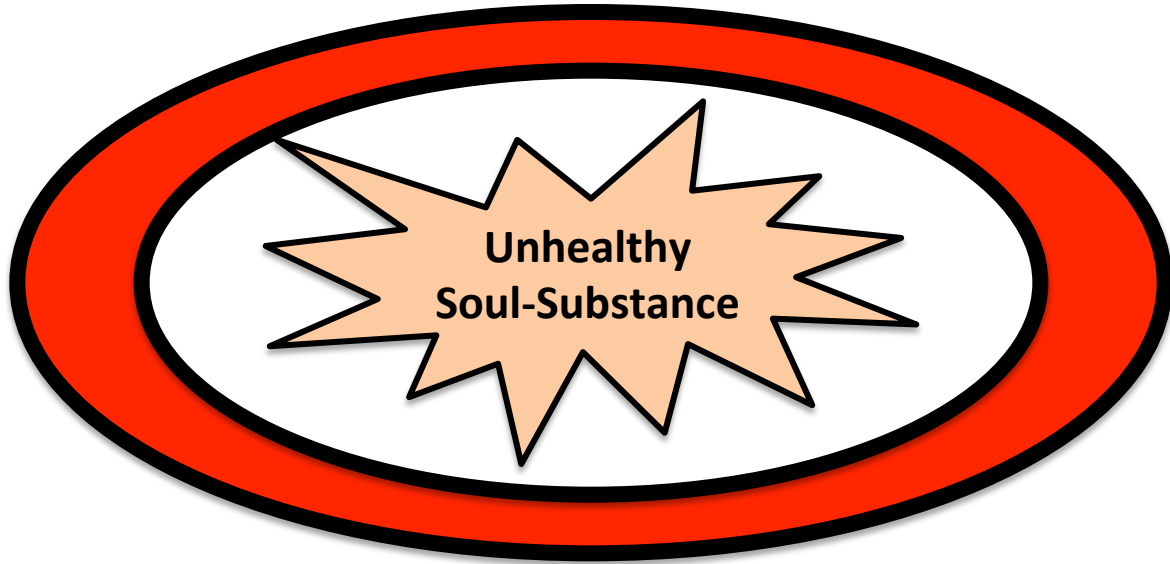
Type 1 Rigidity:

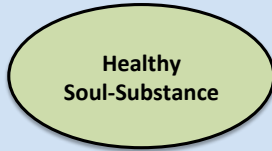
**Wall defending against pain
Keeps feelings, experiences out
Exaggerates unpain, numbness
Not Reality**



Type 2 Rigidity:

**Becomes the pain
Filters all experiences to look
like pain
Exaggerates all pain
Not Reality**



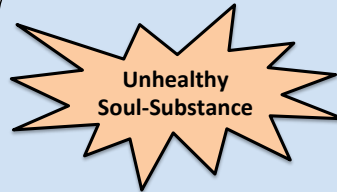


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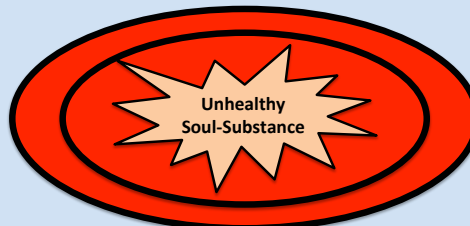
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