

Pathwork™ Steps

Man and Woman

Study Guide for Online Meetings on PL 62

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Week 1: The Duality of Man and Woman on the Earth Plane

Week 2: Mass Images about Man and Woman

Week 3: Misunderstanding the Message of Spirit

Week 4: Creating Union

Week 1: The Duality of Man and Woman on the Earth Plane

There are two fundamental aspects with which the creative process works. The one is the aspect of activation. The other is the aspect of letting it happen. First you activate, then you go "out of the way" and let it happen. Words are insufficient to explain these facts, and you will have to listen with your inner ears and use your imagination and your innermost faculties to perceive what I am telling you here.

The masculine principle in creation is the aspect of activation. To activate means that the conscious entity deliberately issues, claims, sets in motion, moves toward, causes, determines, makes happen, uses purposefully the forces at his disposal. He does so by knowing of these forces and calling them into action. He does so by removing all possible obstruction and by doing himself whatever is necessary. Effort and endeavor are an integral part of setting the creative forces in motion. This is active doing.

The feminine principle in creation is the aspect of letting it happen. The attitude of letting it be means to be receptive and waiting. It is also a movement, for nothing that is alive can possibly be not moving, but the type of movement is a very different one from the movement of the activating principle. The consciousness of the attitude of letting it be is one of patience, of trustful waiting, of letting a ripening process come to fruition, one of surrender to a force set in motion.

The Masculine and Feminine Principles in the Creative Process PL 169

Exercise 1a: Spend some time each day observing the 'dance' of activation / letting it happen. Notice your preferences, your fears. Consider how your childhood experiences influence your perceptions of masculine and feminine energy in this context.

Daily Review PL 28

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

Keep a record of incidents that disturb you. Each week, see if you can relate with the sub-topic. All you need is a ½ page of lined paper per day. Create 4 columns. At some point during each day, jot down brief notes about each incident (limit: 10 per day). Eventually, this can become a thought process. The Guide refers to Daily Review as 'spiritual hygiene'.

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 and how they relate to your feelings in the present.

The Spiritual Meaning of Gender on the Earth Plane

Evolution goes through mineral, lower animal, plant, higher animal, human being, spirit being. Since the Fall, the created beings split into many parts. The further the split, the lower the development. The more development progresses, the less remains of the split of the original being; the soul particles melt together. Q&A PL 63

To fulfill one's life, one must fulfill one's self. A human being cannot fulfill himself if he or she does not fulfill his manhood or womanhood. Both manhood and womanhood can only be fulfilled by recognizing your barriers and fears regarding the full functioning of your manhood or womanhood.

Relating to other human beings is always a gauge of one's own inner freedom and integration. When a barrier exists to the opposite sex, a similar barrier must primarily exist to oneself regarding one's own sex. Consequently, the barrier to the other sex must go. Both manhood and womanhood can only be fulfilled by recognizing your barriers and fears regarding the full functioning of your manhood or womanhood.

Self-Fulfillment as Man or Woman PL 122

The original spirit as first created was male and female in one. When development will be completed with the fallen beings, it shall be one again. In mankind, development has reached a stage where the split is twofold. It manifests in the existence of the two sexes: man and woman. The aim of development is to find the way back into the original unity, or oneness.

Each man carries inside his soul the female side of his nature, and each woman carries the male side of her nature within her soul. It is as though they contain a facsimile, an imprint of their other halves, living somewhere in the universe. However, this imprint is not merely a picture-reproduction, but it is a living and real part of the nature of each personality. This hidden part is somewhat like the other side of the coin. The existence of the live imprint of the other half in each soul accounts for the constant longing and searching for union with the other sex, for companionship and love with the other sex, and it is also the origin of the sex drive as such.

This live imprint of the other half also accounts for supposed male trends in the female and supposed female trends in the male. The more flexible this "disc" is, the more these opposite trends manifest. The more rigid it is, the less they manifest. The healthier a soul is and the less influenced by mass images in this respect, the more the "opposite" qualities will unfold in a healthy and constructive way, harmonizing rather than conflicting with the accepted typical trends of the sex in question. Picture a disc which slides occasionally more to one side and then to the other, and you will get nearer the truth

Ideas, thoughts are alive. The process of the birth of an idea takes place according to the same principles as physical birth. In woman, the female side is mostly and fore-mostly turned outwardly on the "disc" so that physical birth manifests. However, this does not prevent her from also giving mental and spiritual births at other times when this facet may slide inwardly. Man, on the other hand, has the female, birth-giving side of his nature turned inwardly at all times

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Exercise 1b Imagine your gender as one disc, overlying another disc (the other 'energetic' gender). How much of the other disc 'shows' or radiates from time to time? How often? Under what circumstances do the two discs shift positions?

