

# Pathwork® Steps

## Reason, Will, Emotion Types

Pathwork Lecture 43

Transcript of Audio Teleconference by Jan Rigsby

[Part 1 54 mins](#)   [Part 2 60 mins](#)

**Participants:** Jan/Austin, Texas; Wendy/NSW, Australia; Selena/Singapore; Rika/Katoomba, Australia; Larissa/Adelaide, Australia; Kerrina/Shepparton, Australia; Tom/Brisbane, Australia; Janet/Houston, Texas; Lalita/Queensland, Australia; Raelee/Austin, Texas; Sonya/NSW, Australia; Lila/Denver, Colorado; Charles/New York; Larissa/Adelaide, Australia; David/Australia.

**Format:** Presentation by Jan for the 1<sup>st</sup> hour, discussion the second hour.

**General headings in this transcript:** No one is a type p2; Will personality type p3; Reason type p5; Emotion type p6; Divine Attributes p8; Core Childhood Pain p10; Acceptance and Challenges p12; Forcing Currents p13; Subtlety and Complexity within Types p16; Paradoxes within Types p18; “The Banana” p20; Soul Splits p21

### Introductions (comments only)

**Jan:** Please introduce yourselves with your name, and where we’re calling from, and any particular questions or interests you may have, so I make sure I cover as much as I can in the first hour.

**Wendy:** I am really interested in RWE in what they call. the banana. I can relate to the emotion wanting pleasure but I’m not so sure on the reason wanting love and the will wanting control, which probably tells you what sort I am, yeah.

**Tom:** I’ve kind of read the lecture a few times, and I think I understand quite a bit about the concepts and I think I can identify with being a reason type. So if, when you go over it, if you go over some of the qualities of reason, I’ll be part of the discussion later.

**Selena:** Hello I’m Selena from Singapore. I haven’t quite read it yet but I will just listen in.

**Rika:** I’ll go next. Rika, Rika from Katoomba in Australia. And I’m just interested to be part of an international teleconference. I have read the lecture, but I haven’t really studied it that much yet either.

**Larissa:** Hello My name is Larissa— from South Australia from Adelaide. I’ve got a cold for 3 days. I’m from Adelaide. This is my first experience. I started to read the lectures a couple of months ago so probably I will be listening today. My main questions at this stage is my emotions. how to control them and talk about them. Thankyou

**Kerrina:** Hi Jan this is Kerrina. Hello from Australia in Shepparton Victoria. I’m just probably wanting to deepen my knowledge about what I know about the lectures so far, yeah just deepen my understanding of my own Reason will and Emotion.

**Raelee:** Hello this is Raelee. Calling from Austin. I haven’t read the lecture so I would like to be able to ask any questions later as soon as we are talking about the topic.

**Sonja:** Hello this is Sonya, calling from New South Wales, Australia. I don’t have any particular questions at the moment about the lectures. Wanting to part of this.

**Lila:** This is Lila from Denver Colorado. I’ve read the lecture and have no particular question.

**Janet:** This is Janet calling from Houston, Texas. I don’t have any particular questions right now. I may have some later.

**Jan:**

So let's start. Now, we'll hear chimes when people come on board, but I'm going to let that go for the moment and we'll see; if I hear chimes, I'll try to pick up and see who else has joined us in just a few minutes. You'll also hear chimes if anyone exits the conference. If that becomes annoying I'll turn that part off. Finger dexterity time! ...I may hit the wrong key...I'd rather hear noises than do something drastic.

The passages I sent out for PL 43, Reason Will and Emotion, can seem daunting. I certainly didn't expect anyone to read the entire lecture; but it's a huge concept in Pathwork, so what I wanted to do was give people an idea of the breadth of the discussion, so that you could find something that appealed to you.

I'm going to start with the basics. The first thing I am going to do is frame the discussion, and tell you what perspective I'm speaking from. Then I'm going to go over the Will, Reason, and Emotion types in more detail.

In the first place: breaking down a human being into personality types is an artificial thing. We have to be light about this. We have to realize that no-one is a type. But it's useful to break things down and look at them individually and then we have to enfold them into the entire personality structure.

### **No one is a type (there are no pure types)**

The second thing: it is important to remember that as a human being, you're already in the Will category because it took Will to get born. And it took Will to get to the place where you are looking around for spiritual work, and you have found something, and you have managed to get on the telephone, and make an appointment, and show up. It takes Will to do this. So when we talk about the 'types' in a classroom of people who are gathered together to discuss spiritual topics, we've done a self-selecting process already. There's a bias towards Will in such a group.

Now most of you know that I like to joke a lot, and I use a lot of humor, because it speeds a discussion through.

The Emotion 'types' are having a barbeque today. They're not here. They're with their families. They're having fun. So the 'pure' Emotion 'types' aren't here.

The Reason 'types' are reading a book, or they're at the library, or they're doing research. They're not here either.

The pure Will 'types' are out leading armies and conquering continents.

When I work with people I recognize that I have a group of people who have activated their will, and they have elements of reason and emotion, and it floats and balances and moves around quite a bit. It's very quicksilver. We may have more emotion characteristics at work or at home, versus at work versus other aspects of our lives. We need to be very generous and gentle in naming our qualities and at looking at these things, because we're complex beings.

Also, besides having the Will component, all of us value some level of order. Which is a quality of the Reason type. And we also all value some level of connection, which is the strong quality of the Emotion type. So as you look at yourself, what you're looking for is **tendencies**.

When you read these charts, graphs, and lists, this is not one of the 'pop quizzes' in magazines where you say "I am this type". There are tendencies, and they will shift back and forth. They will also shift back and forth as you mature and develop. You may be an Emotion type in your childhood and teenage years, and then move into being more of a Reason type in your early adult years, and then go back and forth later in life. It's interesting to see where you are, and it's important to be light – light meaning generous and gentle – about where you have been and how you may have shifted your own perspective.

Another reason to look at Reason Will and Emotion types is it helps us understand where other people are coming from. If someone is coming from a place of Emotion, and you meet them with Reason, there could be a lack of communication, or frustration. If you can understand what they're looking for, and you understand what *you're* looking for, there is an opportunity for creating a larger space of connection between the two of you. So learning about the 'types' is useful for that. That's the framing for the discussion.

### **Will personality type**

I'm going to start with Will types now and then we'll go to Reason and then Emotion. If you have any questions, or I'm not clear, please go ahead and interrupt me. We're a small group and we can manage this. So don't let me confuse you! Sometimes even *I* can hear the confusion as I speak it! But sometimes I don't.

When we talk about Will, there are two different forms of Will, and they're developmental. The easy way to identify that, is that the undeveloped / underdeveloped Will tends to be defended. The developed Will has the potential of being undefended.

Within the Will spectrum, there is a broad range. On the extreme of the Will is the defended Will. The defended Will is attempting to *utilize* Reason and Emotion. by mastering them. To *control* them. From the developed side, in the undefended place, the Will is looking to *serve* Reason and Emotion -- as appropriate, in a given circumstance.

