

The God Image

Study Guide for Online Meetings on PL 52

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

Week 1: Images of Authority Become Images of God

Week 2: The Reality of God vs. Images of God

Week 3: How to Dissolve an Image

Week 4: The Reality of God vs. Human Projections

Week 1: Images of Authority Become Images of God

[If you have any objections, concerns, or reservations about the word God as used in the lectures, please feel free to substitute words that fit your current belief system to represent the force that originated spiritual law and/or governs spiritual reality.]

At an early age, the child experiences his first conflict with authority [[PL 46](#)]. The child also learns that God is the highest authority. Therefore it is not surprising that the child projects his own subjective experiences with authority onto his imagination about God.

Hence an image is formed, and whatever the child's and later the adult's attitude toward authority is, his attitude towards God will, most probably, be colored and influenced by it.

A child experiences all kinds of authority. When the child is prohibited from doing what he enjoys most, he feels authority as being hostile. When parental authority grants favors to the child, allows him to indulge in his desires, authority will be felt as benign.

When there is a predominance of one kind of authority in childhood, that will be the unconscious attitude towards God.

In many instances, however, children experience a mixture of both. Then the combination of these two kinds of authority will form his image about God. In the measure that a child experiences fear and frustration, in that measure will fear and frustration unconsciously be felt towards God. God is felt to be a punishing, severe, and often even unfair and unjust force that one has to contend with.

You do not think so consciously. But in this work, you are used to finding emotional reactions that do not at all correspond to your conscious concepts on whatever subject. The less the unconscious concept coincides with the conscious one, the greater is the shock when one realizes this discrepancy.

Practically everything the child enjoys most is forbidden. Whatever gives most pleasure is prohibited, usually for his own welfare; but this the child cannot understand. It also happens that parents do so out of their own ignorance and fear. But the child is thus impressed that everything most pleasurable in the world is subject to punishment from God -- the highest and sternest authority. In addition, you are bound to encounter human injustice in the course of your life, in childhood as well as in adulthood. Particularly if these injustices are perpetrated by people who stand for authority -- and are therefore unconsciously associated with God -- your unconscious belief in God's severe injustice is strengthened. Hence your fear of God is strengthened. **All this forms an image which makes, if properly analyzed, a monster out of God. This God, living in your unconscious mind, is really more of a Satan.**

Images: Summary based on the Pathwork Lectures 38-41

An image is created when 1) specific experiences with cause and effect are 2) generalized into a conclusion that 3) seems to produce positive results, so goes unchallenged. Eventually the image sinks into the unconscious and behaves like an intellectual or emotional 'reflex', a defensive system that is used for all similar situations, short-circuiting any need for further examination.

What is an image?

- Wrong conclusion about life you already harbor in your soul
- A generalization about reality, not the true facts
- A preconceived idea that you project or transfer onto anything that "sounds like," "looks like," "smells like," "acts like," "feels like," etc.
- A defense system that:
 - Tries to prove itself right rather than focusing on the truth
 - Is based on a past event/history and not in the moment
 - Only trusts emotional reactions, because real feelings would lead to truth

What encourage images:

- Refusal to accept life for what it is
- Pride is the common denominator

Indications that an image is present:

- Cannot overcome faults, negative patterns and attitudes
- Re-occurring negative experiences and happenings that come to you without doing anything to consciously call them forth
- Cross-currents of conscious and unconscious desires that seem to conflict:
- Fears, avoidance and resistance to specific things and occasions
- Image = shock and trauma in relationship, relating back to the fact that your parents were not perfect and you feel that you deserve more / better love than you received.
- Frozen in time. The rest of you matures, but this place remains immature and hidden
- Numbness: body, nerves (fight, flight, collapse), feelings, mind, psychic abilities
- Slow, because it is stuck in the past and does not react to what is true Now
- Ignorant, because it was created by a young, traumatized child
- Undeveloped, because it can only survive in the unconscious.
- Contracted, tight, rigid energy vs. open and flowing
- Vigilance, obsessive compulsive behavior, self perpetuating vicious cycle, re-creating childhood hurts, re-traumatization
- Defensive behavior
- Generalizations about life made from wrong beliefs
- Automatic reflexes acting against what one wants and is interested in
- Defending something that does not exist – "illusion"
- Shame is the typical image reaction. Once shared it is often disempowered and disappears.

