

Pathwork™ Steps

Duality Through Illusion

Study Guide for Online Meetings

Based upon Path to the Real Self Chapter 25 and Pathwork Lectures 118, 143, 159

Week 1: What Duality looks like in our everyday lives

Week 2: Unified Consciousness and the process of transcending Duality

Week 3: Becoming one's real self means self-fulfilment, as man or woman

Week 4: Outer symbols of Duality: Our two-way split is represented by the parents.

Week 1: What Duality looks like in our everyday lives

Lack of awareness and understanding breed duality. Duality causes opposites. Opposites bring suffering, pain, problems, conflict, confusion. The original confusion of ignoring the one-ness between God and man had to create further confusion. It can hardly create clarity, truth, peace.

Duality is experienced in many aspects. It embraces the large issues of life, as well as seemingly lesser ones. The great opposites are: life and death; good and bad; right and wrong; happiness and unhappiness; love and selfishness; light and darkness; truth and falsehood; pleasure and pain; peace and fear. Out of these essential aspects of living, which are split into opposites, man has fashioned the concept of God and the Devil. Two opposing people, or forces, are experienced, each symbolizing one half of the duality.

In mankind's immaturity, it has attempted to solve, or rather avoid, this struggle by dogma. Depth of understanding, attained through truthful self-confrontation and discrimination, eliminates the split of a truth. It comprehends that two opposites can both be right and desirable, each in its own circumstances. It avoids rigid judgment and the exclusiveness of either this, or that, both being incomplete and dissatisfactory. Man is confronted by this difficulty and frustration, by the puzzle of a seemingly insoluble struggle as long as he is tempted by laziness and dependency on others. These reasons induce him to learn right conduct by heart, like a book of rules one memorizes.

The better he is able to assume self-responsibility, the more concern he will have for and receive from others. The more he gives up the little self-will, putting it aside for the more superior will of his real self to manifest, the more independence and strength he must have. He has thus transcended the duality, finding that hitherto contradictory principles not only cease to contradict one another, but complement and strengthen one another.

Certainty knows it can have, it does not need to grab. Before the universal wealth becomes accessible, man must first learn to utilize and trust his own resources. When he can be in serenity and equilibrium, even if he momentarily does not receive what he wants, he will begin trusting his ability to live constructively through whatever comes. In this flexible, relaxed, secure mental attitude, self-trust is established. Fear vanishes, hence deprivation ceases. The duality has been transcended.

Duality always means that one alternative appears to be desirable, constructive, agreeable, while the other is feared. When the fear is gone through, it is discovered that this arbitrary mark was erroneous and that nothing needs to be feared.

How does this apply to the fear of death? Since the fear of death is man's fundamental fear, his fundamental duality, out of which all other conflicts and fears arise, how can he transcend this great unknown factor? The only way man can transcend the illusory character of any duality, is going through it. Regarding death, this does not necessarily mean that man has to have experienced it before he discovers its illusion. What he has to do, though, is squarely meet his fear of death, and face it in honesty.

It must be emphasized once more, in this connection, the more unknown material man faces in his own psyche, thus making it known, the less can he live in any fear -- whether it be fear of death, fear of his emotions, fear of others, fear of failure, or whatever it may be. When he is able to experience the truth of unity of all life, therefore of life being a continuum, he will also deeply know that "pleasure supreme" is the ultimate goal for each created being. It is the potential and natural state of each created being. He will experience the fact that being is "pleasure supreme." This realization exists the very instant that fear of non-pleasure has been faced and gone through. Duality results in conflict between pleasure, on the one hand, and other constructive attitudes, attributes and approaches, seemingly denying pleasure, on the other. PRS25

This simple act of wanting the truth requires several factors, the most important of which is the willingness to relinquish what one holds on to -- whether this be a belief, a conviction, a fear, a cherished way of being. When I say relinquish, I merely mean questioning it and being willing to see that there is something else beyond this outlook and that conviction.

“The moment an individual is more bent on the truth than on proving his right, he contacts the divine principle of transcendent, unified truth. If the desire to be in truth is genuine, the inspiration must come forth.” PL143 Unity and Duality

“Life on earth contains physical death. Even if we remove many of life's miseries as unnecessary and as created out of confusion, physical death still remains. And physical death remains a mystery. It is unknown and therefore frightening, in spite of religious faith. It seems to be an end and, as such, is in crass opposition to man's longing for life.” PL81 Conflicts in the World of Duality

All duality is a result of fear -- man's primary fear being the unknown. PRS25

Week 1 Daily Review: Developing awareness of dualistic thinking patterns

Keep a daily review for a week (PL28) on dualistic words, situations, and attitudes that you encounter in your everyday life. Notice any absolute words or statements, such as should, must, have to; right/wrong, good/bad. Also notice body language, such as when people tense up / close down to avoid saying any form of 'yes', or keep pushing an idea because they can't take 'no' for an answer.

