

Pathwork® Steps

Repressed Needs, Manipulation of Emotion, Displacement, Substitution

Study Guide for Online Meetings on PRS 23, PL 92 & 192

Full text of this plus all other lectures may be downloaded from www.pathwork.org

Week 1: Repressed needs and their relationship to Man's State of Consciousness

Week 2: Real and False Needs

Week 3: Repression, Manipulation, Displacement, Substitution

Week 4: Sublimation

When we work with how our soul distortions have manifested on the human plane, we are working in areas where we are attached to images and pseudo-solutions. It is useful to remind ourselves of our spiritual reason for manifesting as human beings: to recognize our misconceptions, distortions, and false beliefs -- and transform them.

Real and False Needs, and Their Relationship to Man's State of Consciousness

Quotes from PL192:

In the course of this journey toward experiencing old feelings which had not been fully experienced before, you also come across the needs you had as a child, needs whose unfulfillment caused most of the painful, and therefore repressed, feelings.

As I said, any entity who does not bring his unconscious feeling experience into consciousness must take this material with him and be reborn with the same non-experienced material. This residual material is vastly responsible for the way energy draws forth and seeks corresponding outlets. To put this differently, **the imbedded material seeks out circumstances and people for the next incarnation that will give an opportunity to bring this dormant unassimilated material to the fore again.**

Thus a set of parents, a certain environment, and specific conditions seem to be responsible for painful experience in childhood. But actually the undeveloped state of the parents functions as a means to bring out what would otherwise remain inaccessible, dormant, and blocking total purification. Of course, it is possible again and again to "treat" the painful experience in the old way which avoided the experience, thereby prolonging the chain. But the day comes for every entity when he finds it no longer possible to avoid the confrontation and turns about-face.

You can follow this chain of events even within this life span. **To the degree you have not experienced fully your past as a child, you must attract similar experiences, at least in essence, later.** To the degree you have avoided the former and are unaware of what truly went on in you, to the same exact degree you tend not to recognize what you feel and experience now, in the repeated experience.

Conversely, to the degree you become conscious of your past feelings, you are also becoming aware of how the experience repeats itself. You fully experience and thereby understand, thus making further repetitions superfluous. The state of numbness about your past feelings numbs you to similar present experiences -- unless and until you make a real commitment and a real effort to awaken yourself no matter how painful this may seem at first. PL192

Repressed Needs, Manipulation of Emotion, Displacement, Substitution Quotes from PRS 23

The more integrated an individual is, the more these various fulfilled needs complement one another in harmony, rather than interfere and contradict one another, as is the case with a disturbed psyche. The necessity to forego certain fulfillments (stemming from realistic values) for the sake of other fulfillments is an illusion. It stems from erroneous concepts, resultant from limited understanding of the nature of creation and reality, of lack of awareness, confusion of values, superstition and, consequently, repression.

In order to fulfill his real needs, man has to be free from unrealistic concepts and distorted values. Due to his images, with their generalized wrong conclusions, he is unable to do so. Let us again take the example of a child who has received little or no love. It will arrive at the conclusion that there is no love and to desire it is stupid and shameful. This conclusion may be deeply buried in the person's unconscious mind. As an adult, he will repress his need for love, because admitting it seems so futile and humiliating. Hence, he must thwart his ability to feel and express love to others, with the inevitable result that he will not be loved. This confirms his original conviction that love does not exist. Therefore, he will not reach out for love, his wish capacity, in this respect, must be impaired, and the realistic need for it repressed. Where there are images, there must be confusion about healthy, normal, legitimate needs, which are often repressed and denied, while false needs -- such as, for example, the need to disproportionately feed vanity and outer ego faculties -- are over-aggrandized and nursed.

