

Pathwork® Steps

Balancing Inner and Outer Control

Study Guide for Online Meetings on PL 137

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Week 1: Separation is a State of Mind

Week 2: Activating the Force of the Divine Center

Week 3: Learning to Balance Inner vs. Outer Power

Week 4: Creating a Mutuality Between Inner and Outer

Week 1: Separation is a State of Mind

Spiritual literature and religious teachings, century after century, in all cultures and in all places, in one form or another, always speak about the "fall of the angels," or the "fall from grace." What is really meant by this? Mankind usually interprets this in a literal way, as a happening in time and space. In other words, something happened once upon a time in a certain place, and through certain actions the individuals in question were displaced from one spot to another, or sent down to another geographical sphere.

This, of course, is a gross misunderstanding; for what is really meant by it, and what seems so hard for man to understand, is that this is no more and no less than a state of mind. To be separated from God is a state of mind, or a state of consciousness. And to return to God, to one's Creator, is, again, a state of consciousness.

On this road of development, once in a while, after a certain stage has been reached, man discovers within himself a certain power and intelligence which feels as though it were a separate being, an individual other than the usual conscious mind, the feeling that he has of himself. It is as though a vaster, different kind of being were dwelling within. It is as though two brains exist. The second, recently discovered, is much wiser and more satisfying in its guidance, and in the way it feels -- and makes the person experience himself.

Of course, this is an illusion, for there are no separate entities involved. But at this point man, has taken the first step toward his reunification with the Divine! He is no longer completely separated from it, unable to be activated and moved by it. Only, it is an illusion that there are two minds or consciousnesses or separate beings involved. It is all one consciousness, only it is separated or divided. For integration means nothing other than reunification with the divine. Psychology also speaks of the fact that the integrated, healthy person functions from the center of his being.

The separation of matter and consciousness is illusion. This is the real meaning of what religion refers to as separation from God, or the "fall of the angels." Working oneself back to the state of bliss which results from being in contact and integrated with the inner center is the "goal" -- not only the goal of such a path, but the unconscious goal of every living being.

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Exercise 1a: Notice situations where you feel different, odd, unwelcome, or just ill at ease around certain people. Imagine, for a few moments, that this is how both you and others create a sense of separation where there isn't any. Notice if you begin to see anything else differently.

Mankind in the New Age

The lesson to learn in the age that mankind has just left behind, which we can call the early adolescent stage of planetary consciousness, was to make a very crude kind of distinction between good and evil, between social and anti-social behavior, between constructive and destructive acts. This was a totally dualistic state, inevitable, since the consciousness of the planet was not able to perceive beyond dualism. This dualistic way of seeing reality is still very deeply imbedded in the human consciousness.

The planet earth has come to a stage of development in which the old structure can no longer be maintained. It cannot bear the tensions and restrictions of the old limited consciousness. A new vision must be gained where all is one, where the self and others are perceived as one. In previous ages, this distinction could not be made.

Inner vs. Outer Laws PL 227

This inner center is the divine consciousness. It permeates the entire universe, it comprises all. Hence, the inner center of one human being is one with the inner center of every other human being. All are filled with this living unity that knows no conflict and no limitation. The creative power at work in any life process is all one and the same.

The separation from this center is a wall of "not knowing," not knowing that this inner center of all wisdom, love, and power exists. Not knowing this, contact with it is not sought; hence more confusion, error, and ignorance arise. The less awareness of this inner center, the greater the separation from it must be. When parts of this wall begin to crumble because more self-awareness has been gained -- while other parts of the wall still persist -- occasional contact with the inner center gives the appearance as though two minds, two beings, were involved. What comes forth of this inner self, with its literally infinite possibilities for bliss, for good, for limitless expansion, seems to be totally unconnected with and independent of the familiar personality.

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Exercise 1b: For one week, keep a daily review, written down or as a thought process. Focus on an idea or concept that interests you, or one of the sub-topics.

For example: did you sense any internal 'walls of separation' during the last 24 hours? What lead you to notice them? What did they feel like? What were you trying to separate from? Why?

