

Pathwork™ Steps

Cause and Effect On Various Levels of Consciousness

Study Guide for Online Meetings on PL 245

Week 1: Three Levels of Consciousness

Week 2: Cause & Effect Paradoxes

Week 3: Effects of TRUE Surrender to God

Week 4: Effects of FALSE Surrender to God

Week 1: Three Levels of Consciousness

Level 1. On the scale of development of consciousness, there is no cause and effect on the lowest level -- or there does not seem to be.

Level 2. As consciousness raises itself, new connections appear in which effects are seen connected to causes that were previously apparently nonexistent (current human reality).

Level 3. On the curve of development, when consciousness has become totally God-infused, there is no longer cause and effect.

Cause and effect -- is not an easy discuss on the three-dimensional level. As in so many other aspects in cosmic reality, the lowest and the highest seem to have certain common denominators. But what a difference, though, in content, attitude, and underlying thought and feeling! It is probably much easier for you to understand that the primitive consciousness sees the world in terms of unconnected, cause and effectless events than it is for you to understand that in the highest realm of being, cause and effect no longer exist. This is also the most difficult to describe in human language.

Your state of development creates a corresponding reality. This reality contains three dimensions. It consists of time, space, and movement. It also contains the particular degree of cause and effect you can experience.

The sphere of your present reality makes every act weighty with its consequences. It may perhaps be more difficult to see the same relationship between thoughts, inner and more subtle attitudes on the one hand, and life circumstances on the other. So, right here, you can observe a graduation. The more developed a person is, the more he can perceive cause and effect on the more subtle levels. And on this path, this development is very strongly emphasized and becomes very apparent.

PL 245

Daily Review PL 28

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

Exercise 1a: 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 with the sub-topic.

The three levels of consciousness roughly correlate to the Three Spheres of Consciousness of the 50/50 or 'Keys' teachings of Bert and Moira Shaw ref: <http://www.the50-50work.com/index.html> :

1. Individual Self Sphere (ISS)

Symbolized by 100/100; meaning all or nothing: ruled by dualistic thinking, "*I have all or I have nothing*", "*I am good or I am bad*". Consciousness is limited to the individual's viewpoint; understanding is based upon what can be seen, heard, felt or proven to the individual's satisfaction. In this sphere, the concept of 'us' is dualistic, as 'us vs. them'. Ref Unity and Duality PL 143. Correlates to Automatic Reflex, the first of The Four Stages of Spiritual Evolution PL 127, where life is lived reflexively, without awareness of other planes of consciousness. Also relates to Level 1 of Three Levels of Reality PL 162: What you think exists.

2. Universal Self Sphere (USS)

50/50; meaning sometimes I get what I want/need/have a good day, and sometimes I do not; yet these realities are temporary and will change). A growing understanding that we are all part of a whole, that what benefits one person's highest good benefits everyone, and what harms one harms all of us. Incorporates PL 127 stage 2, Awareness, and stage 3, Understanding. Relates to Level 2 of PL 162: What actually exists.

3. Unitive Sphere / God Sphere (GS)

100; symbolizing that there are no divisions and we are all working together in spirit despite the illusions of the Earth Plane). This stage is beyond human understanding much of the time. The Unitive state, as described in PL 143. Manifests as epiphany, insight, and spiritual Knowing, as in stage 4 of PL 127. Lives in all Three Levels of Reality at the same time, understanding ourselves and others and being willing to work with what is possible in a given moment, considering the different stages of development of specific participants within the context of universal highest good = The Plan of Salvation PL 22.

Exercise 1b: Use your perception of cause & effect to gauge your level of consciousness in different areas of your life.

1. Look at the aspects of your life that are harmonious. Where have you integrated the concept of cause and effect so fully that you no longer have to think about it? Not noticing something is not the same as not doing it; there are many aspects of our lives where we are in harmony with the universe and spiritual law. See if you can relate this to the 3rd level of consciousness or the Unitive Sphere (GS).

2. Look at disharmonious aspects of your life that you have noticed recently / have recently come into your consciousness. Can you discern a cause and effect connection today that you were not aware of previously? Relate this to the Universal Self Sphere (USS) or to a lack of acceptance of 50/50.

