

# *Pathwork™ Steps*

## **The Language of the Unconscious**

Study Guide for Online Meetings on PRS 8 and PL 124

**Week 1: How the Unconscious Speaks**

**Week 2: Cosmic Laws: Yes and No Currents**

**Week 3: Tools and Techniques: The Power of the Word, Written Meditation**

**Week 4: Activating your Yes by uncovering the No currents**

**Week 1: How the Unconscious Speaks**

### **Quotes from PRS 8:**

Messages of the unconscious come forth through the major problems in life; through repetitive patterns; illness; any unfulfillment or lack. Once it is understood that these occurrences are a message that something is off within the psyche, that a distortion and misconception must somewhere exist, the first step towards elimination of the problem is taken. Yet they are not really hidden. It is merely a question of learning to focus attention on them

Messages or signs appear through::

- dreams and day dream phantasies
- projection
- strong reaction to others and to general topics
- compulsion
- material derived from "bad moods"
- from allowing emotions to romp freely from one "irrelevancy" to the next  
(also called free association)

All these offer excellent clues for getting to know your hidden self. Even though dreams and day dreams have not yet been discussed, you might do well to ponder over them, in the meantime. Write down your night dreams. Perhaps through inspiration you may get certain ideas, clues, hunches, intuitive perception. The realization that dreams express disturbances you do not quite face or completely wish to tackle, (even if you know the general problem in question) is helpful. It may show you that your emotions are more intense than you thought. You may be aware that you feel a specific way, but ignore to what extent you do so. The dream can help you to become aware of these differences in degree -- which is very important. Especially dreams which remain in your mind, that you do not forget, often have an important message. PRS 8

## **Training oneself to learn the Language of the Unconscious:** Quotes from PRS 8

**When very angry and irritated about traits or trends in others**, it might be a good indication that the same traits exist in the self, but are covered up. You may feel so angry and irritated with yourself that these feelings merely surface in a round-about way -- concerning other people. In psychology this process is called "projection."

When you observe yourself, you may note that, sometimes, worse traits have no effect on you whatever, while a minor fault may irritate you to distraction. When you are personally disturbed, it is always a sign to look deep inside, whether the same, or something similar, exists.

The message of your unconscious, in this case, was your personal disturbance and overly strong reaction to a fault of others.

**When you have very strong, rigid opinions** you feel compelled to defend in a militant, unrelaxed way and you register anxiety and anger when someone expresses different views, this reaction certainly reveals a message from the unconscious. It is so easy to disregard such reactions, to take them for granted, to consider them "natural," to explain them away and find justification. If honestly investigated, one always finds a personal distortion, destructive defense, problematic attitude, behind.

**The daily review** first establishes the fact that you have these, and similar, reactions. Before, it may not have occurred to you to name feelings of anger, resentment, anxiety, etc. Now, you begin to be acutely aware of the fact that you do have these emotions. The next step is finding what is underneath.

The next step is finding what is underneath. The best way of finding out is, again, asking yourself **probing questions**.

A good way to judge whether **one's reaction is disproportionate** is to observe the existence of an inner anxiety. Whenever this is the case, it is an indication that something more is at stake than the obvious issue.

**Projection** also occurs in shifting the hidden opinion of the self onto an outer authority, for instance God. Hence, the fear of punishment, and even actual self-punishment, are thought (often unconsciously) to come from outside. An obscure authority is supposed to judge all reactions. Even the professed atheist often feels this, if he examines his reactions closely. In reality, he judges himself.

**Compulsive actions** always reveal messages from the unconscious. Most people never tackle their compulsions with a fresh spirit and an open mind. They do not even want to admit that certain actions or habits are compulsive. Needless to say, this must be done first. The next step is to ask oneself the most simple and primitive seeming questions, and seriously answering them. That this has been started may already give a certain relief. The more serious the attempt and desire to understand the nature of the compulsions, the more it will reveal what lies underneath.