Everything connected with these wrong inner images causes acute shame. [Finding Images](#) PL 39

Shame is built on the mistaken idea of uniqueness of your case, and this causes the whole thought and emotional process to be hidden away. And due to the fact that it remained hidden, this part of your personality could not grow with the rest of your being. [Images and the Damage They Do](#) PL 41

Exercise 1a: Identifying images is a skill that requires practice to develop.

Use the 2 factors that encourage images (above, refusal to accept life for what it is & pride) to identify some images in your life, and notice which indicators you can identify. Pay attention to any feelings of shame, which would indicate that you are on the right track!

Week 2: The Reality of God vs. Images of God

[If you have any objections, concerns, or reservations about the word God as used in the lectures, please feel free to substitute words that fit your current belief system to represent the force that originated spiritual law and/or governs spiritual reality.]

God is, among so many other things, life and life force. Think of this life force as you think of an electric current, endowed with supreme intelligence. This "electric current" is there in you, around you, outside of yourself. It is up to you how you use it. You can use electricity for constructive purposes, even for healing, or you can use it to kill. That does not make the electric current good or bad. You make it good or bad.

This power current is one important aspect of God; where it touches you most. This may raise the question -- that thus God would be entirely impersonal, and therefore to be feared even more. It may contradict the idea of His infinite love. Neither is true.

God, being All, is personal, as well. His love is not only personal in God manifest, but also in His laws, in the being of the laws. The apparent impersonal love of the laws that are (understand what is implied in the words "that are!") are made in such a way that they lead you ultimately into light and bliss, no matter how much you deviate from them.

The more you deviate from them, the more do you approach them by the misery that the deviation inflicts. This misery will cause you to turn about at one point or another. Some sooner, some later, but all must finally come to the point where they realize that they themselves determine their misery or bliss. This is the love of the law.

The love of the law -- and therefore of God -- is also contained in the fact that God lets you deviate if you wish, that you are made in His likeness. Meaning, that you are completely free to choose as you wish. You are not forced to live in bliss and light. You can if you wish.

When you have difficulty in understanding the justice of the universe and the self-responsibility of your life, do not think of God as "he" (although, of course, God can manifest as a person too, since He can do anything and is everything). Rather think of God as the great creative power at your disposal.

Therefore it is not God who is unjust, as your subconscious may believe, but it is your wrong use of the powerful current at your disposal. If you go on from this premise and meditate on it and, from there, on to search where you have ignorantly abused the power current in you, God will answer you. This I can promise you. If you sincerely search for this answer and if you have the courage to face it without the wrong kind of guilt feelings, you will come to understand cause and effect in your life that led you to believe (be it until now unconsciously but, because of that, all the more powerfully) that God's world is a world of cruelty and injustice; a world in which you have no chance; a world in which you have to be afraid and hopeless; a universe where God's grace comes to a few chosen ones, but you are excluded. Only this can free you of this fallacy that distorts your soul and your life.

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Exercise 2a: Imagine that you are holding your power current in your hands. What do you blame God for? Why? God would have known in advance that there would be mistakes, misuse, -- even fear about wielding such power, that could lead to periods of denial and neglect. Yet sense into your own responsibilities here; do you want this power? And isn't a learning curve inevitable?

Both benign and hostile images create conflict.

Now let us examine the case wherein a child experiences benign authority to a greater extent than he experiences fear and frustration. Let us assume the child is spoiled and pampered. Doting parents fulfill every wish of the child, indulge in his every whim. They do not instill a sense of responsibility in the child, so that consequently he can get away with practically everything.

