

# *Pathwork™ Steps*

## **‘Everything is Perfect’**

### A Game of Life based upon the Pathwork Lectures

An Essay by Jan Rigsby

This article was based upon a word search prompted by questions that I have received about recent world events. There's nothing like a catastrophe or a crisis to demonstrate the power and presence of fear. Paradoxically, the further removed we are from the actual effects, the more terrifying it can seem. We can feel powerless, our questions unanswerable. Why are some of us hit by the storm, and others allowed to go about their daily business uninterrupted? Why was I not selected to suffer more? Am I next?

How dare we focus our energies upon creating art, learning how to lounge in a hammock, or 'work on our relationships'? How can it be equitable for such disparity to exist? What is our obligation to 'even things out', to stamp out poverty and misery, to help our brothers and sisters?

How is it possible to know the truth of what is right for us? How can we find our alignment with divine will, the perfect balance between what we can offer and what is needed?

I find answers for these questions within the Guide's descriptions of 3 aspects of cosmic structure: spiritual law, cause and effect, and karma. Spiritual laws stand as divine principles, the cosmic constitution that everything is based upon. Cause and effect are the dynamics that result from our interactions with these laws. Karma is the accounting system, updating instantaneously after every single moment by moment transaction. One of the keys to understanding karma is that it must reflect the complexity of universal reality rather than the relative simplicity of human thought. Like the accounting system in a large corporation, there are charges to departments and projects, deposits to savings, reserves for emergencies, posting to prior periods (oops! late invoice!) as well as the traditional 'payment of outstanding debts'.

We decide 'The driver is guilty' and say 'Let him pay the fine, accept the consequences!'. Karma might have a distinctly opposite point of view: 'The driver has reminded himself of debts he owes from previous lives and this life. He genuinely feels remorse after centuries of selfishness. This aspect of his life plan is now fulfilled' -- and spirit may then allow a massive lottery win, to springboard him into a new phase of experiences. Sometimes this is a test --to see if we learnt our lessons. From the outside, it can look as if evil or negligence has been rewarded. The difference in viewpoint comes from not knowing the whole story of a person's spiritual journey. Looking at one short section can be misleading. Our entire lives are, to some extent, only short sections of our ongoing development.

Then how do we know where we stand? Where's the baseline, where's zero, what's a minus, what's a plus? How does human reality get a cosmic reality checkup? I'd like to answer using an extended metaphor, the Game of Life (subtitled "According to the Pathwork Lectures = Where Everything is Perfect"). Here's how it is played.

## **The Players:**

"The karma influences the plan and the plan determines the parents, the country and circumstances into which the spirit is born, and which qualities should come out, and which ones remain hidden for a future life." (Q&A PL 78)

How did you position yourself at the start of this lifetime? What did your choices make possible, and what probabilities did your choices eliminate? If you were born without legs, then managing toenails (at least, your own) is simply not on your list of tasks for this lifetime. What have you created IS the playing piece that you will be moving.

## **Starting Positions:**

"Karma, as you know, is the result of everything up to the present point." (Soul-Substance PL 111) Players start from wherever they are. There are no allowances for should have, could have, or might have been. You have already made the choices that brought you to this moment, and the premise of the game is that every decision was perfect even if it eliminated options that you were (and perhaps still are) attracted to. The only thing that counts is what is real in the moment. You are always in the right place, doing the right thing, feeling the right thoughts. So before you start trying to move about, you might look at where you are, how you got there, and what you can (and cannot) change.

## **How the Players Move:**

As in real games, there has to be a dynamic, a force that creates change. In this game the moving force is intrinsic to our basic organic structure as human beings. Our innate incapacity to stand still will get us going (PL 55 on Expanding, Restricting, and Static principles). Nature abhors stasis in carbon life forms; the organism will stagnate and die unless it moves.

### **Order of play:**

Dueling instincts of self-preservation and the compulsion to procreate (leave behind a lasting testimony, monument, or dynasty that reflects our Idealized Self Image PL 83) will initially overwhelm social inhibitions and intellectual concepts (Self-Preservation and Procreation PL 85 & 86).

### **Style of move:**

Reflex behavior will rule until consciousness emerges (Four Stages of Evolution PL 127 and The Language of the Unconscious PL 124). Then we may copy one or both of our parents' styles (The Compulsion to Recreate and Overcome Childhood Hurts) or try to please God (The God Image PL 52) before being able to access our own divine inner movement.

### **Types of moves allowed:**

Expansion is the only infinite choice since both contraction and stasis are limited (The Anatomy of Contraction PL 235). The movement of expansion allows for growth, connection, self-preservation, procreation -- even in the process of dying.

