

Message to My Path Friends

from Eva Pierrakos - April 1977

Study Guide for Online Meetings on Additional Material 16

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Week 1: Facing Our Fears

Week 2: Eva's Spiritual Process

Week 3: Daily Tasks – Internal and External

Week 4: Appreciation and Thanks from Eva & John

Week 1: Facing Our Fears

I have given you what you need and needless to say, we shall not be parted. We will have contact, not only in spirit but through the human instrumentation, *even though these regularly scheduled meetings will be interrupted.*

But your flow, your growth, your beautiful expression, your beautiful work, working for the divine cause, is never interrupted. It will continue to nourish you, to sustain your life, to fill you with joy and fulfillment. This process can only grow if you allow it to. And the possibility for joyous expansion by far surpasses your imagination.

Question and Answer Session PL 242QA June 16, 1976

During the summer break, Eva's back was injured in a skiing accident. Cancer developed; she underwent surgery and extensive medical treatments. This study guide features the message she sent to the Pathwork community 8 months later, while she was still recuperating:

For a long time I wanted to share the experience and the meaning of my illness with all my path friends. As you surely know, this is not an easy thing to do. It is hard to condense and put into words the depth of spiritual experiences and meanings that take often a long time to develop and become clear. So my account must, perforce, be limited -- and you need your own "feeling-in-process" to share with me, to make the sharing that I attempt a mutual enterprise.

Message to My Pathfriends from Eva AD 16 April 1977

Exercise 1a: The original Pathwork community had been led by Eva since 1956, listening to the Guide during monthly presentations plus able to ask questions afterwards or during fortnightly Q&A sessions. The Guide also counseled small groups in what were known as 'trance sessions'. There had been no unscheduled interruptions for over 20 years.

Take a moment to imagine how they may have been affected by the news of her accident and subsequent hospitalization.

How have you dealt with 'bad news', or having to accept or submit to unpleasant realities in the past? What were your fears? Make a comprehensive written list of your specific fears for at least one of these incidents. Compare your process with Eva's as she tells her story.

Buddhist teaching: Four Fold Way by Angieless Arrien

1. Show up.
2. Pay attention...to what has heart and meaning.
3. Tell the truth...without judgement or blame.
4. Stay open to the outcome...not attached to it.

Exercise 1b: Explore addressing one of your fears using the Buddhist Four-Fold Way.

*It is an act of the Higher Self to see the Lower Self.
It is an act of the mature, 'bigger' Ego to see the 'little' Ego.*

10 Fears that Terrify the 'Little Ego' and ways PLs may address them

10 Fears that Terrify the 'Little Ego'

1. The Fear of Vulnerability.
2. The Fear of Uncertainty or Unpredictability.
3. The Fear of Facing the Past.
4. The Fear of Your Anger Exploding.
5. The Fear of Not Being Able to Forgive Yourself.
6. The Fear of There Being No Other Path to Success.
7. The Fear of Rejection.
8. The Fear of Not Being Needed.
9. The Fear of Being Wrong.
10. The Fear of True Intimacy or Trust.

13 Pathwork Lectures

with fear in the title:

- 7 Decide! Asking for Help and Helping Others / Perfection, Bliss, Fear, Trouble
- 30 Pride, Self-Will, and Fear
- 72 The Fear of Loving
- 123 Liberation and Peace by Overcoming Fear of the Unknown
- 130 Finding True Abundance by Going Through Your Fear
- 136 The Illusory Fear of the Self
- 138 The Human Predicament of Desire For, and Fear of, Closeness
- 142 The Longing for and the Fear of Happiness -- Also, the Fear of Releasing the Little Ego
- 146 The Positive Concept of Life -- Fearlessness to Love -- The Balance Between Activity and Passivity
- 155 Fear of Self -- Giving and Receiving
- 170 Fear of Bliss versus Longing for It -- The Energy Centers
- 190 Importance of Experiencing All Feelings, Including Fear -- The Dynamic State of Laziness
- 243 The Great Existential Fear and Longing

If you are distressed by anything external, the pain is not due to the thing itself, but to your estimate of it; and this you have the power to revoke at any moment. – *Marcus Aurelius*

I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear. – *Nelson Mandela*

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See 2-page list of PLs for additional references: <https://www.janrigsby.org/files/PDF/PL%20Index%20p.pdf>

Exercise 1c: Explore the list of fears you made for 1a, or make a list now. Compare them to the list of fears. Notice if any of your fears are actually resistance to growth or change. If they claim to be about 'real' danger (death, destruction, or profound loss) ask for specifics! Exactly what would be lost? What would die? What of true importance would be destroyed?

