

# Pathwork™ Steps

## Finding God's Will The Forces of Activity and Passivity

Study Guide for Online Meetings on PL 29

Full text of this plus all other lectures may be downloaded from [www.pathwork.org](http://www.pathwork.org)

**Week 1: Balancing the Active and Passive Forces**

**Week 2: Divine Aspects of the Active and the Passive**

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**Week 1: Balancing the Active and Passive Forces**

Questions about mystic literature were common in the first few years Eva channeled the Guide. PL 29 starts off with references to a gnostic gospel that came up in prior Q&A sessions: [The Pistis Sophia](#), which was studied by theosophical groups in 1958. The 1921 English translation by G.R.S Mead is 758 pages; multiple e-book formats may be downloaded for free at <https://www.globalgrevebooks.com/pistis-sophia-ebook.html>.

3 months prior, on February 28 1958, the Guide had announced "*There are some questions that I will not answer as thoroughly as some of you may wish, for we can see that taking up time on these matters would not be of real importance for your development, at least at the present time. I also wish to inform you that I plan a new series of lectures after the present questions -- or some new ones that may come up -- have been taken care of. This series will represent a development course. It will deal with the systematic development of the spirit and the soul. It will help you to solve your psychological problems, as well as can be done without a personal teacher. I will show you exactly how to go about it.*" Q&A Session PL 24. The following lecture, [The Path: Initial Steps, Preparations, and Decisions](#) PL 25, laid out this course of study.

There are twelve basic, active forces in the universe and twelve basic, passive forces or principles. In the highest realm of light, according to the scheme of the "Pistis Sophia," these forces are concentrated and conducted by respective entities who are each a representative or a personification of each of these active and passive principles. They are all perfect in their own way. The whole universe is penetrated by these forces, and an infinite variety and combination of them is possible.

What you should get out of these lectures must always be of some benefit that you can use in your actual life right here and right now. How man uses, exploits, and directs these principles or forces determines his life, his harmony, and his happiness.

I have often mentioned activity and passivity are two basic divine aspects in the universe. They are invisible in all spheres below the one I mentioned now. But in that sphere, these principles are visible, not only the entities but also the forces. They are visible in the form of rays, fine threads running through the atmosphere. They are noticeable not only by various colors and shades but also by scent and tone and other means of perception that you do not know of as human beings.

The question arises for man,

- in what instance should he assume an active and when a passive attitude:
- when to use your own free will for activity, and
- when to use your free will for passivity, so that God's will can be fulfilled?

That is, you think about it in these terms! Yet here lies a fundamental falsity, my friends. For it is not in the least true that you can be passive when you want to fulfill God's will. Truly, in order to fulfill the will of God, it needs a great deal of activity and will power.

**Exercise 1a:** Notice if you DID think in terms of either/or when reading the paragraph above. Finding God's will may require us to learn a new 'dance step', where active and passive currents interact and complement each other in ways that we are not familiar with.

**Put this knowledge to practical use!**

The reason I am telling you about this is not merely to give you information about these higher spheres, for that in itself would not be sufficient reason to talk about. Interesting as this knowledge may be, it is not enough. For what you should get out of these lectures must always be of some benefit that you can use in your actual life right here and right now. Since every force or principle present in the universe also penetrates each individual human soul, you will see that a benefit can be derived from this very faraway and abstract sounding piece of information. In other words, a connection can and should be made, for the whole universe is within you.

How man uses, exploits, and directs these principles or forces determines his life, his harmony, and his happiness

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The active principle is movement and action.

The receptive principle is the state of being, quietude.

The active state gives out, the receptive state takes in.

The active state is a tensing of energies, the receptive state relaxes them.

If you combine the two in their own inner key of proper balance, then you have action and effort that are relaxed, effortless, and calm.

And you have receptivity that is alive and vibrant.

Balance PL 228

**Exercise 1b:** Notice moments of activity and passivity during your day. (It may help to substitute the word 'receptivity here, as PL 228 does). The movements will be familiar, because you are only noticing what you normally do; yet unfamiliar, if you have not identified them in this particular way previously. Notice if the rhythm shifts as you change tasks, focus, or your environment.

**Daily Review PL 28**

<http://www.janrigsby.org/files/PDF/028-DailyReview-Suggestions.pdf>

**Ongoing Exercise:** Keep a record of incidents that disturb you. Focusing upon subtleties may help us from becoming distracted by exaggerating or over-dramatizing a situation. Notice feelings of discomfort, where you suspect you may be uninformed, ignorant, unprepared, or unaware. Each week, see if you can relate with the sub-topic.

Daily Review				
DATE	SITUATION	REACTION	BEHAVIOR/ RESPONSE	JUDGMENT
	Facts/Circumstances of Disturbance	Feelings, thoughts, emotions	How You Acted (Exaggerated/Minimized)	Affirmed/Negated My Belief That...
10/01/20	Late for work	Fear/anxiety about job	Yelled at kids	I'm a bad mom
10/01/20	Fight re dinner cleanup	Felt let down by family	Didn't speak for hours	People are inconsiderate

Graphic created by Shakila F.

