

# *Pathwork™ Steps*

## **Winner vs. Loser; Interplay between the self and creative forces**

Study Guide for Online Meetings on PL 129

Full text of this plus all other lectures may be downloaded from [www.pathwork.org](http://www.pathwork.org)

**Week 1: Dualities in Winning or Losing**

**Week 2: The Folly of the 'Best' Way**

**Week 3: Love, Power, & Serenity as Pseudo-Solutions**

**Week 4: Duality Leads to Hopelessness and Despair**

**Week 1: Dualities of Winning or Losing**

An attitude toward life of winning versus losing is one of the greatest limitations, one of the most common, overall either/or concepts. According to this concept:

Being a Winner means ruthlessness: selfishness, trampling, triumphing, belittling others.

Being a Loser means sacrifice: unselfishness, goodness, kindness, consideration of others.

Some adopt the one alternative, some the other. Each fears the consequences of the other side of his choice. Neither one of the two choices is "better" or "worse" than the other. Both sides contain the identical misconception. Both end up with the identical results: loneliness, resentment, self-pity, self-contempt, frustration.

PL 129

**Exercise 1a:** What are your beliefs around winning and losing? Which do you fear most? Make your own list of what these mean to you, using a sheet of paper with 2 columns.

### **Winning or Losing becomes Life or Death**

The majority of human beings live predominantly on the dualistic plane. The dualistic plane means that man sees, perceives, and experiences everything in opposites. It is always either/or, good or bad, right or wrong, life or death. In other words, practically everything man encounters, every human problem and predicament, is determined by this dualistic way of perceiving life.

On the dualistic plane, each issue ends with either life or death. Life becomes so important so as to avoid death. Often death is feared so much that it is run into head on. Such individuals are not free from a fear of death. Quite the contrary, although their constant struggle with life -- a result of their struggle against death -- renders them sufficiently unhappy so that they believe not to fear death. This is an illusion as long as life is experienced on the dualistic plane, as long as one side is important and fought for and the other side threatening and is fought against, vanquished, triumphed over.

In any issue you happen to be involved in, as long as you feel that you must win, that one is so while the other is not so, you are deeply involved in the world of duality, and therefore in a world of illusion, and therefore in constant strain and suffering, conflict and confusion. The more you fight in this way, the greater the confusion becomes.

*Unity and Duality* PL 143

**Exercise 1b:** Consider your most serious life issue in terms of win/lose. What do you want to avoid experiencing? Why is that ‘losing’ or a form of Ego death? Consider the negative aspects of trying to be a ‘winner’ here.

**Acceptance of Lower Self seen as Losing**

QUESTION: I have difficulties in accepting the lower self in me.

ANSWER: The difficulty you have here is a twofold one. In the first place, you have an unrealistic outlook about life and about what a person should be like. There’s an unrealism in your expectation of people and yourself. In that unrealism you do not make room for the reality of the lower self.

What you should do here is pray for a realistic vision and view of people and life on this planet and yourself—that there is no human being who does not have a lower self, and the lower self contains ugly, unattractive attitudes. As a matter of fact, it is the task of every human being to bring this lower self into life so as to give it the opportunity of purification. It is the beauty of the higher self to have chosen such a task. And if you see it in that way, you will not be so resistant to accept this in you.

Another aspect of the difficulty is, in connection with this unrealism, there is a certain pride in you that you want to be already above certain things. And there is also perhaps a desire not to have to go through the hardship of dealing with these things—a wishful thinking attitude of:

*“I should be already above that; I should be beyond that; this should be already behind me. I do not want to really give my energies to having to deal with something I have not expected in me.”*

In other words, open your mind to the unexpected, on the negative as well as on the positive side. And pray for this understanding.

*Questions and Answers PL 222qa*

**Exercise 1c:** What would it cost you to accept your lower self? Repeat the phrase above (in italics) several times. Verbalize any expectations (I should/shouldn’t) you have about your spiritual status.

**Daily Review 2.0 PL 28**

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

Track your daily experiences of disharmonies. Find a common denominator after keeping logs for several weeks.