Repressing healthy, normal needs always creates exaggerated, distorted ones. If the need for giving and receiving love, affection, tenderness, companionship, is denied and repressed, the energy used for this important function is displaced into another channel, not destined for it by nature. Thus, the inner household is disorganized. The surplus emotional energy may then be expressed in other forms. The need for sex may be exaggerated because the need for love is denied. Unfulfilled human love may be displaced into a distorted, fanatic love for country. A need for mental activity may be shifted into an exaggerated need for physical activity. When strong pseudo-solutions exist, they are then even more nourished by this displaced energy.

Following on this path, the time must come when you should question yourself if all your needs are fulfilled. **If not, how is this unfulfillment connected with your images and misconceptions?** PRS23

Repressed Needs: Relinquishing Blind Needs Quotes from PL 92

All neurosis is built around such a nucleus of repressed needs and the inability to give up a certain point for the purpose of gratification. This then causes the neurotic symptoms of helplessness, dependency, inability to make a choice, of seeing only two equally dissatisfying alternatives. You are torn in half in this very condition. If there were not one part in you that disapproves of these needs, you would not find it necessary to repress them. **The false needs, even if here or there gratified, leave you empty and dissatisfied.**

Do not let it bother you if some, or perhaps even most of you, at the moment are completely at sea when I talk about this point of relinquishing. It will come, slowly but surely, as you proceed in this work. PL92

Blind Spot and the "Filling-in" phenomenon

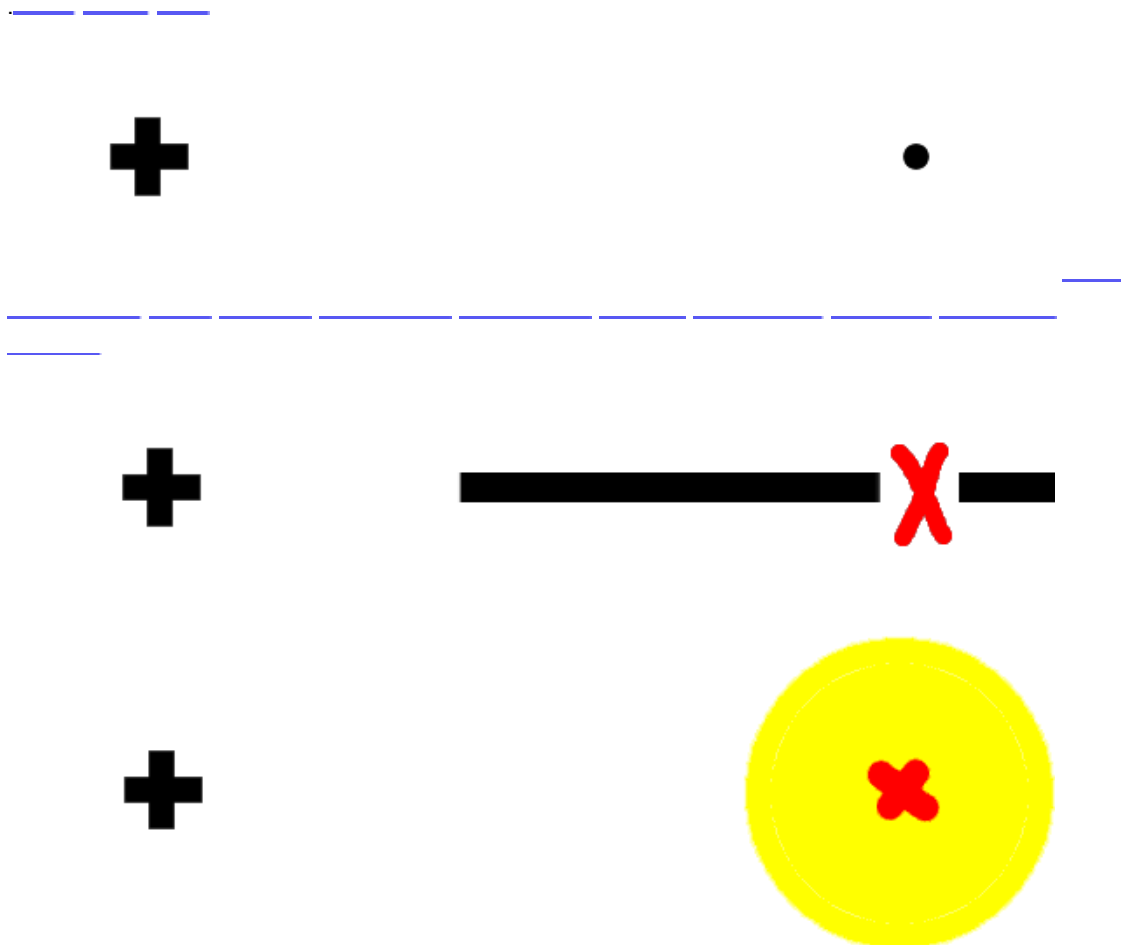
www.colorcube.com/illusions/blndspot.htm