3. Notice where you feel that you have 'gotten away' with being unloving, uncaring, unresponsive, unhelpful, in that there is no external evidence and/or no one has called you out on these feelings, thoughts or actions. If you can notice such thought / feeling patterns, you are not fully /100% in Automatic Reflect or Individual Self Sphere (ISS).

Week 2: Cause & Effect Paradoxes

Cause and Effect on the Earth Plane

Your thoughts and your feelings are spiritual creations. They create forms of all kinds in the spiritual world. If your life is in accordance with your destiny, if you fulfill the maximum you are able to fulfill according to your development -- which is, alas, not often the case -- you must create forms that will build harmonious spheres, buildings, landscapes, etc. in the spirit world.

This may sound incredible to some of you. However, my dear ones, I assure you it is true! And there is not one of you for whom the day will not come when you will convince yourselves of this truth -- not one of you. As a matter of fact, when you will see it, you will know that you have known it in spirit all along. This knowledge was only temporarily blurred from your consciousness while you were incarnated.

People who give in to their lower self create forms corresponding to the degree, strength, and type of their lower self, which does not exclude that they also simultaneously create harmonious and beautiful forms in the measure their higher self is allowed to function.

Influence Between the Spiritual World and the Material World PL 15

The sphere of your present reality makes every act weighty with its consequences. It may perhaps be more difficult to see the same relationship between thoughts, inner and more subtle attitudes on the one hand, and life circumstances on the other. So, right here, you can observe a graduation. The more developed a person is, the more he can perceive cause and effect on the more subtle levels. And on this path, this development is very strongly emphasized and becomes very apparent.

If you commit an overt act -- you kill someone -- the consequences will be obvious. But if your thoughts kill another human being by maligning him or her; by ill will; by accusations that may or may not be true as far as they go, but are never questioned; if there is no benefit of doubt given and no attempt made to create a different reality through honest exchange, this secret "killing" has just as definitive consequences as the physical killing. But they may not, at first, appear as obvious. Only as man progresses in his development and raises his consciousness is the connection between cause and effect made more apparent.

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Exercise 2a: When was the last time you energetically wanted to kill someone -- by maligning them, by ill will, by accusations that may never have been spoken and that no one but you knows about? Consider the 'sphere' or world' that was created by your thoughts and feelings.

Cause and Effect on Other Planes

In your three-dimensional world, representing a certain state of consciousness, you find yourself "in the middle," as it were. This applies to many areas. Your world is neither all good, nor all bad. Your personality is neither all good, nor all bad. You neither live in a heaven, nor in a hell. You represent a combination of both extremes. This, incidentally, is such a clear indication for those who doubt that there are other worlds, other realms -- therefore other states of consciousness -- that your sphere could not possibly be the only reality in the

universe. For if some good exists in you and in your world, more degrees of goodness must exist. And finally all good must equally exist. The same applies to the bad: if there is a little bad in you and your world, there must also exist spheres of consciousness in which there is more and, finally, all bad.

You are also "in the middle" in regard to cause and effect -- or your perception of it. It is, of course, always a matter of your perception, for what you perceive does not change in itself. Your vision changes as you grow.

When you commit an act, it is irreversible. Its momentary consequences are irreversible. You may later modify this act. You may correct it if it was a mistake. You may use this act and what led to it within you as material to raise your consciousness and widen your vision and perception. You may thus, in time, wipe out the effects of a negative act. But at the moment, the act is irreversible. The consequences cannot be annulled. If consequences exist at the moment but can be eliminated in time, after a time, you can begin to glean that cause and effect is very much connected to time.

Where you have fear, insecurity, anxiety, self-doubt, conflict with others, altercations with your environment, or any kind of unfulfillment or frustration, there must be the underlying cause in which you deny the call of your soul. Use this clear and simple gauge.

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Exercise 2b: Assume for a moment that everything the Guide says is true. If we are all connected to the unitive, then a part of us knows all truth.

Consider how a knowledge of other worlds might have caused humans to interpret them as Heaven, Nirvana, Purgatory, the Underworld, or Hell based upon our limited understanding of what we were sensing. Even Tolkien's 'middle earth' stories in The Lord of the Rings could be based such truths, and be part of their enormous appeal = we resonate without knowing why.