The God image resulting from such a condition is, at first and superficial sight, more similar to a true concept of God. He is forgiving, "good," loving, indulgent. This causes the personality to (unconsciously) think that he can get away with anything in the eyes of his god. He thinks he can cheat life and avoid self-responsibility.

To begin with, he will know much less fear. But since life cannot be cheated -- and one's own life plan cannot be cheated -- the results of his own wrong attitude will be of such a nature that conflicts, and therefore fear, are an outcome of a chain reaction of wrong thinking, feeling, and action. Thereby an inner confusion arises, since life (as it is in reality) does not correspond to the unconscious God image and concept.

Hostile authority may be the predominant factor. But almost always, both currents can be found. Many subdivisions of these two main categories exist in one soul, as well as many combinations of them. Depending on the predominant authority of the particular kind in childhood, the image is likely to be stronger in one direction, although even this cannot be generalized. It depends also on the characteristics that the entity has brought into this life, and also on the development in this particular respect in former incarnations. The more that development has advanced in this area, the less are surroundings able to influence the psyche.

Both alternatives are to be looked for, even if one appears stronger to begin with. The pampering and indulgent God image is not an additional factor to the monster image, but often the very reaction and compensation to it.

The personality may grapple between these two false concepts (unconsciously) and can never come out clear in this battle because both concepts are false, while he unconsciously tries to find out which is right. In every child's life, both kinds of authority are experienced no matter how much stronger one manifests. You may have one indulgent and one hard parent. Or you may even have two indulgent parents, but a severe teacher who instills fear in you and has a greater influence on your inner growth than you realize. Or it may be another relative or a sibling. So it is never just one kind of authority.

It is very important, my friends, to find out what your God image is. It is basic and determines all other attitudes, other images and patterns throughout life. Hence you should all examine this attitude that may be deeply hidden within yourself.

Do not be deceived by your conscious convictions. Rather try to examine and analyze your emotional reactions to authority, to your parents, to your fears and expectancies. Out of that, you will gradually discover what you feel about God rather than what you think. The whole scale between these two opposite poles is reflected in your God image, from hopelessness and despair in the emotional conviction of an unjust universe to self-indulgence, rejection of self-responsibility, and the expectancy of a God who is supposed to pamper you.

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Try to find that part in you where you do feel that way regardless of your simultaneously sincere love for God. Find out whether you do not fear God more than you love Him. If you do so, you can be sure this image of God exists in you, and you are living by a distortion and illusion, since all images are just that.

Enumerate the injustices of your own life -- do not go into the lives of others or general conditions, for there you cannot find the answer -- and then try to find where you have abused the power current and connect these instances with your injustices.

You have no idea what this discovery will mean to you. The greater the resistance to it at first, the greater the victory! You have no idea how free it will make you, how safe and secure. You will fully understand the marvel of the creation of these laws that let you, with the power current of life, do as you please regarding your own life. This will give you confidence and the deep, absolute knowledge that you have nothing to fear.

PL 52

The God Image Worksheet for Pathwork Lecture 52

This lecture deals specifically with the image of God that society and individuals manifest. The image of God tends to become merged with the overall image of authority, which is derived from one's earliest experiences with their parents or caretakers. The child's logic goes thus:

- 1) God is the highest authority.
- 2) Authority is what God represents.
- 3) My experience with authority becomes what my experience of God will be.

An image exists "if you fear god more than you love him" PL 52. The result is a negative image of God that reflects more of the *human parental and authority issues* than a clear understanding of a divine creator.

Images can begin in two apparently opposite situations, yet they produce similar results:

Authority experience:	Hostile	Benign
Interpretation	I am prohibited!	I am indulged.
Feelings	Fear, frustration	Irresponsibility
When limits are imposed:	Outrage at ANY limits	Outrage at ANY limits
Image of authority	Unfair and unjust Resentment leads to Rebellion	Bliss But when reality doesn't agree bliss turns to conflict
End result for both images	Rejection of God (atheism) Demand for individual authority (agnosticism = I will decide)	Fear and submission God's Grace must be begged for or earned – is not given freely

Exercise 2b: How Is your soul impregnated with wrong concepts about God?

