

# *Pathwork™ Steps*

## **Pain of Injustice – Cosmic Records PL249**

Minutes from June 2013 Teleconferences

### **June 8 / Week 1. Principle: Law of Self-Responsibility**

"You create your own reality." PL40

"Only you create your own happiness and unhappiness." PL60

"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

"As long as you live in the shell of matter, encased in time, many connections can never be fully made. They remain invisible, although some links can sometimes be intuitively sensed. The main connections need faith. But true faith, which is to some degree experiential, comes into being exactly because the person's inner process moves toward an increasing uncovering of connecting links, thereby removing fear of and healing the wounds of the pain of injustice.

The unrolling of time extends beyond the human vision. All spiritual scripture speaks about the reality of ultimate justice that is often only possible to perceive and experience after the body is left behind and vision more extended. But the true meaning of the "final judgment" is the revealing of connections that show the unutterable beauty of faultless justice of spiritual laws. The joy and security of this discovery by far outweighs the personal price that needs to be paid for infringements of divine law." PL249

1. At the end of this study guide is a list of 7 short documentaries and film clips, none over 11 minutes in length, with links to YouTube. They were selected to illustrate the paradox of studying spirituality from a human perspective. Which one resonates for you? What kinds of limitations have you overcome in the past?

- Film clips felt a bit heady. I want this work to lead where I want to go. I get confused, then sit back a bit. Lots of new things. I wonder, was it fair? [Please explain a bit more] What I've been experiencing is to win something 'for the good side'. I pull myself back, there's a wider view. Sometimes I get overwhelmed by the things I see that don't work.
- I watched the materials. Letterbox was interesting. It explained in a very visual way how we limit our perspectives and miss out on the details. In my life, I have had quite a few experiences where I needed to widen my perspective. I've learned to trust that the short-term outcome won't be the end.
- Over the past 2 weeks of study, I now feel that I'm screwed! I never did anything bad, but if I have to account for the past 59 years... [Do you honestly feel that you have done more harm than good during your lifetime?] Not really – I just never saw it this way. I know it's not tit for tat. I'm just taking it in. I wish someone had told me! Glad I have the bigger picture now. Can see how I might do things differently in future.
- Powers of Ten made me think of my start on this path. When I first started reading, I wrote of little disturbances for 6-7 months. After a while I started journaling about wider concepts. I see how the details relate to these concepts. Now sometimes I see a wider picture.
- I watched the films but they felt difficult. Sometimes my mind tells me what is going on in my mind, which is a new idea for me.
- It felt like a shocking lecture. I have been introduced to it before. Astounding that it's so well laid out by the Guide. Saw the Karate Kid movie a long time ago, the description brought the principle back to me. It felt like everything applied to me at this particular time. I can get stuck in 'it isn't fair!' etc. Clips showed me how there can be a completely different perspective. Feels like that is

what I need, to remove layers of ‘dust’, put the puzzle pieces together in a different way. I certainly see things differently at 50 than I did at 20.

- I enjoyed Letterbox, how you can go through life without seeing.

2. What aspects of the earth plane do you see as benign or neutral? For some, it could be the oceans, with tides and hurricanes seen as cleansing events (ultimately constructive even if temporarily de-constructive of what ‘is’). For others, it could be a long-term faith in humanity’s connection to spirit. Notice if you can name one easily, or if it takes a while.

- In generational conversations, things just said as truth, like ‘blood is thicker than water’. Can be positive, family is close, or negative, no one can get in.
- When I sense a benign nature it feels we are open, loving to others. I see this as good. Ocean analogy feels overwhelming, I see more of the destructive there.
- First, I am living near a mountain lake in the woods. I go out into the water on a swim ‘noodle’ and the water holds me up. Second, the event of a whole human life feels benign. I was with a client who had been oxygen deprived, her hands were blue and cold. I grabbed her hand and warmed it, turned the oxygen on. Felt like we come in, we go out. We create the turmoil!
- I tried to think of something that I didn’t consider benign and look at it differently. Tarantulas! I tried to see them from a larger perspective. They bit to avoid harm, they aren’t mean. Once I remove my opinion, they seem benign. But that’s intellectual – emotionally, they aren’t benign!
- In my head this planet is a good place to learn. Emotionally I can’t feel that way. Perhaps I am in defense / defended; right now, this place is horrible. When defended, it doesn’t feel safe to be open and connect to myself.
- Nature, water, air. In distortion they aren’t neutral. Hurricane Sandy gave a sense of being cleansed, but some people were killed, some lost their homes. Then the skies clear and we can look at what’s left. Yet there is resistance – why does this have to be? Why do I have to go thru this? I would have been just fine without this experience! [It is difficult for people to accept that everything is perfect, on a level that we cannot access or understand. That was the reason for the creation of the Flatland essay, that was made into a short film. A mathematician found it difficult to explain 4<sup>th</sup> and 5<sup>th</sup> dimensions to his students, so he invented a 2-dimensional world and a hero who experienced the 3<sup>rd</sup> dimension – and did not have the vocabulary or the ability to communicate what he had experienced.] I resonate but it doesn’t make it any easier to accept consequences.
- I understand the benign side of pain. Biologically, we have to have pain, such as feeling heat so that we move away and don’t get burned. It also helps to experience pain so that we become more compassionate to others.

