

Pathwork® Steps

Man and Woman

Pathwork Lecture 62

Transcript of 2020 Video Summary Edited by Jan Rigsby

<https://youtu.be/pC84bvQ7v1Y> 24 mins

This is a summary of Pathwork lecture 62, which is entitled Man and Woman.

I picked this lecture for March 2020 before we were aware there would be a pandemic, and what that would affect. So I found myself in the middle of a lecture that didn't feel relevant for what all of us are facing.

All the lectures are useful at any point in time, you just have to figure out how to make the best use of them. I'm going to do this small summary, realizing that this topic may not meet people's primary concerns during this time period.



I'm also using a virtual background, for fun! Because after being self-isolated for 9 to 10 weeks, I'm looking for a little liveliness in the most mundane of activities.

Man and Woman Pathwork Lecture 62:

I divide this into four sections. I do so that I can tap into four basic aspects of the lecture. Sometimes there are 10 aspects! Every once in a while, I'll expand into a 'Part 2' when a lecture feels particularly rich and deep, or I feel that it's appropriate for it's time. But this time, I just kept it to four.

The first week was about the duality of man and woman on the earth plane. Second, the mass images that we all hold about men / man, and women /woman. Third was about misunderstanding the message of spirit; and the fourth was creating union.

Week 1: Duality of man and woman on the earth plane.

I picked this lecture because it came up during the online meetings. The differences between men and women -- but more importantly, the difference of the energy that we call feminine or female, and the energy that we call a male or masculine.

There are four or five different lectures on this particular topic. To summarize, 'man' and 'woman' are the result of embodying an energy that is predominantly one or the other. Or, you are actually one way, and you needed a different background -- like my virtual background, so that you wouldn't go too far in one direction.

Spirituality for me is a bunch of paradoxes. Because you don't know where you came from, or why you're here, and you don't know *exactly* what you're doing.

Are you in Chapter 10 of a 50 Chapter saga? Are you at the end of your journey on a particular topic? Are you at the end of your journey on your whole earth experience? Or are you at the beginning of your journey?

You cannot know, from a human perspective. All you can do is look at what you *are*. The Guide often advises to look at what IS. Where were you born? What was your culture? What was your native tongue? What is your gender?

It's not that you're supposed to 'shoehorn in' / fit easily into what we'll discuss later, mass images. The reality is there are *already* mass images.

By being born in a specific gender, you're going to be pushed that way, even if you don't lean that way. If you're being pushed that way, and you already lean that way, then you're happy; everything fits. But as we see today in the world, a lot of people don't fit their birth gender. And this up-ends a lot of societal norms.

In the previous lecture, Pathwork lecture 68, I spoke about how humanity has a history. We've come from a certain dynamic. It is very difficult to be born during a time period where we'll have to change that dynamic.

Now laugh with me -- this is where it all fits together. I'm speaking in a time where we have up-ended our social interactions. Going out to get a bag of flour, you risk death!!! This is not what we anticipated a few months ago. It's a radical change in outlook.

Yet we're all working with this. We're trying to come to peace with this. Because my family does not live in my neighborhood, I have not seen or touched a family member in almost 10 weeks.

I'm just describing a few current examples, so that perhaps you can use them to understand the idea that just because you're born female or male does not indicate what you are learning about, what you may be learning about these two energy systems.

What are the two energy systems? The male energy system is one of activation.

Human words are limiting, so we have to be very careful when we use mere words to describe an energy. If I say 'dog', all of you have your vision of what 'dog' means, depending on where you grew up, what kind of 'pictures' you had, what your personal experiences were. The word 'dog' does not communicate something specific. But we can communicate using the word 'dog'. We can discuss some things using a generic word like 'dog'.

Consider the word activation in a similar way. Activation is a huge range; of activities, ways to do, how to do. But basically, something has to happen.

Now the feminine energy system is one of letting it happen, being in the now. I found this particular description in Pathwork lecture 169, which is the Masculine and Feminine principles in the Creative Process. It was a more generous explanation, rather than using Active /Passive.

Think of the energies in this way; something happens, and then you let it happen, because if you don't let it happen, it doesn't happen.

You cannot separate these two, you cannot only be in the masculine and you cannot only be in the feminine. The difference lies in how much time, effort, and focus we put into the activation process versus the letting-it-happen process.

This is the 'division' into masculine or feminine energy. And that energy manifests, as male or female

In spirit, I could be -- I'm a recipe. I'm a recipe of different kinds of activation and different kinds of let-it-happen. It's a unique recipe, unique to me. And so are you. When we come into the planet, we get lumped together; once again, in mass images.

This process of understanding is that the two make a whole. When two people get together and find joy in an intimate relationship, spiritually, this is more about a sense of completion.

