

Pathwork™ Steps

Change from Outer to Inner Laws in the New Age

Study Guide for Online Meetings on PL 227

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Week 1: Growth is an Organic Process

Week 2: Spiritual Growth and Development

Week 3: Outer Manifestation as a State of Separateness

Week 4: Change Requires Commitment

Week 5: Inner vs. Outer Law

Week 1: Growth is an Organic Process

I wish to give you another vision about the growth process in which you as individuals and the planet as a whole are involved.

Every seed contains the plan of its ultimate fulfillment, potentiality, and final self-evolution. This plan is always inherent in the seed and follows its own organic way. You have experienced some of this phenomenon in your Pathwork. You have seen again and again that there is an organic process that unfolds completely independently from your mind, from your conscious expectations and thinking. This plan fulfills itself in certain stages. Whenever new stages are being reached, new energies are being released. PL 227

Exercise 1a: Notice energetic examples of such organic processes in your life. Recall times when you felt compelled to reach out, move forward, expand your world view. You may have experienced an onset of new interests, or a desire to explore.

Human Growth and Development

When the infant reaches a certain point of readiness to unfold dormant capacities -- at first, to learn how to speak and walk -- new energies must be made available. Otherwise this unfoldment cannot take place. This is the first major phase of change after incarnation on the physical level.

The next major phase of expansion is when the child is ready to leave home and go to school. This is, of course, not only a physical expansion, but along with it there is inner expansion. It is a step out into the world. He unfolds inherent potentialities to cope with others outside the home.

These phases of growth and expansion continue throughout the entire life span. When full physical growth is being reached, these phases are not as noticeable as during childhood. However, they are just as distinct and just as real. These phases always mean change, growth, reaching out, reaching higher levels of creative self-expression both in dealing with the world and in organization within the inner system. PL 227

[All the World's a Stage:](#) Four of The Seven Stages of Man

At first, the infant, mewling and puking in the nurse's arms. Then the whining schoolboy, with his satchel and shining morning face, creeping like snail unwillingly to school. And then the lover, sighing like furnace, with a woeful ballad made to his mistress' eyebrow. Then a soldier, full of strange oaths and bearded like the pard, jealous in honor, sudden and quick in quarrel,

[As You Like It](#) by William Shakespeare

Exercise 1b: Can you relate to these 1st 4 stages, from infant to your first independent adult experiences? Recall how differently you perceived the world before or after each transition.

The same stages of growth and change exist of course even more dynamically on the mental, emotional, and spiritual levels, on the psychic level, on the level of the inner being. Each stage is an orderly step toward the fulfillment of the seed plan. The seed plan releases automatically new energies. When the entity follows its plan, these energies become extremely beneficial. They aid the process of growth, of change, of expansion, of reaching into new dimensions from within, moving outward, and embracing more of reality. That reality is of course an inner reality whose aim it is to transform outer reality according to its own perfection and limitless beauty and possibilities of expression. PL 227

The word is indeed the creative agent. The word is a psychic nuclear point [Ref PL 214] or a psychic nuclear explosion that creates movement and a systematic chain reaction, one link logically and inexorably following another until the word has become deed, fact, and finished creation. The word creates an energy pattern of further psychic nuclear points, each link, each point being a "word" too, a "sub-creative agent," as it were. Each word is a blueprint [*i.e. plan, prototype*], without which the structure cannot be built.

The word that is spoken reveals the will that motivates this particular word. It can be the divine will or the will of the cut-off, ignorant, and destructive particle of consciousness. The word is the sum total of your beliefs in any given area where you speak the word -- be it conscious or not. The word is the blueprint behind all you can see, experience, feel. There are many words creating many aspects of creation -- in the planetary system, in the mass consciousness, and in the individual consciousness. [*The Power of the Word*](#) PL 233

Visualization is quite essential to the creating and recreating work you do in meditation. Unless you can visualize the state you are to grow into, it is hardly possible to reach it. Therefore, an example or a prototype provided by a figure who already has attained the desired state is essential if you are to print the proper concept onto your mind.

This map, or blueprint, is the first step; it is the idea that later materializes. Without an idea, materialization is impossible.

[*Visualization Process for Growing Into the Unitive State*](#) PL 210

Exercise 1c: Terms like 'life tasks' imply specific vocations, professions, or causes, just as 'soul mate' suggests a single, perfect romantic relationship (vs. all interactions having spiritual meaning and purpose). Instead, consider your 'seed plan' or 'blueprint' as having been initial models or prototypes that were intended to constantly adapt, based upon your perceptions and interpretations of life events. That is, your plan is truly organic = derived from you, a living organism.