Week 2: Mass Images about Man and Woman

One of the most stubbornly maintained mass images in this respect is what constitutes manliness and womanliness. A man is supposed to be strong and a woman weak. A man is supposed to be intellectual and creative; a woman is supposed to be less intelligent, at best, but emotional as compared to the man. A man is not supposed to be intuitive and sensitive, while a woman is. A man is supposed to be active, a woman passive. These concepts and many more variations of them exist from the beginning of humanity to the present. There were times in certain cultures where the scale swung strongly to the opposite extreme -- as it happens today in some aspects -- but all extremes come out of rebellion and misunderstanding and must therefore be equally unhealthy and false. They must also lead back to the old alternative against which one has rebelled. It is only a question of time.

In the first place, men and women suppress their "opposite" trends, feeling guilty and inadequate about them. Needless to say, this is extremely harmful in many respects. Secondly, these mass images have resulted in a deliberate overemphasis on the "allowed" trends, fitting to the sex in question.

Therefore for centuries and centuries, man has developed and nursed his physical prowess, his intellectual capacity, his active side. At the same time, he has deliberately suppressed and discouraged the unfoldment of his emotional and intuitive nature. With woman, it was the reverse.

The truth is that all these supposedly male or female trends exist in each person -- and have a right to exist. They do not diminish your manhood or womanhood, quite the contrary.

Man and woman are moving into the right direction, into the direction of harmonization, of unfolding the hidden and heretofore "forbidden" side in each. But mostly this aim is unclear, only vaguely felt and even less understood. It often mingles with personal distortions: the good aim often serves to hide behind and encourage erroneous motives. In woman it often serves to encourage her aggression and hostility; in man, weakness and dependence. When healthy motives are muddled with unhealthy ones and one lacks recognition of this fact, the outcome must always be a doubtful one.

With man, for centuries he has developed one-sidedly, emphasizing his intellect, his resourcefulness, his physical strength, but thwarting his emotional and intuitive nature -- an essential prerequisite for true inner strength, so man becomes weakened at the core. By denying in himself that which he erroneously had thought to be unmanly and feminine, he became less of a man instead of more of a man. It is often noted that women are emotionally stronger than men. There is some truth in that for which I have now given you the explanation. There are also other manifestations.

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Exercise 2a: Take a sheet of paper and draw a line down the middle. Label one side 'Man' and the other side 'Woman'. List your ideals, values, hopes, or images of / for both. Notice if there are any differences. Consider why. Notice any influences from your childhood. What is your experiences of the ideal qualities for each? Or do your ideals only exist in theory?

Be honest – we may know something is an image, but still desire it to be true!

Mass Images Lead to Wrong Conclusions

There exist many particularly wrong conclusions which are also partly derived from mass images. These are firmly engraved in many an individual personality

Example: man is active and that woman is passive by nature. Both have both. But both manifest different aspects of activity and passivity. The woman's activity should enliven and vibrate her passivity in the true and good sense. Her activity will prevent her passivity from stagnation, from becoming stale. It will keep it flowing and fluid, in perpetual motion as all truly spiritual qualities must be.

With man, his active currents should bring his passivity to the fore, preventing the active current from becoming aggressive, rounding and mellowing it, taking the edges off it, and slowing down the abrupt and too quick motion of the overactive current.

Example: love is weakening and dangerous. With such an unconscious concept, marriage will be more adversely affected than any other human relationship. It is no wonder that marriage is such a difficult venture and so often only half successful.

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Exercise 2b: Generalized positive and negative feelings about any group help us quickly identify what we seek or want to avoid. Spend some time considering what symbols, icons, or emoji images would communicate the same message. What would these look like?

What symbols would others use to identify you? To classify people into a group?

Spiritual Aspects of Physical Gender

The male and female hormones are a physical aspect of this entire subject. A woman could not live without male hormones, and a man without female hormones. This physical manifestation is a proof of both aspects existing in both sexes.

