

## Pathwork® Steps

# Evolutionary Phases of Feelings and Emotions

Presentation on PL 165

**Week 1: What are Your Spiritual Goals?**

**Week 2: Self-Realization and How it Manifests**

**Week 3: Why Mankind Fears the Realm of Feelings**

**Week 4: Spiritual Studies Manifest Our Intentions**

**Week 1: What are Your Spiritual Goals?**

**Exercise 1:** Seriously consider: why are you following this path, or any spiritual practice or process? What are your goals? How much time and energy are you willing to invest, and why?

- **Isn't relaxing a form of bliss? That's all I want.** [*Feels like an absolute, a fantasy. Imagine how good a nap can feel. Then imagine a life of ONLY napping.*]
- **I am looking for truth!** [*Feels like an absolute; leads to righteousness in terms of the 'winning' side of right/wrong = duality. Consider the possibility that truth may be too big for an individual human mind to 'hold'*]

**Comments that indicated having found some goals already:**

- **I was born into** an ancestral lineage of negativity and pain. In order to heal it, I have to be aware of the connections, and understand how I learned / internalized it / used it to validate my images [PL 127]
- **Noticing how I can stop and pause**, instead of reacting. Where I can do this with myself, I can do it with others.
- **Noticing how I defend** against pain by withdrawing
- **I went into self-pity** when my partner died, that I was all alone. I have realized that we had both been alone when he was alive, because of our differences.
- **Seeing how fear distracts me** made it clear how forceful it can be. [PL 199] I can sense wearing different masks with different people and groups. [PL 14, 83]
- **The quarantine affected me more than I realized.** My reaction was hostility towards authority, which I also felt in my childhood. My deeper negative intent was: I am not heard by God, my task is too hard so I blame God so I can walk away.

**The ego's main function is to deliberately seek contact with the greater self within.** The ego cannot produce deep feelings and a deep flavor to living. Nor can it produce profound and creative wisdom.

The ego can only memorize, learn, collect other people's creative knowledge, repeat, and copy. It is equipped to remember, to sort out, to select, to make up the mind, to move toward a certain direction -- outwardly and in inner emphasis and approach. These are its functions.

But it is not its function to feel, to deeply experience, and to deeply know -- to be creative. ... In fact, the real self is effortless. Wherever it manifests, effort exists, but it is always effortless effort.

*The Ego's Cooperation With or Obstruction To the Real Self* PL 158

- Ego wants the External to influence the Internal, to have everything 'lined up'.
- Ego feels that the Internal is not as dependable; wants to know [control] what will happen

- Trying to find an answer feels like I will breaking through the ice,
  - o Exercise; taking a breath. Breathing oxygen in, and when letting it the breath out, send all the oxygen to every cell in your body (or alternately, those that need it most). Can create pins and needles sensation, like when a limb ‘wakes up’. Intensity signals Stop! But keep going.
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- Unknown doesn’t feel safe. Afraid I will lose myself
  - o That IT will lose ITSELF; Ego tries to own everything vs being a ‘team player’. Ego is meant to serve the divine / Real Self, not be master of it. Wants the power of the divine! Does need to master reality, in terms of becoming skilled at coordinating. Ego’s tasks can feel mundane and boring:

### Week 1: What are Your Spiritual Goals?

### Week 2: Self-Realization and How it Manifests

**Exercise 2a:** What does Self-Realization mean to you? What are your expectations? The Guide’s description of the results of Self-Realization: The creative power of the self is available at all times, again as a result of having freed the personality of fear.

PL 165

- **When I read something that challenges me**, I feel a strong need for a nap!
- **I do try to be more than I am.** So have a fear of giving in to being imperfect. ‘Being me’ would risk rejection. [That’s allowing the imperfect humans who raised you to become God, vs. being God-like. Being you risks SELF-rejection, because you’d rather ‘do it first’ than have someone else do it TO you. If you are going to offend others, wouldn’t you rather be who you actually are, than a fake? Honest answer is NO – I won’t let anyone reject me for any reason, so I WON’T reveal myself, = you cannot attain self-realization.]
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**Exercise 2b:** Review what the Guide has said and compare it to your original beliefs, thoughts and feelings. Are there any discrepancies? If so, explore what might be true in your version that might also be true according to the Guide’s statements (= see through any limitations of language).

*Charts re: Concept of Three Personality Types; Reason, Will and Emotion PL 43*

- I have been enjoying a lighter feeling after honestly experiencing my pain. **How can I make this stay?** [*Oh, NO!* = a desire to stop growing, changing flowing; to be frozen! Instead, try to be consistently truthful, vs. ‘honest’ as an absolute]
- **I have a tendency to beat myself up** – analogy of a hammer. This week, I was able to set that hammer down energetically. I think I have to ‘put that hammer down a million times before I will have rewired myself. I do want to be at the finish line vs. being in process. Pride makes setting the hammer down more difficult.
- **I can fight when I need to.** I am tapping into a courage I didn’t know I had. Before, it used to feel more forced.