Daily Review				
DATE	SITUATION	REACTION	BEHAVIOR/RESPONSE	JUDGMENT
	Facts/Circumstances of Disturbance	Feelings, thoughts, emotions	How You Acted (Exaggerated/Minimized)	Affirmed/Negated My Belief That...
10/01/20	Late for work	Fear/anxiety about job	Yelled at kids	I'm a bad mom
10/01/20	Fight re dinner cleanup	Felt let down by family	Didn't speak for hours	People are inconsiderate

Graphic created by Shakila F.

**Exercise 1d:** Use the technique of Daily Review (written or as a daily meditation) to consider the energies of “winning or losing” that you experience or perceive during the day. These may be very subtle; notice an inner smile, a non-spoken YES! whenever your or your ‘team’ gains an advantage.

## Week 2: The Folly of the 'Best' Way

A few of my friends are quite confused as to results that work on this path are supposed to bring. Many of my friends either consciously or vaguely feel or believe that when they have worked a few months or even a few years, that difficulties, life's problems, will no longer come to them. This is completely unrealistic. It just is not so. True, certain outer manifestations of your inner problems might be alleviated in some degree. It is erroneous, however, to measure your progress by whether or not life's ups and downs continue to exist for you.

*The Folly of Watching for Results While on the Path* PL 69

### Heaven as a State of Consciousness

The unified principle combines both opposites of the dualistic plane. By transcending the dualistic plane of consciousness, it is found that the painfulness of it no longer exists. Few human beings transcend the dualistic plane and experience only occasionally a taste of the wide, limitless outlook, the wisdom and freedom of the unified plane.

In the unified plane of consciousness, there are no opposites. There is no good or bad, no right or wrong, no life or death. There is only good, only right, only life. Yet it is not the kind of good or the kind of right or the kind of life that comprises but one of the opposites of the dualistic planes. It transcends it and is of a completely different nature. That good, or that right, or that life which exists on the unified plane of consciousness combines both aspects of the dualistic way of life. In the unified state of mind, no conflict exists because the dualism is combined and the opposites no longer conflict with one another.

This is why to live in a unified state, in absolute reality, is the bliss, the unlimited freedom, the fulfillment, and the unlimited realization of potentials that religion calls heaven. This heaven is usually thought to be a place in time and space. This, of course, is not so. It is a state of consciousness which can be realized any time in whatever shape an individual entity exists. By this, I mean a human being in the flesh, as well as one who does not live in a material body.

The unified state of consciousness is a question of understanding or, as I often term it, that of "knowingness." In the dualistic plane, life must be a continuous problem. The struggle man has is that of coping with the arbitrary and illusory division of the unified principle, so that things become opposites, and that imposes conflicts. It creates tension, fight within man and therefore with the outer world.

*Unity and Duality* PL 143

**Exercise 2a:** Consider one area where you could easily make a few changes your own attitude and behavior that would contribute more towards peace and harmony of different groups you interact with. Be specific; what would you need to relinquish? Notice any resistance. Verbalize what you resist letting go of, what you fear to lose, how you fear others might win instead (vs. take advantage).

### Personality Types of Reason, Will, and Emotion

There is the human personality who governs his life and his reactions mainly with reason. There is the second type who does so mainly with the emotions, and the third who does so with the will. These three types are not always completely one-sided. In fact, there is always a mixture.

But in some cases, predominance is obvious, in others the mixture is more involved and therefore more difficult to detect. In the ideal personality, each of these three aspects has its rightful place. The harmonious person functions with each of these three aspects in a perfect way. But since there is no completely purified human being, these three trends are often directed into the wrong channels, aside from unbalance or predominance. For instance, where reason should prevail, emotions do, or vice versa.

