

Pathwork™ Steps

Desire – Creative or Destructive

Study Guide for Online Meetings on PL 206
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Week 1: Exploring Energy Movements

Week 2: Soul Movements of Wanting, Wishing, Desiring

Week 3: Creative Receptivity

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Week 1: Exploring Energy Movements

To go deeply into yourself so as to finally discover the core of your being, your divine center, it is necessary, as you know, to go through all the layers and levels that separate you from your center. The misconceptions, the false images, the negativities, the illusions, the pretensions, the defenses, unexperienced and therefore unassimilated feelings, confused thoughts -- all of these together, we might say, is one thick crust. This thick crust is surely the most difficult part to penetrate in the voyage to your innermost core.

In this thick crust are many layers, many aspects that must become known to you, that you have to learn to approach and accept in the right way. Once this crust is penetrated and you have made contact with every layer of it, you will have to assimilate, and begin to gradually dissolve the accumulated blocks.

When you have learned the all-important right approach and attitude to these aspects of yourself you would rather not know, then you will come upon other levels and layers of your being that still separate you from the innermost divine core. Or, to put it differently, other tasks are waiting for you in order to be fully aware of yourself, which is the absolute prerequisite to unification with the central divine core.

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Exercise 1a: Imagine yourself as a planet like earth, with a central core surrounded by multiple layers ('crusts') of different thicknesses and densities. What layers are you aware of? What was life like / what was different in your life before you gained this awareness?

Soul Movements

One such task is clear awareness of and connection with what I usually refer to as soul movements. You can also call it the energy streamings of your feelings and attitudes -- the positive ones as well as the negative ones. Every attitude, every expression, every feeling creates an energy movement in your system; creates a specific soul movement. We shall discuss the energy movement of wanting, wishing, desiring -- its meaning, its significance in the total expression of the human personality, and its importance in terms of the self-creating process.

Self-awareness -- regardless of whether it concerns awareness of inner problems, confusions, one's faults and negativities or whether it concerns the awakening of the ever present, ongoing divine voice within -- requires the art of focusing within. This focusing must also be practiced in order to detect the presence of those soul movements, in order to even know what one really feels and thinks at any given moment and what the soul movements are

which those feelings and thoughts create. Such focusing implies, of course, some ability to concentrate, but this is not too hard to learn. Every "now" is an expression within you and creates a specific soul movement.

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Exercise 1b: Observe these movements in you. Do you feel a tightness? Is the movement blocked and stopped completely because of this tightness? Or is it absent in its expression? Or is it hard-edged, pointed, disharmonious, and raw? Is it a smooth, enlivening, soft flow?

When you feel good, happy, open, and alive, the soul movements must be very smooth and soft, yet in this very softness lies an enormous strength. When the movement is stopped, you feel dead. When the movement is hurtful, raw, edgy, or pointed, you feel anxious, upset, apprehensive. Needless to say, every movement is the result of specific feelings, thoughts, and attitudes, and you must focus your attention on them, too.

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The more you expose the destructive part, the more you know of your true creative self.

The more you expose the ugliness, the more you know your beauty.

The more you expose the hatred and all its derivatives, the more you know of your already existing state of love, that can then shine through.

Outer Events Reflect Self Creation PL 211

Daily Review 1.0 from The Call PL 17

You can find out your true reactions about certain things, begin to pull off certain masks and pretenses, find out where you act against a [Spiritual Law](#) [PL 171]. It is like a puzzle you begin, when you cannot as yet see the picture; but if you are patient, you will succeed. Thus you will uncover your hidden anxieties and complexes which of course are responsible for your disease.

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. At first these incidents will appear entirely unconnected and isolated; they will be meaningless for you at the beginning. But later on, you will begin to sense -- at first, and then clearly understand, a pattern.

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. After keeping logs for several weeks, see if you can find a common denominator.

