

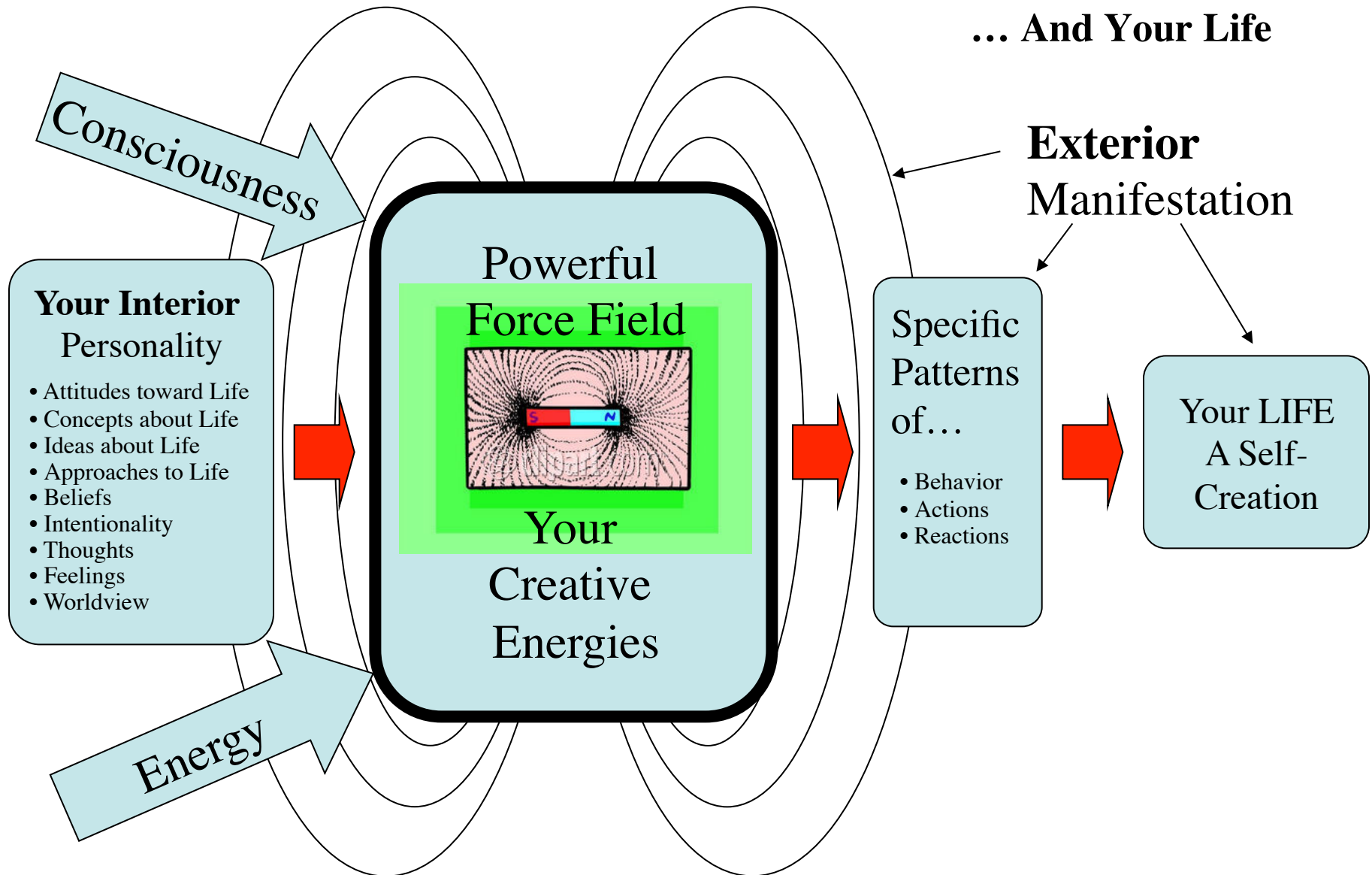
Pathwork Lecture #201 Part 1

Demagnetizing Negative Force Fields

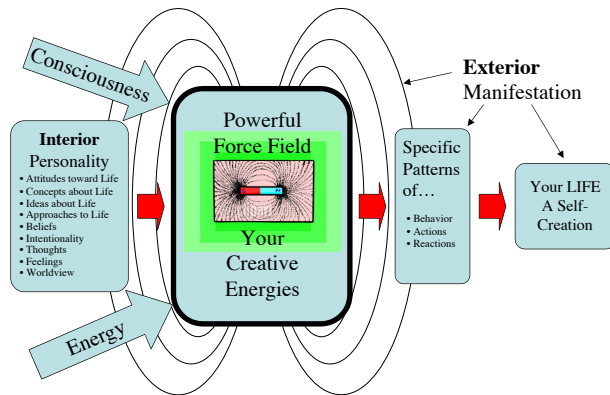
7/23/08

Gary Vollbracht

Creation of Force Field ... And Your Life

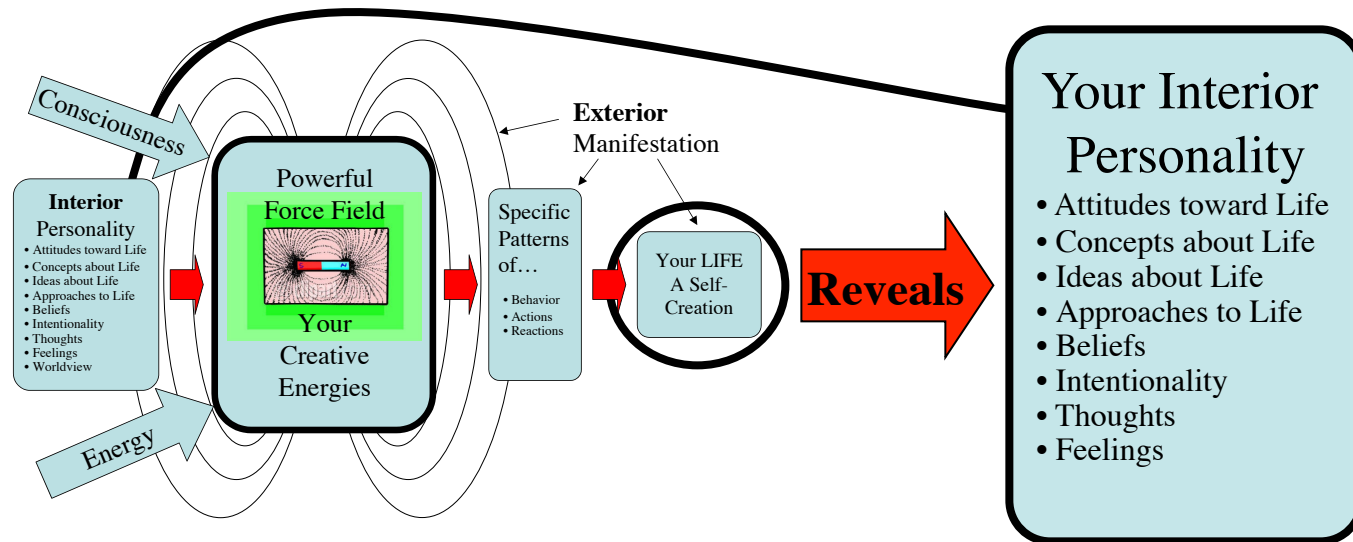


Like Attracts Like



- Like attracts Like
 - External
 - Attributes
 - People
 - Energy
 - Etc.
 - Internal
 - Attributes
 - Energy
- **Further solidifies and Fixates the Old**