Your Blueprint is Constantly Adapting

You are already preparing your next incarnation now. For according to how much of the plan you are fulfilling, your next life will afford you the possibilities to turn to other things necessary in your overall development; but if you do not advance, or only partly so, the purpose why you came this time will have to be repeated, or at least partly.

On the other hand, it also happens occasionally that a person fulfills a little more than he set out to. Or he brings the plan to fulfillment before the life-span is over so that what was meant to be accomplished in the following incarnation can already be begun now. This changes the plan for the next incarnation, as it was drawn roughly, as sort of an overall *blueprint*, subject to change in any direction until the time has actually arrived. [Preparation for Reincarnation](#) PL 34

Exercise 1d: Honor any existing beliefs regarding reincarnation (if needed) by re-framing this as ways the events of this life affect plans already in progress for the next stage of your eternal existence – whether that continues on this planet or in the world of spirit.

Consequences of Blocking Organic Growth

However, when the movement is being stopped -- when the outer consciousness resists the process, makes itself insensitive to it, and thus ignores its urgings -- then the energies are not allowed to unfold in their intrinsically harmonious way. Then, the constructive power of these energies turns destructive -- though 'destructive' only in the light of limited human vision (Actually, the destruction is always aimed to eliminate the obstructions, the untruth, the infringements on divine unfoldment).

The blockages the consciousness sets in the way of the released energies need to be dissolved, and this manifests in the life of the person as upheaval, crisis, painful destruction. The individual needs to learn how to see and understand these happenings. They are not haphazard events.

Whenever the consciousness is open, is in truth, is positive, is according to divine law, the energies are moving organically and harmoniously. Wherever the consciousness is contrary to truth, to divine reality, to divine law, the energies are being inverted and turn, apparently, against the self at this period.

PL 227

Exercise 1e: Recall destructive feelings, urges, and attitudes you have held / are holding on to. Could these have been the consequences of inner or outer resistance to an organic growth process?

Daily Review 1.0 from The Call PL 17

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. [The Call](#) PL 17

Daily Review 2.0 PL 28

<http://www.janrigsby.org/files/PDF/028-DailyReview-Suggestions.pdf>

Track your daily experiences of disharmonies. After keeping logs for several weeks, see if you can find a common denominator.

Graphic created by Shakila F.

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

Week 2: Spiritual Growth and Development

I often mentioned that the planet earth is an entity and the same laws of growth, the same stages and phases and periods of unfoldment apply to it as to the individual. With the individual entity, as well as with the planetary entity, each period of expansion is quite distinct. The energies that need to be released in order to make the expansion inherent in the seed plan possible must be strong. Hence the positive manifestations are extremely noticeable.

Changes, palpable unfoldments of new potentials, renewed creativity, new approaches to self and others that reveal a much greater maturity, increased well-being and bliss, increased vision of new alternatives for self-expression – all these are the manifestations of when these energies are utilized according to plan.

This is a process that embraces all being, all creation. What applies to the individual entity, applies just as much to the planet. PL 227

The more individuals dissolve their destructive conscious and unconscious processes and transcend them by reaching into the unified divine depths, the more the world consciousness must change. Thus each individual contributes much more to the shape of the world by his own development and growth than he can possibly appreciate.

[*Life Manifestation Reflects Dualistic Illusion*](#) PL 159

Exercise 2a: Notice if you are *willing* to believe that the spiritual development of each individual contributes to global spiritual development, to *any* extent. Then, consider how the *willingness to believe this* might affect a person's attitudes towards life, and impact their day-to-day decisions.

The Spiritual Meaning of Crisis

Crisis and destruction are the manifestations when the new energies are not recognized as an influx of divine forces, and are therefore resisted -- as if they were a hostile force. All regressive and reactionary attitudes, as well as radical revolutionary ones, are nothing but such blockages. Radical revolutions are merely the outward projection of what is held back within, with the emphasis misdirected. PL 227

Crisis is an attempt of nature, of the natural, cosmic lawfulness of the universe, to effect change. If change is obstructed by that part of the consciousness that directs the will, crisis must be the result in order to make structural change possible.

Human growth means to free the inherent potentials, which are truly infinite. Where negative attitudes stagnate, infinite unfoldment of these potentials is made impossible. Only crisis can shake loose and tear down a structure that is built on wrong premises, contradictory to the laws of cosmic truth, love, and bliss.

Crisis corrects the frozen state, which is always negative.

[*The Spiritual Meaning of Crisis*](#) PL 183

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. Rather, this makes it possible to change the energies, feelings, and creative power that are involved in these negative attitudes into positive attitudes.

