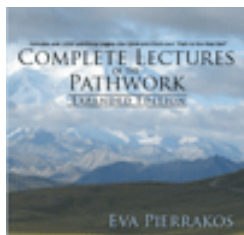




## New Year's Resolutions

*Lecture QA138: When man finishes his life, he then realizes that everything else is secondary to his attempts to find himself and to liberate himself from all that prohibits contact with his innermost self and with that of others. Then he will know that he has not lived his life in vain. Everything else is secondary, my friends. And anyone—regardless of what fulfillments were realizable— anyone who does his utmost will finish this lifetime in peace and in the deep knowledge he has fulfilled his life. Not how much is accomplished, spiritually, materially, emotionally, or intellectually, but how much have you really tried and overcome resistance, overcome those subtle elusive little tugs at you which want to pull you in the opposite direction.*

What will you remember of this life at the moment of your passing over? The 1998 Japanese film 'After Life' (Wandafuru Raifu) proposed that we are only allowed to take one memory with us into our next life; one event, no more than one hour in length. What moment would you be content to take with you? In this lifetime, might you already have experienced a moment of absolute joy or unity? It is an interesting and surprisingly complex exercise. Participants in the film were given three days to sort through their memories before being invited to re-enact the moment. While they disappeared into spirit, the filmmaker's invitation for us is to enrichen our lives by realizing that bliss has already been possible, and so may be possible again! Can't find your moment of bliss? Follow the Guide's advice -- ask a friend or beloved to help you. That very connection could become your moment of bliss.



For the first time, the Pathwork Foundation is releasing the complete collection of all of the Guide's Lectures, *Question and Answer Sessions*, and supplementary material, including Eva Pierrakos's own manual for self-knowledge, *The Path to the Real Self*. *The Complete Lectures of the Pathwork - Expanded Edition* includes over 1,500 pages of new and previously unreleased material. Most of these pages are never-before released *Question and Answer Sessions*, but we are also releasing the original first 12 lectures in German, Eva's essay on dream interpretation, and other important and inspirational transcripts and talks from Pathwork leaders. US\$59.95 from the Pathwork Bookstore at [www.pathwork.org](http://www.pathwork.org).

## Final Teleconference January 30th

5:00 - 7:00 p.m. US Central Time

Completed teleconferences are available at [www.janrigsby.com](http://www.janrigsby.com)

### Giving Up Illusions Pgl 204: What is the Path?

“This is basically the Pathwork. Unless you give up these illusions and take stock of whatever is in you, you must remain alienated from your own spiritual essence.”

*A Plan for Group Process* One of the most difficult aspects in forming self-led groups is ‘getting everyone on the same page’. Transformation is the spiritual purpose of human life, our basic positive intention. Yet this implies that we are transforming something that we are not fully ready to let go of. We are attached to our negativity. Developing consciousness and awareness can accelerate the process of transformation. It also activates our defenses, since we feel shame and guilt about our resistance -- compounding our sense that we are bad and creating a vicious circle. Group work unleashes both -- our positive intentions, and our fear that we are only our negative resistance. process group needs to develop and maintain a safe container for members. Repressed thoughts and feelings may need to be expressed and explored. What follows is a proposal for developing process groups, which may continue on their own or with facilitation.

**Teleconference Process Groups:** Form on your own, choose a geographical region to affiliate with, or volunteer to be assigned to a group. Groups are encouraged to meet on their own, by phone or in person, between teleconferences. A group may become self-led or continue with facilitation.

**Facilitated Group Formation** requires a commitment for 2 months at a time. Members will participate in four 90-minute facilitated group teleconferences plus four 50-minute individual sessions. Individual sessions can be used to support your process, work on inter-group relationships, or deepen understanding of Pathwork concepts. Minimum of 4 participants.

**Module Fee:** US\$240/A\$270, paid in advance, covers one 8-week module of group teleconferences and private sessions. If members decide not to continue in the group, private sessions may be completed.

**Topics:** During the initial 2-month module, topics will be selected which encourage and develop group formation, create a common agreement for how the group will operate, and offer suggestions for conflict resolution. Understanding personality types is crucial, as defenses are naturally activated when we attempt to change equilibrium or balance. Topics for successive modules may be selected by the group. Audio, video, and self-study materials from past teleconferences are available at [www.janrigsby.com](http://www.janrigsby.com)

**Ongoing groups** may request facilitation at individual rates: US\$70/50-minutes, US\$90/75 minutes.

**Course Corrections:** Last month, I included a note about the possibility of a Pathwork Transformation Program starting in Japan in 2010.

Pathwork in Japan is in a beautiful birthing process, finding its unique, organic, divine rhythm. This attracted me. My zest and passion for Pathwork attracted them. Yet we ‘broke up’ after barely a month. This put ‘The spiritual meaning of relationship’ onto my calendar of personal process for December. It’s been an empowering experience to receive the learning this ‘breakup’ has offered me.

It helped enormously that everyone involved acted with love and respect, even though we may all have felt confused about how quickly plans unraveled. Hindsight is a result of, rather than a judgement upon, our efforts. We earn the clarity of hindsight by having made decisions *and* then being open to feedback and objective evidence. ‘Oh, what a fool was I!’ is just as profound a realization as “Oh, the cleverness of me!”. Hindsight allows us to see the connections between cause and effect that may have been impossible to discern until the effects begin to manifest.

*Best Wishes for your journey --*