Did you know that your eyes have blind spots (and not just at the back of your head)? Each of your eyes contains an area that has no photoreceptors because it is occupied by the optic nerve. You may not have noticed these areas because they are on opposite sides of your visual field. However, this exercise is designed to isolate your blind spot and you will be amazed at the results.

Move away from the monitor, you should notice that the round dot disappears. This distance may vary according to the screen resolution you have set.

You may be surprised to see that the dot is replaced, not by a black region, but rather blank white space. The brain simply "fills in" the most probable stimulus (in this case, a uniform white area) where there is none.

The following examples demonstrate the "filling-in" phenomenon in greater detail. Apply the same instructions as given above and you should notice the red markings each time are replaced by the most probable pattern that your brain is able to perceive



Week 2 Real and False Needs

Quotes from PL 192

What are real and what are false needs? In the first place, what is real at one period of an entity's life may be utterly false and unreal at a later period. What is a real need for a child is not at all a real need for an adult. Now, when the growing entity denies the pain of the unfulfilled real need, what happens is not at all that this need disappears. On the contrary, the denial of its pain perpetuates it and projects it in time and onto other people so that it becomes a false need.

To be specific, a child needs to be taken care of; it needs to be solely a recipient in care, nursing, good feelings, attention, appreciation of its own uniqueness. If these needs are not fulfilled, the child must suffer. If this suffering is dealt with on the conscious level, the personality does not remain crippled, as many would want to believe. **What creates a crippled state is the belief that this pain can only be eliminated when the personality is finally given all that was lacking, even years later.** Now, this can never be, of course. For even if it were possible for an adult to finally obtain substitute parents who are ideal and perfect according to the notions of the deprived child, to an adult all this giving from outside could never bring fulfillment.

The more the pain of the unfulfilled legitimate need remains unexperienced, or only half experienced, unreal, false needs fill the personality which then will make demands on others. When these demands are not being fulfilled, the resentments, and often the venom with which cases are being built against life and others, increase the sense of deprivation so that a continuous vicious circle seems to entrap the person in a state of hopelessness. **It is not too difficult to rationalize a case, to produce an accusation, to blame. One can always find actual as well as imagined or exaggerated and distorted "reasons" for focusing the weight outside of the self.** Since all this is subtle and concealed, it requires specific attention in self-observation and self-honesty to see this process at work. Only when you are capable of admitting the irrational demands and you see how you want to deal out punishment to those you blame for their unfulfillment, can you truly understand the connections I make here.

What are the real needs of an adult? They are self-expression; growth; development; reaching his spiritual potentials and everything else that accrues from that: pleasure, love, fulfillment, good relationships, and making a meaningful contribution to the scheme of things, to the great plan in which everyone has his task. When a certain amount of growth has taken place, this task is being felt, inwardly experienced, until it becomes a reality. **It is a real need to perceive this, and when this perception is lacking, unhappiness accrues.** The entity must then proceed to search for the obstructions within his own soul and remove them. They are always, in one way or another, connected with a perpetuation of once real needs which have now become false needs.

