

# Pathwork® Steps

## Consciousness

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

Part 1 is available at <https://www.janrigsby.org/pathwork-lectures-150-199>

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### Week 1: Consciousness is Creation

### Week 2: Experiencing your True Identity

### Week 3: Accessing the Power of Your True Identity

### Week 4: The Evolutionary Process of Consciousness

#### Week 1: Consciousness is Creation

Picture, my friends, a consciousness, a state of being, in which there is only bliss and infinite -- literally infinite -- power to create with, through, and by one's own consciousness.

Consciousness is, among its other attributes, as I mentioned, a thinking apparatus. Thus it thinks -- and lo, something comes into existence. It wills -- and lo, what is willed and thought, is. This can be expanded and extended into more and more ways, variations, possibilities. Life is endless in these possibilities.

Creating happens by first thinking, then the thinking becomes a fact, becomes a form in the life that is not confined into the structure of the ego, in the life that is free -- consciousness that is free flowing and free floating. There the thought is immediately deed and form.

PL 175

#### Law of Lack of Awareness

It is one of the immutable spiritual laws that lack of awareness of one area in you prohibits awareness of another. This is why the purification process is above anything else a process of making things conscious. This awareness unifies you. It is the aim of this Path's approach to help towards a reunification of everything that has ever split off.

[Basic Principles of Pathwork](#) PL193

**Exercise 1a:** Can you relate to the idea that your thoughts bring other thoughts into reality?

#### Outstanding Attributes of Consciousness

**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 1b:** Consider Daily Review in the light of *thought itself* being the creative process. Following a series of procedures as a way to harness that creativity for a specific purpose. A step by step process encourages a closer examination of how our thoughts unfold.

**Dualistic Thinking Creates Duality**

It is only in the human ego existence that the thought is apparently separated from the deed and the form. The less awareness exists in an entity, the more separated thought, deed, and form appear, so much so that, as you well know, the form or manifestation seems entirely independent from the deed, the deed from the thought or will. None of these three stages are connected.

An essential part of raising one's consciousness lies in precisely this connecting. No matter how apart in time and space they may appear, thought and will, deed and action, form and manifestation are all one unit. In the state of being, where there is no confinement, where there is no tight structuring, this unit is experienced as a living reality.

In this, lies an indescribable bliss and fascination. The whole universe is open for exploration, for new ways of self-expression and self-finding, giving form to forever more worlds, experience, and effects. The fascination of creating is endless. It is an endless fascination, going on and on, finding forever new ways.

PL 175

**Exercise 1c:** Consider your thoughts as a creative force, looking for solutions to any discomforts, frustrations, or concerns. Can you sense yourself using dualities (good/bad, familiar/unfamiliar) as shortcuts to help you sort through information in order to make decisions more easily?

**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 <small>Graphic created by Shakila F.</small> |                                    |                              |                                       |                                    |
|---|------------------------------------|------------------------------|---------------------------------------|------------------------------------|
| 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           |

Graphic created by Shakila F.

## Week 2: Experiencing your True Identity

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.

In order to perceive and experience your true identity as being the universal spirit, three basic things are necessary:

1. It is necessary that you tune in on it. By knowing of its existence, this will be possible. You must become very quiet within yourself and allow it to happen. You activate it by your deliberate attempt to listen to and perceive it.
2. It is necessary to fully experience and comprehend that part of your consciousness which has turned negative, which has become destructive and creates destructively.
3. Your conscious thinking processes are the first "handlebar" to the universal creative spirit. With your conscious thinking, you create just as much as with what is referred to as unconscious thinking and willing. (3 will be covered in Week 3)

PL 175

### The Cause and Effect of Commitment

Commitment exists in every imaginable undertaking. It does not only apply to a great and significant venture, such as man's spiritual path of self-evolution -- which is the most important undertaking in life; it also applies to any mundane little task of everyday living.

To the degree you are committed, what you do will be pleasurable, free from conflict, fruitful, and rewarding. It will be one-pointed in direction; it will have depth and meaning; it will be successful; and it will bear the stamp and feeling of blessedness.

Usually man gives only half of himself to an undertaking and is then confused, vexed, and disappointed when the result is accordingly incomplete.

[Commitment -- Cause and Effect](#) PL 196

**Exercise 2a:** Are you able to accept that you *are* universal spirit? Is there any sense of having to earn your place, or retain it, as if being divine was a job you could lose?

Notice how such beliefs might lead to seeking assurance or guarantees outside yourself.

## 1. Tuning in to your true identity

This is not as easy as it may sound, for the tumultuous business of the mind barricades this possibility. It requires training until your mind becomes sufficiently calm, able to stop buzzing and producing involuntary thought patterns.