Daily Review PL 28

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

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.

Week 2: Activating the Force of the Divine Center

The power contained in the nucleus of your innermost being is so vast that you cannot conceive of it, my friends. You can only gradually test it and see it at work, and marvel at it -- first, in smaller ways which nevertheless appear almost miraculous. And as you perceive more and stretch your concepts and vision, you will see it work in inconceivably wonderful ways. This tremendous power is so vast that you cannot conceive of "having it," or "being it," or being activated by it if you choose to conceive of it and call it into being. It is as simple as that.

At the moment, most of you are still separated from it, for you do not really believe and conceive of the realization that you have all you need in order to expand, in order to be in harmony, in the dynamic, creative life process in which you give and receive all that you can possibly dream of.

Not being aware of this live-center is directly connected with not being aware of negative causes that you set in motion. These two facets are interconnected. This is why this pathwork must primarily be concerned with uncovering the images, the wrong concepts, the destructive emotions and behavior patterns.

To the extent that these are changed, awareness of the divine in you must follow.

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The Divine Force in Constructive and De-constructive Currents

The same parallel can be observed regarding an apparently separate, foreign consciousness dwelling within. Man's ego integrates with a part of himself that has led him into blind alleys. The wiser ego determines the way. The struggle between it and the indwelling destructive element ceases the moment oneness between the latter and the outer ego is recognized.

It is the identical process with the divine center. Man is at first as unaware of it as of the destructive processes which are deliberately activated. As the mind questions and begins to visualize its possibilities, what was buried comes to the fore. This applies to the destructive as well as to the most constructive and creative elements in man. The first manifestations of both seem disconnected from the self; and only as it is contemplated and known that they are part of the self, can the self own up to, and integrate with them.

As far as the negative is concerned, it dissolves in the integration process with the conscious ego. As far as the divine is concerned, it more and more activates and moves the conscious ego, until the latter is one with the former. As long as you ignore the connection between your wanting the result you now suffer from, and your experiencing this result = that long must you be frantic and frightened. On the other hand, you do all in your power not to admit this self-induced process; you prefer to believe it as an unkind fate. You struggle against this admission for very illusory reasons. But once you want to see the connection, you will -- and then you will be free, even while you still are imperfect. In that area, you will no longer feel helpless and controlled by powers you cannot understand. If you ignore that your present predicament was put in motion by you and may still continue to be put in motion by you, you truly defeat yourself. This ignorance must be eliminated, and recognition of this fact established.

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Finding Mutuality

When clear-cut statements are made, when your limitation of being able to budge the inner will is stated, while your ego personality states its commitment to wanting help, you become calm, open, and receptive. Then you have fulfilled your half of the mutual venture. A very strong, living power and force, through these hands, will penetrate you....this will happen from within yourself. The power given you will influence stagnant soul substance and can go to work within you. This is the gift that you have made possible, that you have built yourself, as it were, all of you who work on this path. By fulfilling your part of the mutuality, you commit yourself, you open something in you and go "on record." This "going on record," if I may use this expression, is a very important part.

Venture in Mutuality: Healing Force to Change Negative Inner Will PL 186

Exercise 2a: Notice an area of your life where you feel pulled or pushed by opposing forces (whether this is an internal process or had manifested in a real-life relationship dynamic).

1. Acknowledge exactly and precisely what you wish.
2. Acknowledge exactly and precisely what you inwardly deny.
3. Acknowledge that you are unable to make your inner will budge.
4. Acknowledge your wish to make freed what is fixed.
5. Non-fulfillment, with all its suffering, appears preferable to the imagined dangers that lurk in an open, flowing attitude, so that negation and negativity, evil and destructiveness seem protective devices.
6. Whatever you must know to release negation or fixedness will come--patience---wait---
7. Commitment to wanting help is your half of the mutuality, and willingness to open, to receive Divine Help---the healing Life Force.

