

Programs Offered

"It has been a Godsend to me to have a community of such deeply committed and spiritual people"

Pathwork Transformation Program (PTP): A four-year voyage of self-discovery with a committed group or through Distance Learning. Classes begin in Melbourne and the Coffs Coast with introductory weekends; details inside this brochure. PTP students are mature individuals who have already begun their spiritual path and are ready for more sustained spiritual and personal development within a committed long-term program.

Distance Learning: An opportunity to work with the lectures in a structured but self-directed format. Years 1 and 2 of the Pathwork Transformation Program may be completed through Distance Learning.

Individual, couple and family sessions: In-depth transformational process work with a Pathwork Helper. Individual sessions may be done by telephone, although at least one in-person interview is preferred.

Intensives: A concentrated series of sessions over consecutive days. These may be done in person in a retreat setting, or by telephone if you can arrange a quiet weekend for deep contemplative work.

Lecture Study Classes: Group and individual work with the lectures, led by a Pathwork Helper, Apprentice Helper, or Helpership student.

Free Lecture Presentations: Ongoing monthly offerings to introduce or deepen the experience of the lecture material. These are presented by Year 4 Pathwork Transformation Program students and are intended to promote discussion and sharing about the lectures.

Books, CD ROM, Audio Tapes, and photocopies of the lectures are available.

All lectures may be downloaded
at no charge from www.pathwork.org

1/1/05

Pathwork™ in Australia is a chapter of the International Pathwork Foundation and is authorised to teach the lectures, develop Pathwork Transformation Programs for individual and group process work, and organise training for new Pathwork Helpers.

Jan Rigsby is the director of Pathwork in Australia and a Pathwork Helper. In addition to 8 years of Helpership training and a degree in psychology, her education includes Voice Dialogue, Core Energetics®, Somatic Experiencing®, Past Life Awareness and Akashic Record Retrieval. Her life experience includes 20 years of business management, parenting two children and piloting small aircraft.

This spiritual path complements all other religious and spiritual experiences. Each person works with the material in his or her unique way. Pathwork is life training that strengthens us in meeting challenges, mastering limitations, giving up misconceptions, and improving our relationships. It is a dynamic approach to healing, working, loving and bringing God into all aspects of life.

The heart of the Pathwork is 258 lectures, delivered from 1956 to 1979 through the channel Eva Broch Pierrakos. The profound truth of this material enables us to illuminate our daily lives and find the deeper meaning of existence.

The lectures provide insight into the multi-dimensional aspects of our individual personality, ego, spiritual self and universal consciousness. We are challenged to become aware of our illusions about "what is" so that we can see current reality accurately and envision what will be possible through our growth.

"The goal of this Path is in finding this centre of your being which is Reality, which is God, and through which you find complete fulfilment ... in unity." PGL #116

Pathwork™ in Australia

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*Pathwork™ in Australia
presents*

**Pathwork™
Programs**

2005

*Distance
Learning
Modules*

for the

*Journey
of the Soul*

*"Make room for
unobstructed life,
for unencumbered spirit."
"Let it fill every part
of your being
so that you will finally know
who you really are."*

PGL #256

Distance Learning Modules

You may commit to one module at a time. Year One consists of 7 modules and participants study materials on their own or with co-learners. Support between modules is provided through individual sessions, self-directed projects, homework, contact with other program members, and self-led Pathwork meetings.

Your first module may be completed by attending a workshop (Coffs Coast classes will cover 2 modules per workshop). Please see the open workshop schedules each year. Senior students from Perth and Melbourne may assist Year One classes and are available for tutorials and additional lecture study classes.

"Pathwork has helped me discover who I really am."

Application Requirements:

Prior experience with the Pathwork Process in groups or workshops is recommended; application, life inventory essay, and personal interview.

Ongoing Requirements:

Homework for all program modules; individual telephone sessions and tutorials as needed. Participation in self-led groups can be a powerful learning experience.

