

Pathwork™ in Texas

SELF-IDENTIFICATION DETERMINED THROUGH STAGES OF CONSCIOUSNESS

Quotes from Pathwork Guide Lecture No. 189

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It is perhaps difficult for human beings to understand that consciousness permeates the entire universe and creation. ... Consciousness gains increasing awareness; energy has increasingly greater creative power to move, build, make form.

It is the task of each human being in each incarnation to synthesize, unify, and assimilate various such aspects of consciousness. If you truly try to comprehend what I say here you may find that this is a novel way of explaining human existence. Naturally this does not only apply to the level of human consciousness, but also to higher developed states of consciousness. Only then, the struggle is no longer as severe or as painful. The increased awareness of the higher states facilitates the synthesizing process immeasurably. The human predicament is the nonunderstanding of what is going on, the blindness with which the individual is involved in the struggle, and his deliberate attempt to perpetuate this blindness. ... To the degree there exists struggle and tension in a "personification," to that degree the various aspects of consciousness are at odds with one another. The entity is unaware of the meaning of the struggle and is trying to identify with one or several of these aspects without knowing which or what is the true self.

Before the universal self can fully manifest in you, there is already one aspect of it which is available right now, which can be immediately realized. This is your conscious self at its best, as it is now. It is a limited present manifestation of your spiritual being, but it is truly yourself. It is the "I" you need so as to make order in all your confusion.

The "I" that is able to make a decision, for instance, to truly face this conflict, to observe its various expressions -- this is the self with which you may safely identify. To the degree the personality awakens and self-consciousness is gained, such decisions, choices, and determinations are possible. Conversely, to the degree such decisions, choices of attitudes, and determinations are made, the consciousness awakens and expands. To the extent the conscious self uses its already existing knowledge of truth, its already existing power to execute its good will, its already existing capacity to be positive, committed, truthful, courageous, and persevering in the struggle in question, its already existing ability to choose the attitude to the problem, to exactly that degree the consciousness expands and becomes increasingly more infiltrated by the spiritual consciousness. The spiritual consciousness cannot manifest when the already existing consciousness is not fully put to use in the conduct of one's life.

When you identify with one or even a cluster of aspects and believe that these aspects are you, you become submerged in them. ... If you believe you are your demon, you seem to have no other choice but to annihilate yourself, yet you dread annihilation and thus hold on to the demon. But if you observe the demon, you can begin to identify with that which observes.

Every one of my friends on the path, who have worked diligently and conscientiously to shed the mask, to give up defenses, to overcome the resistance to expose the apparently shameful liabilities have experienced how the acknowledgment of the negative traits creates a new freedom. The moment you identify them, you cease being identified with them.

How different your attitude to yourself must be when you realize that it is the task of human entities to carry negative aspects with them for the purpose of integrating and synthesizing them! This affords truthfulness without hopelessness. What a dignity it lends to you when you consider that you undertake an important task for the sake of evolution. When you come into this life, you bring negative aspects with you for the purpose mentioned. Every human being fulfills an immense task in the universal scale of evolution. This gives you a great dignity. ... Only when you first take responsibility for them can you come to the wonderful realization that you are not them, but you carry something with you for which you have taken responsibility for a certain purpose. Only then can come the next step: integration.

To recapitulate, we have the following steps or stages or states: (1) the half-asleep climate of not knowing who you are and blindly battling against that which you hate in yourself -- consciously, semiconsciously, or unconsciously; (2) the first state of awakening when you can acknowledge, name, articulate, observe that which you do not like; when you feel that this is an aspect of you rather than the secret, ultimate truth about you; (3) the awareness that the "I" is that which observes, confronts, etc. This same "I" can make new dispositions, decisions, and choices. It can look for new, hitherto undreamed of options and possibilities -- not by magic, but by "trying out" attitudes that were totally negated and ignored before. ... That leads to (4) the eventual comprehension, connection with, and understanding of those previously negated and hated aspects, which means their dissolution and integration. This merger occurs simultaneously with the ever expanding consciousness that takes in more of the spiritual reality, which can now unfold to ever greater degrees. This means purification.

The capacity to observe and adjudge, to note and evaluate, and, last but not least, to choose the best possible attitudes as to what to do with the observed -- that is the true power of our real self as it already exists right now. Freedom, liberation, the knowledge of self, the finding of self are the first steps toward realizing the greater consciousness, the universal, divine consciousness in you.

When you begin to pose the question to yourself, "What attitude do I choose toward what I now observe in me and what I do not like?" you have made one of the most significant discoveries in this present phase of your evolution. This does not need a subliminal breakthrough of the profounder spiritual self. It simply means using what you already have made available in the course of centuries and millennia of evolution.