Mutuality PL 185

De-constructive v. Constructive Forces

Truth is easily forgotten when it has not become second nature in the process of growing; it must be repeated, to outline the parallel between the negative and positive inner processes. The more awareness of both possibilities within exists, the more integration and identification with both is possible, so that the former dissolves and the latter takes over. But neither awareness can exist unless the conscious ego cultivates and contemplates it.

- As you own up to the negative aspects in you, you will be capable of owning up to the greatest power there is.
- As you take ownership and responsibility for the destructive in you, you will no longer be ruled by it, and you will be capable of taking ownership and responsibility for the best in creation -- the divine in you.
- As you are no longer ruled by the destructive -- because you identify with it, and thus establish self-determination -- you shall be empowered by the vastest force in the universe, and be activated by it to accomplish hitherto undreamed of results.
- As you see how the destructive elements in you work, and on what motivations they are based, they will cease to frighten you; for you will now be able to determine the course. Concomitantly, you will no longer be frightened by the greatest positive power in existence, dwelling within you, and you will use it by building molds for it with your conscious mind.
- As long as man fears the destructive in him, he must also fear the divine in him. He will cease to fear the destructive only if and when he is willing to face it squarely.

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Exercise 2b: Take any momentary undesirable situation or mood you seem unable to change. Somewhere there must be a point in you where you have deliberately produced it, for otherwise you could not be in this situation. PL 137 *See if you can pin-point that decision-making moment. If not, will you consider that such a moment might exist?*

The moment you consider this possibility, even as a question -- that whatever you experience is a result of some factor, some cause you have set in motion -- that moment you are able to say, "*I must somehow have produced it, I want to see where and how, I truly want to see where and how I am producing it,*" PL 137

QUESTION 5: If you feel threatened in the process of removing a fixed prejudice, are you willing to understand the dynamics *behind* this fear, in the process of your Pathwork, even before you may actually dare give up the prejudice or fixed belief in question?

From Stage I, [Stages of Commitment to the Pathwork](#) AD6

Exercise 2c: Practice saying this phrase, as a prayer: "*I must somehow have produced it, I want to see where and how, I truly want to see where and how I am producing it,*" Then let go and let the powers produce the answers. You must inevitably come into possession of this knowledge. In that moment, you will experience the first inkling of peace and of a state of fearlessness, because you are, within yourself, someone regarding your cause and effect. PL 137

Developing an Observer Self

The mature parts of ourselves become the 'helpers' to the undeveloped parts.

The goal is to awaken the inner teacher/healer who is ever-present and ready to guide us.

Observer self has the tools of objectivity and detachment.

The ability to observe ourselves objectively, with love and compassion, is the single most important skill to develop in walking the spiritual path.

We can learn to shift our identity away from all the floating fragments of consciousness, and toward the one who observes them all. This is comparable to identifying with being in the audience, as we watch the whole cast of characters come onto our inner stage.

Qualities of the Observer Self:

- a. Neutral
- b. Non-judgmental. *Judgement is a quality of the Idealized Self Image*
- c. Able to adjust organically to what is real, including stepping back
- d. Able to identify rather than identify with
- e. Real about the greater task = having negative aspects is part of the plan of salvation
- f. Truthful with self, even if this involves unpleasant feelings
- g. Open to real love, rather than justification, rationalization or denial
- h. Supportive of the process of development
- i. Able to individuate from the Ego / I voice

[The Observer Self](#): Chapter 3 of [The Undefended Self](#) by Susan Thesenga

Steps in Taking a New Attitude Towards Yourself

(1) Starts with the half-asleep climate of not knowing who you are and blindly battling against that which you hate in yourself -- consciously, semiconsciously, or unconsciously.

(2) The first state of awakening when you can acknowledge, name, articulate, observe that which you do not like; when you feel that this is an aspect of you rather than the secret, ultimate truth about you.

(3) Awareness grows, and the "I" is that which observes, confronts, etc. This same "I" can make new dispositions, decisions, and choices. It can look for new, hitherto undreamed of options and possibilities; not by magic, but by "trying out" attitudes that were totally negated and ignored before. That leads to

(4) the eventual comprehension, connection with, and understanding of those previously negated and hated aspects, which means their dissolution and integration. This merger occurs simultaneously with the ever expanding consciousness that takes in more of the spiritual reality, which can now unfold to ever greater degrees. This means purification.

