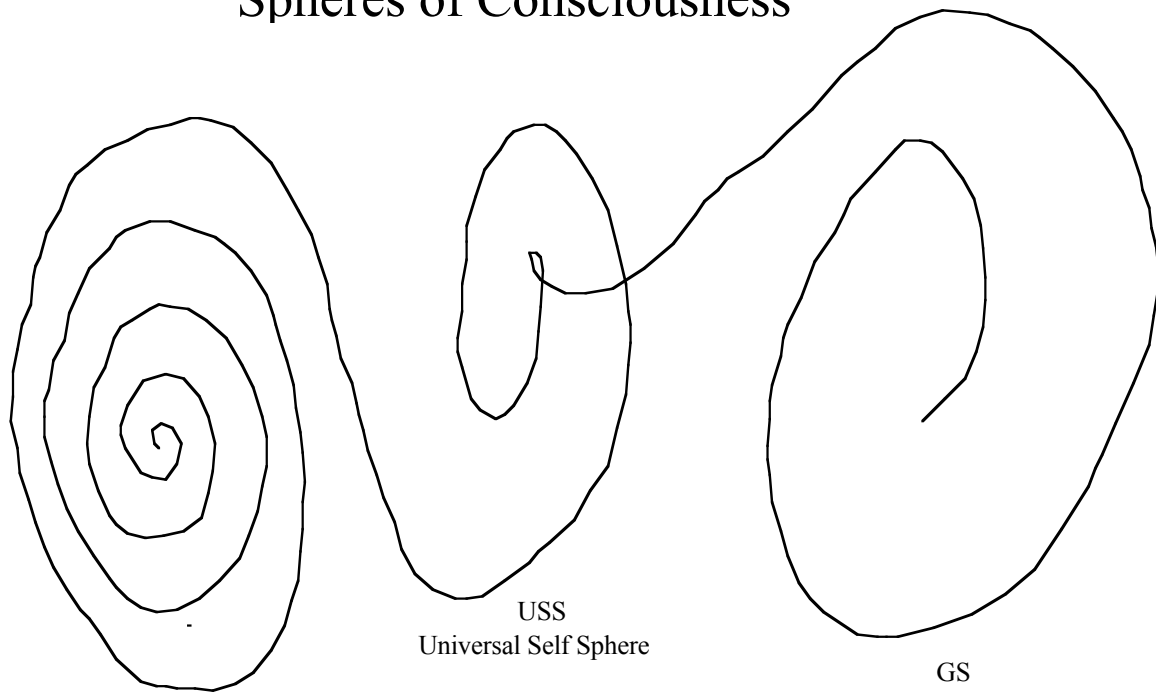


Pathwork Steps

Spheres of Consciousness



ISS
Individual Self Sphere

Duality
100/100

Mask
lower self
Here and now
Personality distortions
Limited ego capacity
Mistakes and errors
Standard therapy
Over-identification with
personal needs.

USS
Universal Self Sphere

Unity and Duality
50/50

Lower Self
Negative Intentionality
Relaxed alertness
Spiritual calling
Requires developed ego
Expansion of the ego
to include all your lives
Desire for true community
Involuntary rather than
voluntary, like breathing.

Transition State

Requires a strong ego to ground the personality
Ego seen as a gift, bridge between the HS and LS.
Learn to work with ISS through the understanding of the USS

GS
God Sphere
Universal Sphere

Unity / 100

Oneness
An understanding of
the paradox of duality
No forcing current
No concern for the
individual ego; sense
of peace and safety
without struggle.

Spheres of Consciousness

The Human Condition

Perception understood as Reality
Reliance upon Validation
Three Levels of Perception

“Everything happens for a reason. It’s just a matter of moving your point of view around until you see it.”

