

Claiming the Total Capacity for Greatness

Study Guide for Online Meetings on PL 212

Week 1: The Spiral of Development

Week 2: Aspects of Development that Obstruct Your Greatness

Week 3: Attachment to Self-Serving Enterprises as an Obstruction

Week 4: Awakening Positive Intentionality

Week 1: The Spiral of Development: PL 212

Again a working season draws toward its end [*i.e. June 1973*]. But each end is a beginning, as each beginning is also an end. **These are the endless cycles**, cycle upon cycle, the waves that constitute the infinite flow of the river of life. If you are within the flow, you grow and expand more and more into the universal oneness. If you stop the flow through your obstructions, you accumulate the force and the energy, which then become blocks. **Blocks are pain and suffering.** At each beginning and end of a working season I give an overall view, a map that gives something like a **bird's eye view** of the phase you have left behind, which then makes you ready for the phase to come.

After your negativities have finally come to the surface and you have accepted and exposed them, fully taking responsibility, transformation of negative consciousness and energy becomes possible. I explained that the latter is quite impossible without the former. A vague and general awareness of your negative attitudes, destructive and evil intents does not suffice for the transformation work to take place. I said many times that first the negativities must be fully seen in all their details; the fear and shame of them must be overcome; the hiding and camouflaging must have stopped; the whitewashing as well as exaggerated self-blame must be relinquished. What is necessary is to simply and honestly own up to the full force of the devilish attitudes as well as to all their puny details. I told you again and again that only this will free you, but that this is by no means a morbid or self-negating process -- quite the contrary.

Of course these phases are not strictly and exactly divided. They cannot be. They always overlap. In other words, you may already have removed the blocks to fully facing the negative aspects in one area and thus be ready for transformation work. At the same time, you may not yet have even begun to realize that there is grave distortion and destructiveness in other areas, untouched so far by your conscious awareness. In still other areas you have already gained full purification and are clear and free.

The specific manner of this Pathwork is a wonderful protection in this regard.

- The closeness you have developed;
 - The intimate knowledge of yourselves you share with each other;
 - The perceptiveness so many develop increasingly as a result of your progress;
 - The greater honesty and courage that become gradually second nature
- all that is indispensable help.

One of the most important gauges of this Pathwork can constantly be used to determine your state:

What is your life manifestation telling you?

How rich and full is your life?

How much joy, peace, and abundance is increasingly open to you?

How much less are you afraid and reluctant to meet and expose the deepest regions of your innermost self?

When you meet the inevitable inner blocks as momentary crisis, how fully do you "travel" through them to find yourself more fully you?

These are the infallible questions which, when honestly probed, will tell you the truth about whether or not you are stuck and deceive yourself about your progress -- perhaps because you hope that you can avoid facing and dealing with certain unpleasant inner material.

When you have reached these new stages you have never tasted before, although you may have heard them described, you also gain more courage to go deeper into still hidden layers of covert evil. There is always the spiral configuration: layer upon layer until the circles in the spiral become smaller and smaller. As they become smaller and gradually converge into one point, it all becomes increasingly simple.

The simplicity at the final apex of the spiral is love. This simplicity means little when the circles in the spiral are still large. Then everything is still complicated by the multiplicity of the ego's separation from the oneness. In that state, when the word "love" is used, it is either empty of feeling and experience, just a word, much bandied about, or worse, it is misused in pretending that what one speaks about is love when it is many other things that have little or nothing to do with real love. When you fully experience the inner meaning of love, everything is contained in that word.

But what makes it apparently so difficult to claim your greatness? To claim your own, to claim your full, total, unique self, to claim your hidden greatness --what is truly yours.

Let us gain a better grip of the reasons, a deeper understanding, and therefore a greater motivation to give yourself the push you need to give yourself. When you become your full self in the best sense of the word, you are apparently two opposites at once.

- You are unique and special while at the same time you are not at all special, although unique.
- You are like everyone else.
- You are like everyone else in the sense that you are all divine manifestations.
- You all have fundamental divine qualities, and you also all have obstructions. They may vary in intensity and emphasis. You may differ in your development, in your openness and willingness to be in truth. But you all manifest as egos and must go through the same fundamental struggle to transcend this ego.

- But you are **unique in the way God can manifest through you** when you remove your obstructions, when you allow your specific greatness to come forth. Everyone is a genius, for everyone is God.