An Aside: Reverse Engineering -- Working Backwards To Find Hidden Attitudes

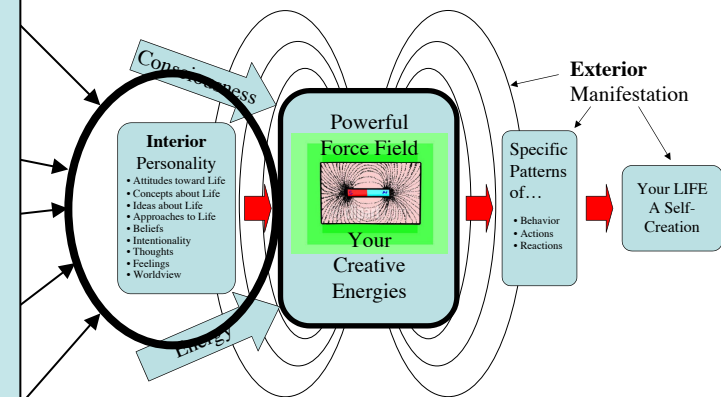


- **Life Reveals what one's underlying beliefs and attitudes must be.**

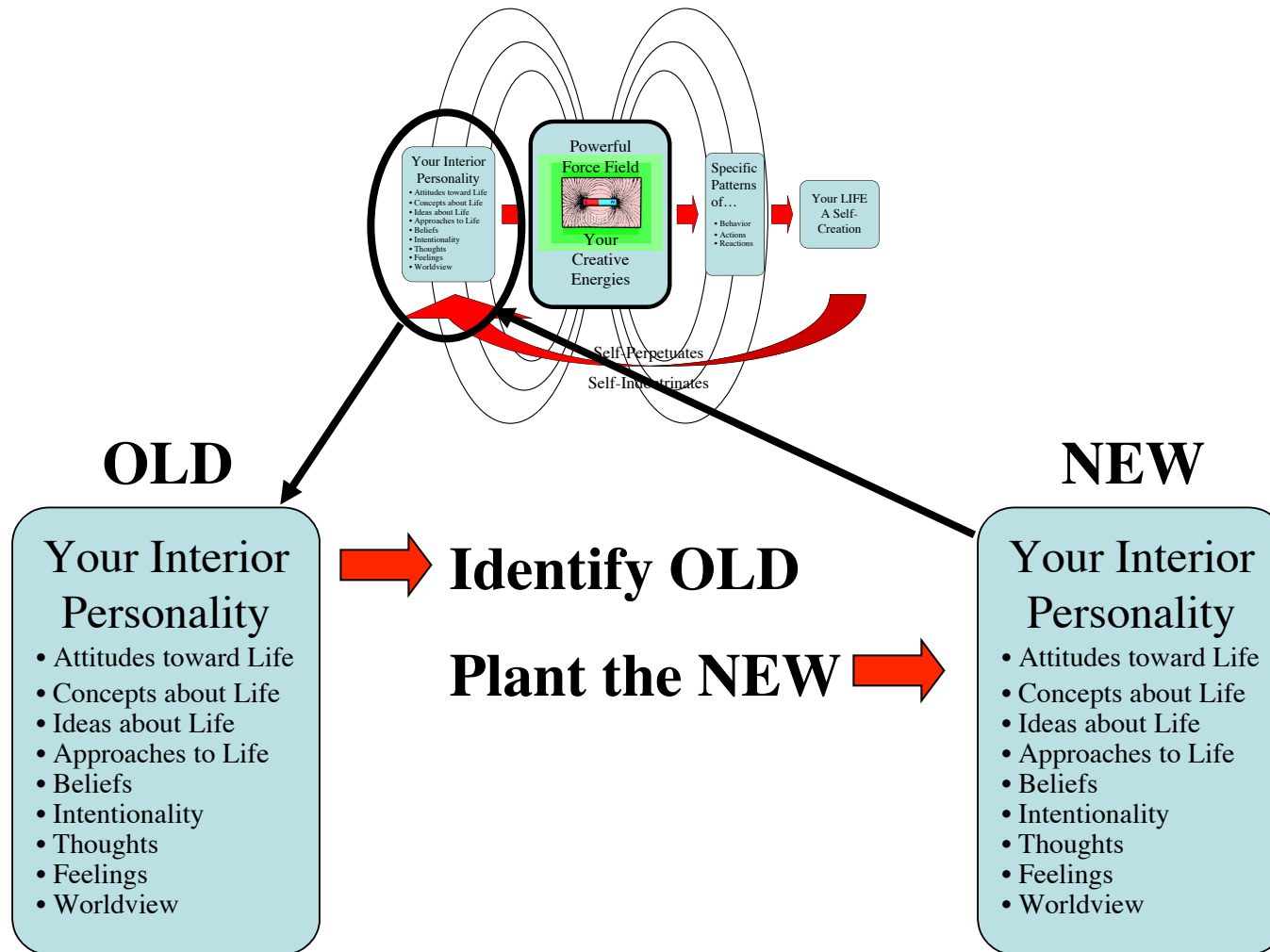
To Deal with this Powerful Field Requires Strong Positive Ego, Positive New Thought Process, and Help from the Divine Within.



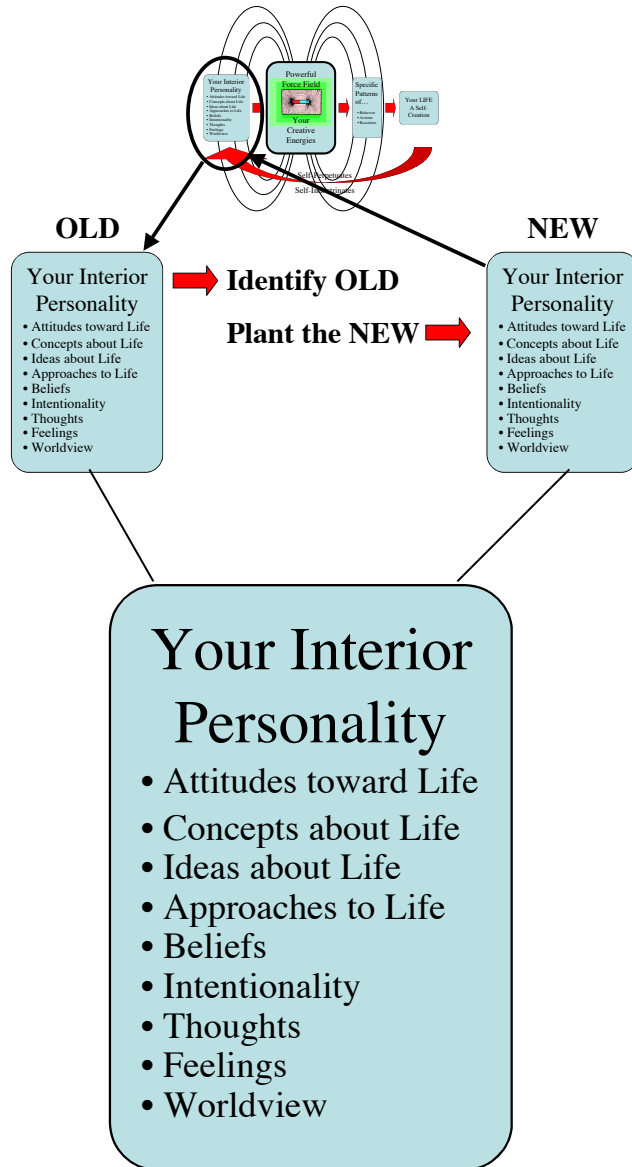
- **Welcome Truth about Interior Negativity**
- **Reprogram Interior where necessary**
- **Declare Truth and Positive Intent Powerfully**
- **Mobilize Inner Divine Power -- Positive Ego Discipline:**
 - **Meditation**
 - **Stillness, Listening**