Consider that your images about authority accurately represent your images of God.

Everyday attitudes will reflect both conscious and unconscious images. Use Daily Review (3 different versions are described or illustrated at the end of Week 4) to notice how you interact with different kinds of authority. Do you submit quickly, or under protest? Do you rebel openly, or seethe? Do you seek opportunities to exercise your own authority, or to sabotage the authority of others? Notice if you behave differently with less powerful representatives of authority, such as expressing anger more freely, or attempting to curry favor.

Week 3: How to Dissolve an Image

The tragic thing about the images is that they become a power. They will make you see and notice only certain things in connection with your image-conclusions, so that the image will be constantly supported and strengthened in later life, causing not only a painful discrepancy but untold conflicts and problems with your conscious goals as well as with the reality of life.

Images: The Damage They Do PL 41

He who has not yet found and dissolved his images is ensnared by them. You are constantly reenacting the drama of your own errors and wrong conclusions. You are caught in them unaware, and you repeat and repeat and repeat throughout your life -- indeed, as I said, often through many lifetimes -- what your own conclusions are leading you to and leading towards you, drawing towards you.

First you have to become conscious of the wrong concept to the full extent.

The second step is that you set straight your intellectual ideas. Even in your intellectual perception, you are but partly convinced that the image conclusion is correct. As long as this is so, you cannot free yourself of the enslaving chains of falsity. You should constantly check how much you still deviate emotionally from the right intellectual concept. Check this discrepancy quietly, without inner haste or anger at yourself that your emotions do not follow suit as quickly as your thinking does. Give them time to grow.

This is best accomplished by constant observation and comparison of the wrong and the right concept. Realize that your emotions need time to adjust, but do everything in your power to give them the opportunity to grow, which will happen by the process just stated. Observe the emotions despite the resistances and the pretexts they can muster. For there is always that part in you that resists change and growth. This part in the human personality is very shrewd.

Find the cause and effect of your own inner and outer deeds. The realization of how you cause the effects of your life will dissolve either God image. This is one of the main breaking points.

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How to Dissolve an Image [Finding Images – Summary](#) PL 40

1. Gather a vast amount of isolated information about your inner reactions. This will often present a surprise to you. In some cases, all this information may not connect for quite a while.
2. Put into words concisely what the wrong conclusions are. Put it in writing so that it cannot dissolve anymore. Tip: These wrong conclusions always contain several of your faults! Consider how these images and wrong conclusions have impacted your life
3. Find a common denominator in all these conflicts. There is always a pattern of repetition. This is the first indication that there is an image involved.
4. Become aware of what is false about it. That is, you can know something is wrong before you know why it is wrong. *Prayer for the recognition is an important part. Observe in times of prayer how sincerely you desire the answer! This is important. . Then you can begin arguing with that part in yourself that persists in being childish and unreasonable.*

5. Set straight your intellectual ideas. Do not superimpose your will over your emotional reality (don't repress your feelings; work through what might be true and false about them). *Observe the emotions despite the resistances and the pretexts they can muster. for there is always that part in you that resists change and growth. This part in the human personality is very shrewd. Be wise to these ruses.*

6. Monitor when you deviate emotionally from what you believe intellectually is right. Gently give yourself time to grow into the concepts. *Realize that your emotions need time to adjust, but do everything in your power to give them the opportunity to grow. This conflict can be solved only by finding out why and how the personality has curtailed his own freedom, has given up self-responsibility in order to choose what seemed like an easier way of life. PL 40*

[Finding Images – Summary](#) PL 40

Exercise 3a: Find some images to work with, and go through the steps above several times. Pathwork is a spiritual practice. Just like yoga, cooking, or riding a bike, an intellectual understanding is no substitute for the actual experience. Practice, practice, practice!

It is helpful to be familiar with this process before you attempt to use it on a life area where you are experiencing resistance, or less conscious of how the image is operating.

