

Pathwork™ Steps

Duality

Notes for March 2024 Presentations

A. Overview of Duality

1. Duality is an illusion

- a. Earth was designed to encourage the illusion
- b. Body, emotion, mind and will conspire to trust sensory feedback

2. Inner ‘lie detector’ = our inner knowing, which takes time and effort to access

- a. Body doesn’t lie, but can become habituated / conditioned to accept lies
- b. Mind relies upon its perceptions
- c. Emotions seek short term pleasure
- d. All 3 develop systems to get what they need

3. Purpose of the human struggle is to recognize

- a. False beliefs, misconceptions, and distortions (FBMDs)
- b. Because we brought them with us, they become chronic patterns
- c. They persist because we are actively holding onto them
=negative intent not to ‘give in’ to the Plan of Salvation / God’s authority

4. Each incarnation is designed to realize specific FBMDs through the processes of:

- a. developing awareness
- b. accelerate if we decide to access Real Self = inner positive intent
- c. sense truth via inner knowing
- d. exercise that awareness, understanding, and knowing in daily life

Note: we go through these same steps every time we tap into truth. Whether this process happens in an instant (or requires an entire lifetime) depends upon our resistance.

5. What stands in our way:

- a. Negative intent
- b. Resistance
- c. The illusion that strategies for holding on to negativity create positive energy

B. Review using Week 3 of [online study guide](#) for The Meaning of the Human Struggle PL 181

1. The Power of Creative Substance:

- a. Consciousness instantly activates the creative substance, which immediately manifests. Both happen outside of the human concept of time Ref: PL 112
- b. May not manifest as something we can sense, see, touch, or realize
- c. Illusions of urgency encourage guessing at cause/effect connections
- d. Interpretations are affected by conscious and unconscious belief systems
- e. = We create our own reality.

2. **Every path leads to spiritual growth.** Your life task is:
- inspired by your own Real Self and Divine Essence
 - supported by a team of advisors
 - designed to succeed.
 - unlikely to be fully understood by the Ego. Process requires a mature Ego structure, vs. being ego-centric, in order to perceive “*a wider reality behind the apparent, fragmented reality*” **and voluntarily release FBMDs**
 - negativity is finite and is felt as pain, even when masked as Negative Pleasure
- Note: failure is a dualistic concept. The Plan of Salvation is inevitable and unstoppable.*

3. **Hidden deliberate negativity must be recognized and paid attention to**

- All negativity is deliberate on the Spiritual level, an act of unenlightened Free Will
- The pain caused by negative intent will eventually make its way into awareness.
- Each Life Task involves a specific series of related FBMDs; these create a cause & effect chain of negative events that can be noticed.
- If we lack consciousness about our deliberate negativity, a KEY is to make a commitment to finding out how we hide that awareness from ourselves. = We have to find ways to ‘see’ a Blind Spot.
- A rephrase of this section = if we do not make continuous honest efforts to recognize and address hidden deliberate negativity, that in itself is an act of deliberate negativity, and we will experience those consequences as well.

4. **Inner disunity is the cause of our pain and struggle**

- All pain is the result of disunity
- Your aspect of disunity is unique to you, just as your Divine Essence is unique.
- The paradox of being unique yet part of the unitive leads to a belief in separation, which empowers and fuels the illusion of duality.
- Outer disunity is the effect of inner disunity. We are particularly sensitive to negativity that we recognize, because it resonates with our own inner knowing (whether or not we have transformed it).
- A path such as this must be voluntary. No one can do it for you.

C. Three Examples of Inner Disunity

5. **Lack of Inner Awareness allows destructive forces to manifest without guilt**

- Spiritual paradoxes always contain truth.
- “*to the degree the self is already embarked on a positive road*” they will experience pain where “*pangs of conscience / guilt, exist*” because “*a temporary negative unity exists.*”
- “*Lowly developed individuals suffer little pain when they violate the laws of love and truth*” for the same reason small children are not always expected to bear the full consequences of their actions.
- “*A negative unification must be split asunder... in order to eventually reestablish unity in positiveness*” is a spiritual version of ‘things often get worse before they get better’.

6. Partial Awareness may lead us to seek acceptable outlets for the destructive forces

- a. *“the destructive side needs a good cause in order to find an outlet for itself, for hostile activity and [even] legitimate hostile feelings.”* This is a spiritual version of ‘why bad people can do good things’.
- b. The Lower Self often attaches itself to Higher Self motivated creations, because we are less likely to challenge, examine, or analyze these ‘good’ acts.

7. The desire for greater consciousness will lead to new stages of consciousness

- a. Increasing awareness and sensitivity to the pain of disunity motivates us to overcome negative aspects and strengthen positive ones.
- b. This leads to greater consciousness and new unifications
- c. When negative aspects are no longer empowered enough to need an outlet, they can be dealt with in a more direct and self-accepting way.
- d. The ongoing Spiral of Development (see study guide on Prayer PL 36 for a separate worksheet on this concept) may often seem repetitive, which may feel discouraging. Yet we can never un-learn what we have learned.
- e. As human beings, ‘unhooking’ from negativity can be a daily practice that strengthens self-awareness, self-appreciation, self-acceptance.

*“I say yes to the universe, to its beauty, to abundance,
to love and fulfillment on all levels.
I deserve it. I can have it.
I want to give all of myself, the best of myself, to life
and want to be guided in this endeavor by my innermost God.
And I reach out receptively to all that is around me and within me.
As a happy fulfilled individual, I can be an instrument of God
and only as such—and help and give to others.
I do not need my cases. I do not need my blame.
I do not need my no. I say yes.”*

Meditation from Questions and Answers PL 222QA

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