- **I have an inclination to blame others.** I am trying to navigate this; acknowledging that I sometimes react emotionally with a forcing current helps, also observing my fear and seeing how I direct it.

## Week 2: Self-Realization and How it Manifests

### Week 3: Why Mankind Fears the Realm of Feelings

**Exercise 3a:** Consider any *overreliance* upon reason and will.

Man's overall unconscious imprints are still so powerful that he is frightened of the feelings . When the feelings are feared and therefore denied, aliveness is by necessity also denied, whether or not the entity is aware of this connection. **The fear that you will be helplessly swept away by feelings, once they are conscious, is unfounded.**

**Exercise 3c:** Let yourself feel a hurt, simply and without adornment, stating the fact and why it hurts you. Let the feeling simply be in you.

- **Is the Guide suggesting that we ‘just’ sit with the pain?** *[Yes, as a starting point; before reacting or trying to fix something, it is useful to find out what the issue is. The Guide says that **pain is a message**. When the message challenges our beliefs (false, misconceived, or in distortion) we want to shoot the messenger, run away from the messenger, and/or prove the message is false.]*
- **I’ve been experiencing a lot of fear** for myself and family and everyone else. I hear, ‘be quiet and be patient’, But that makes me feel restless – a primeval feelings of doom. It’s narrowing my view. *[That’s the result fear wants.]*
- **I’ve been processing shame and guilt.** Last week, it dawned on me that shame about shame was a perfect vicious circle – weird! Realizing that having shame is nothing to be ashamed of was a bit breakthrough. It feels like ‘goop’ on the front of me. *[Energetically, that sounds like you are speaking of shame being POURED on you, vs. it being yours.]*
- **This also gave me a sense of pride, so that I wanted it, wanted to keep it.** *[others put shame on us to get us to do / not do something; it’s manipulative, and so tends to feel harsh and cruel = debilitating shame.]*
- **I have been looking at all the times and ways I use the wrong energy,** putting the opposite energy into situations than is actually called for. I caught this when I got a speeding ticket. I was terse to the officer, send a letter to the police department, saying ‘others were doing the same thing, why me? instead of considering my part.
- **I have realized that it’s the REACTIONS to my feelings that I fear,** not the feelings themselves. *[Shame put ON us = your feelings will hurt ME, activate my own feelings; you are bad for activating my awareness. Ask: do I fear their fear, or my fear?]*
- **I still have trouble interacting with those who ‘haven’t started’ their own journey.** *[Find / notice underlying fears; there’s a hint of separation here (me/them, us/them)]*
- **My need for people to help me** is actually about my need to prove that I matter. When someone turns down my request, I become enraged.
- **My mother was controlling, dry and cold.** I know now that this was her defense, and she was actually fragile. I have this conflict also; I tried to protect my mother, and I try to protect myself despite these distortions / while not giving up these defenses. And it makes me feel lonely, because I am hiding and no one wants to find me.

- **I feel frustrated and sad** about not being able to help my partner navigate their health issues during the quarantine. The feelings allow me to not feel my fear about it. *[We give fear power over us BY fearing it.]*
- **I have an overwhelming sense of exhaustion; I should not be tired.** *[= intellect and will superimposing their 'views' onto the realms of feelings and the body's ability to process life. Our 'No-Current' hides behind 'shoulds' and does not encourage exploration, creativity, spontaneity.]*
- **I guard against love and emotion.** I dated someone, and it was quickly obvious to me that it would not work out. Yet I was still attracted. I was manipulating myself with 'shoulds'. Then, I told them the truth, and it felt like my emotions split off and 'ran away' – and that's why I 'must' control them. Becomes a self-fulfilling prophecy. *thoughts, feelings, and actions]*

### Week 3: Why Mankind Fears the Realm of Feelings

#### Week 4: Spiritual Studies Manifest Our Intentions

**Exercise 4b:** Emphasize in your meditations, *"I would like to know, experience, and feel what I really feel"*

**Bliss is Your Birthright** The original state is not pain but *pleasure*, not suffering but *joy*, not deadness but *life*, not hopelessness but *forever expanding rich abundance of life*.

