

Pathwork™ Steps

PAIN OF INJUSTICE -- COSMIC RECORDS OF ALL PERSONAL AND COLLECTIVE EVENTS, DEEDS, EXPRESSIONS

Quotes from Pathwork Lecture 249

In the meantime I will help this cyclic process along by discussing different kinds of human experiences that are now still lumped together, all under one designation. At different phases, different human experiences need to be understood in a fuller way and differentiations being made. Now, for example, your understanding about different kinds of pain is essential.

Let me first name a few variations of pain before we discuss more in depth one particular variation that you have rarely, if ever, thought of as a specific kind. The most familiar kind of pain is when someone wounds you, wishes to hurt you, hates you. This type of pain feels distinctly different from all other kinds of pain. Then we have the type of pain that results from confusion in you when you do not quite understand what pains you and what goes on in you. Then you have the kind of pain that is distinctly the result of vaguely feeling you have created the state of pain, or at least cocreated, without fully understanding how and why. It is related to the pain of your own resistance to be in truth. Then you have the distinct pain of your guilt, guilt that is not being restituted and that you have no intention to make restitution for.

Now, the specific pain I wish to discuss here that is so important for most of you to see in a new light at this state of your development is the pain of injustice. This type of pain contains more than could be put in this word. It is not just actual injustice happening to you here and now, a specific issue. This type of injustice could be classified as pain of being wounded and hurt. There is more to it than that. It is a fear that the universe can allow destruction to exist without safety valves. It is the fear that nothing has rhyme or reason, that good being done has no effect on the outcome of cosmic history and evolution.

The pain of injustice connotes fear of a meaningless universe, of chaos. It distinctly results from -- and further creates -- disconnection. If effects are disconnected in the field of man's vision, fear of meaninglessness results. And that is the specific kind of pain under discussion here.

Much of the resistance you encounter in your personal purification process is based on this existential fear of a meaningless universe and the pain of life and the passage of time that results from it. Underneath the resistance to face the lower self is the pain of an unjust, chaotic, meaningless creation. Or, to put it possibly more accurately, the lower self is a direct result of the fear and pain in regard to apprehending injustice, meaninglessness, chaos.

When you ponder these thoughts, it will become clear to you that in the process of your personal work on the path, you frequently encounter a reaction that you may not as yet have crystallized in your thoughts, and that is, when doing so, apparently quite puzzling. It is the following: after overcoming resistance -- often quite strong resistance -- to face not only lower self traits per se but also its consequences and painful effects on you and your life, you experience profound relief. It is as though a weight had been lifted off your shoulders, a burden has fallen off you. Everything falls into place and fits. Why do you think that is so? It is precisely because you now literally and personally experience in your own microcosm that life is totally just and fair. This is infinitely more important than having to own self-destructive devices and impairment of your divine nature. These can be corrected, but a universe in which evil could win cannot be corrected and is an utterly dismal prospect.

A related manifestation is the converse: whenever you seem to "get away with" your lower self, the momentary triumph is very shallow and covers a deep despair. ... If you can deceive and "win" with your negativity, your evil, your destructive attitudes, you realistically and logically conclude that the whole of creation is untrustworthy and chaotic. This is perhaps one of the most unbearable pains in the human soul!

Try to ascertain that behind resistance to face certain negative aspects, lies an even greater resistance to see that these negative patterns create inevitably negative experience and undesirable life conditions and circumstances. Once you can admit this resistance, it will be easier to go one layer deeper and become conscious of a deep longing to make these connections and an equally strong fear and pain that no connections exist, that all is arbitrary and senseless. Resistance to making connections between cause and effect covers fear and pain in regard to no such connections existing.

This is why a path such as the one you are choosing for your development and growth, one that goes into these depths and hidden crevices, brings a new and true security. It eliminates the pain of injustice because it establishes connections between cause and effect in your own soul life that remain inaccessible as long as strong resistances are not overcome. ... How can you trust and believe in and experience a just universe unless you see plainly how every one of your actions, thoughts, hidden intentionalities, feelings, and attitudes -- positive and negative -- has definitive results and effects?

Think of your reactions when you witness earthly events of cruelty that seem to remain unapprehended, or, similarly, when good deeds and genuine love and giving seem to elicit undeserved negative effects, or, at least, fail to produce just rewards. In some occasions it is possible to go beyond the surface and see deeper connections that reveal the perfect justice of life. In some instances it is truly a question of time. For, in the immediacy, the connections and justice cannot be seen, while the unrolling of time, in your dimension, makes these connections obvious. Time eventually brings them to the surface.