Also, the general impression existed for a long, long time that only woman goes through certain cycles in life: the cycles of menstruation and the change of life. Man goes through similar cycles, only they do not manifest in the same way. When mankind will be more advanced along these lines, it will be found that these cycles are in man and by what principles they work. Each man will then be able to find his own cycle -- which works individually rather than by set rules as in woman.. The rhythm of the cycles holds a great significance.

By the same token, it is not only woman who gives birth. Woman gives birth physically, while man can give birth in soul, so to speak. The same laws governing physical birth hold true for spiritual birth, for lack of a better expression. According to the health of his soul, the births taking place will be healthy or abortive.

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Exercise 2c: Reflect on your experiences of giving birth to ideas. Imagine these experiences in the sense of conception, gestation, and physical birth.

Week 3: Misunderstanding the Message of Spirit

The message of the spirit is always given to each individual in what direction he is to go. He often follows that direction, but he misunderstands the necessary procedure of first finding all in him that deviates from the right principle. He vaguely feels his inner deviations and tries to superimpose the right way. This cannot work. If attempted in such a way, he will be driven by rebellion and compulsion, no matter how right the conscious motivations may be. This will cause the development to go into a wrong channel so that the result will be a "masquerade."

To free yourself of these mass images and misconceptions, always based on your personal ones, is the only way to bring your whole nature into focus, into harmony. That alone will enable you to find unity on this earth to the fullest extent possible. This alone will enable you to have a successful relationship with the other sex, to make the marriage venture a meaningful and satisfying one. The better you understand the spiritual meaning and its significance, the more do you have a chance to understand and thus to solve your own problems.

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The Vicious Circle of Demands

You are utterly unaware of the strength of unreasonable demands and commands that you issue into your surroundings. It is all so easily rationalized, covered up, explained away. If you can only look at the raw demands you issue forth, if you can just face that, my dearest friends, you will no longer fear the demands others make on you because then, and only then, can you cope with them.

If you can then take these raw demands with a little laughter at your childishness, you can begin to evaluate the situation in relation to reason, justice, fairness. This step directly leads to freedom from fear, distrust, insecurity, isolation, separateness, stagnation. It must open the door to full relating and living, to immeasurable happiness every individual human soul desperately yearns for.

1. Look at your demands without excuse, and, thereupon, you will be able to encounter the demands of others. For do you not know that your unconscious excessive demands make you prone to the unconscious excessive demands of others? And these two forces make a real relatedness absolutely impossible.
2. As long as excessive one-sided demands exist due to lack of awareness of one's needs, disappointment and fear must create a barrier of separateness.
3. If you look at confused, disturbed, disharmonious feelings, you must dare to be irrational, having the courage to let the unreasonable child manifest on the surface.
4. To the extent you can do so, you must gain information about your innermost self, unadorned by superimposed rationalizations. In this way, you will find your demands and can subsequently come to terms with them.
5. Face your anger that your demands often remain unfulfilled. Also face your apprehension of other people's demands on you, which may vaguely feel as a stream coming to you.
6. The more you realize your demands, the better can you cope with those silent, subtle currents of demands flowing to you, which have in the past made you compulsive, guilty, confused, and wavering.

Self-Fulfillment as Man or Woman PL 122

Exercise 3a: Whenever there is a friction between yourself and others, look at your naked feelings by asking yourself: what do you expect of the other? What would you want? What do you fear that they demand or want from you?

Revolution & Rebellion vs. Evolution & Real Growth

Nothing healthy and constructive can unfold -- at least, not in the long run -- based on rebellion. Rebellion is revolution, and revolution is always opposed to evolution (which is real growth). Real growth, or evolution, is slow growth and unfoldment, based on profound understanding of the self and the issue in question.

Rebellion, or revolution, always hides an unrecognized anger at the self, projected on the outside world. Hence, the change brought about by revolution or rebellion ignores something very vital about the self; and this ignorance prohibits healthy growth.

Woman's equalization to man has often really diminished her womanhood so that the upholders of the mass images seem to be correct. Woman's inner message was to unfold her dormant qualities which she had wrongly suppressed for centuries and centuries. Only, she did not understand the message properly. She followed through, but due to her misunderstood rebellion, the outcome was not entirely successful.

"Emancipation" (apart from some healthy aspects where true growth was involved) is nevertheless based largely on rebellion. Where this is the case, the result is not successful. Rebellion and resentment cease automatically once the personal inner issue is completely understood. If woman develops those qualities in her which are generally looked upon as being masculine, she will become more of a woman, provided she does not use aggression, hostility, and rebellion as the "male" qualities she wants to further.