The perpetuation of false needs creates any number of destructive conditions within the soul of a person. Since these needs can never be fulfilled, continuous frustration and emptiness removes hope, blackens vision, and induces resentment, hate, blame -- often spite. A venomous passive resistance and self-punishment are used as a means to punish others who are apparently causing the negative state.

Real needs never require others to comply and "give it to you." Only to the little self does it appear necessary that they do so. The real need for love,

companionship, and sharing can only begin to be fulfilled when the soul is ready to love and give, which must never be confused with the neurotic need to be loved.

Legitimate needs can be fulfilled only to the degree you experience your original feelings and your residual feelings of the past; to the degree you discover and give up the false needs that have accrued from denying the pain of the original fulfillment. As you let yourself go into the child state, allowing the irrational, destructive reactions of the child in you to express themselves now, as you truly own up to this part of you, you already create a new inner climate. This is at first not easy to do. Cherished self-images and pretenses prevent almost everyone from doing this with ease.

Also, this destructive, demanding, punishing, spiteful child usually manifests in a very obscure way. It can easily be hidden, rationalized, denied, explained away, and the emphasis shifted to factors outside yourself. If you give voice to this irrational side, you will find that it more or less invariably and to varying degrees says: **"I need to always be loved and be approved of by everyone. If I am not, it is a catastrophe."** The self then talks himself into believing this, almost as a means to force others to comply. The overreaction then becomes so painful that it seems to be a fact of life that the nonfulfillment of these insatiable demands for total, unconditional fulfillment of self-will and pride is indeed catastrophic. No matter how mature you may be in many respects of your being, **look for those hidden reactions in you** whenever you feel consistently anxious and uncomfortable when certain conditions arise in your environment.

So it is necessary to discover the concept, or rather the misconception, entrapped in the strong reaction to an unfulfillment, to a hurt, a criticism, a frustration. It is then possible to recognize the unreal need and the vengeance with which it is perpetuated, pursued, and justified. Unreal needs are demands made upon others. Unreal needs can never be fulfilled. Your suffering now is a result of this very distortion of pursuing false needs and insisting on their fulfillment

Once the crust of outer numbness has been removed as a result of all your efforts on your path; once the defensive layer insulating you from these inner conditions has been lifted, you are bound to experience all your various feelings: real and false needs and the resulting soft and hard pains. In order to find your way further through the maze of these confusions, it is essential for all of you to know the difference between the former and the latter. If you experience residual feelings but are unaware of the fact that you are submerged in expressing your false needs, your insatiable demands, you may get lost in the hard pain. For the hard pain, resulting from the false needs, contains the vengeance. The suffering itself is a frequent weapon of punishing parents, projected parents, and life. It says, in effect: "You see how bad you are, what you have done to me! Your not complying with my demands deserves the punishment of my annihilation."

The unbearable, hard, and dangerous experience of pain is due to the false need that says "You must give me what I need, what I insist upon. If you do not, I will perish with a vengeance." This voice, my friends, must be discovered. It exists, to some degree, in everybody without exception.

Wherever there is obstruction, unfulfillment, an unyielding wall in your life, this unreal need has to be looked for. You must find your own insistence that says, "It must be this way, not that way. Life must give me this; I must have it." When you find and express this voice and recognize it for its fallacy, something will loosen up instantly.

