

Pathwork™ Steps

Transition from the NO-Current to the YES-Current

Study Guide for Online Meetings on PL 125

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

Week 1: Meaning of Yes and No Currents

Week 2: Finding Your No

Week 3: Inner and Outer Will Affect the Soul Substance

Week 4: Negativity Towards the Pathwork Process

We shall continue with the sequence of lectures and shed more light on the topic of the yes- and no- currents. In all the years, we sporadically gave a brief overall view in which a link between certain lectures is established even if some of these lectures were given a long time ago. Such periods always indicate a new phase on the path -- and this often happens at the end of an old or the beginning of a new working season. This time, I should like to combine the lectures on inner will and outer will PL 64, on the soul substance in connection with the images PL 111, and the one about the yes- and no-currents PL 124.

Such summaries must, offhand, appear repetitious, at least in part, but when you truly experience the truth within your innermost self due to progress made, you will convince yourself that the combining of these topics is a new approach and can indeed become a revelation. It must deepen and widen what you have gained so far. It must fasten it and make it an integral part of your being rather than an outer knowledge.

PL 125

Links to Previous Pathwork Steps Study Guides

2009: Five Soul Movements <http://www.janrigsby.org/files/PDF/TC-SoulMovements-2009.pdf>

2015: Language of the Unconscious PL 124 <http://www.janrigsby.org/files/PDF/124-PRS08%20LangUnconscious.pdf>

2017: Inner and Outer Will PL 64 <http://www.janrigsby.org/files/PDF/064-InnerOuterWill-StudyGuide.pdf>

Note: I use the unedited version of the lectures in these study guides. There are a number of sentences in PL125 that are extremely difficult to understand. I include them as is, in the belief that the Guide's words were divinely inspired and that they occasionally trigger unconscious issues that the mind protests reviewing by becoming confused or distracted. Section 4 reviews how our No-Current can protest against the Pathwork process itself.

Week 1: Meaning of Yes and No Currents

The yes-current is the expression of the supreme intelligence and creative universal force. It is the life force, whose aspects were also discussed in a separate lecture in the past. It is all that strives toward union, wholeness, harmony, fulfillment, fruition. It is truth and love in its substance and manifestation. It is life embracing and accepting. Its movements are smooth and harmonious -- to bring in still another of our past topics.

Anything or anyone adapting himself to the yes-current must be in equal smooth harmony, must reach perfection and fulfillment on forever higher levels of being, must extend the range and experience of unbroken consciousness, unbroken by untruthful concepts and contradictory currents.

The no-current works and affects in the opposite manner, but not in the sense that it is evil. It consists rather of ignorance, blindness, distortion, lack of awareness of relevant factors -- relevant to the no-current in whatever way manifested. Ignoring truth, it must be in fear and spread fear. Hence, it is the opposite of love, of everything that leads toward union, fulfillment, fruition. It is discord and spreads disharmony, isolation.

Those who are enmeshed in it in any specific manifestation of their lives follow a harsh, disharmonious, rocky, shrinking, or rejecting soul movement that leads into greater blindness, error, and half-truth; into putting the focus and emphasis on aspects of self and others which, even though perhaps correct in themselves, do not lead out of the no-current.

The yes-current is the cause. It is the inner source and hence provides a realistic, comprehensive grasp of things. Outer manifestations are seen in their proper proportion.

The no-current does not open a further vista than the periphery, the effect, the outer manifestation, and therefore it does not lead to truth, liberation, harmony. No matter how much truth one believes he sees, disturbance, chaos, and destruction remain.

You cannot find out of the hopelessness and destruction, the only temporary and pseudo-satisfaction of no-current manifestations, unless you become deeply aware of it. This is the primary and essential step. And there is certainly nothing negative about discovering your life-defeating, destructive attitudes that consist of no.

Many people believe that a positive attitude toward life means ignoring the negative in oneself. Nothing could be further from the truth. This is a crass misunderstanding of the processes of growth and development.

It is impossible to adopt a truthful concept, to replace the old untruthful one, unless one clearly discovers, determines, and understands why the old concept is untruthful. The impetus to transform oneself can never come unless one sees the destructive nature of a false image, evaluates its effects on self and others. This alone will make you summon all your resources to bring about a change. Vague knowledge of the general principles of this process cannot suffice when you deal with a deeply imprinted no-current forming a specific attitude toward a specific life experience.

