

Pathwork™ Steps

Roscoe Lecture: Next Steps on the Path

Study Guide for Online Meetings on PL 209

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This lecture was given at a weekend workshop in Roscoe, New York in 1972 before the Phoenicia Pathwork Center was acquired. Eva sold her apartment in NYC, where the lectures had been delivered fortnightly since 1956, to purchase the 100-acre retreat site in upstate NY.

Week 1: The Spiritual Purpose of Negativity

Week 2: Next Steps on the Path

Week 3: True Giving IS Receiving

Week 4: Be Still and Know

Week 1: The Spiritual Purpose of Negativity

Blessings and greetings for everyone of you here.

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Exercise 1a: Pause for a moment and consider the teachings about blessings from [The Process and Significance of Growing](#) PL 144: “Blessing really means the vigorous total wish for good, coming from the innermost self, from the divine inner being; the wish for the good of the unitive principle where there are no opposites and no conflicts.” See if you can receive what is offered.

The Power of the Unconscious

I should like to talk to you tonight about the significance of what you are doing from a personal as well as from the collective point of view. Let us see for a moment where mankind as a whole is in regard to awareness of negative feelings, of illusions, misconceptions, of pain, and of negative intentionality and attitudes.

Every bit of the aforementioned aspects, as they evolve in the course of your work on this path, is to begin with, for the most part, unconscious. Now, it is man's distorted view of man that he believes what is unconscious does not disturb him, while only what is conscious is an obstruction in his life or may have negative consequences. The exact opposite is true. And the more you look at this reality and learn to see with the eyes of reality, the more you cannot help observing that this is the truth.

PL 209

Messages of the unconscious come forth through the major problems in life; through repetitive patterns; illness; any unfulfillment or lack. Once it is understood that these occurrences are a message that something is off within the psyche, that a distortion and misconception must somewhere exist, the first step towards elimination of the problem is taken. Yet they are not really hidden. It is merely a question of learning to focus attention on them. Messages or signs appear through: dreams and day dream phantasies; projection; strong reaction to others and to general topics; compulsion; material derived from "bad moods"; and from allowing emotions to romp freely from one "irrelevancy" to the next (also called free association). All these offer excellent clues for getting to know your hidden self.

[The Language of the Unconscious Path to the Real Self Chapter 8](#) / PRS8

Exercise 1b: Go through the list of ‘opportunities to see your unconscious’ above. Such ‘negative’ experiences allow you to explore deeper unconscious beliefs, misconceptions, and distortions.

Awareness: Stage 2 of Spiritual Evolution

1. Automatism / blind reflex

- Responses based upon deeply imprinted wrong conclusions and generalizations
- Blind reflexes rationalized and explained to prove they are based on choice vs. compulsion
- Cannot surrender or trust, because we are disconnected from our own inner knowing

2. Awareness

- Starts with becoming aware of the blind reflex mechanism
- Becoming conscious of error, deviation from truth
- Realization that we are / have been driven by false ideas

The transition from automatism to awareness is one of the most difficult that man passes through.

3. Understanding

- Seeing the cause and effect of negative, destructive emotions, false ideas
- Requires deep experience of the spiritual reality (felt, rather than learning a lesson by heart)

4. Knowing

- Experiencing the truth
- Knowing right conclusions from wrong ones, intuitively and instinctively
- Connects us with a greater spiritual principle

[Four Stages of Spiritual Evolution](#) PL 127

Human evolution travels a curve of development, from acting out the negativity to the next step, which is holding it back. This leads to repression. The next step after the repressing is **making it conscious, but not acting it out.** Being conscious of its negative connotations does *not* lead to acting out. Only subsequent to this is it possible to change the energies and the feelings and the creative power that are involved in these negative attitudes into positive attitudes.

On this scale that I broadly outline here, you can see where the rest of mankind is, as a rule, compared with people like you, who are the minority. The fact that you come -- all of you who are now in this work, at least to a degree -- into possession of knowledge about the negative feelings; the negative intentions; the holding back; the not wanting to give; and the wanting to get everything you can; and consequently, the distrust and the greed that are revealed, is a tremendous step for you. But it is only one step, and subsequent steps must follow. These subsequent steps have of course been outlined in various ways in the lectures I have given throughout the years.