Cause and Effect Paradoxes on the Earth Plane

Paradox = A statement that seems to contradict itself but may nonetheless be true, or that exhibits inexplicable or contradictory aspects. I.e., that standing is more tiring than walking, metaphors like 'the silence rang in my ears'. From the Greek 'conflicting with expectations', para = beyond and dox = opinion / to think. www.ahc.com From an online recipe for a veggie smoothie: "Do not expect a no-fruit smoothie to be sweet. Shift your taste expectations! Be open to a new taste delight."

When you can truly see cause and effect relationships in your life, not only will you be motivated to want to give up negative attitudes and intentions and to institute positive intentionality; you will also gain awareness and emotional and spiritual maturity.

Maturity is to a great extent the ability to put cause and effect together. The ability to put cause and effect together also indicates the degree of awareness an entity has reached through his development. The more cause and effect can be linked; the more maturity exists; the more awareness exists; the more positive attitudes and positive intentionality will be fostered; and proportionately, the greater the peace and rich fulfillment. Universal, ever available abundance becomes realizable in equal proportion. Lack of peace and fulfillment always connotes lack of awareness; lack of maturity; lack of awareness of cause and effect relationship, linking up to negative intentionality.

Commitment: Cause & Effect PL 196

Connections between Cause, Effect, and Time

Your state of development creates a corresponding reality. This reality contains three dimensions. It consists of time, space, and movement. It also contains the particular degree of cause and effect you can experience.

For example, if you do not believe that a negative thought has specific and actually quite tangible results, how could you possibly be motivated to correct these thoughts? With time, correction can be undertaken, so that, again in time, the effect will be eliminated. By the same token, your life-affirming, truthful thoughts, attitudes, and actions inwardly or outwardly have correspondingly desirable effects.

If you are unaware of the relationship between the cause and effect here but perceive the effects as coincidental and haphazard, you will not be encouraged and strengthened in the truth that love and goodness are the supreme power.

The higher self -- the divine part of you that does not participate in any negative, destructive actions, thoughts, or attitudes -- is therefore not by them. But those layers of personality that are still involved in false perceptions and therefore destructive, untruthful, and unloving acts (attitudes) must work themselves out of this morass. **And this happens with time, in time. So cause, effect, and time are intrinsically connected as different manifestations of the same reality.**

You can perhaps also begin to perceive that the three-dimensional world with its limitation of time, space, and movement; duality; and cause and effect are all directly related to and connected with impurity, distortion, limitation of vision and perception, an untruthful world view. At the same time, time, space, and movement; the three dimensions; the struggle in regard to duality; and cause and effect become the very tools the soul needs in order to transcend this entire realm of consciousness. Perception is the cause of certain actions which create certain effects, which in turn can be the medicine needed to overcome the causes creating these effects.

In the most primitive state of consciousness even the most obvious and overt act appears as an isolated thing without consequences or connections, without either cause or effect. The primitive person who commits murder may truly believe that his act has no further consequences, either for himself or for his victim. Nor will it occur to him to search for causes within himself that make him desire to commit this act. Therefore the act never becomes a medicine that will, in time, cure the disease of evil.

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Exercise 2c: Imagine a world without time, where there are no distinctions between past, present, and future. Consider the Guide's suggestion that your Higher Self is unaffected by cause and effect, because it knows the outcome even before a sequence of cause and effects begins. Then, look at an actively disharmonious or uncomfortable aspect your life today.

How might your attitude change NOW if you already knew the answer, the outcome?

Consider: what actually changes because of understanding, since in this exercise none of the earth plane realities changed – except, perhaps, your attitude?

Week 3: Effects of TRUE Surrender to God

I would now like to discuss total surrender to God. You all battle with this central question or problem. The resistance to follow this call of your soul is exactly what causes all discomfort, pain, suffering, anxiety, and discontent.

Surrender to God is an innate soul movement. It is your ultimate fate without which you can neither fulfill yourself nor can you fulfill your task. In connection with cause and effect, surrender to God (or the lack of it) affects every conceivable aspect of your inner and outer life.

Since this is a natural, innate soul movement, it means fulfilling one's destiny. It brings about a balance and harmony in the entire organism. In the mental organism, truthful perception, clarity of vision, and realistic understanding reign. Thus a great harmony and peace of mind exist. Conflicting perceptions, confusions, and therefore frustration, are wiped out. Enlightenment and insight into apparent conflicts make all the pieces of the great puzzle of life fall into place.

