

Pathwork™ Steps

How Understanding Personality Types PL 43 Helps YOU:

It is a CLUE to

- Your own personal misconceptions.
*Each person incarnates to resolve his/her own
“personal brand of duality”.*
- The whole structure of your personality.
- Your personal transformation process.
- Your divine essences.
- Main childhood pain and unmet need.
- Main source of happiness and unhappiness.
- Predominant forcing current and idealized self image.
- What you need to die into.
- Your divine task.

Your task is what you need to become enlightened about, partly through balancing the particular aspect(s) of RWE that you have manifested in this lifetime.

When you are connected to what your essence is, and you know what your personality type is, you can determine what your divine task of enlightenment is about.

Pathwork™ Steps

PERSONALITY -- THREE BASIC TYPES: REASON, WILL, EMOTION

Quotes from Pathwork Guide Lecture No. 43

Full text of this plus all other lectures may be downloaded from www.pathwork.org

There are three basic types of human personality in addition to other subdivisions I discussed in the past and that I will discuss in the future. The division I will discuss tonight is the following: there is the

human personality who governs his life and his reactions mainly with reason. There is the second type who does so mainly with the emotions, and the third who does so with the will. In other words, you have the personality of reason, of emotion, and of will. In your self-search, it will be useful for you to find out which of these applies to you. Before I go on in this explanation, I might add, these three types are not always completely one-sided. In fact, there is always a mixture. But in some cases, predominance is obvious, in others the mixture is more involved and therefore more difficult to detect. In the ideal personality, each of these three aspects has its rightful place. The harmonious person functions with each of these three aspects in a perfect way. But since there is no completely purified human being, these three trends are often directed into the wrong channels, aside from unbalance or predominance. For instance, where reason should prevail, emotions do, or vice versa.

Reason:

Let us begin with the personality of reason. The person who conducts his life mainly by the reasoning process is often apt to neglect the emotions. He is afraid of them. He thwarts them, he cripples them, and therefore he cripples one of the most important instruments in life, namely the intuition. He who is afraid of his emotions cannot trust his own intuition because it is blurred by his fear of it, by his distrust

that an intuition is supposedly "intangible." Often the person of reason secretly looks down on the emotion type of person; he is proud to be so steeped in the reasoning process. And the will -- that is not necessarily self-will -- is used mainly by deductions made with the reasoning process and seldom by those of the emotional or intuitive nature, as it should be. The person of reason is often a so-called intellectual; he is often a scientist; he is often an agnostic or even an atheist. He often tends to the materialistic side of life. However, it would be entirely wrong and crass generalization, as well as oversimplification, to state that all or most reason types are spiritually less developed or aware than for

instance the emotion type. This is not so. There are as many highly developed and spiritually awakened reason types as emotion types. Only the approach of the former is a different one from the latter. The reason type will find it more difficult to experience the divine within. The emotion type will

encounter other difficulties. Furthermore, the reason type will have great difficulty with intuitive judgment of others, as well as of the self. The will, which is a necessity in life for all, will be used one-sidedly

by both types. The reason-type uses will premeditatively, often overcautiously, while the emotional type is carried away by his emotions and uses his available will power unconsciously, not knowing in which direction he is thrown. The harmonious personality would find the healthy middle way between the two and use his will alternately, depending on the situation. The will should be a servant to both reason and emotions.

It will be easy to see for you that the reason type goes through life missing a great deal of life experience. And this is mostly out of fear and pride; fear that the emotions might lead him to an experience he may not be able to cope with; fear of the uncertainty and risk of the emotional life, while reason has everything in its place -- one knows at all times where one is at, contrary to the emotions with which one is at sea.

