

2013 Pathwork Steps Testimonials

www.pathworksteps.org

Jan's Pathwork teleconferences are a dream come true: weekly meetings with others around the globe, focusing on Pathwork concepts applied to our individual experiences. We're from everywhere, yet we're all the same. Combined with her deep understanding of the Guide's teachings and her clear teaching style, Jan's study guides and post-meeting notes are invaluable. What a great year of expanding awareness this has been!

R.S. NJ, USA

I find the wisdom in the lectures remarkable, containing the perfect combination of psychology and spirituality. It has been my choice of path for spiritual improvement.

However, sometimes I feel that, on my own, it can be very difficult to absorb and practice the full content of the lectures. Being a member of an ongoing group supports my personal growth through Pathwork. The study guides include palpable references like movies and interviews in a friendly format, allowing us to prepare for each meeting.

Our group contains members from several nationalities yet discussions are conducted in a completely unbiased way, making all of us completely comfortable. I am always impressed to notice we all have the same universal challenges as human beings.

Paula, NSW Australia

Pathwork steps has greatly enhanced my spiritual growth.

I have experienced huge spiral movements and gained in-depth understanding of Pathwork concepts that I struggled with for many years of study. Light bulbs went on in places that were in the dark and my life has changed in so many practical ways. I have been able to feel freedom and bliss as I never have before.

Jan is a brilliant, compassionate and technically inclined teacher that the Guide and Eva must be happy to inspire and work with!

Josey PA USA

I stumbled upon the Pathwork Lectures 5 years ago, but couldn't find a local or online group to study with so lost interest. Listening to Jan's audio lectures was a great way for me to go deeper into the lectures since the language of the printed lecture often left me feeling confused.

Pathwork Steps teleconferences have given me tools that I use in my daily life. I know now how to look for patterns in my daily review and how to query

myself when I feel a forcing current. Just being made aware of some of the many illusions that we accept as fact has been life changing for me.

Through the weekly calls, I now accept that my purpose here is to WAKE UP, and this awareness colors my long and short-term goals. I am not always active during the class yet I still derive benefits from being a part of the group and am always encouraged to learn in my own way and at my own pace (Jan also responded to my email queries). The weekly handouts are wonderful with examples and diagrams as well as references to videos for going even deeper, so that I could prepare for each week's lesson in advance. While I had prior experience with teleconference formats, it took me a few weeks to become familiar with this new way of processing the concepts.

Though participants are scattered across the globe and each has taken a different path to get here, participating in the discussions (or just listening and supporting) proved that our core issues are very much the same.

Positive experience all around. I look forward to another year of these classes!!

Sandi, FL USA

How I use the Pathwork Process :

1. Strengthen my will for the recognition and elimination of all negativity.
2. Commit myself toward wanting to change, and request inner help.
3. Say this in so many words, very concisely and decisively, to myself.
4. Listen to my own inner answer.
5. Do not gloss over the inner answer, over the first vague feeling of resistance.
6. Realize that resistance means I wish to retain the negativity, I do not want to let go of it, and I hide this fact from my own consciousness by not listening to myself.
7. Consider the possibility that it is my own resistance that prevents me from making changes in my life.
8. Acknowledge this resistance very articulately.
9. Speculate upon the effects of this fact, and make this hidden agenda more conscious.
10. Become more aware of my positive intentionality, which leads me in this process, and create more space for it in my daily thoughts and actions.

Kathy, Canberra Australia