Daily Review 3.0 from PL 56

Learn to investigate your reactions, and ask yourself what the meaning and further significance of them may be. What do they imply? What lies behind the emotions you register in the most casual incidents of your life? What is the emotion you register just at first, and what is behind it?

The Capacity to Wish: Healthy and Unhealthy Motives in Desire PL 56

Week 2: Eva's Personal Healing Process

There are so many angles that I hardly know where to begin. Perhaps the most important one is that there was a corner of my being in which I did not believe and know what I believe and know with all my heart and conviction in the rest of my personality. You can call that part, of course, the still undiscovered lower self.

In this part I lacked faith, was afraid of death and pain, and doubted the existence of eternal life. The discovery of this part in me was about as painful as the shock of the illness itself.

I also realized that there was no way I could have become aware of this part of me without actually experiencing the threat of death. It would have remained a theory and I could never have known that this part also exists in me.

Message to My Pathfriends from Eva AD 16

Are you frightened? Are you insecure? Do you feel inadequate? Do you feel an unexplainable anxiety and tension? Do you deplore your weakness, your lack of self-assertion? All of these are effects, my friends, effects of some negative intentionality that is deliberate on a level that must be totally admitted and brought out into the open. ...Investigate what you really dislike in your life and in your state. What would you like changed?

Commitment – Cause and Effect PL 196

Exercise 2a: Notice how Eva 'walked the talk' of the Pathwork lectures in her explorations about her situation. The explanation in PL 196 is just one example of looking for the cause within ourselves. Take a situation in your life that you do not like or are afraid of, and see if you can locate the cause within that may be creating it.

Remember that finding such cause-and-effect connections does NOT mean you have to relinquish anything, or surrender your self-will.

The Spiral of Self-Development

You all know that an unconscious lower self attitude, even if it is, say, only one percent, as opposed to the also existing positive attitude to 99%, has more power to disrupt than we are apt to imagine. This is why total awareness, and meeting the problematic attitude, is so important, even if it is impossible to completely purify it immediately. But this is, then, surely the beginning of the way to do so. My awareness of this doubt and fear has not made it disappear.

Sporadically, in phases, I re-experience the fear and doubt; I meet it and deal with it again and again. Every time I do so, I come through a tunnel -- and on the other end is new life, new joy, and faith. But I realize that I must go through this many more times, until this corner of me purifies and I can actually *experience* the reality of my eternal soul and eternal life, rather than just believing and knowing it in my mind.

This *going* through it would also be very difficult, if not impossible, if I would have no further handicap and could be completely active again. My enforced inactivity enables me to *feel* the still existing fear and doubt. John P. [*John Pierrakos, Eva's husband*] has helped me so much in these periods. He has shared the pain with me, he has helped me with the raw fear and has given me so much that I cannot put it into words. He was truly my helper in every sense of the word, and I only hope that I could and will help him as much as he did, and does.

I am fully aware now that even when I regain my full ability to move and be active again, this will not necessarily mean that this lower self aspect of doubt and fear has totally been transformed. It will be a phase, and I will be called upon to deal with it, even while in an active state of health and vitality. It will be a test.

Message to My Pathfriends from Eva AD 16

Exercise 2b: Notice any reluctance to fully embody your beliefs by *fully experiencing* them. The paradox is that it is *experience itself* that demonstrates that believing and knowing in the mind is not enough.

Consciousness sends forth energy through its thought processes, through its intention, through its attitude toward all that is in the universe, toward life itself, toward that which is being created. The psychic nuclear points are really a sequence of psychic events. **They cannot just be one point, one psychic event.**

Psychic Nuclear Points PL 214

The spiral movement that seems to bring the same sequence up again and again.