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Questions and Answers from the following session, 125 Q&A

QUESTION: I found in studying the yes and no current, I find myself with three currents. There is the real yes current, and then there's a sort of minor yes current that seems to say yes to a lot of wrong things, being wrong because they conflict with the real yes current. And then there's the no current that just automatically doesn't even want to look at things.

ANSWER: Yes. That is very true. And that also corresponds to what I said in the lecture on the topic. I warned against being on guard and not mistaking the superimposed yes current for the real yes current. Now, this is exactly it, what you pointed out here. This is not the real yes current. And it too has to be examined. And it, of course, is very, very intimately connected with the no current.

QUESTION: If I just watch my no current, what do I do with it but watch it?

ANSWER: Watch it, question it, and say, "*Now, why do I say no to this or that or the other?*" whatever direction it may manifest.

1. In the first place realize that you are not helpless as to certain feelings. When you discover a guilt feeling, let us say, as you just said as to the no current, you do not have to remain in this. You can say, "*Now, it is no use that I feel guilty, and even if I do, I can only get rid of the guilt by discovering why the no current exists. What is it in me that makes me say no to such and such a fulfillment or such and such experience or such and such a desire—or whatever it may be?*"

2. Then ask, not only yourself, the little self, but also direct that question to that higher self we all aim in this work to reach. You see, this is the aim of this path. You know that! And this higher self is not as far away as you may think. Call it the higher self or call it the real self or the divine spark or any other names we have at times assigned to it. The name really does not matter. It suffices that you realize there is a higher intelligence existing within yourself that, if you let it, if you ask it, if you contact it, if with this conscious everyday self you ask it the proper question, the appropriate question, it will answer. It always does! It never fails!

3. If you direct your question of, "*Why do I have a no current here? Why do I feel I do not deserve this or that? Why do I feel I need to have the negative? I want to know the answer*" and then you relax and are ready to wait for the manifestation of the answer, it will come. It always does.

This is certainly one of the most important tasks: to more and more concisely formulate confusions, questions, and contact this higher intelligence by simply asserting in clear-cut thought and clear-cut words what you wish to know about yourselves, about your unconscious motivations and wrong concepts, and where you wish to change.

This cultivation of a proper direction of your will intent is also something very important to take up. For instance, each time you observe the no current in any form—you observe your feelings—make the proper, respective thought direction and will direction and determination, contacting this deeper, wider, higher intelligence within yourself, deliberately.

PL 125 Q&A

Daily Review PL 28

Exercise: Keep a record of incidents that disturb you. Focusing upon subtleties may help us from becoming distracted by exaggerating or over-dramatizing a situation. Notice feelings of discomfort, where your suspect you may be uninformed, ignorant, unprepared, or unaware. Each week, see if you can relate with the sub-topic.

All you need is a 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. What repetitive patterns can you sense?

Week 2: Finding Your NO

When you discover specifically how you yourself say no to a special desire, a cherished fulfillment, this is a major transition in your entire development, in your outlook toward life.

After such a discovery, you can never be the same as before. For the first time, you comprehend that you do not depend on circumstances outside your control; that you are not a persecuted victim of an unfair and unkind fate; that you do not live in a chaotic world without rhyme or reason where the law of the jungle seems the most appropriate.

Such discovery must lead away from the false God concept of a punishing or rewarding deity up in the sky; and it must also lead away from the equally false idea that there is no order, no superior intelligence in the universe.

When you discover that you say no to the very thing you desire most, you can no longer be in insecurity, fright, and in the misconception that you are unlucky and inferior. Suddenly the truth of the divine order will come so near that you can grasp it; and this is indeed a wonderful experience even if, at the first inkling, you may not be able to hold on to it. It means the extension of your grasp, the deepening of your understanding, becoming more acutely and specifically aware of the fact that all unhappiness and unfulfillment is not a remote effect of a remote cause, even remote in yourself, but a very direct effect of a cause that is right in front of your eyes if you choose to look at it.

Of course, it requires the training of becoming aware of hidden emotional reactions, of subtle, elusive, vaguely felt emotional movements, as it were. But once your mind is accustomed to observing these reactions, it is not far away.

The no, that you and you alone recognize, is as distinct as any object in your outer environment you wish to grasp, touch, and see.

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Finding such a no must not be a superficial, glib acknowledgment.

