

Pathwork Lecture 228: Balance

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This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Format** of the lecture. In this sense it is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and when this is the case, I ask you to ponder the words for **your own interpretation**.

I did this Devotional Format so I can take the words into my heart, phrase by phrase, much as I would in reading poetry -- **devotionally**. *I invite you to slowly read and ponder this format of the text – with an open heart to experience the Pathwork Guide’s Presence, Wisdom and Love emerging from among the words. May the Pathwork Guide’s Wisdom come to live you.*

For clarity: The **original text** is in **bold, italicized, and mostly underlined**. [My interpretations and intended clarifications are in brackets, italicized, mostly underlined, but never bolded.]

To learn more of my Devotional Format and to access the lectures I have rendered in this form, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/>

Blessings on your journey, Gary

¶	Content
03	<p><u>Greetings,</u> <u>my very dearest friends.</u></p> <p><u>Blessings</u> <u>for every one of you.</u></p> <p><u>With great joy</u> <u>I again</u> <u>dip</u> <u>temporarily</u> <u>into your world and</u> <u>show you</u> <u>another helpful step,</u> <u>if you choose</u> <u>to make it so.</u></p> <p><u>This lecture</u> <u>is about</u> <u>balance.</u></p> <p><u>Balance</u> <u>is what keeps the universe</u> <u>intact.</u></p>

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If there were

no

- balance,

no

- balancing
consciousness,

no

- balancing
law,

everything

would disintegrate.

- All the natural laws
that you know,

and

- those you may call
"supernatural"
because

- they exist
on another level of reality and
- you do not know them,

are laws of balance.

They [i.e., All laws]

- come from
balance

and

- lead to
balance.

Balance is

not a

- cold,
- mechanical,
- coincidental
factor,

but

the expression of

- supreme intelligence and
- purpose.

04

Every aspect
of the law of balance
• is meaningful
and
• has its own consciousness.

It is possible to find
the law of balance
in the physical laws,
but only to a degree,
because
you cannot perceive
their [i.e., these physical laws']
connection with
levels of reality
that you are not aware of.

The physical laws
could not exist
without this connection [i.e., without their connection
with levels of reality that you are not aware of].

Neither could
your bodily manifestation
exist
without the life
you have on other levels of reality.

This [i.e., This connection with life on other levels of reality
that you are not aware of]

applies to
• everything,
not just to
• entities,
but to
• universal laws
as well.

05	<p><u>All the planetary systems</u> <u>are held together</u> <u>by these meaningful laws.</u></p> <p><u>If they [i.e., If all the planetary systems]</u> <u>were not [held together by these meaningful laws],</u></p> <ul style="list-style-type: none">• <u>they [i.e., all the planetary systems]</u> <u>would break apart,</u>• <u>the planets</u> <u>would crash into one another and</u>• <u>the whole system</u> <u>would disintegrate.</u> <p><u>The same holds true for</u> <u>the microcosm</u> <u>of the human body.</u></p> <p><u>The human body</u> <u>is held together</u> <u>by a supreme law of balance</u> <u>of which you human beings</u> <u>as yet</u> <u>know nothing.</u></p> <p><u>If this law [i.e., If this supreme law of balance]</u> <u>did not prevail,</u></p> <p><u>all your</u></p> <ul style="list-style-type: none">• <u>cells and</u>• <u>particles</u> <u>would disintegrate;</u> <p><u>your</u></p> <ul style="list-style-type: none">• <u>physical structure</u> <u>could not hold together.</u>
06	<p><u>All laws of</u></p> <ul style="list-style-type: none">• <u>physics,</u>• <u>chemistry,</u>• <u>biology –</u> <p><u>of</u></p> <ul style="list-style-type: none">• <u>every conceivable science</u> <u>in your physical reality –</u> <u>are governed by</u> <u>the great law of balance.</u>

Some of these laws
are obvious to your scientists.

Others

- are more intricate and
- remain unrevealed.

Higher mathematics
beyond your level of reality
contains the key to these laws.

Only a few enlightened human beings
have sensed

the relationship
between

- mathematics

and

- the key to
the universe,
- the key to
creation.

07

Balance
exists
on all levels.

On the physical level,
balance

- is order and
- creates order.

