

# Pathwork™ in Texas

## COMMUNICATION WITH GOD -- DAILY REVIEW

Quoes from Pathwork Guide Lecture # 028

The Path to the Real Self is an unpublished manuscript by Eva Pierrakos

God is sought in different ways. But he cannot be found outside of yourself. Neither in some building nor up in the sky. You all know that. He can only be found within yourself. But in spite of the fact that you do know that, many of you still seek God the wrong way even though you do know that He is within. And I will try to tell you how God can be found, that is, the only way He can be found, no matter what religion or philosophy you believe in. You can only find God within yourself by going through your lower self. That is the only way. If you have a treasure hidden under a great deal of dirt and soil, the only way you can get to that treasure is that you dig up the dirt. That means that you have to come in close contact with it for a while. You cannot shirk handling this dirt. You know that it is worthwhile in order to get your treasure free. So you do this temporarily unpleasant work to get it over with once and for all. There is absolutely no way to get the treasure out unless you are willing to face and handle the mud first. The simple logic of this will be comprehensible to all. Then why not do it when it concerns the treasure house of God that lies embedded in everyone of you? Why do you try and hope to uncover the greatest and most precious treasure of all without being willing to face your lower self?

So you must not disregard that which is immediately in front of you. If you go about it in this way, God is so much nearer than you thought. But if you try it any other way, He is infinitely farther away from you than you can fathom. In order to find God, you have to recognize your hidden emotions and evaluate them after you have clearly seen them in the light of divine law. You have to acknowledge your true reactions instead of making yourself believe you react in another way and for different reasons than the real ones. You have to clearly see your faults. In other words, as said so many times before, you have to find all that you are not aware of as yet. Test yourself as to how you really feel! Only by this road, going through this lower self, facing it, dissolving it step by step with courage and conviction, then and then only will you find the true happiness and security in God and with God and through God.

How do you do that? ... You cannot find God unless you overcome your imperfections. But on the other hand, you certainly cannot overcome your imperfections by yourself alone, no matter how strong you are, no matter how good your will may be. You do need God's help. So it is an alternate process. You have to meditate and recognize and evaluate your own imperfections and build up from there. You have to analyze honestly what is really going on in you. And it is not quite as difficult as you may believe if you choose to desire to do so. You have to recognize the ever present sluggish quality that exists in every personality. ... So in one phase of "the game," you have to work from this side: the imperfections in your lower self. And at another phase, at another stage, you have to enlist God's help even though you may at this point, due to your particular imperfections, not have a close contact with God as yet. Still, you have to strive with the little of it you may have so that help can thus be given to you to build the way further. This is a constant problem of probing, once from this side, once from the other.

But there is one way, my dear friends, a sure way, something I may call a shortcut, how to establish a personal relationship, a personal experience with God considerably faster than would otherwise develop. For you see, my dear ones, many of you believe, but many of you also have deep in your heart a corner of unbelief. And you are afraid to face this corner of unbelief. And this may, among other things, be accountable for the resistance of yours to delve into your own soul. For you falsely believe that by disregarding this corner of unbelief in yourself, by covering it up and pushing it out of sight, it will disappear or it will not count. But this is not so. Realize that whatever you discover in yourself never represents the entire picture.

So, to come back to this shortcut I mentioned, if you sense this lack of belief that exists in you -- and for those of you who may not have this problem or fear, but other ones, to accept the advice I will give you now will be equally important -- there is one wonderful, sure and fast way to experience God and His reality, as well as the reality of God's spirit world around you, so strongly that all doubts will dissolve like

snow in the sun. And that is the following: sacrifice, my friends! If you are capable of sacrificing something for God, you will have that experience. And what you will gain from it -- the knowledge, the certainty, this reality -- will be infinitely more wonderful than that which you have given up when you have sacrificed. Now I realize that you do not know how to go about it or what you should sacrifice. And there I will help you and show you the way. Nothing melodramatic is asked of you -- oh, no, nothing outstanding. As a matter of fact, I would like to emphasize: the less other people know about it when you do it or when you intend to do it, the better it is. Only you and God must know -- and perhaps your spiritual teacher if you need help. It should not serve your ego in any way. So it should not be something striking or spectacular; there is no martyrdom of any sort connected with what I am talking about.