The defended Will is trying to *win*, so they'll do whatever they have to do to win. The undefended Will is trying to allow for a universal 'win', using positive aggression to follow the plan of salvation and God's will. They're looking to support whatever is appropriate in the moment. Those two extremes display a distinct shift in perception on the side of Will.

The Will type has the tendency to break things down into duality. All the types do, but Will in particular looks to "*How do I win?*" versus "*What does losing look like?*"

In Pathwork Lecture 143, Unity and Duality, another way of saying this is "*What is life?*" and "*What is death?*" The Will element of our personality is instinctively - and appropriately - trying to keep us alive. Yet, on an emotional level, staying alive may seem like it includes not being shamed. It can include not being fired. It can include staying with someone, rather than being alone. We're looking for only for life, but a better and better quality of life. When we frame that as "*this is better*" and "*that is worse*" underneath that is "*win/lose*". And underneath that is

“*life/death*”. It’s really useful to see, in your own lives, where you are approaching things in a black or white, win or lose, yes or no duality. This is most strong in the Will type – and also in blends, of Will/Reason or Will/Emotion.

For the Will type, life is only about win/lose, in terms of evil intent.

Pathwork Lecture 43 talks about the personality types of Reason Will and Emotion. There are many other lectures that talk about this, with similar triads. If, for any reason. Lecture 43 doesn’t communicate well with you, take a look at Pathwork Lecture 30 Pride, Self-Will and Fear. These are aspects of lower-self within the outline of the personality types of Reason will and Emotion. Interestingly, sometimes they’re not delineated in the same way. So in Pride. Self-Will and Fear, Self-Will is the lower-self quality of the Will type. Self-will means my will instead of God’s will; individual will instead of community will.

Q: Would that be the defended Will you were talking about earlier?

A: Yes.

The undefended Will would want to support all of us, whatever that means. But the defended Will is seeing things from a very egocentric way. The defended will works from an egocentric place. Even if they talk about it in other words, and describe it differently, it’s ultimately about *me and mine* rather than *us and ours*. Now when you talk about ‘us and ours’ that sounds very charming and wonderful. A question might be, how big is the us and ours? If ‘us and ours’ includes your family, your town, your city, your nation, you’re always excluding many others, and that’s simply an enlarged sense of ego rather than being undefended. Does that make sense?

Pathwork Lecture 30 Pride Self-Will and Fear is about the lower-self qualities of the Reason Will and Emotion types. Lecture Pathwork Lecture 248 The Three Principles of Evil is a serious look at the different qualities and manifestations of evil.

For the Will type, the manifestation of pure evil is separation. Separation is inevitable the minute you chop someone else out of the picture. In my separation I may include, for instance, everyone who is on the phone now, as part of my tribe. You are good; the others are bad. I am still encouraging separation. It doesn’t matter how many I include, the desire to exclude is a process of allowing / encouraging negative intentionality.

So one would ask, what are the positive qualities of Will?

The positive qualities of Will are leadership and courage. I presume I don’t have to say too much about that. That is obviously what we could certainly use more of on the planet, we can use more of in our families, we can use more of in our workplace. Everybody has a quality of courage and leadership. Where it gets tricky with Will is that a person can help the planet sometimes from very, very small and seemingly inconsequential places. A person doing the very, very best they can in a particular job in a particular situation can change the planet. They can change the destiny of civilization.

So will, courage and leadership are not only in the showmanship area of being a general, being a political leader, being a boss, being a supervisor. Leadership, true leadership, can be completely invisible. It is a spiritual quality.

So are there any questions right now about Will, or shall I move forward? Silence means consent!

## Reason type

Reason types are looking for order in the universe. They value structure. *They* might translate that into valuing sanity versus insanity, structure versus chaos, order versus lawlessness. The spectrum isn't as clear / clearly drawn as in the Will type, until they develop into a hybrid Will/Reason type.

The Reason type on one end of the spectrum is *only* looking for order. They feel they can find God there. They feel that the peace and quiet of an orderly home or an orderly existence, living under the rule of Law, living under a system that has rules to protect and support, will allow them flourish, blossom and bloom, become more of who they long to be. If they are threatened, they can't deal with it; they'll withdraw rather than argue about it. Arguing is a Will thing! So the extreme Reason type will tend to withdraw.

Re: PL 30 Pride, Self-will and Fear. Oddly enough, the word pride in the Pathwork lectures can be very confusing. In Greek there are many words for love, and many words for pride. In English we are sometimes limited. It can be confusing in the lectures when the guide talks about love or emotion or pride because there are different aspects of these words, and the guide is addressing different aspects, yet we're hearing the same English word.

In PL 30 Pride Self-will and Fear, the Guide does explain that there are good types of pride and there are defended and distorted types of pride. He mentions types of pride, in terms of the Emotion and the Reason personality types.

In the Reason personality type, the pride that we are looking at is one of superiority; a feeling that they have a better way of addressing a situation, a superior answer. But that superiority is not the conquering superiority, the force, that the Will type might have. The Reason kind of superiority and pride is a way of distancing to gain solitude, to gain serenity. That pride is a lower-self quality of the Reason type.

In Pathwork Lecture 248 The Three Principles of Evil, the evil manifestation of the Reason type is materialism. Now that word can also be misunderstood. We're not talking about possession-*grabbing*, because that's a Will quality. Materialism in this context refers to wanting things to be *provable*. The Reason type wants *proof*. The Reason type will believe in God - if a miracle happens, and can be documented. If you can't document it, they're not sure they want to believe in that - because that requires faith, and faith can seem like an emotion that feels chaotic to them.

Please understand I'm talking about extremes here. I'm talking about a very, very extreme Reason type. They'll want to know why. They'll want to know what's going on? Who's over here? What's the layout? What is the law? What is the rule? They need to have proof. But in that materialism obviously they're not allowing for inner spiritual *knowing*.

Their manifestation of evil is the demand for materialism, or proof. The Reason type will basically discount anything that can't be proved. There's an obvious dilemma to that! Proof is dependent upon our science, our capacity to prove. For instance, fifty years ago, when there used to be discussions about 'auras' and human energy systems, people could easily say '*you've got to be kidding*'. Today, there are cameras that can take pictures of auras. They have scientific instrumentation that can take readings, that indicate fluctuations that can't be explained any other

way than the human energy system. So there's an ability now for Reason types to feel more comfortable with spirituality *due to science*, whereas years ago it took faith to simply believe that there was a human energy system., that there were auras, that people could magnetically attract things to themselves. That's not something that's easy for an extreme Reason type to understand.

In the Will types you'll get combinations. In the combination an extreme Will type will use Reason or Emotion qualities depending on what serves them moment by moment. There are also Will/Reason types, that have a preference for reason; and Will/Emotion types, that have a preference for Emotion.