The Birthing Process – The Cosmic Pulse PL 255

Exercise 2c: Notice any resistance to the suggestion that growth experiences will repeat many times before the underlying false beliefs, misconceptions, and distortions can be released.

Emerging into a New Awareness

In the past I was overactive and worked more than my inner rhythm demanded, than was organic. I also see this only now. In a deep sense this was an escape from facing this fear and doubt. If anyone would have said this to me, I would have been utterly disbelieving, and on the level of my consciousness I would have been correct. I was not escaping, in any sense, from anything I was capable of seeing *then*. I was always totally committed to facing the truth in me, and I lived this ever since I started on my path many years ago. This applies to a much deeper level I had to become organically ready for.

I don't know if I could have "avoided" the illness if I had listened in to my inner rhythm more; if I could have found this part without actually going through the threat and shock of it. This is hard to say retrospectively. My feeling is no. Not only because there also are other aspects and "reasons" that intricately intertwine, but because the actual fear has to be experienced to become meaningful. This does not mean, however, that everybody has to go through this. I want you all to know that. Everybody's life and path is different and surely not everyone has to go through the same experiences in order to become aware of what lingers on in the deeper layers of the personality.

The timing of the illness was extremely important. It had to come then, and surely not earlier, because as you all know now, the meaning for the rest of the community was so deep. The time had come when many of you were ready to claim your own channels and your own leadership and authority as leaders. For that, John and I had to be a little removed. Our task will continue, perhaps in a new form and expression, but in the meantime more strength and leadership and independent channels have been established by so many others.

The whole principle of active/receptive is of course, directly connected with the above. My receptive side needed to be cultivated in order to perceive this part in me that I had not been aware

of in me before. The receptive side can become more open to divine reality as I face and go through fear and doubt.

To a degree this has already happened, as is so often the case, overlapping and not consecutively, in continuous change. The negative aspect is faced and experienced; the positive comes through and back and forth. This manifested in a much stronger experience of Jesus Christ. I feel a personal connection with Him as never before. Before He was more a force, like the Christ Consciousness, while now I feel His presence as a person. This is a great new awakening that is tremendously joyful and important.

Message to My Pathfriends from Eva AD 16

Exercise 2d: Consider what Eva believed, that the timing of her accident was for the highest good of all who were affected. Can you sense that about any setbacks / events in your own life?

A Message from The Guide

Another aspect of this illness is something where I want to quote the Guide and/or my Channel, directly:

"All human beings must eventually deal with a universal duality, and must recapture the unity behind it. On the one hand, self-responsibility for your health and healing; on the other the deep respect and humility for the involuntary processes. These two facets of the same unity are split into two apparent opposites or contradictions that are very painful.

In the extreme, self-responsibility becomes self-will and an outer pushing that denies the reality of the inner, involuntary processes that cannot be directly controlled. On the other hand, the respect for these inner levels can be distorted into a helpless sense of being victimized by them. These involuntary levels can be the lower self (say, negative will and intentionality), or the higher self (a purpose and meaning, a test and a stepping stone). And again these two aspects inter-twine. The lower self will become the tool for the higher self purposes.

It is your painful struggle through these two apparent opposites until you truly experience, not just theoretically know, the healing process -- and yet also accept the deeper levels that may go, apparently, at the moment, into the opposite direction. The unity will emerge as a clear, marvelously soul-healing reality when you consciously go through this particular battle. Again, you could not have come to the pain of this split without the actual experience."

From The Guide, as part of *Message to My Pathfriends from Eva AD 16*

Exercise 2e: Notice how Eva's writing style differs from that of the Guide (whom she often accessed via automatic writing while in trance). Can you sense the difference between these two 'voices'? The unique 'voice' of the Guide has been described in many ways, such as not having a personality in the usual sense. How would you describe it?

Also notice your impression of Eva as a person sharing her personal process, vs. in other additional materials where she is explaining or teaching a concept.

See if you can sense John's style or 'voice' in his postscript (at the end of Week 4).

Week 3: Daily Tasks – Internal and External

This is, so far, what I can put into words and I hope that I have succeeded and could help all of you to some extent.