**Wild Cards:**

There are wild cards, expressed as soul movements.

Primary soul movements include feelings, Eros, imagination, and the sheer pleasure of living (Movement, Consciousness and the Pleasure Principle PL 119).

Secondary movements include thoughts (i.e., unfelt feelings), dreams (leftovers and homework from cosmic conferences during REM sleep), and awareness (Stage 2 of Evolution's Four Stages PL 127).

Free Will PL 18 is the ultimate wild card!

**The Rules:**

Spiritual Law governs all aspects of the Game of Life. (PL 171; PC10 is a handy summary). The trick is to understand the holographic nature of cosmic law.

Holograms (3-D pictures) are created by having each pixel of the picture contain a tiny image of the larger picture. A hologram of an apple contains millions of pictures of apples. The mind then discerns which part of each microscopic picture to use based upon the perceived position of the whole. Voila, an apple!

In spiritual law, all laws uphold each other. To not Pay the Price violates the law of Brotherhood, and vice versa. To not accept the law of Cause and Effect violates the law of Living in Truth, etc. You can simplify the process of learning to live by spiritual law by picking just one to live by for several weeks or months, as a kind of mantra or theme.

Alternatively, you could pick a law that irritates, aggravates, or confuses you and work on the cause and effect that results from not upholding it.

Upholding one will inevitably lead to upholding all.

"Do not forget that the law of cause and effect or the law of karma specifies that people are always given the chance to solve their problems in the easiest circumstances possible.

You violate divine law when you escape from yourself instead of facing yourself.

Violation of anything divine must therefore perforce be finite.

You cannot infinitely twist the law.

Your violation of divine law finally reaches a point where you automatically again begin to work for the good." (Images PL 38)

"So it is not a question of preordainment or predetermination in the sense these words are usually understood. It is always a question of cause and effect, how you have unwittingly, unwillingly and ignorantly brought it about. When you understand that, the word "fate" will take on a completely different meaning for you, and even the word 'karma.'" (PL 61 Q&A).

## FAQs

*Q: What about lucky breaks, such as "Get out of jail free" cards?*

A: "There is no such thing as coincidence." (The Path PL 25) Consider the possibility that every aspect of your life has been dictated by your real self, which your conscious mind is too limited to fully understand or perceive.

*Q: Why do some have easy lives, full of "Pass Go and get \$200" cards?*

A: "As any difficulty or apparent disadvantage can be a cure, which it must be if the person is on the right path, advantage can be a cure, too." (The Path PL 25) How have your advantages helped you to realize where you might be deficient?

*Q: What is the meaning of bankruptcy (financial, moral, spiritual or emotional)?*

A: "Happiness is meant for each individual, but is impossible to attain without eliminating the causes of your unhappiness, which are your faults -- as well as any trend that breaks a spiritual law." (Self-Knowledge PL 11)

*Q: I am in the wrong place / time / circumstances!*

A: "If a person in an earlier incarnation has accumulated much karma through offensive behavior toward his or her own sex -- and we will not go into details -- a woman must be incarnated as a man, and vice versa. That has to be endured ... karma does not always have to do with suffering. Karma is also the good; it means simply cause and effect." (Male and Female Incarnations PL 10)

*Q: Life feels like a game of Chutes and Ladders!*

A: "For no one is asked to bear too much at a time. I might add, however, that generally, though not always, the higher the development, the faster the effect will follow the cause." (Preparation for Reincarnation PL 34)

*Q: How is the game scored?*

A: Karma is your instant cosmic scorecard. Karma neither judges nor acquits, since spiritual law is absolute. Karma doesn't even decide how to allocate the demerits! Before you even came to the game of life, you made those decisions with your team (detailed in Preparation for Reincarnation PL 34).

### Determining the Winner:

Not Applicable. It isn't a matter of how the game is scored, but by our intimate personal journey of discovery, transformation, and purification.

"The joy and security of the discovery by far outweighs the personal price that needs to be paid for infringement of divine law. Even if negative karma results from the actions of a lifetime, it is joyfully undertaken once the covers fall off, because living in a just and trustworthy universe has much greater value. This is parallel to experiencing at certain stages on your path the relief of seeing cause and effect, even if it means paying the price." (The Pain of Injustice PL 249)

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# **The Spiritual Principles With Which We Manage Ourselves To Create Heaven On Earth**

The Pathwork Purification Process is the way we stay true to spiritual principles.  
Condensed from Pathworker Contributions Document 10 (PC10) and PL 171

## **1. Principle: Law of Self-Responsibility**

"You create your own reality." PL 40

"Your life experiences are a reflection of the beliefs in your soul. You should never believe for one instance that what you experience is unjust and unfair, no matter how much it may appear that way. In the last analysis, in absolute truth and reality, it is your misconception that has caused it." PL 48

"Only you create your own happiness and Whappiness." PL 60

## **2. Principle: Law of Paying the Price**

"There is a price to be paid for each desired gratification. PL 29

"Every advantage has its disadvantage. PL 41

"The disadvantageous side of each alternative or decision } "has to-be faced and accepted." PL 32

"There is a price to be paid for everything."