-- After this is accomplished to some degree, you will experience an emptiness. You will seem to listen into nothingness -- and this may even be frightening or disappointing.

-- Finally the universal spirit begins to manifest -- not because it "decides" to do so only now, because you were a "good child" who now "deserves" it, but because you begin to perceive its ongoing presence, a presence you will then know was always there, quite near and immediately accessible -- almost too near to perceive.

-- The first manifestations may not come to you as a direct voice, a direct inner knowing, but through detours, through other mouths, and later as apparently coincidental ideas that suddenly come to you. But if you are alert and sensitive, attuned to reality, you will know that these are the first manifestations of establishing contact.

-- Later the emptiness will prove of such tremendous fullness as is impossible to express in words. As I said before, what also hinders you in perceiving the universal spirit's constant presence *is* its immediacy. This is of course the wonderful thing.

When you discover that you harbor this presence within yourself at all times, it fills you with safety, with strength, with the knowledge that you never need to be inadequate and helpless again, for this source of all life supplies you with every detail of living important to you. It fills you with rich feelings, it stimulates and calms you, it shows you the ways of handling problems. It offers the solutions that unify decency, honesty, and self-interest; love and pleasure; reality and bliss; fulfillment of your duties without diminishing your freedom in the least. All is contained there. But this wonderful immediacy presents its problems first because your concept is that all this can be sought only very, very far away. Being geared to experiencing the universal spirit only as a remote reality makes it impossible to experience its nearness.

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**Exercise 2b:** Write down your feelings and sensations as you tune in to your true identity. Allow 'listening to nothingness' to be an actual experience, vs. dismissing it! Notice any information that comes to you; it will likely contain a mixture of Ego distractions and concerns at first.

## 2. Fully experience and comprehend your negativity

It is necessary to fully experience and comprehend that part of your consciousness which has turned negative, which has become destructive and creates destructively.

A great deal of concentration and weight was put on our pathwork to accomplish this. But this is not an easy matter, precisely because, once again, man is geared to believe that his life is a fixed thing into which he was put and with which he must learn to cope independently from his inner processes of thinking, willing, knowing, feeling, perceiving. As you can now appreciate, it requires a great deal of honesty, discipline, the overcoming of resistance until an individual can make this all-important "switch" within his entire approach to life, from feeling himself helpless to seeing his own creations in all respects.

It is not really possible to activate the presence of the universal self when an entity is still blind to his negative creations. It may sometimes happen that certain channels are open where the obstructions do not happen to exist; but where the blocks, the blindness, the imagined helplessness persists, this contact cannot function. PL 175

### **The lower self should be identified; the spiritual self, identified WITH.**

When you are **identified with** the lower self, you believe that this is all there is to you. When you **identify it**, you observe it, admit it, tackle it, -- but you do not believe that this is all there is to you. If it were, you could not identify, observe, evaluate, analyze, and change it. For that part of you which is doing all this watching is certainly more in charge, has more power, is more active and real than the part that is being observed, evaluated, changed, etc.

The moment you identify something -- good, bad, or indifferent -- the identifier is more you than what is being identified. The observer is more real and in charge than the observed. **This is the vast difference between identifying and being identified with.**

[Identification of the Spiritual Self to Overcome Negative Intentionality](#) PL 195

**Exercise 2c:** This step is harder than the first one! You may receive confusing, paradoxical information, that seems to negate the positive intention you have summoned to do this very exercise. Consider the source of any voice that says, *Don't explore our motives!*

### **3. Developing your conscious thinking process**

Your conscious thinking processes are the first "handlebar" to the universal creative spirit. With your conscious thinking, you create just as much as with what is referred to as unconscious thinking and willing. Your thinking ability is actually exactly the same as the creative processes of the universal mind. Though it is a separated fragment of the whole, it has the same powers and possibilities. Even the separation is not real, but exists only because this is the way you experience yourself at this time. The moment you discover the immediacy of this presence, you will no longer feel a separation between your intellectual thinking processes and those of the greater being.

Eventually they will merge, and you will know that it has always been that way, you just did not know it. Thus you have not availed yourself of your innate powers. You left them unused, or even misused them in your blind state.

You can make a beginning, in order to finally experience yourself as the universal spirit, by using your conscious thinking processes, your mind activity, in a deliberate, constructive way. You can do this in two parts.

-- First, you must clearly see how you have unknowingly used these same mind processes negatively, how you have created destructively.

-- Then you can formulate what you now wish to produce in your life. You do this by creating the thought-forms, by stating that this is possible in the scheme of things, and by perceiving, knowing, and willing it in a relaxed, untense attitude.

