

Pathwork® Steps

Consciousness

Part 1 of 2: Study Guide for Online Meetings on PL 175

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Week 1: Creation is the Result of Consciousness

Week 2: Awareness Creates Power

Week 3: Consciousness is Always in Motion

Week 4: Health and Emotions

Week 1: Creation is the Result of Consciousness

Carolyn Tilove of the Philadelphia Pathwork often gave a talk called 'How to Read a Lecture'. She advised that we pause and work through any word or phrase that grabs our attention, distracts us (via irritation, boredom, or confusion), or that could represent an emotional or irrational (non-linear) reaction. Until we work through what that word or phrase means to us, we are not going to be reading the rest of the lecture in a full state of awareness. Part of us will still be numb, in resistance, or in reaction.

Exercise 1a: As you read the 1st 3 paragraphs from the lecture, notice:

#1: Are you comfortable with the idea that the Pathwork Lectures are channeled? Are you comfortable with the 'new age' or spiritual language the Guide uses?

#2: Are you interested in exploring what consciousness is and what is possible if you deepen your understanding of it? If not, try to express your concerns, without judging them.

#3: Notice any resistance to the idea of consciousness coming before any other form of creation, such as energy or matter. Notice if you want to be the creator of your own reality, or if you would like reality to be someone else's responsibility.

Consciousness

Greetings, all my friends here who receive the tangible blessing that is extended, and that streams in the form of energy currents containing consciousness and strength. It flows toward you and permeates you. This is a reality which can be perceived as your own consciousness grows and expands and ventures forth.

In this lecture, I would like to talk about consciousness, aspects of it, its significance in the scheme of creation, and how our work must deepen the comprehension of the power and significance of creative consciousness.

Creation is indeed a result of consciousness, and not, as generally assumed, the other way round. Nothing can be unless it exists first in consciousness, whether this consciousness is the universal spirit, the universal self, or whether it is the individualized self. It makes no difference. Whether what you perceive and create and formulate in your consciousness is important, world forming, or just a passing insignificant attitude, the principle must be the same.

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Man fears himself, his own unconscious mind -- as though it contained a monster he has no control over, separated from his volitional processes. He completely forgets that his unconscious mind is he; that once it is conscious, he is not a slave to it, but its master.

[*Fences Man Puts Up Through Limited Illusory Alternatives*](#) PL 128

Movement, Consciousness, Experience

To the degree that an entity is conscious, so is it alive. There are many degrees of consciousness. The human being is the first creature in the upward scale that possesses self-consciousness, awareness of itself in all the varying degrees. People such as you, my friends, who pursue a path of increasing self-awareness raise their level of consciousness in the fastest possible way. Increased awareness of self must, perforce, increase awareness of others, of the universe, of life as a whole. Awareness determines the measure and direction of movement and regulates it according to reality concepts.

In order to increase consciousness, movement is necessary because the effort or activity of such endeavor is movement. Without movement, life does not exist. What lives must move. When movement goes out, it is because life goes out. Growing is moving.

Experience is the third factor. The fuller the experience, the more harmonious must be the interplay between movement and consciousness.

[Movement, Consciousness, Experience: Pleasure, the Essence of Life](#) PL 119

The degree of one of these aspects, influences the degree of the other two. The greater awareness in a human being, the more the psyche is in flux, and the greater life experience must be. Stagnant thinking amounts to inhibited movement of the thinking faculties. It diminishes scope, depth, width and range of experience. When man puts his thinking faculties in motion, he automatically increases his degree of consciousness and his experience.

[Movement, Consciousness, Experience](#) Path to the Real Self / PRS 26

Exercise 1b: Notice which of these aspects – movement, consciousness, experience - you are more aware of (conscious of!) during your daily activities and/or during quiet time / meditation & prayer.

Daily Review 1.0 from The Call PL 17

Let the whole day pass in front of your eyes, in your memory, and think of everything that has happened that has given you in some way a disharmonious feeling or reaction. No matter how wrong the other person may have been, the moment you have been touched by it, there must be something wrong within you.