Emotion:

The second category, the emotion type, is equally one-sided. As the first category, so is the second. They often pride themselves that they are capable of "feeling," contrary to the others. They secretly look down on the type they derogatorily call "intellectuals." Yet, the extreme of this type is not deviating an iota less from harmony and divine law than the former type. It is true that the emotion type tends to have a good intuition and is sometimes less afraid of feeling and inner experience than the reason type of personality. Now, what are the drawbacks of this type? The emotion type, contrary to the reason type who holds life's reins too tightly, often loses his grip on life's reins altogether. The overemotional person completely loses sight of the fact that reason is also Godgiven. He, in turn, is just as arrogant as the reason type who looks down on the emotion type. The emotion type is often so carried away by the feelings he does not want to control that he rides on the crest of the wave on which he is thrown hither and yon. Thus he does not only lose control over the self, but he becomes blind to that which is often most important for his life and his development. Due to his overemphasis on the emotional side, he neglects the equally important reasoning functions which are supposed to serve him for the purpose of thinking, discriminating, selecting, and weighing. Only then will he be able to curb the wild emotions that flow without purpose or direction, without necessarily being impure as such. Only then can the will be used properly. Otherwise, the uncontrolled emotions cannot fail to bring havoc into this person's life as well as into his surroundings. The temptation to give in to the emotions is first manageable, but the longer one gives in to them, the more difficult it becomes to resist this temptation, until the person is simply carried away by the torrent of his own uncontrolled emotions which destroy everything in his wake. Such a person cannot help being selfish and destructive once he is caught in his own torrent even though this kind of selfishness is different than the one of the reason personality, as well as of the one of the will personality. For this type of person, it becomes important, to begin with, to realize that what he has been so proud of ceases to be an asset because of the extreme he finds himself in. It becomes important to cultivate the selecting-process of deliberate thought and plan. This selecting process is but the beginning of wisdom.

The emotion type uses will too, of course, for no one can exist without doing so. But he will do so without responsible, conscious planning and deliberation; he will use his available will power chaotically and on the spur of the moment, being completely submerged, not in healthy and constructive intuition, but in basic, unchanneled instincts. Thus this person loses his balance in life, as the reason type does in the opposite way.

Both above mentioned types are subconsciously afraid of their opposite extremes, and therefore they remain on their own side of the extreme. This, too, is a wrong conclusion. In this wrong conclusion, the person feels or unconsciously thinks that his extreme is a better solution to life than the opposite one. The reason type is afraid of losing control, thus cutting out a major part of life's necessary experience, as well as beauty and happiness. The emotion type is afraid that by curbing and training his nature, he might miss something valuable in life. Both are wrong, for only in the harmonious

middle

path lies the complete solution.

Will:

The third type, the type of will, is an altogether different thing. Will is supposed to be a servant, never a master. In the ideal case, will should serve equally distributed between the reasoning process of man and his emotional and intuitive faculties. The will type makes a master out of the servant. This brings the personality out of focus in a way that might become dangerous if this trend is not recognized in time.

Again, unconsciously as the former two types, such a person may look down on both other types. He will think or feel, perhaps not in the same words, friends, but the inner reaction might amount to just this: "The reason type is just an intellectual. This is a type of person who talks well, who has wonderful theories, but it is all in the abstract. Nothing is accomplished by that, nothing is achieved. I am the achiever." And as far as the second category is concerned, that is even more despicable for him because it accomplishes even less. He is right in both cases, as the other two are right in their judgment about the extremes that are not theirs. But all are wrong in the belief that their own extreme is better than those that they look down on. Now, the person of will who uses the servant as the master is out for achievement and results, tangible results. This will tend to make him often much too impatient, thus forfeiting the very result he is after. It will cripple his reasoning process

which, in conjunction with the emotional nature, leads to wisdom without which he either cannot accomplish what he sets out to accomplish, or if he should succeed, he is unable to exploit it in the right way. And thus he will be forced to lose it again. He will not only tend to lose sight of caution but also of many aspects of life, of many considerations that are essential in order to gain truth for the self, for others, as well as for any given situation. The person of will also neglects the emotional side. He is just as afraid of it as is the reason type of personality, only with a different purpose in mind (often unconscious). Emotions are acceptable for the will person only as long as he can remain master of them, as long as they serve him. Otherwise they could possibly hinder his aim. So he, too, misses an integral part of life experience. He seldom experiences what it is to give himself up to a feeling without knowing what the outcome and his own possible advantage might be.

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Pathwork Steps

Reason, Will and Emotion Personality Types

Quotes from Pathwork Guide Lectures # 043

Full text of this plus all other lectures may be downloaded from www.pathwork.org

QUESTION: If one were to achieve purification completely, the three phases would be pretty much equal, I presume?

ANSWER: Exactly.