When a vague restlessness and lack of peace, a gnawing depression, exist, and the rational explanations you find do not relieve you or bring substantial clarification, do not say "I am simply in a bad mood," as though this explains everything. **There is always a reason.** Such a mood is the very message your unconscious sends you, so that you find out what goes on in you. The fact that you do not know it, means that a part in you resists facing whatever it is, in the erroneous idea that facing it would make it worse. Let your reason instruct your unwilling unconscious that not knowing it is infinitely worse and that you want to know what really disturbs you.

**Prayer always helps** in any of these endeavors. The moment you send forth the strong, full thought, expressing your profound will to look at all of yourself, requesting help, guidance, and inspiration, it must come -- although, perhaps, not in the form or way you may have expected. But if you are halfway flexible, open and alert, you will understand the help, as well as the language of your unconscious mind.

**As to your day dream phantasies**, you may certainly begin by making notes of their most recurrent versions. What wishes do they express? What frustrations do these wishes indicate?

PRS 8

### Daily Review

**Exercise:** Keep a daily review (PL28) for one week focusing upon moments when you *feel, sense, or think about something that makes no sense*. All you need is a ½ page of lined paper per day. Create 4 columns. At some point, jot down each day these brief notes about each incident (limit:10 per day).

1. Two to three words to identify each incident (no details)
2. What feelings or emotional reactions came up
3. The judgments or conclusions you came to *at the time*

At the end of the week, read through your entries and complete the last column:

**4. What do I notice today about these moments (and their meaning) that I was unconscious of at the time?** Notice any patterns.

5. Spend some time in meditation about how you feel about 'having' unconscious aspects within yourself. Are you afraid of what they will say, do, or reveal? How could you become more comfortable exploring such unconscious aspects?

## Week 2: Cosmic Laws: Yes and No Currents

### **The Language of the Unconscious** Quotes from PRS 8 on Cosmic Laws and Principles

We know that the universe is filled with various types of energy and forces. The way these energies work together, interact, and are arranged, determines the harmonious or disharmonious existence of manifestation -- whatever the form may be. In harmony, these various currents of energy flow together into one harmonious stream. It is a perfect current, expressing and creating perfect form. This unified, perfect current means unbroken life, no decay, no death. The two latter are a direct result of error, false ideas and disharmony, creating a split in concepts and, subsequently, in the major life current.

Whenever man is faced with two equally undesirable alternatives, not seeing any other way out, he is involved in the illusion of duality. This duality is the split of concepts I mentioned. We discussed before how often apparent contradictions in spiritual concepts are one whole when transcending the manifestation of untruth. Hence, two opposing, apparently different, forces come into being when cosmic energy is falsely used. These two forces maybe termed the life force and the death force. This does not merely mean actual life and death, but it also means all the derivatives. The former builds up, creates, is positive, expands into forever more and greater creative fulfillment. The latter means decay, negative manifestation in every possible sense. For our purpose, these forces may best be termed as the Yes Current and the No Current.

The yes current says yes to life, with all that life contains. It affirms giving and receiving love. It goes with the cosmic movement, hence it does not shrink from change. It means venture, adventure, risk; constructive ideas; growing, expansion. It says yes to any form of truth, even if this truth, at the moment, derives from untruth and is therefore painful. It finds the good in every situation and person, building up from there -- however, without closing one's eyes to the negative. There is no illusion in it -- no need for illusion.

The no current is the exact opposite. It fears life and love, and therefore says no to them. It fears happiness because of the involvement and risk. It resists change because of its negative outlook -- hence change signifies undesirable results. It finds solace and relief in destructive thoughts and ideas -- or even activity. It resists growth. It shies away from truth -- even truth that would bring relief. It sees and finds the worst in even the best of situations. It continuously denies. The yes current breeds love and unity. The no current hate and disunity. This principle applies to the history of man, as well as his personal life.

It is quite easy to detect the yes and the no currents within yourself, if you pay attention to your reactions and feelings, observing them closely.

Awareness of them, when the one and when the other is at work -- and later why -- is one of the most direct ways, one of the most easily accessible, to interpret the language of your unconscious.

