This lecture is given in an **expanded poetic format**, what I call a **Devotional Format** of the lecture, and in that sense this is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and 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 – that is, **devotionally**.

The blessings to me in developing this format have been truly profound, and my wish is that this Devotional Format will be a blessing to others. I invite you to slowly read and ponder this format of the text – with an open heart to experience the Guide’s Presence and Love emerging from among the words such that the wisdom comes to **LIVE** you.

For clarity: The **original text** is in **bold and italicized**. [My adds of commentary/clarification/interpretation are in brackets, italicized, and not bolded.] To learn more of my Devotional Format and see the lectures I have done in this way, go to [https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/](https://www.garyvollbracht.com/pathwork-lectures/pathwork-lectures-devotional-format/)

**Gary Vollbracht**

<table>
<thead>
<tr>
<th>03</th>
<th>Content</th>
</tr>
</thead>
</table>
| **Greetings,**  
**my most beloved friends.**  
**Blessings for all of you here.**  
**The divine power of love flows forth**  
• **into you,**  
• **toward you,**  
• **through you.**  
**Be receptors**  
**and let yourselves be enriched by this gift.** |

<table>
<thead>
<tr>
<th>04</th>
<th>Content</th>
</tr>
</thead>
</table>
| **Tonight’s lecture is a particularly joyful one for me to give.**  
**It has been in preparation for a long time – in your terms.** |
It required

- preparation on your part
to be ready to absorb it, as well as
- preparation in the realm I live
to adjust the terminology
to human understanding.

This was not an easy task,
for we are dealing with
- concepts and
- principles
  for which
  human language has no room.

This lecture primarily addresses
the creative process
in the universe.

I do not, however,
give lectures
for the purpose of
handing out information about generalities,
no matter how lofty
the spiritual truths may be.

These lectures
must always
be directly connected
with something that you can use
here and now.

There is
no metaphysical truth
that cannot find
immediate application to your life
regardless of
your present state of development.

This lecture will begin
by dealing with general concepts.

You will then see
how you can make use of them [i.e., use of the general concepts]
in a very personal way.
You must realize, my friends, that what I will say to you must be highly simplified and therefore cannot even remotely do justice to reality.

But to whatever degree this [i.e. this making general concepts applicable and useful in reality] is possible, I shall try to convey some of the great truths in human language.

Creation requires the meeting of two essential principles that you, in human terminology, may best call the • masculine and • feminine principles.

They [i.e., the masculine and feminine principles] permeate all of creation.

They are the • active and • receptive principles.

These two principles are aspects of one whole.

Nothing can ever • exist or • be created without them coming together.
Positive creation requires that these two principles [i.e., the masculine and feminine principles] meet in a very harmonious, flexible, and mutually enhancing way.

In any negative creation these two principles clash with each other in a mutually exclusive way.

But the [masculine and feminine] principles remain the same.

When these two principles meet and interact — whether in a constructive or in a destructive way — the force of their meeting is tremendous.

They [i.e., the masculine and feminine principles] come together in a highly concentrated form and converge at a single point.

We might call these points "psychic nuclear points."
They are "nuclear" in the sense that each one is
  • a nucleus,
  • a basic, fundamental concentrate so highly charged with creative matter that a self-perpetuating chain-reaction of immense intensity follows inexorably.

These [psychic nuclear] points constitute the underlying principle of every created form.

These points are "psychic" in the sense that they are
  • nonmaterial and are essentially an emission of consciousness, of the planning and thinking mind.

They are not visible on the three-dimensional plane, but they are perceivable
  • by inference, by intuition, and even by logical deduction, if the deduction is carried far enough.
They can also be said
to be psychic
in the sense of
being manifestations
of consciousness,
although
not as
• occult or
• mysterious "psychic phenomena."

No creation
of any kind
can take place
unless
a conscious intent
is embedded
somewhere
in the force
that brings it forth.

The universe
consists of
• consciousness
and
• energy.

They [i.e., consciousness and energy]
are not
separate factors,
except
to limited human perception.

In principle,
• consciousness
and
• energy
are one.

Consciousness
cannot exist
without
being energy
at the same time.
Every thought is highly charged energy, and energy cannot be anything but an expression of consciousness. One [i.e., either energy or consciousness] cannot exist without the other.

Consciousness sends forth energy

• through its thought processes,
• through its intention,
• through its attitude
  • toward all that is in the universe,
  • toward that which it creates.

Nothing can be created

• without intention,
• without purpose,
• without a thought somewhere "behind" it all.

The psychic nuclear points are really a sequence of psychic events.