If you follow this through for some time to come, really faithfully (not just once or twice -- that will not do you any good) but regularly and faithfully for some time, you will, after a while, see a clear pattern coming out of it. Pray for enlightenment and guidance every time you conduct this daily review. [The Call](#) PL 17

Daily Review 2.0 PL 28

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

Track your daily experiences of disharmonies. Find a common denominator after keeping logs for several weeks

Daily Review Graphic created by Shakila F.				
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

Daily Review 3.0 from PL 56

Learn to investigate your reactions, and ask yourself what the meaning and further significance of them may be. What do they imply? What lies behind the emotions you register in the most casual incidents of your life? What is the emotion you register just at first, and what is behind it?

The Capacity to Wish: Healthy and Unhealthy Motives in Desire PL 56

Week 2: Awareness Creates Power

You still overlook the tremendous significance of what you create with your consciousness. And your being disconnected from it causes the real, the worst, suffering. There is no other suffering as acute as the one when you do not know that you have created what you experience. This applies to a lesser extent even to the positive and desirable experiences.

For if you do not know that you have created them, you will always feel helpless; you will always feel in the hands of a power which you cannot comprehend. This power is truly your own consciousness, my friends. PL 175

Shallowness is a lack of experience. The ability to evaluate an experience determines the maximum of pleasure and the minimum of pain. The higher the overall development of an entity, the greater the bliss, the fuller the experience of pleasure, and the less of pain and suffering. This is due to correct evaluation and realistic perception and free flowing movement, unhampered by fears, inhibitions, and paralysis.

[Movement, Consciousness, Experience: Pleasure, the Essence of Life](#) PL 119

Exercise 2a: Recall events in your life where you lacked awareness. You may have been inexperienced or ignorant of the forces in play; you may have ignored or denied initial signs of disharmony; you may have become distracted / distracted yourself so that you ‘missed the bus’ and were unable to catch up in time to give effective input.

Consider if the deeper cause was any reluctance to engage or use your power.

Outstanding Attributes of Consciousness

Consciousness is not only the power to think, to discriminate, and to choose -- which is obvious. It is not only the power to know, to perceive, and to feel. It is also the ability to will.

Willing is a very important aspect of consciousness. Whether you will in your awareness or whether you are disconnected from the fact that you will something, makes no difference. Your willing is an aspect of your consciousness and hence of what you continually create. Willing is an ongoing process, just as knowing and feeling is. Where there is consciousness, knowing, feeling, and willing always exist.

Often a number of contradictory will currents create a short circuit on the surface, which manifests as a lack of awareness, numbness. Consciousness is diminished on the surface but **continues to go on below the surface**. Its products manifest as tangible life experience, and the entity feels at a loss, believing what life brings is totally independent from its own willing and knowing.

Any path of genuine development must bring all the confused and contradictory desires to the surface, all the beliefs, i.e., the inner knowing, so that the created life circumstances appear in their true light. They are the creation of the self. This awareness gives power to recreate.

Your thinking ability is exactly the same as the creative process of the universal mind. Formulate what you wish to produce in your life. Create the thought forms by stating that this is possible, and by perceiving, knowing, and willing it in a relaxed, untense attitude.

PL 175

Creation = a result of consciousness. You create by thinking with your consciousness.

Power of consciousness: To think, discriminate, perceive, and know; to feel, will, determine, and choose. To know you are connected or disconnected

Significant Tools used in creating: willingness, determination; formulating a concept; becoming aware of an existing possibility, perceiving. Your thinking ability is exactly the same as the creative process of the universal mind.

Formulate what you wish to produce in your life. Create the thought forms by stating that this is possible, and by perceiving, knowing, and willing it in a relaxed, untense attitude.

Mankind can accurately be divided into those who know this and use these tools deliberately, creatively, constructively, and those who are unaware of these facts and are victims of their ignorance, constantly creating destructively and never knowing it.

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Exercise 2b: 1) Formulate what you wish to produce in your life. 2) Say it is possible. 3) Allow the thought forms to come into creation, allowing that this vision might be more about the end product than the process steps. 4) Devise some first steps ('baby steps') that you could take in order to explore these thought forms. 5) Wash, rinse, repeat: go through these steps over and over until you lose interest (some thought forms are just meant to be fun!) or are able to enliven your wishes by giving them 'legs'.

But what if my wishes are just daydreams? What if they will lead to mistakes?