3. There is an invitation here to trust ourselves, to consider that everything we experience is given to us for our highest good. Can you consider trusting yourself and your process?

It is a common experience to go unconscious while reading a lecture. The Guide explained that this happens because we aren’t ready for the material, or aren’t able to process it yet. A great Pathwork teacher suggests that we stop reading the moment we go into reaction – even if that is at ‘Greetings...’. Continuing to push on won’t help us to absorb the material.

- I like the idea of trusting. But if you have already made choices... some parts sit well, some don’t. I remind myself that I am not supposed to get all of this tonight. Being aware of the impact I have, even when I feel that I am in integrity – to be with it vs. pushing – in the bigger picture I may not be out of integrity.
- I’ve experienced going unconscious in the middle of a lecture. Learning from pain... it’s helpful to see pain in that way.
- I remember listening to a talk on Spiritual Law and reacted by thinking ‘For God’s sake, how many are there?’ I voice immediately answered ‘as many as you need’. That shut me right up. They are there to help us and all I’m doing is complaining.

- I feel like I am between two different ideas. Maybe everything is benign, and where do my values, interests, preferences come in? These change my perspective. When I place value onto something, it changes by perspective, and I waffle between the two.

[It can be useful to imagine the world of Sprit as the world of adults, and the earth plane as populated by toddlers. We do the best we can, but little kids are running everything – making the human laws and enforcing them. A negative view of humanity can be seen in the film Lord of the Flies. Even in a benign version, it can be very difficult to imagine the perfection of divine law when our experience is of immature human law.]

- I can't trust a higher power. I don't want to leave this place of defense. Outside, people are trying to hurt me. And I feel that I have disappointed myself, because I like to hear different ideas. [Can you accept the gift you have given yourself, to find this group, to be able to express yourself without expectation or judgement?] Maybe.
- This is a difficult lecture. The Guide says that just by simply existing we are affecting everyone around us. That means we are all elements of nature! It feels alarming to me, that I don't have to do anything. Have I been doing too much? [Imagine taking out all the dualistic thinking that has gone into your sharing. What is left?] Maybe I could do less. Maybe I do create my own reality.
- After meditating and working for some weeks, I believe that my Higher Self and God will give me answers and truth and a better pathway. I've been discovering flaws and assumption. I am able to see where I have taken the wrong pathway. Am I too stubborn?

[One of the aspects of Pathwork that can initially be frustrating is the lack of guidelines, instructions, lists of what to do and how to do it. Such methods are useful when we are immature, to keep us safe. Yet this group is not immature, and it is safe. What we seek now is greater awareness and understanding, to accelerate our remembering. How arrogant would it be for me to judge your spiritual journey, and give you an answer!

The only person who can know your spirit is you. The rest of us can give feedback, and jockey for control of our own lives by trying to limit yours, or attempt to speed up our process by getting you to work with us / be in relationship. Yet we cannot know anyone's truth except our own.]

# *Pathwork™ Steps*

## **Pain of Injustice – Cosmic Records PL249**

Minutes from June 2013 Teleconference

June 15 / Week 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

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

"... the true meaning of the "final judgment" is the revealing of connections that show the unutterable beauty of faultless justice of spiritual laws. The joy and security of this discovery by far outweighs the personal price that needs to be paid for infringements of divine law. Even if negative karma arises, this is joyfully undertaken once the covers fall off because of the so much greater value of living in a just and trustworthy universe. This is a parallel experience to the one you feel at certain stages on your path and which I mentioned before -- relief when you see cause and effect even if it means paying the price. On one level man resists because he desires never to be accountable for his misdeemeanors, never to have to pay the price. On a deeper level he profoundly dreads this possibility and is equally profoundly relieved to find out that every smallest particle of consciousness creates effects which, in turn, must come back to him and extract a price -- positively in a life affirming way or negatively in a life denying way, according to the cause. " PL249

**Six kinds of pain are described in PL249: Profound relief from ALL 6 fears 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**.