QUESTION: Does everyone have the same potential for the development of each of these qualities as any other one person?

ANSWER: No, there are basic types. The divine spirit, as he was created, was perfect in one way, each a distinctly different personality in his own right. They had different talents, assets, characteristics, being perfect in one way. Yet, there is no disharmony in the distribution of currents, be it the ones you have been told about so far, be it others you still ignore. The highest angel of the active forces is not disharmonious in his activity, as an unpurified human being would be with an overactive current. He is just perfect in his own way, a specialist in his activity which would exclude the possibility of a disharmonious overemphasis. It is the same with the highest representatives of the three aspects I discussed tonight. The perfection of the reason personality would be an angel of wisdom. The perfection of the emotion personality would be the angel of love. The perfection of the will personality would be the angel of courage.

QUESTION: Wouldn't it be ideal to have all three in balance?

ANSWER: The idealized form is in balance, but that does not mean that they are distributed in equal measure. Balance and harmony does not always mean an equal measure of each. It depends on the way it is distributed; on the way it works in cause and effect; on the way one current strengthens the other instead of weakening the other as it happens with the disharmonious, unpurified being. If you will reread the story of creation I told you some time ago, you will see that God created His spirits perfect each in his own way. And the idea was that each spirit would perfect himself with the power and creative force that was given to him -- in other words, to make himself perfect in all ways instead of remaining perfect in one special way, thus become Godlike. Instead, many spirits used their power in the wrong way, thus causing the fall. If the fall would not have happened, all spirits would have become truly divine in every conceivable aspect instead of being a specialist in one particular aspect. This continuation of the perfect creation will take place after all the fallen spirits will have reached their original perfection again in one particular way -- until the plan of salvation has been successfully executed. Until then, all pure spirits -- those who did not participate in the fall as well as those who have already reached their original state -- pool their resources to help in the plan of salvation, postponing their own further creation to some extent although in an indirect way they work towards that end by helping in the great plan.

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RWE: Illusory Way of Life

Misconceptions and Dualities (100/100)

<i>Reason:</i>	<i>Will:</i>	<i>Emotion:</i>
Order VS Chaos	Power VS Helplessness	Pleasure VS Reality
Emotional Love VS Rejection	Be Seen VS Be Defeated	Protective Love VS Frustration

Origins in this Lifetime / Childhood Experience

<i>Reason:</i>	<i>Will:</i>	<i>Emotion:</i>
Parent REJECTS Child	Parent DEFEATS Child	Parent FRUSTRATES Child

RES Energies Out of Balance

<i>Reason:</i>	<i>Will:</i>	<i>Emotion:</i>
<i>Restrictive:</i> Going 'out' = Tremendous 'unpleasure' Serenity missing	<i>Expanding:</i> Going 'in' or being stuck in stasis feels like defeat	<i>Static:</i> 'In' or 'out' feels like separation / no connection = No Pleasure

Task of the Mature Soul

Die into feelings Feel pain of rejection	Die into defeat Feel helplessness	Die into Rage Feel unpleasure
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DIVINE ESSENCES OF RWE TYPES

Pathwork Guide Lectures 043, 165

WILL

Divine attribute: Courage / Power
Core childhood pain / worst fear: Helplessness.
Qualities: Direct Knowing Courage Leadership
Undefended Will Type can accomplish anything.
Good leaders: they just get it done.
Balanced between Reason and Emotion,
they freely use Wisdom and Love.

REASON

Divine attributes: Wisdom / Serenity
Core childhood pain / worst fear: Pain, Rejection.
Qualities: Good lawyers and therapists.
Undefended reason types actually experience a deep level of feeling, because
they can see so clearly.

EMOTION

Divine attribute: Love
Core childhood pain / worst fear: Rage, frustration
Qualities: Unity / Oneness / Connection
Undefended love type is almost in unity.
This is not emotional love, and not about the heart;
it is about the essence of being one with all.