PL192

Lecture #192: Real and False Needs

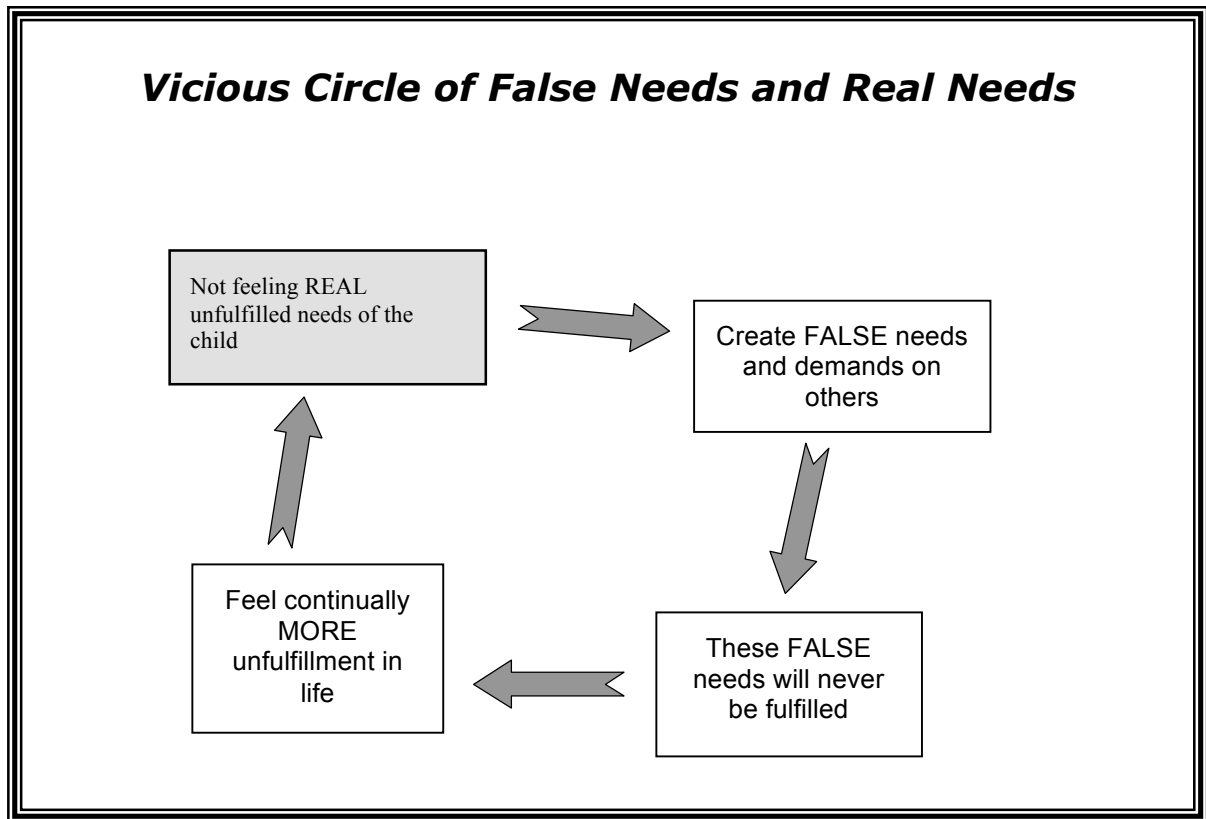
Worksheet by Andi Kiva

REAL NEED

- A longing for a more fulfilling state
- Self-expression, growth, development, pleasure, love, good relationships ..
- Never require others to comply/give it to you

FALSE NEED

- When original REAL needs of the child are denied and projected onto others
- Create destructive soul conditions: hate, blame, frustration, emptiness, resentment, spite
- Can NEVER be fulfilled – are demands on others.



Way out:

- To become aware of past feelings – bring them out in the open.
- To search within the self for fulfillment you've been seeking OUTside the self.
- Become conscious of blaming others for your unfulfillment
- Find where perpetuation of REAL needs have become FALSE needs.
- Give up the blame, experience original feelings, look within the self, your REAL need will be fulfilled

Guide Quotes © The Pathwork Foundation 1999

Full text of this plus all other lectures may be downloaded from www.pathwork.org

Week 3: Repressed Needs, Manipulation of Emotion, Displacement, Substitution

Quotes from PRS 23

Whenever a person is confused in a situation, negatively involved in a relationship, unable to come out of a feeling of disturbance, in spite of certain recognitions, and whenever he is bitter and hurt, dependent and anxious, more than he reasonably knows the situation warrants, the entire question of needs should be probed.

Has a need been shifted into another than the original one?

Was a substitution made?