[*Roscoe Lecture – Next Steps on the Path*](#) PL 209

Humans Share a Common Reality

The earth sphere, or the material world, has been created for man for a certain purpose. The main purpose is development. On this earthly sphere, development proceeds infinitely faster. But your earth sphere -- with all its things on it, landscapes, mountains, seas, houses, any object you have, -- exists objectively, and does not alter its shape according to people's attitudes. In other words, you see this room the same way as a person of much higher development, or as a person of much lower development. The objects in this room remain the same for any human being with normal sense perception.

[*The Call*](#) PL 17

The transition from automatism (the first stage) to awareness (the second stage) is one of the most difficult that man passes through. Awareness means acknowledgement of one's limitations, facing wrong conclusions, destructive emotions, self-defeating devices, lack of integrity in the widest possible sense. The only way that knowing divine principles can come about is through a highly personal experience of the untruth that blurred the way, so far, to that particular truth.

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

Exercise 2b: Re-consider past or present conflicts (personal or cultural) in terms of 1) one aspect desiring growth with the other is resistant to change, or 2) different needs, goals, or time frames that overestimate benefits and under-estimate consequences.

Planetary Growth

How does this apply to the present new influx of the unfolding Christ consciousness in this new age -- which is one of those stages of expansion I have just discussed? If an individual is ready to reach adulthood but blocks it, the adult energies being released in the psychic, emotional, and physical system will create a crisis.

Your planet is ready for adulthood and strives toward unfolding it. Yet the planet also harbors resistant elements that want to ignore the process, that fear and resist it. You can recognize factions of people who are totally oblivious of inner processes. You can also see the factions, the groups of people who sense some of these processes.

And then there are those who are very keenly aware of the inner reality, and see the outer reality for exactly what it is: merely a reflection, a manifestation. PL 227

Exercise 2c: Review the Spiritual Principles (below).

Notice if there is (at least) one that you full-heartedly accept as an expression of spiritual truth.

If you were able to translate this principle into law, how would it be enforced?

How might the same principle be interpreted differently by other cultures and nations?

Notice any forcing currents [Ref: [*Self Confidence*](#) PL 77] or sense of righteousness.

The Spiritual Principles With Which We Manage Ourselves To Create Heaven On Earth

The Pathwork Purification Process is the way we stay true to spiritual principles.
Excerpts from Pathworker Contributions Document (PC10)

1. Principle: Law of Self-Responsibility

You create your own reality. PL40 Your life experiences are a reflection of the beliefs in your soul. You should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, it is your misconception that has caused it. PL48 Only you create your own happiness and unhappiness. Nothing can come your way that is not self-produced. PL60

2. Principle: Law of Paying the Price

There is a price to be paid for each desired gratification. PL29 Every advantage has its disadvantage. PL41 The disadvantageous side of each alternative or decision has to be faced and accepted. PL32 The price for illusion is extremely high. The more you want to evade paying the natural and fair price, the heavier the toll becomes. This is unalterable law. PL60

3. Principle: Law of Cause and Effect

Every thought and attitude, whether conscious or unconscious, if a definite act. But the more unconscious, the greater the consequence. PL57 The primary result on this Path is the understanding of your own cause and effect and the sense of strength, self-reliance, and justice that this gives to an individual. PL100 It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels. PL245

4. Principle: Law of Living in Truth (Facing Life)

Not living in truth set you apart from God. PL29 The more you try to deceive, the more will you deepen your feelings of isolation or loneliness. Realistic self-recognition is the foundation of development. PL31 Truth must be experienced, not just known, to have an effect. PL60 To face life's reality means to face yourself as you are, with all your imperfections; embrace life whole-heartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, *'In order to be come what I would like to be, I must first, without fear or shame or vanity, face what is in me.'* PL25

5. Principle: Law of Brotherhood

To be able to open your heart to another brings spiritual help that you could not receive by yourself. PL26 As long as you keep things hidden within you, it puts everything out of proportion (you exaggerate or underestimate). PL31

6. Principle: Law of Transformation of Negativity

The strength with which your divinity can penetrate the ego structure and manifest depends on the degree evil has been transformed throughout the evolutionary development." PL222

7. Principle: Law of Lack of Awareness

It is one of the immutable spiritual laws that lack of awareness of one area in you prohibits awareness of another. This is why the purification process is above anything else a process of making things conscious. This awareness unifies you. It is the aim of this Path's approach to help towards a reunification of everything that has ever split off. PL193

8. Principle: Law of Consciousness Reflects Experience

Working out of abundance, produces abundance; but working out of poverty and need produces more poverty and need. PL132

9. Principle: Law of Fully Inhabiting a State of Consciousness in Order to Grow

You have to reach a certain state, and fully be in that state before it can be abandoned for a further state. It is often overlooked by man; even more often, totally ignored. This is one of the great, important laws for man to know and deeply comprehend. PL132

Excerpted and edited from Pathworkers Contribution 10 / PC10 ©The Pathwork Foundation 1958
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Focus on Outer Leads to Illusion of Separation

The lower organization of consciousness that is focused only on the outer manifestation is in a state of separateness. It is unable to perceive the oneness of all being, and therefore it proceeds in ways that split off the self from the others.

