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Pathwork Steps 2017

Pathwork Lecture Self-Study Suggestion Part 2 (Part 1 here)

Different Versions of the Lectures

A Pathwork Step Ad :-)

Unpacking the Lectures
Pathworking on lectures for self-reveal

Some of the Guide's Suggestions for Reading and Understanding...

Creating a Personal Log of Your Journey with Each Lecture
Keep a record of your deepening process

Introductory Lectures: 10 Basic Pathwork concepts

Resources at www.pathwork.org

Joe's Study Guides and Videos

Different Versions of the Lectures

2 Recorded Versions:

The Guide gave oral presentations from 1958 until 1979 (Lectures 0-187). After they were transcribed, at first the need-to-read revisions were erased and re-voiced. Later, the tapes were archived. **87 of the original recorded lectures** have been converted to digital format. These may be purchased at www.pathwork.org. To order a **free copy** of a lecture please email Joe at **Joe@Pathwork.org**.

Gary Vichorovich recorded all of the numbered Edited Lectures (see below). These may be downloaded free from iTunes.

3 Printed Versions:

Earliest Printed Versions (EPV): Eva Pierrakos channeled presentations from the Guide twice a month to the growing Pathwork community. The transcribed lectures were returned to Eva, who edited them as the Guide (via automatic writing). The Guide sometimes called a significant amount of revisions to the written versions. This edited material was re-typed and distributed to the Pathwork community. These are the **Earliest Printed Versions (EPV)**. Photocopies of the EPV were distributed by Pathwork Helpers and Helpers until the 2000 Edited Versions (see below) were published.

1990 Edited Version: In 1990, Judith and John Sandy completed a project (suggested by the Guide) to edit the Earliest Printed Versions into a second version. This is the **1990 Edited Versions** are available in the public domain at no charge at www.pathwork.org.

Unedited Lectures: To prepare for the launch of www.pathwork.org in 2000, an extensive 3-year review process was undertaken to correct a number of minor transcription errors and typos in the 1990 Edited Version. This was accomplished by listening to the original recordings and reading Eva's hand-written notes. This was also reviewed at all the Question and Answer Sessions (Q&As) and Additional Guide Materials (AGM). These new revisions are known as the **Unedited Lectures** and are available for download on the membership page at www.pathwork.org ($30 annual dues).

Q&A Sessions: Originally, the Guide would present one topic a month, including some time for questions and answers. Two years before there would be a dedicated Q&A session. While some of the questions referenced the most recent lecture, others were about prior topics or questions that had come up in the smaller study groups. The Guide also answered personal questions.

Additional Guide Materials (AGM): In personal conversations, with the title Question and Answer((see FS, 20, 30,58). Later Q&A sessions were given the number of the prior lecture with the suffix 'qa'. The 1990 Edited Versions do not include Q&A sessions such as FS, 17qa.

The CD-Rom sold on the Pathwork Store includes both the Unedited Versions and the 1990 Edited Versions, plus Additional Guide Materials (AGM), Pathwork Contributions (PC) such as the Brainick Index, The Path to the Real Self manuscript (FS), and contributions by Eva Pierrakos (EP) in her role as Pathwork Helper and community leader.

Some regions used only the 1990 Edited Versions, others used the EPVs. Jan uses only the Edited Versions in creating study guides, so the passages that she quotes do not always match the lists online versions.

A Pathwork Step Ad

Reading a lecture that you have trouble understanding is widely recommended as a pressing ad.

There are many reasons why we may not be ready to address an issue. If you are having difficulty understanding a lecture, or feel resistant to the concepts or suggestions, it may be worthwhile to pick another lecture. This may allow you to bypass the concepts that your inner work on the spot cries.

Or just place the lecture under your pillow at night!

You may get more out of the lecture by not struggling with it on a conscious level. That's what Eva used to say about the lectures her people's "teacher" in her sleep during the Guide's presentations.

Unpacking the Lectures

Pathwork on lectures for self-reveal

Pathwork lectures are infamous among Pathworkers for run-on sentences and page-long paragraphs. College-level reading skills – and determination – are needed to understand the concepts. Fortunately, the Guide, Eva Pierrakos, was born and raised in Austria in 1904, and the Guide worked within her ability to translate her presence.

If you have a text on, of revision of a lecture, copy it into your favorite word processor format. If you only have access to the online .pdfs from www.pathwork.org, use your preferred word processor program and recognize characters copied from computer generated .pdfs.