Imbalance
is disorder,
but it

creates
more disorder
only

- temporarily and
- to a degree
because

temporary disorder
is a step toward
an order of a much higher organization.

08

On the emotional level
balance
means
harmony –
the harmony of
feelings.

It [i.e., Balance or harmony – the harmony of feelings]
leads to
more harmony.

Imbalance, of course,
means

- disharmony,
- negative feelings.

Disharmony
must
eventually
lead to
a greater harmony
of a higher order.

On the mental level,
balance
means

- sanity and

must lead to
more

- balance and

more

- sanity.

Imbalance,
on the mental level,
means
insanity,
which again can be
only temporary,
leading
eventually
toward the greater sanity
of a higher organization.

The greatness of divine law
is that
• disintegration
is simply a step toward
• integration.

Everything
leads inexorably to
• integration,
• order,
• harmony,
• light,
• balance,
• love,
• intelligence and
• health.

09

The law of balance
is therefore
always
integrating.

Balance
means
"the right measure."

Consider
any manifestation
in the world of matter
that you experience
through your bodily senses.

On this level of consciousness [i.e., On the level of consciousness
in the world of matter in which you live],
divine manifestations
appear as
opposites,
but as I so often mention,
are not so [i.e., divine manifestations are not opposites]
in reality.

Take for example

- warmth
- and
- cold.

In the right measure

they are both [i.e., both warmth and cold are]
indispensable
for harmonious living.

Each has

its own
• purpose,
its own
• function,
its own
• meaning
in the greater scheme of things.

Both [i.e., Both warmth and cold]

symbolize
creative
• forces and
• currents
indispensable to
• physical growth and
• sustenance of life.

I am

not
speaking here
of fixed temperatures,
for there is
no norm [i.e., for there is no one temperature norm]
applicable to all.

What is

• warm or
• cold
may vary greatly
in different
• cultures and
• locations
where differently organized human beings live.

	<p><u><i>The tropical rain</i></u> <u><i>may be</i></u> <u><i>as cold as required</i></u> <u><i>to balance out</i></u> <u><i>the stifling heat of the climate.</i></u></p> <p><u><i>The mild arctic sunshine</i></u> <u><i>may provide the</i></u> <ul style="list-style-type: none">• <u><i>warmth and</i></u>• <u><i>balance</i></u><u><i>just sufficient</i></u> <u><i>to sustain life.</i></u></p>
10	<p><u><i>In imbalance,</i></u> <ul style="list-style-type: none">• <u><i>pleasurable warmth</i></u><u><i>turns into</i></u> <ul style="list-style-type: none">• <u><i>unbearable heat</i></u><u><i>and</i></u> <ul style="list-style-type: none">• <u><i>purifying cold</i></u><u><i>becomes</i></u> <ul style="list-style-type: none">• <u><i>frozen iciness.</i></u></p> <p><u><i>Both</i></u> [i.e., <u><i>Both warmth and cold</i></u>] <u><i>can kill.</i></u></p> <p><u><i>The same goes for</i></u> <ul style="list-style-type: none">• <u><i>imbalance and</i></u>• <u><i>exaggeration</i></u><u><i>in every other</i></u> <ul style="list-style-type: none">• <u><i>physical</i></u> <u><i>manifestation</i></u><u><i>or, for that matter,</i></u> <ul style="list-style-type: none">• <u><i>emotional or</i></u>• <u><i>mental</i></u> <u><i>manifestations.</i></u></p>

11

Let us remain for the moment
on
the physical level.

Take
• light
and
• darkness.

The balance between them [i.e., The balance between light and darkness]
• creates
a beautiful harmony and
• provides humanity
with exactly what it needs.

But in
the dualistic misconception
they [i.e., light and darkness]
appear
as
opposites.

Although they [i.e., Although light and darkness]
are a manifestation of
the dualistic state of consciousness,
they both [i.e., both light and darkness]
form
a unitive whole,
fulfilling a purpose.

In the darkness of night
you rest,
in the brightness of daylight
you become active.

This [i.e., This balance between darkness of night and brightness of daylight]
is a symbolic manifestation
of the inner level
where you need
a balance
between
• activity
and
• rest.

