

Intellect and Will As Tools or Hindrances for Self-Realization

Summary of June 2020 Online Meeting Discussions on PL 104

Starting point each week was one of the 4 weekly subtopics in the full study guide, download here:

<https://www.janrigsby.org/files/PDF/104%20Intellect%20and%20Will%20-%20Tools%20or%20Hindrances.pdf>

Week 1: What Obstructs the Real Self

Week 2: Three Stages of Spiritual Awareness

Week 3: Mankind is in the Second Stage

Week 4: A Paradox: The State of Becoming involves Striving

Week 1: What Obstructs the Real Self

- **Fear seems to be my biggest issue.** And I am observing how I use my mind and will in the wrong way, in service of fear. I grasp, out of fear, trying to overcome obstacles and dissect layers. I seem to be more receptive to feeling my feelings.
- **I didn't want to forgive my younger sister** for being born. She sensed that, and teased me. I became a bully and she became a victim. Now she has become responsible – and I resent that she has been able to do that! It made me feel strong to dominate someone weak. *[Oddly, that's because you DON'T feel strong, so you have to have PROOF = PL 248. Your will was able to enjoy separation (I win, she loses) only when she accepted your rules. So now both Reason and Will are upset!]*
- **I also started getting caught up**, falling into a victim state of mind. When I was a child, I saw the insanity of the world being angry, and I numbed myself out. I am again seeing how engrained feelings and prejudices are, so much that people can't see it / don't allow themselves to see it. *[When we see the Emperor is not wearing any clothes and we say so, we may be punished or ostracized by those who have a vested interest in not seeing the truth. So we comply, and no longer listen to our inner voices.]*
- **This lecture was an eye-opener.** Realizing my dependency on Intellect and Will (I&W), and reading where this can create obstacles.
- **I am disappointed in myself.** I am again allowing and participating in negative conversations, not vocalizing what I believe or want. *[Collusion = getting others to play in the mud so we can hide our negativity; allowing others to get us dirty so that we can say we aren't responsible. We try to prove our false beliefs, misconceptions, and distortions are true by creating life circumstances that support them. Ultimately, we know we will see through this. Your awareness will grow, and so will your willingness to create change.]*
- **I feel attached to my story**, as a survival tactic. There's lots of denial in my family; I trumpet my truth 'from the towers'. Now I am looking for a middle way. I'm trying to frame my relationship as... *[This is how I&W 'set the rules' without your explicit permission, so the 'game' starts off to their benefit / with their agenda. I.e., that you have to frame your relationships in order to achieve specific goals.]* Right - that defends against feelings –I actually fear that my feelings won't be spiritually correct!
- **I'm addicted to thinking**, and I know that gets in the way. I decided to use my will and intelligence to create a direction... *[Suggest relying more on 'inner will and knowing'. Difference can be subtle; it's useful to listen to the energy and context of your thoughts, trust your intuition and adjust if you have misinterpreted them]*
- **I thrive on producing, doing.** It felt like the lecture was speaking directly to me.

Week 2: Three Stages of Spiritual Awareness

[1 = Being without awareness (plants, minerals). 2 = Becoming; the human journey, then further differentiated into 2 additional stages (see week 3): without awareness, and then with awareness 3 = Being *with* awareness (only available to humans in glimpses, epiphanies, Aha!'s. Otherwise, that's the spiritual plane). A demand to be on the spirit plane while in human form can be a desire to short-circuit the process of becoming.]