Beliefs about Spiritual Injustice Create Images

If you are convinced of injustice, so that you cannot see even factually that this conviction is wrong, the remedy is that you find in your own life how you have caused happenings that seem entirely unjust. The better you understand the magnetic force of images and the powerful strength of all psychological and unconscious currents, the better will you understand and experience the truth of these teachings. The deeper will you be convinced that there is no injustice. Find the cause and effect of your own inner and outer deeds.

So often, man concentrates unduly on the apparent injustice that has happened to him. He thinks and thinks again of how wrong the others are. This should and can be recognized.

But try to find how you have helped to bring this about. If you use half the effort you usually use on other's faults towards your own, you will find the connection of your own law of cause and effect. And this alone will set you free, will show you that there is no injustice, will show you it is not God nor the fates nor any unjust order of a world wherein you have to suffer the consequences of other people's shortcomings, but rather your ignorance, your fear, your pride, your egotism that directly or indirectly caused that which seemed, so far, to come your way without attracting it. Find that hidden link, and you will come to see truth. You will realize that you are not ever a prey to circumstances and other people's imperfections but really the master of your fate. You will deeply understand, not only in theory but in practice, that everything happening to you is a direct or indirect result of your attitudes, deeds, thoughts, and emotions

Your own unconscious affects the unconscious of the other person. This truth is perhaps most relevant to the discovery of how you call forth all happenings in your life -- good or bad, favorable or unfavorable.

Once you experience this, you can dissolve your God image -- whether you fear God because you believe in injustice and are afraid of being the prey of circumstances over which you have no control, or whether you reject self-responsibility and expect an indulgent, pampering god

to lead life for you, make decisions for you, take self-inflicted hardships from you. The realization of how you cause the effects of your life will dissolve either God image. This is one of the main breaking points.

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Exercise 3b: Consider if you believe the following. If not, why?

"You create your own reality." [More on Image-Finding: Summary](#) PL40

"Only you create your own happiness and unhappiness." [The Abyss of Illusion](#) PL60

"Your life experiences are a reflection of the beliefs in your soul. 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, it is your misconception that has caused it." [The Life Force in the Universe](#) PL48

Law of Self-Responsibility [Pathworkers Contribution 10](#) PC10 & [Spiritual Law](#) PL 171

The pain of injustice connotes fear of a meaningless universe, of chaos. This is why a path such as the one you are choosing for your development and growth, one that goes into these depths and hidden crevices, brings a new and true security. It eliminates the pain of injustice because it establishes connections between cause and effect in your own soul life. It makes it obvious that you live in an infinitely just creation in which no error is ever possible. But this awareness cannot be "given" gratuitously. It must be "developed into", through the personal struggle of each entity to overcome the resistance, to make every crevice of self known, and to take responsibility for it.

[The Pain of Injustice](#) PL 249

You want life to go according to your desires. And when things do not happen as you wish them, you kick and scream inside like the baby you still are in that part of your being. That is the immaturity wherever your image exists. And since these demands are made on very faulty premises, you often get what you ask for, but you also get in addition what is part of your unconscious demand, only you did not know it. You want a certain thing, a way of life, whatever it may be, for its advantage, but as the child you were when you thought this desire is advantageous, you ignored -- and still ignore -- that every advantage has a disadvantage. So when you request in your inner crying and demanding, you may often get the assumed advantage, plus its disadvantage. Then consciously you ignore that you have asked for it, and you do not like the disadvantage; thus you think life has treated you unjustly.

[Images: The Damage They Do](#) PL 41

Law of Living in Truth (Facing Life): To face life's reality means to face yourself as you are, with all your imperfections; embrace life whole-heartedly, without fear, without self-pity or being afraid of being hurt.

Say to yourself several times each day: *"In order to become what I would like to be, I must first, without fear or shame or vanity, face what is in me."*

[The Path: Initial Steps, Preparation, and Decisions](#) PL 25.

Exercise 3c: Would living this way feel foolhardy, naive, or dangerous? Notice all the feelings, thoughts, and memories that come up as you become aware that you are holding onto images that were created during your childhood. Notice any judgments.

