

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
0	Unconsciousness , present moment, but no sense of meaning or connection	None	None
1	Wonderment , feeling part of all that is in some sense	None	May have religious experience, sense of oneness with nature
2	Surmise a supreme intelligence must exist	Creator, Controller	Worship the Creator, Controller
3	We create mythology, symbols, and superstition	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.
4	Age of reason . We create abstractions, concepts, and dogma 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.
5	Atheism – 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.
6	Openness to the <i>possibility</i> of transpersonal , the mystery beyond our intellect	God May Be. 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> .
7	Living in the present moment and conscious and aware of the mystery, the transpersonal and the connection of all that is	God IS.	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