Personality Types PL 43

Types, Functions, and Use of Will

Outer Will

Individualized Self Sphere (ISS)

Voluntary Will Action

Active and Passive

Forcing Currents

Negative Outer Will (100/100)

Positive Outer Will (50/50)

Inner Will

Universal Self Sphere (USS)

Involuntary Will Action

Active (towards or aware from God)

Negative Inner Will or Neg Intentionality = Lower Self

Positive Inner Will or Pos Intentionality – Higher Self

Conscious Ego chooses to identify with either Pos or Neg

Self Will

On ISS level – A Fault

On USS level – An Intention: Positive **or** Resistive Attitude

Free Will

Exists on all of the 3 Spheres – ISS, USS, God Sphere

Available at any time – if we choose to use it.

God's Will

Emanates from God Sphere (GS), available everywhere

Use of meditation and prayer helps us

in surrendering to God's Will

Pathwork Steps

Forcing Current And Manipulation of Feelings as a Defense

Quotes from Pathwork Guide Lecture #077: Self-Confidence, It's True Origin and What Prohibits It.

“These attitudes [*submission, aggression, withdrawal*] are manifestations of the forcing current.”

“Still another way is to cripple your real feelings. In one respect, this also happens with the three attitudes. But what I mean here is something more... ... you don't allow your feelings to function freely or naturally.”

“Either you whip them artificially into a more dramatic state than they would naturally be in. You exaggerate them over-dramatize them...Or else...you artificially cramp, prohibit, and squash your natural feelings.” [*constriction*]

“The negative result of this is that you prohibit growth of something that is alive, a living organism, for feelings are that.”

“Any living organism not left alone, but constantly manipulated, pulled, extended, or squashed in its growth, will suffer a very crippling effect. This is what you do with your real feelings.” [*with outer will / forcing current*]

“You do so when you exaggerate and dramatize a positive feeling about a person. And you do so when you artificially talk yourself into resentment and contempt for a person because you believe that this is protection against the seeming tragedy of being rejected.”

“So finally, it is not surprising if you no longer know what you really feel and want; and who you really are. Your feelings are the expression of your being. Now, if you constantly prohibit your real feelings from functioning, and substitute them with artificial ones, you cannot know your real self.”

Interlocked Triads of Personality Defenses

<i>PL</i> -----	<i>Origin</i> -----	<i>Reason Type:</i> -----	<i>Will Type:</i> -----	<i>Love Type:</i> -----
30	Evil Intent	Pride	Self-Will	Fear
43	Type	Reason	Will	Emotion
83	ISI	Serenity	Power	Love
84	Lower Self	Withdrawal	Aggression	Submission
43	Higher Self	Wisdom	Courage	Love
248	Negative Intentionality	Materialism	Separation	Half-Truths

Ways of searching for your primary personality type defense:

1. Complete the following questions over and over: Which one do you tend to identify most with? Which answers have more charge for you? Write down your answers and see what commonality they might have. No one is a pure type, and these terms are only tools if they are useful.
 - Pride says, "I'm better than..."
 - Self-Will says, "I must have..."
 - Fear says, "I'm afraid of..."

2. Make a list of your faults. The answers to question #1 may help you, also Lecture #26, "Finding Your Faults". Consider at least 2 different kinds of faults: the qualities that you judge as faults and the qualities that others judge as faults.
 - Looking at the chart above, what words match or resonate with each of the faults you have listed?
 - What personality type (or mixture) seems most dominant?

3. Try to find the evil intent, ISI or lower self distortion in each of your faults. Lecture #30, Pride Self-Will and Fear, can be useful here; and also Lecture #248, The Three Principles of Evil.

4. Look for the divine aspects in each fault, from the Higher Self. What are your positive qualities? Look to what you have manifested that is beautiful, harmonious, of value to others and to your community, or which you personally value even though there may not be any recognition of it by others?

5. Personality types shift during our lifetimes. Can you see a shift during yours? Were you more of a reason type at 17, a will type at 35, will emotion now? Since the goal is balance, how might the 'type' that you are now be counter-balancing the 'type' you were 20 years ago?

Image Connections

*Instincts that underlie the needs of
Self-Preservation and Procreation (pgl 084 and 085)*

Personality	Reason	Will	Emotion
The 'Banana' †	Love	Control	Pleasure
ISI: Idealized Self-Image	Glory Approval	Triumph Fame / Success	Vanity Spiritual Pride (invisible)
Mask	Serenity	Power	Love
Soul Split Life/Death	Love vs. No Love	Control vs. No Control	Pleasure (as Beauty) vs. No Pleasure
Main Image: "In order to be loved..."	I must get approval	I must be seen and heard or famous and successful	I have to be good, do it all, please others
Repressed Need	Emotional warmth and affection	Be seen and understood on an emotional level	Contact Connection
World View	World and people are Just Fine.	World and people are Really Bad	World and people are Really Good

† The 'banana' is what we are desperate to have, and once we think we have it, we won't let go of it -- no matter what the cost.