Was a different feeling than the real one superimposed?

No matter how deep a problem, how severe a fault, it could never create a deep, abiding disturbance, if the person were completely aware of original needs and emotional reactions, without displacing, superimposing, substituting different needs and feelings from the genuine ones.

Fundamental reasons for denying needs are:

- shame of not conforming to what one assumes to be expected;
- desire for approval;
- ignorance that the need can be fulfilled at all, or can be fulfilled without jeopardizing other fulfillments;
- the misconception that being aware of destructive needs leads to undesirable actions;
- the misconception that a conscious need is harder to bear when unfulfilled than blindness to its existence -- hence denial and displacement.

The child cannot stand frustration. It screams when its wish remains ungratified, because it believes unfulfillment is final -- and, therefore, annihilation. The mature adult experiences that this is not true. **It is the belief that unfulfillment constitutes an unbearable hurt which makes it into an injury, not the fact.** This belief causes damaging conditions, disorder and inner disorganization, displacement, disharmony and the greater and more bitter hurt of frustrated displaced needs. The irony is that a displaced unfulfilled need is harder to bear than the real unfulfilled need. The further irony is that, due to the erroneous assumption that a conscious unfulfilled need hurts more than an unconscious one, many needs remain unfulfilled which could easily be satisfied if the facts were faced and come to terms with.

Lack of awareness of one's needs and, therefore, inability to distinguish between healthy and distorted needs, causes confusion of values. *In order to conform with what one believes to be the norm, to feel and need what one believes one is expected to feel and need, emotions have to be manipulated.* Manipulation is as damaging to harmonious growth of feelings, as constant, rough handling is of a tender growing plant. When the plant is not permitted to grow in the healthy, beautiful way nature had intended it to, it will either remain thwarted, die altogether, or grow in a twisted, distorted fashion. This is what the majority of human beings inadvertently do to themselves, and where man's general system of education falls particularly short. PRS23

Apart from those aspects of manipulation we have discussed before, **displacement, substitution and shifting needs and feelings into different channels**, are further manners of manipulation. Any of these inner activities tries to achieve the following:

- to produce feelings and needs that do not exist;
- to shift feelings and needs into different forms of expression than their natural inclination;
- to deny what exists; to produce opposite inclinations from those actually and spontaneously registered.

Any of this amounts to dishonesty toward and within the self and has therefore the gravest consequences. It is also important to note that **a feeling or need may be conscious, to some extent, but the individual may not be conscious of the full intensity**. In this context, it is particularly important, for one may know of a certain need and register it as a mild disturbance. Or, on the way to discovering a hidden, unfulfilled need, one encounters hostility. To notice it is not enough, it might be felt as a mild anxiety, while inwardly a storm is raging. One might feel a moderate lack, while inwardly one craves to the point of pain. The path work may be inexplicably unyielding, at a certain phase, one may find oneself incomprehensibly stuck, going around and around in actual circles, not in proceeding spiral movements. This may well be the reason for it, for if one ignores the full intensity of a need, with its connecting emotions, one must return to this point, again and again, until total awareness has been established.

In a different context, we discussed **over-dramatization**. This also applies to repressed needs. It is important to remember that it is possible to deny a need on the conscious level; while over-dramatizing it unconsciously. The motivations for over-dramatization and exaggeration of feelings (PRS9) should also be applied to needs.

An unconscious or displaced need creates greater urgency for gratification and pain than a conscious and direct (undisplaced) need.

There is also a great deal of confusion and ignorance of what constitutes spiritual needs. Physical, sexual, emotional and mental needs are easier definable for most people. They imagine a spiritual need is man's turning to religion. This may, or may not, happen in order to fulfill empty spiritual needs. What are they? **All needs for giving out, as opposed to taking in and receiving, are spiritual needs**, which are just as real and stringent when left unfulfilled, as any other need man can conceivably have. It is a fact that unfulfilled spiritual needs are immeasurably more painful than any other unfulfilled need. Hence, a shifted, displaced and substituted spiritual need induces greater anxiety, emptiness and unrest than any other displaced, shifted or substituted need.