-- This also includes the willingness to change faulty and dishonest inner attitudes, for otherwise you block what you want.

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**Exercise2d:** Even when the process is pleasurable, achieving goals of any significance require commitment, effort, and organization. Are you willing to explore this process?

### **Week 3: Accessing the Power of Your True Identity**

By building outer thought-forms of creative unfoldment, you can tap the rich source within your own being.

The beginning is made by the conscious activity of your thinking apparatus, which again is much too near to be easily recognized. It requires a certain focusing of attention on your thinking processes, observing how you use them, how the immediately available processes of thinking -- the way you use your mind -- create what you have, and do not have. Once you can reverse this process, you will have discovered a tool of creation and become truly your real self.

For you are the universal spirit who created the world. You are constantly creating your own world right now, the life you lead.

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**Exercise 3a:** Imagine being acknowledged as one of the creators of a world of opportunity, rather than being blamed for what isn't fully understood yet. Notice any reluctance to claim such power.

In the game of chess, pawns can topple kings when they are played well.

#### **Misconceptions about the Unconscious**

One consciousness permeates the entire universe. The separation of even one human being from another is but a spurious separation, a separation of time, of mind, of space, of concept, of awareness, but not in actuality.

Very often people believe the unconscious is purely destructive and an enemy. In other instances people believe the unconscious (or the subconscious, as it is also called) is purely positive and divine. Alternatively, the unconscious is believed to be a separate entity.

Yet much of what is supposedly unconscious is not really unconscious at all. It is merely not looked at; but it is really quite on the surface.

*Questions and Answers* PL 178QA

Giving attention to your inner processes will make it apparent that much of what you thought was in your unconscious really is not hidden at all. Observe this, especially when you find yourself in a disturbed or disturbing situation. See how you take so much of the situation and your reactions for granted that you gloss over attitudes that are inverted and manifesting negatively.

To consider every detail of the situation, to expand the range of your consideration and attention in a new and fresh approach will give you the insight you were lacking before. This self-knowledge is purification in the truest sense of the word, because ultimately it establishes your awareness of your powers as creator of your life.

The discovery of how you have created destructively is never a really bad experience, for it becomes immediately obvious that you have thus also the power to create beautiful life experiences for yourself. You become immediately aware of your own eternal nature with its infinite power to expand.

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**Exercise 3b:** Imagine the unconscious as a reservoir that contains all of our unfinished, unprocessed work – a ‘to-do’ list of spectacularly difficult, troublesome false beliefs, misconceptions, and distortions that we have failed to figure out on multiple occasions.

What would prompt you to explore such a cesspool of sludge? Empathize, for a moment, with the aspect of consciousness that perceives imperfection as permanent damnation.

Then imagine that you are hard-wired to an infinite source of energy, with endless resources at your command. Why would you not clean this up?

Notice any reluctance, any fear of the unknown – ‘*who would I be then?*’

### **Three Levels of Consciousness:**

So you see, my friends, we are dealing here with three levels. All of them must become accessible. Not one of them is easier to perceive than the other:

*Everyday thought processes (influenced by masks and images)*

*Willful destructiveness (conscious or unconscious lower self)*

*Divine consciousness / true identity (real self/higher self)*

It would be an error to believe that your everyday thinking processes are easier to perceive than either your destructive willing, or your divine nature with its endless power and wisdom. They are all equally near -- and seem far only because your vision is turned in the opposite direction. The willful destructiveness or the grandiose creative spirit you are, are "unconscious" only because you turn your gaze, your attention away, you do not give them the benefit of the doubt that they exist, as a first step towards their discovery.

It is practically the same with your daily mind activity that goes on and on, unobserved by your critical evaluation so that you are completely unaware of how your thought processes run in the same unproductive, negative channels. Nor do you perceive that you even derive a sort of satisfaction from allowing this to go on. So all three levels are equally difficult or easy to perceive. The difficulty lies primarily in your not knowing, your not listening or giving attention to, your not observing what can be listened to, what can be observed once you look and listen into the right direction.

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### **Expressing Dimmed Consciousness**

Meditation must mean that the part of you which is already conscious and moving is geared toward making blocked energy and dimmed consciousness moving and aware again. The best way to do this is to allow the frozen dim consciousness, to express itself.

Here you need a receptive attitude, not an attitude that what comes forth is devastating and catastrophic. The panicky attitude toward one's own unfolding destructive infant does more damage than the destructive infant itself. You must learn to listen to it, to take in, to calmly receive its expressions without hating yourself, without pushing it away.

[Three Chair Meditation Processes](#) PL 182

**Exercise 3c:** Can you discern these three levels of consciousness in yourself? Consider allowing each level to express itself, such as using on of the [Three Chair Meditation Processes](#) PL 182.