All of these realizations didn't come at once or soon after the illness set on. For quite awhile, way past the surgery, I was numbed, like in a vacuum. Later I realized this was a shock reaction. Only after a few months following the operation did I become aware of the shock. It took me a long time to absorb and assimilate the fact that I had cancer, and the seriousness of this.

I needed to come through in my mind every step that led to the stage when I knew that I had this illness. I had experienced this process before in my life, whether it was illness, an accident, or another traumatic event. In order to completely assimilate it, I had to live it through in my mind again and again, until it was really absorbed. This was and is very important for everybody, whatever it may be. It is a peculiar phenomenon, particularly with cancer patients, that they don't wish to accept the full impact of the fact of their illness. John and others have noticed this often. Why it is so with cancer more than with other equally serious illnesses I don't know, but it is without a doubt so.

Message to My Pathfriends from Eva AD 16

Exercise 3a: Shock is an extreme response to danger, and can be life-threatening. A mild version is when we stop breathing for a moment when we are frightened or upset. Both are instinctual acute distress responses (see [fight, flight, freeze, and fawn](#)). Recall examples of how you have responded to perceived threats. Does this vary, depending upon whether you sense the harm as physical vs. emotional, intellectual, or to your status or identity?

Challenging Mass Images

I feel that my fully facing the danger of the illness enabled me also to mobilize the active forces of my will to live. This sounds like so many of these paradoxes.

One would think not facing danger would ward off the fear of death, and therefore activate the life forces. Not so. Only by living the fear again and again can I activate more and more the will to live and follow it through into action. Only by facing the danger could I also realize that the strong current mass image, that cancer must be deadly, lives underneath the not facing. For only as I faced the danger could I get in touch with this mass image and could therefore subsequently come to challenge it.

More than ever, I realize that nothing in creation "has to be thus or thus". It can be made different. So the facing of the seriousness and the fear of the illness, its ramifications and facing the fear of death are directly connected with the ability to truly challenge the mass image that cancer must be fatal.

Not facing it means unconsciously succumbing to this image and/or to the will to die. I really don't believe the latter existed in me. This still doesn't mean one cannot die. There may be deeper levels involved, the will of God, for whatever we cannot understand, that may cause death. This refers to the respect for the involuntary layers of consciousness. But in many instances, though not in all, death is a result of the will to die on the personality level.

Message to My Pathfriends from Eva AD 16

Mass Images can be more powerful than individual images. We may need a broader perspective than we have ever imagined. Or, we may have always suspected there were deeper truths but never verbalized our feelings. Mass images influence existing values. They always distort and caricature realistic, healthy values.

Mass Images Path to the Real Self Chapter 11 / PRS11

An image is a false idea, a wrong conclusion formed in childhood with insufficient mental equipment to make a correct assessment. This wrong conclusion, as all untruth, creates negative situations, feelings, and events. Untruth is always painful.

The defense against the wrong conclusion creates a negative action and reaction pattern which effects others adversely. The misconception is fixed and frozen in the soul substance because it is never questioned or challenged. The personality reacts blindly in a conditioned reflex rather than out of truth appropriate to the particular occasion.

The negative effect created in others must perforce come back to the individual and always appears to confirm the original misconception, which seems to necessitate the defense, which creates negative reactions in others. And so it goes on endlessly. The soul is not free when any image exists.

The Mass Images of Judaism and Christianity PL 247

Exercise 3b: What have been your experiences with mass images, where it seems that all of society believes in a cause-and-effect connection?

Embracing a Unitive Approach to Healing

My will to live manifested in my attitude from the very beginning to do whatever possible to reestablish health. For that purpose, I combined all approaches: *spiritual* -- the search for the inner meaning; the working through the feelings; listening in to the inner rhythms and giving myself up to the passive period, fully flowing with it; and then following the change of rhythm gradually into slowly awakening active, outgoing activity on different levels; meditation, prayer, healing and healers. *Traditional* medical approach and *nature* healing.