## **3. Principle: Law of Cause and Effect**

"Every act has its consequence in the sphere of present reality. It is more difficult to see the same relationship between thoughts and subtle attitudes. The more developed person can perceive cause and effect on these less obvious levels." PL 245

## **4. Principle: Law of Living in Truth (Facing Life)**

"To face life's reality means to face yourself as you are, with all your imperfections; embrace life whole-heartedly, without fear, without self-pity or being afraid of being hurt. Say to yourself, "In order to be come what I would like to be, I must first, without fear or shame or vanity, face what is in me." PL 25

## **5. Principle: Law of Brotherhood**

"To be able to open your heart to another brings spiritual help that you could not receive by yourself."

## **6. Principle: Law of Transformation of Negativity**

The strength with which your divinity can penetrate the ego structure and manifest depends on the degree evil has been transformed throughout the evolutionary development." PL 222

## **7. Principle: Law of Lack of Awareness**

*Lack of Awareness of One Area of Your Human Personality Prohibits Awareness of Another*

"It is one of the immutable spiritual laws that lack of awareness of one area in you prohibits awareness of another. This is why the path purification process is above anything else a process of making things conscious. This awareness unifies you. It is the aim of this Path's approach to spiritual reunion to help towards a reunification of everything that has ever split off." PL 193

## **8. Principle: Law of Consciousness Reflects Experience**

"Working out of abundance, produces abundance, but working out of poverty and need, produces more poverty and need." PL 132

## **9. Principle: Law of Fully Inhabiting a State of Consciousness in Order to Grow**

"You have to reach a certain state, and fully be in that state before it can be abandoned for a further state. It is often overlook by man; and even more often, totally ignored. This is one of the great, important laws for man to know and deeply comprehend." PL 132

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## **If Life Was a Card Game...**

Questions from *Where to Go from Here:*

*Discovering your own life's wisdom in the second half of your life*

by James E. Birren and Linda Feldman

### **Part A. Where did I come from?**

#### ***1. What were you were dealt?***

Reluctance can be caused by the fear that your life might not be appreciated. Once you begin to understand your own life, that fear will disappear.

You gain the strength to plot your own future after you understand your past.

What kind of hand were you dealt in life? What is your birth story? How has it make its impression on you as you look back on the details? Are there family stories about it? What do you know of your earliest history? How did you arrive at the poker table?

What kind of health cards were you dealt at birth and along the way? How did you choose to experience pain?

How would you describe the kind of family you were born into? How would you describe that same family today? Was there one specific characteristic of you family that still influences you?

Were you the oldest child? The youngest? What was that like? What were your parents' expectations? What were some of your early experiences with justice? How were infractions of the rules handled?

What did you like about the hand you were dealt in life? What did you dislike most about the hand you were dealt?

What did you learn about money when you were growing up and from whom did you learn it? Whom did you ask for money? When you were given your cards of life how many chips were piled in front of you and what were you told about them? What kind of childhood enterprises did you have? What did you do with the money?

Home... What is the first room you remember? Did you grow up in a male or female home? Who cleaned your home? Is your home in order now? Who's in charge of creating order

What were your history lessons? However your history unfolded, no matter what cards were dealt out in your hand of life, the task was the same: to make something of yourself. Do you feel that anyone has ever received a perfect hand?

## ***2. How did you play the hand?***

How did you play the hand you were dealt? When did your childhood end? When did you feel you were taking care of yourself? When did you first feel accountable? What was the first decision you made for yourself?

How active were you in making decisions for yourself? Did your decision making most resemble your father's style or your mother's? What was the best decision you made for yourself?

What kind of bets have you made on yourself? What did you invest? Whom did you ask to invest with you? What experiences influenced the way you played your hand? What bets didn't you make?

Were you caught in any ups and downs of your family? How was your initiative harmed or helped? Did your life return to its earlier status? How did it change?

Did you follow the rules or break them? How did you deal with success and failure? What skills did you most rely on? What experiences did you have with waiting?

Have you stood in your own way? What were some of your best moves?

What went into your decision making? Were you a farmer who planted seeds for new opportunities, or did you show up for the harvest? Were you a map reader who plotted the next move in an already explored land, or did you sketch in pencil where you might be next? How did you define success? How did you achieve success? What gives you satisfaction?