**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

Consider the difference between spiritual law and human law. On the earth plane, you might pay and not receive what you paid for. You can be cheated by other humans. This can make us resentful of paying for anything! On the spiritual plane, if we pay, we must receive, even if humans plot to cheat us. Yet we may receive later than we expect (challenging our ability to connect cause with effect). We may not understand the value of what we receive, or it may not meet our images or expectations. We condemn spiritual law as flawed, just as unfair as human law, because we don't see the larger picture, don't get exactly what we want, or exaggerate the value of what we have paid.

1. If you give up your resistance, what will you lose?

- I would be held accountable. [and then?] I would be obligated to act. [and then?] My life would change. [and...] I would be in a new place – uncharted territory – testing myself. I could fail. I would feel bad. So I keep resisting. I would lose myself as I know me. [How do you 'know' that?] I can project! Someone said, if everyone put their problems into bags and put them on a table, we'd take our own back, not knowing what was in the others. [What would it cost you to look into your own bag?] Giving up.

Stopping the carousel to see what the horses look like. [If you look in the bag, you have a choice – because you will know what is in the bag, and you will know what might be different.]

- I accept the laws. My issue is that I ask / expect myself to be ‘up for it’ all the time. There will be payback; I am guilty. I’m hard on myself and others. [Do you expect that God / Spirit would be hard on you?] Yes. I don’t allow myself to be emotional.
- If I give up resistance, I will be paralysed. I have seen myself in situations, resisting myself, can’t move, angry. [And if you let go?] I would be in the dark. I still think that I am right, I don’t want to search for what I need to get out of the dark. I demand too much of myself. I have resistance to pay the price. What I will find won’t be good. Another part says it won’t be like that.
- What’s coming up for me feels weird, that I deliberately don’t pay the price. The outcome would be happy and blissful, I like hanging out in the negative. Hard to connect to the good things on the other side. So I manipulate.
- I will lose my security after I give up. What I fear will become real. I feel I am not going to get anything for it.
- I feel the same way. I would feel insecure and unsafe, no new set of rules. I might be expected to act spontaneously. Yet I stand to gain what I seek – freedom from rules and regulations that made me feel secure and safe as a child. Yet this also resulted in lack of trust in my own judgement. To be good and right, I need the rules.
- My specific resistance is to self-responsibility. [What would you lose if you gave up your resistance?] If I can’t do things for people – it’s my way of showing love, being a martyr gets love in return.
- I can fight for the wrong things but my nature is to keep fighting. If a rubber band isn’t tight, it goes floppy; without resistance, it no longer does its job. If you don’t want me, I’ll go – and I feel powerless. Like a rubber band. [Your analogy hints of dualistic thinking. When a rubber band is at rest, it is not powerless. It has the potential for power when needed. Imagine if all the rubber bands on the planet had consciousness, and were terrified that if they were not used, they were worthless. Imagine that they were beating against our windows, like locusts, trying to get into our homes, jumping out of our desks, throwing themselves at us, begging us to use them so that they would not be worthless! There is an overvaluing of active, masculine principle, and an undervaluing of the receptive, feminine.]

## 2. If you stopped resisting, what might you gain?

- I think I could gain bliss. Being in the cosmic flow could make this possible, despite the challenges I’ve been having. [Notice that your focus immediately moved to what you are resisting, rather than what is possible without it! Stay with what you would gain, not what it might cost.] Enjoyment. Expanded opportunities. Experiencing awareness of what I am capable of. Simplicity. Freedom.
- My conclusion was more connection with my emotions. If I do that, happier, better life, being more loving and understanding, more relaxed.
- I would be more flexible, relaxed.
- If I were to use my imagination, I would become physically skinny, light, floaty. Spontaneous, agile, no worry. Be more spiritually connected. Follow guidance and flow. Light as a fairy, happy and free.
- I got lots of gold images in my imaginary world. In the real world, nothing. [Is it possible that you are exaggerating the negative?] Do you think I feel something good? [Yes.] In my fear, I forget the good things. [Imagine that the divine aspect ‘feels’ like an earth candle, and your fears tell you that outer forces will blow it out. You protect it by placing it deep in a cave, and cover up the entrance. The candle may continue burning, but you get no pleasure from it, and you may forget what you have hidden and where you have hidden it. Yet our divine nature is immortal – it can’t be blown out. So none of the protections that we imagine we need are actually necessary.]
- If I gave up... I would gain freedom to be more creative. Letting my hair go gray, wearing comfortable clothes and not worrying what matches.
- If I give up making other responsible for my happiness, I gain the freedom to create my own happiness. More energy because of less resistance. It’s still challenging, how to say no. Doing too much for others, too little for myself... quite profound for me. [A misconception was operating.] I felt a strong sense of relief, the new connection felt energizing. A sensation in my chest, like a big shot of love. I highly recommend it!