Something similar happened to man. He, too, received an inner message. He did not follow it through as vigorously as woman, for he had less reason to. His position was better suited to play into the universal rulership principle of the infant in the human personality. Yet, the cosmic current sweeping the earth plane -- this cosmic wave which always tries to harmonize and establish balance -- also touched him. He was swept into it, but halfheartedly, and again without understanding what it was all about.

It is true that softness in a man, *based on his immature need for dependency*, makes him weak and therefore less of a man. But the same thing happens if these reactions are hidden under a superimposed parody of manhood. In another sense, this weakens him even more. If man develops those qualities in him which are generally looked upon as being feminine, he will become more of a man, provided this development takes place without encouraging sick weakness and dependency patterns.

The goal must be the slow unfoldment of these qualities, bringing them into harmony with the rest of the personality.

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Exercise 3b: What is the story of your personal unfoldment of both the masculine and the feminine aspects of your being?

Where have you rebelled, or revolted? What was the outcome?

Where have you experienced real growth, or evolution? What was the outcome?

Misunderstandings are a reminder of a wrong conclusion.

QUESTION: why it is so difficult for men to communicate when there is an emotional problem between two partners. The women try to talk it over, and the men evade it. Is that the shame of the emotional side?

ANSWER: Man shies away from emotions, he is afraid of them, partly due to the rather frequent misconception that emotions are dangerous. If one cannot avoid them, one must somehow keep them a secret, at least when they bring negative results. Man also shies away from communication partly due to these mass images which claim that it is beneath a man's dignity to enter into intellectual discussions with a woman who is supposed to be his inferior. When personal guilts and inadequacies enter into the picture (inevitable in disagreements or quarrels) man is afraid he may not be able to cope with the woman and thereby jeopardize his masculinity.

Since it is woman's nature to dwell on emotional subjects, on anything personal, she is "prepared," conditioned, and often better versed in this respect than the man. Thus the man is afraid of "losing." It appears to him that he not only loses the argument but also a part of his masculine dignity. Just because he has neglected to strengthen his emotional nature, he is afraid and guilty of the weakness he senses in himself.

On the other hand, it may often be the case that woman suppresses and hides aggression, hostility, and resentment for the man behind a "reasonable discussion," the aim of which is supposed to straighten out disagreements. It is well possible that the positive motive exists to a stronger degree than the negative one mentioned here, but it suffices to affect the corresponding subconscious layer of the man, which makes him react most negatively to something that was meant merely constructively, at least in the conscious mind of the woman.

Development and solution of problems can rarely happen by searching for that in yourselves which attracts a negative response. The more often you succeed in that, the nearer you are to the solution of all your inner and outer problems. If you find your hidden emotions, you will understand why other people respond negatively to something that you were convinced did not contain any but the purest motives.

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Both sexes equally feared -- and still fear -- the powerful spiritual energies involved in the forces of love, eros, and sex between man and woman. This power is the creative stream itself, from which all that is manifest is made. This powerful current can be evoked by different methods, and not only as a binding force between a man and a woman. It can be evoked through spiritual disciplines within an individual, by himself or herself. In that case, it merges the masculine and feminine principles and power currents within an individual soul.

The unpurified soul cannot stand this power current. To the degree unpurified soul substance festers in the personality, the power current has to be denied, suppressed, and split. Sexuality that manifests without love, commitment, and respect is just such a split off, denied power current. When human beings believe that pornographic or promiscuous sex is more pleasurable than the sexuality that streams from a unified wholeness, that combines with love and spiritual union, they could not be more in error. The precise opposite is true. But the power is so strong that it cannot be borne by the soul that still lives partly in darkness

New Age Marriage PL 251

Week 4: Creating Union

In the highest sense, union is the melting and fusing together of two beings who were split. It is when two beings become one entity again. Union on this earth sphere between a man and a woman strives for the same end and attempts it to some degree inwardly. In rare moments it can happen.

In the plainest and simplest terms, union is finding together on as many levels as possible. There is much more to it than merely understanding the other, being in tune with him or her. It is a blending in of two people's physical, mental, emotional, and spiritual natures. It can be done if both have the will and the understanding of this.

But all the layers of ignorance and fear soon erect a separating wall again. The aim of development as such is to destroy these separating walls, whether they stand between man and God, between man and spiritual truth and reality, between man and his fellow creatures, or between man and woman.

