

Pathwork™ Steps

Emotional Growth and Its Function

Study Guide for Online Meetings on PL 89

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Week 1: Emotional Growth is Spiritual Development

Week 2: The Mechanics of Resistance

Week 3: Prejudices About Emotional Growth

Week 4: Emotional Growth, Love, Spirituality

Week 1: Emotional Growth is Spiritual Development

In order to know yourself on a deeper level, it becomes increasingly necessary to allow all emotions to reach surface awareness so as to understand these emotions and to mature them.

The function of the emotional nature in man includes:

1. The capacity to feel.
2. The capacity to experience feeling is synonymous with the capacity to give and receive happiness. To the degree that you shy away from any kind of emotional experience, to that extent also do you close the door to the experience of happiness.
3. When functioning, the emotional side of your nature contains creative ability.

3. Principle: Law of Cause and Effect Every act has its consequence in the sphere of present reality. It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels. [Cause and Effect on Various Levels of Consciousness](#) PL 245
[Spiritual Principles](#) PC10

Exercise 1a: Will & Intellect [PL 104](#) are often more active and organized than feelings. Consider how this triad plays out in your daily life; how emotional growth might be overlooked as an important part of spiritual growth

Contributions from participants plus [*Jan's contributions in italics*]

I create unhealthy bargains, unbalanced relationships, even during a 2-minute transaction. I want the other to take care of me, love me on some level, so I don't have to take responsibility, don't have to do the work, don't have to take care of myself. I am willing to accept less as part of this bargain, such as substandard work from a contractor, or overpricing. This relates back to my parents, and I realize is also my issue with God. It's been a very profound process to realize the depth and extent of this.

I have thought about what groups are hardest for me to love. I see why and how being able to love everyone would help me to attain unity. Loving everything that has ever happened to me would also get me there. I knew this before, but this went deeper. Seeing the power of loving my life has been powerful. Feels like I am still feeling the ripples from throwing a rock into a pond.

At work, a subordinate speaks to me disrespectfully. I'm hurt by how she speaks to me, and our exchanges are not professional. She wants to talk constantly, vs. getting to the point or getting something done. I feel in telling this that I am doing the same thing, because I don't like myself, I'll be wrong no matter what. I know the truth and I don't like it. Yet I play the games that I want to play, and encourage these in others.

I've been looking at where I have been in victim consciousness regarding a story I have shared in the past few meetings. I now see that it's not the other's responsibility to show me how to heal, only to help reveal the issue. I've kept this wounding open throughout my life. Feels like I'm putting a dent in the resistance. I created a mindset of having to deny pain in order to avoid feeling disappointment. I have issues of abandonment but would not admit this, pushed through my feelings. I am afraid I will not be able to handle the emotion. [*"If I do not feel, then I will not be unhappy."*. Yet you also speak as if emotion controls you = another subtle level of victimhood.]

I noticed that my emotions were activated during a meeting. It felt truthful. I said, 'I want it to go away' and Jan asks what 'it' was. 'It' is my emotional immaturity. I don't know what to do with my emotions, so I suppress them, throw a tantrum, melt down. [*Since feelings can't be stopped / killed / erased / actually suppressed, we wind up repressing them. They find outer outlets, weaker areas of our personality where they can 'breathe' by acting out. Expressions of repressed feelings tend to feel forceful and are usually excessive / inappropriate for the situation, and so we repress them again = a Vicious Circle PL 50, a concept that came up every week this month*] I feel emotionally immature, unworthy, and I don't know what to do about it. [*Condemnation of self as a pseudo-solution to the distress?*] Yes. I am clinging to it, so I don't have to grow up. I need help. [*Yet when we know we are immature AND want to stay that way, 'help' would make up dependent upon others... forever.*] Yes, I was telling myself all or nothing.

My mom made a bizarre statement last night at dinner. In a cheerful tone, she said 'I can't believe I didn't kill myself raising 3 kids on my own. ??' [*Sometimes we can't admit difficulties until we are a safe distance from them. Then we may funnel the intensity of the fear we felt into inappropriate jokes. Consider that she is only now able to access those feelings of helplessness and despair, and can still feel overwhelmed by them. The first few efforts to express intense feelings that have been repressed for decades will likely be awkward, especially if we try to be casual about them.*]

I was overly anxious about a purchase, so that I was unable to see the duality I was creating in terms of right / not right, all or nothing. [*Anxiety is a reaction to not knowing what a fear is about or what to do about it. Anxiety can become an automatic / self-perpetuating form of distraction, like becoming ill so you can't 'go back to work'.*]

I have felt a low level of anxiety, centered in my abdomen, all my life. It's unsettling, uncomfortable. It puts me in a different place than I want to be. [*=Will and Intellect are overriding an emotional story with their own narrative, and the Ego is going along with this. During this exchange, Jan foolishly made a concrete suggestion -- and the interaction immediately became argumentative, because Will and Intellect can win a rational argument, that's their 'playing field'. They refuse to allow time and energy to explore areas where they do not feel in control. Figuring out such internal cross-currents and 'voices' is hard work!*]