## Week 2: Divine Aspects of the Active and the Passive

When the active forces are used in the channels destined for the passive currents, there occurs a congestion, and the result is a frustration for the human being.

On the other hand, if the passive forces replace the active ones, entering the channels where the active principle should work and flow freely, there will not be a congestion, but a standstill or a stagnation -- not only in general development, which, of course, the wrong use of the active forces brings about too, but a sluggishness in certain particular respects in the human soul that gradually affects the entire inner make-up of the person in question.

Particularly the person who is on the path has great need to find out in what respect the forces should be active and in what respect passive. And there I will help you and try to shed a little light on this subject. From there on, you will also understand that there is no passivity involved to fulfill the will of God. When you should be active and use your will power (which does not mean self-will -- these are two different things --) but where your will power must be used, is at all times to adhere to the laws of God, which you know.

And that is not so difficult to find out, even for people who do not have this personal guidance, and these particular teachings as you receive them here -- even for people who find God in any of the currently existing religions or philosophies and, yes, even for people who are not particularly close to God, who may be agnostics or even atheists but who have high standards of ethics and morals. They do know what is right and what is wrong -- if they simply face the particular issue in question and ask themselves honest and self-probing questions. Then they will know. In order to do just that, you certainly do need your will power.

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**Exercise 2a:** Do you unconsciously equate absence of immediate punishment (=karmic ‘smackdowns’) as proof that divine law isn’t operating, that God’s will doesn’t exist, that it isn’t ‘practical’? How would [Free Will](#) PL 18 operate if we were immediately punished for any and all transgressions? That is, if humans were *forced* to live by God’s will?

### Desire initiates the active forces

But where the passive forces have to set in, where they are, unfortunately, often replaced by your active forces, these are all instances where you cannot change circumstances or other people.

Man is inclined to revolt within when things do not go according to his will, when other people are wrong. There is then an activity. Whenever an emotion is felt, and you follow that emotion through to its roots, **you will discover that there is a desire in back of it.**

Desire means activity. You may have right desires: going on the path of purification, for instance, or learning love, or overcoming your weaknesses, or using self-honesty, which is a pain at the beginning. All these are positive, constructive desires, and therefore the active force must be put in use in order to fulfill them.

But there are also negative desires. Whenever resentment, fear, hatred, and so on, are in your heart, there is a negative desire, and therefore an active force is used instead of a passive one.

Since a wrong desire cannot really be fulfilled -- if it appears to be fulfilled, it is very temporary and illusory -- you become frustrated. Speaking practically, what must your attitude be like in those instances when you are supposed to be passive? You cannot change this world or other people, my friends. In your intellect, you may know that very well indeed, but do your emotions always know it? Certainly not! It remains to be seen by yourselves whether your emotions will begin to follow what you know in your intellect.

So the proper attitude would be, *in those instances*, to accept what you cannot change: the actions and attitudes of other people and circumstances outside your control.

If you can accept these really and truly in your emotions as well as in your superficial knowledge, then and then only will you rechannel the wrongly used active and passive currents.

It means also to accept the imperfection of this earth sphere, in humility, knowing that since *you* are not perfect, you cannot, must not resent other's imperfections -- even though they may be different than your own.

It even means to accept your own imperfections, -- which does not mean that you should want to remain that way. It merely means that you have to accept them for now, accept that they actually do exist.

As of now, you possess so many imperfections that you have not accepted as yet. In a way not quite consciously, you revolt against this state of affairs, and by revolting, you set an active force in motion where a passive one should exist. Only after this passive force has been cultivated, then a different active current has to be brought to work so as to gradually begin to overcome this imperfection. But as long as you revolt against things that cannot be changed -- or could only be changed by a different inner activity -- there is a pressure and an inner pushing against a stonewall. As long as you do not relinquish or relax this pushing force in the wrong direction, you cannot make order in your soul.

You must learn to recognize where your desires surge into wrong directions. If the pressure is taken off these wrong desires, you will have that much more strength left for the good and proper desires where active force is badly needed but where you are presently too weak. Why? -- not because less strength has been given to you than to other people, but because you have not managed your household well. You have allowed a disorder, disorganization, and mismanagement to set in. There is just the right and necessary amount of strength available for you in order to fulfill your life as well as possible. It is up to you to use this strength properly and not to waste it.

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**Q: How can we tell if a desire comes from the higher or the lower self?**

**A: By examining the desires and their real motives.**

**Exercise 2b:** Very clearly and very concisely ask yourself the question: "*What is it I want, and why do I want such and such? What is my real motive behind it?*" You see, it is very often this way too: you may have a right desire with a good motive behind, but at the same time there is also, notwithstanding the good motive, an impure motive in it as well.