How is it possible that all deeds, all attitudes, all ever so secret intentionalities can be accounted for, often decades later than when they were first conceived? How is it that someone's life can be adjudged long after the fact? It is important that you have some concept and understanding about the principle involved here. This will help you to open up inner valves to facilitate intuitive experience.

You already know that each human being contains an inner substance -- sometimes referred to as "soul substance" -- which reflects every particle of the person's life. Nothing is lost, nothing glossed over. Every thought of any significance, every feeling, every intent, every will direction, every action, with all their ramifications is imprinted into this substance and thereby made available to review. Thus a person's life is perused from every conceivable point of view. One's life is truly an open book. You all contain an inner recording device, if you will. One of man's greatest illusions (one among many others) is the idea that thoughts and intentions and desires can be kept secret and should therefore have no impact. It often happens that individuals feel resentful when others react to their unspoken intentions, their secret negative wishes, as if they should not count. So, what seems to be gotten by, unaccounted for, in an individual's life, good or bad, will ultimately be open and inevitably have its commensurate effects.

There are definite laws operative that determine when effects follow causes, when and why, in certain instances, effects follow suit relatively quickly and are thereby immediately traceable, and when there is a longer time span between them. It would be much too complicated to delve into this now. All I can say at this time is that the more an entity is developed, the faster effects follow causes. The entity who is still relatively undeveloped finds himself in the darkness of groping through the webs of cause and effect, of more often than not completely missing them only to discover them much later when the body is shed as a garment no longer needed.

So, my friends, I say to you, experience the pain of living in an unjust universe. Only when you establish full awareness of this specific pain can you then, as the next step, establish full awareness of the struggle in you to heal this pain: the two opposite will directions.

Since you are consciousness, since you are an aspect of divine manifestation, you cannot help breathing into the world substance by virtue of simply existing. All consciousness does that. Being must effect life, simply being. Know of the great privilege, the great power, the dignity, the infinite possibility that this fact confers on you. Know that each thought you harbor is a distinct energy formation, sending out waves and rays, creating according to the nature of this thought. Open your eyes to the beauty of this fact! ... Let this new vision lend a new dignity to your life; a new motive for becoming as creative as possible through your very being; the new peace and security your soul has longed for for a long time by knowing that there is perfect, sublime, infallible justice in the world you live in.

Guide Lecture quotes © The Pathwork Foundation 1999
Full text of all lectures is available at www.pathwork.org

The Pain of Injustice – Cosmic Records of All Personal and Collective Events, Deeds, Expressions

Worksheet by Rosalie Chamberlain based upon Pathwork Guide Lecture 249

Pain of Injustice – Fear of a meaningless universe - that universe can allow destruction to exist without safety valves - creates fear that there is no rhyme or reason, doing good or bad has no effect on the outcome

- Not knowing all actions, outer and inner attitudes and states, have consequences, creates pain.
- Every macrocosmic fear of injustice, meaninglessness, exists in a personal manner.

Underneath resistance to face lower self is pain of unjust, chaotic, meaningless creation.

The **lower self is a direct result of the fear and pain of injustice**, meaninglessness and chaos.

- Pain of injustice creates negativity – the lower self
- Guilt about lower self fosters attitude of not deserving

When overcome resistance to face lower self traits, you experience profound relief.

Work: Try to perceive behind resistance to face negative aspects lies greater resistance to see negative patterns create negative experiences and undesirable life circumstance.

- Admit resistance
- Note **duality** – *longing* to make connections – and *fear* that no connections exist
- Note where you hide your lower self from helper and are frustrated that you can deceive your helper – this furthers the pain of believing universe unfair
- Find moments of relief in past work when realized fairness of life to help see cause and effect
- See actions, thoughts, hidden intentionalities, feelings, attitudes have definitive results/effects.
- Overcome resistance to make every crevice of the self known and take responsibility for it.
- Note struggle between opposite will directions of fear of revealing and longing to reveal – fearing destructive aspects are your essence/ultimate reality.
- Feel the pain of believing universe is unjust.
- Establish awareness of struggle to heal the pain.
- Pray for faith in your divine essence to reveal and recognize what covers it up.

