

Pathwork™ Steps

Additional Exercises on Finding Images

Study Guide for Online Meetings on PL 48 Week 5

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

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. Yes, miracles do happen on this path, but only if you earn it the hard way. You cannot do so by simply willing it, by simply trying to get into a holy mood. PL 48

If you did not complete Exercise 4e from Week 4, consider doing it now:

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.

Exercise 5a: What does ‘perfect’ mean to you? How have you experienced ‘perfect’? or, what do you imagine ‘perfect’ looks like, feels like, acts like? What would a perfect man look like, talk like, behave? What would a perfect woman look like, talk like, behave? What would the perfect job feel like? (For fun – see H.G. Wells’ 1936 fantasy [The Man Who Could Work Miracles](#) on YouTube)

What is an image?

- A separation from truth, divine law, God, and your real self
- Wrong conclusion about life you already harbor in your soul
- Shock and trauma in relationship, relating back to the fact that your parents were not perfect, and you feel that you deserve more / better love than you received.
- Frozen in time. The rest of you matures, but this place remains immature and hidden
- A generalization about reality, not the true facts
- A preconceived idea that you project or transfer onto anything that “sounds like,” “looks like,” “smells like,” “acts like,” “feels like,” etc.

Images create defense systems that are:

- based on past events/history, not in the moment
- ignorant, because they were created by a young, traumatized child
- undeveloped / underdeveloped, because they live in the unconscious vs. in reality
- contracted, tight, rigid energy vs. open and flowing
- trying to prove itself right (rather than focusing on the truth)
- only able to trust emotional reactions, because real feelings would lead to truth

Compiled from *Images* PL 38, *Finding Images* PL 39, and [Images Summary](#) PL 40

When one speaks of life, what is really meant? Does one mean a stretch of years one spends on this planet? Or does one mean the fact that life organisms exist, and that one among the others senses the wonder of this?

Does one think of any particular significance or purpose of life as postulated by the various philosophies or religions? Or does one merely think of a chore life represents, which one has to get through as best one can?

Does one think of life as essentially favorable? Or does one experience life as a hostile force against man so that man has to defend himself against it?

The Nature of Life and the Nature of Man PL 147

Exercise 5b: If the world were perfect, *what would your role be?* What would your spiritual task be - or become? That is, what do you imagine the spiritual purpose of a life on a perfect planet to be?

Misconceptions about Pain

Since no ordinary human being is pure, pain is therefore to some degree unavoidable. But if you accept life with its pain, always trying to understand what in you called it forth, and you meet it voluntarily, you will not only encounter much less pain than you have by building up and living from these rigid images, but the pain that is unavoidable (due to your inability to be perfect) will not hurt half as much.

Remember that, my friends, and look at your own conclusions, defense mechanisms, and images from this angle: *"What did I try to avoid? How much did I succeed?"*

Then think about pain a little differently. Try to think about it with a maximum degree of detachment or with a new and fresh outlook. You will all realize that pain is also relative. The fear of the pain is always infinitely worse than the pain itself.

It is the same way with physical pain. If you push against it, if your muscles tense up, an incision will be much more painful than if you relax.

It is exactly the same way with the soul. You are so much afraid of hurt that you create forms in your soul that bring you infinitely more and needless hurts than would befall you without your imagined defenses.

Understand that you learn also by learning to meet the pain, by the way in which you accept it as long as you are not over this stage. The more relaxed you can view yourself and your suffering, finding out the causes and eliminating them, the faster will you get over it

[*Finding Images*](#) PL 40

Exercise 5c: The purpose of images is to protect us from pain or distress. Make a list of experiences where you felt you sustained injury, or that you perceived as harmful. Include emotional and Ego-based 'bruises' where you felt diminished, frustrated, or attacked. Alternatively, make a more general list of what you fear— change, loneliness, rejection, lack of pleasure, global events.

Then list all the things you do daily to avoid (or minimize) feeling that pain or fear.

Misconceptions about humility, human suffering

There are those -- often devoutly religious people -- who think they have to accept any difficulty as being a sign of humility. This is true only to the extent to which the personality has accepted the law that was violated by him. The willingness to accept a difficulty, recognizing one's own responsibility instead of vaguely blaming the "injustice of the law," constitutes true humility, my dear ones.

This true humility cannot be a completely passive state which has no more to do with humility than outright revolt and rebellion. True humility is passive inasmuch as it accepts the temporary state of suffering, understanding that it is self-inflicted; but it is also completely active in the willingness to work, to overcome, to fight, and to recognize self-responsibility for all suffering in the most direct way possible. There you have a good example of a harmonious interplay between the active and the passive currents as they should be.

So you cannot sit with your hands in your lap, waiting for things to change instead of changing yourself from inside out! Whatever mishap occurs in your life, you have the power to change it.

[*Finding Images*](#) PL 40

Exercise 5d: Make a list of negative experiences that happened over a decade ago. Would you become involved in the same relationships, dynamics, circumstances, and outcome today? Would you respond the same way today as you did the?. If Yes – why? If No – what changed??

Lack of Awareness of One Area of Your Human Personality Prohibits Awareness of Another

It is one of the immutable spiritual laws that lack of awareness of one area in you prohibits awareness of another. This is why the path purification process is above anything else a process of making things conscious. This awareness unifies you. It is the aim of this Path's approach to spiritual reunion to help towards a reunification of everything that has ever split off.

[Resume of the Basic principles of the Pathwork, Its Aim and Process](#) PL193

Messages of the unconscious come forth through the major problems in life; through repetitive patterns; illness; any unfulfillment or lack. Once it is understood that these occurrences are a message that something is off within the psyche, that a distortion and misconception must somewhere exist, the first step towards elimination of the problem is taken. Yet they are not really hidden. It is merely a question of learning to focus attention on them.

[The Language of the Unconscious](#), chapter 8 of The Path to the Real Self PRS 8

The more unconscious such attitudes, convictions, and erroneous conclusions are, the more powerful they are.

Your subconscious affects the subconscious of another person. According to the level you give out, you affect that particular level of the other person. What comes out of your true inner being, your real self, will affect the real self of the other person. What comes out of any layer of your mask self will affect the similar or corresponding mask self or defense mechanism of the other person.

When you cannot let go of your self-will, when you cannot accept the imperfection of this world, when you cannot have life and people according to your very own way, even if yours may be the right way, it seems to you that you have fallen into an abyss. *[The Abyss of Illusion](#)* PL 60

Important points in image-finding:

1. Do not approach your subconscious with a moralizing attitude; if you do, it will resist.
2. Connect patterns with inner attitudes. You will gradually find that they are faults.
3. When you are at the point of recognizing that inner reactions stem from faults there will be two possibilities:
 - a. You may find the same faults that you had found on a more superficial level and may be shocked to find them all over again. See it as something new
 - b. You may find totally new trends, completely contradictory to what you consciously know. Do not reject it by saying that "it cannot be true since I have the opposite!"

Guidelines to Finding Images Alex Mylonas@1979

Exercise 5e: Finding your images.

Notice consecutive chain reactions, vicious cycles in yourself. One reaction leads to another. 2 keys may help: first, there is always a pattern of repetition. Second, one of the universal factors of images is the element of fear. One invariable factor is that the human entity is afraid of being hurt, and is afraid of things going against his will -- as if that were also hurtful or dangerous.

After you have found some of these vicious cycles [Ref PL 50 worksheets in the , try put into words concisely what the wrong conclusions might be, that feed and empower these cycles (i.e. a negative intention that hides behind 'good' thoughts and justifies your feelings). Notice ways this wrong conclusion has influenced your life. *[Finding Images](#)* PL 40