My dear friends, what I have said to you here is, I may call it, spiritual "dynamite." For if you do it, it will be difficult; it will mean a battle with yourself. But if you do it sincerely, you will see that your whole life will change. Your whole life will change! So there should be no one who has heard or read these words who should not go within himself and ask, "Where is there something in my life that God may wish to change?" And then prepare yourself for this battle. Take your time with it. Do not do it hastily or superficially. Do not deceive yourself by doing it halfheartedly and then claim that you did not receive an answer. For you will not receive one if you have not done it wholeheartedly. Do not try to talk yourself into the conviction that something must be God's will because you want it so. Really put down all your cards before God. Make yourself empty. Be ready to give up. And if it takes weeks or months, it does not matter. But this should be your aim now. And if you cannot do so because something in you still does not want to, it will be much better if you acknowledge that, too, to yourself. For it will be much more harmful if you try to evade this issue. It is better to say, "I am not ready now."

Now, something else, my dear friends, ... I would like to say this: it will not take more time than 10 to 15 minutes every day, and that should certainly be possible for each one of you. You do not have to write down everything, just certain key words. By doing this constantly, you will succeed in making the unconscious conscious, in discovering your own inner trends because, after doing this for a while, you will most certainly recognize definite patterns in your life which you cannot become aware of if you go on like you are. You will recognize this by certain constant happenings, occurrences, and the way you react towards these occurrences. That is all you should do at the present. There is no magical trick about it that is very difficult to execute. You do not have to be extremely far in development in order to accomplish this. Anyone can do so. All you should do is review the day and think of all the instances that have caused you disharmony in any manner, shape, or form. Even if you cannot at the beginning understand why, just put down the incident and what you have felt. When you have done this for a while, then a pattern will evolve from this that may still not give you a clue what is wrong in your own inner make-up, but at least you will see a repetition that points out that there must be something in you that is wrong no matter how wrong the others may be in their own way. But if something reoccurs constantly, it is a clue to your own soul. These repeated occurrences with your reaction towards them may vary in two or three ways, but there must be a basic underlying problem. That is for you to find out when you continue still a little further. I would advise you to read all this through and recollect the incidents with your reactions after you have done it for a while. And then begin to think of your various faults you have found out. Ask God for enlightenment about what may, even remotely or indirectly, be connected with your faults. Thus, you get right into the middle of this path. Otherwise it would be extremely difficult, if at all possible, to gain this self-knowledge that is the essence and key to this path and without which you cannot reach divinity within yourself. It is so very little, and I beg of you, all of you, for your own sake, do it.

# Pathwork in Texas

## Techniques for working with Daily Review

### Pathwork Guide Lecture 028

Full text all lectures may be downloaded from [www.pathwork.org](http://www.pathwork.org)

#### Keep it Simple

A Daily Review is different than a personal journal. The purpose of the DR is to find patterns of behavior, commonalities in triggers and emotional reactions, and to help us prioritize our work rather than respond to sequential events and situations, which may not make sense in context – a paradox, since context is considered important for much of this work.

Suggestion: find a very inexpensive diary, the smaller the better. If you limit yourself to only a few sentences a day, you will need to make your notes more cogent and organized, and this may make them easier to track and analyze.

A diary is better than a notebook because it will help you track which days you either forgot to make entries, or days when you did not experience any disharmonies. The blank pages / dates are a more immediate reminder of time sequence.

Try to note only 4 items: 1) situation, 2) disharmony experienced, 3) emotional reaction, and 4) judgments. You may only need a word or two for most of these, and you may not see some of them for several days.

Example: 1) Cat bit me 2) damn cat! 3) she needs more attention than I can give 4) I can't meet her needs.

Example: 1) Car cut me off 2) stupid driver! 3) rage 4) People are inconsiderate.