When mankind begins to comprehend that giving of oneself and loving others are not commands man should obey, like a good child does his parents, but stringent needs... he will subsequently discover the singular happiness and security that lies in giving and loving.

One single life-expression contains many needs, many fulfillments, many facets of the human personality. The more facets of man's nature are engaged in an experience -- hence, the more needs fulfilled -- the more important this experience is for him, for the purpose of his own growth and for contributing to others. PRS23

Look at your present relationships and activities in the light of your real needs. Consider them all, as much as you can think of. Listen deep into yourself and find which are fulfilled, which are not. You may detect a painful lack you never had been aware of before. Then consider if substitutions, displacements, manipulations, denial and repression exist, to what extent, and what form they take. Awareness of these factors must contribute greatly to your general increased and raised consciousness, to progressing self-revelation and, therefore, to your dynamic growth on the path.

The average person, even the most enlightened one, is rarely aware of the fact that he denies certain needs, what these needs are, why he denies them, and what the consequences and imbalances, thus created, are. It is an important part of this path work to become aware of these factors.

Consistent fatigue, insomnia, allergies, other psycho-somatic ailments, compulsiveness, anxiety, are all consequences of confusion about this subject, lack of self-understanding in this respect.

When a situation or relationship causes more concern than it realistically warrants, it may be safely assumed that the real cause is displacement of a need. PRS 23

Quotes from PL 92

A further factor of this condition of repressed and mischanneled needs, with all the consequences that sap your energy, strength, and self-respect, is the ability to relate and to react. You will originally and spontaneously react to another person or a situation only if you are not caught in the trap of your own repressed needs with the ensuing negative condition as discussed here. If you are unable to stand frustration and to relinquish because you do not dare to face an unwelcome reality situation and cope with it, you cannot be spontaneous.

The more repressed and therefore the more urgent your natural needs are, the more will you be in blindness, the more limited your outlook is bound to be. And therefore the more likely it is that you misjudge other people's reactions towards you -- for instance, in taking it for granted that you are hurt or rejected by another person when in reality no such thing exists. Unawareness of needs distorts reality in either direction. Everything is exaggeratedly good or bad, favorable or unfavorable. You are incapable of properly dealing with the situation, of evaluating people. PL92

Guide Quotes © The Pathwork Foundation 1999

Full text of this plus all other lectures may be downloaded from www.pathwork.org
The Path to the Real Self © The Pathwork Foundation 1999 may be purchased at www.pathwork.org

Week 4: Sublimation

Q&A from PRS 23

Shifting of needs is often called "sublimation," when the shifted area happens to be a constructive outlet. Such sublimation is nevertheless undesirable, because the inner balance is upset.

QUESTION: How does sublimation fit into what you said? Isn't sublimation necessary in order to prevent destructive impulses and needs? Yet, according to your theory, sublimation just seems to be a different word for repression, substitution, or manipulation of emotions.

ANSWER: It often is! Sublimation is displacement into a constructive outlet and, as such, it is, of course, the lesser evil. It can never be a solution and only appears desirable to those whose trust in basic human nature is very small. When man comprehends that the ultimate human being has nothing to fear from himself, cannot be destructive, sublimation will only be a temporary measure. Mankind will also eventually understand that the realization of man's ultimate nature is possible for everyone who is willing. Those who are unwilling cannot sublimate destructive drives, either.

Frequently, people believe that they sublimate unacceptable emotions and drives, when they really just repress, discipline and manipulate. Sublimation, in its genuine form, is an entirely conscious process, as well as known to be a temporary measure.

