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Manifesting the Plan of Salvation through Personal Process

Entering new spiritual territory may require a lot of preparation time. The Guide does not ask that we be uncomfortable or make hasty decisions: he only suggests that we be open to what is, and develop a fearless attitude towards organic change: "Thus you no longer need the old outer structure in which what is right now must unquestioningly be right tomorrow or next year." pgl 230

When the tsunami hit Indonesia on Boxing Day 2005, I knew intuitively that my time in Australia was over. It took 7 months longer for spirit to manifest the details - a change in law that prevented further visa extensions, lack of interest in formal programs, and a sudden heart-felt longing and need to be with my family. By December 2006, I had arrived in Texas.

Last spring, I realized that my time in Austin was over. Since I was no longer working full time as a Pathwork Helper (spiritual disciplines have not been immune from the global financial recession), I decided to work for my family as a volunteer nanny. In July, I moved to Brooklyn. Last week I chose to accept an even deeper commitment to family. Without knowing which university professorship my daughter will accept in the coming months, I have agreed to move with them. This feels like a gentle pendulum swing, from active leadership to active followship. I have also re-created a key element of my childhood, where a mysterious, invisible authority (back then it was the United States Air Force) decided where I would live next.

This is the seventh home I have created since I began my conscious spiritual journey. A week after my belongings arrived in Brooklyn, my daughter remarked that I had transformed my 3-bedroom / 2 story house into a 1-bedroom apartment -- and yet nothing felt different. I had absorbed my mother's teachings on how to make a house in a strange city or country into a home in a matter of days.

"...and what does this have to do with information about Pathwork?"

In part, I wanted to explain the underlying reasons for my surrender regarding geography, my acceptance of a life that connects via email, websites, Skype and phone cards, and my focus upon online materials. Secondly, Pathwork is ultimately about individual process. The application of Pathwork concepts, principles, and spiritual law must first happen within. If I cannot do this for myself, I cannot assist others.

My next presentation in the New York Pathwork Region will be on lecture 216, The Connection between Incarnatory Process and Life Task (handout is included at the end of this newsletter). My experience is that I live the lectures I teach. As warmly as NY has welcomed me, I understand that my life task does not include settling down or nesting. I am becoming comfortable with constant change, learning to surrender a dozen times a day. It helps one's humility to be the personal companion of a 2-year old. The death of my mother in October was very challenging on a personality level, yet also a privilege to witness and support. The more I surrender to what is NOW, the more I feel connected, loved, and supported -- despite all outward aspects of solitude, change, or hardship.

Pathwork is best studied within the framework of personal process. For instance, the Guide teaches us that there is no such thing as a mistake, accident or co-incidence. Spiritual Law governs every aspect of the universe (refer to pgl 172 and pc 10 on my websites). Spiritual Law as expressed in the Pathwork lectures supports each person's choice of a spiritual path:

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." pgl 25

No choice can be 'wrong' from a spiritual standpoint. It may be judged as bad, futile, or misled by humans. Yet no other human being knows what your divine spirit has come here to learn, or what levels of difficulty and resistance you need to invite (or overcome) in order to willingly surrender a false belief or release a tightly held distortion. Your own human experience may have been divinely inspired and planned (see pgl 34, The Process of Reincarnation) to temporarily blind you so that you would manifest your distortions in the most dramatic possible forms without inhibition or restraint.

Law of Awareness "You cannot purify, cannot eliminate a problem, if you don't first become aware of it" pgl 41

The divine purpose of human experience is to feel the consequences of breaking spiritual law on a intensely personal level. Whether this begins by feeling the pain we cause others, or by feeling the pain we create for ourselves does not matter, because:

Law of Justice "Learn to detach yourself from the vanity of the little ego and pride, for only then will you have the proper proportion in comparing yourself to others and therefore have the same reaction for others as for yourself. This is what is meant by loving your brother as yourself. As long as you feel differently for your brother than you do for yourself, it means a violation of this law, aside from the Law Of Brotherhood. For your reactions are surely not just." pgl 30

My understanding of the principles of Pathwork has allowed me to process personal feelings, childhood traumas, and professional frustrations well enough to feel not only comfortable, but profoundly supported in my life's journey. Pathwork principles helped me to distinguish between the fear that overwhelmed my mother's personality in the moment of her dying and the deeper decision she had made on a spiritual level to let go. When I fell into despair this week over the prospect of moving again, years of practicing Pathwork a zillion times a day quickly brought me into a state of knowing that this new adventure could only be offered to me for my highest good, the highest good of my family -- and the highest good of those I have offered to help.

This process has led me to consider deeper levels of the spiritual contract we have together. As I become less and less attached to a geographical location, it becomes harder for me to generate enough interest within a specific city or state to support local workshops or programs. Other than individual consultations, there are few practical services I can offer -- and as a shy person, it is not comfortable to me to only reference my personal process for teaching purposes!

As a tonic against just hibernating inside the dark and cold of the New York winter, I will be experimenting with different ideas for encouraging connection, discussion, and teaching of Pathwork principles.



CONNECTION BETWEEN THE INCARNATORY PROCESSES AND THE LIFE TASK

Quotes from Pathwork Lecture #216

Full text of this plus all other lectures may be downloaded from www.pathwork.org

Lack of awareness: Our viewpoint is from within a limited outer consciousness, 'a fragmented and isolated piece of consciousness seeking its way back to the real self. A total entity, a complete entity, is one who is completely aware of its divine nature, who is in total possession of divine wisdom and energy.'

Change is possible over lifetimes - or seconds: "It only depends upon which way [the mind] turns, which way the will directs it, which thought it chooses in any given instant."

Personalities = fragmented, isolated aspects of consciousness: "A total entity, a complete entity is one who is completely aware of its divine nature, who is in total possession of divine wisdom and energy."

The great plan of salvation: "Spreading out and coming back to the source, spreading out and coming back, each time making the unified substance wider, extending it forever more."

Material life = low vibration and rigidity: "The flow of energy rigidifies and makes things and people fixed. The flow becomes invisible."

A unique plan of development for every divine being: "each entity makes different dispositions. It deals differently with the fragmented aspect that needs to be refined. . The plans are carefully drawn."

The life task is always focused upon undeveloped aspects: "The task lies always where the personality is still separate from the essence. This decision must be made by the conscious ego. . The higher self will not and cannot force it upon the conscious mind."

Fearlessness = ultimate development: "The gauge with which to measure the completion of the task is inner peace and fearlessness and organic living and dying."

The first step: "the disconnected, conscious mind must make a deliberate effort and be ready for other possibilities. The conscious mind, as it is now available to you, contains possibilities to widen its scope to see more; to think in different ways; to expand its present limited circumference."

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Please feel free to email me at janrigsby@gmail.com if you have comments or suggestions.