On the emotional level, this mental clarification of opposites creates an entirely new mode of being, of reacting, of feeling. For example, loving no longer appears weakening and humiliating. On the contrary, it creates healthy pride and dignity. Surrender to God avoids one of the greatest pitfalls of human kind: **surrender to superior negative power structures**.

The moment the natural soul movement, man's innate destiny -- to surrender to God -- is obstructed and resisted against, substitute, false surrender must follow suit.

If you fear a human authority, whether this authority really abuses power or if you only imagine it does so, hardly matters; it is because you depend on this authority in some tangible or intangible way.

-- You may then respond (to this dependence and fear) by either submitting or selling out, and then hating yourself for it.

-- Or you may respond by blind rebellion against this authority, in order to avoid this self-hatred and preserve your dignity. But this is not real dignity, it is merely a blind reaction, based on emotional reflexes and turbulent feelings that you are mostly unaware of.

-- In both instances, you are not clear about the issues, you do not really distinguish, you lack the true insight whether or not the authority is indeed abusive or whether you react like a child.

If your total surrender to God is a genuine, all encompassing fact, you will perceive with utter clarity if a person who has power over you is unworthy of this power and tries to subdue you, abuse, or exploit you or trample your human dignity. If this person is a boss on whom you are financially dependent or if this person is a mate whose love you crave for and need; if your surrender to God is your primary position in life, your main emphasis and attitude, you will trust God and know that this trust is utterly justified so that you can find the courage to risk loss of the thing you need.

Exercise 3a: Whose opinion, approval, or favors do you cravenly seek? This can be a friend, a lover, or an authority figure. Look past any positive desires (coverups) and find the fear.

Reversing the Cause and Effect Dynamic of Selling Yourself Out

By setting God ahead of all else, your vision will make it very clear when human authority is abusive, so that you can then choose to pay the price. You will give up what this authority holds out for you because your dignity and inner freedom are more important. Your autonomy can only grow out of total surrender to God.

The further consequences of this attitude will be that you must soon find another situation in which you can fulfill your real needs without enslavement of your soul. A new boss or a new mate will also be autonomous -- **people whose inner soul movement follow the call to set God ahead of all else.** In this case they will not need to abuse their power, power invested in them by virtue of other people's needs. Or you may even find that these very same people will react differently. They also battle between their higher and their lower self attitudes. They may set you inwardly free and respect your dignity so that the relationship between you and them becomes a mutual giving and receiving in whatever this may imply.

If your perception is distorted and you assume only that authority humiliates and abuses you, your total surrender to God will clarify this, and your vision and perception will adjust to reality. Thus you will no longer be called upon to rebel against a rightful authority who merely expects your rightful part in the mutual venture.

Rebellion against an alleged abusive authority often masks your own hidden desire to have power over others and to abuse this power. You may never think of it in this manner, in these exact words. But when your self-will becomes an imperative in your life, when not being able to have your self-will fulfilled creates strong feelings of humiliation and powerlessness in you, then you believe you must either be the greatest power in your universe -- God -- or you must go under.

In order to avoid going under, you may then tend to submit to substitute powers, not to God power. It may be the power of another stronger or seemingly stronger person, dictator, leader. By serving him, you hope to gain this superior position yourself. Or it may be the power of money or position, which then become substitutes for God. Or it may be the power of staying aloof from others, never opening fully your own heart, but making yourself needed by their neurotic needs.

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At first this surrender must be fought for every time. You need self-discipline to remind yourself. Although resistance is gone, the outer self is still conditioned to the old functioning and automatically forges ahead on the top level of the mind.

At this stage you need to acquire a new habit pattern. It takes time. Perhaps when you are really in trouble, in a state of crisis, you will remember to let go and let God. But in ordinary life, in your everyday chores, this does not occur to you yet. Perhaps you can do it where you are relatively free but still find the old obstinacy, distrust, and forgetfulness where the problems persist. Only little by little do you reach the state where the new habit pattern is instituted and in which the act of self-surrender to the All is actualized and manifest; where it permeates all your thoughts and perceptions, your decisions and actions, your feelings and reactions.

Visualization Process for Growing Into the Unitive State PL 210

Week 4: Effects of FALSE Surrender to God

Submission to substitute powers and authority, as well as rebellion against any kind of authority, are both results or effects of the cause that is set in motion when the natural soul movement to surrender to God is being obstructed.

