

Pathwork™ Steps

2019 Testimonials

They say “there’s no such thing as a free lunch.” In our fast paced insta-world, that’s probably as true as it’s ever been. When I first stumbled on Jan’s free weekly calls, I was skeptical and couldn’t believe that anyone could join a “free” call to discuss Pathwork concepts with a seasoned and deeply knowledgeable guide like her. No strings, no gimmicks.

So I cautiously tip toed into a call one day...

Only to discover supportive, deep, and penetrating discussions with likeminded people trying to make sense of themselves and life. Sometimes we are too busy and enmeshed in our own life to be able to see ourselves clearly. On these calls, Jan’s guidance, precision, and deeply profound and perceptive insights helps give you a bird’s eye view of you. With her as your guide, you are shown how you could be the source of all of your biggest problems but also the source of all of your greatest achievements at the same time.

It’s not easy work and it’s not for the faint of heart. This is deep work. I am so grateful to have a trusted, no nonsense, compassionate guide like Jan to light the dark crevices of my life path. I’m not able to join every call and I don’t always share on the calls I do join (because you can always call and just listen), but I always walk away a little wiser, a little kinder, and a little more loving.

Thinking about it now, I guess the only cost of these calls is losing the ego’s false beliefs and defenses. I’ve heard Jan say that the price of living in a cloud of your own ignorance and arrogance is high and I’m so lucky to be able to tap in to her razor-sharp focus, intelligence, honesty, and humility to lessen that fallout.

Thank you Jan (and everyone who calls in) for this truly free opportunity to grow and connect. You give us all a breath of fresh air and are truly a phenomenal Pathwork helper.

S. U.K.

I do not attend the meetings, but I love the e-mails and newsletters that you send me.

P.M.

Pathwork gives me a deeper meaning and understanding of the meaning of my life. Thank you for facilitating weekly meetings. Am working with the powerful quote from the lecture 150 "I want to look at the truth in myself".

S.M. Denmark

I benefit tremendously from your service, Jan! Your deep knowledge of the lectures and the light that you shed on them are indeed an amazing tool for my spiritual growth. I am always impressed by your enormous dedication to the work. Thank you for all that you do. Eternally grateful,
Juan De Jesus, New York

Thank you for everything you do to make the Pathwork accessible to all.

Cynthia

I am honored to contribute what I can, because it is difficult to find a group as cleanly run as yours.

Jan Rigsby's weekly videoconferencing group provides study materials on selected Pathwork Lectures, recorded audio of our discussion, and occasional emails for people to share their inner work. This regular format has been invaluable keeping me disciplined enough to study and examine myself on a habitual basis, and also introduces perspective shifts which challenge my blind spots.

As a result of intense dedication and semi-regular attendance, I have noticed subtle increases in higher level awareness--if not yet in wisdom and emotional reactions--and an enhanced capacity for growth. For example, in the beginning I was mostly concerned with sharing my own issues but over time getting to know other regulars, I have been able to really listen to their lives and feel a kinship bond in the relatable human foibles that afflict us all.

These meetings have the aggregated effect of opening up the world when one is in a psychological prison of one's own making, due to one's familiarity in making the same mistakes over and over.

To be sure, there are endless layers of delusion to unearth, but this team equips you with encouragement, insight and finer tools of introspection than most. To underscore the role of the Pathwork studies in my life, not only have I filled journals based on my reflections of the lectures, but every year I print a calendar full of quotes in order to keep my sights steadfast on the subtle but vaster spiritual world described by the Guide.

Thank you Jan, for being a skilled teacher who has gone through the darkness in such a personal way to be able to shed light for those following behind.

V.T. Los Angeles, CA

Thank you for your continuous, hard work you are doing to help us all to make our lives easier this time around on planet earth!!

T.A. NYC

I have been noticing that when I stay in my story it drives me nuts, I have to stay in the energy and listen to the energy, not the story.

N.B.

2016 Testimonials

Jan's Pathwork teleconferences are a dream come true: weekly meetings with others around the globe, focusing on Pathwork concepts applied to our individual experiences. We're from everywhere, yet we're all the same. Combined with her deep understanding of the Guide's teachings and her clear teaching style, Jan's study guides and post-meeting notes are invaluable. What a great year of expanding awareness this has been!

RFS - NJ USA

Two years of teleconferences seems like two LIGHTyears. This ever-widening perspective has set the stage for the ability to live--and even relax into--some of my most cherished dreams.

Still building and more Hard Work, as ever (total, unequivocal commitment). And plenty of risk (faith), cost (paying the price) and constant evolving (finding the Forcing Current, unmasking the lower self, saying Yes to Life). And now I notice that the more I take total responsibility, miraculously, new found resources, possibilities, people and material assistance appears!