Most of you are just beginning to allow yourself awareness of the most negative feelings of hate, of greed, of destructiveness, and of true negative intentionality. The more you have the courage and the honesty, which I invited you to do ever since I manifested through this instrument, the freer you become. PL 209

Exercise 1c: What does it mean to you that most of the Pathwork community would ‘still’ be expressing negativity? Notice if you had a conscious or unconscious ‘timeline’ about completing this process. *As background:* The lectures began in 1956, and this lecture was delivered in 1972, 16 years later. Many members had been listening to the lectures, working in small groups, and receiving individual counseling sessions from Eva and the Helpers she trained for 5-10 years at this point (including ‘trance sessions’ with the Guide).

Daily Review 3.0 from PL 211

Go through the days in terms of the various moods that "overtook" you during this specific day.

[Outer Events Reflect Self-Creation](#) PL 211

Week 2: Next Steps on the Path

Most of you are just beginning to allow yourself awareness of the most negative feelings of hate, of greed, of destructiveness, and of true negative intentionality. The more you have the courage and the honesty, which I invited you to do ever since I manifested through this instrument, the freer you become.

But this liberation requires that the following steps must be undertaken, sometimes sequentially, sometimes alternately, and sometimes overlapping one another.

As these negativities come to the surface, you still often blind yourself to the reality as opposed to the distorted reality you see within the framework of these existing negativities. You may know at this point that they are negative, but you still have to battle with yourself in order to fully perceive to what extent and why this occurs. PL 209

Exercise 2a: Reflect upon the progress you have already made (vs. what you imagine you ‘should’ have) in being able to acknowledge inner negativity.

Courage and Honesty will bring Freedom

You have to overcome a great deal of resistance, to let yourself comprehend to what degree you harm yourself and others, and to what degree it is irrational and not a product of reality. For you still tend to explain it away by whatever means you can find at your disposal. If you cannot blame it on the present circumstances, you may use past circumstances. But whatever means of rationalization you use, it is a tremendous battle for you to fully assume responsibility and to let yourself know the consequences of your negativity, of the hurt you inflict on yourself and others.

You do this even with your thoughts and intentions even when they are not carried through into action. I spoke about this at greater length in past lectures. Here, I only want to say that the next step in the work, as the negative intentionality, and the feelings of hate and rage, and the attitude of greed and distrust come out, is that you try with your more advanced and developed part of your intelligence to understand why this is not good.

And as you seek truth in good faith, you will understand and perceive the false reality you have created in order to explain away your negative feelings and intentions, as opposed to reality as it could be if you chose to avail yourself of the many alternatives to this pattern.

As you gain the perception of these two realities or, I may say, these two ways of seeing life, then you come into the possession, into the possibility, of making the transition to the next step, which is deciding within yourself whether or not you want to open up to life and give of yourself. When you gain the understanding of the false reality you have created, as opposed to reality as it truly is, you will then also understand (and perhaps many of you can do this now) that no matter what outside thing seems to be the cause of your unhappiness and dissatisfaction, it is really your own negative feelings and intentions that put you in this state.

And as you observe the antics that come out of you in the process of this pathwork, you will perhaps take notice of the fact that you wish to hate, wish to give nothing, wish to distrust, wish to withhold of yourself and then blame the world for your misery. And I might say that this is where most of you are now, more or less. PL 209

Exercise 2b: Again, notice that the statement ‘observe the antics’ addressed to ‘most of you’ points to Pathwork enthusiasts who had already been led by Eva and the Guide for many years. This work requires a considerable investment of time and energy! Allow yourself to reflect upon the courage and honesty you have already manifested, responding to your inner, divine calling.

Forswear Projection, Blaming, Hopelessness

Forswear: a: To decide or declare that one will not or will no longer engage in (an activity or habit, for example). b: To decide or declare that one will not or will no longer use or be associated with (something). c: To disavow under oath.

American Heritage Dictionary online <https://ahdictionary.com/>

To forgive also forswears vengeance. When I have been hurt, I wish to see you hurt. There is both a personal and an abstract desire for justice: People who do bad things should be punished, and especially people who do bad things to me. We rarely admit to ourselves how often this desire to punish wrongdoing is a personal impulse in moralistic clothing. [Making Amends and Letting those Grudges Go](#) David Wolpe, NY Times

It is perhaps the next step in the transition that you allow yourself to see how you make the world responsible for your misery instead of connecting your misery with this or that particular negative attitude in yourself. For you are now at the point where you can admit your intent to give nothing of yourself and yet expect everything to be given you.