Daily Review

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: Soul Movements of Wanting, Wishing, Desiring

Everything that exists in human expression can be in harmony with the universal forces and creative laws. It can be healthy, in truth, and therefore be creative and thus further creation. Or it can be distorted, sick, life-defeating, and thus cause further destruction. It is never the thing in itself that is either right or wrong, good or bad, desirable or undesirable. It all depends on the way it is being expressed.

Thus, one cannot always say that having desires is a hindrance to spirituality. Eastern philosophy expounds on "desirelessness" as a necessary state. This is only partly true. It is untrue in the sense that *if desire is absent, it is impossible to create*. You create by visualizing a new state of being. In order to do so, the desire must exist.

Now, it utterly depends on how you express this desire. If the desire is too strong, too tight, if it evolves out of a misconception that implies any kind of a "must", the desire is really no longer a desire, but a demand, a threat, a forcing current. "*I must have or else I will perish, will suffer unfairly and unbearable, will be unfairly treated,*" indicates a threat that really contains the message to life that if it does not yield the demanded result, it is bad and unfair -- which the demander proceeds to prove, *by the dismal results he is about to create*. This can hardly be called a desire, but it often parades under the guise of being one.

Positive, real desire is, as I said, a prerequisite to the self-creating process. If you do not want, let us say, a new and more loving state of being, there will be no motivation toward attaining it; there will be no incentive to overcome the often apparently insurmountable resistance; there is not even a visual impression of the existence or possibility of such a state. In order to create a new state of personality, soul movements must flow forth. They carry the creative seed, as the wind does.

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Exercise 2a: Consider goals that you have been unable to attain. Is it possible that some of these are 'musts', dictated by the Ego/mind, or spurred by others, instead of your own actual soul movements? Does saying the phrase "*I must, or else _____ (fill in) _____*" resonate for you?

Wrong Conclusions and Images are the result of Forcing Currents

We might also say that the desire is the blueprint, which we then proceed to execute. It is very important to distinguish between the creative and the destructive kind of desire current. This can easily be ascertained in yourself, and even in others, whether the desire flows without a "must" or whether it contains this forcing current.

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One calls for your pushing ahead, trying to force life, people, circumstances to succumb to your will; to conquer the reality in which everything cannot go according to your desire. The other direction of this current is that your fear of not getting what you want -- or even the conviction that you never will -- causes you to adopt other means which are so defeatist and negative that again you sabotage that which you ordinarily could have. All the impulses and drives you employ are equally unreal, imaginary, and therefore utterly ineffective and damaging. They are the superimposed layers which cover your real self.

The Paradox of Desire vs Desirelessness

In order to desire in the right way, the desire must become so relaxed that it does not have to be fulfilled. If you can strongly desire, yet without a trace of a "must", with an attitude, "*I can live without it, I can go through the pain of it and not be annihilated, defeated, unhappy,*" then the power of the desire is truly limitless. The energy force that is thus released through the absence of fear; absence of manipulation on the subtlest of levels is enormous. Your very desire must also be desireless, as it were.

Now, how can this be? How can you come into a state in which what you want and consider a desirable thing can also be readily given up by you? How can you deeply wish, long for something, and yet accept the pain of its unfulfillment? This seems a tall order, my friends. Yet, all evolution of the human soul inexorably moves toward this state. The need for it is already evident on the most outer level -- the previously mentioned crust in which all the negativities reside.

One of the main reasons [for the] existence [of a forcing current] is the refutation of pain. Evil resists what is, and thus splits itself off from itself, forever fragmenting consciousness and energy into "smaller" or more limited particles.

The way they can all come together again is by the great act of acceptance or nonresistance in the right way. Such an act requires a methodical path, with help at every step of the way. For it is easy to veer off into distortions and misconceptions of truth in so many different ways, so many different areas.

If you are frightened of pain and pain together with its derivatives such as frustration, disappointment, rejection, and you believe that these feelings must not be experienced, then an overly strong desire exists to have no pain, or there is an overly strong denial of the pain. A *must-current* is set up in you that says:

"this I must have" (= NO pain) or *"this I must not have"* (= pain).