They [i.e., the psychic nuclear points] cannot be just

• one point,
• one psychic event.
One thought leads to another [thought] in a series of logical sequences.

The series of thoughts leads to
• actions and
• reactions,
to
• newly born facts which, in turn, lead to newer facts.

These facts form a series of
• interacting,
• interdependent chain reactions.

Just try to visualize:
One thought brings a certain result.

That result brings forth
• an attitude and
• a feeling.

• That attitude and
• that feeling bring forth an action.

That action brings forth a reaction.

That reaction brings forth another reaction.

It is a continuous process.
These chain reactions are circular.

They are highly charged, and instead of diminishing when the chain reactions compound, they [i.e., these chain reactions] become stronger and stronger.

They are
• self-perpetuating,
• self-feeding,
• self-augmenting in ever-increasing • speed and • momentum;
• self-revolving in an ever-increasing swirl of charged energy.

When the momentum has reached its highest charge, an explosion follows.

This [explosion] is the culminating point of a specific creation.

The creation has now taken form.

A new movement of psychic chain reactions follows with the recharge.

I will say more about this later.
The momentum
increases
in a spiral movement
that goes
faster and faster
until
the force
converges into
one point
so infinitesimal
that no smaller measure
seems to exist.

But what appears as
one point
still consists of
many forces
that went into
the chain of psychic events
of that particular creation.

I have to use terms like
• "measure,"
• "size," or
• "time,"
which belong
to the state of consciousness
the human race has attained,
but which
no longer hold true
when we speak of the concepts I present here.

Much of what I say
may be misleading,
if you do not understand it
• intuitively
and, perhaps,
• symbolically.
• Big
and
• small
are
really not
matters of
size.

They [i.e., “big” and “small”]
indicate
the significance of
the creation in question.

If
the thought
that brings forth
a new creation
is, for example,
• very strong,
• unified,
• purposeful
in terms of
the creative plan of evolution and
if there are
no countercurrents
because
the thought
is in accordance with
all universal laws,
then
the psychic nuclear point
will be
large;
that is,
• powerful,
• with durable impact.

The
• charge and
• recharge
of the ever-evolving
• cyclic movements,
• explosions,
• new creations
will be an apparently endless process.
[Conversely.]

If

- the thought starting the new chain of events and culminating in a psychic nuclear point

is

- insignificant,
- fraught with erroneous assumptions and therefore never focused and
- always countermanded by an opposite force,

the chain reaction must be less intense.

Even if it [i.e., even if such a chain reaction] seems powerful when seen out of context, its impact will be limited.

Psychic nuclear points exist throughout the entire universe.

They [i.e., psychic nuclear points] can be found in

- the simplest creations and
- the most complex systems imaginable.

The variables are indeed infinite.

There is no particle of

- air or
- ether

that is not such a nuclear point.
Although

some psychic nuclear points
are
materialized,

you cannot
• measure or
• discern
them
with your human instruments
at this time:
They can only be
deduced.

This does
not mean
that they have
no material existence, however.

Every cell
is a materialization
of psychic nuclear points
with
all the chain reactions
of the cyclic movement
intact.

Every leaf
is a complex interaction
of many nuclear points.

A gust of wind
is a series
of psychic nuclear points.

So is
• the air you breathe,
as are your
• bones,
• muscles,
• flesh,
• organs and
• skin.

They form
an infinitely complicated system
of intricately connected
psychic nuclear points.
Nonmaterial nuclear points are important for nonmaterial existence.

But they [i.e., but nonmaterial nuclear points] are just as important as materialized psychic nuclear points, for they [i.e., for nonmaterial nuclear points] certainly affect you, in that your own being is also nonmaterial.

You
- relate to,
- are affected by and
- create nonmaterial nuclear points whether or not you are aware of them.

The life that you create for yourself, the philosophy of life that underlies this creation, and even the situation you find yourself in at this particular instant are highly complicated systems of many psychic nuclear points.

Some of them [i.e., some of the psychic nuclear points] converge.

Some [i.e., some of the psychic nuclear points] contradict each other.

Some [i.e., some of the psychic nuclear points] are mutually reinforcing.
Every instant of living results from many
- thoughts,
- intentions,
- actions,
- feelings,
- attitudes and expressed traits that have a long history.

(Of course, these
- thoughts,
- intentions,
- etc.,
are in themselves
- sometimes more [complicated] and
- sometimes less complicated
  systems of
  psychic nuclear points.

They [i.e., these thoughts, intentions, etc. – systems of psychic nuclear points] all form together
  that one point
  that is your life
  at this moment.)