1) As outlined above. I also prayed and meditated a lot in every conceivable way. John contacted various healers. In this connection, I want to express my deep gratitude to all my path friends who sent me their prayers, who meditated for me, who sent me repeatedly their energy. Perhaps even more important than that was the fact that so many of you had a similar faith in the universal possibility of healing, that it did not have to be fatal. This faith, just as with John, helped more than I can say.

Perhaps the most difficult thing for me was to tell people I had cancer (people not on the Path), where I felt and feared their conditional thinking according to the mass image. I have to fight against this whenever I encounter it. This, too, is a part of the healing process.

2) I realized the folly of negating medical traditional means, just as the opposite (denial of nature healing and spiritual factors) is equally foolish, one-sided and fanatic. So I approached all medical treatment in a spirit of unity, being grateful to God for having created this, too. Surgery, radiation and medication, to whatever extent it was necessary at the time, regardless of its temporary side effects, could be unified in that way. I meditated during radiation, visualizing the divine force contained in the rays, visualizing my cells healing, the white blood corpuscles coming to my aid and fighting my cancer cells and re-establishing balance in my system.

Message to My Pathfriends from Eva AD 16

Mankind has always sought refuge in hard and fast rules that can be accessed without thinking and without going deeper, without feeling yourself into the deepest processes of your inner light. But these are illusory shortcuts meant to avoid finding your spontaneous inner resources, your inner functioning, the functioning of your Godself that knows when and what and how, that knows your right measure in any given situation.

This must be consciously desired without directly forcing it, but knowing that it is a possibility to be realized. Realize that you can feel the strength and reality of your inner nucleus where you know spontaneously what to do, how to express, and when.

The true inner balance that is so satisfying and so fulfilling comes only through the arduous path of self-purification. *Balance PL 228*

Exercise 3c: Where do you take one position, one way, one path, to the exclusion of any other? Find where you do this, no matter how trivial the details. Notice if the results are truly satisfying.

3) At the same time, I did everything under the sun, no matter how momentarily inconvenient it seemed, to counteract negative side effects of radiation and medication and re-establish my vitality.

I drank a glass of water containing bicarbonate, potassium tartrate and sea salt in certain measurements before radiation and took immediately afterwards a ten to twenty minute bath containing the same ingredients in larger proportion. It is always possible to arrange these things, even in a hospital, if one really wants to and if one takes responsibility for one's healing and doesn't let it rest entirely in the hands of doctors.

No one doctor or other person (healer or whatever) has ALL the answers. It is up to us to decide and to select, even in the passive state, at the beginning, which remedies, diets, etc., to follow and which to reject. This selecting process cannot and must not be done merely on the merit of what is most convenient at the moment.

Habit plays such a role and sticks us in a rut. It requires some effort and will to rouse ourselves from this and establish some new habits. Soon they will no longer present an effort at all. If this basic will and attitude exists, it is then much easier to also reject some things.

The inner channel will function increasingly reliably when the will to change and make the effort for the sake of one's life exists. Inspiration will become more and more trustworthy.

Even in the hospital, I started some sort of health regime in my eating and didn't find it half as difficult as may be assumed. Once at home, it merely required the initial effort of changing established routines. I have given very exact information about my eating habits now to the health committee and they are available and don't need to be repeated here. This includes: eating, natural vitamins and minerals, and exercise.

Message to My Pathfriends from Eva AD 16

[Note: Some medication details that may no longer be relevant were removed from this section; also references to specific healers and individuals, identified only by 1-2 initials.]

Exercise 3d: The Kübler-Ross model is that there are 5 Stages of Grief = denial/isolation; anger, bargaining; depression; and acceptance. The premise is that those experiencing an abrupt realization (shock) involving loss of any kind (on any level) experience these emotional reactions in the process of learning to accept the new reality.

See if you can notice any of these stages in Eva's story.

Week 4: Appreciation and Thanks from Eva & John

I cannot name all of my friends who stood by me with their love, their faith, their help and their expressions. You are all deeply in my heart. I could not have done it without you.

Slowly activity and giving out awakens again. I must remain in contact with the inner need and rhythm of my body and soul in order not to fall back into the same mistake I made before. This is probably the inner purpose for the muscular and nerve impairment now, so as to force me into this slow pace of re-entering life.