[In the Stages of Commitment AD6, the Guide suggests questions to ask members of a Pathwork community about where they are in their personal work, their commitment to community, and if they are training to be Helpers or teachers, their commitment to their own spiritual development, the wider community of mankind, and anyone they help. The first Stage was traditionally taken by anyone who wanted to commit to ongoing classes, workshops, or community life in Phoneicia or SevenOaks (the two US Pathwork Centers which owned land and buildings). Personally, I was deeply touched by the last 2 questions of this first stage:

QUESTION 4. 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?

QUESTION 5. If you feel threatened in the process of removing a fixed prejudice, are you willing to understand the dynamics behind this fear in the process of your pathwork, even before you may actually dare give up the prejudice or fixed belief in question?

There was no demand that I believe in anything specific, only that I be willing to open myself to looking and experiencing. The next question allowed that I might not be ready to give up my prejudice or fixed belief even after I realized that was what they were. No human being had ever addressed me with so much loving, unjudgmental support as the Guide's words here.

PL249 asks that we consider looking at our resistance, daring to look at where we might be holding a tight 'NO!' without bringing forward any consequences or demands. Neither spirit nor the Higher Self ever demands; that energy indicates the presence of Ego, Child Consciousness or Lower Self. Fear demands; love offers. This exercise is about finding elements in ourselves that don't even want to consider alternatives, much less explore them. Once we are aware of this NO! we will naturally evolve into an understanding of it, and then to a knowing of the truth. The distorted and immature elements within us KNOW this, and so one of their first lines of defense is for us not to become aware of our resistance.]

### 3. What baby steps might you consider to open your eyes to new possibilities, explore new connections, and experience the reality of a shift in energy?

- It's a matter of feeling worthy of bliss. I've had experiences of it. [What makes you think Bliss has to be earned? Humans told you that. The Guide says that Bliss is our birthright. This is an example of how human misunderstandings, human shortcuts, human distortions corrupt how we view spirit and spiritual concepts. As a child, we are forced to eat our veggies before we can have dessert, do our chores before we can have pocket money or watch TV. As adults, we are constantly told to delay gratification until x, y, and z are completed. Yet these realities have nothing to do with spiritual Bliss, yet our mindset projects our human thought framework onto Bliss. This was the reason for suggesting images (such as the film links in the study guide) to help us realize a larger picture that is not human-centric.]
- If I get an A I'll get rewarded. If there were not a reward, I wouldn't work! [All humans love to work, when they are able to be productive, provide a valuable service to others, follow their passions, and manifest their divine gifts. Spiritually, work is not a demand, it's an invitation to explore something endlessly fascinating.]
- I always focus on others. I go back to the lectures, listen to my heart. I know what I want on a 'shallow' level. I need to consider what I want on a deeper level.
- It's eye-opening to realize how we project human interpretations onto spirit. I need to consider what spirit is, how God looks upon us as we improve ourselves. My views have been harsh and unfair/ I would have a better chance of succeeding, I would have more energy to find out!
- Images of being told 'You're not good enough!' Having those images going on in the back of my mind. Harsh judgments seem to take over easily. Need to look at what love really is.
- Am always on auto-reaction / auto-resistance. If I could sit back for a moment, allow something to surface... Auto-stuff cuts me off from the flow of life. Always defended, always rushing. What if I just paused, what would come out?
- Not sure what would be a baby step. Maybe courage? To let it happen, to see what's going on, in my process.
- Nothing specific... they come up as they come up... feels like a big step. I always say 'yes'. Felt overwhelmed, couldn't continue, said No to someone and it didn't go well, reaction was negative.

Those about reasons for saying No and felt more comfortable with my decision. To make any progress, I have to actually DO something. It was very freeing. I was shocked at what I had done. [Sometimes paying the price is accepting that we have encouraged others to have expectations, and accepting that they will be disappointed, angry, frustrated, or resentful when we stop doing what they have come to accept as normal. Making the connection between how we co-created the interaction of being depended upon.]