Love is the only key to eliminate this wall. With love, understanding is open. And with understanding, oneness, or union can be achieved. But love cannot be forced. Love can only be gained by removing all blocks and errors in the human soul.

Ego importance and preoccupation are directly opposed to love. But before the little ego can be removed, it has to be recognized in all its facets; it has to be allowed to come to the surface. Then and then only can the true personality evolve which no longer needs what the little ego seems to need. Then love can truly unfold -- and thereby union.

This holds true for all human relationships. Marriage, the love between two people, makes the attainment of union easier than in other relationships, such as friendship for instance. It is easier because it is nourished by eros and the sex impulse. Without these elements, the separation is more difficult to overcome; frictions cannot be mellowed as easily as with the existence of eros which is a bridge to love. [Ref: [*The Forces of Love, Eros, and Sex*](#) PL 44)

On the other hand, a more casual relationship has less of a chance to bring out frictions. So in that sense, it is easier to maintain. We might sum up that marriage would be practically unfeasible for the human race if it had not the help of eros and the sex drive. The maintenance of these emotions toward the partner is therefore a goal in itself.

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Relationships in the New Age

What holds true for all human relationships holds true even more so in marriage. Each friction and misunderstanding, no matter how flagrantly wrong one person may be, is an indication of something being distorted or ignorant in the self.

In the ideal marriage, this would always be kept in view, and both partners would search for that element in themselves. They would then find that the other reacted, perhaps at times with undue vigor, to this one little part that is blurred, so to speak. The disharmonious part in one reacts automatically to the disharmonious part in the other. The two disharmonious parts are not always of equal strength, but that does not matter.

If this key to marriage could be found, a real tuning-in can be accomplished. It would further self-development and, at the same time, because of it, would remove more and more the points of friction. The points of friction would become keys for tuning into one another. Thereby, true union is successfully attempted.

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Negative Archetypes about Relationship

Where distortion still exists, woman still wants from the man what she refuses to do for herself. The new woman is neither a slave to the man, nor is she in competition with him. Therefore she can love, and her love will never lessen her creative self-expression, but only enhance it just as her creative contribution to life can only enhance her love capacity. That is the new woman. The man in the new age will no longer need a weaker mate in order not to feel his own weakness. The man in the new age meets his own weakness, faces it, and thereby gains his real strength. He realizes that his weakness is always guilt, and his self-rejection is always a denial of the integrity of his higher self in one form or another. Therefore the need for a slave no longer exists.

Woman in the New Age PL 229

Mankind has undergone development in many areas in the course of the many centuries of its existence. In the not too distant past, marriage was entered into primarily as an arrangement that served a number of functions, but least of all the function of sharing, of love, of mutuality on all levels of the personality. In fact, love, mutual sexual surrender, and the profound exchange on dynamic energy levels was rejected and condemned. Marriage was supposed to be a financial and social contract that served many other personality functions of lower motives. Financial and social advantages were of primary importance.

But what was more significant even than the existence of this fact was the absolute conviction that these motives and reasons were morally right and virtuous. Men married women who brought a good dowry, who raised their social image. In other words, greed and pride were glamorized and endowed with righteousness. Men considered themselves the superiors over women. Marrying a woman meant nothing more than acquiring a slave who obeyed the master of the house, who saw to it that the man received every comfort and convenience but made no demands for herself in any way. In exchange for these services, which included being an object for man's mostly quite impersonal lust, the woman received material security. She had no other responsibility in life but being an adequate object to her master. This meant much more than mere financial responsibility. Since woman was not considered a full-fledged equal, she was barely morally responsible. The reality of emotional and mental responsibility did not even exist as a concept, but it certainly existed as a fact. This fact was adhered to by men, even without the awareness of the concept, but was totally negated as far as women were concerned.

Obviously this was not only the result of man's distortion and negativity. It was just as much the result of a strongly imbedded intentionality on the part of woman's psyche. Woman negated self-responsibility on all levels for the longest time and therefore cocreated the unequal relationship between the sexes.

New Age Marriage PL 251

Exercise 4a Notice where you may harbor fantasies about 'fairy tale' relationships, fantasies where negative archetypes are active (because they benefit you in some way), Fantasies, by definition, never manifest. So they can seem to have no spiritual 'price', where you could get 'something for nothing'. This reinforces our lower self desires for shortcuts, solutions, and escape.

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