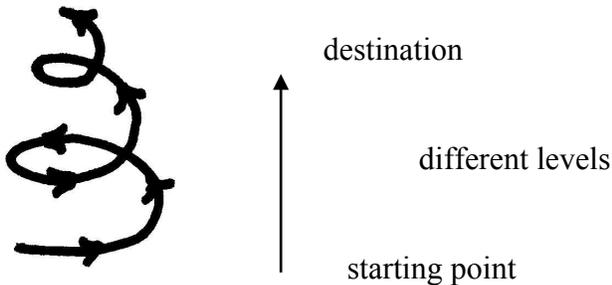
PL 212

The Spiral of Spiritual Development

*Excerpted from worksheet by Dottie Titus
for the Pathwork Teachers Helper (PTH) Database*

In many lectures, the Guide talks about the “spiral” of spiritual development. Lecture #39 (Image-Finding) speaks to the importance of recognizing where you are on the spiral and of understanding why you feel differently at different points. He encourages us to view our new found knowledge “from various angles.”

The Basic Spiral Shape

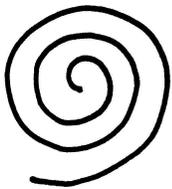


“The path is a spiral movement. You know this. You have heard this and experienced it. Each round of the spiral is a new layer, and at the entrance of each round a new and deeper commitment needs to be made. The rounds or circles are not closed, they have openings. As you discover a new opening, you need to make a new commitment, on a yet deeper level: to let go and to let God; to give all of yourself to the truth -- to the truth of being -- to no longer hide from your truth.

...There is a specific spiral configuration that applies to the development of your soul in this respect... As the soul begins to evolve and grow, it enters a new spiral phase or round.”

PL235, Anatomy of Contraction

The Circular Nature of the Spiral (viewed from the top)



“I just keep going in circles!”

“Not this again!”

“You know that you are working with different levels and layers. You know about the spiral movement that seems to bring the same sequence up again and again.”

PL255, The Birthing Process – The Cosmic Pulse

“The spiral movement of the Path may give the appearance of going around in circles and being stuck. This may not be true. It is always necessary to make the same recognitions or sequence of recognitions, over and over again until the circles get smaller and smaller to finally converge at the key point from which the problem can actually be resolved”

AD #8, Laws in Regard to Being a Helper in the Pathwork

All PTH worksheets are available in the Members Resources at www.pathwork.org

Week 2: Aspects of Development that Obstruct Our Greatness

Aspects that obstruct our greatness:

1. *The Little Ego vs. the Godself*
2. *The fear of still existing inner evil*
3. *Attachment to Self-Serving Enterprise (see week 3)*

1. The Little Ego vs. the Godself

Inner change of the deepest attitudes and feelings of an individual cannot be brought about by the very limited functions of the ego.

PL 195 Identification and Intentionality

For the little ego who claims the ego specialness, this is not welcome news. The little ego wants to be above others, superior to all others. **The Godself makes no such demands.** What obstructs the real greatness from flowing forth is precisely the claim of the little ego who wants to tower above others; who needs the admiration of others; who wants to compare and compete with others and then subdue them and prove itself superior to all others. That is a particular evil that has to be ousted. This particular evil brings about many other attitudes which create shame, suffering, and many other destructive and evil patterns.

It may be well to say, "I only wish to be above because I feel so nothing." But how about trying to reverse this premise? Would you really feel to be nothing if you would not need to be so superior? I venture to say, no. Would you really become envious, jealous, petty, self-serving, spiteful, manipulative, malicious, not allowing others their own Godself -- in short, loveless -- if you would not wish to set yourself above others? Your God consciousness and the other person's God consciousness are never, never in a conflict. What is in conflict is only ego, only the separated state -- a state of blindness and limitation.

The ego is not one, it is divided and is often in conflict and contradiction. God consciousness never is. The Godself never has to push for recognition. It recognizes itself and is sufficient unto itself.

PL 212

What value does the Ego Personality have in Enlightenment?

Weak Ego = incapable of coping with life; too small; 100/100

Overgrown Ego = hinders reaching towards the real self; ego too big; 100/100

Healthy Ego = it 'knows' it's 'place'. The Healthy Ego

a) chooses to accept life

b) choose to want to understand itself; knows there's a 'package' inside.