Old to New Thought Process

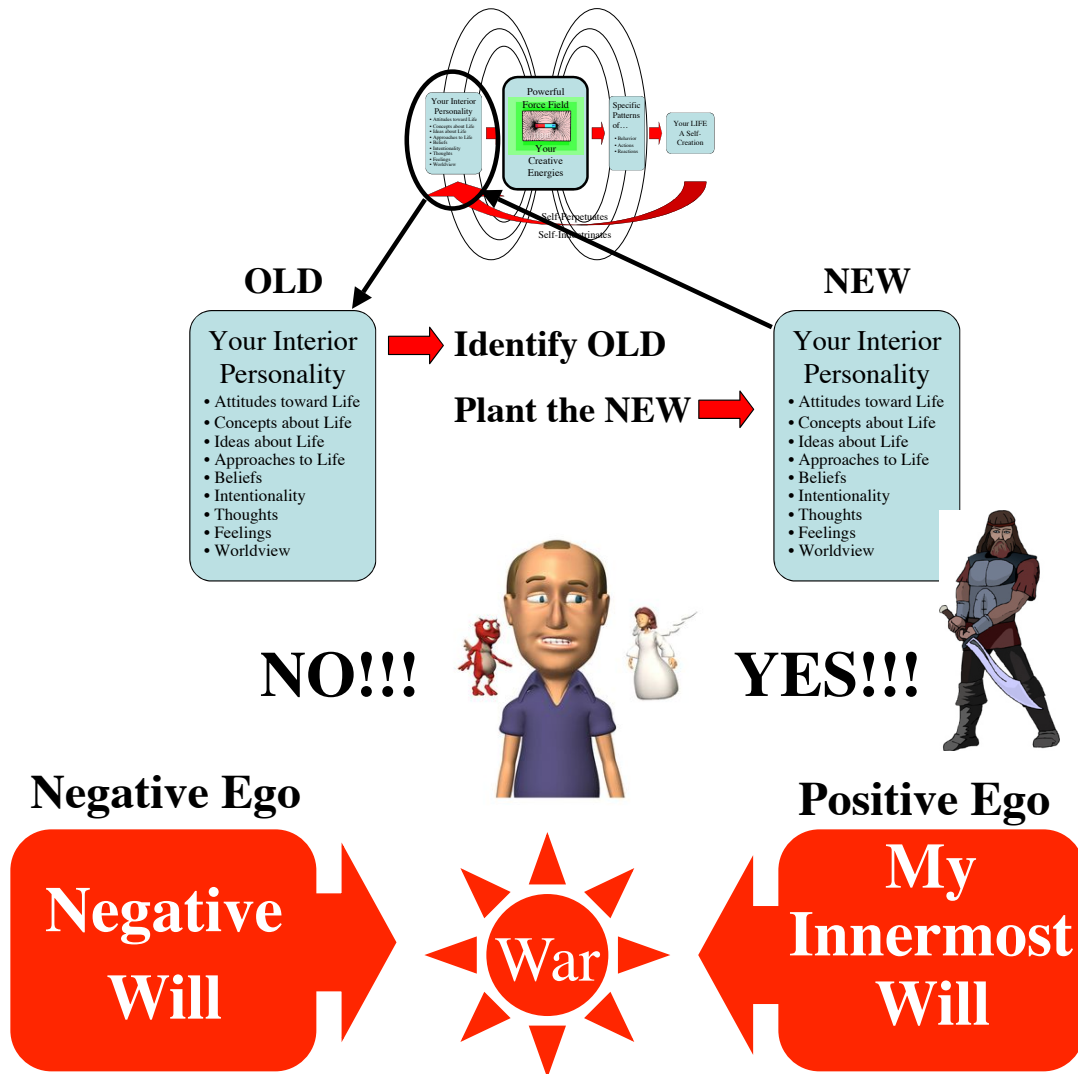


The Inner War



Huge War!

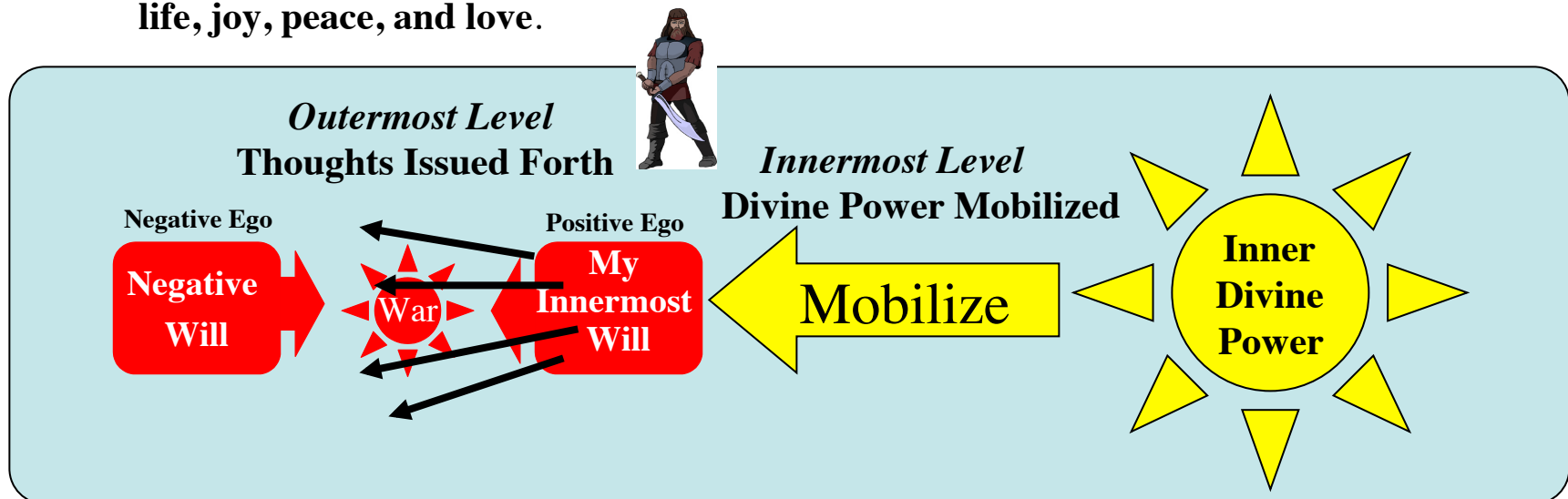
Old to New Thought Process



- Even if some part of me still resists while I say these words, if my **innermost WILL (Positive Ego)** pronounces **these words strongly and decisively**, without covering up or denying the **negative WILL (Negative Ego)**, but **meeting it head on**, a *new power* will be created by the *force of the intent* within my thought.
- It is the *thought* that must change first.
- In the *thought* lies the intent

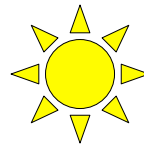
How Does Intent Accomplish So Much Transformation?

- Intent seeps deeper and deeper into the still-resisting layers of my consciousness.
- The process takes place on the outermost and the innermost levels
 - **Outermost Levels:**
 - I issue forth Volitional Thoughts
 - **Innermost Levels:**
 - I mobilize Divine power when I meditate for this specific help.
- In this way, I cannot fail to
 - Inactivate the power of the old negative force field
 - Create a new force field that will bring me into ever increasing fulfillment, meaningful life, joy, peace, and love.



Your Interior Personality

- Attitudes toward Life
- Concepts about Life
- Ideas about Life
- Approaches to Life
- Beliefs
- Intentionality
- Thoughts
- Feelings
- Worldview



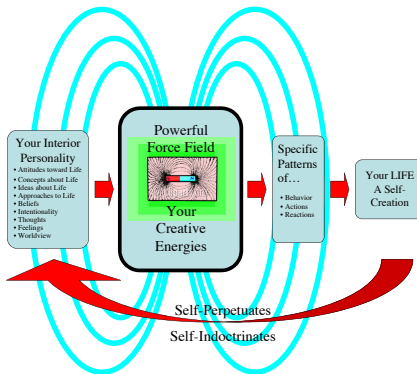
Negative Ego

Negative Will



Positive Ego

My Innermost Will



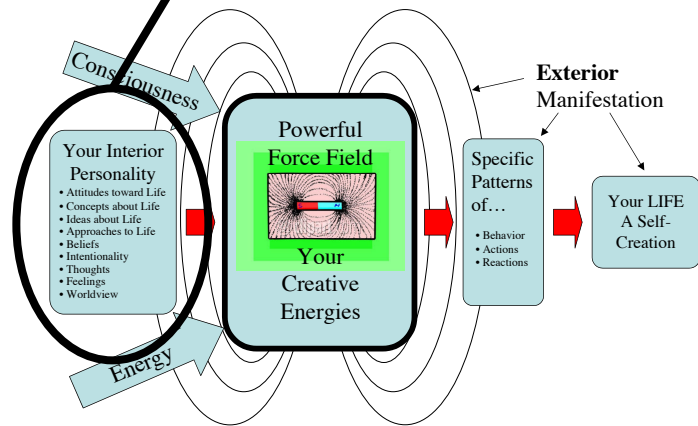
Transformation is NOT Magic! Happens through Power of Thought, Feelings, Intent Role of the *Positive Ego*

• A Spiritual Practice

- Identify Interior Aspects likely contributing to undesirable aspects of your life -- old thought process.
- Prepare a prayer from your positive intent -- your new thought process.
- From the innermost will of your spiritual center, pray this prayer daily.
- Concurrently or alternately, drop into deep inner silence, listen for God within.
- Be aware of nay-saying aspects, but carry forth with your positive intentions.
- Fight the Battle! Develop a physical activity that represents this battle. Feel it!
- Remember that the power of thought and the power of feeling together create magnetic fields which in turn create life experience.

