

**JOURNEY OF THE SOUL:**  
**A Bird's-Eye View of the Pathwork Teachings** November 23, 1991  
 Worksheet by Susan Thesenga for the Pathwork Teacher's Database

**THE FALL**

I. Spirit World

Unity, one with God, Universal Spirit, Divine radiance  
 Preparation for incarnation, creation of life plan  
 Choosing one's task: soul's misconception  
     sex, country, parents, teachers, mates, etc. personal task  
     Divine task, interpenetration of divine spark

II. Birth

Forgetting  
 Nature of Earth reality:  
     .Duality, equal access to Light and Darkness  
     .Spiritual Laws that govern the universe, also at work on Earth  
     .We live in a "sizzling sea of energy"  
 Unmet real needs + experience in distortion = pain, rage, helplessness  
 Transference: outpicturing of the soul's misconception onto parents and parent-figures

III. Defenses

Idealized self image  
 Images  
 Pseudo-Solutions:

Personality Component	Divine Aspects	Pseudo-Sol.- Divine Aspects in Distortion	Lower Self Aspect
Reason Serenity	Serenity	Withdrawal	Pride
Will Power	Power	Aggression	Self-Will
Emotion Love	Love	Submission	Fear

IV. The Vicious Circle: the re-creation of childhood hurts

Etiology in childhood / infancy:

1. I, the child, am helpless, dependent and incapable of unselfish love; therefore ...
2. I demand perfect and exclusive love from mother and father
3. I feel rejection and frustration when my parents love imperfectly or love others
4. I feel hatred, resentment and hostility toward the ones I love the most
5. I am therefore guilty and deserve punishment, and I am undeserving of happiness, pleasure or anything good
6. I punish myself, to avoid the humiliation, helplessness and degradation of being punished by forces outside of me
7. I can atone for hating those I love most if I am perfect, "the best," if I have no faults or weaknesses (creation of the idealized self image)
8. I develop a "second conscience" (superimposed conscience) to avoid punishment

9. I feel inadequate and inferior because I am not perfect; I fail at perfection
10. If only I could" be loved perfectly, it would gratify my idealized self image and justify my original "sin"
11. I want love without risk or giving

Second circle begins with intensifying pain and conflict:

12. I demand perfect and exclusive love from mother/father substitutes.  
and then... at last! ... the Call and

## THE RETURN TO GOD

### V. Evolution of Consciousness:

Levels of consciousness: child, adult ego, transpersonal, universal spirit  
higher self, lower self, mask

Automatic reflexes: emotional reactions based on wrong conclusions/images

Eg: expresses hostility to others, either unconsciously or with justifications -- or, represses hostility and hates the self.

Awareness: becoming conscious of error; acknowledging and facing misconceptions

Understanding: deeply experiencing why negativity/duality exist, including: etiology, re-creation, relationship between image-experience and current experience; cause and effect of false concepts / illusion; beginning to formulate true concepts

Knowing: deeply experiencing truth, living in channel-state, the realm of truth

### VI. Three (overlapping) Stages of the Pathwork:

#### First: Purification Process (individual consciousness, working on personality level):

working with images, especially idealized self image  
developing a healthy ego

uncover and "own" personal faults and virtues  
understand strength/weakness of ego boundaries  
develop and strengthen observing self

work to understand and begin to relinquish defenses of submission,  
aggression and withdrawal

align with mature adult and especially the Higher Self  
see, protect, heal, educate and stand by the inner child

develop healthy ego/body energy and consciousness  
work with transformation of self-will, pride and fear

explore and begin development of love relationships with self, God and others  
developing awareness and understanding

Second: Transformation Process (expanded consciousness):

working with consciousness and choice

working to resolve negative intentionality that would thwart the light

facing the lower self as an act of the higher self

strengthening alignment with and living in Divine Self

aligning with unitive consciousness: good/pleasure and bad/unpleasure

developing a consciousness of knowing

Third: Self Transcendence (universal spirit/oneness with God on Earth)

The Cosmic Feeling

Four pre-requisites are:

1. understanding personal cause and effect (purification process)
2. feeling and handling all feelings/emotions (purification process)
3. development of positive intentionality (transformation process)
4. connection with the inner Divine (transformation process)

VII. The Practice and Process of Path work

Balance of reason, will and emotion

Resolution of vicious circles and images

Understand unity and duality: reason level

=> Deep understanding on all

. Experience unity and duality: emotional level. three levels required to

. Choose to face lower self and align dissolve the vicious circles

with higher self: will level and images.

1. Become aware of your wrong conclusion to the full extent:

(learning Truth)

understand etiology in childhood/infancy/in utero/in spirit world

recognize all implications and influences and effects on your personality –

become fully conscious, point by point, of your specific vicious circle –

recognize its significance on all levels of your being

be aware that it is indeed false

2. Set your intellectual ideas straight (and the emotions will follow suit):

(practicing Truth)

formulate true concepts, the right conclusion

think through immature emotions: how, why, in what way they are "wrong"

proper concept should not suppress erroneous beliefs or emotions

keep erroneous concepts conscious, but do not believe them

keep immature emotions conscious, but do not act on them

clarify duality, illusion:

ongoingly observe and compare truthful and erroneous concepts

ongoingly observe and compare conscious and unconscious desires/beliefs

find cause and effect in your life: acknowledge and articulate resistance, then very clearly establish link between resistance and wish to hold onto negativity, and your suffering, unfulfillment, etc.  
work with your guilt feelings; identify and understand real and false guilt