The moment you recognize this, you already have done something for your purification. Purifying does not merely mean that you are already perfect, but *the process of becoming perfect is*

*already purification.* It is an integral part of this process in saying, "In addition to my good motive there is also a selfish or vain motive hidden under this good cause." By being able to say this to yourself, you have already purified yourself to some extent.

You are not unfree creatures if you decide to want to fulfill the will of God. Quite on the contrary, for it needs the greatest and freest efforts of will power to decide to live within the law. In order to do that, as I have explained again and again, it is necessary to recognize your innermost motives and hidden currents. Only a free person can do that. On the other hand, if people constantly decide to use their little self-will, they become more and more bound and chained.

For the more you live in divine law, the freer you must become. The more you break divine law, the more enslaved you must become. A person who does not recognize his own hidden motives cannot conduct his life freely anymore. He is completely enslaved to his lower self, to his unrecognized desires which push and pull the person backward and forward, left and right.

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**QUESTION:** Is a seeming unproductivity a stage, or an indication that you are aimed in the wrong direction?

**ANSWER:** It might be either. But it often is an indication that you are in the wrong direction. Of course I am speaking generally, I have no right to give you the answer. It would weaken you. It will serve your development to find out for yourself. And you can, quite easily, with what I am teaching you.

**Exercise 2c:** Notice where you want answers, rather than learning to develop your ability to find them for yourself. How might this affect your ability to find God's Will?

#### **Four Fold Way By Angeless Arrien**

Show up.  
Pay attention to what has heart and meaning.  
Tell the truth without judgment or blame.  
Stay open to the outcome rather than attached to it.

#### **4 Way Test from the Rotary Club**

Is it the truth?  
Is it fair to all concerned?  
Will it build goodwill and better friendships?  
Will it be beneficial to all concerned?

#### **The Serenity Prayer by Reinhold Neibuhr**

God grant me the serenity to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

\*

Living one day at a time;  
Enjoying one moment at a time;  
Accepting hardships as the pathway to peace;  
Taking, as He did, this sinful world as it is, not as I would have it;  
Trusting that He will make all things right if I surrender to His Will;  
That I may be reasonably happy in this life and supremely happy with Him forever in the next.

**Exercise2d:** Notice how these credos suggest we already have an inner knowing of God's Will.

### Week 3: Aligning with God's Will requires the active forces

And do not believe for one moment that those people who appear weak and without will on the surface are the ones who use less active force than the obviously strong-willed and self-willed ones. It is often the contrary. The former simply do not display their will on the surface, because of other conflicting psychological trends. But within, everything sizzles because of this frustrated will, for it presses in the wrong direction. Such persons may not be consciously aware of it, but the symptoms must show by their health, their strength, and their peace of mind.

The moment you become *actually* passive where passive you *should* be -- not in your thoughts alone (in not deceiving yourself) but in your innermost emotions -- when you accept that which you cannot change now by direct action immediately, and stop pressing with your will, you will have new strength and life force that you have not known before.

So far, this may still sound confusing to you, my friends, because you may not know how to find out how you really feel within, how to begin. It is not half as difficult as you may think!

The fundamental factor in this is, of course, again to get to know yourself, to ask yourself pertinent questions. And this is really very simple once you decide for its unavoidable necessity. Each time you feel an unpleasant emotion, anger, anxiety, resentment, or whatever it may be -- and your days are often full of it -- stop rationalizing it away by thinking of the wrongs of others involved. Instead, ask yourself what you really want, because *there is something you want the moment there is emotion in you*. Otherwise you would not feel that way.

With this, I certainly do not say that all emotions are wrong, but unpleasant emotions must have somewhere a faulty premise, no matter how wrong others may be. This faulty premise is, as explained, often an active pressure where acceptance should reign. So find out this pressure, this desire, and examine it from this point of view.

It does take training and habit forming to observe yourself from this point of view so that you think about it in this way. But how beneficial this is for you! Once you begin and do not let up, you will see that it becomes second nature with you. It becomes a good habit without which you could not and should not want to live anymore. It is part of the daily cleansing of the soul.

Before you start in this way, you are often constantly in an emotion about its nature. You are not clear, and you do not realize what is going on in you, what your desires are. But once you begin to focus your attention on these feelings from this point of view, what is the desire behind it, it becomes very simple, indeed. And that, of course, is the purpose of the daily review I mention so often. But if some of you cannot or do not like to do it in this form, there are other ways of doing it. [=Exercise 3a]

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**Exercise 3a:** Whenever you have a free moment, think about the past few hours, and think what your feelings actually were during these past few hours or at any particular experience.

Then ask yourself concerning your respective emotions: "*What is my desire?*"

When you find the answer, you will already have a clue. The answer will often be that another person has done something that is wrong, or that seems wrong to you.