Integrated Ego = the Ego is integrated with divine consciousness and moves out into life as the **Real Self**.

Moira Shaw

The Spiritual and the Practical Meaning of 'Let Go, Let God' PL 213
Questions from worksheet by Gene Humphrey for the PTH Database

To "let God" from the center of your being, from your heart, from your innermost self where God speaks to you if you want to listen—that is truly the ultimate aim. Before this highest, most blissful and secure state can exist, obstacles and dualistic confusions must always be removed. PL 213

1. In what arena(s) of your life do you have an attitude of "*I can only be happy if ...*"? This may or may not be near the surface of awareness, so take some time to probe areas where you do not wish to give up something precious
2. Name your desperations, the areas where your tightness shuts out God. Tighten up your body and fully experience how you actually create the closed energy system which cannot allow the richness of the universe to enter.
3. In examining your life you will find that you generally manifest either the forcing current or resignation. Now look for the more subtle evidence of the opposite strategy. In which arenas do you use which strategy?

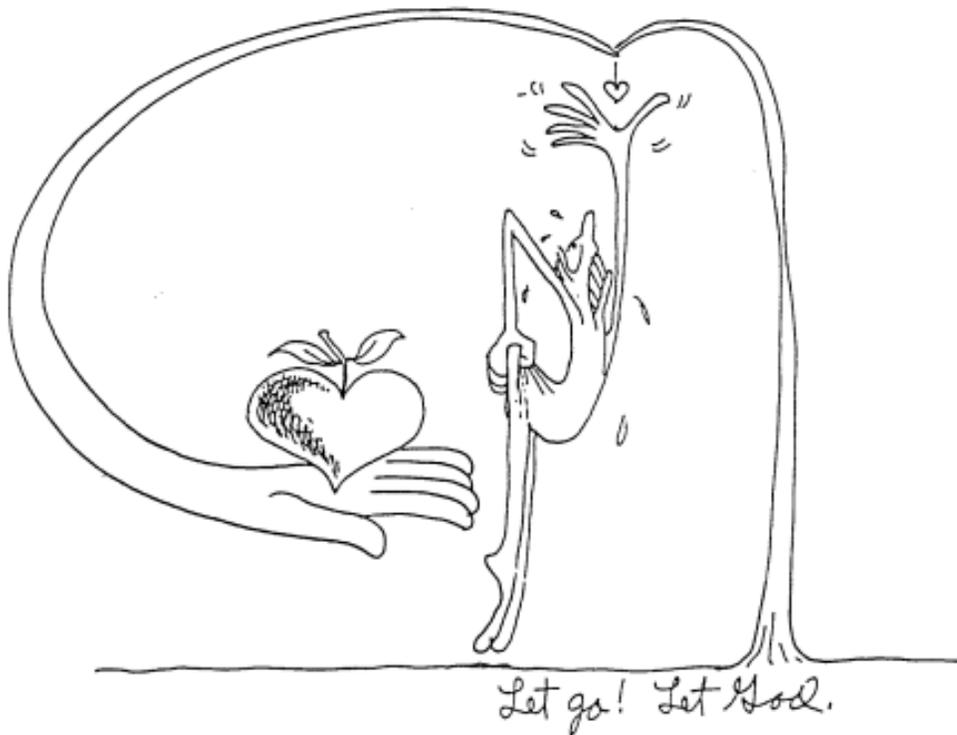


Illustration
of PL 213
by
Mordecai
Gerstein

2. The fear of still existing inner evil

If you identify with the higher self, your spirit, without truly being aware of the lower self, the mask self, your defenses, your dishonest devices, and your negative intentionality; identification with the higher self becomes an escape and an illusion. This is not at all truthful.

PL 195 Identification and Intentionality

Another obstruction toward the realization of your own ultimate unique beauty, greatness, genius is the fear of still existing inner evil. All fear is ultimately the fear of that.

When the real nature of this fear is denied long enough and is projected outward onto other persons, outer events begin to manifest that seem to justify this fear of others.