Were you a risk taker? In what areas of your life did you take risks? In what areas do you wish you had taken risks?

## ***3. What were your dreams, then and now?***

How were you trying to be?

When you were a small child, what person did you most admire? What quality in that person attracted you - power, beauty, kindness, skill? Have any of these qualities stayed with you?

Can you trace your early dreams back to certain people? Did you know your father's dreams? Your mother's? Which characteristics do your models have in common?

Did you experience something in your life comparable to the great killer of dreams? What transitions did you make? Under what circumstances did they come about?

What models are with you today? What did they teach you?

Did you have models who taught you your limits? How did you react? Who were your negative models? What were the benefits? What were the costs? Did any originality emerge? What became of the originality? Did you follow the originality to any specific goal?



## **Part B. Where am I now?**

### ***1. How do I feel about my life?***

What are the lifelong threads that hold the fabric of your life together? Has your life developed like a branching tree, a winding river, or crabgrass? Or is it a huge unfolding tapestry with a few major threads?

What kind of animal would you like to be? What kind of animal are you really like? How would your friends answer that question about you?

What's going on in your emotional life right now? What are your needs? What's missing? When do you feel most comfortable in your own skin? When was the last time you listened to your second nature? When did you not listen? What happened? When did you last take a stand on something?

How do you react when your passion level drops? What do you tell yourself? What's the balance between your passion level and your satisfaction level?

When do you feel satisfied? Which people and events do you feel satisfied with? When are you pleased with yourself? When are you not? Do some people in your life take from you? Is there enough unfulfilment to balance the takers?

What are some of your best times? How do you make good times happen?

What feelings have you gotten used to being without? How do you react when you feel depressed?

What are your distractions? Have you discovered an emotional theme from your past that stands in your way? How much armor-loosening do you have to do? How light do you travel?

### ***2. What do I think about love?***

What moves your heart? How do you go about understanding someone? How do you make yourself known to someone you love?

What are your ideas about love? When did you formulate your ideas? Which idea about love have you changed?

What acts in everyday life speak love to you? How do you alert someone that you love him or her? When was the last time you fell in love?

How much of your love life is you sex life?

How do you feel in the presence of someone you say you love? How do you know you're loved?

What is it that you feel when you feel loved? When was the last time you felt loved?



### ***3. How to I balance my life portfolio?***

Is your portfolio balanced? Do you get satisfying returns on your time investment? Are you diversified? What absorbs you creatively? Artistically? Romantically? In nature? How do you spend your Sundays? How much time do you spend having fun? What do you do that is purely unselfish? Does your life portfolio have heavy investment in your career? Your physical attractiveness? Your public image? Your athletic ability? Where are your other investments?

What would you be willing to do less of in order to receive a greater return?

What do you contribute to someone else's life? What are the returns? What do you need to do to get more out of your investments?

### **Part C. Where am I going?**

When you think about the future, what do you imagine?

If the question 'Where am I going' feels like a demand for an answer, allow it to become an invitation to explore – Where do I want to go? Where could I go? Where haven't I been before?

-- *Create drawings.* Use crayons (buy a small box if you haven't got children or grandchildren) or an inexpensive tray of water colors. Let your imagination soar. Hang the drawing on your refrigerator, your bathroom mirror, a door or file cabinet. Tell nosey people it was a gift from a neighbor.

-- *Make a list of scenes* that represent who you want to be, what you want to do, what you imagine might be possible. Include anything that sparks a visual image; dreams, movies or television, or memories of real life circumstances. Watch them in your mind's eye. How do they sing to your heart?

-- *Place objects on a table or floor area* to represent your yearnings for adventure. Leave rational logic in the next room! If you don't already have the object you need, create a representation that sparks a sensory memory of the actual item or event. A paper sailboat floating in a bowl of water, a houseplant standing in for a jungle adventure, a old cell phone for the potential to connect globally. Let this be fun!

Once you have found something that symbolizes your dreams for the future, figure out how to keep a version on the dashboard of your car, the sink in your bathroom, your desk or work space, in your backpack or your wallet. Place hand-made stickers or labels in discreet places that only you will notice.

-- *Imagine 1 additional way* to do this exercise. Try it out.

-- *Change your mind?* See change as the natural result of a successful process = spiritual evolution.

--- *Repeat this exercise* as often as you feel inspired to.

-- *Repeat the entire worksheet occasionally*, noticing if your perceptions of the past evolve as well.

-- *Do something new each week* that feels as if it expands your understanding of the world and how it operates. Talk to someone whom you have overlooked, ask someone about their life 20 years ago, walk down an unfamiliar street. Challenge a perception. Find a bias and explore why it is there.