But you still fail to make the connection between the misery you experience, the dissatisfactions and the frustrations you experience, the feeling that life goes by without really fulfilling you, and the negative attitudes which you already know exist in you.

This is the step that must be undertaken. Sometimes, if this step is undertaken too early, you miss out on the full awareness, the full extent, the full intensity of your most negative self, the most destructive parts of you. So the timing for this next step has to vary.

You have to feel sensitively into yourself. But on the other hand, you should also beware of the fact that you may misuse this truth. You may simply stay in your negativities under another acceptable pretext (that the timing has to be watched and nothing must be precipitated). These are subtleties for which there are no rules. You have to pay attention to the very finely calibrated listening mechanisms to be put into use in order to discern your hidden motivations for whatever you do.

Your good will and your sincerity are of course the determining factors. If you use these attributes, you will see yourself as you are and not as you want to appear. PL 209

Exercise 2c: Make a list of where / when / how the world makes you miserable, creates angst and anger, even if the feelings are fleeting. Don’t hold back the truth: exploring this idea does not condemn you to stagnate there. As said above, your honesty has the potential to liberate you

Daily Review 3.0 from PL 56

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

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

Week 3: True Giving IS Receiving

Now the next step (and again, this may overlap, and you may already take these various steps alternately right now) is your true intent to give in trust and to know that giving is receiving.

Only as you receive can you give, and only as you give can you receive. How can you ever get out of the vicious circle and the bind that you are caught in between your unfulfilled needs and your spiteful withholding? By more blame? By more demands? Certainly not!

Only when you decide that the universe is worth risking your giving for, only then will you find that you and the universe are one. As you give to it, you give to yourself. And if you withhold yourself, it is impossible that you receive from life. For life can only reveal to you to the extent you give to it.

These are the steps that must be followed through.

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Daily Review 4.0 from PL 60

Sincerely investigate your everyday occurrences, irritations, and annoyances.

Find out what in yourself responds or corresponds either to a similar characteristic (although perhaps on a quite different plane) or to the exactly opposite extreme of the person who has provoked you.

If you truly find the corresponding note in yourself, you will automatically cease to feel victimized.

Although a part of you enjoys just that, it is a doubtful joy. It weakens you and is bound to make you fearful. It enchains you utterly. By seeing the connection between your inner wrong currents and attitudes and the outer unwelcome occurrence, you will come face to face with your inadequacy.

Instead of weakening you, this will make you strong and free.

[*The Abyss of Illusion*](#) PL 60

Exercise 3a: Notice if you resent others who give to get, or who demand to receive. Then trace this back to yourself: the connection may be tenuous, but it is always there.

Mutuality as a Cosmic or Spiritual Law

No creation can take place unless mutuality exists. Mutuality means that two apparently or superficially different or alien entities or aspects move toward one another for the purpose of uniting and making one comprehensive whole. They open up toward one another, they cooperate with and affect one another, so as to create a new divine manifestation -- in whatever form this may be. New forms of self-expression can only come into being when the self merges with something beyond itself. Mutuality is the movement that bridges the gap from duality toward unity. Wherever there is separation, mutuality must prevail or come into being in order to eliminate this separation'

[*Mutuality – A Cosmic Principle and Law*](#) PL 185

Your Individual Part in the Plan of Salvation

It is very easy to get lost in the good intentions to give, to love, to be generous, and to be open. When, by this intent, you overlook the negative side where all the storm of destructiveness and meanness still rages, you split your consciousness off from this part.

It is just as easy to get lost when you have opened this immensely energetic powerhouse within you and stay in it, indulging in it because you have now found a new energy you had lost when you had denied the existence of the evil.

When you first rediscover this evil, you also rediscover energy which you never knew you possessed. You have to allow yourself to express this energy in a harmless way. As you do, you also have to be careful not to get lost on that step and overindulge in it, forgetting the subsequent steps which are seeing the unreality that is always connected with the evil and then, your positive intent.