Instincts that also underlie the needs of Self-Preservation and Procreation (pgl 084 and 085)

Reason Will Emotion Personality Elements

Personality Type	Reason	Will	Emotion
Task: To Cultivate	Feelings	Reason & Feelings	Reason
Angel	Wisdom	Courage	Love
Essence	Serenity	Power	Love / Compassion
Pseudo Solution	Aloofness	Aggression	Submission
Idealized Self Image	Serenity	Power	Love
Feeling Defense	Constriction of Feeling, effect of Not feeling	Both Constriction and Exaggeration to gain control	Exaggeration and dramatization of feelings
Pain	Not Loved: rejected	Not being seen / heard	Frustration no pleasure this life
Need	Love, approval for real self	Being seen / heard for real self	To express and assert real needs for pleasure
Personification of Evil	Materialism / proof non-organic	Separation	Half truths and confusion
Lower Self Defense	Pride	Self-Will	Fear
Energy (Pos / Neg)	Restrictive to achieve order	Expansive to conquer / control	Static to hold any pleasure now
Aspect of Trinity	Jesus Christ / Son	God / Father	Holy Spirit

<i>Traits and Adaptive behavior</i>	Expressed via Personality Types as outlined in Pathwork Lecture PL43 as:		
	REASON	WILL	EMOTION
<i>Core essence PL43 Core gift PL84 Childhood pain, worst fear, emotional trigger History or perception of child</i>	Wisdom Serenity Rejection, chaos = Pain Parent rejected child or rejection was possible	Courage Power Defeat, losing = Helplessness Parent defeated child or child felt unimportant = powerless	Love Love, compassion Frustration, abandonment = Rage Parent frustrated child, aggression or withdrawal not permitted
<i>Life/Death generalization 100/100 PL143</i>	Love or no love	Control or no control	Pleasure or no pleasure
<i>Pseudosolution Primary defense PL101</i>	Acceptance Withdrawal. aloofness	Control Aggression, winning, safety	Pleasure Submission, bartering for love
<i>When defended, each type is unable to</i>	Allow free flow of feelings, connect with intuition	Serve reason or emotion as appropriate; must control them	Accept 50/50, that sometimes there is pleasure, sometimes there is not pleasure.
<i>Main Image: "to be loved I must..." PL93 Idealized self image (ISI) PL84</i>	Get approval, validation, objective proof Glory, approval	Be seen and heard or famous and successful Triumph, fame, success	Be good, do it all, please others so they must love me Vanity, spiritual pride (invisible)
<i>Mask PL14 Repressed need PL92</i>	False serenity Receive emotional warmth and affection	False Power Be seen and understood on an emotional level	False love or beauty Have contact and feel connection with others
<i>Real need PL192</i>	Love, approval for ones real self, developing capacity to love Withdrawal	Being seen and heard for real self, valuing being as well as doing Aggression	To express and assert real needs for pleasure while accepting reality Submission
<i>Forcing current PL77 & PL84 Manipulation of feelings (energy) PL235</i>	Constriction, obsessive order, stagnation preferred to chaos Pride, rigidity "I am better than..."	Constriction AND exaggeration to gain control, conquer, win Self-will "I must have..."	Exaggeration and dramatization to create or hold pleasure Fear "I'm afraid of..."
<i>Lower self defense of child PL30 Personification of evil as adult PL248</i>	Materialism, proof, rejects intuition	Separation, superiority	Half truths and confusion
<i>Outlook: the world and people are...</i>	Just fine	Really bad	Really good
<i>Qualities</i>	Harmony, balance, clear perception	Leadership, direct knowing, courage,	Connection, unity, oneness
<i>When undefended, each type will be able to...</i>	Experience deep level of feeling because they see so clearly	Freely use and support wisdom and love as appropriate	Create connection, focusing upon being one with all