Selfishness, greed, ruthlessness, unconcern, and cruelty are manifestations of this turn of mind. Since the precepts behind these attitudes are based on illusion, they must ultimately prove painful and unworkable and are being destroyed by every new influx of divine energy.

The blindness that is unable to perceive the oneness of all being is distinctive. It is based on the apparent diversity of interests between self and others. The personality thus involved can see no further than the immediate point and neglects, nay, refuses, to see beyond this point. It remains unaware of the connecting links.

PL 227

Exercise 2d: Reflect upon times you were preoccupied with your own interests, unable to consider the needs and interests of others. Extend empathy to those who are currently in such an ego-focused state of mind, who lack the awareness that you now possess.

You Experience as You Believe = Life Reflects Your Beliefs

The lesson to learn in the age that mankind has just left behind, which we can call the early adolescent stage of planetary consciousness, was to make a very crude kind of distinction between good and evil, between social and anti-social behavior, between constructive and destructive acts. This was a totally dualistic state; inevitable, since the consciousness of the planet was not able to perceive beyond dualism. It was also a necessary preparation for the next state, the one into which you have entered now.

You have to acquire the strength of character to withstand temptation before you can realize that nothing is being sacrificed by growing up, because your real interest cannot ever be different from that of others. If a man gives up what seems his interest because he recognizes that in not doing so he would bring harm to others, he prepares for the following stage of development when he can see the fuller vision. This also applies to the planet as a whole.

If these attributes seem to extract severe sacrifice, sacrifice must be experienced. For you shall experience as you believe.

PL 227

Exercise 2e: When our understanding of a dynamic is accurate, we can process information faster by relying upon prior experience. The brain creates ‘short cuts’ by ‘filling in the blanks’.

Recall times when you were operating on *false* beliefs or *misunderstandings*. If there had not been some kind of ‘reality check’ where you were able to realize the discrepancy / disconnect between what was happening vs. your expectations, how might you have remembered the experience? ‘

Week 3: Outer Manifestation as a State of Separateness

The dualistic way of seeing reality is still very deeply imbedded in the human consciousness. And when the focus of consciousness is deeply imbedded in this perception, then indeed everything experienced seems to be a question of either the self or the other, and the conflicts of conscience that result from this vision are often quite severe.

Needless to say, all human beings cannot always make that apparent sacrifice in order to preserve or establish decency, fairness, kindness, constructive behavior because such action is so deeply experienced as being against the self. Therefore when man is sacrificing from a dualistic consciousness, he does so often to his detriment.

Such sacrifice is illusion, not divine love, kindness, and fairness, not decency and honesty. But if these attributes seem to extract severe sacrifice, sacrifice must be experienced. For you shall experience as you believe. PL 227

Sacrifice as defined by American Heritage Dictionary AHDictionary.com

1. The act of offering something to a deity in propitiation (to gain or regain the goodwill or favor of; appease): or homage (ref: formal acknowledgment by a vassal of allegiance to his lord under feudal law). Especially the ritual slaughter of an animal or a person.
2. The act of giving up something highly valued, for the sake of something else considered to have a greater value or claim: *Social activism often involves tremendous sacrifice.*

Exercise 3a: Review commitments that you have made that did not last. We call these ‘sacrifices’ when we don’t understand or appreciate the benefits, or when we are unwilling to ‘pay the price’ {Ref: [PC10](#), included above) for wanting a change to the original ‘terms’.

What harms the self harms others, and what harms others also harms the self.

You have all experienced, in your purification process, how resentful and deprived you feel when you refrain from destructive behavior; and also how guilty and self-rejecting you feel when you give in to the temptation of following the call of the immediate desire of the lower self. The laws and mores of civilization in the age just past are hinged on this basic duality, thus on an expression of limited vision of reality.

At the same time, this limited vision was a much needed testing ground. All the manifestations of strife and upheaval, natural as well as man-made, were an expression of this conflict between the seemingly divergent interests of the self and others.