It is necessary to allow yourself the full impact and significance of your No:

- 1. First, that it exists at all, and then**
- 2. Why it does exist and**
- 3. On what specific misconceptions it is based.**

When this is perceived, for the first time hopelessness, defeatism will make room for genuine, not superimposed, hope and a general positive attitude toward life in this specific area. You will glean that what has refused to come to you and made you more hopeless now has a chance to do so because **you begin to envision the possibility of a changed concept and attitude in yourself -- even before you are capable of changing.** The prospect then certainly exists in a most realistic way. The more this is envisioned the more can the will to change be cultivated.

Before you gain a clear vision on the specific area of its operation, the no-current acts against the very endeavor of discovery and change. Hence, a strongly negative attitude exists manifesting in any number of ways, toward the Pathwork [process] itself (see section 4).

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Some of my friends have already found that this is so. The moment they successfully fought and overcame their resistance against the work at this particular phase, they found a corresponding no toward a general life situation.

While, on a conscious level, an urgent, frantic, hopeless yes (not the yes-current) clamors, cries, and trembles, the underlying no defeats all efforts and makes the entire process truly hopeless.

Many of my friends have experienced that so often before one comes to the most crucial point of transition, the battle against it is equally crucial. The temptation to blind oneself to the true issue -- to project and displace -- these often blur one's memory of past victory; of the

- proper procedure of prayer, meditation, daily review;
- formulating confusions, unanswered questions, vague uneasy feelings in a concise way and tackling them as they barricade the way;
- asking for help in this respect;
- cultivating one's inner will to overcome all barriers toward seeing the truth about oneself and having the willingness to change;
- registering the inner no during these endeavors;
- tackling these no's in the only productive way, namely with intent of wanting to see and understand the truth about the matter.

We have discussed all this extensively, and I have often reminded my friends; but wherever crisis, doubt, dissatisfaction, exist, these simple procedures have been neglected; and at the moment, the temptation to go into the outer direction of displacement, projection, emphasis even on a truth, but an unrelated truth, was too great.

Opening oneself to the truth is a decisive step toward bringing the personality into the yes-current. Change and transformation of character structure, as well as of false imprints, is hardly possible while one does not understand why such a change is truly desirable.

Therefore the path can roughly be divided into two major phases:

- first, enlisting divine help for recognition of truth;
- second, enlisting this same agency for the strength, stamina, and ability to change.

These two fundamental desires, being part of the great yes-current, must be cultivated in the details of daily living, reactions, thoughts, and feelings. This detail work is the most important aspect of it.

What is concentrated on, formulated, intended, issued forth from your consciousness today is surely not the same as it was last month or as it will be a month from now, provided your pathwork is dynamic and not a superficial, generalized endeavor.

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Exercise: Finding Your No

1. Take any of the many little no's coming up in your work, in your daily life -- one after the other as you observe them in your self-confrontation.

2. Take this no, and enter into your private meditation, all alone, peaceful, and relaxed. Such meditation might be somewhat like this, in essence, but use your own words and formulation. *"Why do I say no? I have the power not to say no, and I now say yes to really and truly wanting to find out this and that particular no. With all my heart, I say yes to wanting to understand the no."*

3. Take one at a time. First you will feel a strong negative pull against it, but, expecting it, you are prepared for it and do not allow it to dissuade you. You go on saying, *"The truth cannot harm me although something ignorant in me rebels against it. In spite of it, I say yes. It has no power over the way I direct my will and my endeavors. This very same no has brought much destructiveness and misery. I do not allow it to rule over me any longer. I take the reins in my hands."*

4. If you do this daily for a while and open yourself up to what comes in the spirit of: *"For better or worse, I want to find out why the no stops me from all that could bring happiness to me and to my surroundings. I no longer wish to reject all that is life-giving, outgoing, unifying. I no longer wish to embrace isolation and hostility."*

5. When you meditate, in your own words, in such a way, enlisting the divine forces inside your own being, you will, indeed experience a great transformation.

The first time will be most difficult, but if you persevere, it will become easier and yield more and more results. Make use of the considerable progress already made rather than choosing, than letting yourself slide into inertia again. Then you will yet experience the greatest victory and liberation so far! You will indeed enter a crucial new phase.

When you follow through this advice, you will truly make the transformation from a downward curve, from the no-current, to a building up, to the upward life-giving stream, to the yes-current.

AND... it's important to keep a sense of humor about your work!

[The Book With No Pictures by B.J. Novak](#) 4 mins

The book (short segment, read by the author) requires the reader to read ALL the words AS WRITTEN. Kids fall over laughing at the sight of a grownup trapped by rules into being silly. An exploration of how the No-Current (being laughed at for our resistance) can be drawn to transition into a Yes Current (understanding the joke and joining in the fun)!