The nearer you come to transcending fear, the more you have to meet the self -- and the more you have to overcome the reluctance to do so. This fear creates a tremendous wall. The fear is a much greater obstruction than the evil itself. I said this many times. This kind of fear has very much to do with wanting to shine above others in the eyes of others. **The claim of the little ego** is, if it were to be translated into words, "Admire me, I am so much better than you. Love me for it." This, of course, is the ultimate folly. PL 212

For the power of thoughts, feelings, and attitudes is enormous. The hidden, feared, guilt-producing, and denied thoughts and feelings are more powerful in their negative creation than anything you deal with on the conscious level. For fear and guilt are potent creative agents. They contain a great deal of energy. On the positive level, enthusiasm, joy, vitality, interestedness, stimulation are such potent energy agents.

Your ego personality, as it expresses itself now, is but an isolated aspect, or several isolated aspects, of your total personality. A much "larger," fuller, more whole, and more purified part of your total or real self does not manifest overtly.

Man can only find his place in life when he focuses his attention on the reason for coming into this plane in the first place. ... Whatever divine laws and attributes exist in the universe, the moment they express themselves in the isolated ego state, disconnected from deeper, inner reality, they become distorted and destructive.

PL 208 The Innate Human Capacity to Create

The first step is to realize that your negative intentionality is really not unconscious in the strict sense of the word. It is not at all deeply repressed material. **It is really a conscious attitude** and expression, only you have chosen to ignore it until you finally "forget" that it is there. Sustained, deliberate looking away from something finally results in really not seeing what is there all along. **The moment the eye begins to focus again, it immediately becomes discernible.**

It is absolutely necessary that you know what are the ramifications and the significance of faulty attitudes: why, for instance, your anger, your hostility, your jealousy, your envy, your unfair, one-sided demands are truly unjust. Only then will you also understand that anger can be justified. Only then can you experience it cleanly, without guilt, self-doubt, weakness, and lingering ill effects. Jealousy and envy are never justified, are never healthy reactions --and I shall talk about this presently. But feeling anger and hurt can be justified. However, as long as you do not clearly know whether your anger is unjustified, you will always be confused. You will always fluctuate between guilt and resentments: between self-negation, self-rejection, and negation and rejection of others, of life; between fear and blame. ... Your mind alone cannot solve such conflicts. The destructive elements must be admitted first, but then the mind must confront and counter them, understand and correct them.

Pl 198 Transition to Positive Intentionality

Week 3: Attachment to Self-Serving Enterprises as an obstruction

No human being, no individual, no entity can ever find peace and inner fulfillment, joy, wholeness, security, and his intrinsic genius with which he uniquely contributes to creation unless he can be dedicated to a cause outside himself.

This must not be a therapeutic ploy. You must not force yourself in a dutiful way to now be dedicated and selfless in order to gain these desirable rewards of glowing health and fulfilled living. But it is something you ought to clearly understand and use as yet another signpost to where you are.

You should honestly admit, once again, if you still see the ultimate of life's fulfillment as a totally selfish and self-serving enterprise in which everything is supposed to be geared around you so as to suit you. If you explore your fantasies in this respect, you will see exactly where you are.

It is very important that here, like in all other matters, you be completely honest. And if you see that there is no genuine desire in you as yet to serve a larger cause, to forget the little self-interest, at least some of the time, for the sake of larger issues, then you should understand your loneliness, your disconnectedness, your fear and guilt, and your inability to realize your talents. You must know that you have the innate capacity in you to be self-forgetful but that your little ego thwarts this natural state.

Maybe you hold onto misconceptions that will prevent you from wanting to go beyond yourself. Perhaps you believe that dedication to a cause beyond your little ego implies masochistic suffering and deprivation, poverty, and frustration of personal fulfillment and needs. As a matter of fact it is just the other way round.

Only when you can truly give to creation of your unique contribution in a selfless spirit, can you also feel entitled to receive, to be fulfilled, to have abundance in all ways. If you feel inhibited and reluctant to claim this full self-expression, it would be good if you were to look at your selfishness, your lack of interest to add to the universe. You may conceal this under a pseudo-selflessness which may in fact be more selfish than overt selfishness. It may be part of your mask, your need to appear good in the eyes of others.

PL 212

What truly prevents you from saying, **"I do not want to hate, I want to love. I do not want to withhold any longer, but want to give the best of myself to life. I do not need my spitefulness and truly desire to give it up. I want to reach out and give to life and receive equally the best life has to offer?"** In order to deal with this bottleneck, the question of identification has to be focused on. What part of yourself do you identify with? Such identification is not something the conscious ego chooses. It is much rather something that, once again, must be discovered by your observing mind. In what way are you identified with what part of your being?