There you can actually observe, close at hand, that where you should be passive, you are active because you actively desire a change that you cannot control.

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## Overusing the active forces has consequences

Because of these constant overactive desires in the wrong place, you completely forget those instances where you have the power to change if you only look at it. For there is so much power given to you! To each one of you! Yet, you do not realize it. Why? -- because you constantly waste your power in the wrong channels. You use them up unproductively. You often create a short circuit within you, stemming from conflicting desires.

For if you learn to examine yourself in this manner, you will not only find that there are so many wrong and unfulfillable desires in you as such, but also conflicting desires. You wish at one and the same time two impossible things. The point is simply that you have to become aware of this paradoxical state of affairs within you. And the only way you can do so is by

- any type of daily review you conduct;
- by this self-honesty;
- by examining your feelings and the desires behind them.

That is the process of maturity, my friends, because your unconscious, often conflicting desires are always immature. They desire often the impossible, as a child does frequently, desiring something that cannot be had or desiring something for which you are not prepared to pay the price.

The fact that you do not consider the problem from this angle, and are therefore unaware that there is a price to be paid for each desired gratification. does not alter the circumstances in the least. Because of your unwillingness to pay the necessary price for a desired goal, you leave the issue in the unconscious, thus thinking childishly you can get around it. It is uncomfortable for you to realize and obey the laws of justice, so you leave it in the unconscious and thus make yourself ill, not only physically but on all levels of your existence.

So, my dear, dear friends, try to observe yourselves from this point of view -- what your desires really are. And then when you make these findings, you will be surprised how much relief already this knowledge will bring you if you have really embraced to do so, wholeheartedly decided to do so without subterfuges, without any half-heartedness about it. You will be relieved by the mere knowledge, for that will explain to you the mishaps of your life, and that will strengthen your trust in God's justice and wonderful order of the universe.

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**Exercise 3b:** Where do you feel you are overactive in life? Where do you feel you are too passive?

Explore what it would require (or what you fear it would cost) to modify these extremes, and come into a more harmonious balance. It is usually easier than we imagine!

## Balancing Inner and Outer Will

The inner will can be made conscious comparatively easily. I have often given you the advice that you listen within you where your solar plexus or the spiritual field is. You may receive answers there. You may feel right or wrong from this part of yourself -- provided that you have once wholeheartedly decided for the right course, and the resistance and fight is over and done with. If you become very quiet and relaxed and listen within you, you may find that there is another will coming from there, or the lack of it for that matter.

This will (or its lack) is often conflicting with your outer or conscious will. To give an example, let us suppose a person sincerely desires to love a fellow creature of his. He desires so because he knows it is right. This desire is in the outer will. If he becomes quiet and consults the inner will, he will find out that the inner will does not conform with that. To find out such a discrepancy is extremely important, for how can you control yourself if you do not know what is within you. And by controlling oneself, I certainly do not mean suppressing anything, but rather holding life's reins firmly in one's hands. How can you cure a wrong current if you do not discover it first?

If it is right, the inner will exists very quietly from deep within, yet it is conscious. A pressure in the outer will must make the person tense and will only delay the process. The inner will must be there for the right thing and the ultimate goal. The outer will must be serene and give leeway for life's hindrances and imperfections, that make it impossible to proceed speedily and according to a certain plan.

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The very fact that you get tired and exhausted is a sign that you still commit the unselfish act against an inner conviction and really out of compulsion. You want to be good, and unselfish, but you still feel deep inside that the selfish act would be to your advantage.

*[Inner and Outer Will](#)* PL 64

QUESTION: Does that mean, whatever we want to do, we always have to ask God, "Is this thy will?" Or do you have to see whether it does not deviate from God's law?

ANSWER: When you are on this path, you begin to make an inventory about your own person [ref: *Finding Your Faults* PL 26]. Not only finding your faults and your qualities and virtues (in other words, what you are), but also what you want, what your desires really are.

When you have done that, you begin a constant process of self-analysis of your feelings every day. Then you will automatically get to know, after a while, in what respect you have obviously deviated from divine law in your emotional currents.

You will sometimes know at once when you discover the nature of a thus far hidden desire, that this is contrary to God's will, even without any special metaphysical knowledge. In other cases, you may have to probe a little deeper, and separate the clean motive from the impure one of the same desire-current. Seldom can you find an answer by viewing the issue at stake by asking yourself whether the action you contemplate is right or wrong. None of you would ever consider to commit an antisocial or sinful act. The decisions you are faced with could therefore in principle be right either way. Yet, for each individual there is always only one right way and many, many wrong ways possible.

So you have to consider your real and honest motives behind the apparent good motives. That determines the right or wrong action for you, not the ethical value of the action itself. As long as you have not found all the motives of a respective desire, you will not be able to know the right action for you. The right procedure is not to ask God simply to let you know whether to do such and such, thus avoiding the efforts and work of self-knowledge on your Part. Then He will help you.