When God is set first, it all falls into place. When this is not the case, you must be confused about the authority you need and serve; you must be confused about when self-assertion and when following the lead are appropriate.

When surrender to God is your primary position, you are clearly aware what is what, and you can then follow suit in your action without inner conflict.

- You will admit that you have needs;
- that in certain areas of your life an authority or leader is necessary;
- that you have a role to play in this relationship,
- and in this way you only heighten your selfhood and true dignity.

By following this leader, you can never lose your soul because your soul belongs to God who returns it to you stronger, cleaner, and more autonomous than ever.

Resistance to your destiny to surrender all of yourself to God and His will for you must create a real and permeating and weakening guilt.

So much of your weakness, hesitancy, self-doubt, and self-punishing patterns are a direct result of this! No matter how many psychological explanations you may find -- and they may be true on their level as far as they go -- this self-defeating pattern can never be reversed and transformed unless you heal yourself spiritually by giving over all of yourself in all areas of your life and in all respects to the Creator.

When this happens -- and of course it is not a one time act, but one that needs to be repeated daily and in all issues of your life -- you will suddenly experience a new strength and sense of self that you never knew before. This will appear almost paradoxical. Deep down you always feared that by giving over to God you will lose yourself, and now you find, as palpable reality, that Jesus' words are true: you must lose yourself -- in God -- in order to find yourself.

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Exercise 4a: Which one of the below definitions of surrender are about human authority, and which ones might be what the Guide is describing? from www.ahd.com :

1. To relinquish possession or control of (something) to another because of demand or compulsion: ***surrendered the city to the enemy***. See Synonyms at [relinquish](#).
2. To give up in favor of another, especially voluntarily: ***surrendered her chair to her grandmother***.
3. To give up or abandon: ***surrender all hope***.
4. To give over or resign (oneself) to something, as to an emotion: ***surrendered himself to grief***.

See if you can relate any reaction or resistance to surrender to your experiences of authority.

“In order to find these images, you have to work from two sides: examine first your childhood and your reactions then; and then your present reactions and desires in connection with the daily happenings. Then both will form one whole picture.”

Conscious and Unconscious Desires PL 45

Positive Aggression

This new strength will suddenly become a spontaneous movement. The wisdom to choose when to use positive aggression and when to give in gracefully will be an almost instantaneous knowing, out of which the appropriate act will flow.

The positive, energetic, aggressive movement will replace childish and destructive rebellion and denial. Graceful giving in, yielding, following, accepting even when your self-will may not like it will replace humiliation, self-denial, submission out of fear, and distrust of life. In both instances you may choose in new ways.

Where you would formerly have submitted weakly, you may now follow and yield with your dignity in place. Or you may find that positive aggression is in place. Where you would formerly have blindly and destructively rebelled, you may now also stand up, but in a new spirit, out of different motives, with a clearer vision and knowledge. It will thus have an entirely different effect on others and yourself. The tenor of your aggression will be different. Or you may come to see that this situation requires not fighting, but giving in; that this is fair, right, necessary, justified and good for all concerned; and that there was no injustice or abuse involved that would require your aggression.

But positive aggression is necessary not only in order to rebuke injustice and abuse. It is not merely a responsive action, it must also be an initial action. This kind of positive aggression is necessary to move out, to expand, to improve, to create -- whether within yourself or in your environment.

No negative inner material can be transformed without this energetic movement surging forth. When this movement surges forth in a healthy, organic way, it is neither depleting nor effortful. It is a release and a liberation that energizes the entire organism. But this is only the case when it is the appropriate, organic aggression that is in accordance with God's will.

The new positive reality you all strive to create can come to pass only when you are free from the confusions that inevitably arise as a result of denying your soul movement, your inner call to give over to God. You will no longer have to ask when you should stand up and assert yourself and when you should give in and follow. You will no longer doubt the nature of a human authority or person you depend upon and need nor his or her motives. You will not have to grapple with your intellect only, which could never give you this insight.

You will know spontaneously. The knowledge will be there in front of you, clear and strong, without a doubt. You will flow out of the center of your being, where God reigns. The peace and one-pointedness that you long for lies in this key, my beloved friends. Use this key.

We hope that this lecture will have brought you a step nearer to making your surrender to God your primary goal. Your entire life will change, in the sense I discuss and also in many other ways. You thus set a new cause in motion that will bring new effects.

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