

Pathwork™ Steps

Acceptance: 5 Exercises

PL 37 Week 5 Review

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

The acceptance of life with everything it brings, good and bad, and retaining a positive attitude is the true and divine way. Your unwillingness to accept life, or your inner struggle against it, may manifest in many ways. PL 37

Suggestion for studying a Pathwork Lecture:

Adapted as a way to watch the films below *or any other film of your choice that might relate to the exercises.*

You may also select books, news articles, music, artwork, or a personal experience. You may do all 4 exercises or just those that interest you.

1. Read / listen / view / remember the item or experience while taking notes.
2. Summarize 10 points (more or less) that capture your attention or inspire you. Include some detail (phrase, time-stamp, page number) so that you can remember what prompted your note. This will also help others understand what you are referencing.
3. If the selection disappoints you, write about what you had expected or hoped for. If you chose it because you read/saw it before, reflect upon where you were in your development then vs. where you are now. Even inspirational materials can have a use-by date! If someone else suggested it, reflect upon why you accepted their suggestion.
4. Whatever item you selected, see if you can summarize briefly why/how/if you think it illustrates Pathwork concepts or lectures.
5. You may share any aspect of this process at the 5th week online meetings. You may also send your notes to Jan at janrigsby@gmail.com If enough people contribute their experiences or suggestions, I would love to post them as an anonymous follow-up to this study guide.

If you have selected materials other than the ones below, please include

- Type of material, title, author/creator, year if known
- If online, how others can locate the item - links welcome!
- A way to identify your contribution(s): alias, initials, or first name only.

Links in the film titles are to www.IMDB.com so that you can review the film more thoroughly before investing time in watching it. YouTube links but may not work in other countries.

Links to my [Google Drive](#) are only valid during August and September 2024, and allow you to download a .zip file with a low-resolution version of the movie plus any edited versions mentioned. If you want all 4 films in one zip file, use this link:

<https://drive.google.com/drive/folders/1zvlSegS47bPPZeIY19nCM7znlGy6SbaV?usp=sharing>

If you download them one at a time, you may get an error message saying the file cannot be previewed, because it has already been zipped. Simply click on 'download'.

After Life, (Wandafuru Raifu) 1998 Japan Writer/Director Hirokazu Koreeda.

A group of just dead men and women arrive at a halfway house where they are given the task of choosing one moment from their lives to carry with them into eternity. The recently

deceased are given 3 days to figure that out, and there are counselors who help them distinguish transitory or superficial pleasures from what truly matters to them (one young woman is gently encouraged to find something other than her trip to Disney World). Then your scene is recreated, with backdrops and props. Other 'clients' stand in for those in the memory. Once the feeling of unitive bliss is recreated, the person vanishes; they have moved on to the greater afterlife.

An interesting take on what the Guide alludes to: a 'debriefing session' after we die, to help us integrate what we have learned before moving on to other lives, schools, or experiences.

[After Life Google Drive Link](#)

Available on YouTube in 2 parts as of August 2024: English subtitles have to be auto-generated

Part 1 56mins: <https://www.youtube.com/watch?v=p8-TYDI1RZM>

Part 2 61 mins: https://www.youtube.com/watch?v=7L_wE8dxvCM

Exercise 1: If you are only allowed to retain the memory of one experience from your life so far (no longer than an hour) what would you choose? Please don't underestimate the power of this seemingly simple idea, or how long it might take to see past more superficial 'happy times' and find a moment or ½ hour event that represented a moment of spiritual unity, realization, or an existential crossroad where you changed the direction of the rest of your life. Such events can be subtle in the moment, only recognizable in hindsight - so you may not have identified them as spiritual turning points until reflecting upon this exercise. Allow surprises! It may also be hard to verbalize 'what happened', since spirit moves in far more dimensions that we may be able to track. Allow your feelings and intuition to guide you here, and do the best you can within the limitations of language.