Example: 1) Friend hurt my feelings 3) she doesn't really like me 4) I'm not a good friend.

Example: 2) overall feeling of depression 3) fear 4) this will go on forever

The situation is easy to keep to 1-3 words. The disharmony can be a few words that describe a sense of something being wrong, of being inadequate or unprepared, of feeling something that seems inappropriate or overly revealing of an inner distortion. Emotional reaction is where you go once you have this disharmonious feeling – a sudden rush of strong feeling that exaggerates or attempts to minimize what happened. Judgments create an alignment between the incident and beliefs that we already hold – the incident is seen as proof or validation of our beliefs, reinforcing them. There is a difference between analysis and judgment – one is considered, the other comes abruptly. Being able to distinguish these four will take some practice – performing a Daily Review is a skill.

#### Prioritize

Not all emotions and feelings will lead to doing personal process work. That's why we focus upon disharmonies. A disharmony is something that disturbs us because we know instinctively that we are not in integrity, not connected with our real self, or enmeshed in emotional reaction, projection or transference rather than being grounded and real about ourselves.

Share good feelings with friends and loved ones, and enjoy them.

Lecture #127 on the Four Stages of Evolution lists the following stages:

1. Automatic reflex – you aren't conscious of a disharmony or distortion
2. Awareness – this is the most uncomfortable place to be. It feels like sleepwalking – you know something is wrong, but not what it might be about. We tend to feel overly responsible or overwhelmed here, and try to shut down the feelings or invent reasons rather than waiting for...

3. Understanding. This is an ongoing process, and since you might be at different stages on different subjects or types of situations, you might have lots of understanding about work situations but only be emerging into awareness in relationships, while your parenting skills might already be in...
4. Knowing. Everyone has places of knowing, where we have worked through our difficulties and are comfortable with temporary setbacks. Depending upon your age and skills, driving, cooking, playing sports or figuring out puzzles may be places of knowing. If you examine places of knowing, and track back to the stages you went through to get there, you might be able to imagine what doing spiritual and emotional work might feel like in these different stages.

One way to distinguish which situations are most accessible for this kind of work is the following formula:

- 1) If it doesn't hurt (you feel no pain or disharmony) and it works (you sense positive results from your presence or your efforts), hooray! Congratulate yourself and maintain these positive feelings and results.
- 2) If it doesn't hurt and it doesn't work, it's either not important or not ready or not a problem. Don't work hard at finding things to work on – work at noticing what is already coming to the surface.
- 3) If it hurts and it works, it may be worthwhile for you to continue to work here. How many difficult projects we take on in any given time period is a personal choice based upon our unique personalities, goals and abilities.
- 4) If it hurts and it doesn't work, consider putting it aside for a while. Like trying to remove a splinter that has gone too deep, sometimes we need to wait until we have more information or more skill.

If you take on too many things to work on, you will either go numb from the overwhelm, go into denial to reduce the sense of discouragement, and/or become distracted and not actually get any work done. The purpose of daily review is to find patterns of behavior and emotional reactions, not turn ourselves in for every lapse or outburst.

### **Have Patience!**

There are usually several layers of personality distortion active at any one moment. Write down what seems true for you for particular situations each day. Review them after one week, after several weeks, after a month or two, and allow your understanding to deepen as you notice what situations recur or repeat, even if the triggers or feelings tend to vary a bit.

## **Daily Review**

### Quotes from *Path to the Real Self*, Chapter 5

[The Daily Review is one of the most important tools for this work. ... It enlists the creative intelligence within yourself to help in affecting a harmonious growing process and the dissolution of blockages and resistances.]

Each day contains certain events or incidents calling forth reactions in you. To become aware of, comprehend, and note these reactions is of utmost importance. Review the day and determine which incidence or occurrence has caused unpleasant feelings. Look at them, instead of pushing them away, hoping that the negative feelings will pass.... You will begin to notice little disturbances, hurts and disappointments, things you habitually disregarded.... For the moment, it is not even important that you analyze these instances as to their deeper significance. Just consistently register your reactions in a notebook -- every day, again and again. Note 'felt anxious at such and such an opportunity. Do not know why', or 'registered anger at so and so because I was not put in the first place'.