Imagine Reason on one end of a line, and Emotion on the other end, and Will in the middle. There's a tendency to lean one way or lean the other, or to move back and forth. But what doesn't happen is a Reason/Emotion combo. That's just not on the menu. If you're bouncing back and forth between Reason and Emotion, you're a Will type and you're bouncing with purpose, to achieve something.

So let me recap. Will is looking for winning in whatever context they see that. The Reason type is looking for order. The Angel, the divine quality of the Reason type is true serenity. An undefended Reason type who is not hiding from reality can bring a serenity to a situation, because they hold a love of order -- without making it a demand.

### **Emotion type**

I want to delineate between feelings and love. When we talk about Emotion type, we are talking about enjoying being in the *current of feelings*, not feelings by themselves. All types across the spectrum have feelings. All types across the spectrum love and have love. Yet the Emotion type *loves playing in the river of love* - and they don't want to get out. The Emotion type values connection and pleasure. They resist separation because it's not pleasurable! Because it's not connected! They resist intellectual logic if it seems to mean that they can't have connection or pleasure. They prefer - like I said at the beginning, they're out at the barbeque right now. They're playing with their children or their grandchildren. They're having a good time, because if you're having a good time, what do you need spirituality for, you've already got it! You find it in the eyes of your beloved, in the eyes of your family, in the connection of being with other people. *And they're right*. That is divinity. That is spirituality.

Re: PL 30, Pride, Self-will and Fear. The lower-self quality of the Emotion type is Fear. Now that can sound a little paradoxical, because one would think that fear is unpleasant; and yet compared with no feeling at all, fear can be comforting. Fear can consume you and it can wrap you like you were inside a blanket or a quilt, wrapped up with feeling. It can be such an intense emotion that you can be comfortable within the emotion of fear and you can be uncomfortable *not* being wrapped up in an emotion.

The lower-self quality of an Emotion type is that they want an intense emotional experience without looking at whether that is reasonable, without looking at whether that's appropriate, without looking at the outer qualities of what that might mean to other people. They just want to have fun and/or have intensive feeling. Again I'm talking about extremes here.

Fear can also be used also as an excuse for rejecting Reason. It can be used as an excuse for taking action. For the Emotion type, if they are wrapped up with fear they can dismiss logical argument



and they can dismiss the idea of doing something about it because, after all, “*the sky is falling!*” And when you’re all huddled together saying “*The sky is falling! The sky is falling!*” it can feel like you’re all together; and remember, the Emotion type values connection above almost anything else.

The evil manifestation of the Emotion type is half-truths, again from PL 248. When the Emotion type feels threatened, when they feel connection is at risk, they may use intellect and reason to stay connected, but they don’t respect intellect and reason per se. They’re *using* it to stay connected. This is something that I call Emotional Logic. the place where someone gives you an argument that sounds good but under scrutiny it doesn’t stand up.

Since many of you know that I’m a film nut, this is one of my arguments against a lot of common popular films. To get the film made they have to tweak the plot so they just ignore certain realities, and that’s what an Emotion type does. We’re having fun. We want the bad guy to chase him so we’re going to ignore this plot point, or we’re going to invent a piece of fantasy so that we can use that fantasy to springboard into where we want to go. For the Emotion type, where we want to go is a place where we’re all going there together, and we’re all having fun. And they will sacrifice whether that springboard is valid or appropriate.

My intention was to kind of give an overview of the qualities in extreme of the Reason, Will and Emotion types. Are there any questions or is there some place in particular people would like to go with this?

Q: The part I missed. I’m not sure if you discussed the lower self parts of Reason types.

A: Ok but I will again. Good to repeat. This is from Lecture 30, Pride, Self-will and Fear. And I’m going to repeat again because it’s a very very difficult point, not easily worked on, that in English there are different qualities of pride and we have to be careful because pride can refer to different aspects of that quality if that makes sense.

Q: So Reason is associated with pride is it?

A: Yes it is, but Emotion is also associated with a different for of pride. For instance, spiritual vanity is a quality of an Emotion type. [Reason types may try to look good because looking good proves their value. Or not look good, to prove that they don’t value externals.] They would like to be right. They would like to be appropriate. Their interest is in order and serenity. So their form of pride manifested in creating a neat and supportive environment and feeling very pleased with what they are providing, or what they have created. That kind of pride is different from the arrogance which the Will type might have; it’s also different from the kind of “*look at me*” pride that an Emotion type might have. So pride is a lower-self element for the Reason type because they can be very self-satisfied with what they have achieved, which is egocentric, instead of looking at the possibility that even though we desire something it’s not appropriate in the moment. Does that make sense?

Q: Yes, it does. Thankyou.

Anyone else?

I’m going to go back over Reason Will and Emotion again. I’m going to do this about three times, using different charts from the handouts that I emailed to you and put on the website, because every time you hear it from a different angle perhaps it solidifies bit your understanding a bit more. There’s no one way to understand this.

## Divine Attributes

For the Will type, the divine attribute is courage and power. The worst fear that they have, the core childhood pain that they have, is helplessness. Now in literature – I like to use forms of literature - George Orwell's 1984 has this wonderful scene where they are breaking the spirit of the protagonist in the book, and they have talked about it throughout the book. They call it Room 101. In Room 101, you face your worst nightmare, and it is known as being able to break you. At the end of the novel (and the film) they put him in Room 101, and he does have to face his worst fear. And he does do the thing he never believed he would do. He says "Do it to her – do it to Julia, not to me." What breaks him is the realization that he doesn't love her, that he considers himself more important than his Beloved. For a Will type, to feel helpless is absolutely devastating and they will do anything other than feel that again.

The Will higher-self qualities include direct knowing, and certainty about what is true; not from arrogance, but from using the best of their qualities and the best of their abilities to try to find the most appropriate and the most useful answer in the circumstances. Also courage and leadership. They're good leaders. They just get things done. They do whatever it takes to get things done.

When a Will type is undefended and balanced - between Reason and Emotion - they freely use wisdom and love, which are the characteristics of the other types. To some degree all of us can aspire to be an undefended Will type, because we become all types. Now that's a joke, because you can find that, in any one of the types, when you come into an undefended state you are all. So unity can be reached through any type of personality, any type of action, any type of profession, any type of spiritual task. The question is ,can you get through to the truth of your being? Can you find your divine essence? And once you do, it doesn't matter what doorway you've gone through.

Q: Does one have a harder time to become balanced than another?

A: No. Understand that at least according to the Pathwork Guide lectures there's no quality judgment, there's no value judgment on these qualities or types.

The question is, why bother to learn these distinctions? Because human beings manifest them. We manifest them because we're all attempting to do different things. There is no single spiritual task. To do one task, you need different qualities than to do another task.