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The majority of human beings live predominantly on the dualistic plane. The dualistic plane means that man sees, perceives, and experiences everything in opposites. It is always either/or, good or bad, right or wrong, life or death. In other words, practically everything man encounters, every human problem and predicament, is determined by this dualistic way of perceiving life. ... On the dualistic plane, each issue ends with either life or death. In any issue you happen to be involved in, as long as you feel that you must win, that one is so while the other is not so, you are deeply involved in the world of duality, and therefore in a world of illusion, and therefore in constant strain and suffering, conflict and confusion. The more you fight in this way, the greater the confusion becomes. Here a vicious circle exists [ref: [PL 50](#)] in that the dualistic rules and precepts are in themselves a result of man's fear of giving up the egotistical state which, alone, seems to guarantee him life.

[Unity and Duality](#) PL 143

Exercise 2b: What emotional experiences do you firmly reject? Look past any rationalizations, and ask why you must not feel something unpleasant. Find and name the 'death' that you fear.

Are you afraid that you will give in / give up if you are tested or stressed, and betray yourself?
Or are you afraid that you will 'fight dirty' to survive, and people will think less of you?

Fear Controls with the Illusion of Dualistic Choices

Any such "must" demand is a creative block. It hinders the very fulfillment you insist upon most. This tightness, this saying "no" to something -- whatever it is in the universe -- this false, cramped "no" creates a harsh, tight soul movement, a movement that is full of sharp, cutting edges, pointed and hurtful.

Both wanting and not wanting can be harmonious and soft – and disharmonious, tight, and pointed. It would be a mistake to interpret acceptance of all feelings and experiences to mean that you should not refute certain experiences or actions that people commit toward you.

For instance, if you insist on not having pain, you will be so disconnected and tense that you will not even recognize, let alone deal with, others' negativity, and see when their game playing would abuse you. The very pain that this causes makes you blind to it; therefore you react blindly. You can neither feel the true pain, nor can you assert yourself toward the offender. Conversely, if you do not fear pain, you can stand up for yourself, and not allow others to be deceitful, destructive, dishonest, and evasive in their subterfuges and games. You cannot fear confrontation when you can experience pain. You will assert yourself if your pride permits you to be wrong, if you can suffer that pain.

So, you see, my friends, not only is it untrue that acceptance of pain implies a masochistic, sacrificial weakness and submission, but quite the contrary. True resilient strength and fearless self-assertion rest upon the ability to accept what is and to deal with it without manipulating it into something else.

The conviction that pain and disappointment must not exist creates a no-movement of a very tight and pointed nature. The "no" to it is not a decided, harmonious, firm strength that grows out of true dignity and self-value. It is a pseudo-strength that comes from the weakness of insisting on having it your own way: "*This I must have, that I must not have.*"

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The yes-current is the expression of the supreme intelligence and creative universal force. It is the life force. It is all that strives toward union, wholeness, harmony, fulfillment, fruition. It is truth and love in its substance and manifestation. It is life embracing and accepting. Its movements are smooth and harmonious. The no-current works and affects in the opposite manner, but not in the sense that it is evil. It consists rather of ignorance, blindness, distortion, lack of awareness of relevant factors. Ignoring truth, it must be in fear and spread fear. Hence, it is the opposite of love, of everything that leads toward union, fulfillment, fruition. It is discord and spreads disharmony, isolation.

[Transition from the NO-Current to the YES-Current](#) PL 125

Exercise 2c: Practice what the Guide suggests! Notice where you refuse to feel emotional pain, and how this allows others to control and manipulate you. Make subtle changes, such as looking directly into people's eyes when you feel embarrassed or diminished, rather than looking away. Sit up, square your shoulders, and face them. Ask them for examples or more explanations, so that you can simply listen instead of needing to respond immediately.

(Notice any adjustments in their attitude when you do this!)

Week 3: Creative Receptivity

If you can proceed to the point of view that no experience on earth could come to you that you are not capable of handling, if you so chose, a great deal of tightness will go out of you and make room for creative movement. This will also eliminate a lot of fear.