- I have taught people to expect certain things from me. I can teach them not to.
- In the previous round, I resisted imagining because I have lived in fantasy and that was negative. I was reluctant to imagine what great things would happen. [In using the word ‘great’, you reveal that your imaging had a preconceived goal or value judgment. That is the distinction between imagination, which the lectures call one of the soul movements, and fantasy. In Wishful Daydreams PL98 fantasy is described as where we are the playwright and director, and others act out the parts we have written for them, expressing what we want to hear. Imagination is the thought, visual, or sensory process of creativity. If we imagine what is possible, we are often exposed to new ideas and approaches. Fantasy builds a world that meets our pre-conceptions.]

## *Pathwork™ Steps*

### **Pain of Injustice – Cosmic Records PL249**

Minutes from June 2013 Teleconference

#### **June 22 / Week 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." PL245

"The Pain of Injustice is eliminated when we can see the connections between 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." PL196

1. Everyone has moments of Aha! where they realize that they were working with incorrect information or assumptions, and now have to ‘re-write’ a narrative to reflect the actual cause. Consider such realizations in your past. What kept you from seeing the real cause? Can you find a pattern?

- My mother was overly enthusiastic with discipline. I grew up believing ‘I will be your slave, and then you will love me’. I learned that earning, manipulating doesn’t work.

- I married the wrong person, and I knew it at the altar but continued with the procedure. I found a pamphlet about Pathwork on the way home, and went to the workshop that weekend. Resistance and defense was strong. Now, I see cause and effect so readily; then, I didn’t. This question seems to have brought all those memories flooding back. I didn’t want to pay the price of embarrassment and shame. I could never bear to admit it, endure what it would take to reverse. Now, I see that the price was high. The cost was my freedom, which is worth more than it was then.

- Pleasing people to be liked, accepted. Now I’m not getting what I want, and I wasn’t going to do anything for anyone for that reason. Yet I still want approval, to gain affection, from anyone who is close. I was closing myself off too much, couldn’t find the balance, what I wanted, what I wanted to give. Resistance: now I want to find what I want to give. I haven’t found the way, I still do the same things, still try to gain affection. I want to find a more generous way, unconditional.

- As a child, there was an incident around possibly not seeing my parents again. They never knew this happened. Now I feel I have to protect everybody. My question is, is the memory of that incident

holding me back? There are lots of emotional triggers around fear and safety. When I read about the 6 kinds of pain, I realized I have suffered from the pain of confusion: someone saying something nice, but something bad was happening. I am exploring resistance. There's something to give up, and attachment that made sense, but now it doesn't. It helps me stay with the pain and confusion. The resistance had become a part of me, like a personality trait. With an element of righteousness. I say I want to be in truth, then I resist. When I am resisting I want to be alone, now I don't want to be alone. I want to drop the resistance of doing it all on my own, doing it all myself.

- I found lately how I started this; I started to fight first. I didn't think I was doing it wrong, because I was doing it to protect myself. My image was that men want to hurt me. Being a victim, while using a victim to get what I want. That self image, but of doing the right thing. [Being a victim made you right? I hear you trying to take responsibility for being in the victim position.] I need to consider this. [I may not have understood you correctly.]

- I have been examining why I was born to my family, getting 'nobody understands me' and 'I am an outsider' from my mother in particular. I have come to understand more and more why I chose my mum. Worked through some pain, and understand myself more completely.

2. Look for examples of cause and effect that you are able to perceive, but that others don't seem to realize. What quality in you allows you to see the connections? This can be as simple as your having a background in science, or it can be the result of having worked through complex emotional issues around betrayal or broken trust and being able to apply your learning from one situation to another.

- I have been realizing how important thoughts are. I can see these connections, where we should evaluate more before acting. Energetic level matters, things start before we realize they do. I can't always put that together fast enough in my life – I'm better with hindsight!

- I've gone back to the meditation around the snow globes many weeks ago [April]. And I continue to feel transported back to the Pathwork workshop. I want to answer from there, when I participated in Core Energetics exercises that were meant to open us up energetically and emotionally. I saw a lot about myself – more than I wanted to know – and also about others. I began to stand to the side with my arms crossed. The vegetarian diet made me feel spacey, I brought cans of tuna to ground myself. I was there to open up, and I just couldn't. [There is a phrase, 'blowing out your 3<sup>rd</sup> eye' that refers to opening up your psychic and spiritual abilities before you are able to process the information. You feel overwhelmed, and it is a common reaction to shut down the ability to see as if that is the problem. Now, you are able to process what you felt and saw; but then, you were not able to. This is similar to therapeutic regression work, where we try to go back to our childhood to understand the trauma, but as adults we think the child should have been able to handle a situation, because we can as adults. So we lay a guilt trip on the child / immature self, and that naturally blocks our desire to process the event even more.] I feel like that validates how I felt then. Thanks.