- **I encouraged fights**; it was part of my defense, to become skillful at them. I don't have a new 'narrative' yet. I realize I have made specific agreements with myself. Images say 'it has to be THIS way', and it's either bad or good. I feel I am creating more possibilities. But it feels like fog!!! [*In general, the 'unknown' is feared, but 'new' is anticipated with pleasure. Consider – what's the difference? One may be like coming into a bright room and having to squint to regulate the amount of light until we are used to it; the other may be like coming into a dark room and having to wait until our eyes adjust. Which do you fear most? Why? Example: In Heaven as on Earth, M. Scott Peck.*]
- **Someone dismissed what I had created.** I re-experienced a childhood trauma with my mother,. My false belief is 'someone always throws my work away, what's the point?' Suddenly I saw myself in the grip of my own past, and realized how others might also be in their pasts. I was able to make sense of what seemed *irrational* [= *didn't make sense based upon the reality of the moment*].
- **In my 12 step program**, I am on Step 9 = making amends. Avoidance is one of my strategies. I feel I have to endure = suffer because of God's demands.
- **I am having a hard time working through some emotions.** I feel I am avoiding something, am slightly dishonest. Am trying to get something, but when I get it, it's not satisfying. It's what society says would make me happy. [= *superimposing someone else's solutions vs. finding your own*] I'm afraid to get an answer.
- **I blamed others for what didn't work in my life.** It was better to be angry at others than at myself. I wanted to keep the anger, and be a victim.
- **I don't know what I want**, so I fear the 'wrong' decision, but I am actually afraid to choose. That creates disturbance, which is a form of pleasure. I feel impatient. (*implies that there is a deadline. Ask; who set the deadline? This comes from presenting feelings as facts = 'I am impatient' doesn't challenge the feeling, only complains about it = nothing will happen.*)
- **I understand the will aspect of the idea**, 'you can't be happy unless you get what you want', how will is frustrated by not getting. I don't always understand that it is a demand of the intellect when I feel frustrated that I don't know what I want.
- (*Overall: Consider the metaphor that the Real Self is the actual center of gravity, spiritually. Like a real center of gravity, it may be invisible, it makes all the difference, it is the fulcrum point, it has the real power. Like the center of gravity between two suns is some point between them that they both revolve around them. Suggestion: spend some time each day noticing.*)

Week 3: Mankind is in the Second Stage

Becoming in awareness; gaining awareness, then striving towards becoming. PL 104

- **I have a refreshed appreciation for my income earning work**, because it gives me a home and nourishes me. And it doesn't have to be either/or. I was the person who would say 'it's too hard'.
- **The Guide speaks of fences**, says to step outside them or change them altogether. But they can be useful as well as issues. (Suggest substituting the word 'boundaries' for fences, and allowing the boundaries to have elasticity vs. the earth-bound metaphor of a fence.
- **Am dealing with loss again**, one of my pets. My heart feels heavy, I feel 'I can't go on' / 'I'm alone and I can't do it by myself'. This image now feels like a tumor. When I go into the heart of my feelings about loss, there's a whole other reality / sense of truth. I feel that I am coming together in some sort of balance. (=awareness of becoming).
- **I was starting to blame myself**, judge myself. Now it feels like a coming together of a truer self. [Think if this as creating a soufflé. Don't push! Don't shove! Don't rush!
- **I've used Will & Intellect extensively in my life**; I am sensing that there has been an underlying sense of distrust that these are supposed to address.
- **My dad used to scream at us**. I scream at my kids, but then I become angry at myself and apologize to them. I never got that from my dad.
- **When I don't live up to my ISI**, my negative intent punishes me. (great observation!)
- **Been failing some tests** of character and spiritual resolve this week. Been allowing Ego and Will to dominate, vs. my Real Self. (*Q: why wouldn't the story be, I passed a test to see if I could become aware of the differences? How can any realization be a failure?*)
- **I felt a sudden rush of anger** towards my father for his past behaviors. Was triggered by watching another father yell and bully his children. I felt I was able to communicate a sense of support / love (non-verbally) to the youngest child. Now I feel numb. (*it's hard to unpack suppressed / repressed feelings. They don't emerge smoothly. Movie 'No Way Out as a metaphor = we put the pieces of the puzzle together in fits and starts, bits an pieces.*)
- **When I tried to look for my Real Self, it felt like I entered a 'black hole'**. (*Deception and distraction by the aspects of you that feel threatened by spiritual awareness. It's as if you need to escape the black hold, achieve an 'escape velocity' with the appropriate assistance of will, so that you can establish a bigger 'orbit' or perspective.*)
- **Dreams were about being an enforcer**. I realized that I become an enforcer, in reaction to letting people lead me around. Then I developed feelings of guilt, and hid behind a mask so that I could receive love while being an enforcer. I see where my pain is the result of not trusting my inner being.
- **On Father's Day**, I finally realized that my father had actually accepted me, yet I had been unable to receive it = allow myself to be loved. I understand this relates to allowing God to love and accept me.
- **I have realized** that I don't really believe knowing will come to me. I keep imposing a 'timer' on the process. (*Issue isn't the timer; it's the demand the knowing fit your concepts and your time frame.*)
- **I glanced at a neighbor** while in my back yard and became angry, then dissociated from the anger because it wasn't 'right'. (*in the process work; taking one step at a time. Noticed how clothing was worn, judged it as pretentious, felt superior, judged THAT as 'wrong' so shut down the process. (Vs. an alternative: realizing that we become angry when we see our own weaknesses and fears acted out by others, and working on those.)*)

