

# Pathwork™ Steps

## Connection between Incarnatory Processes and the Life Task Study Guide for Online Meetings on PL 216

**Week 1: The Roles of the Mind, Ego, and Real Self**

**Week 2: Human Life Task**

**Week 3: Incarnatory Process Begins with Death**

**Week 4: Connection between Incarnatory Processes and the Life Task**

**Week 1: The Roles of the Mind, Ego, and Real Self**

From PL 216:

The beginning has to be set in motion until the creation takes on its own momentum. When the outer personality has finished a series of embodiments in which it has consistently weakened the connection by willfully going into the opposite direction from where it should go, then the connection is so weak that the personality cannot feel its intrinsic connectedness at all and believes itself to be a totally separated being.

Then the effort needed to reestablish connection, to be more towards the right direction, to seek where it seems most difficult within the black spots is much greater. However, only with this greater effort and good will can the direction be changed. . Thus the influx of divine truth, wisdom, power, and love becomes forever greater.

This infusion of energies by the inner being interpenetrating the outer person is directly connected with the willingness to go through with what seems most difficult. **This is truly a very simple gauge for you. In that gauge you find all the answers.**

You all know from past experience how easy it is to believe that there is no way out when you are in a tight, difficult spot within yourself. First the disconnected, conscious mind must make a deliberate effort and be ready for other possibilities. The conscious mind, as it is now available to you, contains possibilities to widen its scope to see more; to think in different ways; to expand its present limited circumference. This is its task. Without this your goal cannot be accomplished.

That means opening the doors of the mind. Opening the doors of the mind is an exceedingly important process in changing the tide because the fragmented aspect of consciousness must find its way back through its own means since it is not aware of its essential connection. And only through its own means, the means of the disconnected mind, can the bridge be established. And as the bridge is being established more and more, you allow the fragmented consciousness to be infused with the powerful, potent energies of your eternal being.

PL 216

## The Real Self and The Ego PL 132

The goal, as far as man is concerned, can only be one thing, and that is becoming his Real Self.

Whenever man functions out of his real self, he is in truth, he is in joy. The most creative and constructive contributions to life come from that inner self. Everything that is great and generous, everything that is life-expanding, beautiful, and wise comes from the inner or real self.

The inner person is an integral part of nature. The real self and creation, or nature, are one and the same. ... for nature can be wholly trusted. The inner self, or the real self, is nature; it is life; it is creation.

### Ego in the Real World PL 132

**Weak Ego** = Incapable of coping with life. Too Small. Lives entirely in the Individual Self Sphere where it is the center of everything. 100/100, meaning life is seen in polarities of all right and good, or all wrong and bad.

**Overgrown Ego** = Lives in illusion, which hinders its reaching for the Real Self. Too big. Often a weak ego feels compelled to mimic this state in order to not feel overwhelmed, but either state is still dualistic 100/100.

**Ego functions:** Reality Testing, Impulse Control, Judgment, Object Relation, Thought Processes, Defensive Functioning and Synthesis. **Synthesis** enables the individual to think, feel, and act in a coherent manner. It includes the capacity to integrate potentially contradictory experiences, ideas, and feelings; for example, a child loves his or her mother yet also has angry feelings toward her at times. The ability to synthesize these feelings is a pivotal developmental achievement.

### What value does the Ego Personality have in Enlightenment?

#### Ego Can

Memorize  
Learn  
Collect creative knowledge  
Repeat / Copy  
Remember  
Sort out  
Select  
Make up the mind  
Move towards a certain direction  
Die

#### Ego CANNOT (and the Real Self CAN)

Feel, Produce deep feelings  
Deeply experience  
Give a deep flavor to living  
Deeply know  
Be creative  
Be Spontaneous  
Reconcile all apparent opposites  
Always have answers  
Always have solutions  
Render man more alive, fulfilled

## Connection between Ego and Universal Power PL 152

The ego says "look - it manifests." The reality is that "man begins to notice".  
Universal life principle is always spontaneous.

## Suppression of Positive and Creative Tendencies PL 68

If you faithfully persevere, you will eventually get to the point where you will become a watcher of your thoughts .. you will stand guard...at the threshold of your thinking process...you will begin to sense what calmness really means...your thoughts and emotions will stand still, be it only for a moment.