PL 195 Identification and Intentionality

Psychic Nuclear Points PL 214

Nothing can be created without planning, without intention, without purpose, without a thought somewhere "behind" it all. The psychic nuclear points are really a sequence of psychic events. They cannot just be one point, one psychic event. One thought leads to another in a series of logical sequences.

The life that you create for yourself, the philosophy of life that underlies this creation, the very situation you find yourself in at this particular instant -- they all are even more complicated systems of many convergent and sometimes contradictory or mutually exclusive, as well as mutually enhancing, psychic nuclear points. Every instant of living is an end result of many thoughts, intentions, actions, feelings, attitudes, expressed traits of a long previous history.

At the same time, the psychic nuclear point that is the end result of all this past history in the fractional now is already the preparation for the next minute, and the ensuing events of chain reactions in the next half hour, the next day, the next month, the next year, the next decades and centuries.

But since mind can always be changed, (and is often being changed), enhanced, is in a growing state, has infinite possibilities for infinite changes at all times, negative creation can be altered.

When mankind finds itself in the illusion of being helpless, it has lost touch with the intentionality that has created the specific situation, i.e., the materialization of a psychic nuclear point. It cannot be emphasized enough that the ongoing momentum and the ever growing force of each psychic nuclear point (whether it is a positive or a negative creation) **is the result of thought and intentionality.**

The more you love, the more there will be love in you, coming to you, recreating more strongly your flow and capacity of loving in an ever increasing cycle, more and more, ad infinitum. This is why it is such a misconception to believe that if you love one person, you cannot love others, that you have less to give to others or, for that matter, to yourself. You must have more because the momentum of the intense charge creates more of the same and more of the same in ever increasing measure -- as much as your consciousness goes with it and does not set up a counter-attitude creating a contradictory force.

The same applies to anything else. It may be knowledge. It may be a negative intent. It may be emphasis on a specific talent and life expression. It may be a specific attitude, according to truth or error, in regard to life. Whatever it is, it breeds more of the same unless you wish to halt and reverse the process.

It is your task to find out where you prohibit the charge of creative influx and how you thus diminish your life. You must find this out with that part of your thinking that is capable of this observation; capable of the observation that the thinking behind your negative creation is absurd; capable of noting that such thinking is not inconsequential, as you often would want to believe, but rather that it leads to action and creation and is therefore of great consequence. **You must use that part of your mind** that is capable of pinpointing the whole absurdity of this particular creation, of comparing it with its corresponding truth and, consequently, of formulating the strong intent to use the same energetic power to shift the emphasis into a truthful channel. **Thus you have the whole power of the energy forces, not diminished, but augmented in a positive sense.**

The understanding of this material, even in its barest, most oversimplified form, as I could give it here, should help you to raise your consciousness, to pinpoint your attention, to intuitively perceive these creative processes at work in all that exists, in all that you are.