Your positive intent requires that you summon some faith in the universe and your innermost being, that your true desire is to accept this benign force and set it in motion. You now distrust yourself as you are now, because you never make it possible for the divine consciousness to manifest through you. You all have to learn that the divine power *can* manifest through you -- and *must* manifest through you, if you wish to be in harmony with the universe.

But this divine power and harmony cannot manifest to you, it cannot give to you as long as you do not let the opening happen in you so it can come through. This is, broadly speaking, the path viewed in another sequential system: you as individuals. PL 209

Exercise 3b: Reflect on those who positively influenced your growth and development, whom you only knew for short periods of time. Consider the power of their generosity and good will.

Your Communal Part in the Plan of Salvation

Now, for you collectively, I would like to say this. A group such as this is a very important group with much more significance to the whole evolution of this age in time and space than any one of you is capable of realizing. As I have said again and again, it is a nucleus.

But these are merely words. Creation unfolds from the tiniest, most minuscule nucleus or center and spreads and creates a larger center, larger and larger like one cell growing out of the next. Growth is always something that happens from an inner center to an outer center -- never the way the distorted personality, the immature personality expects -- that it be given from the outside and added on. It cannot be added on from without. It can only unfold from within.

For within you exists everything the universe contains. Every possibility exists already within you. If you can hold this thought, you can begin to believe in the possibility of your own change. Otherwise, you can never believe in your power to change. The smallest inner center, which is now only an obscurity, will become something that you experience as reality. Wisdom will guide you, manifesting into your conscious mind. Energy, feelings of love, light, and hope will be your reality. This reality is contained in your innermost center.

Now as a sufficient number of individuals come together in common purpose, to make this inner center of divine reality become a visible manifestation in their lives, an outer center is being created. Although in terms of numbers this may be exceedingly small in comparison to the number of individuals inhabiting this earth, it is certainly not insignificant in terms of consciousness and energy.

A center of consciousness and energy is thus being created by a common purpose of sincerity, honesty, purification, and intent to bring out the divine center within more and more individuals. PL 209

The individualized personality in the process of growth and expansion must always change into new states of consciousness and experience. Each stage widens and deepens in scope and makes new creative substance available with which to further create desirable life experiences and worlds. In this way, more of the abundance of the universe becomes available to the individual.

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.

[*Visualization Process For Growing into the Unitive State*](#) PL 210

Exercise 3c: Translate the words above to your own efforts, in smaller groups you connect with or even to 'only' your personal process work. See if you can visualize what your next steps might be about. Brainstorming (like the art of comic improvisation) requires an attitude of "Yes, and..." (instead of "Yes-but..." which is a common way to mask a No, which dispirits the process).

Setting an Example vs. Getting Your Way

I very rarely make predictions, but if I do, they have a purpose. When I have done this in the past they have always come true. I say to you, my friends who are involved in this work, that what is at stake is very important in the spiritual planes.

If you build and work in a community that lives in this honesty, in this truthfulness, in this intimacy of self-revealing as you really are, not as you want to appear; it must create greater spiritual power centers. It is such a rarity in this world that it will draw power in the spiritual sense, not in the worldly sense. This power will have its effect, and one day the difficulties and frictions that are inevitable in such a venture at the beginning will have taught you the necessary lessons. By handling obstructions in a truly honest, open, self-revealing way according to the principles of this path as you have learned and tried to put into practice, you will set an example for world government. It will come, perhaps in years, but most of you will live to see it right here on this earth. Little by little politicians and people of influence will be drawn into this circle, perhaps first seeking work on themselves, and thus bring into the world a new approach. It is a task that will set examples.

You will have to go about it slowly and overcome the negativities within the individual selves and thus in the small nucleus -- not even really overcome, but recognize them for what they are. Thereby you produce a cleanliness that can never exist in a group of people who hide their evil and pretend it does not exist. That will be setting an example. For that reason, the growth must be slow and sometimes arduous. It is up to you to overcome the obstacles. It is also up to you to realize that each obstacle that you encounter represents an aspect within yourself that becomes your lesson. And everyone of you can recognize it as a reflection of something within yourself. PL 209

Exercise 3d: The prediction above suggests 'world peace' within our lifetimes. Do you imagine all of mankind's issues would then dissolve or disappear? In the Unitive, we can multitask in different dimensions, without the limitation of time (see [*Man's Relationship to Time*](#) PL 112). On the earth plane, we may need to experience these as phases that last decades, even centuries, vs 'forever'.

