

Pathwork™ Steps

The Life Force in the Universe - Part 1 of 2

Study Guide for Online Meetings on PL 048

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Week 1:: Disturbed Consciousness Petrifies the Life Force

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Part 2 Preview (subtopics may change)

Week 1: A Method For Exploring Interpersonal Disharmonies

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Week 1: Disturbed Consciousness Petrifies the Life Force

The universal life force is contained in every sphere or world, in all inanimate objects as well as in abstract ideas, not to speak of living human beings. Nothing can exist without it.

Life force is eternal, and because of it, all life is eternal. The life force has all divine attributes. It is; it has not come into existence, it does not do, it does not work or have -- it simply is. Life force is all around you and within you. An inanimate object (which you call dead) is only so temporarily; it is petrified life force. Death is but an illusion.

All life, in whatever way it manifests, must exist eternally, for noneternal life is no life and therefore a paradox. PL 48

Exercise 1a: Take a moment to listen to your own life force. Simply feel what IS.

Here are the facts, as well as I can transmit them to you, at least in a condensed form:

I have mentioned that in the Fall, a plurality came into existence from a unity. In other words, a splitting occurred. It is not only that the one being, the dual being, split into half, but as the Fall continued, the split multiplied and multiplied. And some of these part-souls became, as an expression, mineral, plant and animal life. Before the earth-sphere existed, these expressions existed in other worlds or other forms, and when the world of matter came into existence, these part-souls incarnated in these various forms. The higher the curve goes upward, the more these particle-souls unite again. For instance, the split is stronger in the mineral kingdom than in the plant kingdom, which is further split than the animal kingdom. *Questions and Answers* PL 24QA

Exercise 1b: Imagine the inner spiritual reality of an inanimate object; which can only 'be'. For a few moments, that might seem like a vacation! Yet eons might pass before they are able to 'upgrade' to... a blade of grass! Or, a creature that has some degree of autonomy, even though governed solely by instinct. Then consider the superpower you possess: self-awareness.

States of consciousness can roughly be differentiated into the following three groupings:

1. Consciousness without self-awareness, a timeless state
2. Self-awareness
3. Timeless state of being *with* self-awareness

Animals, plants, minerals, and inanimate matter fall under this first category. Even minerals have their growth and change processes, though much slower ones than the other categories.

When consciousness creates in a certain direction, the life spark slows down and down until the energetic stream petrifies. It condenses into such a thick crust that the underlying energy is invisible -- not perceivable with the human eye.

However, beings whose expanded state of consciousness makes them capable of perceiving more than the surface can observe very clearly the highly potent energy aspect within inanimate matter which has no manifest consciousness. But such beings can also perceive the consciousness content within this potent energy, the consciousness contained within the outwardly "dead" material.

[The Phenomenon of Consciousness](#) PL 217

Exercise 1c: As a human being, you have the potential to expand your consciousness in order to perceive the reality of other life forces. A rose or a mouse might consider this a superpower! Revisit the cartoons and stories of your childhood. Notice how they endow inanimate objects, plants, and animals with capabilities that we take for granted. (and, as if all life forms would want to have them!)

Long before fallen spirits were far enough to be born as men and women, the spiritual life force first acted and created other forms of life: animals, plants, minerals were at first without self-knowledge, just as a plant or mineral is without self-knowledge.

But as time went on and on, and more and more beings came into this state of longing for light -- this would perhaps constitute the only feeling these beings had at that time -- gradually, very gradually man in material form came into existence through various intermediate states.

When this happened, a major phase was accomplished. For this was the time when the first glimmer of self-knowledge was born -- or reborn, or became awake again.

The Fall PL 21

The spirit in his highest degree of development combines the male and the female aspect. There is no separateness. That man and woman exist on earth as separate entities is, as you will readily understand now, a result of this splitting. Lower developed beings, like animals and plants and minerals, are still in a state of further splitting or division. Man's state, being split in half, so to speak, is the last form before reunion, as the one creature he once was, can take place.

God: The Creation PL 20

Exercise 1d: The Pathwork premise is that our attraction to dualistic thinking created the illusion of a split. Our attachment to the illusion prevents us from feeling the true unitive state. To heal this inner split, we need to experience its false beliefs, misconceptions, and distortions of dualism.

What false beliefs do you have that the split between male and female have brought to the surface so far? For instance, regardless of your gender or choice of partner, do you value male love over female love? Do you see one gender as better (or worse) than the other, in any way?