For instance – I'm going to digress for a moment. I have to work within the belief system of the Pathwork lectures otherwise it makes no sense what I'm going to say - The Pathwork lectures say that we manifest with a spiritual task to do. And that when we manifest we have actually chosen our gender, our place of birth, our personality, our skills and our abilities. Another way to look at that is, besides choosing all these qualities, we have also chosen to tie x number of hands behind our back. Because if you can do anything, you can become unfocussed. But if you have limitations, they can help to channel you along a certain path. So you may have chosen a character structure and personality that is very much aligned with Emotion, but not because Emotion is the right way ,or the only way, or the best way; but because by being aligned *in that way* you will most easily and effectively achieve your spiritual goal. Does that make sense?

A: Yes.

I'm trying to do is do this in bite-size chunks, to go over the same qualities with each personality type.



So in the Reason personality type, the divine attributes are wisdom and serenity. Now I emphasized serenity and order before but I want to add in the quality of wisdom. Wisdom is being able to wait and see. Wisdom is a quality of believing that there's a plan - in *not* fearing that there's chaos, in *not* fearing that in not acting we're going to lose in any way, whatsoever. The Reason type has the potential to hold that space, the space of waiting to see.

Q: Excuse me. Does that mean that there is space involved? Like space? Certainty, is that part of it as well?

A: Well not necessarily. To use wisdom doesn't mean that you absolutely know the answer. What it can mean, is a quality of maturity in human beings usually. Right?

Q: Yes.

A: So what you get after living x number of years on the planet, plus x number of lives, is you get to the place where you don't think that we're all going to 'go to hell in a hand basket' tomorrow. You get to a place where you don't think the sky is falling. You get to the place where you don't think that if x person gets elected versus y person that the world is going to blow up. That we're all going to get through this. You believe in the larger picture. That's really where wisdom is coming from. And what wisdom gives you is the courage – notice I'm mixing the qualities in because you can't keep them separate – what wisdom gives you is the courage to create faith, which I think is your question.

Q: Yes. You've answered it. Thank you.

The ability to pause – people have that capacity because they are not afraid of what's going to happen in the next second or two. They're willing to see; they're willing to let the moment unfold. You can see where the Reason type, who holds wisdom and serenity, can move at a slow pace and allow people to say what they need to say and believe that, eventually, you'll all get the answer. They are not governed so much by fear (yet fear affects all three personality types. We're not immune to any particular thing).

Our core childhood pain, the worst fear imaginable: for a Reason type it is the pain of rejection. Imagine that you believe there is a plan, and you're afraid that you're not good enough to participate in the plan. Now that is - again we're mixing things – to some extent that involves connection and disconnection, because you can't only talk about one thing. We're all – this is unity we're all seeking here. But the idea of being rejected, and refused entry into the glorious plan that you want to believe is true for everyone is, for the Reason type, the worst possible night mare.

Qualities - and this is just what's on one piece of paper! They make great lawyers; they make great therapists; they make great scientists. In terms of popular culture, you don't see a lot of Reason films. You see Reason *documentaries*. Because a Reason type is trying to explain something and they're not trying to engage; they're not trying to whip up feelings, and they're not necessarily trying to persuade. They're trying to present. They've done some work and they want to offer it to us, would like us to see it.

Undefended Reason types can actually experience the deepest level of feeling because they can sit there and enjoy it. And they can see it so clearly. In that beautiful place of serenity that a Reason type can create, they have the capacity to exquisitely feel and notice what is going on.

So again: no type excludes a quality. No type hoards a quality that another type can't have. It's just a matter of how you get there. Any other questions about Reason?

I'm going to do Emotion and then we'll take a break. After an hour on the phone – our ears get sore after a while!

Divine attribute of the Emotion type is love. Does that mean that the Will types don't love? No. And Reason types can certainly love. But in terms of divine attributes, that's the specialty of the Emotion type. In an undefended, enlightened, and developed place, the Emotion type has the capacity to just love the entire universe.

### **Core Childhood Pain**

The core childhood pain and the worst fear is rage and frustration. Rage, because it is ugly; and frustration, because it means lack of pleasure. The undefended Emotion type is almost entirely in unity. Now a few minutes ago I said that the Reason type can also attain a kind of a unity and that's true. Once again, there are many doorways. We have a preference and we have given ourselves personalities and characters and skills and spiritual tasks that will take us along a certain road. Some of us come in through the Will door, some of us come in through the Emotion door, but we're all headed for unity, whether in this lifetime or after another 10,000 lifetimes.

Again, this is not emotional love, it's not about the heart. It's about the essence of being one with all. And that's why the Emotion type values connection above all else. But in a defended place that means *"you stay in the room with me!"* In an undefended and enlightened place, that means *"you can go because we are always connected and I know that."*

I'm going to go through two more lists. One is about forcing currents. I know that at least one of you needed to hang up and redial because of phonecard issues. I really don't know how to stop for that but you're welcome to do that. Any other questions at the moment?

Oh you guys are going to leave me talking on my own here. I can do that. It's OK. I'm delighted to share, delighted to answer questions so see how we go.

Q: I do have a question. So we come in with one predominant type? But we still have all three?

A: We come in with a tendency to land some place on the spectrum. But as we develop over time that may shift. A child is not a blank slate. A child has a personality and a tendency. Some children are innate bullies from the time they come out of the womb. And some children prefer to play quietly and calmly, and some just want to sit on your lap. This would indicate where they are starting from. Does that make sense?

Q: Yes.

A: As you develop you are integrating more and more complex factors.

Q: And the core fear would shift as well?

A: The core fear develops in childhood. Let me see if I can explain this a different way. There's a reason why we are human. And that's because it's so hard to be human! Being human is about the most work anyone could ever dream of. This is a crazy way to do a spiritual task! To be at the mercy of all these instincts, and hormones, and feelings, and thought processes... It's very complicated.

Part of being human is that you are going to be wounded as a child. That's the basis for Core Energetics, and for a lot of body psychotherapy modalities, and also Pathwork. There's a certain kind of wounding that we all receive in childhood. We spend a very large portion of our lives in reaction from that wounding.

Now from a positive perspective I like to call that rocket fuel. Rather than seeing it as wounding, and feeling and thinking “*Ooh I got hit this way and I got stuck in this personality for the rest of my life*” you can think of it as “*I needed to go ‘right’ so I gave myself a reactionary childhood that would send me to the ‘right’*”. And whether it sends you to the ‘right’, ‘left’, ‘up’ or ‘down’, it doesn’t really matter. We’re all headed someplace. According to the Pathwork lectures, that is about completing a life task.

Since you knew about your life task before you manifested, you chose your parents and your childhood situation and your culture and all these other things for that purpose. The best analogy I’ve been able to come up with: it’s like playing a game of billiards. When you set up the table in a certain way the first two shots are pretty predictable. But after the first three or four shots it gets very complicated because it depends on where each ball’s going to stop. When you gave yourself certain qualities in childhood, there was a probability of what was going to happen - because children don’t exercise as much free will as we do in the adult phase of our life. Children tend to react. The teenage years are really painful, because we’re both reacting *and* developing the quality of free will. We’re learning to do what we want but we don’t realize that we are still reacting. Then in our later adult years - let’s say from 30 onwards - that’s where we’re slowing down from this reaction period. We have developed a certain amount of social skills and professional skills. We’ve developed some confidence, we’ve had some relationships and we have seen where our reactions took us that is *not* what we want. It is in that later period of life that we can make course corrections. And those course corrections are coming from a central divine essence of us where we are saying from a very deep place, “*I don’t want that - I want this!*” Instead of, “*that’s bad. this is good*”. Does that make sense? Does that answer your question? Q: Thank you.