3. Practice self-acceptance -- without condoning the lower self:

(learning Love)

set aside pride and idealized self image: see your Real Self  
child's needs, feelings and attitudes were justified  
tolerate and understand your negative emotions  
confront immature emotions without shame or judgment  
do everything in your power to give immature emotions opportunity to grow

4. Transformation takes time: have patience!

(practicing Love)

check out discrepancies in dualistic beliefs calmly, quietly, without haste or anger  
give truthful concept time to grow; realize that your emotions will mature slowly  
it is self-will that says "I should be perfect now." The real self allows leeway,  
takes the time to re-educate the inner child and transform the lower self

5. Spiritual Practice:

(learning, practicing and creating Truth and Love)

Meditation

meditate to become aware of what is, *of* your current situation/reality  
formulate truthful concepts  
align with truthful concepts; impress them into your soul substance  
visualize the benign circle, a new, blessed reality  
observe the resistances, pretexts, and justifications of that part of you that doesn't  
want to change or grow; this part in the human personality is very shrewd.  
Be wise *to* these ruses.  
create stillness, creative emptiness, allow for new possibilities  
practice connection *to* inner guidance  
dialogue between levels of consciousness (higher self, lower self, adult, child)

Daily Review

Prayer: pray for help, alignment with the Divine, faith and enlightenment, especially when encountering resistance or having difficulty formulating truthful concepts. Also, pray in gratitude, to bless and heal self and others, and for any other good reason.

. Practice the Law of Brotherhood/Sisterhood

### Three Stages of Pathwork

Individual Consciousness PHASE I Personality Level

#### Purification process

##### Negative Child

Selfish, demanding, irresponsible, chaotic, indiscriminate, grandiose; experiences agony, rage, helplessness; images, negative pleasure principle, idealized self image.

##### Positive Child

Spontaneous, playful, sensitive, essence of self, responsive; full of delight, wonder, curiosity, love; real needs.

##### Negative Adult

Childish, immature, in duality, blindness and compulsion, materialistic, conniving, aligns with self-will, maintains rigid, weak or fluctuating boundaries.

##### Positive Adult (ego)

Independent, responsible, orderly, discriminating, aligns with positive will, chooses to surrender to God/Higher Self; sees reality clearly, maintains healthy boundaries.

Expanded Consciousness PHASE 2 Transpersonal Level

#### Transformation process Energy, awareness and choice/action

##### Lower Self

Separation, duality, outer reaches of forgetting truth, hatred, negative intentionality to thwart the Light.

The Lower Self creates the Mask: pretense, cover-up, the lie, blame, scapegoating; all that which hides or justifies the Lower Self.

##### Higher Self

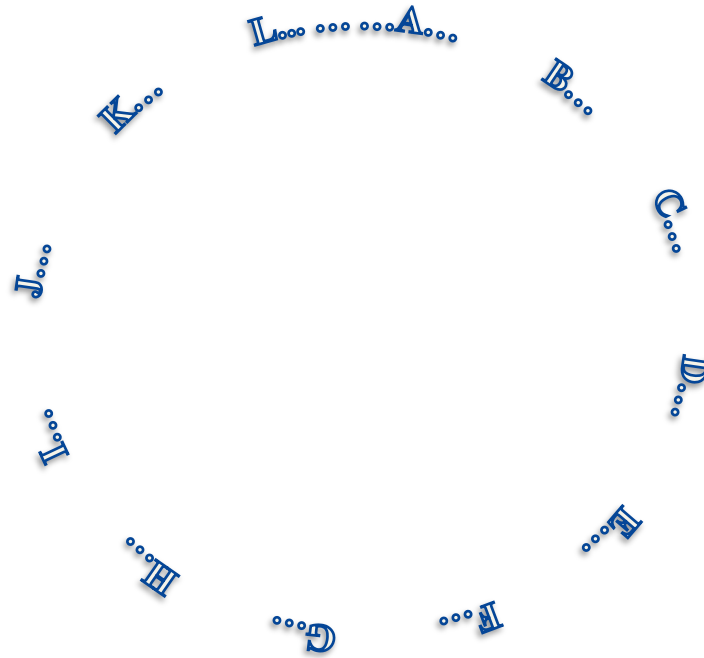
Unity (pleasure and unpleasure), positive intentionality to be one with the Light, developing consciousness of knowing Truth and Love; connected to the divine Universal Consciousness.

Universal Consciousness PHASE 3 Oneness with God on Earth

#### Self-transcendence. the cosmic feeling

"Man harbors within him the purest of wisdom, flowing in the direction of ever expanding blissfulness, new vistas of life expression in infinite variety, fullness of dimensions. This is the Universal Spirit. I will not say that the Universal Spirit is in you; I say you are it, but most of the time you do not know it."

### The Great Wheel of Life and Death



A Unity Spirit World

B Preparation for Incarnation

C Creating the life plan; the soul's misconception

D Birth: the Earth

E Unmet needs and experiences in distortion

F Pain. rage. helplessness. Transference

G Defenses Images, Forcing current, Pseudo solutions, Idealized self Image, Character structure, Negative pleasure principle, Shame of the Higher Self~

H Re-creation of childhood hurls. vicious circles (automatic reflexes)

I The Call!

J Purification Process ego/personality level (awareness &. understanding)

K Transformation Process transpersonal level (knowing)

L Universal consciousness self-transcendence (one with God on Earth)