Week 2: Exploring Petrified Life Forces

The life force is everything that exists, everything good. And everything negative or detrimental is petrified life force -- divine truth or divine law that has not been adhered to. PL 48

As long as you wish the positive because you fear the negative, this fear barricades the way to the positive. This sphere of consciousness, the planet earth, with its individuals in their overall state of development is distinguished by the fact that most personalities desire the positive because they fear its opposite negative. [*Abundance vs. Acceptance*](#) PL 130

The existence of your earth plane is one pulse beat of the universal clock. Every planet has its own regulatory system of pulse beats. The star appears, the star disappears; perhaps one beat has billions of years of duration. But time is an illusion, and you perceive this illusion of time as different time spans. So, the pulse beat of a planet seems of a very different nature to you than one single pulse, pumping spirit life into your organism, through your heart.

The Pulse of Life on all Levels of Manifestation PL 238

Exercise 2a: Find any place in you that fears the negative, so that the positive is a solution rather than a goal in itself. All animate and inanimate forms on this planet exemplify aspects of petrified life force. This is what keeps you from doing science-fiction-y things, like walking through walls (because both you and the wall contain petrified life force).

Let us assume, for the sake of demonstration and example, that if a human being lives in complete and utter harmony with this life force, then he would not die.

Yet he would not remain in the physical body either; for your matter is petrified life force, and exists only where the life force is disturbed in some way. He would gradually transform his body to a spiritual form of existence.

Therefore, as you have heard in the past from various sources of teachings, death is not necessary in principle, and one day death will be eliminated. This is so although in a very far future as far as your time measurement is concerned. But in principle it certainly is possible. PL 48

Exercise 2b: Spend a few moments contemplating what it might be like to continue living after your current form dissolves. Do you anticipate some version of 'happily ever after'? See if you can fast-forward past such a time of respite (= well-deserved rest ,after the hard work you have done on this planet!). Find the place in you that is eager for new challenges in those unknown dimensions.

“Long-term consistency trumps short-term intensity.”

Bruce Lee, Martial Artist 1940-1973

Wherever the life force has not been violated, happiness (if you want to choose this word, for lack of a better one i.e. complete harmony, and peace) would be yours -- without the trepidations, without the fears of losing it again, that *temporary* happiness brings for you human beings.

You all know from the teachings you have received so far that you violate spiritual law constantly within your soul -- if not in deeds, words, or thoughts, at least in your unconscious emotions. Whenever this happens, you twist the life force that could flow through you. You prevent the life force from reviving in you.

What I am showing you on this path of self-finding is a gradual, slow way -- and there is no faster way -- to dissolve all the walls, the rocks, and the petrifications within yourself so as to allow the life force to work in you.

Whoever has experienced only a slight victory, has overcome a resistance, has found a truth or a recognition within himself, -- even an unpleasant one, -- has experienced a feeling of peace, of strength, and of being vibrantly alive -- until the next obstruction is tackled. This should be a living proof for you. It should help you to think of these rare moments; to know that what I say to you here is not just a beautiful story or a faraway and abstract theory that has no bearing on you now, but is utter reality, accessible to you any time you choose it by turning inwards. PL 48

Exercise 2c: Make a list of 8 'small victories' that resulted in a feelings of peace and strength. Were these easy or difficult to recall? Notice if you 'grade' such moments, as if some are more meaningful than others. What criteria do you use determine such rankings?

Divine Law is Inner Freedom

The obstructions within your own soul can only exist because you have violated divine law in some way. And when divine law is violated, the life force cannot work.

Now, the word "law" very often has a wrong connotation for you. Most human beings, when they hear this word, react to it emotionally in a way that has nothing to do with the sense in which I mean it. Law means -- often unconsciously -- something you are forced, compelled to obey. It means an authority that is stronger than you as I outlined in a whole lecture recently [Authority PL 46]. This emotional association with the concept of "law" is completely opposed to the true meaning. PL 48 Law in its real and divine sense has nothing to do with force or compulsion, quite the contrary. As soon as force or compulsion sets in, whether it comes from outside or from within your own self, in that moment divine law is violated.

For divine law is inner freedom. This inner freedom you can gain only by liberating your errors. This is done by bringing them into consciousness as the first and inevitable step. Only after that, can you free yourself from them.