My friend told me about standing her ground. I felt 'rocked' because she was able to do this without betraying herself or responding in kind. I would have reacted emotionally despite all my so-called training. I feel sadness that I can't ground myself. I want the 'other' to not get the satisfaction of seeing this / of winning. [*There are three basic defensive systems; fight / flight / freeze. Feeling 'rocked' is a form of freezing in place, trying to figure out what happened. When you become ungrounded, that's a form of flight / leaving the situation. A desire for to prevent others from getting pleasure from your pain is a form of fighting back! Your friend is showing you a 'middle way', a way of being present, that you are not yet able to occupy.*]

I have strong reactions to what I ‘should’ do. I become angry and rebellious, try to find a call to action. But I just want to stand up and say NO, and I can’t do that – so I become angry, resentful, and bitter. [*Consider this as a Vicious Circle [PL 50](#). The ‘should’ triggers it, so that’s a place to work. The desire to just say No is a reaction to not knowing what else to do = another place to work. Yet when we tell the story, we wind up at the place of strong feelings and want those ‘solved’- without figuring out where those came from. So we focus on the effect and ignore the cause. My favorite illustration of trying to solve one issue by looking elsewhere is a Vaudeville skit about looking for something where the light is better, vs. where we lost it.] Yes. And I am angry because the ‘should’ is intrusive; it’s my right to decide what to do.*

A 4- part tool...

<i>Does an issue cause us pain? Is it ‘working’ anyway?</i>		<i>Then consider:</i>
1.	<i>No</i>	<i>No</i>
2.	<i>No</i>	<i>Yes</i>
3.	<i>Yes</i>	<i>Yes</i>
4.	<i>Yes</i>	<i>No</i>
		<i>It’s not really important.</i>
		<i>Yeah! No pain, we gain!!!!</i>
		<i>Personal decision to continue or not.</i>
		<i>STOP STOP STOP STOP!</i>

Week 2: The Mechanics of Resistance

Living and Feeling are One: If destructive emotions should govern you instead of your being able to govern them, without repression, it is a form of temper tantrum in which the psyche says: "*You see, you have forced me to do this, and now see where this leads to.*" If such subtle hidden emotions can be detected, it will alleviate any danger of negative emotions taking on a power that the personality cannot handle.

PL 89

Exercise 2a: Spend some time considering where you have expressed something similar to:

"If I do not feel, then I will not be unhappy."

"In order to avoid pain, I'll dull my capacity to feel."

"I must not allow myself to feel if I wish to prevent the pain and the experience of unhappiness."

4. Principle: 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. [Initial Steps for Self-Search](#) PL 25

[Spiritual Principles](#) PC10

Contributions from participants plus [*Jan’s contributions in italics*]

I like rescuing, especially when others can’t. I feel triumphant to be able to name dynamics. This fosters pride and a sense of separation via superiority. My father was a hypocrite, and he knew it. [*What’s the common thread?*] His defense was to confuse me and others. That wasn’t love. [*When we are not loved by a parent, that’s painful to realize. So we create an alternative explanation --*] That I am unable to defend myself -- he ‘spun’ me, so that I became unable to defend myself, and once I believed I could not defend myself, I never want to get into a fight. [*This was a lie. The real self won’t give in to it, and that creates an unconscious tension, a sense of pressure and anxiety. We misinterpret this as part of our fear that we can’t defend ourselves, and then try even harder to stay away from disagreements, so that we don’t develop skills to discuss, examine, analyze, or explore other options = Vicious Circle [PL 50](#).]*

I try to run away when I feel hurt. I don't like it. Then, there is another 'voice' that says, 'this has value. *[This process is about exploring. You are exploring areas of your consciousness that have never been mapped. Imagine you were a pioneer, looking at a range of mountains and wondering – if there is a pass, how might I be able to recognize it?. We take the finished work of such pioneers for granted; it was a lengthy process of trial and error that required determination and commitment.]*

I feel like I'm an emotional mess. But I thought I was Will/Reason. I thought I could not feel. *[Will & Intellect may defend their agendas by disabling the ability to access feelings, keeping them under-developed. An emotion defense is to dramatize and exaggerate; Will & Intellect use that to demean all feelings, further triggering them into defense = Vicious Circle [PL 50.](#)]*

I can't find joy. I can only find short-lived moments that do not last. *[Joy = intense happiness, ecstasy ([AHD](#)). You are under an illusion that this should last 24/7, vs. being part of the rhythm of life. Ref *Expansion, Contraction, Stasis* [PL 55](#); wash, rinse, repeat. 'After the Ecstasy, the Laundry' was a book title suggested several times this month. Feelings are not supposed to 'stay', i.e., surprise, sadness, anger are naturally fleeting. So is joy. Bliss, what the PLs often mention, also comes and goes; It is not a permanent state.]*

I have been feeling very neutral. If that can be a state of joy, I've been in joy! Repetitive situations no longer stress me out.

I felt forced to become more mature. I lacked guidance, my mother would threaten but never fulfill her threats.. That sounds positive, now I am wondering if I may have been hiding a lot of fear and stress. I overdid being available to my friends, and felt that I had to hide my real needs in order to not trigger their issues. Now I am looking at this with a deeper perspective.