	<p><u>When either</u> [i.e., <u>When either activity or rest</u>] <u>goes</u> • <u>out of balance and</u> <u>becomes</u> • <u>overemphasized or</u> • <u>underemphasized,</u> • <u>chaos and</u> • <u>temporary disintegration</u> <u>result.</u></p>
12	<p><u>The balancing factor</u> <u>reveals</u> <u>the</u> • <u>richness,</u> <u>the</u> • <u>beauty,</u> <u>the</u> • <u>wisdom and</u> <u>the</u> • <u>love</u> <u>of the Creator.</u></p> <p><u>Each living entity</u> <u>contains within itself</u> <u>the intuitive ability</u> <u>to discover</u> <u>the balance</u> <u>that holds everything together.</u></p> <p><u>As</u> <u>the creative light</u> <u>moves onward</u> <u>in the evolutionary urge</u> <u>to fill the void,</u> • <u>consciousness and</u> • <u>energy</u> <u>particles</u> • <u>lose themselves</u> <u>and</u> • <u>seem</u> <u>to separate themselves</u> <u>from the whole.</u></p>

	<p><u>In the attempt to</u></p> <ul style="list-style-type: none">• <u>penetrate and</u>• <u>fill</u> <p><u>the void,</u></p> <p><u>the</u></p> <ul style="list-style-type: none">• <u>temporary,</u>• <u>illusory</u> <p><u>separation</u></p> <p><u>fulfills its task,</u></p> <ul style="list-style-type: none">• <u>spiritualizing</u> <p><u>the void</u></p> <p><u>and</u></p> <ul style="list-style-type: none">• <u>bringing light</u> <p><u>into it [i.e., bringing light into the void].</u></p> <p><u>Gradually,</u></p> <ul style="list-style-type: none">• <u>the ever-onward</u> <p><u>movement</u></p> <p><u>fills in</u></p> <p><u>the gaps of consciousness,</u></p> <p><u>and</u></p> <ul style="list-style-type: none">• <u>the original oneness</u> <p><u>is eventually</u></p> <p><u>reestablished.</u></p>
13	<p><u>The whole sea of divinity</u></p> <p><u>is spreading</u></p> <p><u>on</u></p> <p><u>and on.</u></p> <p><u>In this process,</u></p> <p><u>the forerunners</u></p> <p><u>separate.</u></p> <p><u>As the movement continues</u></p> <p><u>they</u></p> <p><u>reunite,</u></p> <p><u>filling the void</u></p> <p><u>more</u></p> <p><u>and more.</u></p>

In saying this [i.e., In saying that the forerunners of the whole sea of divinity separate as they spread into the void and then “later,” “afterwards,” reunite, filling the void more and more],

I must use such terms as

- *“later” and*
- *“after.”*

These [i.e., These terms, “later” and “after,”] are of course illusory, for the whole concept of time is illusory anyway.

But to squeeze these ideas into your human understanding, where your consciousness is focused at the moment, I have to speak in terms of time.

Eventually, these particles [i.e., these consciousness and energy “particles”] reunite with the forward-moving divine substance, discovering their [i.e., these consciousness and energy “particles”] discovering their] original connectedness with the whole.

The

- temporary,
- illusory

disconnection [i.e., The consciousness and energy “particles”
temporary, illusory disconnection from the whole]

must also create a

- temporary,
- illusory
imbalance,
leading to
 - chaos and
 - disintegration.

But because

the whole movement

has an

all-encompassing

- meaning and
- purpose,

the

- chaos and
- disintegration
are only temporary.

The imbalance

that the onward movement of the light

causes

as it penetrates the void

creates

the illusion of
separateness.

In separateness itself

there must also be

imbalance.

But

such imbalance [i.e., such imbalance created by the illusion of separateness]

is simply a step toward

a greater balance.

14	<p><u><i>It is very important for you to understand this, my friends.</i></u></p> <p><u><i>But this [i.e., But understanding all this] cannot be done merely on the intellectual level.</i></u></p> <p><u><i>You are all capable of opening</i></u></p> <ul style="list-style-type: none"><u><i>• an inner channel,</i></u><u><i>• an intuitive channel,</i></u> <p><u><i>and connecting with what I am saying here.</i></u></p> <p><u><i>Perhaps you can best do this [i.e., Perhaps you can best open this inner, intuitive channel and connect with what I am saying here]</i></u></p> <p><u><i>when you feel the areas in you that are out of balance.</i></u></p>
15	<p><u><i>The purification process of this path is, of course, an expedient way of reestablishing balance.</i></u></p> <p><u><i>You find the measure intuitively.</i></u></p>

Look for
an intuitive measure of
how to balance certain expressions:

- how and
- when
 - to be outgoing
 - and
 - to what extent;

- when to
 - hold yourself together and
 - gather your forces;

- when to be
active and
- when to be
 - receptive and
 - quiet.