Q: My sense of what you're saying is that the most balanced approach to life is when we incorporate all those aspects, the Will, Reason and Emotion. So my question: if a person is a Reason type, is there some technique, or some way that they can remember, to incorporate the Will and the Emotion so that they don’t look at situations in just one way? Is that kind of a useful thing to do?

A: That is “*the*” thing to do. So yes. Let me explain it this way. There are a lot of ways to skin a cat. If you are a Reason type, one way to start the process is to understand *why* you’re a reason type; to begin to do your own self-analysis, to become more familiar with yourself, to look at your life, to go back in your childhood and see why you react the way that you do. Why you do all these things a certain way. Which the Pathwork lectures help with; therapy helps with; a lot of disciplines will help you work with that. Understanding yourself can be the first place to start, but like I said about there being different doorways, you can start someplace else as well. You can start with why you are afraid of or unwilling to exercise your own will. You can start from the positive; developing your Reason so that it is more developed, a bigger container, so you can reach out and hold Will and Emotion/ Or you can look at the other qualities, and see why you shy away from them. And then make yourself more available, more open, more willing to embrace your own will and your own feelings. Then there are 16 million variations of how to do this!

Q: OK

A: So I joke around, saying Pathwork isn’t popular because we will not tell you ‘*the*’ way, because there is no one way. Pathwork is very Zen. ‘The’ way is exactly where you are, looking at what you’re looking at. That’s appropriate for your spiritual journey. Somebody else being in another location is simply where they are, and where their journey is going to move from. Does that make sense? Q: Yes. Thankyou.

Not only is Reason, Will and Emotion very difficult to compartmentalize, and keep it compartmentalized - I find the lectures themselves impossible to compartmentalize. I can't teach one lecture without teaching sixteen others!

## Acceptance and Challenges

For me, the answer for *"where do I go from here?"* has been in PL 44, the very next lecture, The Forces of Love, Eros and Sexuality. Because I think that it is a key, for each personality type in uncovering their divine essence and feelings, to work with their Eros. If I can translate what that means, it is: what you are drawn to do next, from the deepest part of you, is what you're supposed to be doing next.

Now to find that out, you may need to quiet your fear, you may need to quiet a sense of *"Oh my God - if I take another half an hour to meditate I'll miss my bus / I'll lose my job / I won't get my chores done / somebody will yell at me"*. To create space- which somebody else asked about - may be the first thing you need to do in order to do this work of self-examination.

A Reason type might find that easier to do than an Emotion type. Will types - just because they are Will types, does not mean they can become a Reason type instantaneously. A Will type is still locked into 'win/lose' even though they may use and appreciate and absorb all the qualities of the Reason type.

Let's create a Will type example. A Will type might go through 40 years of life, winning like crazy, becoming successful, conquering the world, doing everything right *and* getting rewarded for it. Where spirituality comes in, is one day they say *"that's not enough."* Until they say that's not enough, they're spiritual task is to develop talents, skills and experience. It's only when you hesitate and say *"I think I'd like to do something else"*. So if you're locked into what you want to do, more power to you! It's only when you hesitate, and say *"maybe I'm done with that phase of my life..."* It's like a gopher putting it's head above the ground and looking around. We say *"what's out there? what's possible now that I have my home situation, my profession, my relationship, my children and a certain level of personal self-esteem and confidence? What can I do now?"*

There's another lecture that I send out - kind of like I was saying, there's too many lectures! I send out a 2 page summary sometimes to tease people into reading the entire lecture! PL 6, The Human Role in the Spiritual and Material Universes, talks about inertia. Inertia is a wonderful quality, of being able to stop going in a certain direction, and look around, and be willing to disengage from where you were going, and go in a different direction. For a Will type, that may be the most spiritual, most important quality they can develop. Because a Will type has a tendency to become engrossed with going forward and doing what works and not realize that that's no longer necessary. Does that make sense for you? Q: Yes.

Q: Jan. That means when you are a Will type or a Reason type and you are not satisfied with your life and you want to change, then you need to change your type?

A: No

Change has a dualistic quality. How about, develop yourself? How about, deepen your understanding of yourself? In other words, it is not your type that is the problem. It is the lack of development, not your type.

I've been talking about developed Will types and undeveloped will types. The only time a Will type is a problem is when they are undeveloped. A developed Will type, an enlightened or undefended Will type would be one of the best world leaders we could possibly imagine. Right? It isn't the Will type per se, or any other type that is the problem. It is our immaturity and our connection to the lower-self qualities, the negative intentionality. It's staying wrapped up in the qualities of our type instead of seeing how they can springboard us into becoming larger, well-rounded people. Like the other person said - the goal is to be able to access *all* of the qualities of who you are. Everyone has qualities of Reason Emotion and Will. All of us do. If we are Will types, what that means is you may have ignored developing your capacity for feeling; you may have short-circuited - that's not the right word - you may not have paid as much attention to things that create order, and it may be time for you to do that/ You will need your willpower to do that. You don't want to give it up. You want to make it more useful so that you can grow. Does that make sense? Q: Yes. Thankyou.

Any other questions right now?

When we talk about the personality types...when we work on issues in Pathwork, we're working on what doesn't work, rather than what does work. OK. So my joke is, leave what works alone! It works. Don't bring it here [to be worked *on*; use it to work *with*]. We're talking about the qualities of these types that don't function well. When we talk about Reason, Will and Emotion we're normally talking about their forcing currents rather than their divine qualities.

### **Forcing Currents**

Forcing currents are explained in Pathwork Lecture 77. Interestingly it's title is Self- Confidence and What Prevents it, which is our forcing currents. The divine essence of Reason is serenity; but their forcing current is withdrawal. Meaning, if the Reason can't attain enlightened serenity they'll simply go in a room by themselves and close the door and pretend that they've got it. Whereas in theory, if you have true serenity and wisdom you can be anywhere, doing anything, and you can access it. For the Reason type, they have developed a forcing current of disengaging from emotional events, or aggression, or competitive situations, because they don't know how to handle it.

Q: So it's like a defense?

A; Yes. Part of our defensive system.

For a Will type, the defense and the forcing current tends to be an abuse of power, which is aggression. Now when you talk about aggression there has been a tendency - I use a lot of aggression and I've been called on it a lot. I believe you need to use positive aggression to get through the day. I like it. I appreciate it. It is my friend. For a lot of people in spiritual work, they felt that they had to give up their aggressive tendencies in order to develop themselves. In a joke version, sometimes they see me like a bull in a china shop because I'm arguing for a point of view, and I'm doing all these things, such as setting up teleconferences. To me that's use of positive aggression; but to other people that aggression disturbs where they're focused now. Aggression by itself, like any other quality, is neutral. It's a matter of what you use it for. The aggression that we talk about, when we talk about the distortion of the Will type, is the distortion of power in an attempt to win. It's that form of aggression that we identify as the forcing current, and the defense, of the Will type.