I've allowed myself to feel more. It felt sad, somewhat dramatic. Yet a few moments later, I felt so much stronger, so different, more myself as a whole person vs. being regimented. It was worth it to see this. *[Worth what? What did this cost you?]* I saw my vulnerability, my darkness (again). I did self-assessment, I question myself. I looked at what I am not giving myself. I allowed myself to observe, with more patience, feeling the emotions. It felt like self care. It was a very busy week, and I just got through it, calmly, and accomplished what I needed to do. *[Four Stages of Spiritual Evolution [PL 127](#) are 1) automatism 2) awareness 3) understanding and 4) knowing. These are always in a constant state of flux, like breathing, in different aspects of our lives, on different levels, from different perspectives.]*

I am spending more time at home with my husband. Lots of growth, lots of pain. I am able to see how I had an idea, a concept, of him and how things should be. I see where I have had this approach my entire life. Now trying to see the bigger picture. Recently, I has for a favor and my neighbor neglected to do it. I don't want to accept this reality! *[With a smile... and your alternative is...?] Suffering!!! Being a victim. [Ultimately, resistance connects to our attachment to negativity = our personal negative intentionality. It doesn't have an alternative, except to destroy. That's why we become tired of it and its effects.]*

My forcing current jumps to fix problems = anything that feels threatening, to give me control of the situation so I will feel safe. I'm paying attention to how alive and strong this current is – it's running me. Accessing the Real Self does feel like surrendering in the spiritual meaning =

relinquishing control to a deeper part of myself than Ego, Will, Intellect or even Feeling. The surrender brings up a sense of vulnerability. It feels like a defeat when the Ego is making the decision not to defend = feels like giving up some kind of power. But it always leads me to a calmer, stronger place.

Last month I shared my strong reactions to the word ‘should’ or ‘supposed to’. I felt rebellious, I protested. I have been exploring my positive intention here, as you suggested. But aren’t I also supposed to explore the negative? *[Notice that you used ‘supposed to’ ...]* Yeah... I feel lost and irritated. I’m not yet willing to access my Real Self.

I have experienced my negative intentionality. All I sense is pure evil, pure destruction. *[That’s an accurate description. And that is why it will inevitably fail; there is no joy or bliss, only short-term glee over any illusions about ‘winning’ against God. According to the Pathwork Lectures, the purpose of the Plan of Salvation (outlined in PL 18-22 and [PL 216](#)) is not to punish us for attaching to evil, but to show us the effects of doing so, so that we will use our free will to choose an increasingly spiritual life that strengthens our positive intentionality, self-development, growth and transformation to higher and higher planes of development, where we will be able to better assist others in their own journeys; an ascending [Spiral of Development](#). We can only do this if we have experienced – to some degree or other – the specter of spiritual death = negative intentionality, by saying NO – Never!!! for as long as we need to.]*

Week 3: Prejudices About Emotional Growth

When you were hurt as a child, your reactions were anger, resentment, hate -- sometimes to a very strong degree. If you prevent yourself from consciously experiencing these emotions, you will not get rid of them; therefore you will not enable healthy mature emotions to follow suit, but you will simply repress these existing feelings. You bury them and deceive yourself that you do not have what you actually still have.

PL 89

Exercise 3a: Feelings don’t deny feelings. So why does resistance seem like a feeling?

Spend some time noticing any influences from Intellect and Will ref: [PL 104](#) that disapprove of your feelings, or advocate alternate explanations that invalidate them.

Notice any tricks of the Ego ref: [PL 199](#). These attempt to distract you from exploring the cause of uncomfortable feelings, such as a sudden sense (vs. a feeling) of fatigue, or an impulse to do something (suddenly remembering a task or chore).

7. Lack of Awareness of One Area of Your Human Personality Prohibits Awareness of Another 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. [Basic Principles of the Pathwork](#) PL 193

8. Principle: Law of Consciousness Reflects Experience. Working out of abundance, produces abundance, but working out of poverty and need, produces more poverty and need. [Function of the Ego](#) PL 132

[Spiritual Principles](#) PC10

Contributions from participants plus *[Jan’s contributions in italics]*

I have found that I like tormenting spiritual authority by rebelling. The idea that I would attract negative people into my life in order to make me look innocent hit hard.

I recently became aware of how unhappy I was as a child. I was unable to deal with these emotions then. Now, I am re-experiencing that pain. Paradoxically, I feel good about that. These feelings are from my Real Self. It's not easy. *[The Guide suggests that paradoxes can indicate spiritual truth]*

My daughter told me her husband's plans for the weekend. I don't like them! I got angry. I am afraid my daughter is copying my past behavior. *[This feels like a distraction, something to focus your energy on instead of your own work.]* I get hooked on this because I don't want to change.

I am realizing that I avoid certain confrontations i.e. saying something from an Ego place. I am afraid to make errors, this creates inner conflicts because I avoid exposing myself. *[Process: what's the issue?]* Being fake, hiding. *[These were your solutions to the problem of....]* Not being acknowledged. *[This would have been proof that...]* If I was acknowledged, that would mean I was seen. As a child, I was not seen. *[Why does someone need to see you? Why is your emotional reality at risk if you are not seen?]* Because I am not important. *[This is your fear. Yet every fiber of your being is dedicated to proving it's not true! It feels so devastating that it took all these questions to bring it forward – you have hidden even the fear of this from yourself, so solutions deploy without your conscious consent or understanding of what they are actually for. In the confusion, you reach for solutions = trying to BE your Idealized Self Image [PL 83](#) instead of accepting who you are now, and finding a way to manifest the best of you. Instead of being a 'place holder' for your dreams and ambitions, the ISI becomes a set of standards you can never meet. In addition: the Law of Brotherhood [Spiritual Principles](#) says that you can't be unimportant unless everyone is unimportant, you are fighting a lie. The premise of your fear is false, making all your solutions a waste of time and energy, leaving you feeling discouraged and in despair. 'Faking it until you make it' throws you into the dynamics of a Vicious Circle [PL 50.](#)]*