Notice the little things that you care about, and exaggerate what you might be avoiding. Notice what you retract from or avoid, and exaggerate what it is that you might be looking for instead.

- Assume that what you want represents Life, even if it may seem destructive to others.
 - Life may represent right, immediate gratification, pleasure, order, control
 - Manifests as knowing, happy, rich, approval, 'on time', full tummy, nice house
- Assume that anything you want to avoid is death
 - Death; wrong, never, unpleasure, helplessness
 - Manifests as not knowing, unhappy, poor, shame/disgrace, late, hungry, ugly house

Create 4 columns on a piece of lined paper, and fill in up to 10 lines a day with:

1. The word or phrase you used, meant to use, heard, or understood was intended
2. What situation or outcome needed to be avoided at all costs
3. What situation or outcome needed to be protected or promoted at all costs

Keep the entries brief (2-5 words in each column), just enough to remind you of the incident and your impressions.

4. At the end of the week, fill in the 4th column for all the entries with 'life' or 'death' based upon whether the incident was focusing upon death (avoidance) or staying alive (protecting or promoting life-affirming behaviors)

This purpose of this exercise is to develop or increase your awareness of how and where dualistic thinking may occur in your daily life. This is not about anyone being right or wrong! If you notice more than 10 incidents a day, narrow your observations to a specific environment (home, school, work, recurring social events) or a specific group of people (family, co-workers, customers).

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Week 2: Unified Consciousness and the process of transcending Duality

Transcending duality, then, always means facing and going through the split-off side one fears. This means living and accepting the now, all that happens to be, at this moment, rather than pretending it does not exist, avoiding, escaping, evading, going around, denying. This was demonstrated, also, in the lecture of the "abyss of illusion." Again, this cannot be done by comprehending theoretical knowledge, it can only, and exclusively, be accomplished when the self is met in total candor. PRS25

When the road to the unified principle is chosen, soon what first appeared as one good and one bad ceases to be so, and one inevitably encounters good and bad on both ends. And when this "road" is pursued still further, there no longer is any bad, but only good. The road leads deep inside into the real self, into truth that surpasses the fearful little ego interests. PL143 Unity and Duality

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?

AD 6, Stages of commitment: Stage 1, Question 5

Week 2 Daily Review: Developing awareness of dualistic thinking patterns

Make 1-10 entries each day describing in 3-5 words where / when you felt threatened or conflicted. What felt threatening? How did you respond – wanting to run away, or wanting to fight? At the end of the week, read over all your entries. Ask yourself ‘*what might be the greater truth of the matter?*’ Notice any feelings that come up when you ask this question. Are you open to new possibilities, or do you prefer to hold on to your current point of view?

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Steps to Unified Consciousness – How We Transcend Duality

Notes by Elizabeth Mylonas

- By seeking the truth
- Being willing to relinquish our hold, our belief, our way, our fear
- Being willing to see beyond our outlook
- No longer needing to triumph, win, be separate, special, right, have my way
- Trying to find and discover the good in all situations
(This does not mean resignation or giving in)
- Going with the stream of life
- Coping with what is beyond our control
- Accepting where you are
- Accepting life at this moment
- Being in harmony with your own inner rhythm

Continued →

This will open the channel so that total self-realization will take place...so that all your expressions in life are motivated and lived through by the Divine Principle, expressing through your individuality, integrating your ego faculties with this Universal Self. PL143

UNITY AND DUALITY - LECTURE 143

Worksheet by Susan Thesenga

Two fundamental possibilities for human consciousness:

- Dualistic experience everything in opposites
- Unified here are no opposites-only good, right life
 But not the good/right/life of the dualistic plane
- **HEAVEN** unlimited realization of potentials

UNDERSTANDING IS THE WAY TO THE UNIFIED PLANE

You already have, in your real self, a unified state of mind, regardless of how unconscious and ignorant you may be of it.

- On the dualistic plane your sense of identity is associated with the other person, not with your real self.
As long as you experience yourself only as the outer ego-self, you will depend on others.
- Only when you have realized the center of your being, which embodies unification, does your life cease to depend on others.
 Example: a fight with a friend

- The way to unification leads deep inside the self, into truth that goes way beyond the fearful little ego's interests. When this truth is sought deep inside the self, one approaches the unified state of consciousness.
 The truth that flows out of (the unified state) equalizes the self with others. .