Victory!

Old Thought Process



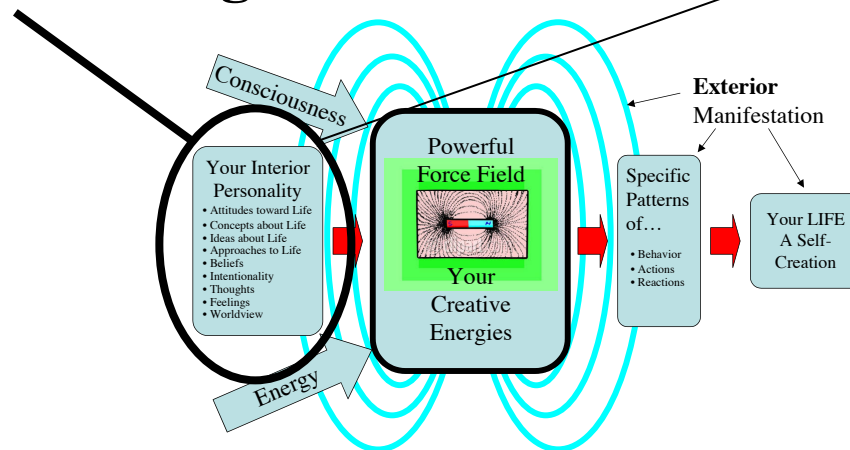
**Pain
Suffering
Hate ...**

Reprogrammed

Your Interior Personality

- Attitudes toward Life
- Concepts about Life
- Ideas about Life
- Approaches to Life
- Beliefs
- Intentionality
- Thoughts
- Feelings
- Worldview

New Thought Process

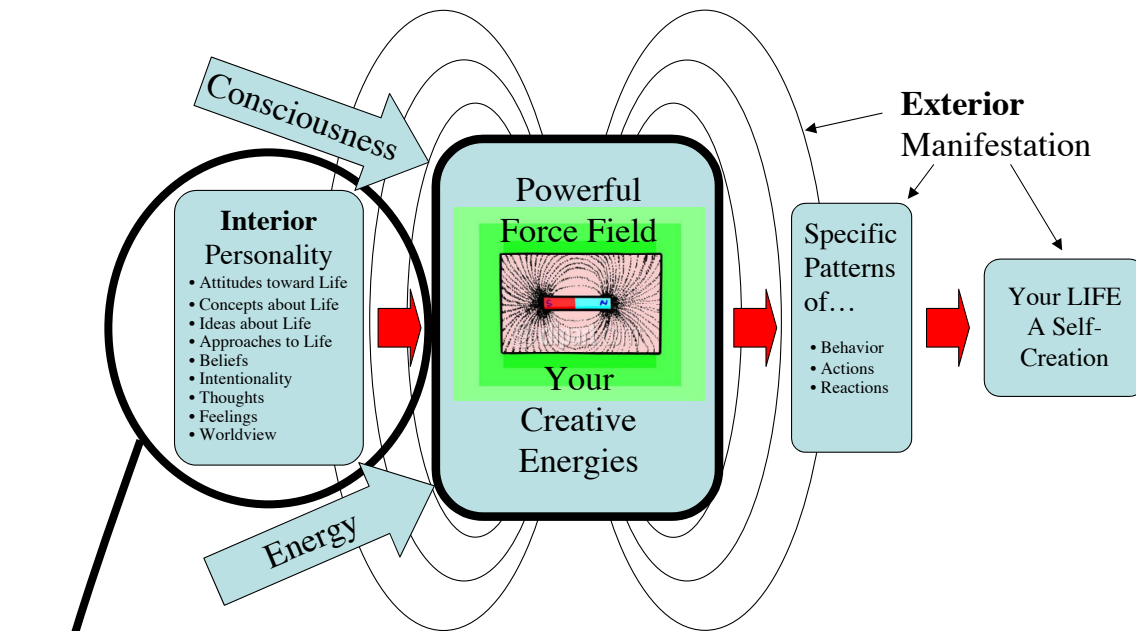


**Joy
Fulfillment
Peace ...**

What Do I Learn from NOT Doing this Practice

- **My problems aren't big enough** to warrant the effort (I'm not at the bottom yet, to borrow from 12-step lingo).
 - **Action:** **Wake up** to the real depth of my problems and what they cost me in life.
- I realize that **I do not want to know peace, joy and all conceivable fulfillment.** What this says is that **I wish to hold on to something dishonest that I am loath to give up.**
 - **Action:** Look at what I am holding onto, confront myself about why I want to hold on to it. Take this into my **New Thought Process.**
- **I do not believe this will work.** It hasn't yet. Never has.
 - **Action:** Try it for 30 days!
 - **Old Thought Process:** "I cannot."
 - **New Thought Process:** "It is possible. These potentials exist in me and I claim them. I want to make them available."
- **The cost is too great**
 - **Action:** Be serious! **Could there be anything more wonderful? Could there be anything more worthwhile than to know that everything exists within me to fulfill every one of my needs?**

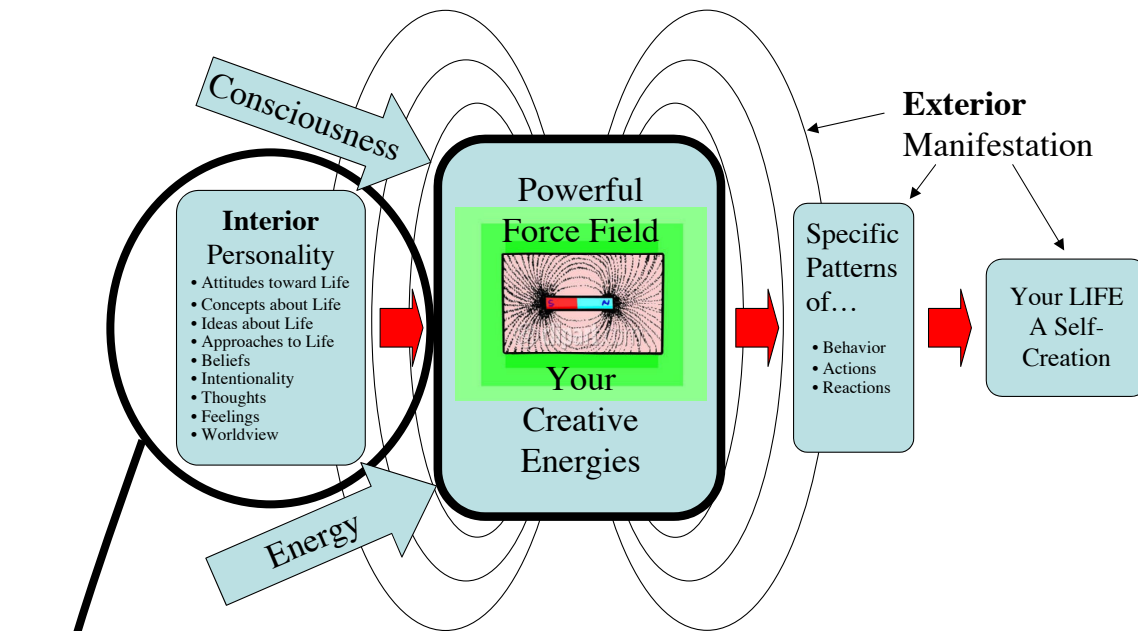
In Detail



Nature of Interior Personality

Conscious *or*
Unconscious

True (in line with Divine Law) **or**
False, Distorted, “Images,” Negative
(not in line with Divine Law)



