

Pathwork™ Steps

Creative Emptiness

Study Guide for Online Meetings on PL 224

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Week 1: The Coming of A New Era

Week 2: Transcending the Limitations of the Mind

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Week 4: Vibrant Alive Emptiness is God Talking to You

Week 1: The Coming of A New Era

The changes that are occurring, already now in progress, are changes of consciousness. And you are working at this. As you evolve and develop and purify yourself, you become more and more ready for an inner enlightenment and awakening that has not occurred before. That is indeed self-perpetuating in its force. It is unprecedented in history. For there was no other time in mankind's history when this power was as available as it is now.

What you experience in an increasing manner is the result of this power's coming upon a receptive channel. This is what we must be concerned with. For if this power hits an unreceptive channel, crisis arises, as you also well know. Even if only a part of you blocks great creative, beneficial forces that could make you thrive in an entirely new way, you put yourself under a great inner psychic, emotional, and spiritual stress. This needs to be avoided.

So, on your path, you have learned to contact more and more those deeper levels of intentionality where you deny truth and love and a greater knowing and a greater power that operates differently from the outer ego power you so strive for. This truth and love, this knowing and power come from within.

I am going to speak about the importance of being receptive to this force, this energy, this new consciousness. In order to do this, you also need to understand another principle, and that is the principle of creative emptiness.

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Exercise 1a: Do you believe in a Divine Plan? That it inevitably accelerates over time? That you may play an integral role in the New Era changes that are here / are coming by virtue of your self-development work? What if you ARE an important member of a divine team? How might that affect your thoughts, feelings, and attitudes?

For fear that you may not want to or not be able to give up what distorts love and truth in your inner universe, **you must also, to a certain extent, not even want to fully see it.**

For a part of you may say, *"I know I cannot, do not wish to change. So why should I want to see it? I would rather go on deceiving myself."*

This is a very typical obstruction. It is very important not to allow it to barricade your way.

[Faith and Doubt, in Truth and in Distortion](#) PL 221

Exercise 1b: If your answer to 1a is No (or you are not sure), is that an honest belief—that you do not matter? Or is that a way to keep from taking responsibility for who you really are?

Say the mediation suggested above. Is there a grain of truth there for you to consider?

The Dynamic State of Laziness

There is an intimate connection between the problem of laziness and feelings that have not been fully lived through, felt through. Laziness must not be looked upon as an attitude that can be given up at will if only the person finally comes around to being reasonable and constructive. It is not a moralistic issue at all.

Laziness is a manifestation of apathy, stagnation, paralysis. All of this is a result of stagnant energy in the soul substance. And stagnant soul substance is, in truth, the result of feelings that have not been fully experienced, expressed and are not totally understood as to their meaning, significance, and true origin in this life. When feelings are not thus experienced, understood, and expressed, they accumulate, they create a stoppage in the flow of life force.

So many people are held back from living by a feeling of tiredness and even apathy. This can make you feel angry and guilty about what you would commonly call laziness. It, too, is a symptom, one of the many effects of self-alienation.

The Importance of Experiencing all Feelings; The Dynamics of Laziness PL 190

It is generally assumed that laziness is simply a fault. This is a very superficial evaluation, however. Laziness is not a fault to be commanded away by sheer will. For if you are truly anchored in the center of your being, you will not be lazy. You will not feel apathetic. You will not desire to remain idle. You will enjoy your periods of rest and relaxation, but this has nothing to do with laziness or apathy. You will enter the full flow of life, approaching each day and each activity with zest. The less you are alienated from yourself, the more you will participate in and experience life in its fullness. The necessary energies will constantly regenerate and replenish themselves.

Laziness as a Symptom of Self-Alienation PL 96

Creative Emptiness

It is of utmost importance that you face this fear and deal with it openly. You need to create an atmosphere and a climate within yourself in which you allow this emptiness to exist. As a result of a continuous process over centuries and centuries of your existence, you have conditioned yourself to make the outer mind a very busy place, so that when that busyness ceases temporarily, the resulting quiet is confused with emptiness. It indeed seems empty. The noise must recede, and you must indeed embrace and welcome the emptiness as the most important prerequisite and channel through which to receive your innermost Godself. My advice here is that you challenge that belief and at the same time welcome the emptiness as the doorway to your divinity.