The unified self can always be contacted. The key” “what is the truth of the matter?”

The moment you are more intent on the truth than on proving that you are right you contact the divine principle of transcendent unified truth.

OBSTRUCTIONS TO FINDING THE REAL SELF

- ignorance of its existence and the possibility of connecting with it
- tight, cramped psychic state with tight, cramped soul movements
- The wrong exists only because of your dualistic approach and your prevalent ignorance that there is another approach.
- Wanting the truth requires the willingness to relinquish what one holds on to--question it be willing to see that there is something beyond this outlook.

YOUR EGO VS. YOUR DIVINE CENTER

- The ego is a particle, an isolated aspect of the master intelligence, the real inner self.

You feel more confident when you make yourself noticed than when you make positive efforts.

- From your ego: Your salvation seems to lie in others who would acknowledge your existence only if you are special.
- Each personal pseudo-solution is a way you have to eliminate your obstructions on the way to specialness.
- Wrong belief: In order to live, I must be better than others, I must be separate.
- From your divine center: Your accomplishments will be bridges to others, not weapons against them.
- The spirit of peace versus the spirit of war

Exercise for Unity and Duality PL 143

By Gene Humphrey for Pathwork Teachers Helper

1. Select *an area of conflict you currently feel* in your life.
2. Notice how you want to make yourself “right” -and the other person “wrong” and the tension this creates *in you* and *between you*.
[Note: you may be attempting to make yourself wrong and the other person right in order to get what you want; your ‘rightness’ would be about believing that what you ultimately seek is ‘right’.]
3. “Try on” the two dualistic alternatives:
— *submitting*, by admitting you are wrong (or your cause is wrong) out of a fear of the consequences, *or*
--- *continuing to fight*.
4. Apply the unitive principle by setting aside your “case” in the matter. *Ask your real self* – your Divine Core – to *reveal the truth* to you. Do this in a meditation or by writing.
A very deliberate and yet relaxed attempt must be made to feel the underlying causes of the outer results in your life. All sorrow and unhappiness, all emptiness and unfulfillment, all frustration and suffering are caused by being disconnected from the causes within yourself. In your approach to yourself, through meditation, make up your mind again and again, **"I want to face the cause of the evil in my life, that which causes my suffering. I truly want to look, with courage and honesty, at all the truth in me and around me."** PL160 Conciliation of Inner Split
5. Notice in what ways *you* may have been “wrong” and your opponent may have been “right.” What do you discover *about yourself* that may have helped to create the conflict in the first place?
6. If you have the opportunity, *share* your findings with your “opponent” and see what happens. If you cannot do this in actuality, do it in your mind and note what you experience.

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Week 3: Becoming one's real self means self-fulfilment, as man or woman

Quotes from Duality Through Illusion PRS 25

It is hardly possible to discover the unity of all life unless one's own split is fully experienced. It does not need to be mended, but being aware of its existence represents the first steps toward mending it.

Becoming one's real self -- and, consequently, being capable of experiencing the truth -- means self-fulfillment. Since humanity consists of man and woman, the individual can only fulfill himself as a man, respectively as a woman. If man does not fulfill his manhood, woman not her womanhood, selfhood cannot be attained.

What is your attitude toward your manhood? Toward your womanhood? This issue must not be shirked.

Is there a deep level which denies what you are? Is ashamed of what you are? Which wants the advantages of the other sex, without desiring its responsibilities, nor appreciating the beauties of your own sex?

For, he who does not accept his sexual role, cannot possibly be truly open for, accepting of, and positively inclined toward the opposite sex. Resentments and envy erect the identical barrier to self-acceptance, and acceptance of the other sex.

Humanity's drive toward union with the opposite sex is the highest **symbol** [bold added] of unity. Distorted values make it appear as a sinful drive. When an individual experiences this drive as though it was something wrong (which is often entirely unconscious), he must fear his own sexuality -- that is, he must fear himself, as a man, or as a woman -- and fear the opposite sex because it has the power to arouse what is feared.

... it requires courage for the preparedness of bliss. The great fear of the unknown must, at one point in man's evolution, be overcome, otherwise the goodness of creation, its blissfulness, can never be discovered.