You all grope in
• these and
• many other
areas

to find the equilibrium
where you will know
spontaneously

- when to express yourself
 - in one way and
- when
 - in another,

- when to
 - assert yourself and
- when to
 - be flexible and
 - give in.

16

Human beings
have
always
sought refuge in
hard and fast rules
that can be accepted
without
• thinking and
without
• feeling into
the deepest processes
of their inner light.

These [i.e., These hard and fast rules that can be accepted without thinking and
without feeling into the deepest processes of one's inner light]
are
illusory shortcuts
meant to avoid
finding the
spontaneous functioning
of your Godself,
which
knows
your right measure
in any given situation.

You must
consciously desire
this understanding [i.e., You must consciously desire this right measure in
any given situation, an understanding that comes from the
spontaneous functioning of your Godself]
without
directly
forcing it,
knowing that it [i.e., knowing that this understanding that
comes from the spontaneous
functioning of your Godself]
is a possibility
that can be realized.

17

If you seek
the right directive
merely with
the outer mind
you will tend to
lean
on

- *rules,*

on

- *pat truisms*
 - *that may be valid*
as far as they go,
 - *but may*
not
be applicable to
every
situation.

But
even if they are [i.e., even if rules and pat truisms are applicable
in a given situation],
if they [i.e., if rules and pat truisms]
come from the
outer level
they are stilted.

When you try to establish
the longed-for balance
with the surface personality,
the result
will be a

- *flat,*
- *unsatisfying*
gesture

rather than a

- *meaningful action*
stemming from
the divine center.

18

A truly

- satisfying and
- fulfilling

inner

balance

comes only through
the arduous path of
self-purification.

Then it comes [i.e., Then a truly satisfying and fulfilling inner balance comes]
as a

gratuitous byproduct [i.e., as a gratuitous byproduct of
the arduous path of self-purification].

It [i.e., This truly satisfying and fulfilling inner balance]

seems to happen to you

from within,

just as love

seems to happen to you

from within.

Yes,

you must be

willing

to

- love,

to be in

- truth

and [to be] in

- balance.

Nevertheless

you cannot

will them [i.e., you cannot will love, truth, and balance]
directly.

They [i.e., Love, truth, and balance]

manifest

when the inner key [is turned and]

unlocks your wisdom

as a result of

- effort and

- sincerity

in being in truth with yourself.

19

- Balance
can never be forced
from outside.

Neither can

- love or
- wisdom or
- enlightenment or
- peace.

Balance

is a

- divine and
- spontaneous
manifestation.

Balance

is

- sanity.

Within

every particle of your being –

the

• physical
as well as the

• energy
body –

you need

balance

to be healthy.

Illness

of any kind

is the result of
imbalance.

The healthy body

keeps itself

balanced.

20

The consciousness
that

- perpetuates and
- nurtures
the healthy body
will make sure that
you lead a
balanced life,
partly through
 - intelligence,partly through
 - intuition, andcertainly always through
 - a positive will.

• True,
• deep,
• meaningful
personal balance
cannot be measured with

- figures and
- equations

of the mathematics you know.

It [i.e., True, deep, meaningful personal balance]
is not
a fifty-fifty proposition.

21

Take for example
the balance
between

- rest

and

- wakefulness.

The
proper
personal balance [i.e., The proper balance between rest and wakefulness]
may vary
from individual to individual,
but nobody needs
equal hours of

- rest and
- wakefulness.

From an
outer point of view
balance is lacking
when you sleep
• eight hours
and are active
• sixteen hours.

Yet in terms of
inner balance
this [i.e., this eight hours of sleep balancing sixteen hours of activity]
may be
exactly the right measurement for you.

And so it is
in many cases.

My point is
that
outer measurements
do not necessarily
express
the inner measure of
right balance.