PL 214 Psychic Nuclear Points

Let Go Let God

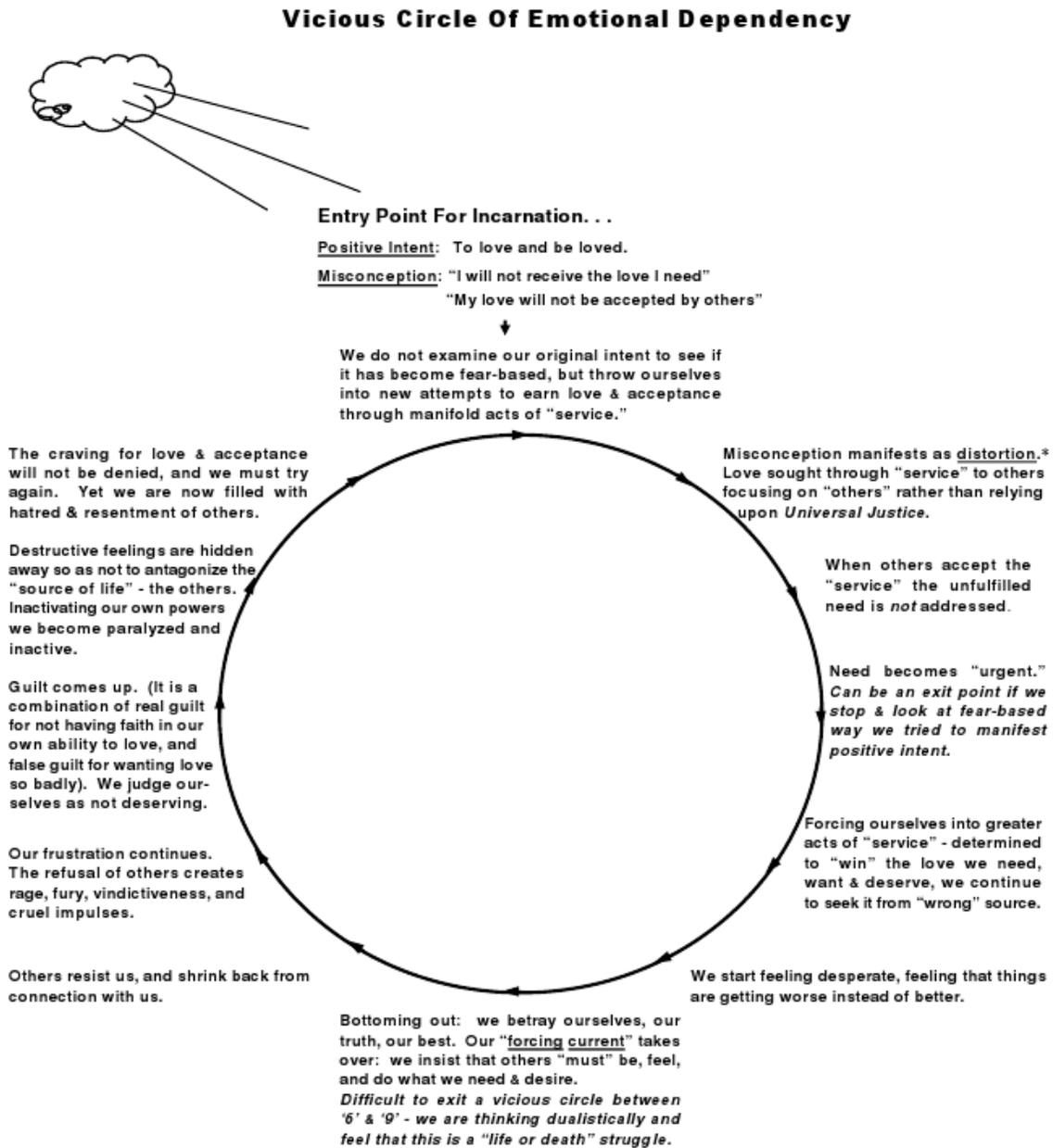
Chart for PL 213

by Sahra Aschenbach from the PTH Database

<u>What are we “Letting Go” of?</u>	<u>What does it mean to “Let God”?</u>
<ul style="list-style-type: none"> - Lack of faith. - <u>Forcing current.</u> - Holding onto: “I can be happy if...” - <u>Demands</u> for love. - <u>Devastated</u> by lack of love. - <u>Tight</u>, untrusting, insisting that: “you must love me the way I want to be loved” → NON LOVE. - Urgent, desperate NEED for love. - <u>Domination</u> over others --<u>make it happen!</u> and / or (outer or inner) <u>resignation--</u> dismal hopelessness. - Possessiveness, jealousy. - Dependency on other for love. - <u>Blaming other</u> for lack of love. - Submissiveness and resentment. - <u>Poverty</u>—nothing to give / “I deserve nothing”. - <u>Denial / blindness</u> of inner richness, truth and love. 	<ul style="list-style-type: none"> - Letting go into TRUST is the key. - Faith in the possibility that God’s Love IS IN YOUR HEART. - Listening to your heart / innermost self to hear God’s Loving Kindness. - Faith in the abundance of life/ universe to continually replenish inner richness. - Open to Divine Influx of light, truth, love, abundance, fulfillment, creativity and wisdom. - Trusting / allowing self to <u>freely give and receive love.</u> - Trusting that when you “let go” of your “<u>little will</u>” God will provide fulfillment, happiness and love. - Having courage and integrity to “let go”, be empty, to accept with good grace that you cannot have what you <u>want.</u> - “ Letting go” into emptiness and trusting the “unknown” allows / invites the abundance to reveal itself to you and give you its best. - Knowing your richness leads to generosity, humility, increased trust, confidence, patience, and abundant love to give.

