

# *Pathwork<sup>®</sup> Steps*

## **Connection Between Ego and Universal Power**

Pathwork Lecture 152

Transcript of 2015 Video Introduction by Jan Rigsby

<https://youtu.be/I63FIKbUQ44> 6 mins

Edited by Jan Rigsby

The December topic in my Pathwork Steps newsletter is Pathwork Lecture 152, which is The Connection Between Ego and Universal Power.

There are many lectures on Ego. In Pathwork, the stress on Ego development is a bit different than in many other spiritual disciplines. My perception of this is that the Ego drives the car, the bus drives the train; the Ego expresses decisions, it selects from input, it hears the body, soul, Spirit, Mind, and decides the priority of things that we do in our lives.

The Ego is indispensable. It can be important to soften or minimize the effect of the Ego, but the primary reason for that is so that you can hear these other input aspects more clearly.

In looking at Ego versus Universal Power, the idea in the lecture is that the Ego may need to step aside a little bit, so that it can feel into a deeper knowing within us, which is actually meant to be the decision maker.

Even though, on the earth plane, the Ego does that. My Ego is deciding right now what words I use, how I use facial expression, what my hands do. It may seem like instinct, but it's about who I perceive myself as a person; who I have developed into. There's a momentum there, built by Ego controlled by Ego, that can overwhelm softer impulses.

The idea of the lecture is to bring these two things more in balance, so that the Ego comes into service to Universal Power, in stride, instead of trying to harness Universal Power.

Another way of looking at it: that coming into spiritual awareness is a form of spiritual adolescence. Just like human beings are children, then teenagers, then a young adult; then more mature until eventually -- hopefully -- they're wise, and become spiritual elders.

We come into awareness of a deeper level of emotional reality, of knowing, of understanding, and during that time period, it's very boisterous, it's very confusing.

Either things we haven't noticed before, or things we haven't evaluated -- we get flooded with information. We've got to sort through all this stuff. Like teenagers, we become enamored with one aspect and then we drop it, enamored with another aspect, then and drop that as well.

There's a period of exploration and experimentation. It's really important, because in that exploration, you may find what you value, the style that you enjoy, the community that you enjoy, what you feel most supported by.

A section of the lecture talks about words that I stumble over sometimes; spontaneity and individualization. This particular aspect was really interesting in the weekly meetings, because they are both misinterpreted.

Spontaneity can sometimes take on the flavor of what its critics describe it as. It becomes colored by the idea of spontaneity being reckless and irresponsible. And yet, if you look it up in the dictionary -- I find looking words up in the dictionary really valuable. Even though I have a reasonably high vocabulary, the nuance within words is really fascinating; to find the neutral interpretation, rather than a colored interpretation.

According to dictionary, spontaneity is something that arises from an unknown or unexpected source. That's all it means. It doesn't mean that it doesn't make any sense!. It means that in that moment, you don't know what it's connected to.

So spontaneity can be seen as a soul movement, where understanding will follow later.

individualization goes back to what I talked about, becoming a spiritual adult.

Society is based on cooperation and consensus. We don't necessarily agree on all the details, but we agree to work together.

Individualization is about determining who you really are, what your knowing is about, what your divine aspect is. What your gifts are; gifts to yourself, gifts to your family and friends, and gifts to your wider community. That takes a while for that level of development to flourish and flower, to really understand ourselves.

This is not something that's meant to happen in your early 20's. By 30, you may have accomplished a lot of goals in social cultural life. But 30-ish is about the stage where a different level of awareness begins.

For me, it's fun to imagine that there's more to life than just work and play. That levels of social and cultural development evolve into a much deeper level of spiritual inner knowing, perhaps developing into a greater ability to offer oneself in service, from a deeper place.

Hope you enjoy reading the lecture. Thanks for listening

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