"Anyone who has never made a mistake has never tried anything new." -- [Albert Einstein](#)

Every dream contains a message of the unconscious and indicates that something is going on in it that the conscious mind should know about.

All dreams convey the reality of the inner person, so often unknown to the conscious individual. Whatever effort is spent on them is well worthwhile. They represent emotions and reactions the conscious mind does not wish to face. This may even apply to aspects the conscious mind is aware of, on the whole, but ignores the extent of the disturbance (this latter is often overlooked). The dreamer often counters by "*but I already know this.*"

Every personal emotion, reaction, feeling, is represented in dreams in picture language. Hence, a series of dream events, containing a great many details and happenings, when summed up, can be expressed in a couple of sentences. In order to interpret this symbolic picture language, it is necessary to uncover the individual's personal associations. For example, a rose may mean, to one person, something very beautiful and desirable while, to another, who connects a painful event with the rose, something dreadful and undesirable. To still another dreamer, a rose may refer to a person by that name. To find these associations may, at times, require many hours of work. The mind must really be allowed to wander. *Outer "common sense" explanations may bar the way to understanding the psyche.*

[Dreams and Daydreams](#), Path to the Real Self PRS 27

Exercise 2c: Take one of your dreams literally! What does that particular pit / two-headed monster / traffic cop *feel* like? What does it mean *in that context*? Where have you felt or experienced that *meaning* in your real life? Be creative in 'connecting the dots'.

Week 3: Consciousness is Always in Motion

Man is the first entity on the evolutionary scale upward who can deliberately create with his consciousness. You, my friends, who search for your true identity, your real being, must come to experience the fact that you have the power to create and, specifically, how you have created what you have or do not have now. You can then see the augmented pain and tension in your being when you fight against your own creations.

This is inevitably so when a personality is not yet aware, generally and specifically, of how his life is a product of his own mind activity. What he does not like, he will invariably rebel against, never knowing that he actually tears himself apart in this way to an even further degree.

The rebellion may not be entirely conscious either; it may manifest in the form of vague discontent with life, a hopeless longing, a sense of futility and frustration from which he sees no way out. This, too, is a kind of rebellion.

Positive Creations and Directions

To understand the importance of consciousness in still greater depth, it is also necessary to perceive the positive and negative manifestations or directions consciousness can take.

Man harbors within him the purest of wisdom, flowing in the direction of ever expanding blissfulness, new vistas of life expression in infinite variety, fullness of dimensions. This is the universal spirit. I will not say that the universal spirit is *in* you, I say that you **are** it -- but most of the time, you do not know it.

But man also harbors within him the distorted expression of his creative consciousness with which he wills negatively and destructively. One could also say that this is the eternal fight between God and the Devil, between good and evil, between life and death. Whatever you call it does not matter, this is a question of culture, fashion, interpretation, personal leanings and approach to the world.

Whatever you name these powers, they are your own powers. You are not a helpless pawn in anyone's hands. This is the important question, the all-important fact of life that truly alters your entire self-perception and attitude toward living. Not knowing this will make you constantly feel victimized by circumstances beyond your control.

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He said, "You become. It takes a long time. That's why it doesn't happen often to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don't matter at all, because once you are Real you can't be ugly, except to people who don't understand."

The Velveteen Rabbit ©1922 by Margery Williams
Animated version ©1986 narrator: Meryl Streep [YouTube](#) 6mins

Exercise 3a: Legends, myths, and storytelling originated from oral traditions of communicating. Written formats were designed for more pedantic, rational needs. Read the passage above, then listen to the YouTube version – or read it aloud. Notice if anything changes when the format changes from written (comes ‘off the page’) = engages other dimensions ***in you***.

Negative Creations and Directions

Negative creation is an ongoing process in every human being. For, if you were free from negative creation, if you were not negatively involved with creation, you would not be human; you would not live on this plane of consciousness, which expresses a certain degree of development.

Man is, in general, to some degree quite free so that he creates constructively to quite an extent. But to varying degrees, negative creation is still ongoing in his psyche. This means that it is man's task on this sphere to struggle out of it and to free himself further and further from the ensnarlment of negativity.