I contrived isolation as a defense mechanism. *[The fiction of Superman being vulnerable to Kryptonite = any piece of his 'home planet', is an interesting parable for Pathwork. In Pathwork, each person's Kryptonite is their inner Negative Intention and Connection to Self-Will (= me and my needs, first and only) that can manifest in a triad of ways. We came to Earth with the positive intent to purify and transform this negative intent, by seeing the truth of its negativity. Seeing that isolation (a form of withdrawal) is a defense mechanism is evidence of your growing ability to discern the truth, which will increase your ability lead yourself and connect with others.]*

Personality Type	Greatest Fear	Pseudo-solutions	Negative Intention / Connection to Self-Will	Divine Esseense / Gift (each requires the other 2 as well)
Reason	Chaos	Withdrawal	Demand for proof that can be controlled	Wisdom ; ability to discern truth
Will	Helplessness	Aggression	Separation for winning; requires an us vs. them	Leadership (of self or others) = Courage
Emotion	Disconnection	Submission	Half truths = eliminate every obstacle	Love = unbreakable connection with all

[Re: working with negative intentionality: use Daily Review [PL 28](#) for a few weeks. 1) Discover the most common words you use (The Power of the Word [PL 233](#)) to manifest your need for proof, desire for separation, or willingness to embrace half-truths / disempower your integrity or the integrity of others (Three Principles of Evil [PL 248](#)). 2) Focus on up to 3 of these words in your Daily Review for another few weeks. 3) Find the faulty connections, where you believe these

words will increase your joy / bring you to bliss, yet they actually increase your need for one or more pseudo-solutions (Withdrawal, Aggression, Submission [PL 84](#).)]

I am afraid I have a karmic debt that I have to pay. [A statement like this requires some delicate differentiation of factors. Fear is often used as 1) a plea to excuse us 2) from a coverup, where we present something that we expect the other to agree is unpleasant, and therefore worthy of our fear. I.e., poor me, I am unable to pay. Also 3) there is an implication that the Karmic debt is a burden that is unfair. So I often reverse the argument, addressing 3) first, i.e., So you don't take responsibility for what you have done? And the response was...] Perhaps because I don't want to feel the pain. [Yet feeling the pain of our negative thoughts, words or deeds may be the real cause of the Karmic debt! The first transgression (attempting to bypass Spiritual Law) may have begun in our unconscious = we are unable to see it before it acts out. The second transgression (trying to avoid the consequences) is a more a conscious act. This would create a bigger Karmic debt than the original transgression. In the U.S., covering up a crime (i.e. lying to the police about what you know) carries a penalty similar to the crime itself. An example of how complex it can be to untangle our issues!

I feel I was hurt as a child, and kept that with me. I am afraid of anger; my father was a rage-aholic, I never wanted to 'snap' like him, but I do. The anger feels primal, I feel bad about it and fear it coming, out so I tamp it down. [You may have chosen your father in order to see what happens when anger is vented inappropriately (effect) because the cause is never honestly addressed Cause and Effect [PL 196](#). Yet you also fear anger itself, creating your own Vicious Circle [PL 50](#). A starting point might be, what is there to fear about anger when it is expressed appropriately? If you don't believe that can exist, then you may feel there is a spiritual judgment about anger that will result in punishment if you admit to having any. See Karmic debt above!]

[Re: Vicious Circle [PL 50](#), finding the original positive intent:

Our positive intention is to purify and transcend a False Belief, Misconception, or Distortion that we have attached ourselves to. These FB/M/Ds serve our negative intention to NOT grow and transform. We may 'understand' this intellectually, yet not grasp the full effect..

To begin the incarnation process, we isolate a small part of our Real Self that contains the portion of negative intentionality that we will be working on during a specific lifetime, to create a soul for a specific lifetime (which dissolves back into the Real Self after each life cycle). Our tasks are to transform, purify and transcend this negativity, while strengthening our positive intentionality and developing our unique divine essence. Yes, we multitask!

Our negative intention occupies a much larger % of this soul than it did in our Real Self, Instead of only being a grain of sand on a beach, it becomes a grain of sand in our eye; we suffer more from it, and act our pain out on / onto others. Once we become aware of the truth of the negative intention, we will be motivated to do something about it.

Using one of the examples from the meeting and imaging a scenario: if we believe we are not important, we will try to BOTH 1) cover that up possibility (avoid death → life) and 2) prove it's not true by finding the truth (=life). But since it is not true, any effort we put into avoiding it or proving it's not true energizes the illusion that it IS true, and attracts dualistic thinking processes and short-term solutions / fixes / hiding places. This happens as we 'come in' at midnight, 12 o'clock on my model of the Vicious Circle = as we put on human form. So that even as we step out into the world (taking our first step, to 1 o'clock, our first manifested act that will 'prove it wrong', we are already 'starting off on the wrong foot' by perpetuating this illusion.

The way out? Any spiritual law!