An audio recording of a 2011 presentation by Jan on PL 216 is available at [www.janrigsby.com](http://www.janrigsby.com) on the 2016 Study Guide page.

## Daily Review PL 28

**Exercise:** Keep a record of incidents that disturb you. Focusing upon subtleties may help us from becoming distracted by exaggerating or over-dramatizing a situation. Notice feelings of discomfort, where you suspect you may be uninformed, ignorant, unprepared, or unaware.

Each week, see if you can relate what disturbs you with the lecture or the sub-topics.

All you need is a ½ page of lined paper per day. Create 4 columns. At some point during each day, jot down brief notes about each incident (limit:10 per day).

Eventually, this can become a thought process. The Guide refers to Daily Review as 'spiritual hygiene'.

1. Two to three words to identify each incident (no details)
2. What feelings or emotional reactions came up
3. The judgments or conclusions you came to at the time

At the end of each week, read through your entries and complete the last column:

4. What do you notice today that you did not notice at the time? Are there patterns?
5. Using your preferred form of meditation (sitting, walking, or while doing 'mindless' chores) reflect upon your early childhood experiences.

## Week 2: Human Life Task

### **The life task is always focused upon undeveloped aspects:**

What happens in the body has one common denominator for all: to find the reunification with essence. No matter how different the tasks may be, according to necessity this goal remains the same for all. Reunification with the essence can occur where the entity is already purified, but that is not where the task is, of course.

The task lies always where the personality is still separate from the essence. It is then up to the conscious mind to decide whether or not it will use the already purified aspects to help the unpurified part in the task fulfillment. **This decision must be made by the conscious ego.** The higher self will not and cannot force it upon the conscious mind. This would be against all spiritual law.

The task is not being fulfilled if all emphasis is put on the already existing and functioning connection with the divine self, without focusing it on the problem aspects, on the blind spots.

### **The first step:**

Anyone who is on a path such as this and who makes a total commitment to truth, to self-facing, to self-purification, to giving up all defenses and all subterfuges in order to face that which seems most difficult and momentarily painful; anyone who chooses to forego the temptation to concentrate on the real or apparent wrong of others so as to avoid the self, and who is thus committed to his growth above and beyond all other considerations in his life, will and must make the connection that will then also bring all outer and inner fulfillment.

First the disconnected, conscious mind must make a deliberate effort and be ready for other possibilities. The conscious mind, as it is now available to you, contains possibilities to widen its scope to see more; to think in different ways; to expand its present limited circumference. This is its task.

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...it is necessary to believe in certain basic assumptions. Or, to suspend our current beliefs for a short time...to allow for any eventuality as far as the reality of Creation is concerned. You do not have to believe anything, but you need to remove a tight no in you that may barricade experience.

Are you willing to let yourself experience, without preconceived ideas, whatever is real?"

Stages of Commitment AD6

## The Life Task PL 216

The aspect to be purified is “sent out” into a realm of consciousness that is commensurate with it’s own state.

An incarnation is thus chosen in order to fulfill specific tasks

The task lies always where the personality is still separate from the essence.

When the inner being permeates the outer personality, the task will be fulfilled.

### Indications that the Life Task is not being fulfilled

Vague Longing      Discontent that cannot be placed      Anxiety      Neurosis

In reality, neurosis is being produced as a result of not establishing the connection with the inner self, as a result of not fulfilling the contract the soul has come to carry out.

**Human Limitations:** Fragmented consciousness  
Loss of memory (yet inner longing remains)  
Operating in 5 dimensions (vs #s available in spirit plane)

**Result:** Dualistic thought processes i.e., Good/bad, Right/wrong  
Reliance upon linear / rational

### Future Incarnations

Stage set as a result of the life plan of the last incarnation

Plan is the result of the former life and death processes and simultaneously sets stage for the birth process

**Personalities = fragmented, isolated aspects of consciousness:**

These fragmented aspects of consciousness, of divine light which seem to have lost their connection float around in space. These aspects become personalities.

These personalities develop problems because of the apparent disconnection. The word problem is in accord with today's vocabulary. In different periods of history different words were used, like sinfulness, for example. Whatever word you choose, the fragmented aspect of consciousness needs purification on many levels such as feelings, understanding, knowledge. It needs to spread its awareness to its full capacity.