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Exercise 1c: Most human beings create an agitated mind, an over-activity of the thinking processes, of inner and outer over-activity because they are basically frightened of the possibility that they may be empty, that there may be nothing there from within to sustain them. This thought is rarely conscious.

When you become conscious of this thought, notice if first reaction is *"I do not even want to acknowledge that I am afraid of this. I'd rather continue busying my mind in order not to face this terror that I am nothing inside, that I am but a shell that needs the sustenance from without and that needs to deny this fearful knowledge."*

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Week 2: Transcending the Limitations of the Mind

There are several psychic and spiritual laws which you need to comprehend in order to nurture this emptiness and make out of it a creative venture. Some of these laws are, or seem, contradictory.

1. On the one hand you need to challenge the emptiness; on the other hand, you need to welcome it. This seems a contradiction. Yet it is not. Both attitudes are necessary.

2. It is extremely important that you be receptive in an expectancy, yet this expectancy must be without preconceived ideas and without impatience and without wishful thinking. Feel into what I am saying to you, to have positive expectancy and yet be free from specifics and preconceived notions of how and what should happen.

3. You need to be specific, as I often pointed out, yet this specificity must be light and neutral. You must be specific in one way but not in another.

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Exercise 2a: *If these seem confusing, ask your inner being to relay the comprehension to your mind rather than try to understand with your mind.*

For each item, relax your mind and allow that both ideas can co-exist.

The workings of the greater self so far surpass the mind's imagination and ability to conceive, that specificity would be a hindrance. Yet the mind must know what it wants, be prepared for it, reach for it and claim it, know that it deserves it and will not misuse it. The outer mind must make constant changes and readjustments in order to adapt itself to the greater scope of the inner God consciousness. Your outer mind must become still and empty and receptive, yet it must hold itself poised for all possibilities. Thus it will be able to mate with the inner stillness and what appears first as emptiness.

As you do this in a spirit of positive expectancy yet empty in mind and in soul, patient and persevering; a new fullness and filling can take place. The inner stillness will begin to sing, as it were. It will convey light and warmth from the energetic point of view. Strength you never knew you possessed will arise. From the point of view of consciousness -- knowledge, guidance, truth, inspiration, wisdom, and advice will come for all your daily affairs, for your life in the biggest and smallest issues.

The process of receptive, creative emptiness must truly be nurtured. You must listen with an inner ear, and yet it is necessary that you do not put pressure on it but **become receptive to when and how it will fill you.**

The mind is an instrument that can be of hindrance or of aid to this process. You all know that your mind is limited only to the degree of your own concept of its limitations. To the degree you limit your mind, to that degree you cannot perceive what is beyond the mind.

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Exercise 2b: Visualize the boundaries of your mind by questioning yourself about all the things that you think are impossible for you.

Where you are hopeless and frightened there must be an idea of finiteness that is simply locked in your mind. Thus you lock out the great power that is here for all those who are ready to receive it honestly. Consider making this a focal point for your Daily Review for a week.

Inner Space. Focused Emptiness PL 256

By Susan Thesenga for the PTH

"Unfocussed emptiness is a lessening of consciousness.
 Focused emptiness is a heightening of consciousness" PL 256

Inner space, emptiness:

- But not for its own sake
- In order to bring forth positive creation in the world
- have a focused emptiness in order to be a positive creator
- need courage to go through tunnel of uncertainty;
- need to take the risk to allow the great quietude

Stages of Focused Emptiness

1. experience the noise and busyness of the mind
2. succeed in quieting this noise --- encounter emptiness, nothingness
3. recognitions about the self
 - a. connections between inner aspects of self and outer experience
 - b. recognition of the lower self is always a manifestation of higher self guidance.
4. direct manifestation of higher self messages - opening the channel
5. total experience of God/ Holy Spirit
6. direct knowledge that goes beyond the mind

Important: have no expectations – expectations create a tension, and tension prevents the necessary state of total inner and outer relaxation.