Individual Self Sphere

Least developed perception
Child consciousness = ‘mine!’
Sees ‘Here and now’ as the only reality
Personality-based
Over-identification with personal needs
Tends to think in terms of ‘all or nothing’, ‘mine or yours’, ‘win or lose’ dualities featuring ‘OR’
Nicknames: 100/100, ISS, Dualistic thinking

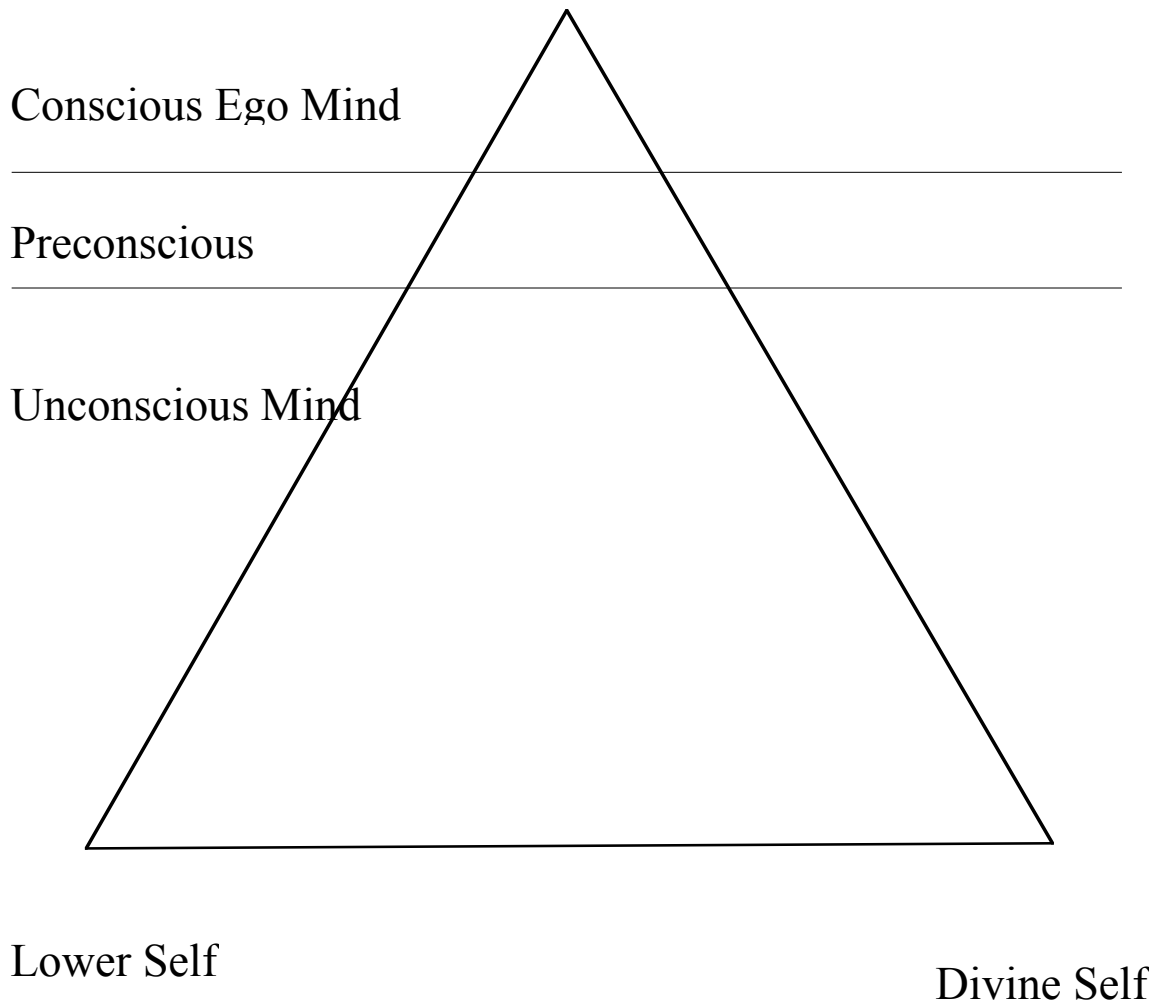
Universal Self Sphere

More able to see other points of view
Adult AND Child consciousness, ‘ours’
Accepts limits of human perception
Humanity-based
Considers that there may be a larger reality that cannot be fully known yet may be experienced occasionally
Willing to consider thinking in terms of ‘mine and yours’, ‘win/win’, featuring ‘AND’
Nicknames: 50/50, USS, Unitive Thinking

