

## Pathways to Happiness

by Elizabeth Barhydt, PhD

**Abstract.** The six Living Love Methods are the core of Ken Keyes approach to creating a happy and productive life. They provide straight forward, rational mind tools for achieving his basic premise: Since all suffering is caused by addictive programing, to eliminate suffering and find happiness uplevel addictions to preferences. The core of Ken Keyes' philosophy is found in his 1st method, the Twelve Pathways to Happiness.

### Method 1. the Twelve Pathways

As Keyes searched for his own path to happiness, the Twelve Pathways to Happiness gradually took form from the ideas and experiences evolving out of his personal studies and in time became the central structure and keystone for his Living Love Methods. In his own words, "The Twelve Pathways are a modern, practical condensation of thousands of years of accumulated wisdom. They give you a minute-to-minute guide for operating your consciousness while you interact with the world around you." (Ref 1: p12)

#### Freeing Myself

*1. I am freeing myself from security, sensation, and power addictions that make me try to forcefully control situations in my life , and thus destroy my serenity and keep me from loving myself and others.*

*2. I am discovering how my consciousness-dominating addictions create my illusory version of the changing world of people and situations around me*

*3. I welcome every opportunity (even if painful) that my minute-to minute experience offers me to become aware of the addiction I must reprogram to be liberated from my robot-like emotional patterns.*

#### Being Here and Now

*4. I always remember that I have everything I need to enjoy my here and now—unless I am letting my consciousness be dominated by demands and expectations based on the dead past or the imagined future.*

*5. I take full responsibility here and now for everything I experience, for it is my own programing that creates my actions and also influences the reactions of people around me.*

*6. I accept myself completely here and now and consciously experience everything I feel , think, say, and do (including my emotion-backed addictions) as a necessary part of my growth into higher consciousness.*

#### Interacting with Others

*7. I open myself genuinely to all people by being willing to fully communicate my deepest feelings, since hiding in any degree keeps me stuck in my illusion of separateness from other people.*

*8. I feel with loving compassion the problems of others without getting caught up emotionally in their predicaments that are offering them messages they need for their growth.*

*9. I act freely when I am tuned in, centered, and loving, but of if possible I avoid acting when I am emotionally upset and depriving myself of the wisdom that flows from love and expanded consciousness.*

#### Discovering My Conscious Awareness

*10. I am continually calming the restless scanning of my rational mind in order to perceive the finer energies that enable me to unitively merge with everything around me.*

*11. I am constantly aware of which of the Seven Centers of Consciousness I am using, and I feel my energy, perceptiveness, love, and inner peace growing as I open all of the Centers of Consciousness.*

*12. I am perceiving everyone, including myself, as an awakening being who is here to claim his or her birthright to the higher consciousness place of unconditional love and oneness.*

The first thing we notice about the Twelve Pathways is that Ken has divided them into four parts of three pathways each.

#### **FREEING MYSELF**

#### **BEING HERE AND NOW**

#### **INTERACTING WITH OTHERS**

#### **DISCOVERING MY CONSCIOUS AWARENESS**

This reflects an orderly progression in the growth of our own awareness. We deal first with how we can free ourselves from our basic emotional traps. Then we proceed to learning how to deal with the present without the excess baggage of the past and imagined future. Then we are ready to learn how to interact with other people. And finally we learn about the uniquely human capability of being able to watch ourself as an outside observer.

Also notice that all the pathways start with an "I" statement. This helps us to see that we create our own drama in life. Nobody does it to us. As an example, we may get angry when someone says something we don't like. They did not tell us to get angry, This was our choice. We might have chosen to be sad, or we might have laughed at the ridiculous statement. Whatever our reaction, the other person was just sharing their opinion, right, wrong or indifferent. As we learn to use "I" statements, rather than saying, "Jim makes me angry," we will start to say, "I choose to make myself angry when Jim yells at me."

We use the pathways whenever we feel separate from another person or ourself or when a situation does not go the way we would like it to go. In every circumstance we can use one or more of the Pathways, because they are interlinking with each other. There is no right or wrong Pathway. Just use the one (or more) that feels right for that moment.