22

This principle [i.e., This principle of balance in a healthy life]
becomes more apparent
when we try to apply it to
inner attitudes.

It would be
as completely absurd
to make rules about
how much time everybody should spend
being

- *assertive*

or

- *in a state of being*

as [it would be completely absurd]
to claim that

- *the spiritual person*
must
never be
 - *aggressive*

or that

- *the strong person*
must
never be
 - *receptive and*
 - *soft.*

The balancing measurement
is beyond
your intellectual calculations.

You must
feel it [i.e., You must feel balance];

you must
look for it [i.e., you must look for balance]
within.

23

The inner balance
comes from

- *a different mathematics,*
- *a measurement*
that comes from
wisdom
on a level that is as yet
inaccessible to
your conscious perception.

But it [i.e., But inner balance]
manifests
indirectly.

In the
apparent
unevenness
of the
inner reality
lies the
real balance.

There [i.e., There in the apparent unevenness of the inner reality]
you will discover
a completely different way of seeing
what is

- *even*

and
what is

- *uneven.*

In other words,
the balance
of the
inner
reality
is not

- *stilted or*
- *mechanical.*

There is a
meaning
behind it [i.e., There is a meaning behind the balance of the inner reality].

Finding your way
into this
inner rhythm of life
is the
purpose
of a path
that leads
inward.

24

The person
who is completely disconnected from
the inner dimension
needs to delegate
all

- rhythm,

all

- balance,

all

- measurements

to the outer mind.

This [i.e., This delegating of all rhythm, balance, and measurement to the outer mind]
often becomes

- meaningless,
- stilted and
- self-defeating.

It [i.e., Delegating all rhythm, balance, and measurement to the outer mind]
breaks the
real
balance.

The measurements of
the outer mind
are contrary to
the
true
proportions.

*But as you find your
inner being,
with its*
• *vibrant intelligence and*
• *wisdom that
truly surpasses
the outer mind,*
you
experience
*the incredible beauty of
being*
• *held together and*
• *carried*
*by a balancing system
of such*
• *grandeur,*
of such
• *purpose,*
that it [i.e., *that this balancing system that holds
you together and carries you*]
*can never be expressed
in words.*

You learn to
• *trust this* [i.e., *You learn to trust this balancing system that holds
you together and carries you*],
you learn to
• *go with it* [i.e., *You learn to go with this balancing system that holds
you together and carries you*].

You learn to
• *deliberately consult
the balancing system
which is always available
to those
who*
• *seek it,*
who
• *make themselves open to it,*
who
• *make their outer being
compatible with it
through an attitude of wakefulness.*

25

As you listen to
the rhythmic balancing factors,
you will discern
that
your own inner system
is an integral part of
a whole [i.e., is an integral part of a whole balancing system]
so finely woven together
that it [i.e., that this whole balancing system]
defies human understanding.

It [i.e., This whole balancing system of which
your own inner balancing system is an integral part]
is of a grandeur
that cannot yet be encompassed by your mind.

But you can indeed
sense it [i.e., you can indeed sense this whole balancing system]
if
you make yourself part of it.

That [i.e., Making yourself part of this whole balancing system]
always means

- giving up the temptation of
staying in
the temporary smaller order
of your little mind

and

- trusting that you will find
the larger order
of your greater mind.

26

This new consciousness

can sustain you

- *when things go wrong*
on your outer level of existence,
- *when everything in you*
rebels against
 - *the disharmony and*
 - *the imbalance*
that have been
temporarily
created
by factors as yet unknown
to your conscious mind.

Your instinct

is to battle against

- *disorder and*
- *imbalance.*

Yet

it is precisely this

- *disorder and*
- *imbalance*
that affords you the opportunity
 - *to give up*
the
 - *outer*
battle,
 - the*
 - *outer*
insistence,
- and*
 - *to go into an*
 - *inner*
 - *order and*
 - *balance.*

• *Make room for it* [i.e., *Make room for this inner order and balance*],

• *have faith in it* [i.e., *have faith in this inner order and balance*],

and

• *wait for it to manifest* [i.e., *wait for this inner order and balance*
to manifest].