Week 4: Be Still and Know

The phrase "Be still and know that I am God" comes from Psalm 46:10 and is often used to encourage believers to pause and reflect upon spiritual truths.

I ask you, my friends, recognize all the negativities -- but do not make this an occasion to overlook your own potentiality, that is always waiting for truth, for beauty, for love, for generosity, for giving, for trust, and for the spirit of divine creation which is within all of you. Seek it and you will find it, every one of you.

Even if you think that you are empty now, and many of you here believe that you are empty, find your fullness as a result of your good will, as a result of an attempt to be open.

But as you let these two levels meet and confront one another, a still deeper level will manifest where a very beautiful, full giving will come in which there is not even the slightest trace of anxiety or doubt. You must wait and want this level to manifest.

- As you express your hate, also express your love, for that exists too.
- As you express your withholding, also express your giving, for that exists too.
- As you express your lie, you are already truthful in doing so. PL 209

Exercise 4a: As you do this, you may then still find other levels where you say, *"No, I want to hold on -- I do not want to give anything."* PL 209 Where/when/why might this be true for you?

Even as you express your hate, you already love to some extent because you do this, especially when you do not explain it away and justify it but instead name it for what it is. Nevertheless you can also directly express love and giving, for that waits in you to be liberated.

This is my message for you. PL 209

Be Still and Know

And I will now suggest a meditation in which you can all join, which you can use for yourselves. Again I say, be still and know that deep within you is the nucleus of God that will speak to you. You will receive it from within. *"Be still and know I am God"* is in every one of you. And you will help it if you say words such as:

Exercise 4b: Say *"Let go, let go of the mind and its preconceived ideas and its ingrained negativity. Let go of the habit and let God. Let in new attitudes, new feelings.*

I have the power in me to let God manifest. I surrender to this will of truth and beauty. I want the love and the truth of God to instruct me. I want to give the best of my conscious life to the truth and love and beauty of my innermost being unfolding. I will not shy away from destroying my self-image, my vanity, my pride. For the truth and the beauty and the love of the supreme spirit within me are more important than my little vanity and my little self-righteousness. I dedicate my life to the spirit of the universe." PL 209

Every answer exists that you need if you listen to the universal indwelling spirit. Every solution to every problem will unfold if you trust this indwelling spirit.

Seek it and you will know your truth. Seek it honestly and the love of the universe will forever more unfold. And as you are together in this truth of your own path, a wonderful strength

and beauty will unite you in common venture and will wipe out the little uglinesses, the little withholding, and all those things that are shadows that hide the sun from you.

For many souls, life on earth is a task that they have deliberately undertaken. This task always comprises, basically, the personal purification. For unless this personal purification proceeds, no valuable task in the scheme of things can ever be completed.

This does not mean of course that you must be perfect. It means that you proceed with devotion and full commitment into your inner land until you find the nucleus. And as more and more people do so, they create a larger nucleus that is an intrinsic power from the point of view of spiritual energy.

The love of God is given to all of you. Let your heart feel it. Be blessed. PL 209

What does a Spiritual Calling feel like?

A communication with divine spheres is possible; it has always existed, and it will always exist. How frequent it is depends solely on man, whether he fulfills the necessary requirements.

It depends on the person's spiritual development when this call is coming forth. Granted, there are many, many people living on earth who have not experienced such a call. They are still in spiritual childhood, and such a call would be meaningless for them. They have not yet the necessary strength and development to follow it. Therefore God waits until they have reached the necessary maturity in the course of various incarnations, where they gather experience and wisdom and step by step spiritual development.

But at one time, this call must come forth. His higher self registers this call and pushes the person in a certain direction, which the conscious self cannot immediately interpret. The conscious self just feels a certain longing, a certain dissatisfaction with the present life -- even if you fulfill all your earthly duties to the best of your ability. Still, there is a certain voice within you, a certain pressure as though you are pushed in some direction you do not quite know where as yet. But you will find out, provided you do not fight against it and do not give into your lower self.

The Call PL 17

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

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