Week 4: The Reality of God vs. Human Projections

[If you have any objections, concerns, or reservations about the word God as used in the lectures, please feel free to substitute words that fit your current belief system to represent the force that originated spiritual law and/or governs spiritual reality.]

Rebelliousness based upon negative intent

There is a type of personality so negative in this respect, that he is deeply convinced of the futility of one's own life -- perhaps only in the subconscious -- and that the available life force can work only in a negative way. This may sound like a paradox, my friends, but it is not. Life force is energy. And the energy you have at your disposal, in a personality problem of this type, is used only negatively. That means, for instance, that the person becomes alive mostly in negative situations -- in situations of fight, unrest, quarrel, and disharmony of any kind.

To a smaller degree, most people have it at least occasionally. Examine your reactions with regard to feeling more alive in a negative situation and more dead in a quiet one. You will find therein the connection with your God image.

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Exercise 4a: What is your image of how God / the world of spirit governs? On a practical level, how do you imagine Law-Breakers are dealt with by their spiritual advisors? Is being a spiritual Law-Upholder something to admire, or just a tactic to avoid judgement and punishment?

Real and False Guilt

In every image you will find inferiority feelings, guilt feelings, hostility, hate, aggression, ignorance, resentment, childish selfishness, fear, and a few other obstructive forces. In the more primitive person, all these traits manifest outwardly and are directed towards the outer world, the other person, and therefore bring an open result. On the other hand, if the destructive forces are kept under lock and key, they fall back upon the self and affect others only indirectly, thereby bringing an indirect consequence.

Your reaction to your own recognitions is of utmost importance. You cannot get rid of the gnawing voice of that which should really be acknowledged, faced, and changed. Thus you argue with that voice in you, trying to convince it that it has no reason to bother you. . If you feel guilty because you are still what you are, you obstruct the very goal you want to attain. that it is an unjustified guilt to blame yourself for not being perfect now. This unjustified guilt extends into all areas of the human personality. If all of you who work on this path go through your images from this viewpoint, you will find where your guilts are unjustified.

What, on the other hand, are the justified guilts? They are when you hurt other people in your ignorance of believing selfishness is your protection, when you hurt them actively or passively, by commission or by omission. That is a justified guilt. Differentiate clearly, my dear friends, between the guilt of being imperfect at this stage -- this in itself should not make you feel guilty -- and the hurts you inflict on others, no matter how unintentionally, out of this imperfection, blindness, and ignorance which is a justified guilt that you should meet squarely and courageously. There is a world of difference, although a fine and subtle one, between the two directions of guilt indicated here. Please think about this. It is so important.

Obstacles on the Path: Old Stuff, Wrong Guilt, and Who, Me? PL 49

The guiltier you feel about possible wrongs you may have to face, the more do you escape reality and thereby inflict harm on your soul. The proper and constructive attitude toward your own shortcomings is the key to the dissolution of this -- and all other -- vicious circles you may be caught in. Understand that none of your faults are committed out of malice or because you wish something evil on other people. All faults, every kind of selfishness, is nothing but a misunderstanding and a wrong conclusion in itself.

Your fear often makes you so paralyzed that your proper faculties cannot function; thus you do not see or react properly, and this brings effects into your life that you no longer connect with the origin of your fear and the then resulting errors in judgment, action, and reaction on your part. But so long as you shy away from facing your erroneous reactions because of a faulty attitude towards your shortcomings, you cannot find the breaking point.

This breaking point alone will bring you the recognition that you are not a prey; that you have the power over your life; that you are free; and that these laws of God are infinitely good, wise, loving, and safe! They do not make a puppet out of you but make you wholly free and independent.

One hindrance is that, despite the teachings you have received from various sources, you still unconsciously think about God as a person who acts, chooses, decides, disposes arbitrarily and at will. On top of this, you superimpose the idea that all this must be just. But even though you include the justice, this idea is false. For God is. His laws are made once and for all and work automatically, so to speak. Emotionally you are somehow bound to this wrong concept, and it stands in your way. As long as it is present, the real and true concept cannot fill your being.