27

*What I have said to you here
is very important,
my friends.*

Now

• *the new Christ consciousness
is breaking through into*
• *human consciousness
on an
inner level of reality.*

*It [i.e., The new Christ consciousness]
must therefore
destroy the*

- *old order –*
- *the old balance system and*
- *its [i.e., and the old balance system's] obsolete measurements –*

*as it [i.e., as the new Christ consciousness]
also destroys*

- *old,*
- *outworn*
 - *attitudes,*
 - *feelings,*
 - *values and*
 - *concepts.*

*The destruction can happen
in the very mundane "little" matters of your life.*

But only when

you have the

- *willingness and*
- *openness*

to discover

*the inner meaning of the
temporary*

- *disorder*

will you find the

new

- *order.*

Only when
you consider the
momentary
discomfort
of the
temporary
imbalance
in this light [i.e., in the light of the meaning of
this temporary imbalance]

will you find
a truer balance
that is much more

- profound and
- meaningful

than what you have

- known and
- established

on a superficial level of being.

You may have
outgrown
that more superficial level [i.e., You may have outgrown that
more superficial level of being]
without being aware of it.

You now
are ready to

- expand
- farther outward

and

- deeper inward

into
the real universe

and

- adopt

a new balancing structure
that may manifest
at first
as imbalance
simply because
you

- obstruct the movement and
- fight against it.

28

Do you have any questions pertaining to this topic?

QUESTION:

Is what you call
the "balancing factor,"
for instance in the

- aggressive*
- and*
- receptive*

principles,
a third force?

29

ANSWER:

No,
the balancing factor
is the
cohesive force
that underlies
the manifestations
that appear as
opposites.

The balancing factor

is

- the cohesion [i.e., the cohesion between the opposites],*
- the bridge [i.e., the bridge between the opposites],*
if you will.

The

- active*

and

- receptive*

principles

are just two

of many other

universal laws

in the creative scheme.

But let us now stay with
this example –
the

- active

and

- receptive

principles.

The balance
is
not

- a third factor,

but

- the conciliation
of these two principles,
that creates
a oneness
in which
these expressions [i.e., in which these two
expressions – the expressions of the
active and receptive principles]

exist
in a meaningful way.

I have mentioned before
that

- the active principle

must contain
within itself

- the receptive [principle],

just as

- the receptive state

must contain

- the active [state].

Otherwise
there is
imbalance.

30

A person
cannot truly be
active
unless
that activity
contains also
the

- receptive
state of mind;

the

- still,
- harmonious
state of being.

Then [i.e., Then, when activity contains also the receptive state of mind,]
the active movement
becomes
what I sometimes term
"effortless effort."

It [i.e., The active movement]
is not
a strained effort.

Activity
is

- strained,
- tiring and
- effortful

only if
it [i.e., only if this activity]
does not contain
the receptive principle
within it.

31

It is precisely because
human beings
cannot perceive
• receptive quietude
within
• active movement
that they shy away
from
• movement,
from
• becoming,
from
• effort.

They tend toward
stagnancy
because
their effort
is so strained.

But
if they could think of
• effort
in this effortless way,
coming through the
• cohesion and
• conciliation
with
• the receptive principle,
then
• growing,
• active
• outward
movement –
becoming –
would not be feared.

32

By the same token,

if

- **the receptive principle**
- does not contain within itself**
- **the active principle,**

it [i.e., the receptive principle]

creates a

- **stagnant**
 - **deadening**
- state.**

The

- **activity and**
- **movement**

contained within
the receptive state

makes

- **it [i.e., makes the receptive state]**

as

- **alert,**
- **wakeful and**
- **alive**

as

- **the active state**
- is.**

33

If you think of
the qualities
contained in the
• active
and
• passive
principles,
you see the following –
I oversimplify here
for the purpose of illustration:

- *The active principle*
is
 - *movement and*
 - *action.*

- *The receptive principle*
is
 - *the state of being,*
 - *quietude.*

- *The active state*
gives out.

- *The receptive state*
takes in.

- *The active state*
is a tensing of energies;

- *the receptive state*
relaxes them [i.e., relaxes the tense energies].