Impressing - makes the mind a creative agent

Expressing - a further step - where mind is empty and channel opens -- to be approached with patience, awe, and humility

Need to deal with our concepts and misconceptions about **EMPTINESS**

"Make room for unobstructed life, for unencumbered spirit!

Let it fill every part of your being, so that you will finally know who you really are." PL 256

Susan Thesenga for the Pathwork Teachers Helper Database

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.

Puncturing the Limited Mind

The mind is finite, and it must aim to spread the boundaries of its finiteness until it measures up with the infinite that is beyond the mind and that is within yourself, right here, right now. Then the mind merges into the infinite consciousness of your inner universe in which you are one with all that is and yet infinitely personal.

As it is now, you carry your mind with you almost as a burden. It is a burden because it has become a closed circuit. To the degree you have grown and expanded, to that degree the closed circuit of your mind has widened. However, it is still a closed circuit. You are still burdened down with ideas of limitation for yourself and for your world.

On the one hand, it is extremely necessary that this limited mind open itself up to other, new ideas and possibilities as you have already learned to do in your own process of meditation. You have seen infallibly that where you have made room for a desirable new possibility, it indeed came into your life. And you have also experienced that when it does not come into your life, then you deny that it can do so for whatever reason.

It is therefore necessary that you begin to puncture that closed circuit. You cannot immediately dissolve it. You live with a mind and you need your mind. It has functions in your life at this point. So what you need to do is puncture it. Where it is punctured, the flow of new energy and consciousness can penetrate. Where it is not punctured, you stay locked within the narrow confines of this limited mind that your spirit is outgrowing fast. On the other hand, as I have said, your mind must rest, not hold opinions, be neutral in order to be a receptive vehicle for the great new force sweeping the inner universe of all consciousnesses. Again we have an apparent contradiction.

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Exercise 2c: Find an example of the mind's limitations

1. Make it known to yourself that you do hold limited beliefs, instead of unquestioningly taking them for granted.
2. Challenge these. Take the trouble to walk through in the well-practiced attitude of self-observation and self-confrontation your limited beliefs and to truly think about them.
3. Sometimes it is not just that you have a false belief but also that you have a stake in it. This must be examined. Once you put together the negative belief, the possible negative intentionality in holding on to it, you can see how you keep the circuit closed and deprive yourself of the inner filling you yearn for.

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

Week 3: Steps to Greater Universal Consciousness

Opening to the greater universal consciousness must not be approached in a spirit of magic that is supposed to eliminate the becoming, the growing, and the learning process.

1. Your outer mind must go through the steps of acquiring whatever knowledge and know-how are necessary. You all know this in the fields of arts and sciences. You cannot be inspired as a great artist, no matter how much genius you have, unless you learn the craft and the technical outer dexterity.

If the childish lower self wants to use the channel to the greater universe in order to avoid the initial tedium of learning and becoming, the channel will remain closed. For this amounts to cheating, and God cannot be cheated. It is then that the personality may become seriously doubtful that anything beyond the mind exists -- because no inspirational response comes forth on the basis of using magic to coddle the sense of laziness and self-indulgence. The same is true of science or any other field.

2. You need to truly know yourself, your pitfalls, your weaknesses, your lower self, where you are corruptible, where you are dishonest or tend to be. This is, as you all know, hard work, and it needs to be done. By avoiding it, the channel will never be reliable and may contain a lot of wishful thinking stemming from man's "desire-nature," or it may reveal "truth" that is based on guilt and fear and is thus equally unreliable. Only when you work in this fashion on your development will you come to a point when you no longer confuse gullibility and wishful thinking with faith, or doubt with discrimination.

As a great pianist can only be a channel for higher inspiration when he goes through the finger exercises and hard long practice that make his playing finally effortless, so must the God-inspired person work on his purification process, on deep self-knowledge and self-honesty. Only then does the receptacle become commensurate with the higher truths and values and can then be influenced, molded, and used for higher purposes to enrich the world and self.

3. You need to cultivate a neutrality. Your devotion to fulfilling the will of God needs to establish an attitude; that whatever comes from God is all right, whether or not you desire it.

