

# Pathwork Steps WEEKLY Subscription Information

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**Your new subscription to  
Pathwork Steps Weekly Notices  
has been received.**

(What happens next?)

If you signed up just before the normal weekly publishing time of 1:30pm US Eastern, you will receive the newsletter from MailChimp via [PathworkSteps@janrigsby.org](mailto:PathworkSteps@janrigsby.org)

In between publishing times, Jan will send a copy of the current weekly newsletter from [janrigsby@gmail.com](mailto:janrigsby@gmail.com)

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**Weekly Notices:** If you selected the option to receive weekly notices, you will receive a new notice every Sunday. The weekly notices each contain 1/4 of the full study guide, so that you can focus on one section at a time.

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Weekly notices also contain the access codes for the coming week's online meetings.


Because the current newsletter can't be resent to new subscribers, just click on the **'View this email in your browser'** link (in the upper RH corner of this email). Then, click on 'Past issues' to see the most current newsletters from your subscription package.

**You may opt out of the weekly notices** at any time, by clicking on the preferences link at the bottom of any of the newsletters sent to your email address, then unchecking 'Weekly notices'. You may unsubscribe and re-subscribe to the weekly notices as often as it is convenient for you.



**Monthly newsletters** offer a brief overview of a Pathwork lecture, concept or topic by including samples from each weekly portion of the study guide. It also includes links to articles in newspapers, magazines, and to short videos that relate to Pathwork concepts indirectly.

You may unsubscribe from the monthly newsletters by clicking on the preferences link at the bottom of any of the newsletters sent to your email address, then unchecking 'Monthly newsletter'.



**Self-study guides** may be downloaded *free of charge* at [www.janrisgsby.org](http://www.janrisgsby.org) along with additional supporting materials and links to Jan's video presentations on YouTube.



### **Free Weekly Meetings**

The free weekly online meetings focus upon our experiences about how Pathwork concepts work in our daily lives, and also allow us to share with others on a deep level. They have evolved over the years into an opportunity for personal process as well as short tutorials on the concepts.

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Access codes and instructions for joining are sent each week in the weekly newsletters.

You are welcome to listen in, to see if this format suits your needs. If you wish to participate, the only requirement is that you read the current week's study guide portion prior to the meeting, or the lecture itself. You may also share about any other Pathwork lecture you have read.

Meetings usually last 90 minutes (up to 2 hours, if the group is large or has questions). You may join us at any time during the meeting and / or leave early, at your convenience.

Audio recordings are made of the meetings (*please ask to pause the recording if you do not wish to be recorded*). A link to an MP4 file is sent after the meeting to everyone who attended even if only for part of the meeting -- if I recognize their online ID. Telephone callers are assigned random numbers and cannot be identified unless they introduce themselves.

Handwritten notes are scanned into a .pdf file and sent with the link to the recordings. The m4a files are permanently discarded after 3 days so need to be downloaded as soon after the meeting as possible.

### **Using the Zoom Teleconference Platform**

Clicking on the link in the weekly meeting notice will offer you the choice of downloading a small program onto your computer to connect to the weekly online meeting 'room', or you can connect directly via the Internet to test the software and see how it works for you.

You may test the Zoom software at any time; the weekly meetings link is used exclusively for group meetings where people enter and exit quite often. Private sessions use a different link.

If you sign on for practice, you will only see yourself (if you have a computer with video). You may adjust the preferences to make sure your microphone works, and that you will be able to hear others. To reduce background noise, I ask participants to mute themselves except for introductions, sharing, and any question. Also, because


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everyone shares the same broadband download, we have learned that only 1 or 2 video feeds can be used at the same time, or the feed 'freezes' for those on limited download accounts. I keep mine on, and participants turn theirs on only when they are sharing (but only if they want to). You may set the preferences up so that you are always muted and/or your video is off when you enter a meeting, and can then unmute / turn on your camera as needed.



### Listening to the Lectures: Free Downloads

Gary Volbracht created his own recordings of all 258 printed Lectures. These are available on iTunes at no charge, and can be downloaded individually. <https://itunes.apple.com/us/podcast/pathwork-lectures-by-eva-pierrakos/id819545226?mt=2>



This is a 'formula' for searching the Pathwork lectures on a particular word or phrase:  
type

"*your phrase*" site:pathwork.org/lectures

into your search engine / browser bar. Replace the words 'your phrase' with the word or phrase you are searching for. This works like the search bar on the foundation website and will search only the public lectures (1996 edited). To search my website, you would type:

"*your phrase*" site:janrigsby.org



### Additional resources:

[www.pathwork.org](http://www.pathwork.org)

Free download of all Pathwork Lectures in the 1996 Edited format

Links to worldwide communities

Pathwork CD-ROMs of the unedited lectures

Pathwork Press publications in 10 languages

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### [Pathwork Lecture titles as a 2-page list](#)

Despite the tiny print font, I find this form easier to glance through than a 10-14 page listing. It's easy to use on a computer because you can zoom in to read more easily, and It is searchable if you are looking for a particular topic by word. T

### [Bratnick Index](#)

A gift to the Pathwork worldwide community by the Dutch Pathwork, this concise index can be more useful than online search engines.

### **Links to Jan's study guides and videos:**

[XLSX format](#) for Excel    [CSV format](#) for most Word Processors

A shortcut: links to all Jan's study guides, additional materials, audio recordings, and videos, arranged in Pathwork Lecture # order in a spreadsheet format.

### [Suggestions for Daily Review PL 28](#)

### **Additional newsletters on self-study:**

[Suggestions for Self-Study Part 1: Getting Started](#)

[Suggestions for Self Study Part 2: Reformatting](#)



**Thank you for your subscription and your interest in Pathwork Steps!**



Study Guides created by Jan Rigsby:

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Full text of all lectures may be downloaded from [www.pathwork.org](http://www.pathwork.org)

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