[Three Personality Types: Reason, Will, and Emotion](#) PL 43

### Chart of Personality Type Aspects: Real Self, Child Self, and Adult Self

PL 43	Reason	Will	Emotion
Core Angelic Quality	Wisdom	Courage	Love
Real Self qualities	Harmony, balance, clear perception	Leadership, direct knowing, courage	Connection, unity, oneness
Core gift to share PL 84	True serenity	True Power	True Love
When undefended, each type will be able to --	Experience deep level of feeling because they see so clearly	Freely use and support wisdom and love as appropriate	Create connection, focusing upon being one with all
Real need PL 192	Love; approval for one's real self; to develop the capacity to love	Being seen and heard for real self; valuing being as well as doing	To express and assert real needs for pleasure, while accepting reality
Repressed need PL 92	Receive emotional warmth and affection	Be seen and understood on an emotional level	Have contact and feel connection with others
Life/Death duality generalization PL 143	Love / no love = chaos, void, emptiness	Control / no control = helplessness	Pleasure / no pleasure = pain, disconnection
Pseudo-solution that minimizes unmet needs	Acceptance	Control	Pleasure
Main Image PL 93 "to be loved I must..."	Get approval, validation, objective proof	Be seen and heard or famous and successful	Be good, do it all, please others so they must love me
Defense when needs not being met PL 84, 101	Withdrawal – to disconnect from the source of pain	Aggression – to eliminate the source of the pain	Submission – to barter, or distract from the pain
Mask PL 14	False serenity	False power	False love or beauty
ISI PL 83	Glory; approval	Triumph, fame, success	Vanity, spiritual pride
Lower self PL 30 Child's defense	Pride, rigidity "I am better than..."	Self-Will "I must have..."	Fear, vanity "I'm afraid of..."
Adult's evil PL 248	Materialism, proof	Separation, superiority	Half truths and confusion

**Exercise 2b:** Circle (or write on a sheet of paper) the traits that describe you in each row. This can become complex! Mark 1<sup>st</sup> or P for primary, 2<sup>nd</sup> or S for secondary if there are 2 choices. Then note each choice as R,W, and/or E based on whether that's how you think (reason), behave (will) or feel (emotion) – these may not line up with the headers!. For some, there will be a lot of crossover. For those who 'bounce' between choices in the Reason and Emotion columns, look more closely at the Will element – will often drives seemingly varied choices, as a tactic to get its way.

### Week 3: Love, Power, Serenity as Divine Attributes and as Distortions

Each personality type reacts from a primal childhood wound, attempting to create a solution. This is based on fear, so is actually a pseudo-solution because it does not address the original mistaken belief.

**Love wants to feel** *“if only I would be loved, everything would be all right.”* This belief allows submission to seem like a solution.

**Power chooses to believe** *“I must be loved so that i can believe in my own worth. Then I may be able to love in return. The seeker for power must never fail in anything.”* This belief allows aggression to seem to be a solution.

**Serenity withdraws rather than feel disturbed.** Originally a person may have been so torn between the first two aspects that he seeks a way out by resorting to a withdrawal from his inner problems and thereby from life as such.

#### Chart of Love, Power, Serenity Defenses PL 84 as distorted by the Idealized Self Image (ISI) PL 83

Personality type	Reason	Will	Emotion
Mask	Serenity	Power	Love
Child statement: “life would be OK if...”	If I withdraw from life and act serene	If only I felt powerful and better than others	If only I felt loved
Defense	Withdrawal	Aggression	Submission
Safety is ...	Being aloof and detached from others	Being strong and invulnerable	Loving others to force them to love me
World view	The world and people are fine. There’s no problem.	The world and people are bad.	The world and people are all good
ISI characteristics	Aloof, completely indifferent, urge for independence, benignly detached, all humans are weak, proud	Independent, invulnerable, ashamed of emotions, competitive, powerful, aggressive, Godlike perfection	Complies with others demands, do anything for approval, prides self on failure (to force others love), modest, in background
Artificially cultivates	Being entirely independent of others	Toughness	Loving everyone
Underlying fear	Of getting hurt and disappointed, fear of being dependent on others. (unaware of such existing feelings, shocked by their existence)	Of getting hurt and disappointed, fear of being dependent on others (proud of his hostility and aggressive fighting spirit)	Of not being loved and protected, of feeling worthless and helpless
Emanation	The <b>EXALTED</b> one	The <b>PERFECT</b> one	The <b>HOLY</b> one
Childhood pain	Not being loved, feeling rejected, hurt, disappointed	Not being seen, heard, understood	Not getting protective love

Chart by Andi Kiva For Pathwork Teachers Helper (PTH)

**Exercise 3a:** Track your early emotional development by following one of the initial ‘Child statements’ that resonates for you, or the ‘Childhood pain’. Consider if you exhibit any of the ‘Artificially Cultivates’ or ‘Emanation’ traits in the same column.