There is no greater difference conceivable than between human beings -- **who know** that they create their own fate, that they wish to be negative, that, no matter how undesirable it seems, they still want to retain this attitude of being negative, -- **and those who are ignorant of this fact.**

Anyone who is on any path that genuinely leads to the realization of the universal self must come to this insight about himself. Otherwise, the path he takes leads to illusion and deals merely with theoretical speculation or an alienated idealization, and not a real live experience.

[The Overcoming of Negativity](#) PL 176

A Four-Step Process for Overcoming Negativity

1. Find and determine and acknowledge and see and accept and observe your own negative attitudes, the destructive feelings, the subtle lies, the intention to cheat, the life defeating spiteful resistance to good feelings. All of these are negative creating.

2. Question, deep inside, your reaction, your feelings, to this negative production, whatever it may consist of in your particular case, as to its deliberate, chosen intent on your part. This acknowledgment is essential. Without it, you cannot grow out of suffering, nor can you reach the spiritual selfhood you long for. I would say one of the most difficult inroads on this path is to reach step two: to be fully aware of your own negative creating by destructive attitudes of your own choosing.

3. The exact consequences and ramifications of your negative production must be painstakingly worked through without taking any detail, any effect, any side effect for granted or glossing over it. The realization and precise understanding of its harmful effects on you and on others must become very clear. It must be seen that you cannot harm yourself without also harming others, no more than you can harm others without also harming you. This is not a law of retribution of a vindictive authority up in heaven. It is so because you are all, we are all, they are all, everyone is, the one universal self.

4. The actual process of recreation of soul substance. The more insight you have into the absolutely losing game you play with life when you hold on to the false role that covers up destructive attitudes, the more you will be motivated to give up all of this. Your will will be strengthened. This will lead you to the fourth step, which is the actual process of recreation of soul substance. By meditation, by prayer, by formulating deliberate thoughts of truth about this entire matter and impressing them onto your destructive psychic material, recreation begins and continues the more adept in it you become.

[The Overcoming of Negativity](#) PL 176

Exercise 3b: Use the 4 steps (above) to explore negativity in your current life circumstances. Notice if you feel more willing to claim responsibility for it when you feel able to change it.

Three Cosmic Principles:
The Expanding, The Restricting, and the Static PL 55
Positive and negative aspects and qualities of the principles

Expanding Principle:

Positive

Activity
Creativity / Growth / Building
Forward Movement
Outgoing Quality
Search for Union
Search for the other 'You'
(therefore unselfishness and
lack of egocentricity)

Negative

Aggressiveness
Hostility / War
Over-activity
Quarrelling
Destructiveness
Cruelty
Impatience
Thoughtlessness

Restricting Principle:

Positive

Equilibrium
Introspection
Thoughtfulness
Caution
Patience
Self-search
Assimilation vs.
unassimilated growth
Balances and harmonizes
outward movement

Negative

Regression / Going backward
Holding up progress
Going in the wrong direction
Dishonestly
Hypocrisy
Cowardice
Avarice
Selfishness
Egocentricity
Separateness

Static Principle:

Positive

Preservation
State of being
Timelessness
Passivity (healthy)
Motion in motionlessness
Gathering of new momentum for the preparation of new cycle
of Expansion, Contraction, and Stasis

Negative

Stagnation
Putrefaction
Lifelessness
Inertia

[Three Cosmic Principles: The Expanding, The Restricting, and the Static Principles](#) PL 55

Exercise 3c: Explore negative and positive aspects in a variety of your life situations. For instance, apply these to the process of breathing under different circumstances; stress, exercise, talking with others, and when at rest. Notice how the same activity can inhabit a wide range.

Week 4: Health and Emotions

I believe all emotions are healthy, because emotions are what I believe unite the mind and the body. Anger, fear, and sadness, the so-called negative emotions, are as healthy as peace, courage, joy. To repress these emotions and not let them flow freely is to set up a dis-integrity in the system, causing it to act at cross-purposes rather than as a unified whole. The stress this create, which takes the form of blockages and insufficient flow of signals to maintain function at the cellular level, is what sets up the weakened conditions that can lead to disease. All honest emotions are positive emotions.