As an example: using, the Law of Brotherhood. If we are all one, then there is no innate superiority except by virtue of our own work of self-development. Any feelings of 'I am not important' violates that spiritual law. From a holistic perspective, if you violate one spiritual law, you violate the spirit of all of them. So it doesn't matter which spiritual law you explore, it will lead you back to the key of your negative intentionality.

Then, instead of taking responsibility for where we are in our developmental process, (wanting to feel more important than we are → needing to → demanding to → becoming furious at anyone or anything (and specifically, spiritual law!) that denigrates us for holding onto lies or for not believing our lies. This is the dynamo that keeps a Vicious Circle going.

How to exit? Give up the game. Stop lying. Stop trying to get others to lie, or to take the blame for your 'need' to lie. No excuses; fess up.

Have a good laugh, and congratulate yourself for completing that level of your incarnatory process. And if you wish, there are endless opportunities for transformation, purification, and transcendence in a given lifetime. Pack the work of 50 lifetimes into your remaining 10-30 years, now that you are fully conscious and aware of your inner power, authority, and knowing!

I had an explosion, but I handled it better this time. Under the anger is fear and hurt. Am starting to see my resistance, admitting that I didn't want to grow up. I am seeing a deeper part of myself that I have been lying about. Speaking aloud about this helps me clear things out.

I get negative pleasure out of labeling people with negative epitaphs. It's a 'hook' I need in order to express my negative feelings. *[Feeling angry for no logical / rational / apparent reason can feel like being controlled by a malevolent energy. So we look for scapegoats, reasons, even excuses. Self-love invites us to explore our feelings. To do this, we need a safe container; sacred space, trusted companions, some boundaries and guidelines..]*

I am starting to weed my 'garden of emotions', noticing all the hurts I didn't recognize when I was growing up. I read PL 199 'Ego Tricks'. I want to get rid of the Ego so that I don't have to suffer. *[Makes the Ego a scapegoat. The 'I' of that sentence isn't Ego, and it isn't Real Self because the truth is that Ego is necessary. So it's likely a Lower Self / Child voice. Suggest that saying things like that without examining what they imply / what part of you is saying this gives the statement power. It's a form of 'they say we should...' that masks the agenda of the speaker.]*

I have been very engaged with a 12-step program that looks at childhood roots of self-defeating traits. With Pathwork, has been helpful in letting me see how this can go back generations. For instance, I have feelings of guilt when standing up for myself, I feel I should do things for others because they need me. The payoff = this allows me to avoid conflict and get respect as a rescuer. *[Many of us were 'programmed' to serve our parents in order to avoid punishment. Punishing mistakes is a crass human way to control behavior. The biblical God of Western Civilization is one that 'smites' wrongdoers. Pathwork suggests a new archetype: a God whose greatest pleasure will come from our being fully able to individuate, grow, and transform so that our divine essences (see chart above) are developed and strengthened for the benefit of all. And who embraces the trial and error process of human development, with Karma in place to track our process vs. as a tool to condemn us.]*

When I start to get angry, I feel hateful and ugly. The hatred felt sharp and intense; I said okay, breathe, and release. It transformed into something warm, a glowing feeling that grew out of my chest. It felt like gentle, powerful love. It was lovely! It lasted 5 minutes. I carried it through the day, like a touchstone. The feeling didn't last, but the memory did. It felt energetically stable. If

something triggered me, I would remember and be able to experience the feeling anew. It wanted it to be easy; I wanted the bliss. This feels like an experience of ‘paying the price’. I am understanding my objections to spiritual law. *[Anger as a message; anger says ‘something is not right! Then it is up to us to look at the possibilities; something isn’t right with us, or with them, or both. Prejudice leads us to make assumptions, so that we can’t see what is real. Change may have occurred from the last time we reviewed similar incidents, so relying upon history / knowledge / probabilities is not the same as looking for what is real NOW.]*

This week I have noticed how strongly I am affected when people offer me help, however minor. I begin to cry. It’s out of balance, on the surface, so there’s a deeper meaning. I was feeling feeling grateful and thankful, then felt unworthy. *[Process: look at the tiniest details of what happens emotionally, immediately after the first part of that statement:*

I was feeling grateful and thankful = A Then I felt unworthy = B. A → B.

When you were a child, and you felt good, when you put down your defenses (A) then...]

I was laughed at, made to feel ridiculous, and mocked. *[See THAT as step B. Your pseudo-solution was to feel unworthy = they are right = a submission that became your ‘solution’ = C*

So now, good feeling A → mocking B → solution of abandoning the right to feel good C.

But what did you actually feel after being mocked?] That hurt! I hate that. I hate YOU! *And then you would have felt afraid of your hatred. And looked for a way out of the hurt and chaos.*

Good feeling A → mocking B → hatred C → fear D → solution??? E → unworthiness F

This process can continue, as we find more and more nuance and connection.] So my crying is, in a sense, a realization that I am caught in a false belief? *[Yes. It is sad to sense that we are wrapped up in false feelings.]*