In terms of the Emotion type, the forcing current is a distortion of their desire for love; it is submission. The reason that's a distortion is it doesn't truly gain love. What it gains is a form of acceptance, a lack of aggression. Submission may keep somebody from walking away from you. Submission may keep someone from feeling they have to beat you up to win. But submission by itself is not any particular form of love. It's a scheme to try to get love, just like aggression is a scheme for trying to win and withdrawal is a scheme for trying to get some form of serenity. The guide uses the word pseudo-solution; pseudo meaning false – false solution. That's the forcing current. Make sense for everyone?

Q: Jan you mentioned forcing current a few times. I get a vague impression, I think I know what that means but I don't know exactly. Could you maybe just give some explanation about that.

A: First, the primary reference is PL 77. Forcing current is the emotion channel that each type tends to use. Again, we all use emotion. So the Will type is in a river of aggression. They believe that aggression in any form will solve the problem. That's their current, they don't see other currents as valid. A Will type would see withdrawal as not effective. Right? So once they're in the current, once they're in the "*this is the right solution*" they don't look back. So a current is a place where you put on blinders and you're no longer looking at what is appropriate moment to moment. You have decided what works, and that's where you're going to be, that's what you're going to do, that's how you're going to interact and respond to life.

Q: So it's an orientation, kind of?

A: Yes. And when we say forcing current, we're talking about it having a bit more 'oomph' than a simple orientation.

Q: So this personality puts energy into or has an investment in looking at things that way. Is that right?

A: Yes. As defined in the lecture, the forcing current is a defense, using the level of will. So if you're in a forcing current you are utilizing some quality of your will power. Again, it's messy. Nobody's without will.

Q: Yes that's clear. I get it now.

A: The forcing current is created to deal with the possibility that there is one thing "or" another thing rather than an "and". In theory, the Reason type can see "and". As in, I can be alone "and" I can be with people. The Emotion type can say I can have love in terms of somebody sitting next to me "and" I can have love in terms of knowing that they will tomorrow. The Will type-does tend to see things in terms of "or". And the will element, when it's active in us, will see things in terms of "or". So the forcing current wants to find the win side of the "or" argument - and to stay on that side. OK?

Q: Yes, I understand.

A: Another way to look at it - and I have a diagram of this that some people can't bring up on their computers so I don't tend to include it - it's based on the lecture Expansion, Constriction and Stasis. I don't have the number in front of me. - I apologise - The Forces of Expansion, Contraction and Stasis PL 55. Reason is in constriction, energetically. This is a forcing current. So withdrawal is a way of constraining. Emotion tends to be in expansion. Emotion types tend to be in exaggeration and expansion. Whereas the Will types will use both constriction and expansion, contraction and exaggeration.

Q: How does the Will type use expansion?

A: To win.

Q: Through expansion?



A: Yes. Will types go where they need to go to win. If I need to be included in a group I will put myself out. I will honor their requests. I will try to make connections with them. I will try to expand myself to be.....

Q: Ah. OK. I've been focusing so much on the negative aspects of that. OK. I see that. Thank you.

A: Right. It's very, very important to understand that any one quality is neither bad nor good. It's what we do with it.

For instance, from the forcing current - which is the distortion of will - that's where your faults come from. There is nothing wrong with any one aspect of the human personality. If anybody can name an aspect of human personality that is *inherently bad*, please speak up! Because I don't know one. For instance, selfish is not a quality of human personality; that's a current. That's something in motion. But in terms of preferring to be alone versus together; preferring order, preferring companionship, enjoying the company of others, enjoying a good book, being good at something, - there's no inherent bad or good in any one of these. It's when we decide what's best or what's the only - that's the only way to do something - or when our will gets involved, that's got to get what we want.

Now we have invested in this quality - let's say we are good at Math. If you're good at Math you start valuing people who are good at Math, and you start valuing professions that utilize Math. You become enamored of things that can be done with a knowledge of Math, and you may deprecate things that do not involve it. That's how a forcing current can begin from a simple love of something Does that make sense? Q: Yes.

A: It's OK if it doesn't. I'm trying to use these moments of silence to see if there are any questions!

Q: I'm just trying to grasp this.

Q: Jan Can you tell us...you know you were saying that the forcing current for the Will type was aggression. So for the Reason type it would be withdrawal? And for the Emotion type what would that be?

A: Submission.

Q: So it would be good if I could use this to identify my type.

A: Yes.

Q: OK. Thankyou.

A: Now remember that when you identify your type - I don't mean to make your life complicated, but your life is already complicated! When you do this you may notice that you exercise certain aspects of your personality with your friends, and a different quality and aspects of your personality at work. And that needs to be honored.

### **Subtlety and Complexity within Types**

Sometimes, when we have to be aggressive at work, the last thing we want to be with our friends is aggressive! You guys would not believe how shy I am in my personal life, because I get tired of being 'out there'. My idea of a good time is just to shut up and join people, and tag along behind. So if you saw me in that situation you might say 'She's a certain type of personality.' then if you saw me leading a group you might think I was a different type. But I'm not different types. I'm finding different outlets - because I'm a Will type. Does that make sense?

If you're a Will type, and you can't find an outlet for aggression - I mean positive aggression, a place to really lead, you might lead in smaller ways, in different arenas. That might not show up quite as strongly as it might for somebody else, who can put all their eggs in one basket, and manifest a very strong quality of leadership. What I'm saying is that there can be leadership on the tiniest level of human endeavor that just never gets noticed. It doesn't mean it's not leadership. And it can be enormously powerful for the people who are involved - and yet it doesn't make the newspapers. On a spiritual level, some of us are working in 'small' places and some of us are working in 'larger' places. It's really important to honor wherever we're working.

On some of these charts you need to have a lighthearted attitude. You need to make three columns. 1) I'm like this at work. 2) I'm like this with my family and 3) I'm like this with my beloved or my children. You might see that you go back and forth. That's a sign that you're a Will type, because the Will type is very capable of moving back and forth, as appropriate. Again, everyone on this teleconference is probably more Will than anything else, because you're looking for something. The questions, where you're saying "*what is this?*" and "*how do I understand this*", that's an aspect of Will on its way to becoming more developed. When we are becoming more developed, we are restless with less developed parts of our human personality. Somebody asked before "*Where's a good place to start?*". Again I'd like to say follow your Eros. Follow where your heart takes you.

Q: The masks, serenity mask, power mask and I can't think of the third one – those must correlate to this too right?

A: In terms of mask you have the Reason type, who would have the serenity mask. The Will type would have the power mask and the Emotion type would have a love mask.