We can also use the Twelve Pathways as reprogramming phrases. These are the kinds of phrases you can repeat over and over again as positive affirmations. Then when a situation occurs that we don't like, we will automatically remember one or more of the pathways.

#### **Memorizing the Pathways**

To get the most effective use of the Twelve Pathways you must memorize them word perfect. The reason we say word perfect for is because our ego has a tendency to forget pieces of the Pathway and to leave out the important words. Furthermore the Pathways become more effectively internalized once we have them memorized. Then they are there when we need them. Frequently it is difficult to think when we are under stress. Instead we react robot-like to our internal programing. By memorizing the Twelve Pathways and reciting them from memory regularly, we make them part of this automatic programing. Then when we find ourself in a stressful situation, we can act in a constructive fashion. It is this new programing which will help us when we are in danger of "drowning" in a sea of trouble.

There are many ways that you can memorize the Pathways. Use whatever technique works best for you. If you are having problems memorizing them, just acknowledge it. You don't have to memorize all the pathways at one time in order to use them. Memorize as many as you can and start using them. Then later you can learn some more.

I had a difficult time memorizing the pathways. The way I memorized them was to learn them one at a time day by day.

1. On the first day I said the first pathway over and over again till I could say it word perfect.

2. The second day I memorized the second pathway. Then I repeated the first and second pathways until I had them on automatic. If at anytime during this process I felt separate from another person or myself, I would practice using these two pathways with that situation.

3. The third day I memorized the third pathway and repeated all three pathways. During the day, I practiced applying these three pathways to what was happening during the day.

4. I continued with this routine until I had all the pathways memorized. After I had all the pathways memorized, I would say all twelve of the pathways every morning before I got out of bed and every evening before I went to sleep. This also kept my mind from racing on about addictive stuff, my hurts, disappointments, sadness, etc.

Other ways you can memorize the Twelve Pathways is to:

1. Write each pathway over and over again.

2. Put each pathway on a three by five card and place the cards around the house at locations where they will be frequently seen, such as on the bathroom mirror, on the refrigerator door, by the telephone.

3. You can use the main words from the pathway, like the first three or four words of each pathway. "I am freeing myself . . ." "I am discovering how . . ." "I welcome every opportunity . . ." "I always remember . . ."

4. Put the pathways on a cassette tape and play them over and over again, repeating them aloud as you hear them on the tape. (They are now available on a cassette tape sung by Beth, a Keyes' student.)

### Using the Pathways

There are many ways to apply the Twelve Pathways to help ourselves and others. The following material describes various ideas that have been helpful for me and my students.

### Freeing Myself

*1. I am freeing myself from security, sensation, and power addictions that make me try to forcefully control situations in my life, and thus destroy my serenity and keep me from loving myself and others.*

Notice the pathway starts out with "I am freeing myself." When we talk about freeing ourselves, what we are talking about is our inner freedom. What we are getting free from is our hurts, disappointments, anger, disgust, etc., **by upleveling our addictions to preferences.** We cannot find enough security, enough sensation, or enough power in our life to create happiness. As long as we have addictions, the more we have, the more we want. Often the richest people in the world are the unhappiest. Money cannot buy happiness; it can only add to our happiness.

Remember that addictions are the only cause of suffering. Whenever we are addicted to wanting someone or something in our life to be different so we can be happy, we create suffering. What happens is our addictions make us **try** to forcefully control situations in our life. Then this need to manipulate and control only destroys our serenity. This in return is what keeps us from loving ourselves and others.

Instead of **trying** to control the outside situation it is more helpful to give up the **need** for this control. Rather we learn to be able to be in control of the way we are making ourselves feel. Life is not a me-versus-you game or me against the world. It is just us doing the best we can, although our best is all too often rather clumsy and ineffective until we learn to be more aware of how we are making ourselves feel and why.

