

Note: this .pdf is designed to be folded in half and used as a booklet, so the paging is out of sequence for reading online.

Print the 4 pages, reverse page 2 and staple to page 1, then reverse page 4 and staple to page 3.

Or, print as a double-sided document on a duplex printer.

Pathwork™ Steps

STAGES OF COMMITMENT

A series of questions about what commitments you have made, or are willing to make, to your spiritual path.

Compiled from AM006 / AD6, Stages of Commitment 1978

Guide Lecture quotes © The Pathwork Foundation 1999

While the original questions were designed for a residential community, with defined leadership roles and communal responsibilities, they are also valuable as a way of revealing resistance to spiritual law, exposing issues around authority, and embracing self-responsibility, by developing inner leadership.

Pathwork™ Steps

Stage IV Cont'd

STAGES OF COMMITMENT TO THE PATHWORK

Questions to be Asked and Commitments to be Made for the Four Stages at a Ritual Celebration

This world would be a very different place if more people were to do, whatever they do, wholeheartedly. Be it human relationship, be it reading a book or taking a walk, or going through a conversation.

This planet is such an unhappy place because people are torn; they do not do one thing without being divided in attention and motivation. There is rarely a full commitment in anything man does. He serves two, three, or ten masters at the same time, but never his own real self. He wants a guaranty without mistakes, until the end of his days.

Since he knows perfectly well that this cannot be, he refuses a total commitment.

***The answer to each of these questions
should be more than a simple Yes.***

It should come forth in verbalizing a commitment expressing the thought of the question in the words of the person.

All the questions, for all stages, should be worked through in the private work of each individual before the celebration, so that there is full clarity.

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

QUESTION 6: Are you willing to be prepared to deal with the possible hostility, hate or maligning of others, even though it is painful, rather than avoiding this issue, diverting their feelings onto others and in any way colluding with them so as not to have to deal with this pain?

QUESTION 7: In this ritual celebration of initiating your new status, you establish a strong spiritual root and bond. If you tear up this form, by suddenly dissolving it on the material level, you inflict harm on those whom you help, those who have looked up to you and, most of all, on yourself. Are you fully aware of this responsibility: Are you willing to honor it?

QUESTION 8: As a helper and leader, it has definitely become your task to also contribute to the community in some manner, according to your gifts and talents. Are you prepared to give this?

Stage IV:

A commitment to Pathwork Helpship and leadership.

You are now entering the fourth stage, whether you are a helper or leader within the community. This means, in addition to all the previous questions and commitments in the previous three stages, that you carry responsibility for helping others on their paths. You need to think and pray very deeply whether this is indeed the path you wish to remain on.

QUESTION 1: Do you commit yourself to carry out your responsibilities faithfully with your workers and fellow community members in all ways?

QUESTION 2: Do you cleanse your motives daily so that you may give to the person whom you help and the community that you serve, without ulterior motives, not withstanding any ego or power reasons, motives for personal gain, etc.? These motives may still exist, but they can be eliminated every day anew by making this commitment to the Christ Consciousness that guides you in this task.

QUESTION 3: Do you consider your own Pathwork, apart from the benefits it brings you in your personal fulfillment, a necessary prerequisite for executing your duty as a helper and leader, for being able to be the best you can be?

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

Stage I:

A commitment to the self, to one's own spiritual growth through the light of the Guide's teachings.

QUESTION 1: Are you fully aware that the Pathwork is a spiritual path and not an individual therapy?

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

QUESTION 3: Since this work is based on the teachings in the lectures, do you commit yourself to study the lectures carefully and, when not understanding parts of them, to allow yourself to be helped in this understanding?

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?

Stage II:

A commitment to relationships with others that are based on truth and love.

QUESTION 1: Do you fully accept and commit yourself to all the questions pertaining to Stage I?

QUESTION 3: You are now a part of a larger community and, as such, you share responsibility with all your path brothers and sisters in the building of a new society. Are you willing to carry this awareness with you and consider it whenever issues come up?

QUESTION 3: As part of a larger community, concerned with a larger cause, you can be confronted by your peers about something they may see in you. They may be correct in their perceptions, or they may harbor hate or jealousy feelings for you, which would taint their perceptions. Are you willing to consult your innermost self, the truth of God in you, about the relevancy and accuracy of such a confrontation?

QUESTION 4: If you see something negative in one of your path brothers or sisters, are you prepared to take the risk to confront them? Are you willing to chance their anger with you, for the sake of the truth, for the sake of their higher self, as a real expression of your love?

QUESTION 5: Are you willing to forswear all kinds of Collusion, active and passive ones by commission or omission; against peers or authority figures? Are you willing to muster the courage to confront the other person if the collusion comes from them and propose to go together to the third person who may possibly be maligned or gossiped about, to question with an open mind what the truth is? This means giving up amomentary gratification and relief, a negative pleasure, and this would be your sacrifice for God, for the larger cause of which you have become a part.

Stage III:

A commitment to a sense of planetary responsibility, and to serving in the world through the wisdom in the Guide's teachings.

You have now made a commitment to deepen your study and practice of the lecture material as this can help you to serve in the world, in whatever form your vocation may manifest. This deepens a responsibility to live up to all the above points, for both Stages I and II, and whenever you fail, to work on it, so that acting out will become less frequent.

To the degree you are committed, what you do will be pleasurable, free from conflict, fruitful and rewarding. It will be one-pointed in direction; it will have depth and meaning; it will be successful; and it will bear the stamp and feeling of blessedness.

Commit yourself to the truth, and all must be well. Be blessed, my dear ones. The love of the universe envelops you.

QUESTION 1: Are you willing to fully make this commitment, with all your heart and mind?

QUESTION 2: Are you willing to further your study and practice of the Pathwork teachings, in regular private sessions, your regular path group, core work, and lecture study formats?

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