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Pathwork Steps 2017

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Introduction to 10 Basic Pathwork concepts

A Simple Example of Daily Review

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Getting Started

Suggestions for focusing on a specific concept,
for your own self-study or to prepare for a tutorial.

Select a lecture or concept that resonates with you / appeals to you / troubles you / confuses or perplexes you.

Use any of the Pathwork books as an outline. Specific lectures used for each chapter are listed in the back of the book.

An Introductory Lecture Study outline is included below if you would like to begin with an overview of Pathwork concepts.

Create a Toolbox of Skills!

These lectures offer practical tools and techniques for collecting information about yourself and how you operate in life.

Daily Review PL 28
(see sample below)
Personality Types PL 43
The Vicious Circle PL 50
Unity and Duality PL 140
The Process of Meditation PL 182
The Power of the World PL 230

Free Resources from www.pathwork.org

Download the 1956 versions of the Pathwork Lectures that Judith and John Sally edited (Jon uses the Earlied Printed Versions).

Under the Free Resources' tab you will find links to additional online classes, group meetings, and study materials.

Under the Community Links' tab you will find contact information for informal groups, Pathwork Seekers, chapters and regional affiliates in your area.

Pathwork books plus copies of Eva's original taped presentations of the lectures are available for sale on the Pathwork Store tab.

Pathwork Foundation Membership Resources

Membership is $35 a year, and allows you to download the Earlier Printed Versions of the lectures, Spanish and Portuguese translations, Pathwork Teachers Helper (PTH) worksheets and study materials plus additional materials.

Listening to the Lectures: Free Downloads

Gary Vollbracht created free non-commercial audio of all 258 printed lectures. These are available on Pathwork Foundation's Vimeo channel, and downloadable individually.
https://vimeo.com/groups/pathworkfoundation/videos/sort:alpha/format:thumbnail/

Jon's Study Guides and Videos

Download study guides on over 100 different lectures and concepts
from www.pathwork.org or www.jonsally.com

A new study guide is prepared each month for the free online meetings.

Monthly newsletters include brief highlights from each section along with links to additional videos and articles that feel relevant. Weekly subscribers are sent a full section each week.

Full length video presentations are available on my YouTube channel along with monthly topic summaries.

Pathwork Tutorials

Tutorials (40 minutes for $65) can be useful in understanding specific Pathwork lectures or concepts. These can be recorded for later review. Notes plus any additional suggestions for self-study are emailed. I encourage follow-up questions.

Experienced Pathworkers and students of similar spiritual disciplines are also welcome. Longer tutorial sessions (45 minutes for $65) that focus on a specific concept or life application.

I suggest trying a Daily Review log (sample below) on the topic of your choice for as long as possible before your initial session or tutorial. Noticing my strengths/weaknesses and incongruities, and finding patterns (where seemingly different events provoke similar reactions) are a first step in uncovering any misalignments between our beliefs and spiritual truth.

Pathwork Sessions

Individual sessions allow time to explore complex dynamics, practice using the Pathwork perspectives, or determining what concepts, tools, or techniques might be be most useful for your life situation.

Standard sessions are 1 hour 20 minutes at $130. Shorter sessions (40 minutes at $65) may also be booked for those who are willing to focus on a specific concept or life application. Session length must be decided when scheduled so that we can both manage the time effectively.

I will accept a fee that you determine, as only you know your resources.

Questions or comments? Email me!

If you have any questions or comments, I would love to hear from you.
Please email me at jon@jonsally.com

An Introduction to Pathwork

Pathwork lectures (PL) may be downloaded at no charge from www.pathwork.org
Study guides and worksheets are available from www.jonsally.com *or* www.pathwork.org. *Video presentations and most of these topics are available at* (http://www.youtube.com/user/JonPhillips)

1. Introduction: An overview - What are we trying to do? What is the Path?

PL 5 Choosing Your Destiny: The Will to Change
PL 150 Presence of the Basic Principles of the Pathwork
When I first started reading Pathwork lectures, I deeply appreciated the validation that reaching out and taking charge of my life was the answer. It was just the way I had been doing it my entire adult life. Others may have some reassurance that pain and struggle is not all life was meant to be about. It feels important to spend some time with the overall concepts and goals of the Pathwork before we dive into the detailed summary of what working with the Pathwork process might involve. Another overview can be found in PL 204, What is the Path?