Week 4: Awakening Positive Intentionality

Using the Vicious Circle PL50 to visualize how these obstructions operate in our daily lives:



**When we are in distortion, we are in our "blind spot." This is where we must painstakingly collect evidence through our own observations and the feedback of others so that we can become aware of our own misconceptions.*

Quotes from PL 212:

Once again we have a vicious circle, respectively a benign circle. When you stay afraid and in hiding of the inner evil, you cannot claim your total, wonderful, egoless self. You stay selfish and therefore only concerned in a negative way with the interests of the little ego, with puny advantages, and unwilling to give to life. Thus you become more and more impoverished. Therefore you become unhappy and embittered and feel more justified to withhold and give nothing, and the vicious circle continues.

But as you transform this vicious circle into a benign one, almost inadvertently by itself, as it were, you are naturally led from within to an attitude of selfless giving. This is never a sentimental giving in to neurotic and unhealthy demands of others. It means true giving in the best sense. By giving to others, you cannot escape giving to the self. For in reality, as you find out increasingly, there can be no other attitude to the self than to others and vice versa.

Thus giving to a cause beyond the little self is the greatest self-enrichment imaginable. But, as I cannot sufficiently stress, no matter how much you pretend and feign even to the point of making yourself believe that your giving is genuine, life cannot be cheated.

Your life speaks the truth to you about this, as in all other matters.

He who deprives himself of the supreme satisfaction of giving to a cause beyond the little ego and the little self-interests cannot know peace, joy, fulfillment, self-esteem, and the deep sense of being deserving of the best that life has to offer. There is an exact correlation: to the degree you offer generously and trustingly the best you have to give to life, allowing God to take over, to that very same degree will you feel perfectly entitled to spread your arms wide to receive the best life has to offer. To the degree you hold back in puny fear that this might damage your self-interest, to that same degree you must hold back from receiving life's riches. There can be no mistake in this calculation. There is this finely calibrated mechanism installed in the deepest regions of your psyche that works in absolute perfection.

When your giving to life becomes so whole that you are deeply willing to forego the little vanities for appearance's sake, for the sake of the greater truth in a sense of responsibility that this is necessary, **then the abundance of your life will surpass your present understanding.**

Every single soul who comes nearer to the threshold and finally passes this threshold releases untold energies of beauty, of wisdom, of strength, of love, of truth, of creative resourcefulness, of oneness, and thus affects so many zillions of other entities.

It is therefore of utmost importance that you know what tremendous effects your thinking and your intentionality have, the positive as well as the negative. Your loving thoughts to the universe, your surrender to the divine creative intelligence in you is as real and effective as your spiteful withholding in lack of trust.

The reason you cannot claim your greatness is precisely because of the little self that is constantly on the lookout to gain its own little advantages.

These advantages may be material, or they may be the pride to show off and gain admiration from others, to appear better in the eyes of others than you secretly believe you are. But when you free yourself of this attitude, it will be infinitely easier for you to claim your true self with all its capacities, potentialities, and uniqueness.

You will allow yourself all the abundance that you now may have only in limited ways and at the price of guilt.

You will be appreciated just because this is no longer your aim.

You will no longer be ashamed of being the best you can be.

The holding back from being your best will stop to the degree you uproot the pride of the little ego, the stingy withholding from life, the spiteful non-givingness, the self-servingness of the little ego, the hypocrisy and hiding of the true state, the fear of the evil inside because you ignore that the evil contains the essence of the angel. Within every devil slumbers the angel, only to want out.

If you lack humility, you cannot allow your greatness to come forth. But in humbleness, there will be no need to hold back your greatness. There will be no pushing and no proving. It will be a quiet inner knowing.

Perhaps you can visualize for yourself a new state of greatness in humility, without ego, without proving anything, without comparing yourself positively or negatively with others. Visualize yourself unafraid of the worst in you because the worst will transform into the most beautiful, wise, strong, loving force. In the hiding, it becomes puny and dangerous. In the exposing, you make it possible to envisage this new potential.

PL 212