Now this age has come to an end. Those who have sacrificed for the good of all, for the sake of a divine principle, will find that this is no longer necessary, that a deeper level of truth can be reached. For you now see that *what harms the self harms others and what harms others also harms the self*. Those who have acted primarily on the selfish and destructive level must come to a change of heart if the powerful energies that are being released on the inner plane of the planet are to be creative and furthersome for them. Otherwise they will create unbearable tensions that must culminate in crisis. PL 227

Exercise 3b: Notice where you may not be ready for all of these changes to happen at once, and are resisting your own spiritual call -- until your Ego/mind is able to feel safer, more in control.

A New Age of Consciousness

The planet earth has come to a stage of development in which the old structure can no longer be maintained. It cannot bear the tensions and restrictions of the old limited consciousness. A new vision must be gained where all is one, where the self and others are perceived as one.

You have to look for this new vision *beneath* the limited vision to which the immediate consciousness is so accustomed. This new vision brings enormous peace, security, joy, self-expression. This is not an illusory image of wishful thinking I present here. It is stark reality.

You all know, my friends, that the distinction between people who are still steeped in the old consciousness and those who are in the new perception is not always simple. For man is not cut of one piece. There are many human beings who are on the brink, who need help and guidance to pull them over into the new. Even those who are by and large ready to let the new consciousness express itself through them, whose personality is already in the new Christ consciousness, find areas within where the old, the selfish, narrow vision is still maintained. Those are the areas you call your "problems."

Perhaps we can now see this in a different light, in a more comprehensive light. It is too simple to say that these are "problems." They express a rhythm of growth and expansion.

PL 227

Exercise 3c: Regardless of your vocation or life circumstances, the Pathwork lectures invite you to consider that you have a spiritual task, related to the timing of your incarnation. Spend some time visualizing what your part in this grand plan might be. Explore being more willing to participate.

Your Task is Very Important

There are those who are already prepared for this new age of consciousness, and in this sense this consciousness already exists. They are the pioneers. They create a new civilization. The beginnings have already been made in various places all over the earth.

There also exist quite a considerable number of human beings who are not quite yet in the new consciousness, but are capable of reaching that state.

Your task is very important, for you are not merely concerned with those human beings who have attained the new consciousness, who are pioneers in creating a new civilization. You are also called upon to undergo your own purification work, your own growth process so that your inner vision will be enlarged, and your present state of manifest consciousness will alter according to the potentiality inherent in your seed plan.

Then you can help others in many, many different forms to accomplish the same, There are also many human beings who can and are willing to undertake the necessary steps to widen and deepen their consciousness according to their potential plan.

This work of preparing more and more individuals in their inner consciousness for the inner reality to unfold really means very plainly just one thing: it means liberating God within you, liberating God within the general consciousness of man.

PL 227

Exercise 3d: What does that last sentence mean to you?

Outer vs. Inner

The God consciousness that existed in previous ages was always projected outward, as you well know. Then, as a necessary preparation, the pendulum had to swing into emphasis on the self. The individual had to give up God outside so as to fully assume responsibility for the self.

But before finding God inside -- to make the transition from God outside to God inside, to bridge that gap in time and space as you know it -- a period of atheism or agnosticism had to come as a transitory state that prepared the individual for full autonomy and selfhood. This had to happen first only on the outer levels; for full autonomy and selfhood on all levels can of course exist only when God is liberated within, and when your oneness with God has been found. That is reality.

PL 227

Exercise 3e: Notice if you were consciously (or unconsciously) expecting a list of Inner Laws to replace Outer ones!

Areas of Conflict are in Resistance

Now, my friends, where the planet earth resists the powerful energies and does not follow its seed plan, its development has to proceed in different ways from those aspects of the planetary consciousness that are ready to embrace the new. This division is necessary, organic, and inevitable. Those individuals who are blind to the meaning of the crisis that arose as a result of obstructing the movement will experience it as if they were victims and as if everything were hopeless. But those in the know are aware of the real meaning of the crisis and do not fear it. They know it is a change that may, at the moment, present some difficulties in the process of adjusting to new modalities, but they also know that this means welcome liberation and greater joy.

It is exactly the same within the individual. You here, on the path, in your own personal life find out incontrovertibly, without a shadow of doubt -- if you are willing to really look, -- that each crisis you experience means a negation of truth, a violation of your divinity. And that is why you are in pain, crisis, and difficulties, and that is how you are suffering as a result of blocking an immensely powerful stream of energy and growing force.

But as you gain this awareness, you also gain a wonderful weapon, a wonderful **key**. It is indeed a key. With that key you can open, you can see, you can recognize, and you can truly change those areas of consciousness where you have blocked and thus inverted powerful creative energies so that they have turned against you. You learn on this path to harmonize the whole process by surrendering all of you to the Christ that is awakening within you, on your inner plane of reality. Exactly the same process applies to the planet.