## **Transition from the No-current to the Yes-Current**

Quotes from PL 125

The yes-current is the expression of the supreme intelligence and creative universal force. It is the life force, whose aspects were also discussed in a separate lecture in the past. It is all that strives toward union, wholeness, harmony, fulfillment, fruition. It is truth and love in its substance and manifestation. It is life embracing and accepting. Its movements are smooth and harmonious --to bring in still another of our past topics. Anything or anyone adapting himself to the yes-current must be in equal smooth harmony, must reach perfection and fulfillment on forever higher levels of being, must extend the range and experience of unbroken consciousness, unbroken by untruthful concepts and contradictory currents.

The no-current works and affects in the opposite manner, but not in the sense that, in itself as an equal factor, it is evil, manifest in the scheme of creation. It consists rather of ignorance, blindness, distortion, lack of awareness of relevant factors --relevant to the no-current in whatever way manifested. Ignoring truth, it must be in fear and spread fear. Hence, it is the opposite of love, of everything that leads toward union, fulfillment, fruition. It is discord and spreads disharmony, isolation. Those who are enmeshed in it in any specific manifestation of their lives follow a harsh, disharmonious, rocky, shrinking, or rejecting soul movement that leads into greater blindness, error, and half-truth; into putting the focus and emphasis on aspects of self and others which, even though perhaps correct in themselves, do not lead out of the no-current.

Finding such a no must not be a superficial, glib acknowledgment. It is necessary to allow yourself the full impact and significance of it --first that it exists at all, and then there has to be ascertained why it does exist and on what specific misconceptions it is based. When this is perceived, for the first time hopelessness, defeatism will make room for genuine, not superimposed, hope and a general positive attitude toward life in this specific area. ... The more this is envisioned the more can the will to change be cultivated.

Before you gain a clear vision on the specific area of its operation, the no-current acts against the very endeavor of discovery and change. Hence, a strongly negative attitude exists manifesting in any number of ways, toward the pathwork itself.

It is not easy, but certainly feasible to come from the no-current into the yes-current. You cannot possibly come out of the no-current so long as you cling to the conviction that you have nothing to do with your problem, that you are helpless in being able to change your predicament, that you cannot help feeling no. But when you decide that the final decisive factor is you, your will, your determination, then the end of your suffering is near. Say "I want to come out of it. In order to do so, I want to know specifically what obstructs the way at this moment. I know that my real self, that the constructive universal forces help and guide me the moment I decide to do something about it. I will be ready to see what comes up."

## **The Language of the Unconscious**

Summary of PL 124

The most powerful aspect in man's life is his unconscious. ...the unconscious is so much stronger than the conscious mind ... because conscious misconceptions and unrealistic outlooks are more easily detectable in their unrealism and can therefore be corrected. That which is hidden from awareness continues to govern you without your being able through your reason to change the unconscious outlook. Hence it is of utmost importance to detect such hindering outlooks hidden within.

It is often forgotten that the unconscious does not only harbor petrified wrong conclusions, destructive behavior patterns resulting from images, and negative emotions due to unresolved problems, but it also contains utter wisdom, divine truth, and the most constructive elements in the universe, constantly building up in unending creativity and love. These wells can be tapped to the degree that the obstructions are let out of their hiding place -- the unconscious. Then and then only will all the productive elements, which, too, are still hidden, rise to the surface.

### **Conscious mind:**

Misconceptions and unrealistic outlooks are more easily detectable in their unrealism.

### **Unconscious mind:**

We cannot use our reason to change the unconscious outlook.

Even regarding the constructive elements in the unconscious: wisdom, divine truth – we are uncertain of the source of our inspiration, so lack confidence.

Unconscious is not unknown, except in rarest cases. It can be indicated by noticing: half-conscious thoughts, immediate emotional reactions, fantasy life.

