

Pathwork Transformation Program Weekend 1 Year Three
Group Exercise

Facilitators:

Lisa Worley

Darryl Lane.

6 Presentation on “How to Teach Lecture Study”.

Purpose:

To help participants identify where their lower selves and negative intentionality prevents them from obtaining a more fulfilling and constructive life.

Lectures covered:

77 Self-Confidence and What Prevents It.

100 Meeting the Pain of Destructive Patterns

Commitment: Cause and Effect (review from 2PTP6).

Process:

- Facilitators to randomly pick statements from all three lectures and cut them out and place in container for random selection by participants.
- Participants to be asked to bring pen and paper and explained the exercise is an opportunity for personal reflection and they will be invited to share their discoveries after process.
- Participants asked to randomly select a folded piece of paper from container. When participants have taken a piece of paper, they are then asked to read statement and to contemplate its meaning non-verbally.
- When participants have had time to consider their statement, facilitators to read the following questions for further expansion and contemplation of statements. Participants are reminded to write their responses down.

Questions for Participants to consider:

1. Do you have any negative responses or doubts about the statement you received?
2. Where is life “unfair” in respect to this statement?
3. What prevents you from living this statement in your life?
4. How does the lower self “pull you” away from the truth of this statement?
5. How does the Lower self try to interfere, prevent you or try to convince you otherwise of this statement?

Participants to be given enough time to write answers.

Participants to be invited to share their discoveries.

Time needed:

Approximately one and a half hours.

Materials/Tools needed:

Music

Spare pens and paper.

How Evil Enters Our Lives
Weekend 1 Year 3 2004 TEACHING OUTLINE

Thursday evening 7-10pm

Music: Playground 5/1

Check-ins

Business details about venue space, schedule

Farewell to those who will not be joining us this year.

Becoming reacquainted; suggested focal point = What were your family dinners like? What is your template for intimacy? What history might you bring to these weekends?

Music: Feels like Home 7/2

Opening to the Energy of the Weekend

Reforming the group (possibly the smaller support groups as well?). What does each one of you need in order to be fully present with this new constellation? Touching, talking, playing your own music, sharing.

Lighting our candles and stating our intentions for the weekend. lighting candles for those who will not be joining us.

Music: Open Title, 25th Hour 1/1

Choosing a Rock as a symbol of our own personal, unique lower self energy

Discussion of the divine role of the lower self

Creating symbols of our 'smallness', a drawing of what we will not give up, that the lower self energy supports. Something important.

Wrapping the lower self inside our 'smallness'. This will be our companion during class, meals, downtime, and we will sleep with it all weekend.

Putting out the light: blowing out the altar candles, the ones for those who will not be continuing into the energy of the weekend, and individually putting out our own lights in order to experience darkness.

Sitting in the energy of darkness. Meditation on the voice of the lower self, in separation, half-truth, and materialism. Finding a separation between its voice and our real self.

Music: Invocation, Kim Rosen 8:31 11/2

Friday morning 9am-12pm

Core Exercises to get the energy moving: Music from The Matrix 1-2/2

Music: Doyle's walk 25th Hour 2/1

Student presentations: Rosemary & Erica / Bennie, Lisa, Darryl

Feedback, self-evaluation, process

Transference, countertransference, and Lower Self resistance

Individual and group support teams

Music: One Last Walk 25th Hour 4/1

Friday afternoon 2pm-6pm

Music: One Last Walk 25th Hour 4/1

Refocus group energy, which may have started to fragment or go into defense because of the work on the Lower Self. Individual process work on numbness, resistance. Review transference material (2nd of 3 discussions)

Tools for group work and self-led groups: 1) One minute clensings, releasing LS Energy: taking 1 minute to vent and clear without directing the energy to anyone in particular. 2) Calling a time out, 1 minute of silence so that the energy can slow down to prevent numbness and confusion.

Process work as required

Music: Procession, The Sweet Hereafter 3/2

196: Commitment; review / discuss each question in Stage 1 and 2.

Music: Lisa Kelvage

Friday evening 7pm-10pm

Music: Cello Sole, The Fire and the Rose 1:39

Music: East Coker, Kim Rosen

Meditation upon Commitment: stages...How will your commitment manifest?
What would change in your life if you committed to stage 1? What would happen in your life if those around you committed to stage 1?
What would change in your life if you committed to stage 2? What would happen in your life if those around you committed to stage 2?
Before Thursday evening we were in the energy of the third year but also in the not knowing. This evening we are in a knowing of the third year.
You are in the energy of not knowing about the stages of commitment. What might the knowing be like?
Coins as representatives of the energy of abundance. Let them clink.
Lighting the dancing lights as new symbols for the year, Speaking an intention for the new year, in the knowing of the third year energy.
Check-ins.

Music if appropriate (to lighten things up]: O Death 9/1, Ralph Stanley, O Brother 3:19, I am a Man of Constant Sorrow 10/1, Glory Train, James Taylor from Randy Newmans' FaustBenediction 10/2

Saturday morning 9am-12pm

Music: Playground 5/1

Transference

Discussion of projects chosen for homework.

Pain of Destructive Patterns: anger and rage.

Tape - FU Montage from 25th Hour Separation, Fear

Materialism, Half Truths, Separation

Music: Sleeping is Naturelle 6/1

Alternate:

Music: 4 tracks from The Matrix 14-18/1

Core experience: 3 manifestations of evil

Separation: FU Montage from 25th Hour

Half Truths: Fear, Music: Hostages, Desparate Measures 6/2

Materialism: Music: The Firm 5/2

Music: Hostages, Desparate Measures 6/2 Half Truths, Fear

Music: The Firm 8:17 5/2 Materialism, demanding manifestation of divine truth, Fear

Process as required.

Music: Castaway (or use separate disc with repeats)

Saturday afternoon 2pm-6pm

Music:

Roddenberry: friendship, integrity, bargaining.

Loving Confrontation

Cover and Overt Depression; Disempowering and False Empowerment as abuse (Terrence Real)

Music: Remembering 13/1

Saturday evening 7pm-10pm

Music: Down in the River to Pray

Music: The Drone, Dr. Harold Moses 5 min 14/2

Small groups / confrontation / techniques

Process as required

Music: Interludes Cd - (Mist is flawed)

Sunday 9am-2:30pm

Music: Ground Zero, 25th hour

Discussion of film 25th Hour

Self-confidence

Music: Stillpoint 13/2

Music: Glory Train 8/2

Business details for Weekend #2 including volunteers for presentations

Evaluation of chores and contributions re: venue, food, issues to be resolved.
Music: 25th Hour Finale 12:05
Closing of the energy of the weekend
Music: Be Still and Know

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