

Pathwork™ Steps

Hints for Reading Pathwork Guide Lectures PTH Worksheet by Ann Griever 1996 Edited 2024

These notes provide hints for reading the Pathwork Guide Lectures. As you read them, please keep in mind some concepts the guide often reminds us to heed:

- Each person's unique needs, timing and learning style will affect reading. If you find yourself concerned that you "should" read a certain way, notice whose approval or authority you are seeking to conform to. Consider exploring new methods.
- What we read filters through who we are at any given time. I find the lectures uncanny in how they work this way. Allow each reading to be an entirely new experience, in the Now.
- The style of the lectures serves a purpose. They don't just instruct your intellect. They also aim to directly affect your experience as you work with them. Tune into their flow.

The First Method I Learned:

1. Pray to allow the lecture affect you deeply. (Notice your trust level about this.) Through meditation, prayer or other praxis, reaffirm your commitment to let the lecture affect you. Open yourself so that the lecture can pour into your being as you read, rather than trying to study it.
Read it through in one sitting. Allow your spirit to synchronize with the lecture.
2. After you have read the lecture notice, notice if outer events seem to be helping your understanding, by illustrating the points of the lecture.
3. About two weeks after you first read the lecture, read it again. This time read it point for point, noticing your life issues as they relate to the lecture. If you wish to make notes, make notes about the points as you go. Organize your notes afterwards. Often the guide puts things in an order that doesn't correspond to a school-type outline.
4. Express gratitude for your progress. Ask for the help you need to continue progressing, through prayer, questions, sessions, or other methods you are drawn to.

Intuitive Method:

The first time you try this method, select a lecture at random. If possible, do not pay attention to the title until you finish. This can build confidence that what you're learning is not based on pre-conceived notions about the lecture.

Get into a comfortable, meditative pose. Put the lecture in your lap, hold it in your hands, or place it on your stomach (or however feels best to you).

Notice what you learn for the next 15-30 minutes. You can write now, or just sit. Do not analyze or try to figure anything out as concepts, feelings, etc. come to you. Just notice the concepts and feelings and how they affect you.

You may just enter a new state of consciousness rather than getting ideas. If this happens, observe the new state and wait until after the meditation to get conceptual or analytical about it.

Once you gain intuitive insight, read the lecture.

Notice any similarities or differences between your initial experience, of connecting intuitively with the lecture, with the actual experience of reading it.

Notice your understanding of the title of the lecture.

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Carolyn Tilove's Method: "Give Yourself a Session"

Attitudes:

- Carolyn aims some of her comments at people planning to teach the lectures in classes. Her comments also apply when we simply teach them to ourselves.
- Look to become a living lecture, reaching deep inside yourself for answers.
- Clarify difficult concepts by finding different ways of expressing them.
- The structure of the lectures has a biochemical effect. It raises our vibratory level.
- Preserve the "unknown mystery". Don't abuse reason / analysis; avoid pre-conceived notions; read with your objective observer present, rather than being hyper-vigilant.
[Ref: [Chapter 3 of The undefended Self](#) by Susan Thesenga, available by permission of the author.]
- Let go of your idealized self-image of who you 'should' be. [Ref: [PL 83](#)]

Stages:

1. Read it straight through.
2. At another sitting, read it again, using the outline below.
3. Integrate and organize your understanding of different ideas in the lecture.
4. Find time to read it one more time, straight through.

Outline:

- A. Read the blessing at the beginning of the lecture. Often it serves as a synopsis of the whole lecture.
1. Notice your emotional reactions.
 2. Dialogue with yourself about the reactions.
- B. Begin to read the lecture.
1. Read it sentence by sentence.
 2. Each time you have the slightest twinge, stop and take it seriously.
 - Notice your emotional reactions and dialogue with them.
 - Write this emotional part out.
 - Put in brackets any intellectual clarifications, examples, etc.)
 3. If you had difficulty with a section of the lecture, go back to its beginning.
 - Do this as many times as necessary until you read it clearly - both intellectually and emotionally.
 - Only then, move on to the next section.
 - Note: In the beginning a section may be as small as a phrase of a sentence. In that case, keep going back to the beginning of the sentence until it reads smoothly. When sentences read smoothly, use paragraphs as sections, then move up to groups of paragraphs or sections the guide may have defined.
 - At some point you will "break through and the rest will slide in like butter."

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a subsidiary of The Pathwork® Foundation, Inc and have been made available to members.