	<p><u>If you combine</u> <u>the two [i.e., <i>If you combine the active and receptive principles or states</i>]</u> <u>in proper balance,</u> <u>then you have</u></p> <ul style="list-style-type: none">• <u>action and</u>• <u>effort</u> <p><u>that are</u></p> <ul style="list-style-type: none">• <u>relaxed,</u>• <u>effortless and</u>• <u>calm.</u> <p><u>And you have</u></p> <ul style="list-style-type: none">• <u>receptivity</u> <p><u>that is</u></p> <ul style="list-style-type: none">• <u>alive and</u>• <u>vibrant.</u> <p><u>In both states [i.e., <i>In both the active and receptive states</i>]</u> <u>you have</u> <u>all the qualities present,</u> <u>only in different proportions.</u></p>
34	<p><u>So it [i.e., <i>So the “balancing factor” in the active and receptive principles</i>]</u> <u>is not</u> <u>a third force,</u> <u>it is</u> <u>the proportion [i.e., <i>it is the proportion of the qualities contained</i></u> <u>in the active and receptive principles]</u> <u>that keeps the balance.</u></p>
35	<p><u>QUESTION:</u> <u>I have a personal question</u> <u>that is very much related to the lecture tonight.</u></p> <p><u>I realize now</u> <u>the pain of the imbalance in my life.</u></p>

I realize that there is a lot of

- *vanity and*
- *pride*

related to

my outer will

that forces me

from the one extreme of

- *overindulgence*
- to the other extreme of*
- *deprivation.*

This applies

to a lot of simple parts of my life –

- *sleeping,*
- *eating,*
- *loving,*
- *all kinds of things.*

I'd like some help in understanding
why this is so.

It almost seems as if

I'm using it [i.e., as if I'm using this behavior of going from the extreme of
overindulgence to the opposite extreme of deprivation]

as an identifying characteristic
of "specialness,"

to

- *go*

from

- *one extreme*

to

- *the other*

and

- *deny myself*
a sense of harmony.

36

ANSWER:
There are several levels
to this answer.

For example,
on one level –
[the level of] the lower self –
the imbalance
is
deliberately
sought
in order to
prove, as it were,

"it does not work,
nothing works."

You get confirmation
that

- **nothing works,**
- **whatever you do is wrong,**
- **life is no good,**
- **you may just as well capitulate.**

That is the case
the lower self
makes.

It is very important
that you

- **be aware of this [i.e., aware of this case that the lower self makes],**

that you

- **confront it [i.e., confront this case that the lower self makes]**

and

- **do not allow it to take control [i.e., do not allow this case that the lower self makes to take control of you].**

As you
make yourself aware of it [i.e., As you make yourself aware of
this case that the lower self makes],
you can
identify
this voice [i.e., this voice of the lower self].

Then you can
• open your
• heart and
• mind
to your
higher self
and
• request guidance for
the balance.

As I said in the lecture,
this [i.e., this needed guidance for the balance]
cannot come through
an intellectual determination alone;

the intellect
must be directed toward
meaningful
inner
guidance.

37

On another level,
the imbalance
is due to
ignorance of the
• reality and
• importance
of balance.

Perhaps we can
combine
these two levels [i.e., combine the level of the lower self
with the level of ignorance of the reality and importance of balance]:

The lower self
can create
imbalance
out of ignorance
that
both

- rest

and

- work,

for example,
have their place in life.

The same principle [i.e., the principle that both of the two apparent opposites
have their place in life]
applies to
everything else.

[For example]
Without
some measure of

- abstinence,
- fulfillment

becomes

- shallow

and
is therefore

- no longer fulfilling.

This is what I meant by saying that
imbalance
defeats itself.

38

You need to
conceive of yourself
as being able to
• give to yourself
so much
and then
• stop.

You need to
• take in the possibility
that a force exists in you
that knows
• when
and
• how much
to give,

and you need to
• call upon
this force.

You need to
• cultivate
in your
• awareness,
in your
• thought processes,
the concept
of
• balance,
of
• manifesting
both sides of
what now
appear as
opposites.

As your understanding of this concept [i.e., this concept of the need for balance]
ripens,
your lower self
will no longer
get away with its game,
because
you will meet it [i.e., you will meet the lower self and its game]
with
truth.

39

• Love
and
• blessings
• go into
every one of you
and
• merge
with the
• love
and
• blessings
that come
from your
innermost
higher self.

• The truth
of
• being,

• the beauty
of
• life,

• the strength
of
• your real self

• are all emerging
more
and more
and
• make your life
a blessed glory.

• Peace
and
• love
to all of you.

Be blessed!

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