So perhaps it may be better to say: instead of violating divine law, divine truth is violated. For truth is life force, and truth is certainly divine law. You all know, my dear friends, that the path I lead you onto shows you the truth about yourself. PL 48

Exercise 2d: What difference does it make to you emotionally if you replace the phrase 'divine law' with 'divine truth'? If you see these two concepts as different in any way, explore & verbalize that.

Encounter the Untruth. That, of course, will not be pleasant. This fact leads many people to believe it cannot be the right way; they think that because the divine is beautiful, harmonious, and blissful, to

experience the very opposite of all this is an indication that something contrary to the divine is taking place in their life.

What a misunderstanding this is, my friends! How can you believe that you can simply bypass all the disharmony you yourself have planted in your soul, and come to experience divine harmony directly? You have to understand the wrong causes you have set in motion before you can truly understand divine truth.

If you have planted a poisonous plant in your garden, spoiling all the good plants, can you get rid of it unless you touch this bad plant and pull it out with your own efforts? This work is not exactly pleasant; the poison may even affect you temporarily while you touch this plant, but it cannot be avoided. It is better than leaving the plant in your garden! Therefore, pain has to be endured, one way or another, before you can get rid of that in you that causes (and constantly did cause) pain.

PL 48

Exercise 2e: Consider how this relates to the phrase, "Pain makes man think; thought makes man wise; and wisdom makes life endurable." from *Teahouse of the August Moon* 1953 by John Patrick.

Connecting the prior lecture, [The Wall Within](#) PL 4, to Petrified Life Force:

QUESTION: Are we also supposed to realize that this wall is almost physically present?

ANSWER: I do not know how you mean "physically." I mean that you should visualize it; you should feel it as a concrete 'something' in your soul. And after a while you get to this point.

You cannot see it physically. It is just that you feel a hardness in you, something that prevents you from being completely empty and flowing.

QUESTION: Is it only after the "wall" has disappeared that one's spiritual rebirth can occur?

ANSWER: The spiritual rebirth can occur after you are completely conscious of everything that was behind the "wall." Then the regenerating forces of nature can begin to work.

But try to realize what it means to be completely conscious. It includes applying the findings at all times to one's reactions, and that is certainly not so easy.

QUESTION: Eventually do all spheres of an entity become one?

ANSWER: Absolutely. It is only as long as the personality is split that each part of the personality has a sphere. No unpurified person is one; for you have so many different and contradictory currents -- and these are splits. Purification means one-ness.

PL 48

Exercise 2f: Using the metaphors of a Wall Within (or, inner splits), sense a place in yourself that is holding on, holding back. Or, where there is condensed energy that enables you to push forward!

The existence of your earth plane is one pulse beat of the universal clock. Every planet has its own regulatory system of pulse beats. The star appears, the star disappears; perhaps one beat has billions of years of duration. But time is an illusion, and you perceive this illusion of time as different time spans. So, the pulse beat of a planet seems of a very different nature to you than one single pulse, pumping spirit life into your organism, through your heart.

The Pulse of Life on all Levels of Manifestation PL 238

Week 3: Two Kinds of Pain: Degenerating and Regenerating

Distinguish between two basic kinds of pain, my friends: the degenerating and the regenerating pain. You have that as well in the physical realm. You have the kind of pain when a person becomes sick, where he feels the symptom of the sickness. He is then on the downward curve in this respect.

And then you have a different kind of pain, often even more acute, which is the healing process, or the regenerating pain. This is often, nay always, a necessity before a complete cure or healing can take place. This is then on the upward curve.

Before undergoing an operation, for instance, first you have the kind of pain when you become sick, often long before you know exactly what is wrong with you. And then your physician finds out, and he operates on you. Then you endure, in the healing process, a completely different kind of pain. You all know the wound cannot heal before the pus has been let out, and, in the cleansed state, the tissues can grow together again. That is the regenerating pain. PL 48

Exercise 3a: Recall incidents – physical, mental, and/or emotional – where you have experienced the same circumstances differently, depending upon whether you were on a downward curve or an upward one. What caused your perceptions to change? More information? A sense of purpose? That the goal was achievable? Or, that you had been on the wrong track, and suddenly sensed a new one?