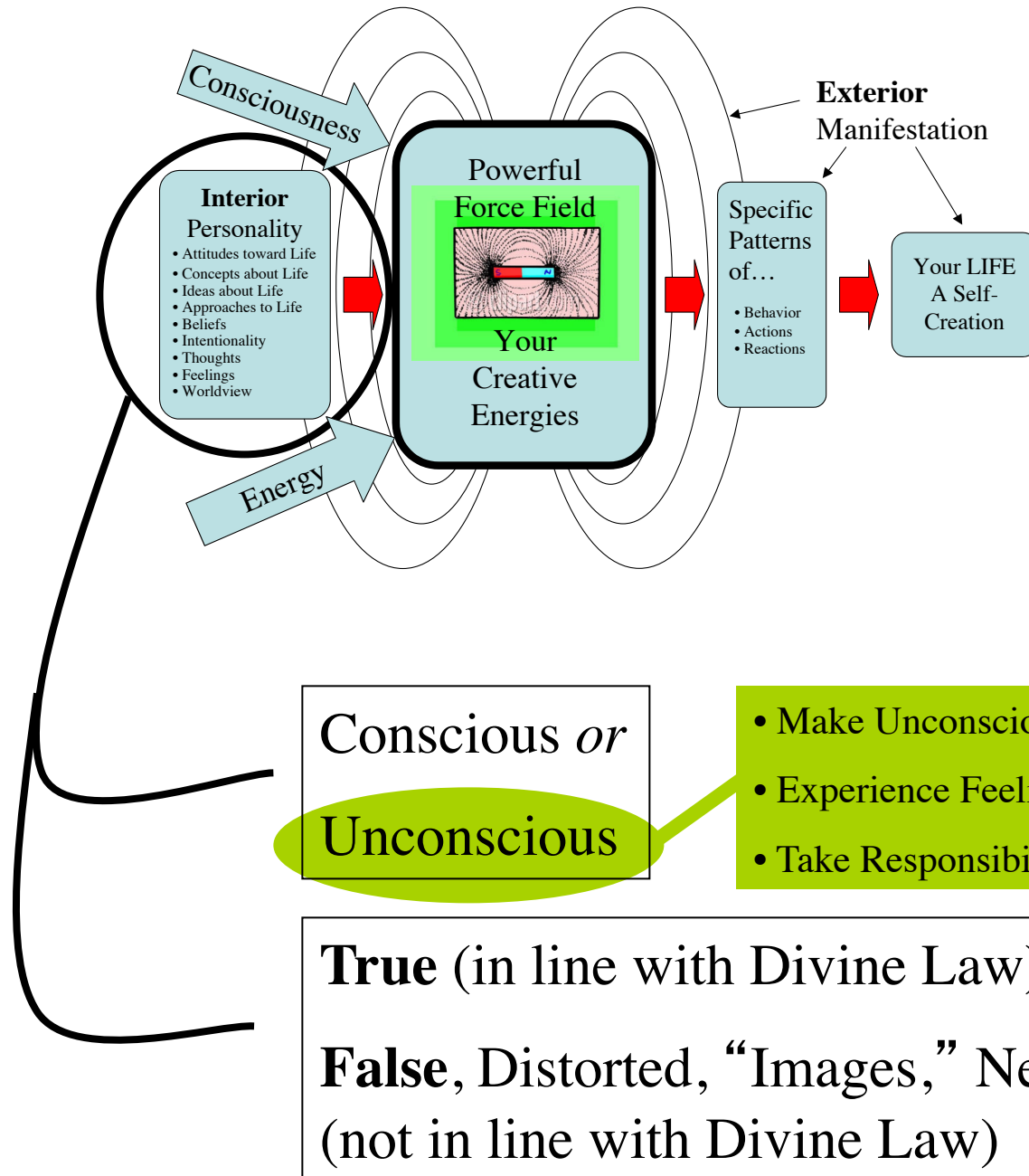
- If **Interior** is **True**, Manifested Life is...
 - Blissful
 - Productive
 - Peaceful, etc.
- If **False**, Life is...
 - Painful
 - Destructive

Conscious *or*
Unconscious

Interior's Impact on Life

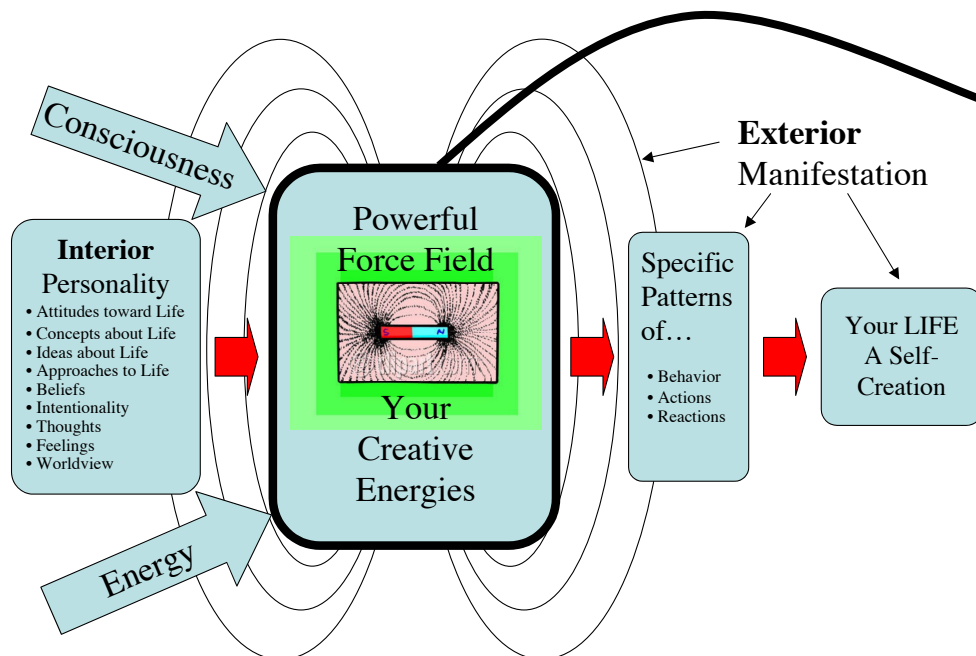
True (in line with Divine Law) **or**
False, Distorted, "Images," Negative
(not in line with Divine Law)

Path of Purification



- If **True**, Life is...
 - Blissful
 - Productive
 - Peaceful, etc.
- If **False**, Life is...
 - Painful
 - Destructive

What is the Problem, Why are we Stuck?

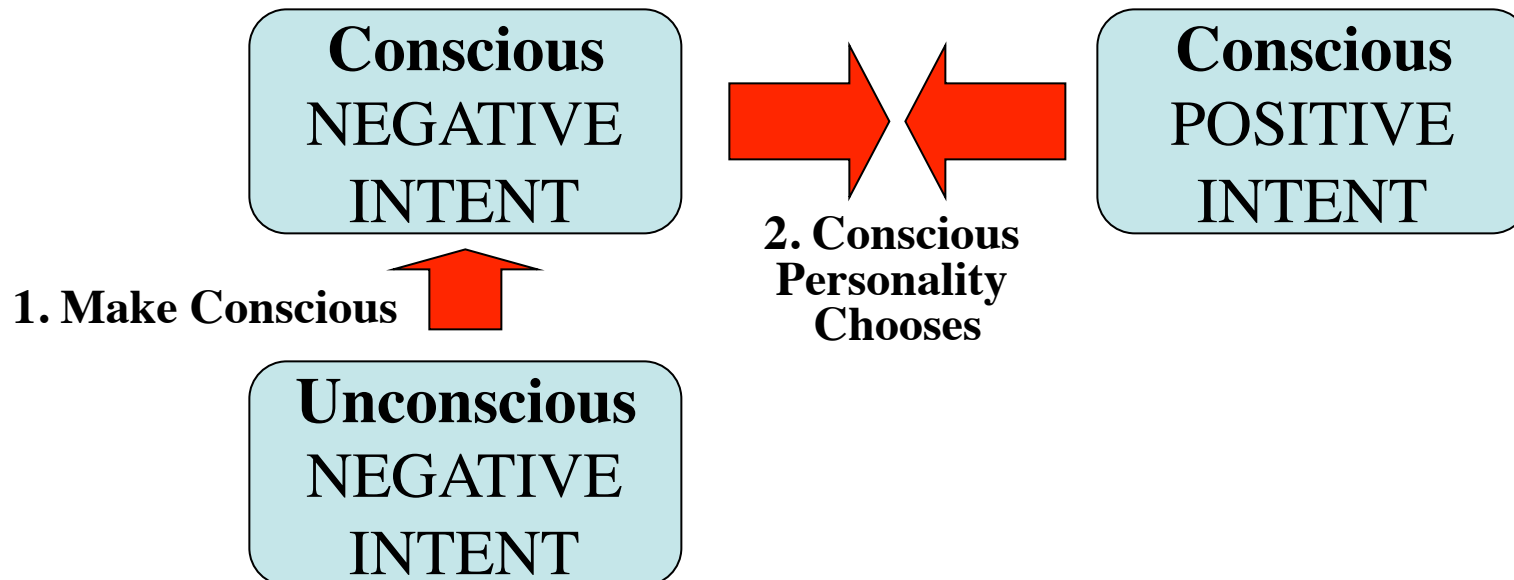


- The *Powerful Force Field* holds the energy strongly. It takes a lot of work to **change an image and demagnetize these powerful fields.**
- **Beyond Intellectual Knowing!**
- **Involves:**
 - Positive Ego
 - Divine Self
- *This lecture tackles how we do this.*