The moment you decide this, the experience you are involved in already takes on a different aspect. In the very act of saying tightly "no," weakly and not healthily no, a cramp prevents creative receptivity. By the same token, the grabbing, insisting, tight "yes" equally prevents creative receptivity.

So both yes and no can be healthy or sick, desirable or undesirable, good or bad. Desire and wanting are determined, then, by the underlying attitude which in turn determines the nature of the soul currents.

Creative receptivity arises out of a soft, relaxed, flowing movement. The pain of taking in something undesired, if need be, affords you the possibility of transcending this "dark point" and finding the light "behind" it, as it were. The pain of accepting the absence of something desired affords you the possibility of transcending this emptiness and finding the hidden fullness "behind" it. This is the law of life. Only then do you set the creative movement into action. However, you must be careful to accept and/or renounce in a spirit of trust. For doing so in bitterness and hopelessness is again not the right way. Then the harsh soul movement may not be on the surface as it is when a strong, pushy, forcing current exists, but it is still there hidden behind the surface acceptance.

So, the movement must become open and sweet, both the movement of yes and the movement of no. Even if it is firm, it can still feel sweet. It can be an expression of your trust, or it can be an expression of your fear. It can be an expression of your love, or it can be an expression of your selfishness. All this determines the nature of your movement; the nature of how you desire; the nature of how you approach painful experience which immediately and directly determines creative receptivity, positive desire -- not greedy, distorted desire, not a fearful rejection of life's pattern.

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Exercise 3a: Creative Receptivity hinges on how you react to pain, whether it be the pain of experiencing something, or experiencing the lack of it. Can you trust pain, as you trust the rest of the universe, as the universe is supposed to be trusted? If you distrust pain, you distrust the universe, for you cannot split off any single existing experience from the rest of creation.

Turn inward in order to detect the nature of your soul movements

Determine what they mean, what feeling and attitude, what thought pattern, and what type of desire do they express. This is a new dimension that is being added to your approach to your inner person. You will become more adept in recognizing these soul movements, and after a while, such recognition will be effortless and quite natural, without deliberate focusing and concentrating. This new emphasis by no means implies that you are now beyond your negativities. But as you are sufficiently aware of them, you can add this facet to your

self-confrontation. The very negativities that still have not been dissolved will be seen in a new light, and in another dynamic expression.

If the movement is right, there is always confidence and trust that it will come to pass even if not right this minute. If there is an area in your life where a strong desire has still not been fulfilled in spite of ardent attempts on your part, investigate how tight this current is. The very tightness may hide an important clue you need to know and eliminate before the fulfillment can come. Or the tightness of the current may reflect your lack of trust in the universal, creative process of which you are a part. Then you must deal with this attitude and see the meaning behind it.

In order to follow through with this important work, in order to be able to tune into your inner movements, you have to cultivate the ability to concentrate. And this is not as difficult as some of you may think. All it needs is some good will and a few minutes' exercise daily. I have given concentration exercises several times in the course of these years.

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Exercise 3b: For example, you may look into the nature of your desire in regard to the still existing resistances and problems. How strong and firm is the desire? Does it flow smoothly or is it a tight, pushy current? If the latter, what does that mean? What does this way of manifesting your otherwise laudable desire hide? Or is the desire overtly weak and even absent? Can you feel a movement of this desire in you? How do you feel it? PL 206

Scapegoats are a way of avoiding the Self

Mankind as a whole is so indoctrinated with denial and acting out, with projecting and blaming others that it seems at times insurmountable to the individual to simply admit and not act upon it. This requires inner prayer, the commitment to the truth, the good will to let God in you fill you with the action and the knowledge even before the feeling can follow suit.

You still believe you need a scapegoat because you are still too frightened to fully look at yourself. You still are threatened by what you may see. In the last analysis, this fear is always unjustified no matter how difficult it may first be to give up a cherished illusion about the self. No matter how ugly these traits may be that gradually ooze out of you as you allow this to happen, this is never the whole truth. You cannot fail to see the temporary little self in its ugliness objectively without losing heart about your whole person.