Re: understanding needing vs. wanting love, vs. self-love. I am working to understand that I chose parents who would not give me what I needed, so that I would be able to create love for myself, give it to myself. But I can’t find a way to accept that is easier. *[When we sense a block, sometimes changing the languaging helps. What happens if instead of saying ‘find a way to accept’ you say ‘find a way to surrender’]* I know spiritual truth, but I can’t manifest it. It sounds like you have to give up love to have a loving relationship with someone. *[I am sensing that you didn’t get the love from your parents, yet you continue to try to find love from others. Relates to the Reason type defense of wanting PROOF of spiritual truth. And you fell into a duality; self-love OR x,y,z.]* So I need to love myself AND live in an imperfect world. Yet in my last relationship, I was clear that’s what I wanted, and the relationship failed because I was clear about this. *[Suggest a re-interpretation; the relationship succeeded. You just didn’t understand that its purpose was for you to become conscious of how you wanted to live life, and to verbalize that. If the purpose of the relationship was to continue to grow together, you would have. PL 180 – the spiritual meaning of relationship is GROWTH = long term pleasure, vs. the short term pleasures of romance.]*

I’ve always been judgmental. Now seeing how I cling onto people, but if they ‘feel’ different, then I judge them. This has brought an acceptance of my momentary irritation and judgment. I felt that I have been in my own little bubble, that everything revolved around me. Realizing that others are simply ‘different’, and noticing I can have a bigger perception. Now, I spend time caring about others – and realizing that they already cared about me more than I realized.

I found I have a belief that whenever someone pushes me / displays a forcing current, I have to obey. In my childhood, a maid used to give me orders that I had to obey. Now, as a manager, I fear I am not doing my job because people are complaining that my decisions are not fair. *[Your defense against unhappiness may have become linked to making others happy -- so that you could*

be safe. Their happiness = life, their unhappiness is felt as dangerous = death. So your decisions today are just as self-centered, even though they are expressed in terms of concern about what is 'right' or 'fair', your concern is really about your personally sense of safety. This gives others the power to make you happy or sad, feel safe or unsafe. In the real world, what is fair cannot be simplified into what is equal; sometimes, one person does need to have more than another. Standing up for principles is bound to make some people unhappy! The spiritual purpose for such a painful, negative interaction would be for us to find our weakness (where we 'cave in'). Or, to experience our power in standing up for what we perceive as spiritual truth, without trying to wrap ourselves in righteousness.]

[Several personal questions were asked during Week 3, such as how I do my Helping. I listen for dualities, discrepancies, forcing currents, phrases that ring an internal 'this is important' bell even before I have any idea why. Those are my 'shortcuts'. Learning my system would be like the breath exercise of trying to copy someone else's breathing pattern; you'll feel suffocated and/or overwhelmed. During my training, learning systems that were foreign to me felt exactly like that. Yet those uncomfortable feelings were a necessary step in order to active me to find my own 'way'. Those who can individualize systems to augment their own gifts can become better able to actualize their life task. Those who are able verbalize more generalized systems become teachers!]

Week 4: Emotional Growth, Love, Spirituality

What has not been properly assimilated in emotional experience, but has instead been repressed, will constantly be reactivated by present situations that remind you (in one way or another) of what brought on such unassimilated experience in the first place. Such a "reminder" may not be factual. It can be an emotional climate, a symbolic association that lodges exclusively in the subconscious.

But as you learn to become aware of what is really going on in you, you will also become aware of such "reminders." You will also become aware that *often you actually feel very much the opposite of what you force yourself to feel.*

You will also learn to discriminate between genuine good feelings and false good feelings that you superimpose out of the need to maintain your idealized self-image, ref [PL 83](#): *"This is the way I should be."*

How can you hope to gain spirituality -- and spirituality, religion, and love are one -- by neglecting your emotional processes?

PL 89

Contributions from participants plus [Jan's contributions in italics]

I recognize the duality of not liking people, yet needing them and wanting to be connected. I also seeing myself as less than; less smart, less cool. I shut myself down, pretend to feel other feelings. I can't find my voice, and I feel small. I get angry, and blame others. I don't want to feel these feelings. *[Yet there is no intention to change; no intention to consider liking others, for instance, is a way to say that not liking others prevents connection = puts the blame on 'that' vs. the underlying cause = inner anger and resentment that none of our 'solutions' are working.]*

I've spoken of issues with my boss. I've realized that I was outside my divine self, feeling rejected and disliked by them. I am now realizing that in every interaction, I have an opportunity to see myself and my perceptions about God. I was unable to receive because I refused to give. I wanted to receive God's love through others, to be given to, instead of giving. I am realizing that I

cannot give or receive anything that I am not willing to give to myself. This realization feels huge, overwhelming. It feels both exhilarating and scary to leave behind the pseudo-safety of my defenses. That sounds so simple, but the actual experience of it is profound for me. I am excited about continuing this work and seeing where it will take me.

I feel I have been symbolically digging rocks out of my soul, after literally digging rocks out of soil for several weeks. That's what my negativity feels like. I need to look for the ability to move it, a weakness in the blockage, a way in, even when it feels tight. I've been in wishful thinking that my negativity would go away on its own. It's harder than I thought, and I sometimes don't know how big the 'rocks' are. I resonated strongly with the words 'brotherhood' and 'sisterhood' that another person used to describe how they were feeling towards others.

I actually texted 'I've ruined my whole life!' to someone, about a verbal gaffe. I felt a lot of negativity as the feelings came up, yet that was all in my head *[exaggeration and dramatization]*. I am doing deeper work, changing my heart, my actions, my behavior. I realized that I was not sharing my true self; when I did, others responded immediately and positively. It feels like a big healing is going on for me, a beautiful energy that really touches my heart. I haven't felt this in a long time. Some people around me are disharmonious, I don't have to take that personally. It's a real switch in energy. Lots of changes going on.