- I like puzzles. I speak Spanish and enjoy the work of interpreting. I am sometimes uncomfortable when I sense that people are covering something up – I want to speak to them about it. It would be really helpful to listen to the process going on. And the previous sharing, being strong today but not being as strong decades ago, is helpful to me. I don't want to focus on the fact that someone is denying something. It feels like I won't be able to accept them as they are. It might just be the way I am, where I am in my development. [I hear you speaking about the negative aspects of this gift, as if it is a curse. We will avoid and deny a curse, and send out the energy of shame and fear. We would support, nurture, and take responsibility for a gift, and give off the energy of good pride and determination to deserve it. People will make up their own stories about what we are afraid of or proud of, you can't control how they interpret your energy.]

- Finding the truth, the attitude or belief behind. I trust people who will look a bit deeper, versus make a cause and effect that supports them as they are. I was struck by the idea that people will 'make up their own story regardless of what we do'. I know the reasons why I am stuck, and no one asks me.

- I could see the connection in my story because I made a clear intention to face the image and see the truth. Then a bad thing happened, and then I saw the connection. [If you set an intention and the 'bad thing' helped you to fulfil that intention, why would you judge what helped you as bad?] I don't understand... [When something that wonderful happens, is it not possible that your spiritual guides went out and found this other person, who agreed (on a spiritual level, and relying upon their own human

distortions which were acting out anyway) to help you? What I am trying to point out is that the phrase 'bad thing' seems odd when something so good resulted from it.] It was an accident... [The lectures say that there are no accidents, no coincidences. What if this 'bad thing' was a gift to you? You prayed to spirit, and this incident was part of the answers to your prayers. You are responsible for the prayer and the realization.]

- I have a sense that I am willing to see the connections even if they are not going to be pretty and it's going to implicate me.

3. Notice where others seem to perceive a cause and effect connection that you struggle to understand. Ask others what they perceive. 'Blind spots' can be identified as such, and becoming aware of them will lead inevitably to a greater awareness and understanding.

- A good place to look is my ex. He had objectivity regarding family arguments.
- I feel that I am now in the present. I appreciate the two rounds, as opportunities to review and gain realizations.
- When my family has an argument I have a strong No. I feel I need to take a step back to see my resistance. Still staying with the idea of curses vs. gifts.
- Several girlfriends have children in their 20s and 30s. We all have our cause and effect scenario. I see that relationships also have a cause and effect, where therapy would fix some things earlier rather than creating problems later. I have a hard time saying that. Each generation puts something onto the following generation, 'if this...then that'. I have to sit in the space, considering they can create anything they want.
- I missed the point of your question. [What if my question isn't important? Share what you are processing.] I want to take time to reflect upon your suggestions that I wanted to be a victim. And I see others seeing cause and effect because they see things more objectively than I do. I want to be down in the raging river of emotions, they are up on the rocks. [Can you see where you have 'been on the rock' in this sharing?] No... [You said that you didn't hear the question, and I removed any sense of pressure by suggesting that you just share what was one your mind. After you did that, you obviously remembered the question – because you answered it! You can easily move from the river to the rock.] I did, didn't I?! I can do this... [Yes, you can.]
- Usually, I call on a friend to help me out. I tend to get emotional also, wallowing about in my river. I am realizing how often that happens. One topic still feels like a blind spot. It's very uncomfortable, and it would be hard to share here. I am being brought into my awareness. Not sure what else I can do with it. Should I accept it? It might get comfortable – and then not go away. I want to figure it out. Maybe there's not much I can do about it...[My suggestion would be to look at where you are thinking dualistically. Do you really believe that if you became aware of something in your life that went against your values, that nothing would happen? You say, if I can't do anything about it... it will stay forever. Those are two extremes. What are the options in-between? What subtle things are bound to happen that will make a difference over a long period of time – a decade, for instance.] Thanks.