Finding your real motives does not mean that the motive which is on the surface is annulled. But the other part that mixes in has to be found out. Then you will have the answers.

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**Exercise 3b:** What wrong or conflicting desires are you currently aware of? Explore them.



## Week 4: Finding God's Will

God does not want you to be a puppet, to be dependent on a wrong divine conception in which you hold on to God's apron strings, expecting Him to run your life for you and then if your life is not what you want it to be, blaming Him in some hidden way for it. He wants you independent and strong, which you can only be by being the way I am showing you here. You can conduct your life satisfactorily, but He will not do it for you, He will let you run your life; and if it becomes a mess, then you must change, never others or circumstances.

But you can even control circumstances -- and other people, -- the moment you start your wrong overactive currents to become passive, and the wrong passive currents to become active. For that will emanate from you and indirectly affect the subconscious of other people. And that will come back to you, gradually.

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### Confusing activity with self-will

Now the question 'what is the will of God for you?' still remains open.

I have said to you it is not only wrong to believe that you have to be passive in order to fulfill God's will, but it is impossible to be passive, and without will, to do so; because to fulfill the will of God means overcoming your own inner resistances. And for that you do need activity (although carried over into another channel, on different tracks, so to speak) -- but activity and strength of will power nevertheless. The passivity is necessary but certainly not in order to fulfill God's will. You confuse activity with self-will.

First of all, let us determine clearly what is self-will in comparison with free will:

- Self-will is the will of the little ego, the little blind ego, the will of the lower self.
- Free will comprises everything; you can use free will for good or bad - that is up to you.

Now, in order to find out what is God's will, you must certainly be free of self-will. Your active and clean will power must be used -- first, to desire to really find out God's will without wishful thinking and self-deception; second, to leave your self-will aside; and third, to prepare to put your will power even more actively in use -- after you have found out God's will, so as to be able to follow it through.

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### Exercise 4a: Finding God's Will by Gene Humphrey July 2000

1. Select an unresolved issue, problem, decision, dilemma.
2. Ask: '*What do I want?*' (the desired outcome, vs. how you get there)
3. Ask '*Is what I want in alignment with God's Will?*'
4. Listen to your inner doubt about the existence of God.
5. Respond to your doubt from your positive Ego: '*If God does not exist, I will not get an answer – so I have nothing to fear!*'
6. Ask yourself: '*If I receive an answer that is contrary to my Self Will, am I willing to sacrifice my desired outcome for the sake of retaining the illusion of Self Will?*'
7. If your answer is YES... Explore your fear of losing Self Will  
Remember that the answer may not come in words. It may come in sensory information; feelings, images, memories – that are easy to dismiss. Just notice.  
If the answer is NO... keep listening!

## Tap into your inner knowing of God's Will

To determine what this will of God is in individual instances, you very rarely need a particular revelation, a transcendence from the supernatural. God's will is always contained within you and behind your blindnesses. The moment you take off your masks -- the rose-colored glasses you are using when you view your own self, your motives, and your life -- God's will must evolve clearly and without a doubt when you discover your real desires and put them down black on white, and say to yourself, "*This is what I actually want when I am honest with myself.*"

You may often be surprised how this wanting deviates from your conscious desires. You should not believe because another part in you conflicts with your conscious desires that you are entirely despicable. No, you should know that you consist of many layers: the higher self and the lower self broadly speaking. Accept that both are in you, and all will be well. Then you will not lose proportions in your estimate of yourself, neither in one exaggerated direction nor in the other.

Now the moment you do examine the desire of your lower self and then bring this into your consciousness -- do not allow it to slip away again into unconsciousness -- and consider the repercussions, the meaning, the significance, and the consequences, and compare it with the spiritual laws as far as you know them; then you will be able to know quite clearly what is God's will in nine out of ten cases. I can promise you that.

It is only a matter of examining the various chain reactions that led you to the present state. For if you are in a certain situation now and you want to change this situation, or you are in front of a decision and you do not know what this decision should be, of course you will not know what God's will is if you merely let it go at that. But the moment you ask more penetrating questions of yourself, of these underlying desires that may perhaps be responsible for certain conditions in your presence, then the answer must evolve clearly, strongly, and self-evidently.

And it will evolve all the quicker and better if you enlist God's help for this purpose, because God never gives any help of this sort if you have not made the first step.

And the first step is always your endeavors in self-knowledge, self-honesty, and your sincere good will of purification and doing God's will in all instances.

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**Exercise 4b:** How comfortable are you with the idea that you know more than you realize?

We often only think of unconscious material as being negative and dangerous; Pathwork suggests the 'danger' is simply that we aren't aware of it, so that it can act out without any Ego control. Yet the Ego may consider *anything* it can't control as dangerous -- including the positive! And therefore be unwilling to cooperate in bringing forward our inner knowledge of what is right. Spend some time finding your inner wisdom! Notice if feelings of unease or shame (such as, if you always knew, you *should* have been acting that way all the time!)