Spreading means to realize that the connection exists, has always existed, and will always exist.... A total entity, a complete entity is one who is completely aware of its divine nature, who is in total possession of divine wisdom and energy. You are all total entities, but your manifest consciousness with which you identify is an aspect that your total entity, your total being, seeks to reunite with.

This can happen only when this fragmented aspect of your manifest consciousness makes itself compatible with the nature of the total consciousness.

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## Week 3: Incarnatory Process Begins with Death

### Change possible over lifetimes or instants:

Now, it is the task of every fragmented, apparently disconnected aspect of consciousness to realize its true identity and connection with the real self. This happens through an often laborious groping, searching, and attempts of the mind to expand its own narrow limitations. The mind holds this potential of expansion, for even in its disconnected state it contains every aspect of divine reality. It only depends on which way it turns, which way the will directs it, which thought it chooses in any given instant. PL 216

### Different Starting Points = Different Perspectives

One of the differences between psychological and spiritual paths is the timeline. Psychology can only deal with the human perspective. Yet the karmic connection and the decisions about this incarnation are made with more information than may be evident.

#### Human Perception:

Birth                      Death                      Birth                      Death  
|\_\_\_ happens between \_\_\_|                      |\_\_\_ happens between \_\_\_|

#### Incarnatory Process

Birth                      Death                      Birth                      Death  
\_\_\_|                      |\_\_\_ happens between \_\_\_|                      |\_\_\_

The gauge with which to measure the completion of the task is inner peace and fearlessness and organic living and dying.

### Inner Being may decide to die / exit if Outer personality...

1. Stubbornly refuses a. Influx of divine inner consciousness b. Guidance c. Signs
2. Follows path of least resistance and rationalizes it
3. Moves away from any possibility of fulfilling the life task

### Inner Decision for Death

When a new direction or spiral form is impossible to establish, the Inner Being may make a decision for death. Death would not be organic if

1. Conscious mind is completely disconnected from inner will
2. Outer Personality is totally unaware of the decision of the inner self

Outer personality would experience death as difficult or painful, and senseless or arbitrary.

## **Outer Personality may decide to die / exit if**

1. Undeveloped aspects have created trouble, struggle, resistance
2. Does not wish to continue
3. Ignores / does not feel favorable direction (which does not necessarily mean pleasant direction)
4. Enmeshed with problems
5. Larger view blurred
6. Strengthens imaginary separation from all that has meaning and that is good

## **Outer Decision for Death**

1. Unwilling to move although it could move, has every possibility of moving
2. General mood becomes hopeless without real cause
3. Struggles are aggrandized so as not to 'give in' or look for new approaches
4. Life is willfully destroyed as worst impulses are acted. Struggle may continue for decades or lead to suicide

To the degree that the bridge between inner and outer, the future incarnation is that much more difficult due to the separated consciousness

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## **Why would an infant might select death? PL 34**

QUESTION: Yes, I would like to ask how is it possible that sometimes babies die at birth, in other words, after they have already received their souls, so to speak?

ANSWER: There are many possible reasons for that. In the first place, it may be that it is a karma for the parents, a test they have to go through, and the spirit of the baby will not have gone through this procedure for nothing.

But in the spirit world this fate of the first mother was known, and the parents where the baby will finally settle down with have already been chosen before the first birth occurred. The spirit of the baby will thus have fulfilled an additional little task by going through this experience even though it is unaware of it, being in a state of unconsciousness.

Nevertheless, it is not done without the consent of the spirit to be incarnated before he undergoes the birth process. It will mean a merit for the spirit who lends himself for this, being an instrument of fate, so to speak, for the parents he so shortly visits. There may be other reasons too. The possibilities are manifold.

For instance, there may be the fact that the parents have not lived up to certain promises made in the spirit world. But it may also be that the parents have fulfilled more, spiritually speaking, than was expected of them and thus are ready to bear this cross and this test that otherwise would have been too much for them. This will further their development.

So such a thing may either happen because the parents fulfill less or because they fulfill more than originally planned. In either case, later on, something better may follow. As far as the baby is concerned, after its physical death, there will be a comparatively uncomplicated process, the fluids will be retracted a little, certain adjustments being made; and without gaining consciousness, it will appear for birth with the other parents, chosen as permanent hosts in the first place. PL 34

## **Week 4: Connection between Incarnatory Processes and the Life Task**

### **The Incarnatory Process is complex beyond human understanding:**

I have to speak tonight about the process of birth, and I have received permission to do so from higher authority.