[Around the Bend](#) 2004 Writer/ Director Jorden Roberts

Jason Lair (Josh Lucas) is a man simple with a simple wish: to live a normal, loving life. But his wife leaves him with his son (Jonah Bono) to paint in Nepal, his father Henry (Christopher Walken) gets paroled from prison, and his grandfather (Michael Caine) explores alternative rituals for his coming funeral. But before passing from this life, Henry requires one last task involving a family road trip to Albuquerque, New Mexico. Forced to uncover the truth about their past, the estranged men of the Lair family embark on a surprising journey - comic, dramatic and very personal. The script was widely admired in the industry but passed over for a decade because it was seen as unmarketable. While light-hearted and magical in the beginning (which confused audiences and limited its appeal) the underlying theme is acceptance of what life brings – and the power of forgiveness. A 17-minute edited version is offered.

[Around the Bend Google Drive Link](#)

Forgiveness: to give up resentment against, or stop wanting to punish someone for an offense or fault; to pardon. A lesser form of forgiveness is to *relent* in being angry, or absolve a debt.

ahdictionary.com

Exercise 2: It is rare to experience genuine forgiveness, because that is a form of unconditional love. Most of us have experienced empty forgiveness, where we still held on to or were still able to sense resentment. Visualize unconditional love. Find a moment in your life when you experienced an unreserved YES to loving someone, something. Practice feeling that unconditional love, that full-throated YES by accepting yourself as you are right now. Allow that you may not do this perfectly the first time! And allow yourself to try several times, throughout the day. = Just say YES to your inherent worth as a divine being. Then practice receiving such unconditional love from

yourself. Again, allow that any new activity requires a few rounds of practice. No matter how well you do this exercise, give yourself credit for trying. Every last step starts with a first step.

Cold Brook 2018 Co-Writer/Director William Fichtner

Two close friends and neighbors (Fichtner, Kim Coates) work as maintenance men at a college in upstate New York. One night they meet a ghost (Harold Perrineau) and decide to risk everything to help him find home, without knowing what that means. A 19-minute edited version is also offered.

Cold Brook Google Drive Link

Exercise 3: A spiritual calling is usually perceived as impractical, impossible, or irrational, because it asks us to act as our future self while we are still our present self. Have you experienced one? If so, how did you handle it? If not, imagine being invited to do something totally irrational by a spiritual voice that you have learned to trust. (Another movie about spiritual callings is *Field of Dreams* 1989)

Wings of Desire / Der Himmel Über Berlin (The Heaven/Sky over Berlin) 1987 Director William Wenders

Daniel (Bruno Ganz) and Cassiel (Otto Sander) have always existed as angels. They existed in Berlin before it was a city, and in fact before there were even any humans. Now, they look eternally and sympathetically over the citizens of post-war Berlin. Invisible to people, they comfort the distressed and serve as guardians, messengers, soldiers, agents on important missions. Daniel tires of overseeing human activity and longs to become human after he falls in love with a talented, lovely, but profoundly lonely mortal - a circus acrobat. He decides to give up his wings for the wonderful, terrible privilege of being human in order to experience human love. He discovers human sensory pleasures, ranging from enjoying food to touching a loved one. The film asks whether eternal life is all it's cut out to be. In addition to the story of two angels, the film also is a meditation on Berlin's past, present, and future, partially inspired by Rainer Wilke's poetry. In German with English subtitles (with some sections in English, since Peter Falk didn't speak German and plays himself). Remade as *City of Angels* in

Film, documentary, and an interview with Wenders included. The 2 documentaries are still available on YouTube but the film has been removed in the US, may still be available for free in some countries

Wings of Desire Google Drive Link

Exercise 4: This film visualizes one element of the spiritual reality that Pathwork lectures describe: that spiritual guardians are present in our everyday lives. The lectures go further, saying each human being has their own 'team' of spirits to facilitate our development and growth process.

For one entire day, accept that this is true. Notice if your attitude towards events and interactions changes. If it does, explore why.

Exercise 5: Download and play a Pathwork version of **If Life was a Card Game**: Questions from *Where to Go from Here: Discovering your own life's wisdom in the second half of your life*. by James E. Birren and Linda Feldman, adapted for Pathwork

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