**There must be a wise and mature attitude, of course** -- not believing that you can change from one day to another, and without effort on your part. The main thing is that if your present situation is unsatisfactory in any way, or if you are not clear about a decision you are called upon to make, that you do not expect God to decide for you, or to alter an unpleasantness for you *without your active participation in this process*, -- realizing that there must be something wrong in you to begin with, and being willing to find this out and change it.

Do not forget this wrong is not necessarily a sinful action or thought, but an unrecognized emotion that surges in a wrong channel or violates a spiritual law. If God recognizes this good will of yours, if you thus combine prayer with the work you are willing to undertake in self-examination and tearing down your masks, His answer will become forever more clear so that no possible doubt will have a place in you.

But as long as the resistance against this procedure, no matter what the pretexts and excuses are, as long as this sluggishness and the immaturity of your lower self has the better of you, you will have wrong reactions, wrong instincts which you will want to interpret to fit the resistance of your lower self.

The only way you can positively know whether a right and good or a wrong and false instinct guides you is by the happiness, relief, and freedom, the sense of utter rightness and peace with the world that you have as a result of it -- or the opposite of these feelings. Only if your will is really free of self-pampering, pure and humble, can God's will clearly manifest, no matter how He chooses to reveal Himself to you.

As I said, in many instances, you will not need a particular revelation, but with your good efforts and God's help enlisted in prayer, you will find out the answer yourself. God will only help you through His angels so that you can do it better, so that you have more support from the spirit world, more guidance and more help.

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### **Use your willpower to make a commitment**

But you must be the one to decide "*I want to do it wholeheartedly.*"

Then God will help you. Then there will be no problem with what God's will is for you. The answer and the key is within you. It lies in your imperfections; it lies wherever you have deviated or broken a spiritual law, be it merely in your unconscious desire-currents. And then by itself, almost automatically, the active forces will function properly and flow into the right channels, and so will the passive forces. This change will and must happen. It cannot be otherwise. And that, of course, will change your entire life for the better.

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To the degree you are committed, what you do will be pleasurable, free from conflict, fruitful, and rewarding. It will be one-pointed in direction; it will have depth and meaning; it will be successful; and it will bear the stamp and feeling of blessedness.

This requires a wholeness of approach that can only come when the will is unbroken by negative counterforces.

*[Commitment: Cause and Effect](#)* PL 196

**Exercise 4c:** Are you willing to make a full commitment to attaining your positive life desires?

A 'yes' to this question implies that you are willing to do the daily work this requires.

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Full text of this plus all other lectures may be downloaded from [www.pathwork.org](http://www.pathwork.org)

## **Week 5: A WORKSHOP on Finding God's Will -- and our God Images**

Please read all the materials in the following handouts, and answer all the questions. We will work in teams to verbalize what we discovered, and be inspired by the discoveries others have made. Group time will be reserved for sharing what we learned during this unique time together.

In order to get something out of this process, you'll need to be willing to talk about your spiritual beliefs and goals with others -- a very special opportunity, especially since it will be completely anonymous – there are advantages to sharing with relative strangers!

You don't have to READ any additional lectures! I have been bringing these concepts forward at the meetings for many years. Trust that you will be able to answer SOME of the questions, and allow that to be enough for now. Just notice what resonates for you!

And remember to have some fun!

Jan

### **Finding God's Will** by Gene Humphrey July 2000

Remember that the answers may not come in words. It may come in sensory information; feelings, images, memories – that are easy to dismiss. Just notice.

1. Select an unresolved issue, problem, decision, dilemma.
2. Ask: '*What do I want?*' (the desired outcome, vs. how you get there)
3. Ask '*Is what I want in alignment with God's Will?*'
4. Listen to your inner doubt about the existence of God
5. Respond to your doubt from your positive Ego: '*If God does not exist, I will not get an answer – so I have nothing to fear!*'
6. Ask yourself: '*If I receive an answer that is contrary to my Self Will, am I willing to sacrifice my desired outcome for the sake of retaining the illusion of Self Will?*'
7. If your answer is YES... Explore your fear of losing Self Will
8. If the answer is NO... keep listening!