Week 4: A Paradox: The State of Becoming involves Striving

- **Many of my ideas** – from my immature self – are falling away, because I am letting them go. “They” are not me. I am opening to my own divine love. I am beginning to feel worthy.
- **I recognize the little boy** who was trapped in a vicious circle. The new voice was the most gentle parental voice I could even imagine.
- **To free my soul**, I must use the mind in the right way. I’ve been trying to force, to use the tools I already have to get what I [already] want. It was comfortable.
- **The more I am learning and progressing**, everything seems bigger, with more potential. I need and want to ‘up my game’, because there’s so much more potential for happiness.
- **Now, it feels nauseating** to want to be placed above others, wanting to be valued above others.
- *[RX for creating change; get out of your ‘game’. Walk away from the methods that you learned = accept that there will be some discomfort during a transition period.]*
- **I don’t feel I have anything to work on.** *[we all have things we are working on = we are alive and in motion. When we repress the knowledge of them, they are no longer available to our conscious mind. So we make decisions that may further distance or distract us from our work. Then, when we remember, the task may seem even harder to begin or even imagine. It’s a vicious circle, as growth cannot be stopped.]*
- **After a life of never finding anything** I wanted to follow, never thinking about issues, trying to analyze my behavior, I moved to a new country. Feels poetic that I found my purpose once I got away from traditional thought patterns.
- **I have realized** that the reason I am afraid all the time: I believe that God’s going to punish me. I’ve sensed this before, but it’s bigger this time. Now I feel it’s going to be my turn to suffer, because I’ve been mean to others and now someone is going to be mean to me. *[Spiritual law – even ‘paying the price’ – is not linear. It’s not what you do, it’s why you do it. So: 1) find the truth of your ‘meanness’ – as in 12 Step programs, you will need to admit this to yourself first, then 2) admit it to one other person (=don’t let it stay a secret). Those 2 steps may take weeks, even months. Rushing the process to achieve restitution = trying to obtain forgiveness instead of accepting the truth of who you are or were. Important to practice these tools on ‘small stuff’ before you try them out on ‘big stuff’.]*
- **I just want my anger to die.** *[= Will and Intellect deciding what feelings are worthy of life. Non-acceptance of what is, and a refusal to consider that the anger has a message or an opportunity to grow buried inside of it.]*
- **I actually fear spiritual accounting** = karma, where spiritual law nails you on intent.[can feel like having robbed a bank and being able to pretend it didn’t happen – yet always fearing a ‘knock on the door’.
- *[RX: acknowledge, at least to yourself, your actual or perceived wrong or damage. Re-educate the part of you that believes lying is a solution! That’s part of your spiritual restitution. And consider the memory of this as a ‘scar’ = a reminder of the cost of lying to yourself.]*

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