The Soul also undergoes a healing process

The same holds true for the soul. You cannot get around it, my friends. You only have the choice between remaining on the downward curve, remaining in the state where you suffer by the symptoms of your disease, refusing to go to the root of the evil; or, you have the choice of mustering up your courage and approaching the root of the evil; to cut open the wound and thus allow the healing forces of nature to set in by letting out the pus (= your errors, your wrong conclusions), enduring for a while the kind of pain that is regenerating. The cutting up, the operation itself would be the unpleasantness of facing that which is wrong in you. This is the high point, or shall we say the low point, before the upward curve can begin.

By visualizing this, you may find it easier, you may often find a way out of the hole, the apparent bottleneck you find yourself in now. This blackness and despair need not be yours.

Turn around, my dear ones, try to understand what I say here and approach the real wound, instead of continuously paying attention to the symptoms. (That is what you all like to do, due to the unconscious fear of the more poignant pain of the operation.)

Once you go through the "operation," the time of pain is very limited if you have the courage to go through with it. While if you stay on the downward curve, turning away from the origin of the symptoms within yourself, but attaching yourself to the symptoms themselves, you will endure this type of pain as long as you do not decide to take the "operation" upon yourself. PL 48

Exercise 3b: Since the spiritual purpose of an incarnation is to uncover false beliefs by experiencing the pain and suffering they cause, most people on a spiritual path have had at least one 'dark night of the soul'. See if you can identify with the description of this having been an 'operation'.

Indications that one or more images exist:

1. Inability to change certain faults.
2. Lack of control over negative behavior and emotional reactions
3. Repeating patterns of negative dynamics, interactions
4. The presence of unconscious idiosyncrasies, inconsistencies, prejudices.
5. Tight or tense emotions around specific areas of life, types of personalities

What to look for:

1. Formulate what the image is.
2. Find on what basis it was formed.
3. Find what the wrong conclusions were.
4. Try to draw a vicious circle {Ref: PL 50} that illustrates how you stay in a particular recurring / repeating pattern of emotional reaction / degenerative energy.

Examples of Images:

1. If I feel my need, I will be overwhelmed
2. I have to be on top to be happy.
3. The authority is always right (or always wrong)
4. Hardness is strength.
5. If one is godly, he is unhappy.
6. It is depleting to give.
7. I am so worthless: no one can ever love me.
8. It is better to be a loser.
9. To have abundance and success is dangerous.
10. To have money is bad.

Questions to Ask:

1. Why did I build this image?
2. What was the occasion?
3. What did I want to protect myself from?
4. How would the dynamics of my Vicious Circle change if I did not have this image?

Worksheet by Alex Mylonas©1979

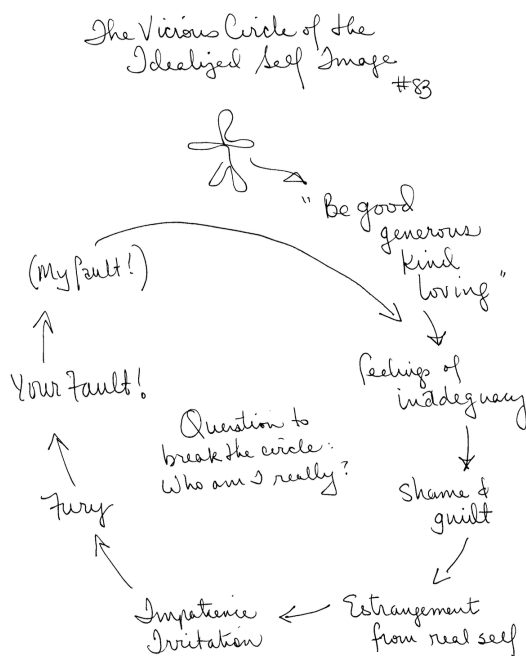
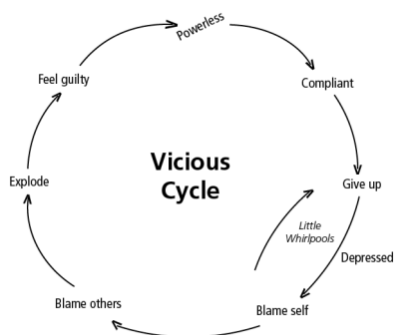
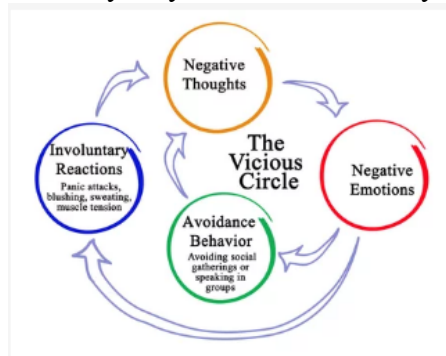
Exercise 3c: Look for Images that encourage you to ‘petrify’ your life force. Notice if these connect to what you and others consider your faults, or habits that you have not been able to overcome.