I feel spirit all around me, and I feel ready to receive it. I need to work on my giving. *[Suggestion: consider that each person has their own rhythm of giving and receiving, and that you 'fell out of step' with yours. While making some adjustments may require some effort, try to stay tuned in to what your natural rhythm might be vs. superimposing one.]*

I've been thinking about some work we did last week about me and my father. I can now see our fights as if 2 peacocks were fighting, and how I have the same dynamic with my martial arts teachers even though there are differences. I am observing the 'dance' I do, trying not to be the 'bad one'. I feel that I am behaving more appropriately *[able to be present, in the now, vs responding to current events based on the stories of unresolved difficulties from our childhood that we may have re-created many times. This is the difference between real feelings (being with what IS) vs. blinded by emotional reaction (being in what WAS) = PL 73, The Compulsion to Recreate and Overcome Childhood Hurts]*

I work with a school. The situation with children not having any choices, such as about their schooling, touches me deeply, brings up feelings of sadness. *[Kids have never had much choice in how they are raised / what opportunities they can select from! So... these feelings are about you...]* In my life, I carried that lack of opportunity on for longer than necessary. I didn't think I had a choice, or a voice about being my own true self. But now I do. *[Is there a lamentation about how long it took to realize this?]* Yes. But I feel empowered now. *[We need to experience the consequences of 'losing ourselves' in order to fully treasure finding our real selves – so that we are motivated to take action / make changes. Grief can be a way to blame or punish ourselves, others, or God. Projecting our feelings onto others can be distract us from understanding them.]*

I found myself in an emotional reaction last week, when someone asked me to repeat myself several times. My history is about feeling that I am not heard. My reaction was not proportional to the situation *[one of the ways to identify a reaction from real feelings = ERs are much stronger than warranted]*. As a child, I had no power or control. *[When we are not in contact with our inner power, we demand outer evidence of it, which puts others in charge of our feeling our power = yet*

another level of un-empowerment.]

I was exaggerating and dramatizing a situation. I didn't want to give myself praise if it wasn't deserved. I didn't want to feel disappointed. I'm integrating into some new 'inner space' but I have some fears about it. *[A demand to only feel pleasure in life will reduce our choices. In this case, either I feel the pleasure of prideful accomplishment, or I feel the pleasure of being 'wrapped up' inside intense feelings, The demand for pleasure NOW results in short-term pleasures, and becomes a Vicious Circle PL 50.]* I liked the feeling I had when you said that, but I can't hold it! *[The part of you that demands pleasure NOW sees the long-term work of self-development as not getting any pleasure EVER, and rejects the thought process.]*

Energetically, studying Pathwork feels like I am removing layers of mud, and am able to sense my divine center.

My inner cleansing feels like it has to happen away from the ritualistic trappings of my spiritual community. I am grateful to have a safe space to express this change in me.

I'm processing a lot of input right now. I'm a slow processor, but I find this allows things to ferment and bring forth something new.

I had a defensive reaction the other day. Have been so isolated for months that this time, I felt it physically. I felt clumsy, angular, stupid; I couldn't think or speak clearly. *[Such a dramatic response indicates some kind of significant childhood / spiritual trauma was activated.]* When my sister was born, I felt diminished, did not understand what was expected from me. My mother was no longer available; I was sidelined, and didn't know how to play this new 'game'. *[No one was available to see your distress, so the child had to find a solution to what it perceived as a threat to its emotional survival. The child's solution became to WIN (Will-type duality) by learning how to 'play the game'. The child cannot conceive of the long-term consequences of its solution. For instance, when the 'game' is dictated by the reactions of others, they have all the power, and we become helpless (the fear of the Will-type) = ever more compulsion to play the game, a Vicious Circle PL 50. We only consider change when distress significantly outweighs the pleasure.]*

Today I can trust that God does exist. As a child, I felt abandoned. I'm working through the anger I feel about that perception. \ And that God must exist, for me to have someone to be angry at! I want connection to God in a way I can perceive it! Yet I have spent a life-time searching for God, and hearing nothing. *[If we submitted to the needs of others (solution of the Emotion-type) to get love and approval, we are the ones who abandoned ourselves.]* I am realizing that my anger towards God is not what it seems.

It's hard for me to share. As if, there's no point; I'm not important enough, I can't articulate well enough. *[Suggest noticing the absolutes and dualities; 'there's no point' vs. having some concern; 'I am not important enough' vs. an awareness that there are different spiritual paths and levels of development. Overall, there's condemnation of yourself on a spiritual level. In a perverse way, this elevates you to the position of a judgmental God. = It's a backwards way to claim power!]* I read PL 233, The Power of the Word, where the Guide invites us to listen to the words we speak inside as well as outside. I was so inspired by this. But my words are negative! *[The act of revealing the Lower Self (the part of us that wants to stay negative) is an act of the Higher Self. Admitting vulnerability requires being vulnerable. That requires the strength to see past what is true in any given moment.]* At that moment I was discouraged.