In other words, my recipe works well under many circumstances, but not all. Your recipe works well in some circumstances, but not all. It's a beautiful dance; when you can find a partner, then you can touch all the bases. You're able to expand both of your horizons, both of your landscapes, both of your activities and capacities, and the joyousness of life, by complementing each other.

But of course, it's important to understand your energy system and important look at theirs. Because on the planet Earth, we're never going to have a perfect fit. There always be a little friction, a little problem. But if you understand this, in principle, you may understand why some women are very masculine, why some men are very feminine -- not in the mass image way; in the way they are approaching an issue.

Yet their gender also indicates something else. This is not a pop quiz -1, 2, 3, where you can figure all this stuff out.

There's a duality in man and woman on the earth plane. That is not a duality in spirit. In spirit, it just is! *'Hi, you're 75% Wow, that's interesting. I'm 36%. He's 47%..'* We don't contest what we are. We make use of what we are. And then we try to find *complimentary interactions* so that we're not limited.

Week 2: Mass images of man and woman.

When I talk about millennia – it's kind of a history lesson, the Guide's really good at that. Personally, I tend to look at the last 80 years, at personal experience, being with my parents, who were raised by my grandparents. It felt like there were different ways then; things were so unquestionable, so absolute, that it never occurred to them to make any changes, or to look for other answers. In this century, now we're in the 2020's, that doesn't work as well as it did in the 1920's.

There have been a phenomenal number of global changes since the Great Depression and World War II. A lot of social structures were taken apart, they were dissolved. They weren't suitable, they couldn't match up with the times, and they were replaced with other structures -- that may not have been as well 'proofed' as they could have been.

With all that change going on, there's a tendency for people to hold on to what worked, to hold on to what they remember. But what they remembered is in the past.

Let me be very specific. When I was 12, I lived in Southern California, in 1960. My mother had been raised in a small town in Arkansas. When we went to religious services, she wanted me to

wear a hat and gloves, because that's what young ladies wore. But not in 1960! And not in Southern California! But that was the paradigm that she worked within; that is lady like, that defines a well bred young lady, to wear this kind of clothing. She was insistent. So, it was an old trick; I would wear them, and then take them off once I got to where I was going. Because it was silly; nobody wore gloves and a hat -- when you're 12 -- in Southern California -- in 1960. This is a very tiny example of mass images.

Pathwork is about bringing those out of our unconscious background thoughts, referencing Pathwork Lecture 68 that I featured the month before. We want to bring these out of the background, where they're controlling us without our knowing it. To bring them forward, so we can make conscious decisions about what we want to do today.

We don't want to go around feeling uncomfortable because we're not doing what we *think* we ought to do. But if we examine that, and we realize *"I'd be more comfortable in old fashioned clothing. However, I don't want to wear them"*. If we make a conscious choice, and are aware that there will be a time period where we will feel slightly uncomfortable in the new clothing, or the new arrangements, then it would be easier to transition from one phase to the other.

Most of us, are busy in life. And we it's hard to find these things, bring them into conscious awareness, and think about them.

So on to mass images about man and woman. Clichés come from facts, clichés reflect statistical norms. You can say *'men are like this'* and *'women are like that'*, and people generally understand you're not talking about individuals. Yet we do tend to forget, when we're speaking to individuals, that those generalities cannot apply to a unique individual, even if they fall into that pattern. They're going to be individualistic and how they *are* in that pattern.

It's important to bring up the mass images that we have about men and women, because we trap ourselves in that. I know that I carry a lot of masculine energy, and I was always either ashamed of it, or wanting to be a boy. You can imagine how that played out in my life. I had to understand that I'm simply different from the women that I saw, when I was young, as role models, I did not see the person that I am today. Such people were not in my social circles.

So mass images about men and women need to be thought through. They need to look at our mass images, explore them, find our place with them, where do we fit -- and where do we not fit -- our *own* images about who we should be?

Week 3: Misunderstanding the message of spirit.

This section was about how we try to pretend that our conscious thoughts rule our lives. They do not. They may make the decisions but they don't make us happy about it. If you've ever dealt with water leaks -- water will go where water goes. Water will find a way. Water will find its way around anything.

Unconscious thoughts will find their way, how to manifest. So the idea is that we may misunderstand the message of spirit, we may misunderstand our thought process, think we are doing something creatively or positively and not realize that there's a backlog, a pent-up dynamic of some negative thoughts that are going to interfere with that, that can interfere with our understanding our own thought process.

We misunderstand what we're actually thinking, because our wavelength is *'I'm thinking good thoughts. Therefore, anything that comes to my brain now is good.'* This may or may not be true. We misunderstand our own motives.