Week 3: Inner and Outer Will Affect the Soul Substance

The Power of Talking with Others

An additional factor of help on this particular road is the element of talking. By talking out what you want, what the so far recognized obstruction in you is, the extent of it, and the reason for the no-current observed, the therapeutic value of this is way beyond your present comprehension.

As you talk to another person, things will take shape and gain a clarity that you missed as long as you merely thought about them or even wrote them down. Also, the insight an uninvolved outsider may gain and point out to you is often, at a certain moment, impossible to attain by oneself because one is too deeply involved.

In talking out the problem area, a pressure is relieved which sets valuable energy free, and a new proportion is gained. Something begins to change inside way before you even know it. Something is set in motion when you (a) deliberately tap your divine self for answers and guidance, and (b) when you talk out the pressure area. The effect of these two important activities will be experienced by anyone who follows this advice.

Talking out of the pressure area also quite often needs to overcome a no-current. For wherever the trouble festers, a deep shame exists. Whatever the misconception, the original image with its false premises, with its concomitant negative emotions, causes deep shame.

Whether one feels frightened, hurt, or whatever, the impression of being isolated with a guilty, shameful secret, making him different from others, requiring a pretense, can best be exposed as utterly false by breaking through in talking to another person.

As one gets started, the shame begins to vanish until it shows itself as the illusion it always was and which has caused so much suffering.

I should like to point out a difference between talking about the problem, your feelings and reactions, and talking all of them out. The former is often a necessary and good beginning, but when one gets to the latter stage, one is very close to the goal of swinging into the yes-current in this particular area.

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Inner and Outer Will

The wiser, inner self knows the necessity and subtly nudges the outer personality. When a close contact with this inner self is not established on all levels, such nudging is misinterpreted.

The accumulated pressure regarding the need to talk is put into unproductive channels because the little self fears and wants to avoid (often unconsciously) uncovering the "shame." The no-current is at work.

When the pressure to talk is relieved in the inappropriate quarters, one automatically concentrates on matters not immediately connected with one's personal area of trouble that need and wait to be brought out. Often this may even have destructive side-effects apart from hindering the personal growth process that one is ready for. Disharmony is spread without the will

or intention of doing so, often even in good will and partly with correct insights into matters that have nothing to do with the self. But in this spirit, the most truthful observation will become discolored and be but a half-truth, whereas any observation will be acceptable to others if one does not shirk something in oneself.

The relief of truth, as opposed to the burden of misconception, can fully become yours the moment you are on the road of overcoming the shame of the deepest inner lesion of your soul.

Again, this cannot be done in one sweep, but if you tackle it in constant honest self-observation, checking how you stand and, above all, acknowledging the fact of it without self-deception, and, in addition, requesting the help of your higher self, success will come.

You will then know what it means to live without shame, without the need to be isolated, without the burden of hiding your true self. Do not dissipate the energy by letting yourself be tempted away from it. You thereby deprive yourself of a very necessary spiritual and emotional medication.

Every tight or too firm conviction that is in connection with your work on the path should be examined. Are you truly open to consider an opposite view as well? Only then can you perceive the voice of your higher self if it should wish to convey something different. And only then will you know that your first conviction was indeed right for you. This deep inner certainty can only come when you are willing and ready to accept something other than your preference.

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Exercise 3:

As you must deeply want the truth about yourself in order to obtain it, so you must deeply want to transform. **Is there a soft, hidden no? Why? What is the fear? The same no exists to the fulfillment you wish from the outside, as to the willingness to transform inside of yourself.**

Soul Substance

Soul substance is the material that registers an individual's outlook on and attitudes to life. When these outlooks and attitudes derive from a truthful impression and therefore a constructive attitude prevails, the soul substance is molded in such a way that the person's life is favorable, agreeable, meaningful, fulfilling, and happy. When the impressions are based on wrong conclusions, the molds into the soul substance create unfavorable, destructive situations.

In short, a person's fate is nothing more or less than the sum total of his personality, what it expresses and emanates, how the soul substance is molded in terms of reality or unreality. Man's consciousness is like the sculptor, his soul substance like the material which he uses to create. It is the entire personality, including all levels, which determines the fate. If a person has a healthy, constructive, realistic, truthful concept in a certain area of living, but only in some levels of his personality while other levels express the opposite, such contradiction and opposite aiming affects the soul substance negatively even if the truthful, positive attitude is stronger and conscious, while the negative one remains hidden.