### **Disintegration:**

Always results from contrary forces. These create tension and result in two opposing energy currents:

#### **Yes-current:**

- Constructive because it is according to truthful insight
- Breeds love and unity.
- Often conscious.
- When active, proof is that you appear to be lucky, fulfilled without any problems or confusing crises. Easy, relaxed energy without a tinge of desperation
- When the Yes-current is urgent, forced, or strong:  
NOT proof of absence of No-current;  
rather proof that the No-current is active and present.

**No-current:**

- Destructive because it deviates from truthfulness
- Breeds hate and disunity.
- When active, proof is that you seem repeatedly unlucky, goals consciously desired cannot be attained.
- Indicators of a No-current:
  - Slight cringe at thought of fulfillment, vague feeling of uneasiness
  - Feeling of fear or false guilt that you do not deserve fulfillment
  - Vague, hazy emotional impressions
  - Where you do not take into consideration the human imperfections  
in all concerned
  - Fantasy of having it all your way; one-sided, unreal
  - Expectation to be favored, to the exclusion of flexibly adjusting to  
new circumstances
  - Frustration, desperation, feat that fulfilment will never come and that life  
feels dismal without that fulfillment
- Indicators of awareness of the No-current
  - Relief from hopelessness
  - Way out will be in sight
- No-current can 'sleep' in the petrified part of the unconscious; must be shaken up

**Solution:**

- Uncover No-current
- Understand faulty premises
- Shed the necessity for its existence.

**Step 1**

Gain understanding of images and misconceptions, false guilt's, destructive attitudes, fear of the very fulfillment you wish (manifests as subtle attitude of rejecting the fulfillment), and illusory reasons around not wanting to pay the price or not deserving happiness.

**Step 2**

Change innermost, subtle emotional reactions by detecting how the No-current continues to work against the change to a Yes-current.

Requires *learning the language of the unconscious, which requires practice, perseverance, and patience.*

*"The clearer you see how you push away or withdraw from the very fulfillment that you crave for – see it again and again in action – the closer do you come to eliminating the No-current. You weaken it by the mere observing of it." PL 124*

### Week 3: Tools and Techniques: The Power of the Word, Written Meditation

#### What is the Word?

How can you create an involuntary movement through the voluntary system? The word is indeed the creative agent. The word is a psychic nuclear point or a psychic nuclear explosion that creates movement and a systematic chain reaction, one link logically and inexorably following another until the word has become deed, fact, and finished creation. The word creates an energy pattern of further psychic nuclear points, each link, each point being a "word" too, a "sub-creative agent," as it were. Each word is a blueprint without which the structure cannot be built. The word is expression and creation. It is plan, knowledge, opinion, consciousness. The word is feeling, attitude, and intentionality. The word carries immense energy powers of its own kind, differing from other energies. The word is what is behind all creation. The word that is spoken reveals the will that motivates this particular word. It can be the divine will or the will of the cut-off, ignorant, and destructive particle of consciousness. The word is the sum total of your beliefs in any given area where you speak the word -- be it conscious or not.

Now how can you apply this truth to yourself in your practical life? Perhaps you will glean from the work on your path you have done until now that every situation you experience is the product of a word you have spoken and are perhaps still speaking constantly within in one way or another, on one level of awareness or another. It is our aim on the path to make all these words you speak day in and day out, every hour and every minute of the day, conscious so that you can understand your creation.

Most of the time you ... block out the words you speak, and you produce noise in your inner system so that you do not hear your own words. A new phase on your path can now be contemplated and entered into ... to make yourselves very conscious of the words you speak and what and how they create.

You can say a word with a loud voice, **or you can say a word inside of you**. The word that is not uttered by the voice, that is not heard by the ear outside is not necessarily less powerful than the uttered word, pronounced with the vocal cords. Many words are spoken with the vocal cords that have much less energy, for they are not rooted in strong beliefs. They are lightly uttered without feeling or conviction, to fill the void within. The power of these words is an indirect one in that these words create fog that separates the consciousness from the words spoken within that do have the power either constructively or destructively. So the lightly uttered word, without impact, without driving force, without depth, and without roots -- be it spoken or be it the pitter-patter of thoughts -- has nevertheless a serious effect on the creative process that each human being wittingly or unwittingly sets in motion.