Awareness of having impact on life through your very being, simply existing, will give peace and sense of own value. Faith is required to understand connections exist – Inner process moves toward increasing uncovering of connecting links – which allay fear of the pain of injustice and heals the wounds it causes.

Final judgment is the revealing of connections that show the unutterable beauty of faultless justice of spiritual laws. Relief in seeing cause and effect even if means paying the price. Divine justice is the full vision of all an entity expresses, so consequences become the measure and medicine to grow into wholeness/holiness.

Duality – On one level you don't want to be accountable – but on deeper level you are relieved to find out every smallest particle of consciousness creates effects – positively or negatively.

Key: to the degree you experience fears and anxiety, you will feel pain of unjust universe, and you do not want to know your lower self has effects and consequences. To the degree you name the fear, you look into the pain of injustice. To the degree you overcome the resistance to see how you wish to disconnect from the consequences of lower self attitude, to that degree you will free yourself of immeasurable burden and gain deep new security – that all is very well with life.

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.
Pathworker Contributions Document #10 (PC10)

1. Principle: Law of Self-Responsibility

"You create your own reality." #40

"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." #48

"Only you create your own happiness and W1happiness." #60

2. Principle: Law of Paying the Price

"There is a price to be paid for each desired gratification. #29

"Every advantage has its disadvantage. #41

"The disadvantageous side of each alternative or decision } "las to-be faced and accepted." #32

"There is a price to be paid for everything."

3. Principle: Law of Cause and Effect

"Every act has its consequence in the sphere of present reality. 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." #245

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

"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." #25

5. Principle: Law of Brotherhood

"To be able to open your heart to another brings spiritual help that you could not receive by yourself."

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." #222

7. Principle: Law of Lack of Awareness

Lack of Awareness of One Area of Your Human Personality Prohibits Awareness of Another

"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 path 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 spiritual reunion to help towards a reunification of everything that has ever split off." #193

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." #132

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 overlook by man; and even more often, totally ignored. This is one of the great, important laws for man to know and deeply comprehend." #132

Pathwork Steps

The Pain of Injustice PL 249

Notes for Teleconference 2008 Presented by Jan Rigsby

A. There are 5 types of pain described in the lecture:

1. When someone wounds you, of feeling hurt
2. Confusion, not understanding what is going on
3. A vague, nagging sense that we created or co-created the state of pain
Without fully understanding why or how
Increasing our pain with resistance about being in truth
4. The pain of real guilt
With no intention to make restitution
5. The Pain of Injustice, which includes the pain described in #1.

B. The Pain of Injustice

Comes from the FEAR that the universe can allow destruction
That there are no “safety valves”

FEAR of a meaningless universe, of **chaos** is the result **of** and **creates**
Disconnection

Profound relief results from

Overcoming resistance
Facing Lower Self traits
Facing the consequences of the effects

Because you are then able to see that life is really **just** and **fair**.

Conversely: When we “get away with” negativity, that tells us that
The universe is untrustworthy.

This is the strongest pain in the human soul.

C. Resistance

Even greater resistance around seeing that

Negative patterns lead to negative experiences
See PL 201, DEMAGNETIZING NEGATIVE FORCE FIELDS

Becomes an overall resistance to see Cause and Effect

See PL 196, COMMITMENT – CAUSE AND EFFECT

The Pain of Injustice is eliminated when we can see the connections between
Cause and Effect

Justification for believing that the universe is unfair =

Wanting absolute fairness according to human understanding
Wanting to witness fairness before believing in universal justice
A demand that we be party to the larger Karmic reality

Actual cosmic timeline may be

Greater than a single human lifetime or a single generation
More complex than human intelligence can comprehend

D. How to start the work

Find examples of cause and effect that exist
Within your ability to see and understand

Find a place where you contribute to negative patterns or experiences

Change your attitude, your perceptions, your attitude and your expectations

PL 196: COMMITMENT – CAUSE AND EFFECT:

“Maturity is to a great extent the ability to put cause and effect together.
... also indicates the degree of awareness an entity has reached through his development.”

E. Guidelines: Spiritual Principles

Look at PC 10 and find a Spiritual Principle for which you feel an attraction towards or a resistance against.

Find an example in your own life where this principle applies or does not seem to apply. Make certain this example is one that is very personal, where you know the feelings and energies
Consider with scrupulous honesty