## Week 4: The Evolutionary Process of Consciousness

The wholeness of consciousness is unstructured. This is the state of being in all its blissfulness. After the separating fragmentation has occurred, the slow stages of development take the following course.

Lost consciousness gradually works toward a state of self-consciousness. This state needs the structuring in order to be protected from the chaos of the negativity and destruction. When these are met and eliminated, unstructured, blissful consciousness is attained again.

The ego, with its confinement, is the structure which protects the entity from its own destructive creating. It holds it in check. Only when consciousness expands in the channels of bliss and truth can the structuring remove itself.

So, at one time in your evolution, you were chaotically unstructured. As you grow and evolve, the structuring walls off this chaos so that, at least for a while, consciousness can deal with its aware levels without being hindered by the inner chaos. Thus the available thinking processes can become the tools which show the way out of negative creations and confining structuring. Looking beyond the structure and into the chaos, comprehending it, realizing the power of the mind processes constantly in use affords you the possibility to reverse the downward curve that makes you constantly seek that which denies life, love, pleasure, happiness, which courts decay, waste, and pain. That part of your universal self that has remained whole knows the pain is short and illusory, but that part of you which is involved in the chaos does not know this and suffers.

The power of your mind creates the negative. This force is even stronger when it is used for the positive -- stronger, because in the negative there must always be conflicts and contrary longings and will directions, which weaken the force.

In the constructive, expanding direction, this need not be so at all. Once the switch can be made, something will "click" in the activities and processes of the mind. It will flow into a new direction that comes more easily and naturally, without the torture that negative creation always entails.

The more consciousness has separated itself in awareness from the whole, the more it is fragmented, the greater the structuring must be.

Conscious mind processes can swing the pendulum from the ongoing destructive creating to consciousness' original state: expanding, blissful creating. The confining structure will dissolve, and the ultimate state of being, unstructured consciousness and experience, energy and blissful being will reinstate themselves and become your existence. This is where it is all going, my friends.

Part of your attempts must therefore go in the direction of bringing order into the confusion of the workings of your mind, its self-involvement, its blindness to itself, and how it thus gets lost to itself. Deliberately will creative construction by consciously stating, formulating, thinking, and willing a state of happiness, aliveness, fulfillment, truth, love, growth -- generally and in all possible particulars which would make you happy. The climate of this may first seem "strange," unusual, unfamiliar. You need to acclimatize yourself to it.

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**Exercise 4a:** Picture yourself going through these evolutionary states of consciousness:

- chaos; unstructured, fragmented, racked by conflicts and contrary longings
- bringing order to the confusion through deliberate use of will, a lengthy process of self-development that requires every increasing levels of awareness and understanding
- arriving back at the original state of consciousness; expanding, blissful creating,

Call upon the universal power within to fortify your conscious mind with the necessary creative energy. The will to happiness must become so strong that the causes for unhappiness must be seen and eliminated -- this must truly be wanted. Then the creative power will grow; the divine self will inspire and show the way. You will learn to recognize it and receive it in your conscious brain.

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**Once you find your true identity within, you will know it.**

It is not the world outside yourself that confuses you; it is the world within your own consciousness with all these aspects I mentioned here.

The momentum of creating contains incredibly powerful energies. Find this truth within you, and the universe will become yours all over again, as it once was. Many human beings still find themselves in the state in which they do not yet want to really try. They still find fascination in the exploration of negative creation, at least to some extent .

Thus if the creative consciousness does not alter the course at a certain point, it becomes caught within its own processes, the processes it has generated. Part of the power and momentum is a quality of being "self-imitating,"

Human beings can experience the urge to imitate others. Have you experienced the sometimes irresistible desire to imitate something that is highly undesirable for you? At the same time, there is a kind of revulsion and fear of doing this, because you sense somehow that by doing this you set something in motion that you might then imitate again and again and cannot stop doing so. Creating becomes so involving, and the pleasure of it so engrossing that, once set in the direction of negativity the pleasure in negative creation continues to keep the soul in its spell until the consciousness steps in with its deliberate counterforce.

The power and the energies of creation have this self-perpetuating effect, which only consciousness, with its knowing, its will and determination can alter into another direction.

Increase the power by your conscious, deliberate, willing expressions and formulations. Express your willingness to grow, to be happy, to be constructive. The power is there, it is in you. All you have to do is tap it, use it, build with your conscious mind the channels that can free it, and become very quiet and calm. Listen and tune in on it.

It is there forever and forever, in its grandiose power, in its wonderful wisdom, in its ultimate knowledge that there is nothing but bliss, already now, within you.

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