I feel overwhelmed by current events. I became irritable and picked a fight with my husband. He walked to another room. I surrendered, let go, and asked my spiritual team for help. Noticed a yellow butterfly at the window, and sensed what had happened. Apologized to my husband and explained as best I could, and he understood. This whole cycle didn't take very long. I felt so much relief! Yet I also feel sad, as if my heart's breaking. I need to trust. *[Painful realities are hard to bear. Anger can make us feel powerful instead of helpless. But when addressed to a scapegoat instead of the actual cause, it creates confusion and more pain.]*

I have an impulse to say something important to prove I deserve to be in this forum. *[Wow! Group, take the compliment!]*

I found Pathwork in 2012 via the audio versions of the lectures. I can't believe it took so long to do something about it. Becoming part of this community would be important for me. It's a big step for me to be here. I want to claim my power, and stop giving it away to others.

Week 5: Review

(3-4 times a year I have to add a week to re-align the topics to the 1st of each month)

My parents weren't affectionate. I judge others as being wrong if they ARE affectionate. Yet I like to see affection between people – but only 'so much'. *[This feels like a projection...]* My father didn't show affection, and he was the one I loved. *[You see your conflicting desires in the actions of others; your natural desire for affection, and your desire to emulate your father and gain his approval. Your real anger is about not being able to have both.]*

So how to I fix this? *[This question comes up all the time. Yet the first step is to find out what is going on, what the issue is actually about, what the components of the emotional dynamics are. Hard to fix something you may not understand yet!]*

I need to go deeper into spiritual law. I am looking at my prayers. I am considering not praying for what I want, and instead asking for insight to empower me to find what I want, and then to help me create it. Also to find what is blocking me, and if these wants are real / have real value.

I sense that I am sabotaging my efforts. My work is bringing up old emotional traumas, where I have compartmentalized and repressed feelings. I feel I must do this, and if I don't do it I am afraid I will lapse back into doing nothing. *[Where's the Real Self in this? What does it say?]* That I am trying to force things, using Will. Real Self needs to be invited into the process vs. being controlled.

When I read this lecture, I re-experienced all the upheaval, flashbacks, and crying – but only as memories, in my head. Now I am allowing the feelings. I feel I can love more naturally, with less forcing. I had an idealized view of what I would be like if I 'got' x, y, z. I don't feel that anymore.

I don't respond well to being touched. I recoil. I try to force myself to be affectionate. I also seem to be hypervigilant about how I am perceived by others. *[How did your parents express affection, to you, your siblings, or each other?]* They weren't affectionate with me and my younger brother, touch was about punishment or correction. 10 years later, they were very affectionate to my sister. I was envious of the affection she received. They were very affectionate with each other, I became

aware of the overt sexuality when I got older, and it embarrassed me. I did the exercises in the study guide, but I did them mechanically, without feeling them. *[You may have repressed your natural feelings because they weren't welcomed. Then you became confused by your parents' change in attitude. At the same time, pre-adolescents are uncomfortable with sexualized interactions, so you may have doubled-down on repressing your natural feelings. Human touch is powerful, so healing that it is often called 'magical'. Yet this would feel like an invitation to bring up feelings that you have never learned to manage or appreciate. Not knowing how to handle our feelings leads to being hyper-vigilant about displaying them. We can be afraid of human touch because it activates these repressed feelings.]*

I am afraid to let anyone get close to me. My Ego thinks it will have to disappear. When I look at what kind of love I am open to, I sense a wall of fear. Both parents were emotionally and physically intrusive. *[Defenses don't get the respect they deserve. They are designed by toddlers! Because they work, they slip into our unconscious, like all the other activities we learn that are repeated a dozen time a day, so that we can focus our conscious mind on 'more important matters'. Yet that can result in a 30-year-old using defenses created by a 3-year-old! Suggestion: become more aware of this wall. Consider remodeling it, using your imagination, to better suit your needs today. You as an adult are not as vulnerable as that child was, so you might only need a waist-high 'fence', or even a 'magic veil' – because defenses are energetic, they don't have to be modeled on steel gates or brick walls!]*

Even though I am enjoying going through phases of growth and development fairly quickly, I shut down when I feel overwhelmed. It's as if I put on the brakes, but then it feels as if I will miss something. *[Would you drive a car that didn't have any brakes, or a reverse gear?]* No, but I do feel that using 'reverse' would make me 'bad'. I'm still looking for guarantees. *[The PL version of a guarantee: you will always get what is in your highest good and the highest good of all.]*

I am afraid I will be judged as laughable, pathetic, irredeemable. *[By whom?]* Me. *[Consider that this is a backwards way of feeling powerful; to be able to judge and condemn, Yet Week 4 of this lecture emphasizes the power of love as representing spirituality. Where's the LOVE in judging and condemning yourself for – perhaps – not being as good a person as you can visualize?]*

[After a process / exchange about being stuck in yet another recreation of childhood wounds and spiritual rebellion, my suggestion was to consider 1) that spiritual tasks are designed for a lifetime – not a decade! They would naturally re-appear in different formats, so that we can explore all the different aspects. I.e, after we build a house, we may want to remodel or renovate some bits. Any resistance to ongoing maintenance – including the mundane tasks of mopping up the debris from our daily activities – may reflect inner tension about our creation. 2) if a task feels endless or overwhelming, ask yourself why you chose to take this on. Ambition is not just a human characteristic! Allow yourself to consider the wisdom, courage, and love it would take to attempt a spectacularly difficult spiritual task, which may manifest in a very humble manner.]

[Note: posted August 1 2020, there may be an update by August 3 after the last meeting of this cycle on August 2.]

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