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## **Pain of Injustice – Cosmic Records PL249**

Minutes from June 2013 Teleconference

### **June 29 / Week 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 become what I would like to be, I must first, without fear or shame or vanity, face what is in me." PL25

1. Look over the list of Spiritual Principles for which one or two that bring up any feelings of resistance, protest, or claim of exception ('but if/when...'). Find an example in your own life where this principle does not seem to apply. Make certain this example is one that is very personal, where you are able to know the feelings and energies involved and have a reasonable chance of correctly interpreting the feelings and energies of any other involved party.

- I don't like No.1, Self Responsibility. Even when I hear it I cringe, would like just to lay back and not be responsible. [It is an act of the Higher Self to expose and reveal one's weaknesses and distortions for the purpose of healing them.] Even recognize the other parts saying 'why are you saying / admitting that?' There's shame to his. From the Higher Self – it sounds funny – 'you can do it' 'we can do it'. A supporting place. Also says 'You've been doing it'. To hear those 3 messages feels encouraging. I should check in more often with THAT voice! I want to.

- Also No.1. I want to reject self-responsibility. It's not possible – I want justice. I want to find something wrong – feels like condoning things people have done in the past – No.1 feels like it makes it okay. Part of me is interested in looking at this. When I have, I want to suppress feelings and thoughts. I want to look, see the truth. When I suppress it, it keeps coming back. Also, not taking responsibility for the past means not taking responsibility in the present.

- I don't have a problem with any of these. My problem is applying them lovingly to myself and others. [No.5 Brotherhood is broken when we are unkind to ourselves. Maybe that is a place to start.]

- I don't like No.1. Or No.2 Paying the Price. Even the idea of paying for good things, there is a risk. [My suggestion is that you are confusing human transactions with spiritual ones. You can get cheated on a human level; unless you feel that spirit is not governed by law (which would lead to the pain of injustice) you may not yet be able to imagine a law that would always be fair and never cheat you. So when you pay, you get what you pay for from spirit. And the willingness to pay counts extra in terms of positive Karma!]

- I like No.1 the most. No.2 Paying the Price – oh, no! I saw that I was already paying the price when I am in resistance. It was a real revelation. Fear related to blindness. If you can pay the price – you are the only one who can. It's mind-blowing.

2. Consider, with scrupulous honesty, what might be true here.

"So I beg of you, my dear friends, consider the outer conflicts that come to you as an answer to your prayer. If you will only turn into the other direction. Instead of becoming defiant and hurt, turn inside, turn around, no matter how wrong you think others may be! Ask yourself, ask your Father in heaven, 'Isn't there some grain of truth somewhere? By recognizing it, I will continue to learn and develop.' " PL 43

- Why am I resistant to spiritual principles? [If you stop resisting, you know change will occur.] I want to be responsible for the good things, not the bad things. I can see where if I had done something differently, things would have been better. [Isn't that an example of taking responsibility, to see the cause and effect of what you have done? Or is there more – have you mixed taking responsibility with being blamed by humans?] for some things I should be blamed. [Isn't that taking responsibility

for cause and effect?] Yes, NOW. Not back then. [Do you think spirit is holding a stopwatch?] It sounds funny when you say it that way – no, hallelujah! [Spirit is concerned with the inner work we do in our own hearts. Right actions will follow organically.]

- That exchange was very fruitful. I do realize I project a lot of human stuff onto spirit. A dread that someone will condemn you to a dungeon. Feels very real. Makes me feel hopeful, the idea of living in a world not controlled by human harshness. A resistance to explore – I expect bad things to happen if I explore. So it's important for me to see how spiritual law works.
- Looking at No.5 Brotherhood... occasions where I am judging or assessing another. Sometimes, with a 'click' I see their side. I see that as opening my heart. That's what I want.
- Regarding Paying the Price... now my point of view has changed. Life, the universe feels fair to me. Makes me feel relief, safe, that everybody has opportunity to grow up, even bad guys. I like it!
- Regarding blaming, I was just reading the phrase 'childish illusions of omnipotence' in PL249 – what does this mean? [childish = immature, illusions = only seeing the fun parts, omnipotence = the idea that you can do anything you want without having to deal with the consequences. Even a child instinctively knows that having power also means using it and being responsible for it.] I can be responsible for the beliefs I accepted as a child, that I no longer accept. And that as a child I was not mean or bad for accepting those beliefs. In terms of grain of truth, the most pertinent is how liberating that is, as if we carry everything in a magic backpack , taking it in and out
- My experience of No.1 was joyous. I realized that I had allowed myself to become dependent, emotionally, around values, and even dreams of what I wanted out of life. Once I realized that I had created that mess, it was okay with me to be the one to clean it up. Who else would do it, without continuing my dependency upon others?