## Winning and Losing in Relationship

If the dualistic state of mind becomes more firmly entrenched in the painful, fearful dualism through straining from the undesirable alternative, then it must figure that the straining must be relinquished. Yet, how can I say to you, do not wish for happiness as opposed to suffering; life as opposed to death; health as opposed to illness, and so on? You would hardly be human if you would not deeply desire happiness, life, health. But there is a state of mind in which the straining relaxes, in which the undesirable can be dealt with in an almost similar spirit and attitude as the desirable. This strain becomes conscious only at a point on your path, after a great deal of crude purification work has been accomplished.

*Continue Your Struggle and Cease all Struggle PL 253*

When two people are involved in a close relationship, each having adopted the opposing choice with both representing the same wrong conclusion from the two sides, such a relationship must be fraught with friction to the point of hopelessness. Each resents in the other what he fears and fights in himself.

The winner fears his impulses of genuine affection as much as his weakness and desire for dependency. The loser fears his resentments, his selfish impulses because he not only strives for goodness according to false, limited concepts, to rigid outer regulations, but also his private pseudo-solution may be a need for total approval from others. He may be unable to stand any form of criticism even if it is unjustified.

What these two resent most in the other is their own hidden tendency to the opposite side of their choice.

Most human beings have at least some measure of this false concept. Some experience it as a general overall climate toward life, others only in certain areas. It is a vague feeling which, if translated into concise words, means,

*"I cannot have what I want, I must lose,"*

or

*"In order not to lose, I must be tough and disregarding of others."*

The latter is convinced of losing too, unless he sacrifices his need for human warmth, appreciation, and love. This is an expensive price to pay -- even if it were true that then he could win. But just because he never allows himself to relax, to let his guards go, to let go in general, he cannot experience that this is a false idea. He believes that perhaps he has a chance to win, provided he cripples his very being. Since in this way he certainly cannot win, his negativity increases, and he begins to doubt himself, his strength, his adequacy.

It is of great importance to detect this subtle climate you exude, in which you assume, anticipate, and therefore fight in an unproductive way against losing, or resign to it.

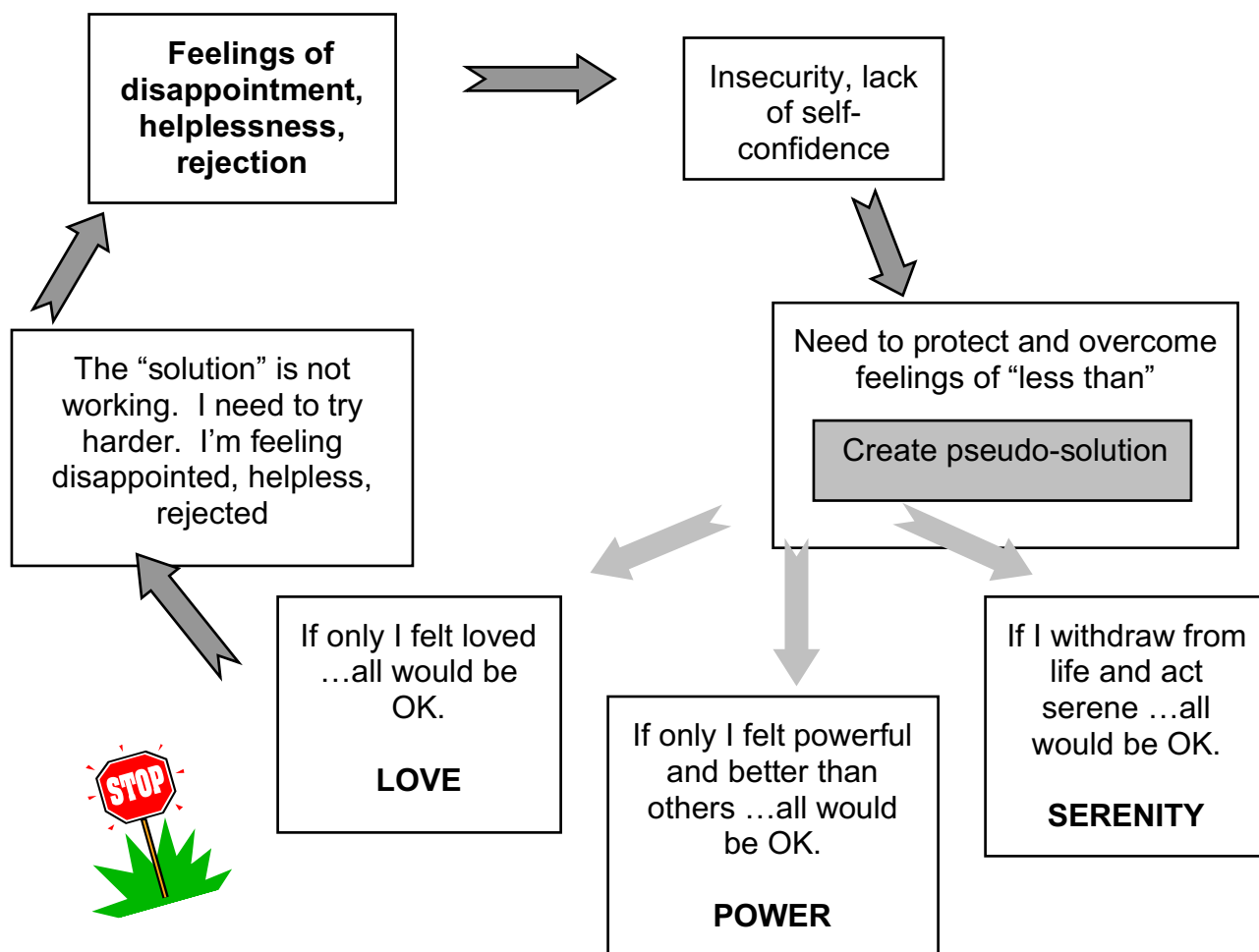
**Exercise 3b:** Look at one of your close relationships where there is or was friction:

- Do you feel you have to be the cruel one in order not to be the poor, stupid one?
- Or do you resign to the latter, priding yourself on your decency while merely not daring to defy the world and the rules which seem to decree that goodness means deprivation?

PL 129

## The Vicious Circle of Love, Power, and Serenity PL 84

Chart by Andi Kiva for Pathwork Teachers Helper (PTH)



### Way out of this Vicious Circle ([ref materials: PL 50](#)):

- See the cause and effect of your pseudo-solution: distorted Love, Power and Serenity
- See that your “solution” is creating the difficulties (not solving them!)
- Move with courage and trust through experiencing emotions of: anxiety, frustration, guilt, shame
- This change in energy and consciousness will allow the REAL self to emerge
- You will accept yourself more – as you are.
- You won’t need this FALSE self
- Divine attributes of Love, Power and Serenity can live hand in hand, in harmony.

*Andi Kiva*

**Exercise 3c:** Imagine the Vicious Circle dynamic as a roller coaster loop, where fear and self-will (= ‘I need to try harder’) has repeatedly driven you ‘over the top’ so that you don’t see a way out before you are already scrambling to find a defensive solution (‘pseudo-solution’). Feel it with your body, kinesthetically, as an instinctive freeze (reason), fight (will), or flight (emotion) response to loss.

## Week 4: Duality Leads to Hopelessness and Despair

In both attitudes [winning and losing] guilt and uncertainty are inevitable. The one alternative makes strenuous demands on the self that are not only impossible to realize but destructive for all concerned. The other makes demands upon the world and on others to reward the self for the happiness he sacrificingly forsakes. Since he does not allow himself to go out and obtain his own fulfillment, others must obtain it for him as a reward for his self-sacrifice, for his "goodness." This demand cannot be fulfilled.

This concept is tragically wrong. It is tragic because what man deeply believes must appear to be true by dint of his behaving according to this belief. As you know from all images, they always appear to be confirmed in their wrong conclusions.

When man sacrifices human decency in order to gain his rights and fulfillments, or if he sacrifices the latter in order to gain the former, in both instances he must lose both.

The limitation of believing that only one of these two alternatives exists is wrong because it is indeed possible to assert your rights, to reach out to obtain what you wish without being cruel or without depriving anyone of anything. In fact, it is necessary to reach out for what you want. But being convinced of the limited wrong conclusion must make you feel guilty when you do reach out for what you wish. Hence, a subtle no-current barricades the way.