When you ponder over an accumulation of days, in which you took notice of your reactions, you will undoubtedly find a recurrent pattern. ... Mental, emotional and spiritual 'hygiene' liken the daily review to a cleansing process of all personality levels. This cleansing process is just as important for the psyche as for the body. ... It prevents self-deception, pretense, repression -- with their tension and anxiety, their confusion and impaired life experience. It heightens awareness of self, therefore, later, of others and of all that comes to pass.

Even confusions should be concisely formulated so that it can be exactly pinpointed what the confusion is. This is one of the major steps towards eliminating the confusion... When you begin your daily review, it might be a good idea, occasionally, to ask yourself what worries you generally in life, what problems do you feel are difficult or even impossible to cope with. Observe the situation, and your reactions, from day to day.

The work proceeds, the nature of the daily review changes -- you now observe different aspects, become concerned with other facets of yourself and your life. No life process remains static and this path is a very dynamic real life process.

It is very important to understand that the path follows a spiral movement. Without experiencing this, you might easily misunderstand and be discouraged, believing that you are going around in circles. But when you return to the original phase with deeper and new understanding, you will know that you were not in an unproductive circle, bringing you around to the same point, without having gained something essential. The same sequence will follow again and again, in forever narrowing circles, the same lesson learned on deeper levels of the personality, until the various phases converge into One Point, in which all things meet -- and find solution.

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**Suggestions for Working with Daily Review**  
Worksheet based upon Pathwork Guide Lecture 028  
And Chapter 5 of The Path to the Real Self  
Full text all lectures may be downloaded from [www.pathwork.org](http://www.pathwork.org)

There are many light-hearted ways to work with Daily Review. Spirituality doesn't have to be deadly serious all the time!

## 1. A Simple Written Daily Review

Find a very small, very inexpensive diary.

It is useful to have spaces for each day (rather than blank pages) so that you can more easily see if you have skipped entries for a particular day, and easier to remember entries rather than just forget about them.

It is important that there isn't very much space to write. The shorter the entry, the better. All you are looking for is the ability to look back over a week or a month and see – quickly – what themes might have been happening over that time period. One or two key words is often enough.

Once you have gotten used to doing a daily review, you can vary it by focusing upon particular themes – such as when you feel greedy or fearful or lonely.

## 2. Meditative Daily Review

Notice a time and place in your daily routine where you can take 5 minutes to reflect upon the events of the day. Be creative and honest here! For some, it is easy to find a few moments for reflection in the time between snuggling under the sheets and drifting off to sleep. For others, it can be during showering or shaving or other private moments.

If you do daily review by reflecting over the day's events, you will need to keep the review brief so that you can remember it.

## 3. Using Toys

I have found some lovely, funny, interesting novelty items in bookstores and gift shops that can prompt some interesting forms of daily review.

Karmic Ticket Book (from North Carolina): A booklet of tickets that can be given out whenever Spiritual Laws are broken with a check mark next to the law broken. You can make your own list from PGL 171, Spiritual Principles, or use the 2 page version known as PC10. It might not be appropriate to give them out, unless you know the other person quite well and they have a sense of humor or are working on this project with you. But in observing the actions of others, we may find it easier to reflect upon our own ability to adhere to Spiritual Law.

Affirmations Prescription Pad (from NYC): A fake prescription pad suggesting affirmations which might help over the next few hours or days.

The Brazilian Pathwork created a lovely 'questbook' for logging in daily review notes. It allowed for 6 columns: pick the items that you would like to examine around each incident of disharmony, and track each one in a similar manner. For instance, you could list the event, the feeling(s), what aspect of personality (Reason, Will or Emotion, PGL 44) was most prominent or what kind of defense was activated (Withdrawal, Aggression, or Submission) or whether there was a duality present (PGL 143).

## 4. What ideas might you have for integrating Daily Review into your life?