[Self-Identification Determined Through Stages of Consciousness](#) PL 189

Week 3: Learning to Balance Inner vs. Outer Power

The goal of being integrated with the divine center does not come in one sweep. As you know, these processes are gradual. There may be areas where one is already quite free and has established a direct contact with the center of the inner self, with the most favorable consequences in inner and outer life experience.

Other areas may still be walled in. The separation still exists by dint of lack of awareness, where you may still not be cognizant of where and how you activate the negative processes, and therefore you cannot bring yourself deliberately to activate the positive ones.

As you learn to understand the powers, and as you learn to

- understand these laws at work and
- to use the powers of your inner faculties, of your mind, of your will direction.

As you understand their potency, to that extent will you no longer feel that there is a separation between

- your conscious intelligence and will,
- the active outer mind and personality, and that
- inner, vast divine self, the center of your inner being,
- which is, at the same time, the center of the universe.

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Exercise 3a: Where do you experience a strong sense of connection between your inner and outer life? Notice your attitudes before, during, and after the activity. Compare this with areas of life where you feel you have to 'wall off your power, where you can sense an inner separation, or a lack of awareness.

Spiritual Purpose of the Outer Self

As long as this separation from the center exists, you must be weak and lost. For, your outer separated brain and personality faculties, by themselves, cannot do what can be accomplished solely and exclusively by the inner center.

The outer personality levels serve the one purpose:

- of reaching this inner being, in order to know the power of this inner being;
- to conceive of the power and the beauty and the possibilities of the inner being; and
- to establish a deliberate contact with this inner center.

That is the purpose of the outer self.

By these two functions, it will eventually integrate with the inner nucleus:

- to allow itself to be guided, moved, and filled with what comes forth from the inner self. It will spontaneously manifest, after it has been deliberately called into action.
- The further purpose of the outer personality is to make room and allow this manifestation to take place.

The more you cultivate this process, the safer must you feel, and the more will you realize that there is no problem without a solution. Salvation, my friends, lies exclusively in the fact of reuniting outer mind with inner nucleus. This salvation is so near with all its truth and light and relief and happiness that it just never occurs to you. Go into this deep center of yourself -- and the answers will come forth, enlightenment must follow, and crises will inevitably disappear.

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Exercise 3b: *Ask this constructive power, this nucleus of perfection and beauty, of health and wisdom, to give you the right ideas for removing the separating wall. Request it to inspire you with the most effective meditation at any given moment, so that even your outer mind -- which must make the first step to establish the contact with the inner center -- will be filled with the power and wisdom of the latter to do so.* Thus it becomes a two-way interaction. PL 137

The Balance of Control

When the outer self tries to accomplish that which the inner being *alone* is capable of doing successfully, you cannot succeed.

You must come into confusion and difficulties, into fear and pain. You must struggle in a most frustrating way. In this utter oblivion of the inner Presence, the outer self will try the harder to control what it cannot control. This must cause more tension, anxiety, a sense of failure, and fear of defeat.

This tense and anxious pushing occurs in a very subtle, but nevertheless very real way. It is directed toward the behavior of others who, one feels, have to manifest in a certain way so that the self can accomplish its goal. And it is also directed toward the resisting self which cannot be forced to feel differently as long as the personality ignores that definite "reasons" exist for its resistance.

This imbalance of control will be observed within the personality when this path progresses. As is observed, it can be reversed. You will be acutely conscious of how you give in to the most destructive thought patterns and emotions; you will see how, in this respect, you choose the line of least resistance, to give in to these destructive thoughts, feelings, and will-direction.

Now that they are no longer hazy and only dimly aware, their effect can be evaluated, and you will be able to halt them and choose a constructive pattern of thinking, feeling, and willing in the area of your momentary problem. You will formulate the one constructive wish to reach inside and deliberately activate that vaster divine self that dwells deep within you.