PL 227

Exercise 3f: What kind of awareness does the 'Key' above describe? How might your awareness need to change?

Week 4: Change Requires Commitment

Now, the understanding of this lecture, my friends, should help you greatly on a deeper level of your being to commit yourself to change. For change is one of the by-products of the new age. Of course, the same applies to many areas, but I will now choose a specific one.

PL 227

Exercise 4a: What does a commitment to change mean to you?

Dualistic Structures were Necessary

The rigid law that had to exist for the primitive consciousness had to decree rules of "do's" and "don't's," commands and prohibitions. The totally childish and self-indulgent consciousness needs such rules imposed from the outside. Without it, there would have been chaos, and the most destructive impulses would have been acted out to a much greater degree than they were.

But this also brought a certain rigidity and superficiality. Obeying rules blindly tempted man not to think for himself and not to struggle with the often more complex issues of inner morality. Blind obedience to rules enhanced laziness of thinking, the easy way of not taking responsibility, and avoiding often necessary groping and searching that must precede true answers and enlightenment.

This is why I so often stress, in the guidance I give -- that your customary approach of one action being the right one, while the other being the wrong one -- is, most of the time, a faulty way of seeing things.

Most of the time either alternative could be governed by the most sincere or the most dishonest motives. Only when you sort out the dishonest ones on both sides can you open the channel to your inner God, and perceive the guidance you require.

This means labor, courage, search. Obeying the outer rule prevents this. What I have showed you, in how to approach such questions, is truly an expression of the new age consciousness that will spread much more over the planet as mankind develops. PL 227

Exercise 4b: Where do you meet only Outer Law requirements in your daily interactions?

The dualistic approach creates confusion and distortion of truth in another way

There are those who claim a specific attitude to life is desirable, while its opposite is supposed to be undesirable. Others completely reverse this. Each uses the distortion, exaggeration, and fanaticism of the other as a "proof" that his side is the "correct" one. Painstaking treatises are written in which a lot of half-truth is being used to present one side of the matter.

There are many, many such topics that undergo the same fate of rigid division, some of which I have given particular attention to throughout the years. I have shown how the dualistic either/or is a rigidity and short-sightedness that is no longer applicable. But it was an inevitable by-product of the rule system. It came from the superimposed rules which the primitive consciousness required in order not to destroy willfully, blindly, selfishly in a state of alienation from others, where the other person and his pain are not experienced as real.

I do not say that mankind has now sufficiently progressed so that outer rules are no longer necessary. Obviously this is not yet true. There are always those who would still harm others willfully and selfishly, cruelly and irresponsibly, and even do, in spite of the rules and laws from outside. But this applies only to the darkest, most undeveloped aspects of the lower self of the entity -- individual as well as planetary. To an increasing degree the rules begin to make way for an inner sense of morality and conscience, as it has never happened before. PL 227

Exercise 4c: Despite current global and national conflicts, consider how far we have actually advanced. Paradoxically, reversions to more primitive methods of 'winning' are far more noticeable because they are less frequent.

The Code of Hammurabi (1755-1750 BCE in Babylon) has been vilified for the legal principle of 'an eye for an eye', however this was a tremendous advancement in the rule of law! It limited the extent of reprisals, and set up a framework for justice vs. retribution.

There cannot be growth and creation without also destruction.

Destruction of destructiveness I have called it before -- or, destruction of that which is already obsolete and therefore needs to go.

Yet the manifest consciousness clings to it and opposes the movement. It may have had its functions in the past, in a less developed state of consciousness, but to pursue it now makes no sense. You all know that from your individual work.

You find within your soul substance attitudes and reactions that were very understandable -- and even appropriate when you were infants and small children. But you pursue them, you hold on to them, as if these attitudes still had reality value.

Precisely to the degree that you are doing this, you create obstructions, unhappiness, strife, frustration, crisis, and finally destruction so that the old can crumble and you can begin to rebuild.

If there is willingness to give up the old, obsolete attitude and adopt a new, more appropriate one; painful crisis and destruction are unnecessary. The change occurs most organically, harmoniously, and beautifully.

Where you hold back deliberately, deny, and choose to delude yourself that it is all right, that it does not matter, or that you cannot do it, that it is too difficult, you invite inevitable crisis and pain. Exactly the same applies to all of mankind as one entity. Each individual is what an aspect or attitude is in relation to your total personality.