The moment now
  is a “psychic explosion”
  that has run
  through millennia
  to the last half hour you have lived,
culminating in
  the very thought
  you finish thinking
  this minute.

After this [psychic] explosion [culminating in the thought you just finished thinking]
the pieces will again fall into place,
re-forming
- either the same pattern of chain reactions
- or a new one [i.e., or a new pattern of chain reactions],
  according to the turn your consciousness takes.
At the same time,
the psychic nuclear point
that all this history culminates in the fractional now
is already
preparing chain reactions
that will ensue in
• the next minute,
• the next half hour,
• the next day,
• the next month,
• the next year,
• the next decade and
• [the next] century.

But since
mind
• can always be changed, and
• has infinite possibilities
  for infinite change
  at all times,
negative creation
can be altered.

An important aspect of the pathwork
is that you
• discover and
• become aware of
  the individual
  chain of events
  you have created.

You
discover
highly charged energy
• that is
  self-perpetuating,
• that has
  found its own life.

You learn in this work
how to change a course
that leads to an
• inorganic and
• futile
  life experience.
I have discussed for quite a few years the principle of
- benign and
- vicious
circles
of human attitudes,

which is only a limited aspect of the principle I explain here.

Wherever you discover a vicious circle within
your psychic system you feel caught in it [i.e., you feel caught in this vicious circle].

Caught, that is, until you
- are aware of its existence and
- find what I call the "breaking point," where you transform the vicious circle into a benign circle by changing the specific attitude that sets the circle in motion.

When humans find themselves in the illusion of being helpless, they have lost touch with the intentionality that created the specific situation, that is, [lost touch with] the materialization of a psychic nuclear point.
It cannot be emphasized enough that the momentum of each psychic nuclear point – whether • positive or • negative – is the result of • thought and • intentionality.

Now we will speak about another aspect that I referred to earlier: augmentation [i.e., process of growing and becoming greater].

One might suppose that an energy current will, after a while, exhaust itself.

In the matter of creative forces this is never the case.

Instead of diminishing, • force and • momentum become stronger, as do the • attitudes responsible for the creation.

Even a • weak, • negative, • contradictory psychic nuclear point works according to this principle of augmentation.
It [i.e., the weak, negative, contradictory psychic nuclear point] perpetuates itself with ever-increasing momentum until it explodes.

In this case, however, the explosion may have less impact than [that of] a • positive, • focused psychic nuclear point because it [i.e., because the explosion of the negative psychic nuclear point] occurred before greater force could gather.

But within the framework of its own inner life cycle, the nuclear point must augment itself [i.e., make itself greater].

The more you love, the more love there will be in you and • come to you, recreating more strongly your capacity for loving, in an ever-increasing cycle.
This is why it is such a misconception to believe
    • that if you love one person you cannot love others,
    • that [if you love one person] you have less to give
        • to others
        or, for that matter,
        • to yourself.

You must have more [love], because
    the momentum of the intense charge [of love] creates
        more and more
        of the same thing [here, more and more love],
        as long as your consciousness
            • goes along with it
            • rather than
            creating
                a contradictory force
                by setting up
                a countervailing attitude.

The same [augmentation principle] applies to everything else:
    • knowledge,
    • negative intent,
    • talent and
    • life expression, or
    • an attitude toward life,
        whether
            • in truth or
            • in error.

Whatever it is, it breeds more of the same, unless you wish to
    halt the process.
| 23 | Each psychic nuclear point,  
in its  
ever-increasing momentum,  
comes to  
its own  
• inner explosion, or  
• breaking point.  

That [breaking point]  
has nothing to do with  
the breaking point I mentioned  
in connection with  
the vicious circles.  

The latter [i.e., the breaking point related to vicious circles]  
is a  
deliberately sought measure  
to reverse  
negative creation.  

It may require  
a great deal of effort  
to find such a breaking point,  
and even more effort  
to follow through with  
the decision to  
break the cycle there. |
|---|---|
| 24 | The  
• explosion or  
• breaking point  
I mention here [as related to psychic nuclear points]  
is an inexorable phenomenon  
that happens constantly.  

It [i.e., the explosion or breaking point related to psychic nuclear points]  
is actually  
the point  
where a creation manifests itself  
• on any of the psychic planes or  
• on the earth plane. |
It [i.e., the explosion or breaking point related to psychic nuclear points] is

- a climax,
- a creative orgasm
  in the universal process
  that creates
  an event.

The event may be

- a life situation,
- a work of art,
- a human organism,
- a musical tone that reaches the ear,
- a new attitude toward life.