As long as man believes that he is basically evil, or even dual in nature -- half good and half evil -- ignoring that his destructive side is a result of false ideas, how can he trust himself to be natural? How can he ever be free and spontaneous? But if he realizes the divine nature of his being, if he knows that in his natural state -- free from misconception -- he is all good, he can afford to delve into the most hidden recesses of himself, facing all that exists in him. Then, and then only, will he convince himself that, after going through and understanding the poisonous emotions, the most constructive, wise, loving, warm feelings and thoughts will emerge, flowing naturally into their rightful channels. Nothing will have to be "done" about emotions -- not even sublimation. Any form of self-expression will prove to be purposeful and harmonious, as the blood stream, the heart beat, or any other function of the human anatomy.

Concomitant with the misconception of human nature, is the misconception about man's possibilities in life. If man were truly to live naturally -- that is, according to his inherent nature, untampered with -- he would be fulfilled in every respect of his personality. He would be creative in his special field (and there is no one who does not have the potential for some creative self-expression by which others are benefitted and which satisfies him); have a fruitful, dynamic relationship with a mate and experience life in every possible way with all its rich offerings. In short, all his needs, on all levels of his personality, could be fulfilled, each fulfillment enhancing the other. But man does not usually live in this natural state, as a result of all the built-in superstitions, wrong conclusions, limitations, his false ideas about life and himself. This is so predominant that man's unnatural state is believed to be natural, simply because it is overwhelmingly frequent, while his natural state is, at best, to be assumed an unusual exception, applicable to a chosen few.

Genuine sublimation is a conscious and deliberate process, rather than an unconscious displacement of drives, emotions and needs. Moreover, it is always a temporary process, and knowingly so. When an individual finds himself in the process of resolving the various knots of a complex problem, he is, if course, not immediately capable of having only constructive

feelings. In fact, as we constantly encounter, destructive feelings have to be faced. They must be neither repressed, nor expressed, but acknowledged. The unexpressed energy of these emotions needs an outlet.

Or, hitherto prohibited fulfillment may not be possible before the entire problem is resolved. As a result of becoming aware of repressed real needs, energy is freed and requires an outlet. In both instances, a constructive outlet is found. This choice is not determined by the outer brain, but happens naturally, without self-deception, knowing that this is a temporary state. This is sublimation.

When a person is in a state of natural healthy expression of his real self, sublimation is unnecessary. PRS23

[The 12 Steps: A Way Out](#) "A Spiritual Process for Healing Damaged Emotions"

Suggestions for noticing our behaviors and feelings. Consider completing these sentences:

I compensate for my feelings of low esteem by...
I isolate myself from other people by...
When I am around authority figures I usually...
The ways I seek approval from my family or friends include...
I respond to personal criticism by...
I try to rescue others by doing things like...
I feel overly responsible when...
I feel very irresponsible when...
I deny, minimize, or repress my feelings when...
I deal with fear of rejection or abandonment by...
My present difficulties with intimate relationships are...
I have difficulty trusting _____ because...
When I lack motivation or procrastinate, I feel...
The current projects I'm not completing are...
When I am not in control I fear...
My impulsiveness causes me to make a poor decision when I...

The purpose of such exercises is to unearth feelings that we have judged as inappropriate, shameful, bad. Yet these are often only effects, external symptoms of underlying issues (see PL196)

How many detective stories have you seen where crucial evidence is withheld because someone is ashamed of their contribution to the problem, or just afraid that a secret will be revealed that will humiliate them? Or stories where people lie to their doctors, preventing appropriate treatment?

By denying what our real feelings are, or allowing them to become so repressed that we are no longer aware of them, we become disconnected from our own inner reality. No wonder we may feel helpless, hopeless, and fall into despair!

In the work of self-development, we strive to discern the distorted beliefs, false conclusions, and unmet needs that are the underlying causes of our unhappiness. Scrupulous honesty is required. Admitting how we really feel is one starting point.

Study Guide © Jan Rigsby: 2014

Guide Quotes © The Pathwork Foundation 1999

Full text of this plus all other lectures may be downloaded from www.pathwork.org
The Path to the Real Self © The Pathwork Foundation 1999 may be purchased at www.pathwork.org