What we need to do is to find out and explore why we cannot love ourselves. By love we mean total compassionate acceptance even though we may not like what we see when we look at ourselves and may want to change things about ourselves. When we can learn to love ourselves and accept ourselves just the way we are, we can give up the need to control others. We have to build our own self-esteem.

Remember that it is our addictive programming of security (fear), sensation (frustrations), power (anger) that keeps us needing to forcibly control others, destroys our serenity, and thus keeps us from loving ourselves and others.

*2. I am discovering how my consciousness-dominating addictions create my illusory version of the changing world of people and situations around me.*

Often we see things not as they really are. Rather we perceive the situation through the filters of our prejudices or in the way we would like the situation to be to satisfy our addictive demands. So we try to convince ourselves and others that the way we see the situation is "right" and to make the other person's viewpoint "wrong". It is our inner perception caused by our robot-like addictive programing that distorts our understanding of what is causing our suffering. We have a tendency to try and prove the other person is wrong, which only deepens the conflict and associated stress, instead of seeing that there are two sides to every coin, and that each view is equally "right" from the point of view of the viewer.

The pathway also reminds us that people and situations are always changing. Even if we could control things to our liking, they will not stay that way. We would be finding the need to be constantly attempting to manipulate and control to get things in line with our addictive programing and needs. We can reduce stress and increase our happiness as we learn to flow with the constant ebb and flow in our circumstances. Actually we can more successfully control those things that matter most (in a nonaddictive sense) by going with the flow. It is always more difficult to paddle upstream, and we make much less progress going that way.

*3. I welcome every opportunity (even if painful) that my minute-to minute experience offers me to become aware of the addictions I must reprogram to be liberated from my robot-like emotional patterns.*

I think this pathway is one of the best. Everything that happens to us offers us a lesson on how we can improve our ability to cope. Another way to state this idea is "to look for the positive potential in every situation." We may be reminded of the aphorism, "Look at the glass as half full rather than half empty." But this pathway really goes much further than that. It states that our minute-to-minute experience is continually

providing us with information on how we may be creating stress and unhappiness. We can now use that awareness with the various Living Love Methods to reprogram our addictive programing. Look at problems as opportunities. Look at what is workable and not at what went wrong. Problems are nothing but wake-up calls for creativity.

With this pathway we can learn to accept everything that ever happened to us. Viktor Frankel's book, *Man's Search for Meaning*, shows us how even the awful experiences of a Nazi concentration camp can be used to create personal growth and a more favorable outcome. [Frankel (1959,1963)]

Good, bad, or indifferent, I believe in the truth. I can grow best when people are honest with me. Some people don't like to be criticized. I never thought of criticism as being "bad", even when the person giving the criticism was quite negative and insulting. When people tell me how they really feel, I always have a choice on how I respond. I see criticism as an opportunity to work on my addictive programing. If I create hurt, disappointment, or anger when people criticize me, this is helping me to get in touch with those addictions I must reprogram to help me get free from my robot-like emotional patterns. All people are doing is pushing my "buttons" and I have a choice whether to act or react.

I accept everyone and every situation as a teacher to help me learn the lessons of life to create more joy and happiness. Now I can start to see that everything that ever happened in my life was perfect. I can look at the addictions that come up and start working on them. We can start to see how we act like robots and how our programing is on automatic and how this addictive programing is running our lives.

### **Reviewing briefly:**

- The first pathway, looking at being in control of ourselves versus at trying to control situations.
- The second pathway, realizing that much of what we believe is illusion created by our addictive programing.

- The third pathway, learning to take advantage of the opportunity created by negative experiences to improve our inner quality of life.

The first three pathways are wonderful for freeing ourselves and getting started on our road to happiness.

### Being Here and Now

*4. I always remember that I have everything I need to enjoy my here and now—unless I am letting my consciousness be dominated by demands and expectations based on the dead past or the imagined future.*

You can only live in the here and now when you instantly accept emotionally whatever happens in your life.