### **The God Quiz**

Worksheet by Gene Humphrey, based upon Daily Review PL 28

Write out your own answers to the following questions before reading the answers. Allow your first impulses, your emotional reactions, your fears and prejudices to reveal themselves! Suggestions from PL 28 are offered on the last page of the handouts. *Don't peek!*

- 1. What is 'God'**
- 2. Where does God live?**
- 3. What do I have to give up in order to find God?**
- 4. What difficulties do I have to undergo to find God**
- 5. What will it cost me to find God?**
- 6. What help do I need to find God?**
- 7. If I need to sacrifice in order to experience God, how much will this hurt?**
- 8. Should I only present Big Issues to God because he is so busy?**

## **Images: A Summary**

Based on the Image Lectures, PL 38-41

The more unconscious such attitudes, convictions, and erroneous conclusions are,  
the more powerful they are. [\*The Abyss of Illusion\*](#) PL 60

### **What is an image?**

- Wrong conclusion about life you already harbor in your soul
- A generalization about reality, not the true facts
- A preconceived idea that you project or transfer onto anything that  
“sounds like,” “looks like,” “smells like,” “acts like,” “feels like,” etc.
- A defense system that:  
Tries to prove itself right rather than focusing on the truth  
Is based on a past event/history and not in the moment  
Only trusts emotional reactions, because real feelings would lead to truth

### **What encourage images:**

- Refusal to accept life for what it is
- Pride is the common denominator

### **Indications that an image is present:**

- Cannot overcome faults, negative patterns and attitudes
- Re-occurring negative experiences and happenings that come to you  
without doing anything to consciously call them forth
- Cross-currents of conscious and unconscious desires that seem to conflict:
- Fears, avoidance and resistance to specific things and occasions
- Image = shock and trauma in relationship, relating back to the fact that your parents  
were not perfect and you feel that you deserve more / better love than you received.
- Frozen in time. The rest of you matures, but this place remains immature and hidden
- Numbness: body, nerves (fight, flight, collapse), feelings, mind, psychic abilities
- Slow, because it is stuck in the past and does not react to what is true Now
- Ignorant, because it was created by a young, traumatized child
- Undeveloped, because it can only survive in the unconscious.
- Contracted, tight, rigid energy vs. open and flowing
- Vigilance, obsessive compulsive behavior, self perpetuating vicious cycle,  
re-creating childhood hurts, re-traumatization
- Defensive behavior
- Generalizations about life made from wrong beliefs
- Automatic reflexes acting against what one wants and is interested in
- Defending something that does not exist – “illusion”

**Everything connected with these wrong inner images causes acute shame.** [\*Finding Images\*](#) PL 39

**Shame is the typical image reaction.** Once shared it is often disempowered, and may disappear quickly or over time. Shame is built on the mistaken idea of uniqueness of your case, and this causes the whole thought and emotional process to be hidden away. And due to the fact that it remained hidden, this part of your personality could not grow with the rest of your being.

*Images and the Damage They Do* PL 41

## Identifying Images is a Skill that Requires Practice

Using the previous worksheet, identify some images in your life. There are 3 keys to identifying images: refusal to accept life for what it is (will), pride, and shame. Finding these indicates you are on the right track!

### God Image and the development of our relationship with God

From Surrender to God Within Summarized by Gary Vollbracht 11/05/04

For the Pathwork Teachers Helper (PTH) Database

Stage	Features	God Image	Prayer/Worship forms
<b>0</b>	<b>Unconsciousness</b> , present moment, but no sense of meaning or connection	None	None
<b>1</b>	<b>Wonderment</b> , feeling part of all that is in some sense	None	May have religious experience, sense of oneness with nature
<b>2</b>	Surmise a <b>supreme intelligence must exist</b>	Creator, Controller	Worship the Creator, Controller
<b>3</b>	We create <b>mythology, symbols, and superstition</b>	If we include the idea of God, we imbue God with authority – the punisher and rewarder, the creator and one who controls. We may fear this authority – a carryover from how we experience parental authority.	We create ritual for blessings, protection, forgiveness and for other ways of relating to the cosmos. There are aspects of magic. If the idea of God is included, we worship God as supreme. We pray to God – making requests for protection and blessings.
<b>4</b>	Age of <b>reason</b> . We create abstractions, concepts, and <b>dogma</b> concerning the nature of God and the cosmos.	If God is included in our ideas, God is still the creator, controller, rewarder, and punisher. We create dogma about how all this works. We may introduce the mental idea that God loves us, but it is not usually felt emotionally.	We further develop forms of worship and prayer that embody the dogma we have created. We develop more sophisticated prayers and look more to logic and understanding than to magic and the mystical. But we are still requesting, etc.
<b>5</b>	<b>Atheism</b> – a collapse of all our mythologies, superstitions, dogmatic mental constructs and worldviews that had so neatly defined our relationships to the cosmos, the divine, and each other.	There is no God, no rewarder, punisher, creator, or controller.	No worship or prayer life, but we may meditate. Age of materialism and, later, humanism.
<b>6</b>	Openness to the <i>possibility</i> of <b>transpersonal</b> , the <b>mystery</b> beyond our intellect	<b>God May Be</b> . To say more is to say more than we know, and <i>knowing</i> is <i>not</i> in dogma, superstition, or words but more from <i>heart experience</i>	Active self-awareness, meditation, daily review looking for motivations of our actions and causes for emotions. We become <i>seekers</i> .
<b>7</b>	Living in the present moment and <b>conscious</b> and aware of the mystery, the transpersonal and the connection of all that is	<b>God IS.</b>	Prayer is a feeling of being in the eternal now, an awareness of the reality of God. Awareness of self-essence as an aspect of God. No words.