### 3. What would you like to look at during the last 45 minutes?

- What we just did was very interesting – let's do that again! No.8 Abundance. Coming from poverty, expecting abundance. I come from 'there is nothing' and it's not getting better. [What would taking one step look like?] Not on a material level – what's striking me is that I am not well connected with happiness and joy. I dip into the negative and expect joy to result. [Jan – I was challenged by a friend once regarding my film collection, because I didn't seem to have any romantic comedies. I'd focused too much on serious stories, and had nothing fun to watch. At first I protested that there weren't any, then that my dramas were funny! But then I made an effort to include some that were honestly to my taste, and I really enjoy them.] A flash just came to me from a previous topic, RWE, where I realized that I could pause and pick / choose what to do. I have a choice, to pick, to decide, instead of automatically going to the poverty place. Not every single time, one small step at a time.
- I struggle with delving in, taking time aside to spiritually explore. I do it while caring, cooking – alongside other tasks. I need to take specific time for it. Part of my taking responsibility is to value it. It's like if you have to do exercise, doing a bit, too mildly, you don't feel much. Then if you do a lot, you feel it more deeply. Making time to be on my own and think things through. I've been avoiding it. And then I wonder, did I 'do' it? [Sounds like you are mixing human limitations, where someone might accuse 'I gave you 1 ½ hours for yourself – what did you do with it?']
- No. 5 Brotherhood. I should be focusing on it. Lots of changes over the past year. Now I have a lot of politics in my job, I have to be hard and tough. [What about the possibility that this could be a wonderful gift – to be able to give yourself fully, open your heart while holding boundaries because of specific realities in a given situation. To integrate them. A very challenging path!]]
- Not sure... feel like I'm now sending you sunlight. I want to see truth in my imagination. I've already been afraid, want to move on. Everybody has truth of their own. I never saw that before, because of my images. I was afraid of being weak. That doesn't mean I always feel safe. I think I'm ready to move on. Still in the darkness. I will be getting out of here!
- No.4 Living in Truth. A bit of a challenge to do completely, see all that you are without fear or self-pity. I'm moving from 'I had x,y,z kind of life. [Can you state your 'case' for NOT Living in Truth?] I would fear it was true, my images and masks.

# Pathwork™ Steps

A way to have fun with the concepts... a Karma Ticket book, found in a North Carolina highway gift shop in 2006.

<b>NOTICE OF KARMA VIOLATION</b>		
 <b>KARMA POLICE</b> TM		
TO _____	DATE _____	TIME _____ am/pm
<i>Persons and /or Institution Perpetrated Against</i>		
<b>NOTICE:</b> THIS CITED BEHAVIOR WAS IN VIOLATION OF THE SPIRIT OF KARMA AND THE KARMA POLICE CODE, SECTIONS:		
01.01	Barefaced Lying	
01.02	Cheating: (a) In a game (b) In a relationship (c) In business	
01.03	Disgustingly Thoughtless	
01.04	Borrowing with Intent to Keep	
01.05	Hurting Intentionally	
01.06	Using Destructively: (a) A Person (b) The Environment	
01.07	Avoiding an Issue	
01.08	Pompously Prejudiced	
01.09	Reprehensibly Irresponsible	
02.01	Just Plain Rude and Obnoxious	
02.02	Underhanded and Diabolical	
02.03	Blindly Self-Serving and Self-Obsessed	
02.04	Incorrigibly Lewd and Lascivious	
02.05	Hopelessly Spaced Out and Dangerously Unaware	
	<b>GOOD KARMA COMMENDATION FOR BEHAVIOR OF THE HIGHEST INTENTION</b>	
<i>Manner in which violation/commendation was perpetrated:</i> _____ _____		

IN ACCORDANCE WITH THE LAWS OF THE UNIVERSE AND KARMA, YOU ARE HEREBY REQUIRED TO MAKE IMMEDIATE AMENDS AND/OR APOLOGIES TO THE AFOREMENTIONED PERSON(S) OR INSTITUTION(S) PERPETRATED AGAINST. FAILURE TO COMPLY WILL CAUSE THIS ALREADY NEGATIVE ENERGY TO COME REELING AROUND THE PLANET RIGHT BACK INTO YOUR LIFE!

**DO NOT THINK YOU CAN REALLY EVER GET AWAY WITH THIS**



Karma Police Officer: \_\_\_\_\_

Today's Date: \_\_\_\_\_

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