Distance Learning:

Modules include the same reading assignments and homework as the retreat programs, plus suggestions for films, videos, books and projects intended to simulate classroom activities and experiences. Progress will be assessed through individual sessions and review of all written assignments. *The actual number of sessions needed to complete each module will depend upon the student's abilities and prior experience with Pathwork concepts, process work, and spiritual trainings.*

Cost: \$280 per module. Includes materials, a review of your work, suggestions for self-directed exercises and projects, and 3 individual telephone sessions (in-person sessions may also be arranged). Additional sessions (\$70/hour) or tutorials (cost will vary depending upon the instructor you choose) are to be arranged and paid for by the student as needed.

If you are not sure whether Distance Learning will work for you, consider purchasing the Pre-Program module for \$35. Completing written assignments and receiving a review may clarify the value of the course.

Four-Year Pathwork™ Transformation Programs

The first weekends of the Melbourne and Coffs Coast programs will be open to Distance Learners and anyone considering joining the program. These will be the only open weekends offered during 2005. Distance Learners are encouraged to attend these open retreats, as a way of making contact with others on the Path and to assess their own readiness for this work.

Melbourne: *The Forces of Love, Eros and Sex*
Feb 4-6 Pre-Program Weekend Fee: \$290

Coffs Coast: 4 4-day retreats, 16 days/year
Feb 24-27 Open Retreat Fee: \$560

Melbourne: 7 weekend format, 14 days/year
Mar 4-6 Open Weekend Fee: \$330

Years 1 and 2 may be completed through Distance Learning courses if attendance at weekend retreats is not possible. Since each weekend retreat includes 16-18 hours of instruction, process and group activities, students should carefully consider whether or not self-directed Distance Learning will work for them.

You may take as much or as little time per module as you feel you require. Assessments for individual modules and completion of Year One will be based upon written materials submitted, session work, and self-evaluations.

Year 1 - Knowing yourself in God. Exploring our personality; higher self, lower self, masks and defences within the framework of our soul's evolution and an expanding awareness of unitive consciousness.

Each module will include:

Self-directed projects
Suggestions for spiritual practice
Concepts and practical applications
Exploration of energy and consciousness
Individual assessment for each module completed

Students are responsible for scheduling:

Individual sessions
Tutorials with a Helper or Senior Student
Book loans or film rentals for further study

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Journey of the Soul

Year One Curriculum 2005

#1 **Journey of the Soul**

Daily Review PGL#28
The Great Transition in Human Development PGL#75
Incarnatory Process and the Life Task PGL#216
The Anatomy of Contraction PGL#235
The Path to the Real Self, PRS Preface
Constructive Attitudes in Confrontation PRS Chapter 5

#2 **Filling Our Toolbox**

The Vicious Circle PGL#50
Evolution's Four Stages PGL#127
The Observer Self Chapter 3 of *Undefined Self* US 3
Unity and Duality PGL#143
The Power of the Word PGL#233

#3 **Our Operating System:**

Gifts, Distortions, Defences

Personality Types, Reason, Will and Emotion PGL#43
Love, Power and Serenity PGL#84
Pride, Self-Will and Fear PGL#30
Understanding the Mask Self US 6

"Through Pathwork I have grown in ways that I could not have imagined."

#4 **Images I: Finding Our Real Self**

Main Image, Repressed Needs and Defences PGL#93
The Defence PGL#101
Demagnetising Negative Force Fields PGL#201
Parents -- Images PRS 10

#5 **Images II: Our Idealised Selves**

The God Image PGL#52
The Idealised Self Image PGL#83
Compulsion to Recreate and Overcome Childhood Hurts PGL#73

#6 **Putting the Pieces Together/Connecting the Dots**

Venture in Mutuality PGL#186
Commitment, Cause and Effect PGL#196
Stages of Commitment AD6

#7 **Self Responsibility, Justice and Spiritual Law**

Restitution for Real Guilt PGL#109
Spiritual Laws PGL 171 plus *Spiritual Laws* PC10
The Pain of Injustice PGL#249
The Individual and Humanity PRS 29