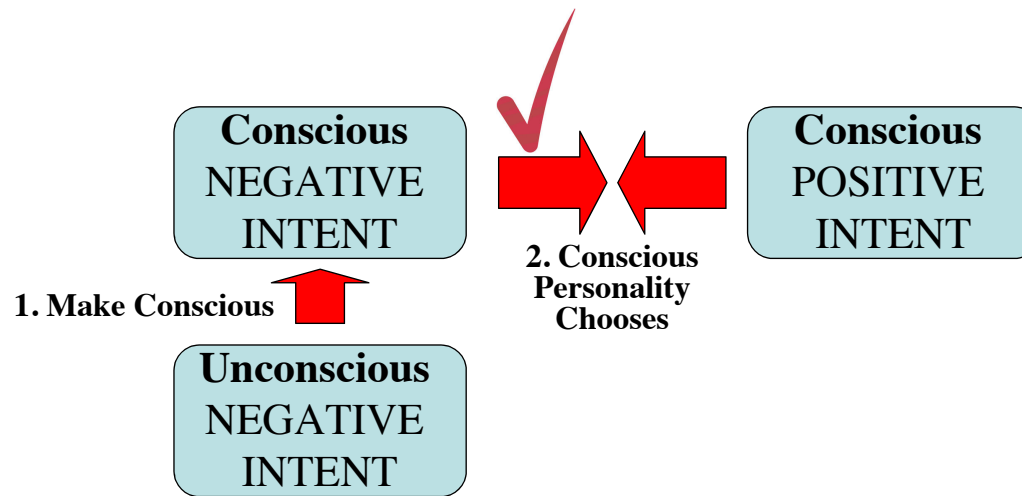
Conscious and Unconscious Intentionality

Setting up the Self Confrontation

- Conscious Intentionality (positive and negative)
- Unconscious Intentionality, manifesting indirectly (positive and negative)
- **Must begin with *conscious positive intent* and formulate it concisely**
- **BUT** cannot superimpose on unconscious irrational resistance and defiance.
First make the unconscious resistance conscious and let the conscious personality make the final decision.



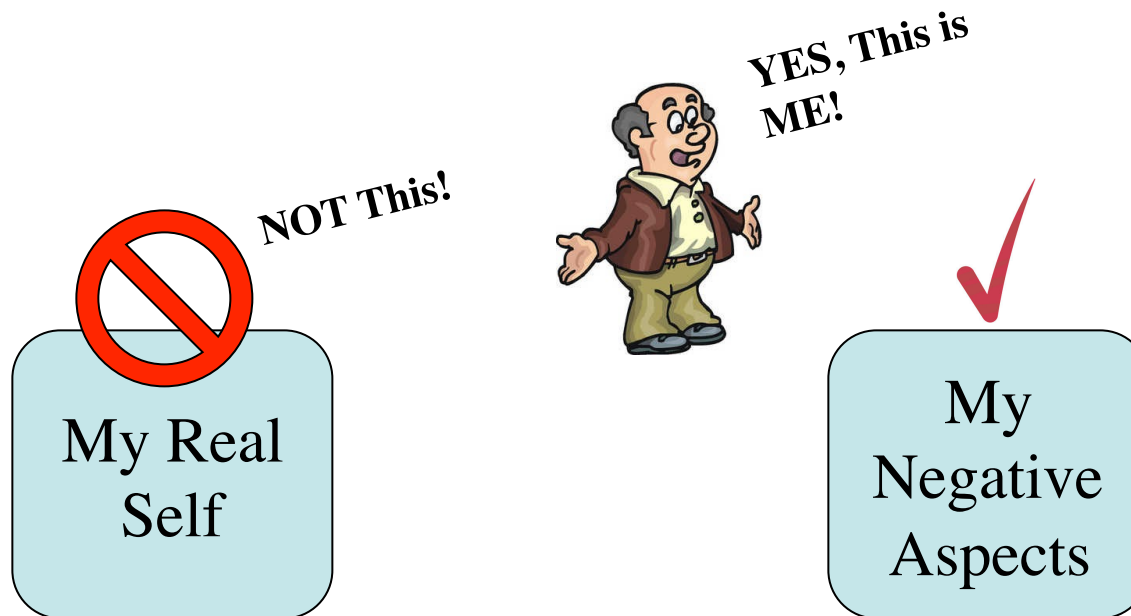
Intellectual Knowing is NOT ENOUGH -- I Still Choose the Negative, WHY?



- I choose the negative, insisting on remaining in a state of falsehood and pain, because ***I identify with the negative aspect of my ego self.***
- Giving up something that is the primary motivating force of this ego seems like self-annihilation, and ***I cannot give up what seems to be intrinsically ME.***

I Identify with my Negative Aspects NOT My Real Self

- Who am I? I believe myself to be my *negative aspects*. This is the real me!



I Must Come to Identify with My Real Self, NOT my Negative Aspects

- **I need to systematically establish identification with my real self. Unless I do this, I will lack the volition to give up what destroys happiness and joy.**

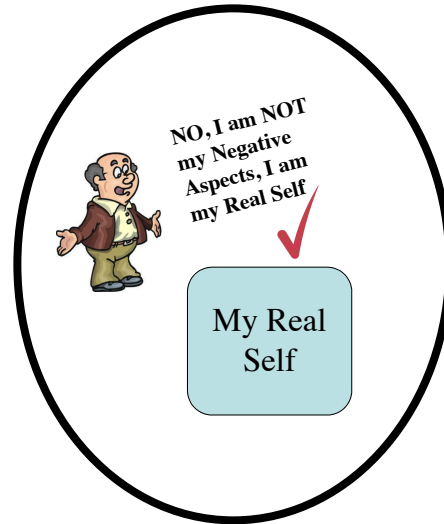


My Real
Self

**But it is a *Very Big Task* to
Change Identification!**



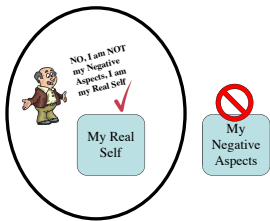
How Do I Come to Identify With My Real Self?



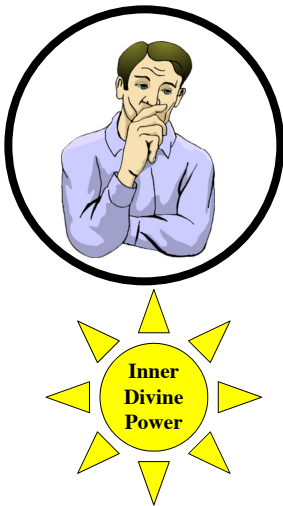
- **Steps to changing identification from my negative aspects to my real spiritual self...**
 - **Prayer and Meditation**
 - **Reach New Modalities with my Mind**
 - **Go Deeply into my innermost stillness**



Reaching New Modalities With My Mind

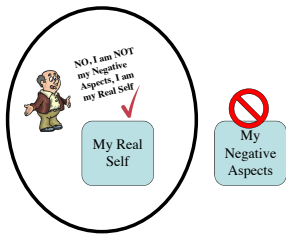


- Steps to changing identification
 - Prayer and Meditation
 - **Reach New Modalities with my Mind**
 - Go Deeply into my innermost stillness



- **Identify negative aspects of my interior**
 - **I hate**, but I do not want to hate
 - I believe I can function only in a **non-feeling, isolated, spiteful state**, though I would want to be different from this.
 - Etc.
- **With my conscious mind I say...**
 - “While I hate, I also have in me the **possibility to love**. **I want this new state and wish to utilize all my hidden energies and creative forces to manifest it.**”
 - “There are **inner powers and energies I wish to mobilize**. The same me that is now locked into spite and withholding **contains other, more natural and beautiful ways of being**. **I want to manifest this new state as my own inherent state.**
 - Etc.