This great fear of the unknown expresses in all essential manifestations of life -- most specifically in the fear of death; the fear of total commitment to and involvement with the opposite sex -- the ecstasy of such union; the fear of change; the fear of growth. All these represent the one great fear -- of the unknown. Man gains a first inkling of truth when overcoming the fear of the unknown. It opens the door to the bliss of full belonging, immense peace, absolute security, vibrant aliveness, continuous growth, pleasure supreme. Not taking the step into this "abyss of illusion," hugging the fear, means cultivating the illusion that the fear is justified and nothing good awaits man beyond the barrier that separates the known from the unknown.

Both man and woman strengthen the other's refusal and withdrawal by their own refusal to be what they are meant to be. They perpetuate duality, they perpetuate their own false fears and misconceptions. They are caught, not only in the principal duality of man and woman which, as all duality, can only be transcended by meeting and accepting it, but in a specific subdivision of it: the principle of control and letting go, which is a fundamental aspect of creation and a necessity for all further creation. If it functions in harmony there is no conflict, for they are not opposites. When falsely used as a result of duality, confusion reigns: which is right, which is wrong; when the one, when the other?

Transcending the duality, their one-ness becomes apparent. PRS 25

Week 3 Daily Review: Developing awareness of dualistic thinking patterns

Explore your masculine or feminine role by noticing how you and others treat the opposite gender, create separation

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One Word That Should Never Follow ‘I Love You’

By CARA PAIUK April 4, 2014

I don’t remember the exact day, or the exact reason, or even the exact words, but I know it started with “I love you, but ...”

It could have been “I love you, but you’re driving me crazy” or any of the following: “I love you, but you’re not listening to me”; “I love you, but stop leaving dirty dishes in the sink”; or “I love you, but I need some alone time.” I’ve begun many a sentence with those four words, and never paused for a moment to think about what they mean. What are we actually conveying when we begin a sentence like that?

What my husband heard wasn’t the first part of the sentence, but the second, every time. What he heard was “I love you if ...” and “I would love you, if only you would ...” He didn’t like it, he said so, and I’m glad he did.

He was right. I was throwing “I love you” in to soften the blow, but let’s be honest, when you say it like that, the purpose of the statement is to communicate everything except “I love you.” The “but” slices the top of the sentence off and the “I love you” gets discarded like a strawberry’s calyx. “I love you,” usually the most beautiful and powerful triad of words in the world, becomes inauthentic and trivial — cheap. A throwaway line.

My husband asked if I could replace the word “but” with the word

“and.” I stopped and repeated the sentence I had just said to him with the revision, and the light bulb inside my head nearly blinded me with epiphany. “I love you AND you are driving me crazy.”

Suddenly, his driving me crazy was no longer an exception to my loving him. It was part and parcel of the package. I could love him and be driven crazy by him simultaneously! A little conjunction transduction made all the difference.

It took me a while to make the change in my delivery permanent, but it was worth the effort. It has made a significant difference in my communication with my husband, and now, my kids. Above all else, I want my family to know that I love them regardless of circumstances, even if they are driving me crazy.

<http://parenting.blogs.nytimes.com/2014/04/04/one-word-that-should-never-follow-i-love-you>

Week 4: Outer symbols of Duality: Our two-way split is represented by the parents.

Quote from Duality Through Illusion: Transference PL 118

The karmic relationships that are most intense and dramatic are those between parents and children. The unresolved confusions, conflicts, and subsequent basic split must be challenged most dramatically in this relationship. This double relationship from the child to both father and mother is another of the symbols of splits which marks this earth sphere. To have a set of parents is an asset to the degree that the relationship is healthy because of a relatively free psyche. But when the negative involvement is still strong, this double relationship to two parents symbolizes the inner split. PL118

Quotes from Duality Through Illusion PRS 25

This entire sphere of consciousness is an expression of duality. These outer symbols of duality are, for example, to name a few: day and night; male and female; hot and cold; right and left; up and down; inside and outside. All these point to life symbolizing a two-way split. One of the most significant of such outer manifestations is that each human being has, and needs, a pair of parents.

Since each human being experiences an inner split (otherwise he would not be born into this sphere of duality), he outwardly experiences this inner split in his parents. Everyone, and in every respect, outwardly experiences what he inwardly expresses. The more an individual has overcome duality within himself at the time of birth, the more the law of attraction and repulsion brings him into conditions and environments where his parental involvement will be painless. To the degree his basic split is still unended, he is attracted to an environment outpicturing his particular version of inner duality. Consequently, his relationships to his parents will be negatively involved, conflicting, problematic, painful -- hence, images will be created, which he has to overcome and dissolve, so as to reverse negative chain reactions into positive ones.