Q: I couldn't think of the love. Ok Yeah. That makes sense.

A: Understand that that's a mask. That's not real love. That's a mask of love.

Q: Could I get you to repeat something you said about the Reason type, that if they can't find enough serenity so they'll enter withdrawal? And you said that actually, once you achieve a certain level, then you can find serenity no matter where you are. What do you do if you think you're a Reason type and you find yourself using withdrawal too much?

A: When I first started teaching I was in a lot of distortion. It's nice to be able to look back at that and saw "*Ooh I'm glad I'm not there.*" Because I thought I had the answer to everything. And now I know I don't. And what I have learnt over the years, is to always start from the positive. Always start from a place of strength. It's as if, if you're going to take a step out don't start out with your bad leg. Start out with your good leg.

So, in that sense, what you are saying is "*I think I'm a Reason type and I think I may be in defense or in withdrawal.*"?

Q: Right

A: Let's just work with that! I understand that we're being simplistic and you will fine tune this later.

If you think you're a Reason type, focus on the divine attributes, the divine qualities of that. The fact that, if you're a Reason type, you believe that there is order and you want to promote it. Find the place in your life where you have done that successfully - because I'm sure there are some. Everyone has successes. You need to bring those into consciousness. You need to pat yourself on the back for what you've done well.

What you may want to notice...Let's say that it's only recent that you have felt that you have withdrawn. You need to look at what happened. What triggered you? You may have become triggered because you actually stuck your head out of the hole and looked around, and got whacked! That can happen. Well, the answer is not to *never* stick your head out. The answer is to figure out how you got whacked, and to figure out how to stick your head out of the hole in a safer environment, that feels safe and protected - not immune, but more safe and more protected and more supported.

In effect, as you reached out to become more developed, you may have mis-stepped, like a child mis-steps. You don't tell the child "*Never do that again.*" The goal would be to teach the child how to do it more effectively, more confidently; teach the child what factors they weren't looking at when they dropped the vase. When a child drops a glass of milk, you might want to give them a differently shaped glass, that's more appropriate to their hand. You may want to tell them to dry their hands before they pick it up, or to pick it up with two hands instead of one. All these things are coaching the child on how to successfully do something. This is a positive attitude. This is what you need to give yourself.

That is a more enlightened version of talking care of your inner child. There's nothing wrong with taking care of your inner child but it is more complicated than that - because we're *not* children! In the undeveloped places it can feel like we're children. And what that does, without our fully realizing it, is bring up some unconscious material from our childhood – the wounding that made you a Reason type in the first place.

Can you feel the choreography here? You reach out to do something. You get whacked. You pull back and withdraw. You start to feel like you're starving to death because you're not getting the interaction you want. If you reach out again without realizing what you did the first time, you're going to get whacked again! And as you pull back, you'll pull back with more vehemence. You might begin what's called a 'vicious circle' that sounds like, "*been there done that*".

Q: So that's the result of not learning what happened the first time?

A: yes. Q: Of not dealing with what happened the first time.

A: Of doing the investigation, the exploration. Of being kind to yourself of saying "What's going on here?" If you're a Reason type you should be able to sit down and make some lists. It drives people crazy - but you know what, it works.

Q: The recognition is what breaks the cycle.

A: When I teach Pathwork, what I teach people, and what I try to explain to them, is that it's all about consciousness. You will get in this lifetime what you need. If you don't need it, you may not get it, but that doesn't mean that you're a failure. It may mean you don't need that.

### **Paradoxes within Types**

So on a joke level, people who know me, I'm kind of stubby; I'm little, and stubby, and have big legs – I'm not going to be a ballerina. It's not going to happen, not in this lifetime. That releases me to go do other things. It's not a penalty. I'm not being punished. But there's some part of my brain that dreams of being a ballerina. It's just going to have to stay a fantasy. By not doing that [becoming a ballerina], I wind up being a Pathwork helper, so it's probably a good thing. And on a spirit level, I can be a ballerina. I just didn't give myself the equipment in this lifetime.

Same thing goes for everyone on the planet. The fact that you can't do arithmetic in your head will preclude you from doing certain tasks. It will lead you down different roads. People who have a difficult time with structure, who can't put puzzles together fast, go do something else. From a positive point of view, you gave yourself that lack so you wouldn't go there. With your personality there may be a place where you needed to explore reason more deeply.

Now here's a giant paradox - and I'm glad you brought this up. The giant, joke paradox is that if someone is a Reason type personality, it may be because they succeeded so well at Emotion that they blocked that area off completely! And gave themselves an unchangeable thirst for reason - because they don't need the emotions. It's not that you can't do it. It may be that you don't need to do it. The same thing for people in terms of willpower. There may be people - when I say people, I mean spirits - there may be spirits who have aced willpower. *"We know how to do that - we just don't know how to sit quietly and relax"*. We may manifest, in this lifetime, a lack of willpower. Not because we don't have it, or shouldn't have it, but *in this lifetime* we can accomplish a certain spiritual task best if that capacity is not present. Does that make sense?

That's what I mean by honor who you are. Honor that you gave yourself exactly what you need. Another way of saying that - in the Pathwork Lectures there is a phrase "Your life does not lie". And the way we use that is, we say *"Where are you today?"* and *"Where have you been?"* because all that is non-arguable. Where you're going to be in 5 minutes or tomorrow, that's a discussion point. But in theory, if you accept that you are in the middle of a plan - a divine plan, - and that you were guided to be exactly where you are in this moment, every piece of your past matters. There are no accidents. There were no coincidences. There were no mistakes. Reality is a toolbox. You can use that toolbox differently in 2 hours, or you can continue in the same pattern for 10 more years. That's up to you. That's free will. But the toolbox that you're working from has already happened. The understanding of that toolbox, the perception, the point of view, can change completely.

At some point you say... I don't like to invent things so I'm going to use a fact. My father was in the military and we moved everywhere. We were in Europe, we were in America, we were every place. I never had a home. I always felt that I lacked something. I always envied people who had a home. Fast forward 50 years. I run around all over the planet. Why? Because I was trained to do that! Because I know how. There's a place where as a child it was painful and it was difficult; but as an adult, I have skills other people don't have. I have a capacity to see things from a different perspective because I am not homebound, I am not parochial, I didn't grow up thinking there was only one way to do something. So it can be a negative, and it can be a positive. I'm not saying that it wasn't painful. I don't deny the pain of my childhood. But there was something else in there that as an adult I have activated into a positive quality. Does that make sense? Q: Yes.

A: I'm working with the same toolbox, only I have a completely different attitude towards it. The game is you were given that toolbox. You gave it to yourself. I think that's part of the distinction that Pathwork holds that some of the spiritual disciplines don't. Not that they're wrong. They just don't promote it. And that is that we are more active players in our lives than we may realize. From a spiritual perspective you may have had more input into how your life came about than you may realize.

Q: I have a question regarding an emotional type. If an emotional type throws a tantrum for instance, have they at that moment reverted to Will type or is that part of an emotional type?