It is thus essential that the hidden areas are uncovered in order to understand why a fulfillment remains missing in life.

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Week 4: Negativity Towards the Pathwork Process

I now would like to discuss briefly a point which has puzzled some of my friends although their confusion on this point is not always conscious. It is the fact that the Pathwork [process], at a certain point, appears to aggravate negative feelings.

Often, instead of fully using these tools, instead of wanting to change the attitudes that cause your unhappiness, you grumble and blame the Pathwork process for not living up to its promises -- as though it ever promised to do the work for you. No approach can ever do that, it can only show you what you must do, how you must change so that your life can change for the better.

Those of you who steadfastly make progress, overcoming, fighting against the no within, doing the work day in and day out, do register the growing conviction and knowledge that you are slowly stepping out of confinement and darkness into the freedom and light of truth.

Idealized Self Images and Pseudo-solutions PL 83

When a young human being starts out in life with his personal images and misconceptions, he has concocted certain "remedies" against the illusory dread he wishes to avoid. These are the pseudo-solutions, his idealized self-image. With these, he hopes to cope against what he fears in life. Since he is young, vigorous, and not yet discouraged by repeated disappointments of the nonworking pseudo-solutions (and when successful, *in spite of* rather than *because of them*) he ascribes it to their efficacy. **Hopelessness, depression, a sense of futility and meaninglessness with life are still absent.** If he lives on *with all the burden of error*, he very gradually comes to the point of utter discouragement.

Each time his pseudo-solutions do not work, he despairs, but since the entire process of pseudo-solutions and what they are supposed to avoid are unconscious, *he has no way of remedying the situation*. In fact, he is inwardly convinced that he has not worked hard enough to make his pseudo-solutions work, to bring his false, idealized self across. He believes his inadequacy goes so far that he cannot even successfully pretend. If only he could get to the point of living these imagined "salvations," all would be well. **The idea of giving them up seems like a tremendous danger, utterly exposing him to annihilation, humiliation, and shame.** Needless to emphasize, he is unaware of all these feelings.

The no-current is used in order to avoid the imagined threat. When the Pathwork process demolishes his pretense and inefficient pseudo-solutions instead of strengthening them, as unconsciously he hoped, he is in panic. He fights for his "life." And he feels that he has lost ground, rather than gained, because the old ways of coping with life can no longer be used by him. His conscious self now sees their preposterousness, and he can no longer employ them. But the new concepts are not yet formed.

In this interim stage, he finds himself in a vacuum that he often unwittingly prolongs by fighting against going forward. Truthful concepts cannot mold his life as long as he precariously balances himself on the point of confusion, despair, and stubborn refusal to open up and go further.

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Dissolving False God Images PL 52

The false, superimposed tendencies have to disappear before genuine strength, security, happiness can be a part of the self. How can a genuine yes-current exist if part of your personality is expressing false emotions?

It is exactly the same with the true and the false God concept. The false God image has to be dissolved before the genuine God concept can become part of the psyche, of the innermost regions of the personality. It can hardly be otherwise. It is an unrealistic expectation that first the new is built, and then the old, obsolete goes away.

The degree of pain at dissolving the false old ways and transforming into new outlooks and life attitudes **solely depends on the strength of the no-current opposing the process**, and on the degree to which this no-current can be inactivated by awareness and observation, and the measure of subsequent appropriate activity and treatment of it.

For the yes-current to express in any given area of your life and personality, your entire being must be of one piece, a wholeness. Your consciousness cannot be divided with different levels expressing different aims, goals, opinions, concepts, and emotions.

Such a complete reorientation of the personality cannot be a slipshod affair. It does not come cheap and easy. **It requires your total involvement and investment into the process.** It demands some fierce overcoming of stubborn, easily misleading resistance, and the turning away of temptation from the self. There is no short cut -- except that it *appears* easy when the transformation has already taken place and the psyche is already free from division and contradiction in any given area of success.

When you allow yourself to shed all falseness due to expressing and formulating your will to grow in this direction, more and more you must come to see that the God you unconsciously feared does not exist. But this is not God's way nor will. It is your way and will, born out of your inner limitations.

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Following the Will of Your Divine Self

When you reach this state of oneness with yourself, with your innermost divine self, wholly existing in the flow and harmony of the yes-current, you have nothing to fear. You stand on firm ground. Fulfillment of any expression of your self can easily be yours.

Nothing stands in the way to a full, fulfilled, rich life. These are not empty promises. All the tools you need are given to you, but you and you alone must use them.

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