2. What is the territory? Who are we? Where do we start?

PL 14 Higher Self, Lower Self and Mask
PL 28 Daily Review
The lectures describe the continuum of consciousness from many other spiritual disciplines and has been lost in the mists of time. The flow of what consciousness, the life force that wants everything its way and is afraid to share or be vulnerable. Here, we presume that we should be the center of the universe. The second chapter basically states a willing to access, because it is where we actually want to be the center of the universe, and above admitting this might affect our current spiritual status, we hide it with great amounts of effort! Since this negativity blocks our divine spirit, Pathwork lectures, Eva's personality, and our own inner guidance will all be interpreted from this to eradicate or repair. This is a good place to introduce daily review, to keep lower self thoughts. Using a small pocket-sized date book is a quick and easy way for people to start this process, because unlike a blank journal you can tell if you missed a day's entries.

3. How do I find out what I want? How do I know what's right?

PL 43 Three Aspects of Love, Eros and Sexuality
PL 51 Shame
People are both attracted and repelled by this topic. We all feel conflict between what we want, and what we think we/ ought/ should/ shouldn't. Pathwork Guides gave me a completely new and healthy perspective on my Eros for all kinds of things, and a deep understanding and reverence for the power and creativity of the sexual force. I see PL 51 to acknowledge the reluctance to truly engage with the power of the life force.

4. What holds me back?

PL 150 Meeting the Pain of Destructive Patterns
PL 101 The Defense
PL 31 Self Confidence
This feels like one of the more 'mainstream' concepts, as it doesn't usually violate current cultural norms. Associates the knowledge of the inner world with the tools it uses, and introduces the concept of the living current. Most importantly, the Guide shows how to overcome the resistance to change, and how to deal with the pain of our destructive patterns while still deep in child consciousness, and to learn to distinguish between our defenses and our real selves.

5. Personality types and patterns of behavior

PL 43 Passion, Will and Emotion Personality Types
PL 50 The Vicious Circle
This section introduces the concept of using Pathwork into people's everyday thoughts. It's a great tool to understand blocks in communication, and offers a whole new way of perceiving conflicts between personality types. Using the concept of the vicious circle helps see the patterns of each primary type. While none of us perfectly match a model or type or pattern, these descriptions are useful in delineating specific preferences, allowing both the positive and the negative aspects of each type.

There are dozens of lectures that work with the distortions and defenses of these personality types. PL 75, Self-Will, Pride and Fear; PL 34, Love, Hate and Indifference; Eros Attitudes and Ad Distortions and PL 040, Three Principles of the Forces of Evil.

6. Frozen patterns: the Mask - Idealized Self Image

PL 50 The Vicious Circle
PL 90 Mask Image - Repressed Needs and Defenses
PL 150 Meeting the Pain
Images are a central concept in Pathwork, and there are a dozen lectures that focus upon different aspects. The Idealized Self Image (lecture PL50) becomes the Mask we hide behind. This lecture focuses more upon the concept of having an illusory vision of who we are. The Mask summary is very useful to pull together all the concepts about images. PL 71, Illusory Self-Image Attitude, may be a good reference for this as well.

7. What, then, is God? And what happens if I give up my defenses?

PL 52 The Good Image
PL 215 Let Go, Let God
PL 130 Abundance
Once we are willing to look at our lower selves, our defenses, and our images, it is useful to look at how we project our illusions onto God as the ultimate authority. The Good Image (PL52) and Let Go, Let God (PL215) are two lectures that complement each other. Pathwork lectures have introduced some of the defenses and concepts in our God as a benign and loving authority. For those who wish to go further, PL40 Authority, and PL 145 Duality through Illusion. Finally, Abundance addresses the ideas of how we project the impetus that we receive from our parents onto others.

8. Breaking out, breaking up, and breaking free

PL 150 The Spiritual Meaning of Crisis
PL 140 Unity and Duality
Pathwork lectures offer a Reality and strive to attain a Unity that may not be fully possible while on this planet - there is something worth striving for. The Guide presents the concept that crisis is a positive event, an organic response to being stuck or in a state of stasis rather than the natural upward flow between expansion and contraction (see PL 205, the Anatomy of Contraction).