This is not a difficult action. It is, in fact, a much easier action than what you are doing and the struggle you go through. And it is not a one time and final action; it must be repeated.

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Exercise 3c: Say this prayer in your meditations:

"I, with my outer being, cannot solve this problem. But I know that I must be in confusion and untruth because I am driven to think, feel, and act in a way that produces hopelessness, fear, frustration, feelings of doubt. I will now deliberately contact and activate the most constructive center of my innermost being, and let it move me into the thoughts that I need to have at this moment; into the realizations I must have this moment; into actions and feelings that are good and productive in this moment."

And then, let go, and let be, and let it move you! Let it *"think"* through you! Let it feel through you! This is all you have to do. In this way, you activate that most potent live-center. From step to step, it will guide you.

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Example: Reversing Unbalanced, Over-Control by the Mind

Each human being needs and wants love. You all want love. When you are separated from this center within yourself, your approach to obtaining love is a reversal of control.

In distortion, in false control, man is again in an either/or situation. It is not loving and letting free. He either envisages the false version of love, OR the false version of letting free. Love becomes martyrdom, self-effacing submission, self-damaging processes at the expense of the "loved one." To be loved is to possess and control the "loved one" completely. Hence, the fear must exist that if he loves, it will mean possession, submission, and martyrdom.

Therefore, while he yearns for love, the fear of it must also exist, fear of what loving implies, and fear of not being able to be loved. For the individual rightfully doubts his power to own and control, to the exclusive extent that he believes it necessary, and as a proof of being loved.

Fear of being controlled (to love) and fear of not being able to control (being loved) lead to the false version of letting free, which is withdrawal, indifference, noninvolvement, noncommitment, numbness of feelings, separateness, refusal to love.

When man is involved in this distortion, he cannot see that love and freedom are one. He must associate love with lack of freedom. Even if intellectually he knows better, emotionally he cannot experience the freedom and letting free of love. PL 137

Exercise 3d: Recall the times when you loved in such a distorted way. Recall the drama (and trauma) of childhood friendships, pre-teen / teen crushes, young love.

Proper Balance of Control

When a proper balance of control exists in this respect, man gives of himself freely and fearlessly. At the same time, he lets the loved one free. He does not force, he does not need to possess, he does not need to own, he does not need to exert a tight control and pressure. Therefore he cannot be owned or controlled.

Hence, he need not fear to love and to be loved. He must realize, in this frame of mind, that love is the greatest freedom, that it must come to him if he lets it, and he does not have to fight or push for it. He can let free because he knows he receives what is his. And love is his because he does not block it, he does not fear or resist it.

It is a floating continuum that can never be taken away from him as long as he does not take it away from himself. There is no end to it as long as he does not end it. It is utterly safe; there is no danger and no conflict whatever about it. Therefore, to give of himself, to love, and to contribute do not imply a loss of control. He is in the true sense of the word self-determining. In the best sense, the control is his without tightness or fear. PL 137

Exercise 3e: Have you had such an open, generous experience of love with another person? If not, consider less intimate situations, where you were very emotionally involved, yet did not fear your own feelings, or need to create a 'wall' to control and separate yourself. If / when either form of relationship changed, consider if the need to protect yourself may have caused the shift.

Week 4: Creating a Mutuality Between Inner and Outer

Your loneliness, your fears and conflicts, they all, in one way or another, come down to this: that you do not do the only purposeful thing to do -- activate the divine nucleus within yourself.

It is the only real, relaxed, and productive control. For it is this inner center which can indeed solve all problems if you let it. And you let it only when you call upon it. It is this inner being, right in you, that knows and understands the "knack" of love without danger, of giving love and freedom, and therefore of receiving love and remaining free.

Your outer self does not understand this. It cannot produce for you a state of mind it does not truly comprehend. Your inner self can help you. Call upon it.

Your inner nucleus, with all its powers, can solve all your problems, whatever they are. Whatever your misconceptions are, this indwelling consciousness can change them into truthful states of mind. It is always ready to respond, but it must be specifically contacted. It will fill you with new, stimulating, challenging thoughts, outlooks, and ideas; with feelings of truth and beauty; with guidance that is purposeful. It must respond, for this is the law.