Just as you find yourself in inner strife because part of you wants to grow and part of you wants to hold back, so it is with the planet. Parts of it want to grow, while other parts want to hold back and deny that there even exists such a conflict. There are those who want change and those who resist change. PL 227

Exercise 4d: What do you hold on to, that you know is past its 'use-by' date? Explore why you hold on. Notice what 'price' you pay for doing this (see 'Paying the Price' from PC10, above).

Explore creating a brief statement that would remind you to re-examine old attitudes and habits once you realize you are falling back into these patterns. Take a look at some of the statements in the [Stages of Commitment](#) AD6 (samples below).

Sample Questions from Stages of Commitment AD6

[In 1978 the Guide suggested a process for formalizing different levels of commitment for members of the Phoenicia Pathwork Community. Today, these Stages are best known by those training to become Pathwork helpers and teachers, or who take on leadership roles in their spiritual communities.

In Pathwork Steps groups, once a year I invite those who wish to deepen their personal work to consider taking a Stage 1 Commitment in front of other group members. This can have a powerful effect on our awareness about what needs to be released in order to move forward to a new plane of consciousness. Consider reviewing the commitments to see if they inspire you. Jr]

Stage 1 focused on acknowledging that membership was not only about one's individual needs:

Question 2/5: Although at this point of your commitment, your involvement is still only on a more or less individual basis, are you willing to *allow* for the fact that you are entering a spiritual community whose aim goes beyond personal development?

Question 4/5: Do you commit yourself 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

Study guide and related documents at <https://www.janrigsby.org/additional-concepts>

Watch the 2022 Commitment Ceremony <https://youtu.be/bBV2SeP0dss> 53mins

Stage 2 was suggested for anyone interested in community leadership:

Question 2/5: You are now a part of a larger community and, as such, you share responsibility with all your Path brothers and sisters in the building of a new society. Are you willing to carry this awareness with you and consider it whenever issues come up?

Stage 3 was suggested for those interested in becoming Helpers and teachers:

Question 3/3: Are you prepared to want to, not have to, contribute in some way to the growth of the community? Do you pray for the love of this venture so that giving to it will become your self-interest?

Stage 4 was required for all Helpers:

Question 4/8: Do you commit yourself to become a model, an example for those whom you will help, and others who will look to you as an authority figure?

Question 5/8: Do you do your utmost in your focus in your personal pathwork to resolve whatever authority problem you may still have? For how can you be a truly inspiring authority and leader if your attitude toward authority is still distorted? Are you willing to give up the seesaw between placating, submission, and rebellion and spite? Do you give up the ruse to use the latter as an antidote against the former?

June 2022 Newsletter: [Stages of Commitment](#) AD6

Exercise 4e: How do the Stages of Commitment illustrate Inner Law as opposed to Outer Law? Suggestion: re-write one of the questions so that an individual's performance could be objectively evaluated. Notice the difference between inner commitment and outer 'proof'.

Week 5: Inner vs. Outer Laws

On your psychological inner path, in your emotional life, no rules are applicable -- at least no rules from outside. But on your inner path, you find the beauty of divine law that is working in utter perfection as well as benign love and justice.

The child, the lower self in you, may blindly rebel against the laws, but once you want to awaken, you must be overwhelmed by the grandeur of this divine scheme -- in which all is well, and there is nothing to fear if you choose to see it and go with it.

PL 227

Exercise 5a: Reflect upon the truth that your inner life can be as free and creative as you choose to allow it to be, despite any outer circumstances.

You know your inner truth.

No one else can tell it to you. No one act is right or wrong per se, on that level.

Yet it is also true at certain times that your inner plan, your divine self, wishes you, needs you, to go into a certain direction and not in another. But this cannot be superimposed from the outside. Only when you go very deeply into yourself and transcend the rules, the public opinion, the facade, and then transcend the self-interest that comes from the lower self, and then transcend the need to please as well as the need to rebel and to spite, will you find the ultimate truth in regard to that particular question for which you seek guidance from your higher self.

All outer help given can only show you how to go so deeply and how to recognize your investment in a false vision of reality. Those outside you can often see the maze you cannot see and can therefore help you. But the ultimate realization is of your inner law, as you find your inner God.

PL 227

9. Principle: Law of Fully Inhabiting a State of Consciousness in Order to Grow

You have to reach a certain state, and fully be in that state before it can be abandoned for a further state. It is often overlooked by man; even more often, totally ignored. This is one of the great, important laws for man to know and deeply comprehend. [*Function of the Ego*](#) PL132

[*9 Spiritual Principles*](#) PC10 (full list in Week 2 segment)

Exercise 5b: The process of becoming aware of our inner plan(s) is not a one-time event; it is lifelong. Awareness comes in stages; this allows time for integration of new understandings.