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Exercise 4a: The goal of exploring images is to realize hidden motives which may be selfish, immature, or lower-self influenced, even though the outer conscious motive may seem unselfish, rational, and beneficial. In general; are you a law-upholder (wanting to support social structure despite imperfect rules) or a law-breaker (resentful of the power of others and doubting their integrity)? Do you switch back and forth depending on circumstances? Why?

God's will vs. higher self will

QUESTION: What is the connection of the interplay on the human plane of action and reaction in connection with God's will, the higher self's will, free will, and self-will?

ANSWER: The higher self's will is God's will. There is no difference. Free will may be God's will, or it may be self-will. That depends, it can be either since it is free. Even the self-will may correspond to God's will, only the motive varies. In other words, the goal may be right; only God's will is relaxed, is patient, is not concerned with one's ego. God's will is flexible, while self-will may want to attain the same results but is rigid, impatient, self-concerned.

It is important to realize possible hidden motives which may be selfish, while the outer *conscious* motive may be *unselfish*:

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Daily Review 1.0 from The Call PL 17

You can find out your true reactions about certain things, begin to pull off certain masks and pretenses, find out where you act against a *Spiritual Law* [PL 171]. It is like a puzzle you begin, when you cannot as yet see the picture; but if you are patient, you will succeed. Thus you will uncover your hidden anxieties and complexes which of course are responsible for your disease.

Let the whole day pass in front of your eyes, in your memory, and think of everything that has happened that has given you in some way a disharmonious feeling or reaction. No matter how wrong the other person may have been, the moment you have been touched by it, there must be something wrong within you. At first these incidents will appear entirely unconnected and isolated; they will be meaningless for you at the beginning. But later on, you will begin to sense -- at first, and then clearly understand, a pattern.

If you follow this through for some time to come, really faithfully (not just once or twice -- that will not do you any good) but regularly and faithfully for some time, you will, after a while, see a clear pattern coming out of it. Pray for enlightenment and guidance every time you conduct this daily review. *The Call* PL 17

Daily Review 2.0 from PL 28

Download study guide: <http://www.janrigsby.org/files/PDF/028-DailyReview-Suggestions.pdf>

Exercise: Keep a record of incidents that disturb you. Focusing upon subtleties may help us from becoming distracted by exaggerating or over-dramatizing a situation. Notice feelings of discomfort, where your suspect you may be uninformed, ignorant, unprepared, or unaware.

Each week, see if you can relate with the sub-topic.

All you need is a 1/2 page of lined paper per day, or use a small notebook or daily diary. Create 4 columns. At some point during each day, jot down brief notes about each incident (limit:10 per day). The Guide refers to Daily Review as 'spiritual hygiene'. Eventually, this can become a thought process.

1. Two to three words to identify each incident (no details)
2. What feelings or emotional reactions came up
3. The judgments or conclusions you came to at the time

At the end of each week, read through your entries and complete the last column:

4. What do you notice today that you did not notice at the time? Are there patterns?
5. Using your preferred form of meditation (sitting, walking, or while doing 'mindless' chores) reflect upon your early childhood experiences.

Daily Review				
DATE	SITUATION	REACTION	BEHAVIOR/ RESPONSE	JUDGMENT
	Facts/Circumstances of Disturbance	Feelings, thoughts, emotions	How You Acted (Exaggerated/Minimized)	Affirmed/Negated My Belief That...
10/01/20	Late for work	Fear/anxiety about job	Yelled at kids	I'm a bad mom
10/01/20	Fight re dinner cleanup	Felt let down by family	Didn't speak for hours	People are inconsiderate

Graphic created by Shakila F.

Daily Review 3.0 from PL 56

Learn to investigate your reactions, and ask yourself what the meaning and further significance of them may be. What do they imply? What lies behind the emotions you register in the most casual incidents of your life? What is the emotion you register just at first, and what is behind it?

The Capacity to Wish: Healthy and Unhealthy Motives in Desire PL 56