

## Pathwork Lecture Study Group

Pathwork is a comprehensive process for spiritual development – it addresses the two major components of the spiritual path: the healing of emotional and psychological issues, and the expansion of consciousness. It is based on a series of 258 lectures that were channeled by Eva Pierrakos between 1957 and 1979. The lectures are available for free download at [www.pathwork.org](http://www.pathwork.org), the website of the International Pathwork Foundation.

While Pathwork is not psychotherapy, it presents a map of human consciousness and presents a framework for the healing of emotion. Pathwork also includes information on how the issues we are faced with are related to the larger perspective – the perspective that we are spirit beings having an experience in physical bodies. It also answers some of the key philosophical questions such as: Why are we here and what is the meaning of life? Where did evil come from?

The discussion group will focus on the lectures included in the book The Pathwork of Self-Transformation (see the list included below) – each chapter in the book is a lecture, but in some cases parts of a lecture were removed when the book was edited, so we will be using the “1996 Edited” version of the lectures that are available on [www.pathwork.org](http://www.pathwork.org). The seventeen lectures in this book contain the key concepts of Pathwork and provide a good starting point for *doing* Pathwork. To be clear, we will not be *doing* Pathwork in this group as Miriam and I have not been trained to do this – we will be discussing the Pathwork concepts as opposed to actually applying them. Applying the concepts requires work at the emotional level, going beyond intellectual understanding -- this should be done with the assistance of a Pathwork Helper, someone who’s been trained and has experience in doing this work. Both Miriam and I are currently *doing* Pathwork, in personal sessions with Pathwork Helpers and by participating in the Personal Transformation Program at the Sevenoaks Pathwork Center in Virginia ([www.sevenoakspathwork.org](http://www.sevenoakspathwork.org)). In alignment with the point of not *doing* Pathwork, we will not be giving advice or suggestions on how to heal specific conditions and issues.

We will be conducting the discussion group every other week, except for first two sessions which, due to the Thanksgiving holiday, will be on consecutive weeks. We will spend at least two sessions on each lecture – more if required. The lectures will be discussed in the order that they appear in The Pathwork of Self-Transformation, as listed below. Please read each lecture prior to the start of our discussion of it, and bring a copy of the lecture being discussed to each session. We suggest that have you a notebook dedicated to Pathwork-related notes and journaling, and that you bring it with you to each session.

Hope to see you there!

Keith  
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See the next page for a list of lectures that we will be discussing and instructions for downloading them:

## **Chapters/ Lectures in The Pathwork of Self-Transformation**

<u>Chapter</u>	<u>Lecture #</u>	<u>Title</u>
1	204	What is the Path?
2	83	The Idealized Self-Image
3	73	Compulsion to Recreate and Overcome Childhood Hurts
4	52	The God Image
5	143	Unity And Duality
6	44	The Forces of Love, Eros and Sex
7	180	The Spiritual Significance of Relationship
8	89	Emotional Growth and Its Function
9	192	Real and False Needs
10	157	Infinite Possibilities of Experience Hindered by Emotional Dependency
11	183	The Spiritual Meaning of Crisis
12	184	The Meaning of Evil And Its Transcendence
13	174	Self-Esteem
14	182	Meditation for Three Voices: Ego, Lower Self, Higher Self
15	152	Connection Between the Ego and the Universal Power
16	175	Consciousness: Fascination with Creation
17	224	Creative Emptiness

To download the lectures, go to [www.pathwork.org](http://www.pathwork.org), click on "The Lectures", click on "The Lectures 1996 Ed.", click on the title of the lecture that you want to download, click on the 'floppy disk' icon in the upper left corner of the window to save it on your PC.