A: To answer a question like that you need to be very, very gentle and look at it from many different angles. There's no one answer. That's why we irritate people with Pathwork! Because we won't tell them what the truth is, and won't tell them exactly what to do with x situation. So it would depend on what kind of tantrum, who they have been, how they have used it, what's going on in the moment.

For instance, what a tantrum does is it wraps you in emotion. Emotion types tend to throw tantrums more than Reason types because they're very comfortable being completely immersed in emotion. Where for the Reason type, that would be like being immersed in poison ivy. The Reason type would rather be cloaked in serenity, thank you very much.

But if the Emotion type is using the tantrum to try to get something, now we have the element of Will. There is a little more consciousness and a little more deviousness in that tantrum. So an Emotion type - and again, I'm exaggerating - doesn't mind going into meltdown because in meltdown we are swimming the river of emotion. We are happy. We are in our element. And we may not notice what it's costing us. We may not see the people walking away in disgust. We may not see that we're going to get fired. We may not see that we are taxing someone's patience beyond a place they can hold. So Emotion types may come out of their tantrum kind of refreshed, look around and say 'what's next?', not quite aware what other people's reactions to that might be.

The reason it is valuable to understand the other types (than yours), is so you won't just point and say that person's crazy. You can say *"Ooh I see. You got upset and you didn't know how to handle things so you wrapped yourself in emotion and got comforted and now you've come out and we may need to establish communication again, because I didn't go there with you."*

Same thing with a Reason type. If you're trying to have a discussion, and you're trying to connect, and they go away - whether they stand there or go in another room doesn't matter, they go away - it's useful to understand that they may have done that because they couldn't handle the situation. They needed to disengage for a moment. Then coming back is a sign that they want to re-engage. Yet they will be coming back in a different juncture than when they left. It's like leaving the room in the middle of a discussion, and when coming back in, you're going to have missed something. But they are trying to engage. They just can't do it on a very highly emotionally charged level.

Here's another place where you need to take responsibility for having a friend or a lover that does that. There is some consciousness in your choice. There's a place where we sometimes join up with opposites so that we can learn something - but we demand to control what we learn, and when we learn it. When they behave like they are naturally meant to behave, we become irritated because we want that, but only at 6 o'clock, and only in the living room! Can you see where there is a little will in there sometimes. And the other person has it also. It's complicated. Does that makes sense?

Q: Yes it does. Thankyou very much.

Are there any other questions?

## **The Banana**

There was a question in the beginning by Wendy about the banana. The banana is a joke version of trying to explain how and why people do certain things. If you saw the cartoon version or you could watch my hands as I gesticulate right now - and there's a story that goes with that.



In Africa, if you want to catch a monkey you use a gourd that has a very narrow neck. You insert a banana into the gourd. You tie the gourd with a string to a tree. The monkey comes, and they reach in, and they grab the banana. But they can't get their hand out once it's clenched around the banana.

Monkeys don't think in terms of past, present, future. Their tactical abilities are a little limited. So you catch them. They can't conceive that letting go would do them more good than hanging on! So when we talk about *'the banana'* it's a way of trying to describe something that we're holding onto, and we just can't see that there are other ways to get it.

For the Reason type the banana is actually love. I know that sounds backward. Reason types do want love. They just don't know how to get it. And they don't know how to play in the Will or Emotion arenas. So they're going to be trying to attain a *'place'* that deserves love, where it will simply be given or allowed them - without fighting for it ,and without arguing about it. So the Reason type is trying to attain something without using tools that dismay or disgust them.

The Will type is trying to get control. They don't actually want power. Power is the means to the end. What they really want is control. Remember what they most fear is hopelessness. The Will type doesn't actually need to be charge, but they need to be in control, to gain control. The easiest way to do that is to shoot everybody else. That's the simplistic way to do it. An undefended Will type will make the mistake of shooting everyone else and saying *"I'm now in control."* And only then realize that it's kind of lonely.

For the Emotion type, the banana is pleasure. It is very, very hard for an Emotion type to realize that there is a more enlightened and developed form of pleasure than what they may have been used to. An Emotion type might, for instance, be dependent upon their historical experience of pleasure, and a little nervous about learning softer, gentler versions of pleasure.

So the banana changes. You can have different types of goals for all these types. The banana is the thing that you simply cannot conceive of letting go of. Because you can't conceive of it, you can't do it. Again, by bringing consciousness into your situation, by doing self-analysis, by doing daily review, by reading the lectures, by going into other spiritual disciplines, by learning about other different personality types - whether you learn it by studying the lectures ,or simply going out in the world and being with other people - you learn about yourself. The more you learn about yourself ,the more you may realize about others, and the looser you can hold what you need and allow - for more enlightened and diverse possibilities.

That is, to some extent, the definition of a mature person. Someone who's willing to take risks, someone who's willing to consider other possibilities, somebody who's willing to let other people be in charge periodically. To wait until there's a problem rather than jumping the gun. A person - if they're concerned about something, is willing to ask why, and get information instead of just hanging on. A person who doesn't run away, and a person who doesn't cling to what they know but allows for a learning experience. It can be very scary. Does that answer the question about the banana Wendy?

Q: Yes, although I see there is a tendency to say "I'll do that. I won't want pleasure", which is putting a forcing current on.

A: Yes. The forcing current doesn't work in reverse any more than it works going forward. And when we have developed the tendency to engage a forcing current that can be very hard to give up.



## Soul Splits

There's another way of studying Pathwork, where we explore soul splits. In soul splits, you've got life/death. We see things in terms of black/white, life/death.

For the Reason type it would be love versus no love. Again that's paradoxical, but we all need love, and the Reason person has [may already have] serenity. It's love they want; and they don't know how to get it. Their soul split would be finding love ,versus living without it

The Will type split would be having control versus not having control, which they might *think* is hopelessness, but which might actually be *a reliance upon others to do the right thing*. That's the grey areas that the Will type may need to learn about; that you don't need to be in charge, that not being in charge does not *equate* to being helpless. That there's a place where you can have loose control, where you can allow other people to affect your life, knowing that if things got out of hand, you could step in and do something about it. And that knowing that, you can step in and do something about it may be something that you develop - after 30 years of distortion.

That's why it's important to look at the positive of whatever distortion you have engaged in, because inside that distortion is a skill; inside that distortion is a place where you learned *what not to do*, and it's learning *what not to do* that can release us from something. The joke/film version of this is The Karate Kid, where he wanted to learn karate and the master kept giving him chores and he was exhausted and he finally comes to the master and he says "*I've had it. I'm not doing any more of your chores.*" And the master then shows him, that he has, without realizing it, built the muscles he needs for karate. In the waxing the car and the rubbing the wax off with certain motions, he'd built muscle. Then you take those skills and you put them to a new use. When you come out of your distortions, bless them and let them go, but don't let go of the skills, because you were there for a reason and that's the positive view rather than the blaming view. You were there for a reason. You have your personality for a reason.

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