Too much desire is as much a hindrance as the absence of all desire that manifests as resignation and hopelessness. The refusal to endure any kind of frustration creates an inner tension and defensive structure that closes up the vessel of the mind and maintains the closed circuit. In other words, you, the receptacle, need to be neutral.

4. You need to give up the strong, tight, self-willed yes or no to make way for a flexible trust to be guided by your inner God.

5. You need to be willing, pliable, flexible, trusting, and forever ready for another turn, another change you had not contemplated. What is right now may not be right tomorrow. There is no fixedness when it comes to the divine life that springs from within your innermost being.

This idea makes you insecure, for you believe that security lies in fixed rules. Nothing could be further from the truth. This is again one of those beliefs that need to be challenged.

Envisage that in the idea of forever meeting every new situation by being inspired anew, by

knowing that what is right in one situation may not be right in another, there lies a new security that you have not as yet found. This is one of those laws of the new age that is opposed to the old laws, that which what is fixed, "unstable," unmoving, unchangeable is supposedly secure.

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Exercise 3a: Spend some time asking yourself if you are willing (even if not yet able) to:

1. Spend time and effort acquiring knowledge and developing skills, versus believing in magic or shortcuts or expecting these to be given to you?
2. Explore any weakness, dishonesty, or negativity? [Ref: PL 25 Initial Steps for Self-Search](#)
3. Cultivate a neutrality towards your personal desires and agendas?
4. Find and admit your No, even if you may not be ready to give it up?
5. Live organically in the Now vs. being bound by solutions or avoiding change?

These laws are apparently full of contradiction

The laws that pertain to this new venture into your inner creativity and life need to be studied very carefully. They must be worked with by you. These are not just words to listen to; you need to make them your own.

I say that you need to acquire knowledge and know-how, the mind must be widened and expanded, it must be able to conceive of truthful possibilities, and yet, I say, make your mind neutral and empty. This seems very contradictory from the point of view of the dualistic dimension of consciousness. But from the point of view of the new consciousness that is spreading through your inner universe, these are not contradictions at all. What is conflict-producing on the lower level is mutually helpful and interactive on the higher level.

More and more you discover the truth of unification where dualities cease to exist and contradictions are no longer contradictions; where you experience two previous opposites as two aspects of the same truth, and both as having their validity. When man begins to comprehend this principle and applies it to his own life, his outlook, his values, then indeed he is ready to receive the new consciousness released in realms far beyond your own.

So also when I say you must not approach the divine channel in you in an attitude that it saves you labor and work and the reality of living and growing, I am not saying it as a contradiction to the necessity of being passively receptive. It is simply a shift of the balance structure. Where you were before overactive with your mind, you now need to quiet down and let happen. Where you insisted to take over the controls, you must now relinquish this control and let an inner, new power take over. On the other hand, where you tended before to be lazy and self-indulgent and looked for the line of least resistance and therefore made yourself dependent on others, you now need to take over and actively nurture the principles that help establish the channels to your inner God. You also need to actively express its messages into life. So, as I said many years ago, activity and passivity need to be reversed.

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Exercise 3b: What do you fear?

For one week, keep an ongoing list of fears that come up whenever you consider, or make any effort to embrace, emptiness.

Turn off the radio off while you are driving. Skip playing commuter games while on public transit. Leave your reading materials at home. Turn your phone completely off, or pretend to listen to it to create some uninterrupted time. Notice new thoughts, feelings, memories, or imaginations.

Week 4: Vibrant Alive Emptiness is God Talking to You

Your mind will thus become an instrument. It will widen and open up and puncture its limitations and acquire new concepts, new considerations -- lightly, not tightly -- new concepts with which your mind "plays around" for a while. It is this attitude of lightness in your perceptions, of flexibility, of movability, of motility of mind that will make you the most receptive instrument so that you can receive from your apparent emptiness.

Exercise 4a: As you read about fear below take time to explore your own fears. Notice where you look for something to 'fill in' a sense of emptiness, or a distractions. Notice if you tamp down feelings of aliveness. Notice any reluctance to face your concept of God, in your own way.

Fear of Emptiness

Now, my friends, as we approach this emptiness, how does it feel? What is it all about? Again, the human language is extremely limited, and it is almost impossible to squeeze experience such as this into the context of language. However, I will try my very best to give you some tools and some further helpful hints.