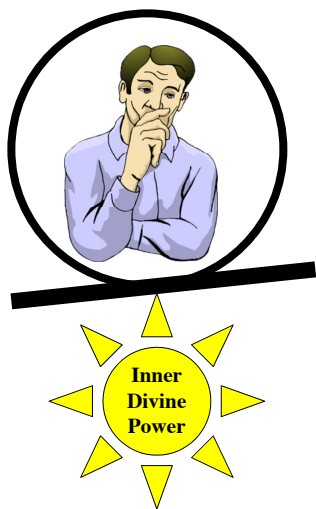
Practicing Innermost Stillness



- Steps to changing identification
 - Prayer and Meditation
 - Reach New Modalities with my Mind
 - **Go Deeply into my innermost stillness**



- Alternately or Simultaneously with the new mind modalities, the demagnetization process takes place by **going deeply into my innermost stillness**.
- **Develop the self-discipline to give myself time for these practices *every day***. Even only a few minutes pursued regularly will pay tremendous dividends.
- If done seriously, **just becoming still and expressing my intent to hear the will of God, to feel the presence of God within me, it will happen.**
- The only way to demagnetize a negative force field is to **establish contact with my divine reality, my cosmic eternal self.**
- I must become very still and turn into my inner stillness and **wait for its manifestations.**



But a Dilemma Comes up!

My *unconscious negative intent* keeps me from accessing the spiritual power within I need to overcome *negative intent* .

- **My Negative Intentionality PREVENTS me from communing with my real self, my higher self, my spiritual reality.**
 - I feel **unworthy to let God manifest** in me. I'm not clean enough to approach God.
 - **I can't or won't listen or attune** to my creative spirit within, .
 - Fear to truly engage God within
- Yet if I don't access my spiritual reality, I must find myself **incapable of giving up my Negative Intentionality.**

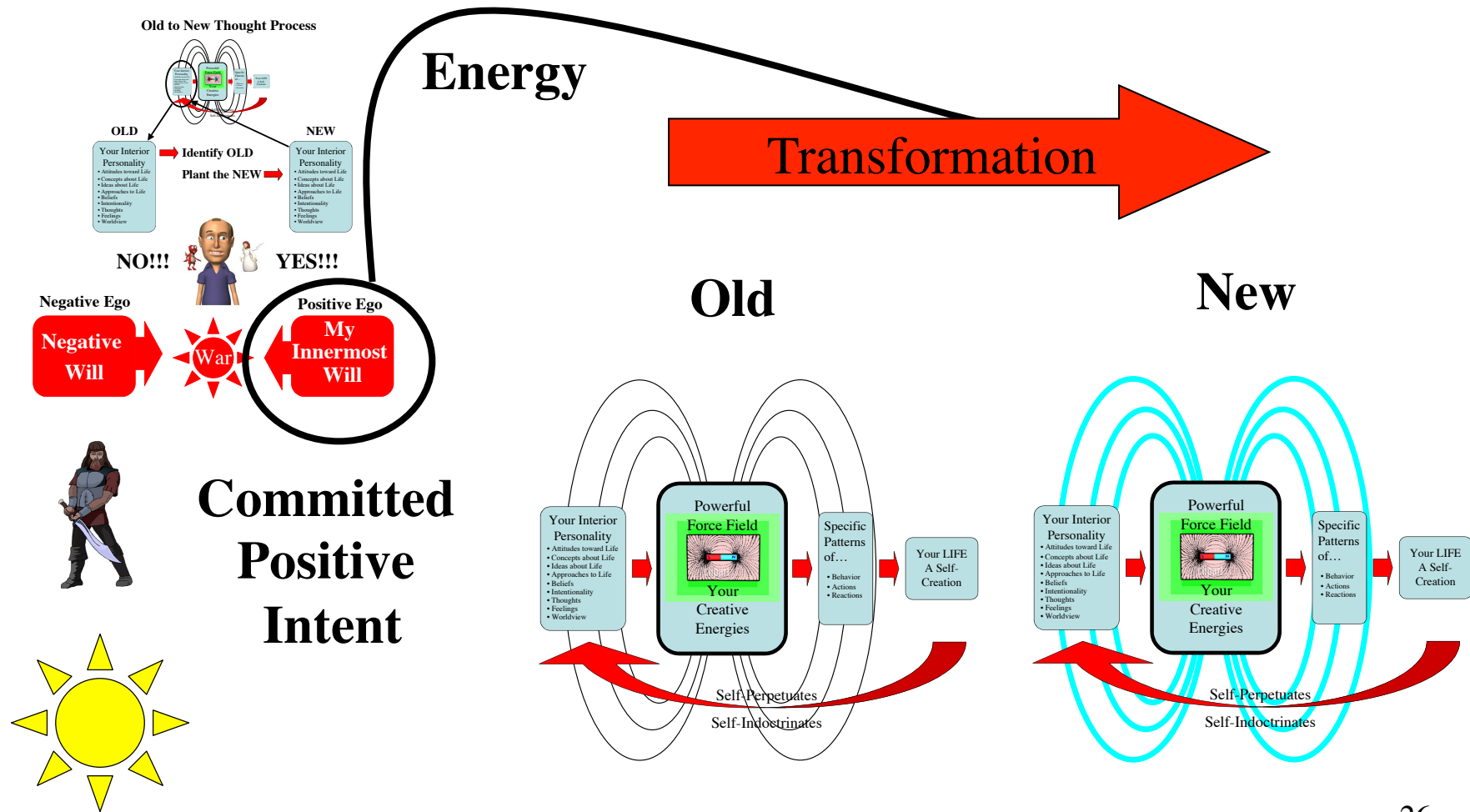
So Now What?

I'm aware of my negative intentionality but feel powerless to change it.

With Positive Ego, Engage in Spiritual Warfare

- Redouble the commitment to tackle these issues and defenses against realizing your full life.

Out of Energy of Positive Intent Comes Transformation of Old Thought Processes to New



Introduce New Thought Process

- **Become fully aware** of the *Old Thought Process*, see myself hooked there
 - For example: “I do not want to love my parents, and therefore I do not want to love anyone.”
- **Introduce a *New Thought Process*** that states my Positive Intention

For example:

Say These Words...

- **“I do not want to stay in this position.** There are powers within me that make it possible for me to change and feel good and secure about the change. **I do deserve it. This change is my birth-right which I claim.**
- **I can subsist on *good* feelings.** I can sustain and endure them, just as I can endure pain or disappointment.
- **I now decide to no longer believe in the fallacy that I can bear neither painful nor good feelings.**
- If there are any areas within me where I still battle and defend against either the painful or the loving feelings (which are the giving and and the receiving of love), the **power in me can make me conscious of them.** *It can help me lift myself out of the groove that has been set by the negative force field and bring a new force field into being.*
- **I pray for the power, the belief, the faith, and the volition to be totally committed to living my life in a good, deeply feeling and honest way.”**

Introduce New Thought Process -- My Example

- **Become fully aware** of the *Old Thought Process*, see myself hooked there
 - My example: “I do not experience peace and joy in my life. I am a slave to productivity and accomplishments and do not value who I am simply as Gary. I do not feel my feelings deeply.”
- **Introduce a *New Thought Process*** that states my Positive Intention

My example:

Say These Words...