You cannot fail to finally become receptive to the beautiful, eternal you if you fully commit yourself to seeing and accepting both: the good and the bad, the beautiful and the ugly, the divine and the evil. If you wish to own up to both, you will find both and will come to see that the good is the real and the eternal while the bad is only a temporary aberration and not the final you.

You must make up your mind to take in all of yourself for better or for worse, whatever that may mean. You must ask for guidance to do so in a constructive and realistic attitude that leaves room for many possibilities and that never denies life. If you so ask, it will be given you. It will come from within.

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Exercise 3c: Notice the use of the word 'must' in the above sentences. How does this differ from how the word 'must' is described in Week 2? What is the unspoken 'or else' in these

sentences? Is it meant to inspire fear? That is, look at the underlying energy of the words being used, rather than submitting to them – even when the Guide uses them!

The word is feeling, attitude, and intentionality. The word carries immense energy powers of its own kind, differing from other energies. It can be the divine will or the will of the cut-off, ignorant, and destructive particle of consciousness.

[The Power of the Word](#) PL 233

Exercise 3c: When you are very tempted to spew out to the other person, ask yourself, "*What is ugly in me, and what is ugly in him or her?*" And then, "*What is beautiful in me, and what is beautiful in him or her?*" But really mean these questions. Leave the questions open and wait for the answers until you are receptive enough for them to reveal themselves to you. Do not merely mouth such questions while you really want to condemn others and yourself and find negative pleasure in doing so. PL 206

Creative Receptivity: accepting who we are in the moment

If this is where you still are, then this is what must be owned up to. You must admit that you do not want to see the good either in the other or in yourself. Being right is really no substitute for seeing yourself as good, you know!

But if you have worked your way through the mazes of your crust to where you can already genuinely want to know both sides (in you and the other), then you will soon witness the unitive principle unfold in you. You will discover what you now know in theory but still cannot practice as is evident in your every day acting out when you get involved with others in a negative way.

What I see happening is that even if you no longer blame others and exonerate yourself, even if you admit your own negativity, you often do so because this is how it is supposed to be now; but you do not emotionally experience this. Emotionally you still have a stake in blaming others and exonerating yourself.

This always means that inwardly you totally blame yourself, but do not wish to see this. You do not want to recognize that you blame yourself. The more you blame yourself, the more you are hooked on blaming, the greater your investment in doing so must be. In that battle it is always either/or (the other person or you).

As you ask for the good and the bad in you and the other person and open your heart to desire, to want, to see both good and bad in you and in the other; you will truly experience the unitive principle. You will see how the negativities of both you and the other interact and how you both have beauty and goodness as well as those negative, destructive traits. This will eliminate hate, either for yourself or for others.

Begin to focus on both the ugliness *and* the beauty. See that the very fact that you own up to the former comes from the latter. For only the divine infiltration into the self makes it capable of even wanting to be in honesty, in truth; to have the courage to do so; to undertake the wondrous journey into the inner world and learn the many difficult lessons. This very act deserves the greatest respect from you to you, which you can pay to yourself when you stop projecting the unacceptable onto others or use the ugliness of others to hide your own.

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Week 4: Seeing Truth never leads to Blame

In spite of the great progress that has been made so strikingly and often so visibly in the various life manifestations -- in the changing of your life inwardly and outwardly, the changing of your personality -- the acting out, the desire to blame, still exists quite strongly. Let us apply what I said in this lecture about right or wrong desire to the topic of blaming.

You desire to blame because you do not desire to see yourself. Such unhealthy, distorted desire contrary to the truth of being creates a constant threat that the untruthful, the unrealistic will sooner or later be exposed. Therefore a protective, defensive tightness is put into *both* desires, which influences the soul currents.

Approach the current of these desires. Feel it. As you feel the current of the needfulness to blame, the tightness, the strenuousness, see it happening in you. Allow the experience of it to take place in you as you observe this drama -- truly as an observer. You will then become intensely aware of the soul movement that is created by your desire to blame.