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I give you here only a vague outline; words cannot convey fully. What you consider abstract is concrete in the spiritual -- everything. What is without form to you, in the spiritual it has form, but no density. It may still be difficult for you to understand that the matter which you can touch is only a reflected image or a reflex of the universe which is in each soul, in its entirety, but this difficulty can perhaps, to a certain degree, be overcome in meditation.

Male and Female Incarnations: Their Rhythms and Causes PL 10

Exercise 4a: Become more aware of any creative, spontaneous forms of meditation you already practice. Notice when you find yourself (as the outer mind / will) in a dialogue with your inner, knowing self. Realize what kinds of activities and circumstances support or prompt such chats. Use these moments to more consciously call upon your inner self for help. Notice any answers!

The emotional or mental or spiritual organism belongs to another dimension. Therefore its rhythmic nature does not seem to have the same kind of regularity in its intervals as the physical pulsations do. To the three-dimensionally oriented perception, the pulsations or cycles of consciousness do not appear rhythmic. They appear irregular and haphazard.

It is meaningful within its own inner law, and can only be understood in terms of the individual consciousness -- and of those aspects of the consciousness which each particular movement expresses and signifies.

Pulsation of Consciousness PL 154

Words are so limited to describe an inner process that is on a different dimension than human language. Therefore it is so easy to become confused with words and verbal explanation. This is the reason that higher dimensions can never be made accessible by verbal learning, but only by inner experience, which in turn becomes possible if and when inner error and distortion is dissolved.

Soul Substance: Coping with Demands PL 111

Visualizing Spiritual Realities

An even greater force of love and power is now activated; for, many of you here have not only understood but have gained an insight or a glimpse, a hope and a light. It shows the way in which they are not dependent on any other power which has to be coerced and be submitted to or cajoled. It is an immediately available power inside. It is so secure and so wonderful. Some of you here have glimpsed it and are on the verge of using it where it is most needed.

The more you run from what you fear, the more energy you invest into blocking off the feared feeling, the more potent the magnetic energy block becomes, and the more certainly you attract the appropriate crisis that could be the healing agent whenever you choose to change the direction of your focus of inner living.

Inner and Outer Experience PL 191

Your real being can live, breathe, and move, and cover vast distances within an atom, according to your outer measurement. When the spirit withdraws to the inner world, the relationship of measurement changes just as the relationship to time changes. Inner space is a vast reality, a real world. It is in fact the real universe, while outer space is merely a mirror image, a reflection of it. This is why it can never be quite grasped. Life can never be truly understood and experientially absorbed when it is viewed from the outside.

Inner Space, Focused Emptiness PL 256

This is no magic; it is no inconceivably difficult feat you have to grow into. You can do it right now if you so choose. All real and constructive actions and experiences in life come forth from this inner center, from this innermost self, that nucleus, that divine substance that is with and in you at all times. It cannot respond unless your outer mind, which is separated from this nucleus, deliberately establishes the contact.

False control strengthens the wall of separation. Eliminate this wall by contacting deeper and vaster faculties to activate you, even while the wall is still present. Make this, my friends, your main concern at this time. Use it in whatever area you see fit, and wherever you feel you have the greatest need at any given moment of each day.

The more resourceful you become in formulating the needs and the requirements in which you wish the inner center to guide and inspire, to activate and fill you with truth, constructive outlooks and energies, the more perfect the manifestations will become -- in so many and such different ways that it will truly fill you with security and trust. Trust in yourself, and in the life processes as such.

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Exercise 4b: Reflect on the last 2 paragraphs, above. Visualize the walls of separation that you sense in your life. Be creative; draw them! Paste together collages from pictures in newspapers, magazines, and junk mail; use outer, real-world images to illustrate what your inner walls *feel* like.

Invite your inner self to have a conversation with you about these walls.

Imagine what might prompt some of them to dissolve... even a bit...

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