PL 233 The Power of the Word



## **The Technique of Written Meditation**

### **Summarized from PRS 8 by Moira Shaw**

- 1, Write down your ideas, thoughts, conflicted feelings, suspicions, etc. No matter how silly, childish, ridiculous they are. The more irrational, unreasonable, illogical you are, the more you learn about what goes on underground. Your mind may wander from one apparently irrelevant topic to the next.
2. Ask simple questions. (see sample questions on the last page).
3. When writing down vague feelings, often you first just treat the most superficial levels: the weather; a friend not greeting you; a vague worry. Write them down, all of them. This level has a tendency to rationalize – watch out for rationalizations!
4. At times it may require several writing sessions before the material becomes a meaningful, comprehensive whole. The more you translate disorganized thoughts, feelings, associations, and reactions into concise language, thereby learning to evaluate an underlying conflict, the more you will realize that you are never helpless.
5. Do not try to squeeze associations into making sense while you are involved in this process. The less inhibited you are and the more free reign you give yourself, letting your emotional reactions immediately flow on to paper, dispensing all restricting censorship, the more important clues will you gather. The unreasonable side must be taken out of hiding. When it begins to manifest, it is a sign that your path progresses most adequately. Understanding can be done only later.

“Language, in any shape or form, is a conglomeration of symbols. What else is language? When you say the word "table," it is a symbol for the object, not the object itself. The same applies to the language of your personal unconscious mind. It is just as possible to learn this language, as it is to learn any other language. To know this language is infinitely more rewarding and more essential for your personal life than the knowledge of a dozen foreign languages, no matter how useful this may be. Among the many things this path work accomplishes is learning the language of your personal unconscious.” PRS8

## Should We Call It Expression or Communication?

Excerpt from a paper by Paul Ekman  
Innovations in Social Science Research, Vol. 10, No. 4, pp. 333-344, 1997

Full article at <http://www.ekmaninternational.com/paul-ekman-international-plc-home/research.aspx>

*Paul Ekman was a pioneer in discerning actual feelings (vs. polite, cover-up expressions) by studying the **involuntary** facial muscles. His work was the inspiration for the TV series 'Lie to Me'. However, he cautions that just because you may be able to identify what someone is feeling, you still don't know why they are feeling that way. That is, there is truth... and then, what can be interpreted from it.*

Facial expressions are not deliberately made in order to communicate; yet everything which occurs when people converse is done to send messages. The mistake is not to recognize that emotional expressions are involuntary reactions to what is transpiring in the conversation.

Facial expressions of emotion, unlike language, cannot be performed voluntarily. Expressions of emotion have a much more limited set of referents than language. There is no syntax or grammar, and they are compelled in a sense that speech is not.

When an emotion occurs, impulses are always sent to the facial muscles. There is no choice about that. We can choose to try to interfere with the appearance of that expression, we may be able to interrupt the action of the facial muscles, or dampen them so that nothing is visible, but we cannot choose to prevent the impulses from being sent to the facial nerve. We can also choose to make a set of facial movements which resemble a facial expression of emotion, but it will differ detectably from an emotional expression.

Individuals differ not only in how easily they can inhibit expressions, but also in whether they typically do so or not. Thus we know that some people are 'poker faced' and others nearly always reveal exactly how they feel even when they don't want to.

When an expression is seen out of context, alone without the usual accompaniments of speech, body movement, posture, and knowledge of what is transpiring, the expression does convey information but not as much information as when it is seen in context.

I think we use emotion words – anger, fear, disgust, sadness, etc. – as a shorthand, an abbreviated way to refer to the various events and processes which comprise the phenomenon of emotion. Each word refers to a different set of these organized, integrated processes.