PL 129

**Demand:** *to ask for urgently or peremptorily; to claim as just or due; to ask to be informed of; to require as useful, just, proper, or necessary.* [ahdictionary.com](http://ahdictionary.com)

**Exercise 4a:** What are your images around demands / making demands of others?

Do you believe you make demands of others, openly or surreptitiously?

*If your answer is No, how would you be able to confirm that?*

By the same token, it is possible occasionally to forfeit your own immediate advantage for the sake of a loved one without *forever* giving up all your rights and all your advantages. It is indeed possible to say yes to your own happiness without saying no to consideration of others.

The more you are convinced, on all levels of your being, of this truth, the less conflict will be encountered between the advantages of the self and those of others. The more you embrace the reality and widen your horizon, the more do you break through a particular fence which sees reality as much harder and harsher than it actually is.

The two choices available truly shed a dismal light on life. Both choices are poor ones; the decision is therefore impossible. Neither alternative is preferable.

To discover that this choice does not have to be made means incredible liberation -- liberation from guilt, from unhappiness, from frustration, from helplessly waiting for something that others can never produce for the self, from weakness and dependency, from the need to belittle and triumph over others. When this widened outlook on life opens up and is assimilated by your innermost consciousness, peace and certainty must fill you.

PL 129



## Humanity as a Macrocosm of Individual Development

In the course of your self-exploration, you find areas within which you completely contradict your conscious convictions. Emotional reactions either contradict conscious views or are split within themselves. When these contradictions and splits are found, it is easy to see why a person is disturbed, why he is at war with himself.

This is exactly what happens to humanity on this earth planet. It, too, is divided within itself. Its organism which, in perfection, could and will function harmoniously in union with itself must be at war with itself as long as it is divided within by unrealistic concepts, wrong conclusions, self-centered and infantile pursuits, limited outlooks, lack of concern, subjectivity and unfairness due to blind, isolating tendencies.

If two nations have opposite aims, it is as unrealistic and senseless as the opposite aims man finds within his unconscious. It is just as destructive and wasteful.

Mankind is near leaving the adolescent stage. This does not necessarily mean that its whole organism is unified, any more than the average adult is unified. But this nearing a mature state, generally, will nevertheless be felt on earth in spite of the remnants of immature trends in the psyche of mankind. There will be many aspects in the "entity mankind," perhaps comparable to the conscious concepts the individual has gained through good education, good influences, intellectual truth he has absorbed. Certain factions within the human sphere, and their aims, will be representative of this maturity, while other factions and their aims will represent the entity's unconscious infantile, erroneous, short-sighted, and destructive elements. But the more humanity grows, the less confused will it be about what is constructive and what destructive. Its discrimination will improve.

In the past, while in the child and young adolescent stage, it was often difficult for mankind to discriminate between truth and falsehood, between what is constructive and destructive. Crass injustice and cruelty could often parade as the righteous cause while the truly meaningful and mature solutions for mankind's problems were too often discarded as wrong. The child's mind lacks the power of independent thinking, of discriminating, and it shirks the labor of even making an attempt to do so.

*The Individual and Humanity* PL 120

**Exercise 4b:** See if you can relate the statements above to current events, seeing humanity as being in a general state of development, as if it were an individual in late adolescence.

### **Daily Review 4.0 from PL 60**

Sincerely investigate your everyday occurrences, irritations, and annoyances.

Find out what in yourself responds or corresponds either to a similar characteristic (although perhaps on a quite different plane) or to the exactly opposite extreme of the person who has provoked you.

If you truly find the corresponding note in yourself, you will automatically cease to feel victimized.

Although a part of you enjoys just that, it is a doubtful joy. It weakens you and is bound to make you fearful. It enchains you utterly. By seeing the connection between your inner wrong currents and attitudes and the outer unwelcome occurrence, you will come face to face with your inadequacy.

Instead of weakening you, this will make you strong and free. *The Abyss of Illusion* PL 60

Study Guide © Jan Rigsby: 2022

Guide Quotes © The Pathwork Foundation 1999

Full text of this plus all other lectures may be downloaded from [www.pathwork.org](http://www.pathwork.org)