Once the explosion [of this psychic nuclear point] has taken place,

it [i.e., this psychic nuclear point] may have reached
its final point as far as
this particular combination of
- attitudes,
- thoughts and
- intents
  is concerned.

The energies released after the explosion can now be
- reformulated,
- gathered and
- sent in a new direction.

An entirely new psychic nuclear spiral can thus be started,
culminating in a new nuclear point.
The particles that swirl after the explosion then reorganize themselves into either a
• similar,
• identical or
• altogether different pattern.

Consciousness determines which pattern is formed.

• Large and small explosions take place constantly
  • throughout the universe,
  • in each of your cells,
  • in your thoughts and
  • [in] your feelings.

Some you can actually feel as an energy movement in your body, forming successive tiny explosions as if
  stars were dancing in your system.

But for the most part you are totally oblivious to them.

You notice only the end creation, which appears to be a fixed thing.
But
    • when you become aware of your innermost attitudes,
    • when you dissolve your blocks and resistances
        against taking stock of yourself truthfully – and thus become
        • more open,
        • more finely attuned to all that is going on in an intensely alive creation –

    you will also
    • notice more,
    • perceive more realistically some of these phenomena I now touch upon.

Your scientists know that whole planetary systems
    • explode,
    • disintegrate and re-form.

The same is true of everything else.

If these explosions did not take place constantly in your own inner system, you could not renew yourself.
When you feel a flow of feelings, the tiniest organisms
• explode and
• re-form themselves
  • on the physical as well as
  • on the psychic levels.

Significant changes in your life –
• crises and
• events that are momentarily traumatic – are such
  • explosions and
  • re-formations.

But an ultimate explosion always creates a renewal, even if the mind stubbornly refuses to understand this.

Many
• explosions and
• re-formations of the same vicious circle must ultimately come to the point of absurdity where they [i.e., where the many explosions and re-formations of the same vicious circle] can no longer function.
When the human consciousness
  • stubbornly refuses
to heed the signs and
  • deliberately
   fails to find the breaking point,
the situation explodes
into a crisis.

This can provide
an opportunity
for the consciousness responsible for the crisis
to
  • struggle to attain
  • awareness and
  • understanding
    of what has come to pass, and thus
  • be responsible for
    re-forming
    the creative energies.

Sometimes –
  but not always –
  physical death
  is such a phenomenon.

Physical death
can also be a
  • harmonious,
  • organic and
  • creative
    process.
The explosion
is always
a climax,
but since
nothing in creation
is ever
• final or
• finite,
the released energies
form
• new
  spiral organizations,
• new
  psychic nuclear points,
• new
  creations.

That
which has not taken form
emits
the inherent energies
to
• create and
• further fill the void
  with the glory of
divine
  • life and
  • consciousness.

The charge [of the creative influx]
is endless,
just as
creation
is endless.

The charge [of the creative influx]
can be diminished
only when
you
• fear it [i.e., fear the charge of the creative influx],
• doubt it [i.e., doubt the charge of the creative influx] and
• counteract it [i.e., counteract the charge of the creative influx]
  with preposterous thoughts.
But even then [when you fear it, doubt it, and counteract it],
the charge [of the creative influx]
is not really diminished,
for this is impossible.

It [i.e., the charge of the creative influx]
is only
• held in abeyance and
• momentarily
prevented from manifesting,
but it gathers
"behind the scenes," as it were,
to be at your disposal
when you
seek it.

It is
your task
to find out
• where you block the charge
  of creative influx and
• how you thus
diminish your life.

Use the part of your mind
that is capable of
observing
that the thinking behind
your negative creation
is absurd.

Note
that such thinking [behind your negative creation]
is not
inconsequential,
as you might prefer to believe,
but rather
that it [i.e., that such negative thinking]
• leads to
  • action and
  • creation and
• is therefore
  of great consequence.
You must use the part of your mind that is capable of:
• pinpointing the absurdity of any particular creation,
• comparing it [i.e., comparing the absurdity of your creation] with its [i.e., with your creation’s] corresponding truth and
• formulating a strong intent to use the same energetic power [used to create your absurd creation] to shift the emphasis into a truthful channel.

Thus you have the power to augment the energy forces in a positive sense.

When you find part of yourself deadened and numbed and you are frightened of reviving it, this is what is going on:

Psychic nuclear points in your system going into a negative direction have become frightening.

In the past your conscious mind was
• strong and
• intelligent enough to note this fact.

