

Pathwork™ in Australia

Presenting the channeled works of Eva Pierrakos

FILLING OUR TOOLBOX

Pathwork Studies Year One Weekend #2

Required Lectures:

The Daily Review (pgl #28)

The Vicious Circle (pgl #50)

Evolution's Four Stages:

Automatic Reflex, Awareness, Understanding and Knowing (pgl #127)

The Power of the Word (pgl #233)

The Process of Meditation (pgl #182)

Handouts:

Summaries of quotes for lectures 28, 50, 127, 233, 182, and 143. Pages from various condensations for lectures 28 (2 sheets),

Worksheets on Vicious Circle (2 sheets), 4 Stages, Process of Meditation, Unity and Duality. You are NOT required to complete these worksheets; just use them as additional reference materials for the homework or for later explorations.

The Observer Self (Chapter 3) and Embracing the Child, Adult Ego, and Transpersonal Selves (Chapter 4) from The Undefended Self by Susan Thesenga (books or chapters provided).

Diary (given out last weekend or available this weekend) for jotting down Daily Review.

Optional lectures:

Unity and Duality (pgl #143)

This is a review for those of you who attended the Spiritual Meaning of Crisis workshop last year. The most important concept here is to learn to distinguish life/death, either/or, 100/100, win/lose conclusions and misconceptions - which are Duality - from the reality of Unity, which is 'and', 50/50, win/win, and a larger vision of what life can contain.

Pleasure - The Full Pulsation of Life (pgl #177)

Heaven's, don't read this... it might even be fun! We concentrate on distortions, misconceptions and blocks, and occasionally it might seem as if we forget what the result might be. Pleasure Supreme is our goal and our divine right.

Homework Assignments:

1. Keep a Daily Review for each day between the time you receive this assignment and the next program weekend. Choose an area to focus upon: some part of your personality, your emotional reactions or your feelings that needs examination. Hint: don't choose an area which is functioning well. Have the courage to admit that not all areas of your life are in great shape, and choose one with the positive intentionality of seeing what is true for you here.

2. Take a specific problem that keeps recurring in your life. Draw a vicious circle describing it, i.e., how it manages to continue. (Please turn in your drawing, don't just describe it with text.) Note where you could 'escape' from the circle, what options which you to NOT take which would cause the cycle to be broken.

3. Where do you feel you are within the description of Evolutions 4 Stages? (don't be too literal -- we are not map pins on the grid of life, you may be straddling 2 stages or even 3, just jot down where you think or feel you are.) Why or how do you feel this is true for you? Is there objective evidence which confirms your sense of where you are? Is there any objective evidence that contradicts your conclusion?

4. After reading *The Power of the Word*, see if you can notice where people's words indicate a truth that they do not follow up upon, or a desire to evade the truth which is in conflict with their conscious stated intentions. It is easier to see such contradictions (contra = against, diction = spoken words) in others before we are able to see them in ourselves. If you hear yourself in a contradiction, note it in your daily review. See if a pattern can be discerned.

5. Perform the exercises listed at the end of *Embracing the Child, Adult Ego, and Transpersonal Selves* (Chapter 4, items 1-4) from *The Undefended Self*. These exercises should be repeated as many times as needed until you feel comfortable with the concepts of the three voices. Please write a summary of your experience(s).