Another fact I find significant is that such a traumatic event can often be a threshold to a rebirth, a reincarnation in this life. It is my second one in this round. It manifested in the strange fact that many of my habits and rhythms changed spontaneously and unplanned, like for instance my eating habits (no more meat and sugar, even before I heard how damaging this is, particularly for cancer); sleeping habits, time rhythms, etc.

At this time, I pursue the process I have described in my daily life. I observe the changes in my own reactions and deal with them as best as I can. I cannot truthfully say that all fear is overcome. It still occasionally grips me and with it the grief for my health and the threat of losing my life. But I learn to go through these tunnels every time and I feel the strength of body and soul very, very slowly returning to me. This is the wonderful path process that we all share together, that is open to all of us and that enables us to make a deeply meaningful and growing experience out of whatever happens to us. If I could convey this to all of you only to some extent, I have succeeded. This is why I wanted to share this with you, also to come closer to all of you, so that you know me better and that I will cease to be some vague authority figure for you.

I love you all very much.

EVA

Message to My Pathfriends from Eva AD 16

Exercise 4a: Consider writing a Thank You letter to some of the people who have supported you during your journey to this moment in time. Even if you simply ‘think’ such a note, it exists, just as a prayer exists whether it be thought, spoken, or written. However, the Guide emphasizes that writing things down helps us clarify our thoughts, plus notice any resistance or reluctance.

Note from John Pierrakos:

When I read Eva's letter to the people on the path, I once again became aware of her struggle. I want to add a few words about my own participation in her crisis and my perspective of what I experienced in that crisis.

When Eva became ill, I was angry at her for "doing this to me", for putting on me all the responsibilities when the implied agreement was that we would do it together. We had a session with B. at that time and I let out my anger, demands and disappointment. Following this, every time I had angry thoughts I went into my pain -- the pain of losing her, the grief of not being together to enjoy life as before and worst of all, the pain of her tremendous suffering with which I identified completely, feeling deeply what she was going through. Her suffering became my suffering and out of this experience the energies were transformed into a peaceful acceptance of

the laws of life and the universe. My anxiety and fear were transformed into a sweet feeling of trust and the belief that "all is well" became rooted in my being.

The binding link with Eva was and is our deep love for each other, our admiration of each other's qualities and the deep appreciation of the treasures we have with one another and with all our soul brothers and sisters in the path. The force of love became the healing power in her illness and this force streamed forth from my heart and from the hearts of many others on the path, flooding her with light and life.

Now for an overall perspective: Eva had a Ca[?] operation 18 years ago and at about that same time she suffered the great loss of her lover. This operation over the left side of the chest opened her heart and literally transformed her attitudes toward life.

The present operation was over the outer will center between the shoulder blades and again, there is a deep transformation of her personality opening areas that she was not conscious of before. I can clearly observe through her dreams and her actions in daily life, the vivid and beautiful process of purification and transformation to the higher self. There is a deep honesty and belief in the truth in her as she experiences a constant process of self-revelation.

Her courage and valor in facing each situation openly and immediately is a deep inspiration to me. I feel that everything is possible if I stay on my path. I also feel that all of us can perform "miracles" by being together and working together in truth; by giving to others what has been given to us.

I feel Eva is healing herself with our love and she will be able to overcome the remaining obstacles of her condition.

John

Message to My Pathfriends from Eva AD 16

The Pathwork lectures re-commenced in October 1977 after a break of 487 days, with:

Greetings, my very beloved friends. I am here with you, I have always been with you during all this time that was such a difficult test for all of you. I am here, once again, in immediacy so that you can hear and receive my words.

This time of interruption was necessary in many ways, for many reasons. Some of you sense some of these reasons, but the full impact will dawn on you only much later. In the meantime, the purpose of this interruption of my direct messages takes shape in your souls gradually, and even more slowly begins to manifest in your life.

The Great Existential Fear and Longing PL 243 October 6, 1977

Note: Eva's cancer recurred in 1978; she died one month after delivering PL 258.

Exercise 4b: Reflect on how hearing Eva's story affects you / your relationship with the spiritual materials that she helped bring in / your understanding (or images) about mediumship.

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