- **“I do not want to stay in this position of slavery to performance, productivity, trapped in my anxiety/fear. I want my joy and peace to come from LIVING my Life fully.** I do not want my joy to come only from the satisfaction and recognition in myself and from others after achieving accomplishments, working hard, and being right.
- There are powers within me that make it possible for me to change and feel good and secure about the change. **I do deserve it. This change is my birth-right which I claim.**
- **I can subsist on good feelings while living.** I can sustain and endure them, just as I can endure pain or disappointment. **I now decide to no longer believe in the fallacy that I can bear neither painful nor good feelings. I can feel my feelings, all of them!**
- If there are any areas within me where I still battle and defend against either the painful or the loving feelings (which are the giving and and the receiving of love), the **power in me can make me conscious of them.** *It can help me lift myself out of the groove of slavery that has been set by the negative force field and bring a new force field into being. I can find joy, freedom, and peace in living my life in a new groove!*
- **I pray for the power, the belief, the faith, and the volition to be totally committed to living my life in a good, deeply feeling and honest way.”**

Exercise

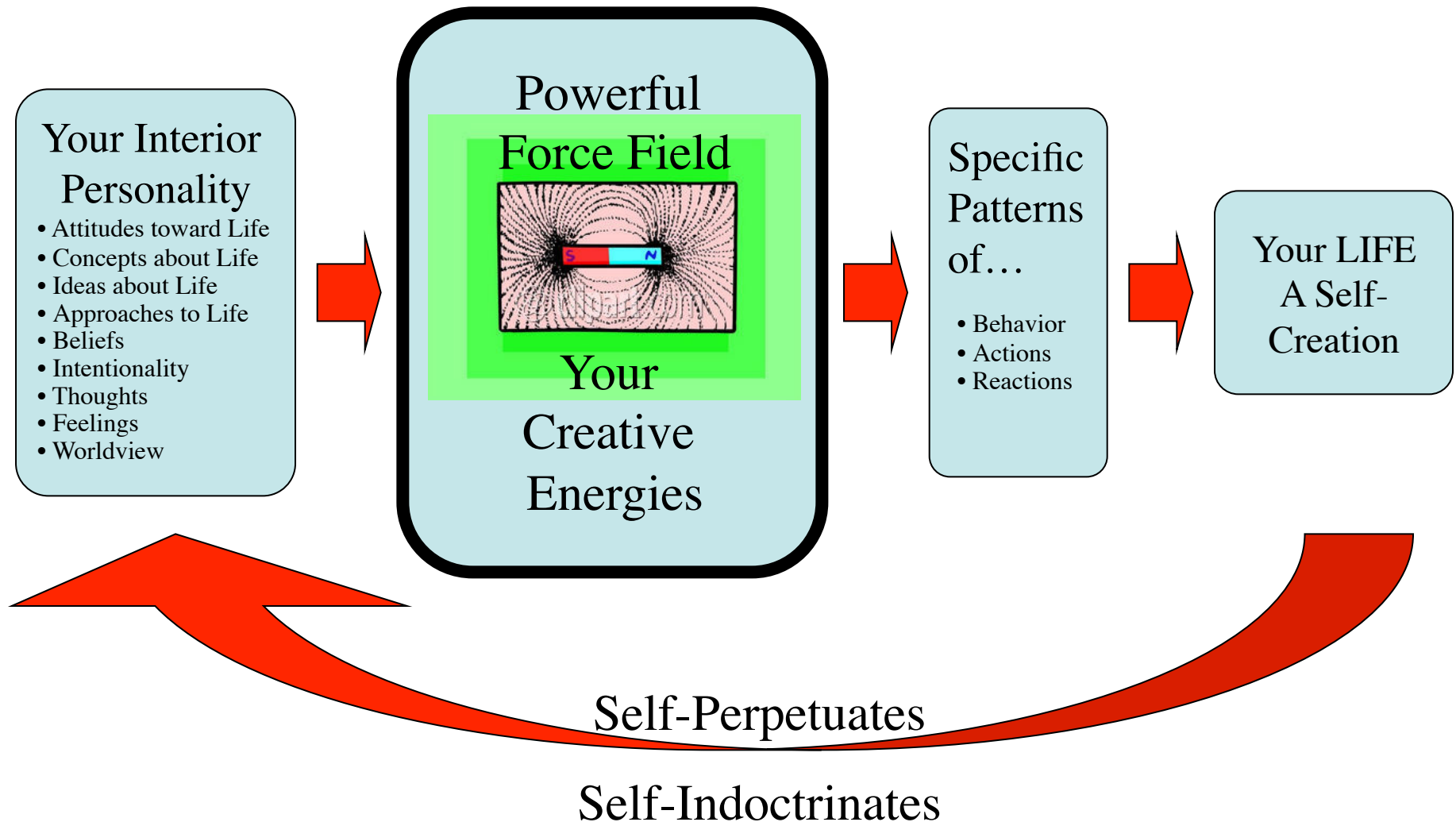
- Identify a **Negative Belief or Intention** that manifests negativity in your life.
- **Make a prayer or commitment** for the **new belief or intention** you want impress upon your soul.
- In dyads, you take a stand and for the new belief and your partner the negative belief you want to replace.
 - Use a towel for this tugging war between positive and negative intentionality.
 - **FEEL your commitment to your positive intent in this battle.**
 - Switch
- Journal about what you felt in this battle.

What Do I Learn from NOT Doing this Practice

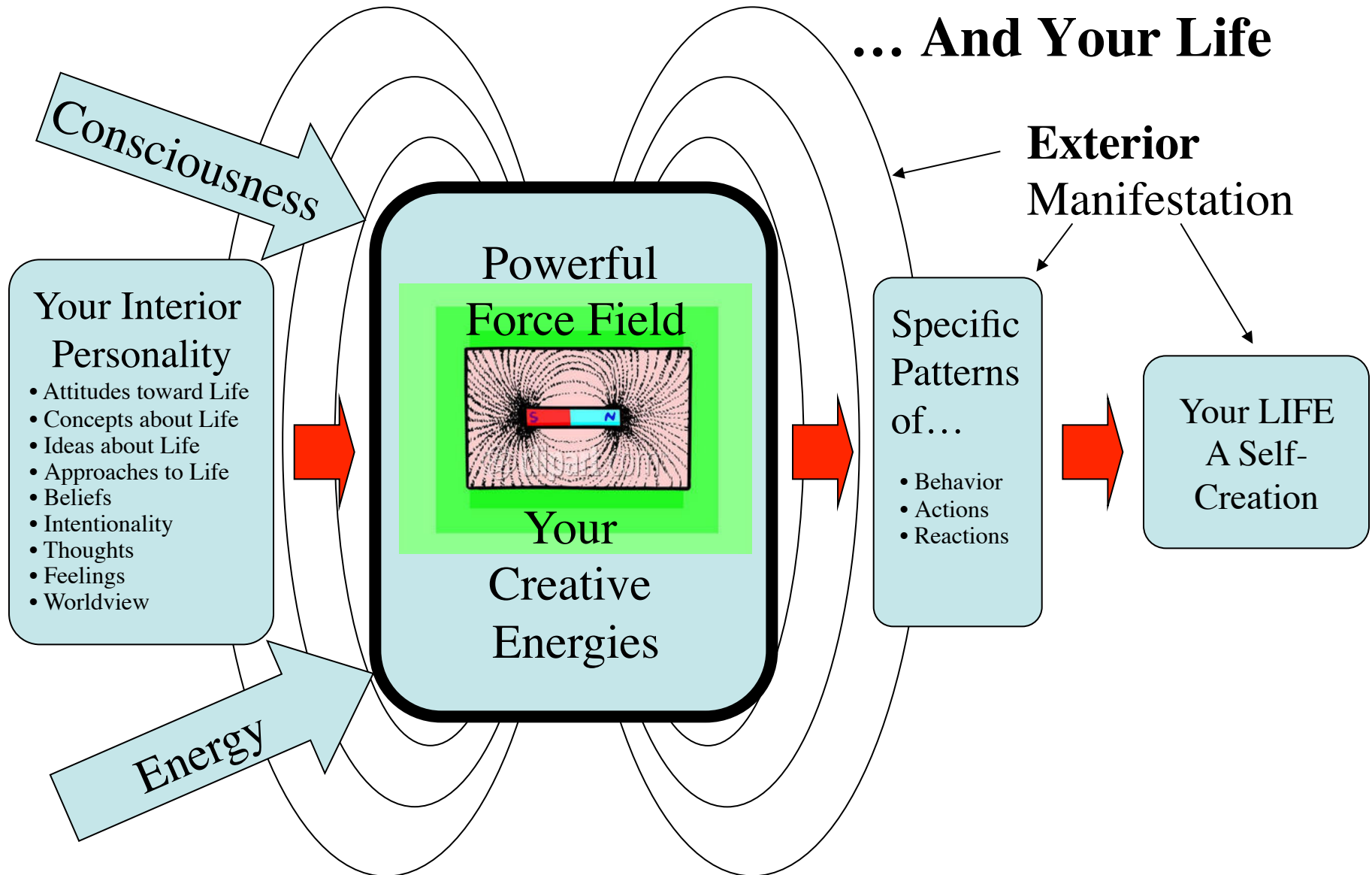
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Construction Slides

Creation of Force Field ... And Your Life



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Creation of Force Field ... And Your Life