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Life force is regeneration. Petrified life force means degeneration.

Wherever you have your images, your wrong conclusions, your conscious and unconscious ignorance and errors, you do not live in truth, and therefore you prohibit the life force, which, among many other attributes, is always a healing force -- healing for your body, for your mind, your soul, and your spirit. Thus you will readily believe that all physical sickness is only a chain reaction, a final outer manifestation of obstructed life force. Whenever you have such blocks or obstruction within your soul, the only way to cure this malady is to prepare for the proper reception of the life force. PL 48



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Exercise 3d: Engage your inner child! Illustrate the steps of a dynamic that is familiar and degenerative; where each step seems to make the situation worse, yet you find yourself treading the same path over and over again. Then imagine what you might need to release to exit the circle.

Spiritual Development continues throughout an incarnation

Incidentally, this does not only apply to taking this path on the whole, but it applies as well to every phase on it, to every individual problem in you. You may be on the path all right, but you may still deliberately overlook certain sick points in your soul, seeking remedy from the outer world, from your surroundings. This is attaching yourself to the symptoms.

I assure you, actually this type of pain is so much worse than the healthy pain of regeneration that can set in the moment the operation is done. The more you dissolve of the obstructions, the petrifications, the more you let life force flow through you by facing your inner misconceptions, misunderstandings, the untruth that lives in your soul. The more you do that, the sooner you will revive on all levels of your being. PL 48

Week 4: Image Finding: An Exercise in Understanding

As I said at the beginning of this lecture, perfection is limitless and eternal – eternal not only in the sense of time, but also in the sense of scope, if you know what I mean. You can sense and experience an infinitesimal part of all this even while you are on earth.

Whoever approaches the stony and steep road of self-finding will experience changes gradually, little by little, that are unbelievable, -- or would be unbelievable for anyone who does not believe in this.

Yes, miracles do happen on this path, but only if you earn it the hard way. And that is the way it should be, and that is the way you can safely believe it -- because in this way it makes sense. And do not forget another thing: the subtle change going on in the personality manifests first inside. It is not noticeable to begin with outwardly, by others or by changed circumstances.

The first manifestation must always be that you feel and react differently inwardly. The rest follows later. So, my dear friends, let the life force into your soul. You cannot do so by simply willing it, by simply trying to get into a holy mood. This may help a little. PL 48

Exercise 4a: What changes have you already experienced? Find examples of ways you felt before you started exploring spiritual paths, and how you feel now. Make a list of ways you react (respond) today that are different from earlier periods of your life.

Make a list of all that is important in an individual's life.

There are general attitudes that have to be investigated. An attitude to a general concept or idea becomes very personal in the human mind and soul, because all human beings encounter personal experience in their lives with regard to these subjects

The method I have shown you so far is, briefly speaking, to look at the life story of the individual; the practice of the daily review.

Now I would like to give you an additional item that should be incorporated as an integral part of the method. It is this: let us take all general ideas, concepts, and principles. A few I have discussed already, like for instance: love, eros, and sex; authority; and a few more. Others I will discuss in the future. Aside from the subjects I have discussed already, you will find a number of other subjects not yet discussed: money, work, emotions, human relationship, and a number of other general subjects which you can take one after the other, according to the most outstanding problem of the individual.

It is not necessary that a lecture be given on the subject in question. You can find out the attitude of the person to such a subject regardless of whether or not it has been discussed in a lecture. PL 48

Exercise 4b: These suggestions are phrased in the 3rd person pronoun because it is useful to explore a concept by observing someone else (vs. judging or diagnosing them). Since we all do this anyway, why not do it for a good cause? = Make lists of what matters most to the people you know. Notice differences and commonalities.

Find out what is the attitude of the person.