My dear friends, let me tell you first, whatever I will say to you can only be a very small and limited part of this extremely complicated procedure for which the human understanding cannot possibly be adequate. So please understand that my words will only represent a rough outline and are performed "squeezed" into the limitations of human understanding.

Before I will explain the technical procedure of birth, I will have to talk a little bit about the spiritual and psychological implications that govern karmic law, although some of this is familiar in its broad outlines to most of you. But since the technical procedure of birth is directly connected with and dependent on karmic and spiritual law, I have to somewhat show you in this lecture the connection so that you will be able to understand birth as such to some degree.

**Preparation for Reincarnation PL 34**

### **From Question and Answer Session PL 10:**

QUESTION: Is it at all possible that there could be a technical error in the incarnation?

ANSWER: No, no, that is impossible.

Q: But I have seen human beings who...

A: Such a case may often be a karmic effect which has nothing to do with the subject we discussed, at least only indirectly. When a human being, in a previous incarnation, has committed offenses against his own sex -- I do not need to go into details -- then that woman has to be born as a man, then this must be borne, or vice versa.

Q: But they did not suffer, they were very happy.

A: Karma must not involve always only suffering. Karma is also the good. It means the consequence. But in this case, it is not so. Even if you do not see the suffering or the problem in it, you may believe me, it is not an easy life.

Q: There is absolutely no mistake, no error of any kind, in the entire creation? An absolute 100 percent infallibility?

A: Absolutely.

Q: Disasters only occur to fulfill the laws?

A: Exactly.

### **Lack of awareness creates fear:**

Creation is the attempt of divine reality to fill the void with life and being. Fragmented consciousness is a result of the total consciousness spreading and filling every nook and cranny of "space."

The human structure itself represents this picture very well. Inwardly, deep inside your nucleus is an unending essence. This essence is eternal life, eternal reality, eternal beauty, limitless wisdom and love, but your outer consciousness is not knowingly connected with it. Although it is connected with the essence, your outer consciousness ignores this fact and seems to be disconnected from it. You seem to be an isolated "piece of consciousness;" this is what



makes life appear so frightening. Therefore your outer consciousness is groping, is blind. It must seek its way back to its connection with the total self.

Awareness must be gained in the outer consciousness of this connection because this connection was really never broken. It only seemed broken from the vantage point of the limited outer consciousness.

### **Material life = low vibration and rigidity:**

When you are not embodied, when you are aware of your total being, you are also aware of those aspects in you that have remained untended and need healing and purification. It can also be said that a process of re-education is needed in which new -- in actuality very old -- knowledge is to be gained.

Now, in order to follow through the process of spreading, on the one hand, and reunification, on the other, the aspect to be purified is, for lack of a better word, "sent out," as it were, into a realm of consciousness that is commensurate with its own state. And that is the material level of life, as you know it in your conscious being. This realm of existence is the expression of the limited state of consciousness of the disconnected aspect -- the personality -- and in this more ignorant and less aware state, all vibratory functions of life are grossly slowed down. The flow of energy rigidifies and makes things and people fixed. The flow becomes invisible. The same with the entity itself. It is invisible and only the grossly condensed form of its essence appears as the sole reality.

### **Fearlessness = ultimate development:**

...there are people who have a deep misconception and distortion ...that if they really resolve their problems and eliminate their darkness and thus become happy and fulfilled, then they must die. Your awareness of and your connection with the inner, real self will make life glorious, and so death will be experienced as glorious. That state of consciousness will make life fearless because there is nothing to fear in dying. Such fearlessness is the ultimate development of each human soul. That is the goal you are trying to reach.

I want to draw your attention to another important point that often leads to misunderstandings. Total fulfillment of the life task is not necessarily contingent on higher states of development. It does not always follow. It is very possible that a fragmentary personality aspect embodied in a physical vehicle is not highly developed at all. Nevertheless this personality fulfills its task completely. The task is of course less taxing and commensurate with the possibilities of such a human individual. At the same time, the fact that it is "easier" only holds true relatively in that this task is just as difficult for this particular individual as the much more taxing task is for a higher developed person.

The gauge with which to measure the completion of the task is inner peace and fearlessness and organic living and dying.

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