Now the fear of actually living and *being* my dreams dissolves when acknowledging that our life plan does unfold in each moment, and we really do create our experiences. And yes, each and every one of us is an indispensable part of the Plan of Salvation. What encouragement to let my team guide me to accomplish my life task!

Presumably, I could have gotten to this point without Jan Rigsby and her encyclopedic depth of understanding of the Guide's teachings, perfectly-timed newsletters/study materials, references to Pathwork concepts at work in current events and films, and the global Pathwork community she has created... although maybe not for a very long time from now!

Thank You, Jan!!

RFS - NJ USA

This was extremely helpful and honestly surprising for my first session. Your heart shares so much wisdom that is practical and applicable to our daily lives.

V. California

I really appreciate your thoroughness in everything you do. It's a pleasure working with you!

C.

I first encountered the Pathwork lectures over 20 years ago in my search for spiritual truth and healing. I've attended Pathwork workshops and discussions but never managed to connect with a committed group until I found Jan's weekly meetings. I've made great progress by emerging from isolation to work with others, and I often feel a serendipitous connection with my fellow Pathworkers as we strive to let go of old patterns of fear and distortion that hold us back from joyful, abundant lives. Jan is profoundly honest and skillful and when the work is deep or uncomfortable I'm able to trust her guidance and work through my own self-imposed limitations. I have long loved the written words of the Pathwork but now my experience is more of a lived adventure in which incremental changes in consciousness are transforming my life.

Dorothy B.

Just reading your email is so helpful as I am feeling overwhelmed by ego voices and am a habitual fixer at any cost...until I witness this trick.

M.

2014 Testimonials

I find the wisdom in the lectures remarkable, containing the perfect combination of psychology and spirituality. It has been my choice of path for spiritual improvement. However, sometimes I feel that, on my own, it can be very difficult to absorb and practice the full content of the lectures. Being a member of an ongoing group supports my personal growth through Pathwork. The study guides include palpable references like movies and interviews in a friendly format, allowing us to prepare for each meeting.

Our group contains members from several nationalities yet discussions are conducted in a completely unbiased way, making all of us completely comfortable. I am always impressed to notice we all have the same universal challenges as human beings.

Paula, NSW Australia

Pathwork steps has greatly enhanced my spiritual growth.

I have experienced huge spiral movements and gained in-depth understanding of Pathwork concepts that I struggled with for many years of study. Light bulbs went on in places that were in the dark and my life has changed in so many practical ways. I have been able to feel freedom and bliss as I never have before.

Jan is a brilliant, compassionate and technically inclined teacher that the Guide and Eva must be happy to inspire and work with!

Josey PA USA

I stumbled upon the Pathwork Lectures 5 years ago, but couldn't find a local or online group to study with so lost interest. Listening to Jan's audio lectures was a great way for me go deeper into the lectures since the language of the printed lecture often left me feeling confused. Pathwork Steps teleconferences have given me tools that I use in my daily life. I know now how to look for patterns in my daily review and how to query myself when I feel a forcing current. Just being made aware of some of the many illusions that we accept as fact has been life changing for me.

Through the weekly calls, I now accept that my purpose here is to WAKE UP, and this awareness colors my long and short-term goals. I am not always active during the class yetI still derive benefits from being a part of the group and am always encouraged to learn in my own way and at my own pace (Jan also responded to my email queries). The weekly handouts are wonderful with examples and diagrams as well as references to videos for going even deeper, so that I could prepare for each weeks lesson in advance. While I had prior experience with teleconference formats, it took me a few weeks to become familiar with this new way of processing the concepts. Though participants are scattered across the globe and each has taken a different path to get here, participating in the discussions (or just listening and supporting) proved that our core issues are very much the same.

Positive experience all around. I look forward to another year of these classes!!

Sandi, FL USA

How I use the Pathwork Process :

1. Strengthen my will for the recognition and elimination of all negativity.
2. Commit myself toward wanting to change, and request inner help.
3. Say this in so many words, very concisely and decisively, to myself.
4. Listen to my own inner answer.
5. Do not gloss over the inner answer, over the first vague feeling of resistance.
6. Realize that resistance means I wish to retain the negativity, I do not want to let go of it, and I hide this fact from my own consciousness by not listening to myself.
- 7 Consider the possibility that it is my own resistance that prevents me from making changes in my life.
8. Acknowledge this resistance very articulately.
9. Speculate upon the effects of this fact, and make this hidden agenda more conscious.
10. Become more aware of my positive intentionality, which leads me in this process, and create more space for it in my daily thoughts and actions.

Kathy, Canberra Australia