### How Is your soul impregnated with wrong concepts about God?

## Images about authority accurately represent your images of God

Authority experience:	Hostile	Benign
Interpretation	I am prohibited!	I am indulged.
Feelings	Fear, frustration	Irresponsibility
When limits are imposed:	Outrage at ANY limits	Outrage at ANY limits
Image of authority as --	Unfair and unjust. Resentment leads to rebellion	Bliss; But when reality doesn't agree, bliss turns to conflict
End result for both images	Rejection of God (atheism) Demand for individual authority (agnosticism = I will decide)	Fear and submission God's Grace must be begged for or earned – is not given freely

What was your initial childhood experience with authority? How you interact with different kinds of authority. Do you submit quickly, or under protest? Do you rebel openly, or seethe? Do you seek opportunities to exercise your own authority, or to sabotage the authority of others?

Notice if you behave differently with less powerful representatives of authority, such as expressing anger more freely, or attempting to curry favor.

### How to Dissolve an Image

Practice with one of the images you have already identified. Remember: an image invokes defensiveness and stubborn pride. It is always afraid there is something to feel shameful about.

It doesn't matter if they are perfect examples, or if they are main images or just minor ones. It's much easier to explore images that are minor, vs. those that we may have placed a great deal of importance upon, or depended upon.

This kind of self-analysis requires practice, just as playing an instrument or participating in a sport. Of course you won't do it perfectly the first time! No one does. Allow humility.

1. During the week, make as many observations as you can about your inner reactions, focusing on a situation that isn't working well in your life. Not all of your observations may make sense at first.
2. Put into words concisely what the wrong conclusions might be, Put it in writing so that it cannot escape your conscious intent to understand it.  
*Tip: These wrong conclusions always contain several of your faults!*
3. Find a common denominator in all these conflicts. There is always a pattern of repetition. This is the first indication that there is an image involved.
4. Become aware of what might be false about it. That is, you can know something is wrong before you know why it is wrong
5. Set straight your intellectual ideas. Do not superimpose your will over your emotional reality (don't repress your feelings; work through what might be true and false about them).
6. Monitor when you deviate emotionally from what you believe intellectually is right. Gently give yourself time to grow into the concepts

*[Finding Images – Summary](#)* PL 40

# The God Quiz

Worksheet by Gene Humphrey  
Suggestions from Daily Review PL 28

1. **What is ‘God’?** “Everyone seek happiness, love, and security – and that is God.”
2. **Where does God live?** “He cannot be found outside of yourself, neither in some building, nor up in the sky...He can only be found within yourself.”
3. **What do I have to give up in order to find God?** *Illusion.* “In order to find God, you have to (1) recognize your hidden emotions and evaluate them, after you have clearly seen them, in the light of Divine Law; (2) acknowledge your true reaction instead of making yourself believe you react in another way and for different reasons than the real ones; and (3) clearly see your faults.”
4. **What difficulties do I have to undergo to find God?** “You can only find God within yourself by going through your Lower Self. That is the only way. If you have a treasure hidden under a great deal of dirt and soil, the only way you can get to the treasure is in digging up the dirt. You cannot shirk handling this dirt. There is absolutely no way to get the treasure out unless you are willing to face and handle the mud first.”
5. **What will it cost me to find God?** *Honest and the willingness to sacrifice your self-will.* “There is one wonderful, sure, and fast way to experience God and His reality, as well as the reality of God’s Spirit World, around you so strongly that all doubts will dissolve like snow penetrated by the sun – Sacrifice, my friends! If you are capable of sacrificing something for God, you will have that experience.”
6. **What help do I need to find God?** “You cannot find God unless you overcome your imperfections. But .. you certainly can not overcome your imperfections by yourself alone, no matter how strong you are and no matter how good you will may be. You do need God’s help.” *It is a collaborative effort!*
7. **If I need to sacrifice in order to experience God, how much will this hurt?** “You can, strangely enough, only receive this knowledge if you are prepared to sacrifice for Him... The question will never settle itself for you as long as you are not willing first and foremost to put your self-will aside for His will.”
8. **Should I only present Big Issues to God because he is so busy?** “Every decision, no matter who small, every deed or attitude of yours stands in direct relationship to one or more spiritual laws. There is no problem with which you cannot go to God, no matter what it is. Whatever you take to God in a sincere way, He will understand and help you, provided you are asking for this help and trust Him more than yourself.”
9. **How long will it take?** *Daily Review* “will not take more than ten to fifteen minutes every day and that should certainly be possible for each one of you.”

“Receive our blessings. May they penetrate and envelop you, may they enrich you and may you find renewed strength to continue this path of self-finding. PL28