How many times do we forget that all there is in life is the here and now moment, not five minutes from now nor what happened five minutes before, but right now? What keeps us from being in the now moment is we are usually either remembering something that happened in the past or thinking about what may happen in the future. Let's take one step at a time and go on from there. Remember that "happiness is found along the way not at the end of the road." When you are emotionally upset about something that happened, take a moment to stop and smell the roses and to taste the strawberries.

Sometimes I feel that most of us live in the past. The reason why we cannot seem to make our lives work is because of our fear that a situation which happened before will happen again. As a child perhaps you were forced to eat spinach. Now that you are older, you remember how as a child you hated spinach; so you will never eat spinach. That is just the way it is, but it does not have to be that way. It is the fear of the past that stops us from enjoying the here and now moment. We need to give things a second chance. Who knows, we might like it. That is a risk you have to take.

I used to play the "If" game. "If only I had nicer parents . . . If only I went to high school . . . etc. . . .", perhaps my life would have been different. Another game is,

"The reason I am the way I am today is because . . ."

I remembered all the bad things in my life. The fear that people wouldn't like me dominated my mind. I started to buy other people's friendship.

I was not happy with my job; so I started to look for a new job. After I found another job, I was going to give my boss two weeks notice. When he found out that I was going to quit, he fired me. Momentarily I was very upset and cried. How could he do this to me? Then I remembered to look at the glass as being half full instead of half empty. When he fired me, he gave me two weeks severance pay and my back vacation pay. I called my new boss and said I could start right away. It turned out to be a win-win situation. With the extra money I received by being fired I was able to buy a car which I could not afford otherwise. I was terminated from other jobs or quit, but every new job was better than the previous one, and I always made more money. Everything that happened in my life was necessary for my own growth.

*5. I take full responsibility here and now for everything I experience, for it is my own programing that creates my actions and also influences the reactions of people around me.*

When we talk about taking responsibility, we are talking about taking responsibility for our own feelings, for our own emotional programing. We always have a choice on how we feel at any particular moment. Have you noticed how one person might be angered by a certain situation and another person will think it is funny and not create any anger. It is their own internal programing that created their very different reactions to the same situation.

What is meant by taking full responsibility for my actions is no more blaming myself or others for what has happened to me. That means not blaming my parents, my bosses, my relationships, etc.

There is a song we sang at Cornucopia called *I Take Responsibility*. It goes like this:

"I take responsibility for the way I feel, 'cause I create the experience that I take as real. Now I know that no one's to blame for the feelings I get in life's game. I'm the one who creates the pain because I create the experience that I take as real."

We create our own reality, whether we want to believe it or not. We create what we need in our life, whether it is in sickness or being fired from a job. Everything happens for a reason. We learn to understand that it is our own programming from years and years ago that is controlling our actions. This programming has often been handed down generation after generation. We further learn that, if we have a negative attitude and yell and scream at someone, this may influence the other person to yell back. Only we have the power to create our own suffering.

When you take responsibility for your own actions, you give up blaming.

*6. I accept myself completely here and now and consciously experience everything I feel, think, say, and do (including my emotion-backed addictions) as a necessary part of my growth into higher consciousness.*

With this pathway we progress from learning not to blame others for our predicaments to learning not to blame ourselves either. We learn to accept ourselves even though we don't meet our models on how we should be or shouldn't be.

When we say I can accept myself, the acceptance is on the emotional basis only. This doesn't mean making it "right"; it just means acceptance of the facts without blame. Instead of blaming myself for what went wrong in a situation, I will look at what can I do about it, where I can go from here.

We come to see that everything that happens to us is necessary as a part of our growth. That isn't to say that we have to like what happens or what people say. That isn't to say we can't put out to try to change the situation at a later time or even the next moment. It only means I can accept myself completely at the here and now moment.

When I was at Cornucopia, the director, Carol Thompson, said at one of our meetings while pointing at me, "You will be the one to help out in this world." I replied, "Who me, with all of my problems." What she meant was that if all my so-called problems became opportunities, I would have many things to share with other people. I needed to see all my past dramas as a necessary part of my own growth and to accept the unacceptable.