Universal Sphere

Not based upon Human Reality
ALL consciousness
Not based upon our sense of Ego Self
Experienced (for only a few moments at a time) as a sense of peace and safety without the need for struggle
Spiritually based / Enlightenment
Nicknames: 100, US, Unitive

Pathwork Steps

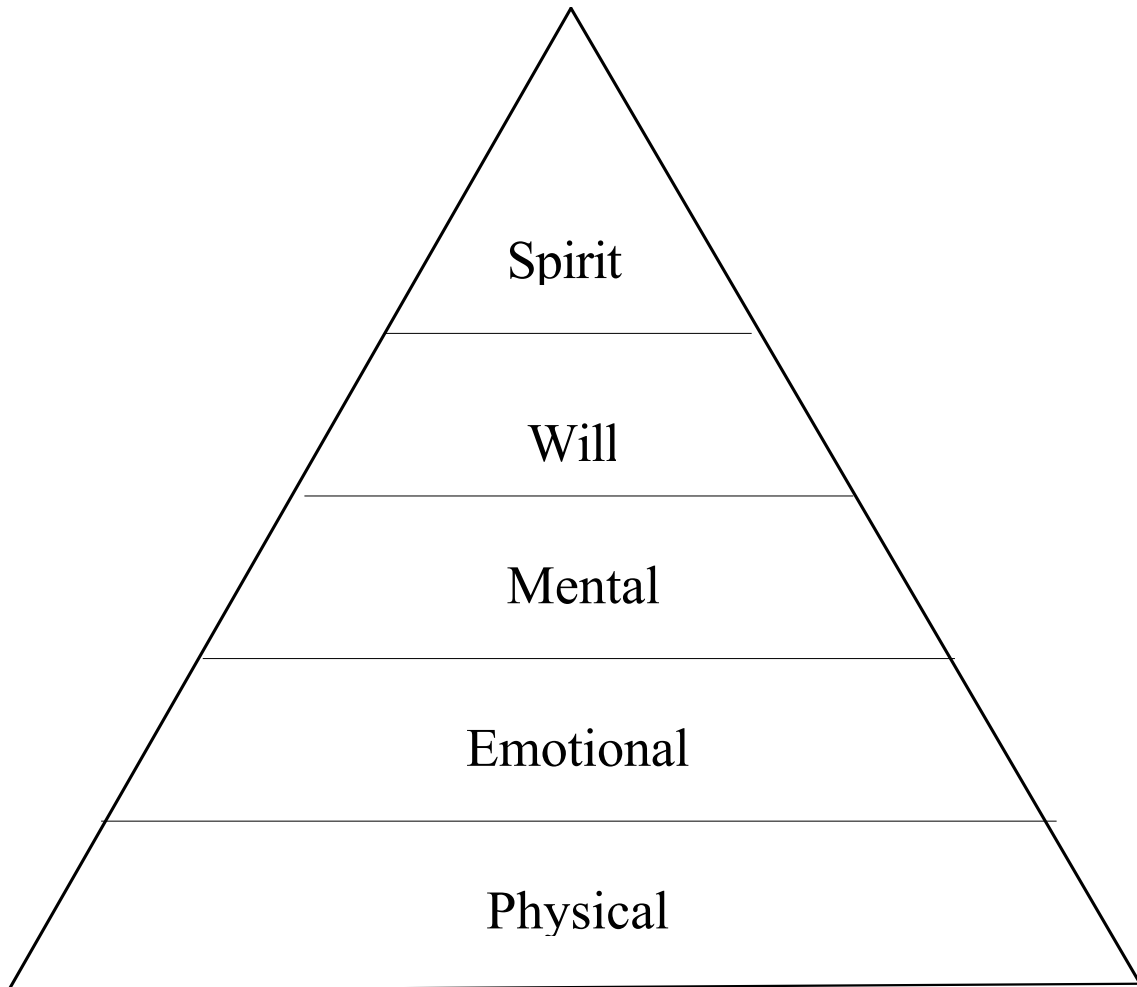


The task of self-development is to bring all unconscious aspects- of both Lower Self and of Divine Self- into consciousness

“The Universal Intelligence does not push itself on man unbidden.”

PRS #6

Pathwork Steps



Hierarachy of needs and human priorities