## **Week 4: Activate your Yes by uncovering No currents**

### **Uncovering the No Current from PRS 8**

Now, how should you go about detecting the presence of a no current? First of all, return to your list of personal unfulfillments. Then listen deeply into yourself. Could it be that the much more easily detectable yes current exists only when fulfillment is far away, in phantasy? And that it covers up an underlying no current which becomes quite discernible when this particular fulfillment comes nearer, almost to be grasped? Is there a slight feeling of cringing away from it? Off hand, you may say that this is quite ridiculous. You are only aware of wanting the fulfillment most desperately. But do not let this deter you from looking. If there is consistent lack, you must somehow, for some reason, say no.

When you find this no, you have won an important battle and can proceed to find the inner motives for this no, the apparent "reason." This no current could be detected by a fear, by a slight feeling of misgiving. How many people are convinced they whole-heartedly want success in a career, or a mate to love and be loved by, when only half their person wants this fulfillment. The other half says no, perhaps due to fear of not being able to hold on to it; the conviction that what was gained will be lost again; inadequacy; the idea that one does not deserve it; the fear of such a high price to pay that the fulfillment becomes frightening. Some misconception must be behind it, which is impossible to find if one does not first discover that the personality says no to what it wants most.

Theoretical knowledge that under-currents must exist which defeat the conscious desire is not enough. This knowledge is widespread, today, due to increasing popular understanding of psychological factors. It is absolutely essential that the individual feels, is profoundly aware of, the no current.

The more you observe yourself in regard to the yes and no currents, the easier it will become to detect them. Take also the areas of your life in which you are successful, happy, fulfilled. Look and listen deeply into yourself, observe your attitude and emotions -- in the past and present -- and you will undoubtedly find that very little, if any, no current existed. You may have had conscious reservations, but by dint of their having been conscious, you met these reservations squarely and settled the question in the open. The more harmonious a life situation is, the more undisturbed is a yes current at work, producing abundance in ever changing circumstances.

It must also be taken into consideration that a no current may exist for a perfectly good reason, only the consciousness ignores it. Consequently, it induces the same feeling and reaction as a no current in the strict sense of the word. It undermines the conscious endeavor by sabotage, by provoking occurrences which make the goal impossible, it shrinks back from the consciously desired goal. In one case, the goal corresponds to a realistic self-expression, in the other case, it does not.

A desperately strong yes current always bears looking into as well. If it were a genuine yes current, there would be no desperation. A genuine yes current is a relaxed, smooth flow,

strong, secure, undivided, without urgency. It is very confident of a favorable outcome. It knows! The false yes current -- or the partly genuine yes current, which has to cover up an unconscious no current and therefore becomes exaggerated and distorted -- is so desperately urgent because it doubts -- and it doubts just because somewhere, deep down, it says no.

Nothing could be more hopeless than wishing desperately for the very result one simultaneously fears, obstructs, sabotages.

As you go further, you will find the subtle, but distinct ways in which the no current factually operates. First, it will only be a feeling. Then you may observe very damaging behavior patterns. Before it can be changed into a healthy, evenly flowing yes current, the full impact of the no current must be detected, be completely conscious, and the underlying misconception must be understood.

The more you are aware of self-defeating elements, of destructiveness, of no currents, in your unconscious mind, the easier it will be to detect the great wisdom, the constructiveness, the joy, contained in a still deeper part of it.

To the degree that you liberate yourself from the rubbish of useless fears and misconceptions, dividing you, productive elements you never knew existed, will be freed.

### **Suggested questions to help you uncover your NO current From PRS 8**

1. Which is the goal I want? In what area of life am I dissatisfied? What would I want to be different?
2. How much do I want to reach this goal?
3. To what extent is there something in me that does not want it? That fears it? That says no to it? (Pinpoint in what way you feel it, where it manifests.)
4. If this no current exists regarding the very thing I wish, it must also exist in the path work. In what way does it manifest there?
5. In what areas in my daily life can I detect a similar no current? Could it be that these other areas are, in a way, a substitute for the unfulfillment? Where and how does a similar no current manifest there?

These questions can hardly be answered in one stroke. Observation over a period of time is necessary. But, once the answers come, many missing links will fall into place. The yes current must observe the no current. Let this be your motto!

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