9. Eddies and currents that suck us back into old stuff

PL 150 Meeting the Pain of Destructive and Obsessive Childhood Hurts
PL 250 Shame of the Higher Self
This lecture needs a lot of grounding to really get inside people. I taught two early's there it stays superficial. You need a strong sense of self and faith in your spiritual path to truly accept that you may have made decisions as a child that are still running your life.
Understanding this lecture also requires that you be able to see a larger picture, that your current life circumstances are not necessarily the result of your choices as some of the expression of emotional logic, using the scenario of where we sometimes choose to side with the stronger parent even if we don't agree with them. Such conflicting choices create strong forcing currents that we may still be trying to untangle the rest of our lives.

10. Self-Responsibility: Who is in charge here? What are the rules?

PL 215 Let Go, Let God - Perfect Self-Creation
PL 10 Spiritual Laws
PL 233 Power of the Word
This really circles back to the first session with PL 5. I like to complete a series of classes with a series of our own self-responsibility and some structure - the spiritual laws.
The 'real world' always presents us with seemingly illogical and irrational sequences. Spiritual Law #1 states that everything is cause and effect, and that everything is cause and effect. PL 215 Cause and Effect on Different Levels of Consciousness. Our task is to uncover our unconscious behaviors and patterns so that we can find the root cause of our unhappiness and the blockage of our life force. Is free ourselves to be who we were always meant to be :

"And to the degree you can understand your life experience as an expression of that force, you will be able to see how it has been blocked by your attitudes and behaviors in your hypocrisies. You will need help to do this. The victory, the liberation, the sure joy and peace that comes from that is incomparable. No good that comes to you from the outside because others happen to act according to your will could ever be as peace giving and joy bringing as the realization and understanding of your difficulties. That is indeed the transcendence and evolution of your personal being. Then the joy will expand forevermore, and life will become more and more as it meant to be, as it actually is, as it actually existing in this other dimension from which you are self separated in your consciousness." PL 132

email jon@jonsally@gmail.com for further details.

Daily Review PL 28

"This daily review can be conducted any time of the day, most suitable to you. When you ponder over an accumulation of days, in which to look notice of your reactions, you will undoubtedly find a recurrent pattern."
Constructive Attitudes in Self Confrontation PH55

Exercise: Keep a record of incidents that disturb you. Focusing upon subtleties may help us form becoming distracted by exaggerating or over-dramatizing a situation. Notice feelings of discomfort, where your suspect you may be uninformed, ignorant, unprepared, or unaware.

Each week, see if you can relate with the sub-topics or suggested exercises.

If you need to a to page of lined paper per day. Create 4 columns. At some point during each day, jot down brief notes about each incident (mind 10 per day). Eventually, this can become a thought process. The Guide refers to Daily Review as "spiritual hygiene".

1. Two to three words to identify each incident (no details)
2. Your initial reaction (emotional/physical/mental)
3. The judgments or conclusions you came to at the time

At the end of each week, read through your entries and complete the last column:

Free Online Meetings 2017

Wednesdays and Saturdays 7pm US Eastern
Converts to 7:am Following day AU Eastern

For a limited time: adding Sundays 9am US Eastern
Converts to 2pm UK / 3pm Europe / 10pm Western Australia

Verify your time zone at www.timeanddate.com

What to we do in the meetings?
Learning a complex task requires focus + practice! We share + getting feedback, support and new ideas + integrating these into our practice! We share our process with others and hear theirs. I offer teaching - spotting potential distortions, misconceptions, or unconscious beliefs that might not align with our conscious thought process.

Sign up to receive a weekly portion of the full study guide each Sunday (click on 'updates preference' link below). Or download Pathwork Guides from www.jonsally.com www.pathwork.org or www.pathworkguides.com/Pathwork%20Guides/Index.

Meet online! We use Zoom as free teleconferencing software. Simply click on the access link event in the weekly self-study guide to join online via computer, tablet, or smartphone. You may call in via landline, mobile, or VOIP line.

Audit a meeting? Feel free to listen in. There is no fee or obligation.

If you wish to participate in the weekly meeting, the only requirement is to read the current weekly study guide (or WKY of the lecture, see www.pathwork.org) before the meeting. You may pass (skip your turn) at any time for any reason.

Unable to attend? *Use the study guide on your own!*

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