- **Before, I felt that I needed the picture NOW.** I've taken strong steps forward to being open to the process.
- **PL 104 suggests that we may have an ulterior motive in mind.** *[Pathwork definition of evil is knowing AND not caring. Since we can't know everything, we can't be pure evil. And our judgements /beliefs that we or others 'don't care' are based on actions vs. any true knowing about the other..]*
- **I have trouble in groups because I prefer not to talk before I have time to reflect.** *[Most people would benefit from taking time to reflect! It sounds like you are comparing your inner reality to*
  - o *1) interpretations that may be unfair to you or to others*
  - o *2) projections about how others process, think, or feel and*
  - o *3) outer skills and abilities that may even cover up a lack of inner process!]*
- **I have always resented my mother because she didn't validate my feelings;** I've only recently become aware of this resentment, but I can't let it go. *[If you forgave her, you would no longer be able to hold her responsible for your feelings]*
- **I see where Reason keeps covering up my feelings.** I catch them way later, but not in the moment. I see feelings it as a blight!
- **In peeling back images, such as parental issues, abandonment, I find the image of not being loveable.** I find it has impacted / created all of my life issues.
- **I've been watching Dead to Me.** I see it through a Pathwork lens – it's a great study of Higher Self, Lower Self, Mask; also Law of Responsibility, Cause & Effect, Duality, and how complex we are.
  - o *[Process suggestion that I use in sessions and meetings: STOP. Stop talking / moving / figuring things out. Sit with the 'pain' (=intensity of feelings being re-vitalized). Breath in deeply. Let the breath out, and use your consciousness to send the oxygenated blood to all your cells, inviting them to share the task of processing the feelings. Repeat several times – don't try to re-start the shar*

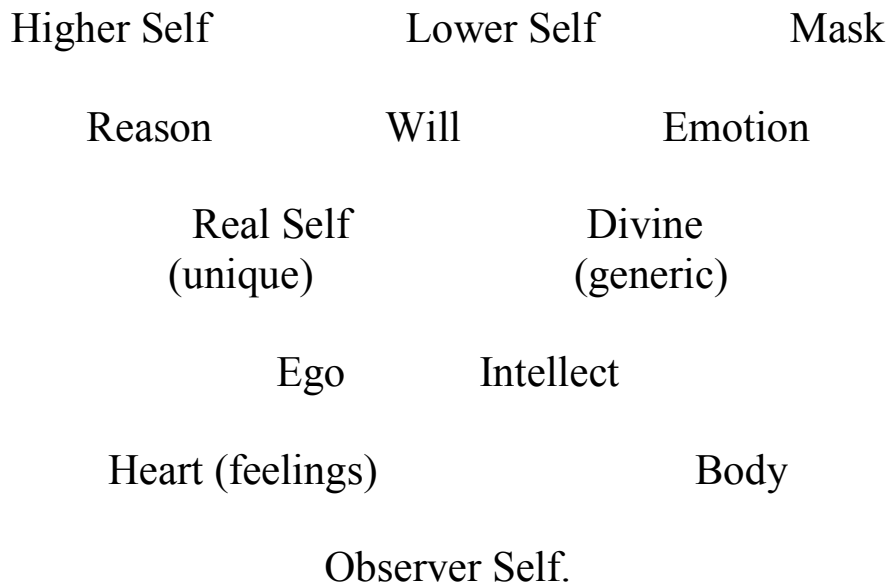
Statement that was spoken during a weekly meeting:

**I have realized that I have not become what I imagined I would be.**

*Because it was spoken, the language alone might not carry the energy with which was said, that I heard as 'disappointed, sad'.*

*We went through a process at that point, to determine what aspects of the personality and the spiritual self could be present.*

*Listed several triads, a total 13 aspects that could be involved:*



# I have realized that I have not become what I imagined I would be.

*First; crossed out what was obvious, such as, this is more of an intellectual construct than feeling, more chastisement than support) we were left with 6 possibilities out of 13 (!!!):*

**Higher Self**

**Lower Self**

**Mask**

**Reason**

**Will**

**Emotion**

**Real Self**

(unique)

vs.

**Divine**

(generic)

**Ego**

**Intellect**

**Heart (feelings)**

**Body**

**Observer Self.**

# I have realized that I have not become what I imagined I would be.

Then, after you take the ‘pretty words’ / euphemisms out, you find **Lower Self, Will, and Ego**:

**“I have realized”** = I am afraid /discouraged / sad (because of what follows, this is not a simple realization; it’s a disguised sense of despair, Therefore, it’s a reaction against what follows put into the beginning of the sentence in order to try not to be overwhelmed = **Ego / Will**)

**“that I have not become”** = judgement by the **Ego**, based upon standards promoted by the **Will**. How do you KNOW? You may already be what your Real Self planned to manifest in this incarnation.

**“what I imagined I would be”** = The **Lower Self** takes our dreams and visions and deep inner knowing and mocks us for not already being who we have come here to be, so that we become discouraged and stop trying = self-fulfilling prophecy!