The alternatives you seemed to face were
• either to express your full energy flow and thus act out often with extreme destructiveness,
• or to deaden these forces in order to be protected from their energies.
This [numbing of areas you are afraid to revive] is a very common predicament at a certain point in the individual's development.

For example, you may feel a rush of intense energy when you become
• destructive or
• enraged – a flow [of intense energy] that you simply never feel in a positive state.

Many of you have learned to express these negative attitudes in a harmless way.

You
• take responsibility for them [i.e., for these negative attitudes] and
• give vent to them in a framework where no one gets hurt by these expressions.

But you feel stumped because you
• fear their further release and
• prefer to be in a numb state rather than a destructive one.
At this point
you have not yet discovered
that there is a choice.

You are frightened of
the momentum of
• the explosion and
• the charge
  that is created
  by your underlying negative attitude.

Thus
you slow down the process.

Now
you are reviving the process,
as you should.

But
it is not enough
to merely revive your energies
without understanding
the consciousness
behind the
• numbness and
• deadness
  that issues from
  a negative intent.

It is also important
that you
completely comprehend
how the negative intent
is based on
a false universal idea.
Only when you have that specific understanding [i.e., that specific understanding of how the negative intent is based on a false universal idea]

will you
dare to revive the energy charge
that lives constantly
in every particle
of your
• spiritual and
• material
being.

[With that specific understanding of how the negative intent is based on a false universal idea]

You will then
dare to allow
the charge to flow.

You have found several phases in the course of this pathwork.

A simple overview would go as follows:

First, the search for your
• conscious and
• unconscious negativities.

Second, owning up to them [i.e., owning up to your negativities]
in a spirit of truthfulness,
• without denial,
• without annihilating yourself and
• [without] believing yourself
to be only that [negative] part of you.
Third,
seeing
  • the false ideas and
• the false concepts
  embedded in
  the negative attitude.

These [false ideas and concepts embedded in the negative attitude]
must be
  very clearly articulated
in your consciousness.

Some of you
still battle in this phase.

The last phase
is the change of intent,
establishing the attitude
that clearly formulates the commitment
from
• the negative
to
• the positive.

Of course,
the phases
• often overlap;
they
• are not exactly sequential.

This is just an overview.

You are increasingly
working this way already.

This valuable work
is largely responsible for
the exhilarating
• movement,
• expansion and
• growth,
  • individually and
  • in your group as a whole.
In the course of these stages, my friends, you have often found peculiar resistances.

You have found,
  • contrary to your intellectual understanding and
  • illogical as it may seem,
  that you are very reluctant to energize the numbed matter in you.

The reason for this reluctance [to energize the numbed matter in you] is that it is not quite clear to you
  • what the negative nuclear point is,
  • what the various psychic events are in this nuclear point,
  • what the specific false idea is.
  • How is it false?
  • What is the right idea?

Only when you know [what the right idea is, as opposed to the false idea behind the negative nuclear point] can you wholeheartedly state your positive intent.

As long as this [right idea] is not clear, you will fear that when the energy sets off its negative chain, it will culminate in a commensurately negative • creation and • explosion.

You therefore prefer to keep yourself • numb and • deadened.
I am not talking about whether such deadening is • advisable or not, • good or bad.

I am not making a generalized judgment.

At certain stages in life the temporary numbing fulfills a benign function • until the soul is sufficiently aware and strengthened, • until the consciousness is sufficiently raised so that the energies can be activated in a • positive, • creative way.

At other stages even the • negative explosions and • crises are • inevitable and • serve a very important purpose for the growth of the soul.
In such phases [that result in negative explosions and crises], persistently holding on to the energies amounts to
• needless procrastination and
• great waste.

Each situation is entirely different.

The inner mechanism at work is directed by the
• real, • divine self.

Only the
• fearful, • separated, • fragmented and • stubborn mind can
• halt the process and
• clog up the channel to the divine self.

So beware of stubbornness, my friends; it is a wall that shuts out the divine inner guidance.

Understanding this material, even in its most simplified form, should help raise your consciousness so you can intuitively perceive these creative processes at work
• in all that exists,
• in all that you are, making it much easier for you to continue dealing with yourself on your path.
The acceleration
of your pathwork
is a tremendously joyful reality.

It [i.e., the acceleration of your pathwork]
will create
forever more
• joy,
• peace,
• excitement and
• fulfillment
  in your life,
until you
fully know
that it is safe
to live in a state of being charged [with creative matter and energy]
  when the charge [of creative matter and energy]
is positive.

Be blessed
in the world of love
that
• surrounds and
• permeates
  you.

This [i.e., love]
is the only
unalterable
reality
  that ever exists.

Be blessed.

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