Health is not just a matter of thinking ‘happy thoughts’. Sometimes, the biggest impetus to healing can come from jump-starting the immune system with a burst of long-suppressed anger. How and when it is expressed is up to you –in a room by yourself, in a group therapy situation where the group dynamic can often facilitate the expression of long-buried feelings, or in a spontaneous exchange with a family member or friend. The key is to express it and then let it go, so that it doesn’t fester, or build, or escalate out of control.

Molecules of Emotion ©1977 Candace Pert

When you observe the negative thinking processes, it is important to realize (a) what they do to you, how they connect with the very results you deplore most in your life, and (b) that you have the power to alter these thinking processes and find new channels, new ways of self-expression for your thinking. These two facets will make all the difference in the world.

This is true liberation and self-finding. This is the coming into one's own we speak so much about. This is the discovery of your true identity that represents such glad tidings.

But first you must see yourself pursuing negative thought processes; see yourself brooding in the same vicious circles; see yourself almost willfully pursuing the same roundabout, very limited, very narrowly confined channels of thinking and never venturing beyond these fences, which are there to be taken by the leap of your own thinking.

Let us take the example that you are convinced you can experience only this or that negative manifestation in life. Once you observe the tenacity with which you take this for granted in any given area of your life experience, you can ask the question, "*Does it really have to be so?*"

The moment this question is raised, you begin to open a crack in the door. Not even knowing that you are convinced of only this narrowly confined possibility for yourself makes it impossible to raise further possibilities and alternatives.

And only then can you actually venture into them -- first by formulating the respective thoughts as the blueprints of creating. The world begins to open.

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Exercise 4a: This opening must be done by your thinking to begin with, by your saying:

"It does not have to be this way, it can be another way. I want this other way. Whatever stands between me and this more desirable way, I would like to eliminate it. I have the courage to face it and go beyond this life experience I have given myself until now by taking for granted it cannot be any other way." On this conscious level of your thinking processes, the taking for granted has to be seen by you.

Notice the Guide’s hint – don’t just read this meditation (thinking it). SAY it, out loud.

Creating our own reality, realizing our own expectations

Another possibility is that you may want a positive result in any given area, but simultaneously you do not wish to accept certain logical consequences that go with what you wish -- out of a misunderstanding and by believing that accepting these consequences is undesirable for you. These are the areas of the childish resistance to give of yourself, the distorted attempt to cheat life and gain more than you wish to give.

Life cannot comply with such unfair desires, while you feel cheated and resentful because you have not really clearly examined the issue. Nor are you aware of your false reasoning in resisting to give of yourself. Thus you create forms of error and distortion that stand in the way to what is possible for you.

You can thus see that the level of conscious thinking is influenced by both the destructive side of yourself and the universal spirit. Your conscious decision can choose in which direction to formulate your thoughts once you are aware of their habit patterns. This self-determination is your key to liberation.

As far as the destructive side of the self is concerned, it will be seen more and more clearly that it is also quite deliberate in you -- something you choose. It is not something that befalls you.

Once you have truly progressed on this path, you have come to the point when you can finally admit this deliberate desire to choose destructive ways and attitudes. You can see that you are unhappy, actually forsaking happiness, fulfillment, bliss, fruitful living. You may be terribly unhappy about the result, but you nevertheless insist on retaining the negative willing of your consciousness. You can see how all-important it is to find this out.

PL 175

There is no objective reality! Emotions are constantly regulating what we experience as 'reality'. In order for the brain not to be overwhelmed by the constant deluge of sensory input, some sort of filtering system must enable us to pay attention to what our body/mind deems the most important pieces of information and to ignore the others.

For instance, when the tall European ships first approached early indigenous peoples of the New World, it was such an 'impossible' vision in their reality that their highly filtered perceptions couldn't register what was happening, and they literally couldn't 'see' the ships. Similarly, the betrayed spouse may fail to see what everyone else sees, because their emotional belief in their partner's faithfulness is so strong that their eyeballs are directed to look away from the incriminating behavior obvious to everyone else.

Most of our body/mind attentional shifts are subconscious. We are not consciously involved in deciding what gets processed, remembered, and learned. But we do have the possibility of bringing some of these decisions into consciousness, particularly with the help of various types of intentional training that have been developed with precisely this goal in mind -- to increase our consciousness.

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