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Exercise 4a: The next time you blame yourself for something, ask: am I doing this because I feel I have no choice? Am I attempting to manipulate the situation in some way?

What happens if I don't find someone or something to blame?

Seeing truth never leads to blame. When you blame, you are never in truth, even if what you see is partially the truth. The other may actually do all those things, be all those negative aspects, but it cannot be the whole truth -- for if it were, you would not blame.

The same applies to you. Seeing truth does not mean that either you or the other will be totally exonerated of all negativity. But understanding the negativity in truth can only happen when you are totally engaged in and committed to seeing yourself in truth.

The moment you see yourself in truth, all guilt, self-rejection, self-blame disappear. You know this, for you have all experienced this miracle.

The same applies to the other person. The truth you fail to see may not be something very terrible at all, but because you unconsciously believe that it is, *you do not risk even to want to see it.*

Seeing in truth may elicit anger, but never blame -- and that is very different. You must become attuned to this very special difference. Also, as you truly desire truth, you can wait for the truth to reveal itself. You can wait in a state of flexible desire, in a stream of soft waiting -- trustful waiting for the truth to reveal itself as a gift from your innermost being. For when it comes, it will feel as a gift. It is so revealing, it is so conciliating, it sets you free in all ways. You may experience pain, but the nature of the pain is very different from the pain that comes from the cramped space within you.

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Exercise 4b: As you fully take responsibility for the desire to blame, open your heart in a relaxed, new way for the desire not to blame; for the desire to see truth in you and the other without blame.

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Creative Visualization

If you can conceive of yourself as the essence of life with all its incredible powers, possibilities, and inherent potentials, as a forever changing expression of life, you will indeed know that you are deserving of your own esteem and acceptance. You will be able to see the traits you hate and still not lose sight of the fact who you essentially are.

Self Esteem PL 174

The separated, dualistic human state creates the illusion that energy and consciousness are two different manifestations. Since thought is movement and energy, it is impossible to separate consciousness from energy.

Energy and Consciousness in Distortion: Evil PL 197

Visualization is quite essential to the creating and recreating work you do in meditation. Unless you can visualize the state you are to grow into, it is hardly possible to reach it. Therefore, an example or a prototype provided by a figure who already has attained the desired state is essential if you are to print the proper concept onto your mind. This "map," or "blueprint," is the first step. It is the idea that later materializes. Without the idea, materialization is completely impossible.

Visualization Process for Growing Into the Unitive State PL 210

Then the desire can make room for the visualization and creation of a new state. When I speak here of desire and the state of receptivity which is totally free from any "must," I do not refer to an expectation for anything to happen from without. I refer to an inner creative process of suddenly seeing reality in a new and sharper light. This sharp light is the grace of truth and love that makes you so free and yet so safe.

So, my dearest friends, I say create a new desire for a new inner state in which you let go of all "musts." You can easily feel every "must" as a very definitive movement in you. And that "must" defeats healthy desire, therefore creating the fulfillment. But I might also say that for a short period the "must" under certain circumstances may appear to yield results. This is the temptation. However, these results are not only shortlived but usually lead to a crash, to a severe disappointment whose origin cannot be pin-pointed -- which is the worst part about it.

The ability to tune in on the soul currents of desire -- right and wrong, healthy and distorted, relaxed and creative or tight and uncreative -- is a focus you need very specifically to concentrate on in order to expand into new states of consciousness and experience. As you learn to do so, the rewards will be like blossoming flowers within yourself.

The love of the universe is in every pore of your being, in every cell of your being. It is in every particle of your psychic processes. Try to know and feel this. Try to tune in to this. As you try to grow on this path, my dearest ones, you will increasingly learn to concentrate and use energy in certain directions. This will come out of the organic process of your purification and will not be a superimposed attempt to direct energy willfully where to go. To this organic process you can entrust yourself from the core of your being.

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