Let him tell you first what is his general idea, his theoretical idea about it, his concept on the subject he apparently has difficulty with in his life. Then begin to question the person about his life from this particular point of view: his childhood, his adolescence, his young adult life up to middle age, or whatever the case may be. Let him tell you his parent's attitude, or apparent attitude, on this subject. You may then find out that in nine out of ten cases, the intellectual concept is completely different from the emotional behavior and attitude. This should furnish an important clue for the images and wrong conclusions.

PL 48

Exercise 4c: Discovering unconscious attitudes that we learned in childhood by exploring ‘6 Things Kids Totally Notice Without Adults Realizing It’ below. The answers to the questions reflect attitudes that manifested in the childhood home. These may never have been verbalized, but kids know all the unwritten rules! If left unexpressed, these can sink into the unconscious and affect attitudes throughout our lives, without our conscious mind realizing where the influence came from.

Method:

If possible, find a friend or fellow ‘seeker’ to work with, so that you can hear your answers (and not spend too much time editing them!).

Allow ½ hour to cover each person’s responses to the 12 questions, 6 for each primary caretaker. Then, without comment or discussion, switch and let the other person answer. Or, write down your own answers.

This exercise can be expanded to include grandparents / primary caretakers of your parents, based upon what you know.

The answers to these questions reflect attitudes that manifested in the childhood home. Notice if the parents and/or caretakers intellectual concepts differed from their emotional attitudes. Images can be part of the generational dynamics of a family or culture.

Exercise adapted from ‘[6 Things Kids Totally Notice Without Adults Realizing It](#)’

Article by Kelsey Borresen for the Huffington Post

- A. What is your general idea, your theoretical idea about life?
- B. What is your attitude on the subject you feels you have difficulty with?
- C. What was your early experience regarding this subject?
- D. Ask the following questions about each primary and secondary caretaker; mother / father, and/or female / male role models. Include additional questions as needed to focus on a particular topic.
 1. How did _____ feel about their partner, co-parent or other authority figures in their life?
 2. How did _____ feel about their body?
 3. What did _____ actually value?
 4. How did _____ demonstrate self-compassion (or lack thereof)?
 5. What was _____'s relationship with food?
 6. How did _____ talk about you (as a child) to other adults?
- E. Notice any discrepancy between the intellectual concept and the emotional behavior and attitude. This is a clue regarding images and false conclusions.

Continuing this exercise with self or others

QUESTION: Can one be completely conscious of all one's wrong trends?

ANSWER: The time must come. I do not say that it has to come in this life with all of you. Perhaps there are very, very few where this is possible, but eventually it must come with everyone. If that point would not be reached at one time, you would go on and on incarnating. But you can reach quite a bit of it in this life, and thus you speed up all succeeding lives because your psyche becomes impregnated with the process of self-search. It becomes second nature, and this will remain in the soul so that the entity will benefit by this habit in future incarnations.

There should be no rigid system, you know you have to work with your intuition, and according to the personality. In one case, one of these general subjects should be taken first, in another it should be a different subject. And again in another case, it may be better to wait with this type of investigation. But I cannot give you a different subject of this sort every time. There are many reasons for that. For one, you need time to assimilate one subject. If you were to hear a new one each time, it would not be good. For another reason, there are always other themes of equal importance that have to be given to you as well.

I do not promise you miracles, my friends. Miracles in that sense do not exist. Whoever wants to believe in them, wants to believe in this kind of salvation, does so because it does not entail personal effort and overcoming. It would be so easy. No, this does not exist. This path is one of utter reality; there are no fairy tales. The reality I show you can be experienced by everyone, but only provided he does not shy away from the labor and the price to be paid. PL 48

Exercise 4d: Reflect upon these reminders. Notice if you feel a sense of discouragement, that might indicate you were hoping for a shortcut. When we frame something as 'work' time can seem to move more slowly, vs. when we are confident of a positive outcome - or decide to re-frame a task as 'play'.

'Believe in God... and tie up your camel.'

A prayer will give you the necessary strength to do your part. But the work has to be done. That which you have at one time or another destroyed of the living flow has to be set right by your own efforts in facing yourself, in overcoming your resistance and sluggishness and self-pity.

Therefore you should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, you have caused it. So find this cause. You have to find a different way to come out of it than the direction you are taking, the state you often remain in too long. Think about this, my dear friends. PL 48

Exercise 4e: Make a list of ways you feel life events reflect injustice and unfairness towards you in particular (vs others, or global events). Notice if this list is also different from perceptions you held before you started your spiritual search. Reflect upon what has changed.