As you listen into your inner "chasm," it seems to be a black chasm of emptiness at first. What you feel at this point is fear. This fear seems to fill you up. What is this fear? It is as much a fear of finding yourself to indeed be empty as of finding yourself with a new consciousness, with a new being evolving from within you.

Although you yearn for this, you also fear it. The fear exists from both ends: you want the new consciousness so much that you fear the disappointment, and yet you also fear finding it for all the obligations and changes that this might impose upon you.

You must travel through the fear -- both of these fears. You have received the tools on your path to deal with such fears in questioning your lower self.

But the time comes when you are ready, notwithstanding the still existing fear, because you already have made the connections, you have the knowledge of what your lower self wants, why you have negative intentionality, etc. The time comes when, in spite of the fear, you decide calmly and quietly to go into the emptiness. So you make yourself empty in mind in order to meet the emptiness from deep within. Lo and behold, very soon that very emptiness will feel, not full, not in the same way full as you are used to, but the emptiness will contain a new aliveness that the old fullness made impossible. In fact, you will soon find out that you made yourself artificially dull by packing yourself tight: tight in the mind by its noise and tight within your channel by contracting your energy system into hard knots of a defensive stance. You killed your aliveness by this fullness. So you become needier because without your inner life you cannot be fulfilled in a real sense. The vicious circle was established by striving to get it from outside of you since you refused to go through the necessary steps to establish it within.

Fear of Aliveness

In one sense you fear the aliveness more than the emptiness. And perhaps you had better come face to face with that.

When you make yourself sufficiently empty, the first initial response is an inner aliveness, and you tend to immediately shut the lid tight again. And yet by denying that you fear the aliveness, you also deny that you are really very unhappy about the lack of aliveness. But the lack of aliveness is the result of the fear of it, and it is the fear of aliveness that can make way to allowing the aliveness by letting yourself be creatively empty. You will feel your whole inner being including your body and your energetic inner being as if there was an "inner tube" that is alive, vibrantly alive. Energy goes through it, feelings go through it, and something else is vibrantly coming to the fore. You cannot as yet name it. And as you do not shy away from that unnamable something, it will sooner or later turn out to be immanent instruction, constant inner ongoing instruction -- truth, encouragement, wisdom, guidance specifically destined to your life right now wherever you need it most.

Fear of God

That emptiness, that vibrant alive emptiness is God talking to you. At any moment of the day, it is talking to you where you need it most. If you really wish to hear it and attune to it, you will discern it, first vaguely, later strongly. You need to condition your inner ear to recognize it. As you begin to recognize the vibrant alive voice that speaks in wisdom and love -- not in generalities, but specifically to you -- you will know that this voice has always existed in you, but you have conditioned yourself not to hear it. And in that conditioning you have tightened and packed up that "inner tube" that is to fill you with the vibrant music of the angels.

What you need more is the instruction, the guidance, the help in every thought, every decision about what opinion, what attitude to adopt in a given situation. That instruction is truly comparable to the music of the angels in its glory. This fullness cannot be described in its wonder, in its treasure. It is beyond all words. It is what you constantly look and yearn for, but most of the time you are not aware of this searching in you and project it on substitute fulfillments that are to come from outside.

What you need to do is a reconditioning of and re-focusing into what has always existed, is always existing within you, but your mind and outer will have gone through such complicated procedures of confusing the issue and thus complicating your life that it is like finding your way out of a maze, a maze you have created. You can recreate your inner landscape without that maze.

So you create a new life for yourself and your environment, of a kind that mankind has not yet known. You are preparing for it, others are preparing for it here and there all over the world, quietly. These are golden nuclei that spring up out of the gray matter and dark matter of untruthful thinking and living. Further that channel in you. It is the excitement and the peace you always wanted. Enter this new phase, my dearest friends, with courage and affirmation.

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Exercise 4a: What would God say to you today?

What could God say to you that would fill you with dread? What could God say that would fill you with joy? What could God say that would support you in finding your bliss?

You have heard all of these in the past from other sources. What is the grain of truth in each one? Why do some 'stick' in your mind while others do not?