### Reviewing Briefly:

- The fourth pathway, seeing that you have everything you need right here and now.
- The fifth pathway, tells you to take responsibility for everything you experience.
- The sixth pathway, reminds us to always accept ourselves right where we are right here and now at every given moment.

### Interacting With Others

*7. I open myself genuinely to all people by being willing to fully communicate my deepest feelings, since hiding in any degree keeps me stuck in my illusion of separateness from other people.*

When appropriate you should talk about how you are making yourself feel in any given situation when situations or people don't meet your models. Don't blame the other person or tell them how they should be different so that you can be happy. You create what you need in your life; so take responsibility for what you create.

When someone is doing something you don't like, you can share with them that you choose to create anger or sadness when they do so and so. They may or may not change. Every body has feelings. You are not the Lone Ranger. It is best to flow with the situation.

I think it is very important to share with another person how you are making yourself feel rather than tell them what they are doing wrong. Nobody likes to be told how bad they are. Sometimes people will ignore you instead of sharing with you for fear of hurting your



feelings or creating an open conflict. If you choose to, you can ask them, "What did I do wrong?" If they choose to answer you, you then have an opportunity to heal the relationship. Sometimes you have to take the risk in what they will say. You may not like it, but remember they are working out of their own programing and their actions mean nothing about you. If they don't, you can drop the matter for now and work on the relationship at a more appropriate time.

This situation happened to me quite a few times; so I could get to practice on how to share from a loving space. Sometimes I had to take a risk on what I might get in return. I realize the other person is only working out of their own programing and how they respond means nothing about me. When using the 7th Pathway, don't dump all your stuff. Remain aware of the 5th Pathway on taking responsibility. Take responsibility for what you create. Be careful not to accuse or blame.

*8. I feel with loving compassion the problems of others without getting caught up emotionally in their predicaments that are offering them messages they need for their growth.*

Translating the Greek root, compassion means feeling together. By feeling with loving compassion Ken means, "Yes, I know. I have been there with my suffering. I know what you are going through." We need to distinguish between **empathy** (from the Greek root, "feeling into") and **sympathy** (from the Greek root, "feeling together with"). Avoid sympathy which tends to buy into the other person's addictive emotions and to strengthen their addictive programing. They are creating what they need for their own growth. You can help someone more by being there with them empathetically with loving compassion and not buying into their personal drama and getting yourself upset. Getting yourself upset will not help them with their problem. However being there with loving compassion may help the person in time rise above their addictive programing. Very often just being in a loving space with a person as you listen to him or her is more helpful than any advice you could give.

Keyes (Ref a: p35) points out that you can learn not to give gifts that you cannot emotionally afford to give. When you resent helping someone, this creates obligations, duality, and separation. You cannot psychologically afford to give such help, and the recipient cannot afford to receive it. The price in personal distance caused by "guilt" feelings and "should" or "ought" motivations is not worth it. When you help someone because of a feeling of obligation or duty rather than free-flowing love, you may find yourself resenting the person for needing your help. These negative feelings prevent you from being sensitive to his or her real here and now needs and doing or saying what would really be helpful.

*9. I act freely when I am tuned in, centered, and loving, but if possible I avoid acting when I am emotionally upset and depriving myself of the wisdom that flows from love and expanded consciousness.*

This pathway says it very nicely. How many times have you said or done things you wish you had not have said or done, because you were angry or upset? This is when you would use the 6th Pathway, "I accept myself completely here and now ..." Remember you are also working out of your own addictive programing, but this too will change as you continue to use the Living Love Methods.

The 7th and 9th pathway go hand in hand. It is best to share your feelings from a centered space, but what ever you do is part of your consciousness growth. Use the 5th and 6th or any of the other pathways when you don't meet your models. That is what I do. I work on what I am creating emotionally by using various Living Love methods. I act freely when I was tuned in, centered, and loving. This means I work on my addictive programing surrounding the issue before I shared with the other person. The best thing you can do for another person is to work on your own head, on your own addictions.

#### Reviewing briefly:

- The seventh pathway tells us to share our deepest feeling. Hiding only causes separateness.