Quote the text in one line (Ctrl + L, 192 Read and False Needs Edited)

Go through the lecture very, very slowly. Every time you sense that a point was completed or there is a shift in approach, hit 'return' and start a new paragraph.

If you sense that there is a logical conclusion, and the terms First, Second, etc. are used or implied (but often buried in the text), separate the points and number them. Use indents or bullet points. Sub-sections are needed. Use bold or italic for emphasis.

Rather than changing the original text, all you are doing is unpacking each paragraph into separate, cohesive phrases and sections.

Create Sub-Headings in **bold** or CAPS for groups of paragraphs that describe different aspects of the main section title.

This could take several days!

Let your understanding and re-organizational real 'tool' off for a few days. See below for the next step.

Some of the Guide's Suggestions for Reading and Understanding...

Do this lecture is simultaneously an organic sequence, a repetition, a compilation of a number of ideas and a beginning of something new. It is a concentrated sequence you'd stare at for very point and go on from there, completing the cycle from whatever the starting point was. This explains why almost anyone can a certain level of consciousness in that these lectures contain all matter within they stands. Within this particular lecture will, once again, be an answer for many of you and shed light on the exact point where you are stuck at the moment.

FS, 192 Real and False Needs

Sometimes this happens only years after you have heard or read a lecture. ... For my new friends, this lecture will not be easy to follow, for the very reason just ... Identification with the Self

You cannot ever sense absolute reality by studying and reading ... All that I have said today and in recent lectures can be material for many months of work... Health and Illness – Comprehensive Overview

Why you be as deeply affected in your misconceptions by this lecture as you are in your ... This reading is meant as an experience that contains all levels of being mental, emotional, spiritual. Emotional Expression Technique (EET)

Although this lecture is a sequel to the one I gave before the summer recess, ... Your sense of awareness dims as you repress the understandable part of yourself. ... This can happen on the level of mind first, when all is understood to be ... The Majority of Evil and Its Transcendence

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Creating a Personal Log of Your Journey with Each Lecture

A few days or weeks after you first re-format a lecture, go through the process again. Consider seeing how this new effort is a new life (as '192 Real and False Needs Edited 2').

Reformat and re-title sub-headings as needed, as you may have developed a better understanding on how the different 'sections' relate.

Create a summary of the lecture on the first page. Make a list of the sub-headings you have created. Describe something that your own life experience has demonstrate how you understand each aspect of the concept. Also include observations of others, how concepts can be spread within a group or enhance understanding of them.

Save the file first notations and understandings periodically. Reformat and change the sub-headings as needed.

As you read lectures, see if 'unpacking' them helps them make more sense. Sometimes, the Guide's sentences are so long that the meaning gets lost in the heart or written essays. Without changing a word from the original text, see if you can turn the lecture into a dialogue between your Real Self and your Ego / Conscious Mind. Create open space so that you can compare – and quickly find – what keeps you off the page for you.

Your reformatted versions may double the page count! That's why it's useful to use the sub-headings you create (based upon your understandings and intentions) on the first page, along with your summaries, so that you can search using those words.

It can also be useful to re-read the lecture in its original format at some point, and notice how much more understanding you have after this process.

Getting Started

Suggestions for finding a specific concept, for your own self-study or to prepare for a retreat

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 at 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.

An Introduction to Pathwork

10 Basic Pathwork concepts

Pathwork lectures (PL) may be downloaded at no charge from www.pathwork.org. Study guides and worksheets are available from www.secretsoul.org or Joe@Pathwork.org. Quotations from the Guide's version of these topics are available at http://www.youtube.com/user/JoeSchwartz

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

PL 0 Choosing Your Destiny: The Will to Be Happy
PL 100 Reserve of the Basic Principles of the Pathwork
When I first started reading Pathwork lectures, I deeply appreciated the validation that I felt reading and contemplating the ideas in the lecture series. It was just the way I had been doing it that was off. Others may need more reassurance that pain and struggle is not the only means to be union. It is more important to slow down now looking at the larger picture of who we are and why we are here. PL100 is a good overview of the path. PL 0 is a good introduction to the concepts. 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 1 Higher Self, Lower Self and Mask
PL 2 The Ego Part
The study of lower self distinguishes Pathwork from many other spiritual disciplines, and has two levels of issues. The first is of child consciousness, the "little ego" that wants everything it may want is afraid to lose and is vulnerable. Here, we proceed that we should be the center of the universe. The second level usually takes a while to see. It is the realization that our personality self, our ego, is not the enemy and once admitting this might affect our achieving that exalted status, we hide it with great amounts of effort. Since this negatively blocks our divine light, Pathwork teaches that it is important to see and to accept our weaknesses, to transform rather than try to eradicate or expel. This is a good place to introduce daily reviews. Ira back and forth between the lectures and your own life experience. Pathwork teaches that for people to start this process, because unlike a black 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 3 The Three Kinds of Love, Error and Sexuality
PL 5 Fear

People are both attracted and repelled by this topic. We all feel conflict between what we want, what we think we should want. Carl Rogers' Client Centered Therapy 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 sanctity of the sexual force. I use PL 31 to acknowledge the reluctance to truly engage with the power of the life force.