There comes a point on this path when images, pseudo-solutions, misconceptions, are transcended. The sum total of all these inner conditions, when they are profoundly understood in their deepest significance, reveals a certain fundamental inner attitude. This basic, problematic attitude is always split in half. It is always either one, versus another basic reaction to life, to others, to the self. This applies to all aspects which are directly or indirectly affected by the main problem, or main image. This deep recognition can be found only by those who work intensely on the path. All recognitions finally culminate in finding one nucleus, indicating a two-way split. This two-way split is represented by the parents.

Superficially viewed, it may appear as though one side of the split is fashioned after one parent (identification), the effect the parent had on the child, and the latter's consequent reactions; the other part of the split representing the second parent. This is true, as far as it goes, on a still rather superficial level. But in the last and deepest analysis, it is just the other way around. The parents are a symbol for the two-way split. Man's attitude to both parents, as well as his "choice" and manner of identifying with them (for, there are always many possibilities which facets are "picked out" and emphasized, strongly experienced in a positive, as well as negative way) is the expression of his basic split. When this is fully recognized, the arbitrary dividing mark between spiritual, metaphysical, on the one hand, and psychological approaches to the human soul, on the other, ceases to exist.

True spiritual freedom is not possible when this split is unrecognized. No infusion of truth is possible when the momentary truth of one's inner state is ignored. The truth must always be known first, for all begins with consciousness. While living in the duality, the psyche is torn apart and reacts in blind automatism, and is thus driven to experiences that lend themselves to similar and identical responses as first occurred with the parents. The principle of circles is in operation: the original split expresses outwardly through the parents; is then further expressed through later relationships, where the parental relationships are re-experienced and confirmed, as it were -- thus widening the original split. The principle of circles -- whether benign or vicious -- is self-perpetuating and, as was mentioned, such circles can only be altered through an altered outlook of and in consciousness.

Psychology has established the fact that man recreates in other relationships the original relationship to his parents, until he is conscious of all facets and can therefore change. Psychology's insight stops short before the entirety of the complex is seen. It believes that the parents, or the child's reactions to them, are the originators, and only subsequently does the individual seek occasions to transfer and re-enact the original situation with the parents. In reality, the parents were also sought as a means to live out, and transfer to, the inner split. They are as much a repetition and reproduction of the original inner split, as a later emotional involvement with a mate, for example, is a repetition and reproduction of the parental relationship. This proves, once again, from a still deeper vantage point, that, in order to fully and totally resolve any problem, it must always be brought back to the self, no matter what the appearances or circumstances seem.

The next step of awareness is then that reactions and relationships to each parent express an entire side of one's problematic character structure. PRS 25

Quotes on Soul Splits:

My dearest friends, when you now look back on the work of this path, on the lectures and on your development, you will see that it was all painstakingly built up to lead you to this point – the mending of split concepts through the proper soul movements, or vice versa. This, in turn, enables you to be in possession of the immeasurable wisdom, energy, and peace of the Life Force. PL126 Contact with the Life Force

You cannot overcome what you have not consciously and fully experienced. This wishful hope with which you are all familiar is nourished by the fact that it is indeed possible to realize the already potentially present part of the God Self. PL193 Resume of the Basic Principles of the Pathwork

Man's average state of mind is a fragmented piece of consciousness. In this fragmented state he is cut off from reality. He inevitably lives in fear and limitation. Yet he believes that this is all there is to his life, and he frantically clutches at this limited, fragmented state. He stems against the natural inner movement of the soul to go beyond; to expand this limited state, because the split off ego-consciousness fears that doing so will dissolve his life and annihilate his existence. He ardently protects this limited state of consciousness, while it is this very limitation that creates fear and suffering. PL199 The Meaning of the Ego and Its Transcendence

The unpurified soul cannot stand this power current. To the degree unpurified soul substance festers in the personality, the power current has to be denied, suppressed, and split. Sexuality that manifests without love, commitment, and respect is just such a split off, denied power current. PL251 The Evolution and Spiritual Meaning of Marriage

Week 4 Daily Review: Developing awareness of dualistic thinking patterns

*Explore topics where your parents hold opposing opinions or positions.
Explore where you express those opinions or positions*

Keep a daily review for a week (PL28) on dualistic words, situations, and attitudes that you encounter in your everyday life. Notice any absolute words or statements, such as should, must, have to; right/wrong, good/bad. Also notice body language, such as when people tense up / close down to avoid saying any form of 'yes', or keep pushing an idea because they can't take 'no' for an answer.

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