- The eighth pathway tells us to just be with the other person with love.
- The ninth pathway tells us to avoid acting when you are upset in any degree, to work on your own head first.

### **Discovering My Consciousness Awareness**

*10. I am continually calming the restless scanning of my rational mind in order to perceive the finer energies that enable me to unitively merge with everything around me.*

Our minds are like endless cassette tapes. Our endless tapes usually consist of how situations or other people or ourselves are not meeting our models of how things should be. It is hard to really comprehend what others are saying when our own minds are racing down the freeway of how we can make the other person wrong. We can see that our experiences of fear, sadness, or anger are just guides to help us to get in touch with our addictive programming.

I recall how sometimes when Hap and I are out driving my mind races on so fast that I cannot enjoy the scenery around me. (This is where I use the Catalyst) Now whenever I feel like I am slipping into a monologue of my restless mind, I tune into a reprogramming phrase to keep me in the now moment so I can perceive the finer energies and merge with the beautiful scenery around me. Often my phrase is, "When I enjoy each moment I know that I am free." I say this over and over again until I feel calm inside. Sometimes I pick out one thought that I might be running over and over again, usually it is a negative thought, and tune into upleveling it from an addictive thought to a preference. I find that when I uplevel my addictions to preferences my mind doesn't race so fast and is more aware of what is happening around me.

*11. I am constantly aware of which of the Seven Centers of Consciousness I am using, and I feel my energy, perceptiveness, love, and inner peace growing as I open all of the Centers of Consciousness.*

As part of his Living Love philosophy, Ken has developed the concept of Seven Centers of Consciousness. These centers reflect increasing levels of awareness. By maintaining an awareness of which Center of Consciousness we are operating from at each present moment, we can more effectively control our actions and feelings. The Centers of Consciousness concept is explained in greater depth in the following chapter.

The thrust of this pathway is to help you to become aware of which Centers of Consciousness you are using from moment to moment to realize that at any moment you can improve your level of well-being and happiness by opening higher centers.

*12. I am perceiving everyone, including myself, as an awakening being who is here to claim his or her birthright to the higher consciousness place of unconditional love and oneness.*

We are all searching for happiness. Each and everyone of us is searching in our own way. It is our birthright to be happy. We learn to love others by accepting and loving ourselves and vice versa. Shakespeare wrote, "Things are neither good nor bad. It is only our thoughts that make them so." When you are with another person and they are running their stuff, you can see they are searching for their happiness the only way they know how. We learn to accept ourselves and others the way they are without need for change. That is not saying we have to like what is happening or like what the other person is doing. We do have the choice at any given time on how we feel. The only way you can really change another person is to work on your own addictions. The other person may or not change, but you have a better chance if you work on your own head.

"A hostile person creates a hostile world. A happy person creates a happy world. A loving person creates a loving world." (Ref. 1: p52) Through memorizing and repeating these pathways regularly, we can open the door to raising our level of consciousness awareness and in the bargain our love and happiness.



### Reviewing Briefly

- The tenth pathway, reminds us to stop letting our minds race on, to stop the endless tapes on how situations should or should not be.
- The eleventh pathway makes us aware of which of the seven centers of consciousness we are experiencing.
- The twelfth pathway reminds us that we are all looking for happiness in our own way.

### Conclusion

I have found Ken Keyes' Twelve Pathways to offer continuing support and guidance as my life unfolds with new challenges and wins each coming day.

I am not perfect. I make mistakes. At times I forget the pathways. And that is the moment to return to them once again. (Having them memorized is a great help.)

I wish you all are able to find your beautiful happy world.

### References

1. Keyes, Ken, Jr., Handbook to Higher Consciousness, Love Line Books, 1972, 1975

Elizabeth Barhydt, PhD, may be reached at

*Loving Life*

22675 Prospect Heights  
Groveland CA 95321 USA  
phone/fax: 209-962-4847

E-mail: [feelgood@lovinglife.org](mailto:feelgood@lovinglife.org)  
website: <http://www.lovinglife.org>