Review the different decades of your life, and consider how your teen experiences helped you evolve into your '20s, and so on. How might your reality today be changed, if you had 'skipped' an entire decade of self-development?

Outer law is often parallel to the inner law.

Many outer laws are manifestations of divine law, but have lost the dynamic connectedness with their divine origin, and are therefore disconnected structures.

When it comes to destructive acts of killing, stealing, or in other ways robbing others of their rights, there can be no question that the outer law is parallel to the inner law. But then we also get to more complex situations where the inner law is not that simple.

This is what I am discussing now; where an approach such as you are learning can bring forth the truth and reality of the divine law on an inner level.

At times you will find that the outer law may be completely opposite to the inner law of God. On the crassest outer level of manifestation, the following is a simple and obvious example. If you happen to live in a land whose government is corrupt, and requires the individual to commit acts against humanity (that is, against God), to follow the outer law would be going against divine law. It requires a great deal of courage on the part of an individual to stand up for the inner truth and deny the outer law. But man can lose himself in the maze and can take refuge in the outer law, for that may be the easier way. By the same token, man could misuse the words I am saying; he could misuse these truths in order to justify a lower self trend to defy an outer law.

Again, very close inspection of the real motives and attitudes is the only true answer. There are no rules about when to follow and when to break rules or how to follow them.

PL 227

Exercise 5c: Consider examples of how outer laws attempt to manifest inner law / divine law. As in a previous exercise, notice how hard it is for laws to be all-inclusive of positive intention.

Christ consciousness is not rebellion and revolution. It is not in itself destruction of the old. It is reformulation and change, a new organization of eternal values that have already existed in the old consciousness but which must be expressed in a new way in the new age. Christ consciousness brings a new morality that little by little wipes out the outer commandments, outer regulations, and outer written and unwritten laws.

However, I repeat, laws are still necessary for quite a time in your terms, but the trend is in this direction. Where you are in your lower self and act it out, you need those laws to protect others. But where you have outgrown the lower self, you do not need to be told not to bring harm onto others. You know it, you have no desire to do so.

PL 227

Exercise 5d: The concept of Christ in the Pathwork lectures does not mirror Christian theology or institutions, and the Guide specifically states that individual religious beliefs are to be respected.

If you feel distracted by the religious overtones, focus on the archetype they suggest. What consciousness would a human being have if they were able to be fully present with their inner divine origin; their unique spark of God substance, while still in human form?

Freedom and change are inseparable. Enslavement and rigidity are equally inseparable

In the more complex matters of personal relationships to self and others, the laws are already dissolving, for the new consciousness makes them superfluous. To the degree you allow God to awaken in you, you liberate your inner God, and then outer laws will disappear. The laws of morality will be completely flexible and will be what they actually are.

Each case is different. But for that, you need the labor of self-knowledge, the courage and honesty of self-knowledge, so that you cannot be corrupted by the motives of the lower self.

You also need to make the effort to take each individual issue as a separate new issue, and to deal with it completely anew. That is the action of the adult, mature entity; and mankind is moving toward that goal.

But it cannot be done when change is opposed or resisted, for this flexible attitude requires a constantly changing world.

Freedom and change are inseparable. Enslavement and rigidity are equally inseparable. If you want it all so simple that you won't have to search and labor and grope and put energy and attention to whatever the issue may be, if you want it all handed to you, you need to deal with inflexible rules that confine and enslave.

Only he who has overcome his rebellion against authority, because he is his *own* inner authority, because he has that honesty, can be free.

That means embracing change. Each issue requires a changed, new, different, very moving and flexible approach. What may appear as a similar situation that required a certain approach, may in fact be quite different and require an entirely new approach. So, freedom is completely dependent on your ability to change.

PL 227

Exercise 5e: Constant change will result in chaos unless each element is aligned with / to similar guiding principles. Find examples where freedom thrives, generating positive outcomes for all. Be creative! Divine law works on the level of molecules as well as the complexity of daily life.

Now, my friends, I have given you material to ponder. Go deeply into yourself. I say most of you are ready to use this material very productively, not only on the intellectual level. A lot I have said to you will take root inside, and can be observed on an inner level. You can begin to institute true freedom by your willingness to change your mind, your beliefs, your attitudes, your assumptions; by your willingness to give up the obsolete that confines you, and thus to liberate your inner God and establish true self-responsibility -- where you no longer need the confinement and the rigid rules of outer law.

Find that part within that can create an echo now to the words I have given you. Let these words nourish and strengthen you where you need it most. Make room for that ever more emerging new consciousness as it spreads on the inner plane, and fully embrace the movement and go with it. Trust that this can only enhance you and your life. You are all being blessed in truth and in love. Be your God.

PL 227