Then when we act them out, and we get feedback. *'It makes no sense. I thought I was positive, I got a negative reaction in return!'* It turns into a blame game. Instead of quietly examining. What was going on? What was I actually doing, versus where I thought I was doing?

Another aspect of this is that whenever there is friction between two people, we need to look for our part in it. When I said we complement each other, even the best possible relationship there's going to be some friction, no matter how well we complement. That is the reality of the planet. Imperfection is our reality.

When friction comes up, it is a result of these kinds of background conflicts that we're not fully aware of. The invitation -- and this happens in practically every lecture -- the invitation is to take a look at it. Stand back, take a look. See what's going on.

Week 4: Creating union.

There is a goal here; for us to all be the best we can be. But if we are not fully one way or the other, then we're going to be missing parts and nobody's everything. No one represents all aspects of the masculine and feminine. reason and emotion, the perfect physical, the perfect mental, the perfect emotional.

In creating union is a strong, unconscious and true desire to find unity. But when that turns into a demand-- when the other person must meet our demands to feel that we're 'there', we've got it and that we will have 'it' for all time -- then we destroy the very unity that we are seeking.

In creating union, it is important to work with the friction that happens. To welcome it. It's a place of dissolving negativities on our side, and also in assisting other people to dissolve theirs -- by example.

In other words, if I don't take care of my issues, I cannot expect you to take care of yours. But if I take care of mine, and I model doing that, then there is a chance that you will consider reciprocating. If you don't, then we want you have to make a decision about the relationship that we're in.

The guide quite clearly says that love is the key to eliminate this friction. When we're reaching for unity, we're reaching for love. If you're reaching for love, the question is: what is the loving thing to do in this moment? Not what's best for me. Love includes all of us. For two people in the room, what is the loving thing to do here? What would bring more love into the situation. Now, whether they think this way or not, -- you see, that's the problem! The idea is what can *you* do. You cannot make someone show love you cannot make someone explore themselves. None of this can be forced upon something.

The idea is: you find the love, you seek the unitive, and you do your very best. Then there will be a tendency for you to attract someone who wants something similar. But -- something 'similar' means there will always be a little bit of friction. Love is what can address this.

Another generic Pathwork teaching -- valid for so many of the topics -- is that Ego importance and preoccupation are directly opposed to love. My desire to win, my desire to be seen well, is an obstacle for love. If real love is transparency, I can't try to be something I'm not. It's important that I accept where I am. When we talk about that in terms of ego, accepting where you are does not mean staying there. It's a misunderstanding; a mass image about acceptance is that it means you just get to stay there. Acceptance means you see it, and you don't argue with it. You say, this is where I am. Now, If I want to go on, how do I want to get there?

Take a the banal example from real life. If you see a map, and you're lost, the first thing you have to figure out is where you are. It won't help to have a map of a city if you don't know where you are, You may certainly be able to see what's going on in the city. But for you to participate, you have to know where you are on the map. That's acceptance.

Ego importance and preoccupation are directly opposed to love. Accepting where you are will enable you to then reach forward and say, and where would I like to be? And, how would I like to get there?

And the last point about relationship in the New Age. We still have some negative archetypes about relationship, it's a mass image.

I remember the first time the word mother-in-law was applied to me; I cringed. There are so many stereotypes about mother-in-law. It's simply a fact, that's my position in one family dynamic. I have a son-in-law and I am his mother-in-law. I remember the first time the term was used, I felt like I had a comedy label smacked on my forehead. It made me uncomfortable. I started worrying - 'I don't want to be' that kind' of mother-in-law, I don't want to do this, I don't want to do that. It took a while to calm down about it, because I am who I am. And, this is a cooperative thing. So the other person has their idea of what the relationship should be, or fears of what the relationship might be. Now, that's just one of the times I remember being very active about 'oh, my goodness, I have a label, I have to behave accordingly, act, not do this'.

Becoming a grandmother was something similar. I was too young and foolish to worry about being a mother -- life was too busy back then. But by the time that grandkid came along, and then the second grandkid, I had to think in terms of who am I as a grandmother, and I had to find my own reality in that role. I'm not like a lot of grandmothers. The truth is *nobody's* like a *lot* of grandmothers. This is an individual reality, and we fill it with our individual talents.

Back to man and woman. We fill our roles as men and as women with our individual talents. And it is not a preclusion to be born one way or the other, to switch what our relationships are -- these do not define us; we define us.

At the end of this month, the crazy month of March, I found that it wasn't a bad choice at all, and we all had fun with it, because the principles can be used in other places. So I hope you read Pathwork lecture 62, Man and Woman.

I hope you stay healthy, healthy and safe. Blessings upon you and your loved ones during difficult times.

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