4. **What holds me back?**

PL 100 Reviving the Flame of Destructive Patterns
PL 101 The Defiance
PL 102 Self-Pity Syndrome

This feels like one of the more 'mainstream' concepts, as it doesn't usually violate current cultural mores. Associates the knowledge of the lower self with the tools it uses, and introduces the concept of the burning desire. Most people have a hard to honeycomb our spouse rather than tantrifying us. He invites us to recognize why and how we do this, and to accept responsibility for our own unconsciousness, and to learn to distinguish between our deliverance and our sin.

5. **Personality types and patterns of behavior**

PL 43 Reason, Will and Emotion Personality Types
PL 44 Pride and Humility

This is a feature that can really bring Pathwork into people's everyday thoughts. It's a great tool to understand blocks in communication, and offers a whole new way of approaching conflicts between personality types. Using the concept of the Pleasure Principle, we can understand why people behave as they do. He invites us to recognize why and how we do what we do, and to accept responsibility for our unconsciousness, and to learn to distinguish between our deliverance and our sin.

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7. **Relationship issues and patterns of behavior**

PL 103 The Spiritual Meaning of Crisis
PL 145 Unity and Duality

The idea that we live in Duality and strive to attain a Unity that may not be fully achieved in our lifetime is a great tool for dealing with relationships. The Guide presents the concept that crisis is a positive event, an organic response to being stuck in a state of stasis rather than the natural dynamic flow between expansion and contraction (see PL 204, the Anatomy of Contraction).

8. **Entities and currents that suck us back into old stuff**

PL 73 The Connection to Repeated and Downward Childhood Hurts
PL 99 Shame of the Higher Self

This lecture reveals a lot of processing to really get inside people, if taught too early it can't stick. It's easy to understand how a sense of self and faith in your spiritual self can be damaged and how they 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, which was simply not possible when you were a helpless child. PL98 expands on some of the parameters of emotional logic, using the scenario of where we sometimes choose to side with the strongest power if we don't agree with them. Such conflicting choices create strong forces currents that we may still be trying to understand the "rules" of.

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

PL 215 Outer Events Reflect Self Creation
PC 10 Spiritual Laws
PC 11 Free Will and Fate

This really circles back to the first lecture with PL 3. I like to compare a series of classes with a sense of our own self-responsibility and some structure - the spiritual laws.

The 'real world' always presents us with seemingly disgust and irrational sequences of events. This lecture explains how we create our own environment, circumstances and effects (PL 215, Cause and Effect in 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, to free ourselves to be who we were always meant to be ...

Joe's study guides are intended to supplement the experience as an expression of that part of yourself you are not familiar with yet, you will help overcome the obstruction to your happiness. You need help to do this. The victory the Beatles sang of is your and peace that comes from that is incomparable. No good that comes to you will be taken away from you. Your ego will try to convince you that it will, but it is a passive thing, only bringing up the realization and understanding of your ... The pain you will experience forewarned, and the discomfort you may have at first is meant to be, as it breaks up, as a potential resting in this other dimension from which you are still separated in your consciousness. ... PL 103b

email secretsoul@gmail.com for further details

Resources at www.pathwork.org

Download the 1990 Edited Version of the Pathwork Lectures that Judith and John Sandy created. Also, download the Unedited Lectures and Additional Guide Materials on the CD-Rom and the membership page, see below.

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 Helpers, chapters and regional affiliates in your area.

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

Pathwork Foundation Membership is $30 a year, and allows you to download the Earliest Printed Versions of the lectures, all additional materials including The Path to the Real Self, Spanish and Portuguese translations, Pathwork Teachers Helper (PTH) worksheets and study guides.

Joe's Study Guides and Videos

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

A new study guide is prepared each month as a focal point for the free online meetings (see Pathwork Lecture topic can be discussed).

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. Join up (free)

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

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