Pathwork Lecture 228: Balance

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/

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<td>Greetings, my very dearest friends.</td>
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<td>Blessings for every one of you.</td>
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<td>With great joy I again dip temporarily into your world and show you another helpful step, if you choose to make it so.</td>
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<td>This lecture is about balance.</td>
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<td>Balance is what keeps the universe intact.</td>
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by Eva Broch Pierrakos
Edited by Judith and John Saly; Devotional Format Posted 12/8/17
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.
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.
All the planetary systems are held together by these meaningful laws.

If they [i.e., If all the planetary systems] were not [held together by these meaningful laws],
- they [i.e., all the planetary systems] would break apart,
- the planets would crash into one another and
- the whole system would disintegrate.

The same holds true for the microcosm of the human body.
The human body is held together by a supreme law of balance of which you human beings as yet know nothing.

If this law [i.e., If this supreme law of balance] did not prevail, all your
- cells and
- particles would disintegrate;
your
- physical structure could not hold together.

All laws of
- physics,
- chemistry,
- biology – of
  - every conceivable science in your physical reality – are governed by the great law of balance.
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.

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.
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.

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 opposite,
- 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.
The tropical rain may be as cold as required to balance out the stifling heat of the climate.

The mild arctic sunshine may provide the
- warmth and balance
  just sufficient to sustain life.

In imbalance,
- pleasurable warmth turns into unbearable heat and
- purifying cold becomes frozen iciness.

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

The same goes for
- imbalance and exaggeration
  in every other
  - physical manifestation or, for that matter,
  - emotional or mental manifestations.
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.
When either [i.e., When either activity or rest] goes
  • out of balance and becomes
    • overemphasized or
    • underemphasized,
      • chaos and
      • temporary disintegration result.

The balancing factor reveals
  the
  • richness,
  the
  • beauty,
  the
  • wisdom and
  the
  • love
    of the Creator.

Each living entity contains within itself
  the intuitive ability to discover
  the balance that holds everything together.

As
  the creative light moves onward
  in the evolutionary urge to fill the void,
  • consciousness and
  • energy
    particles
      • lose themselves and
      • seem
to separate themselves from the whole.
In the attempt to
• penetrate and
• fill
  the void,
the
• temporary,
• illusory
  separation
  fulfills its task,
  • spiritualizing
    the void
  and
  • bringing light
    into it [i.e., bringing light into the void].

Gradually,
• the ever-onward
  movement
  fills in
  the gaps of consciousness,
and
• the original oneness
  is eventually
  reestablished.

The whole sea of divinity
is spreading
  on
  and on.

In this process,
  the forerunners
  separate.

As the movement continues
  they
  reunite,
  filling the void
  more
  and more.
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.
It is very important
for you to understand this,
my friends.

But this [i.e., But understanding all this]
cannot be done
merely
on the intellectual level.

You are all capable of
opening
• an inner channel,
• an intuitive channel,
and connecting with
what I am saying here.

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]
when you
feel
the areas in you
that are
out of balance.

The purification process of this path
is, of course,
an expedient way
of reestablishing balance.

You find the measure
intuitively.
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.
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.
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.
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.
• 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.
The consciousness that perpetuates and nurtures the healthy body will make sure that you lead a balanced life, partly through intelligence, partly through intuition, and certainly 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.

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.

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.

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.
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.
As you listen to the rhythmic balancing factors, you will discern that your own inner system is an integral part of a whole so finely woven together that it 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.
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].
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.
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?

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.
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.
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.
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.
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].
If you combine the two [i.e., If you combine the active and receptive principles or states] in proper balance, then you have
• action and
• effort
that are
• relaxed,
• effortless and
• calm.

And you have
• receptivity
that is
• alive and
• vibrant.

In both states [i.e., In both the active and receptive states] you have
all the qualities present,
only in different proportions.

So it [i.e., So the “balancing factor” in the active and receptive principles] is not
a third force,
it is
the proportion [i.e., it is the proportion of the qualities contained in the active and receptive principles] that keeps the balance.

QUESTION:
I have a personal question that is very much related to the lecture tonight.

I realize now the pain of the imbalance in my life.
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.
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 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.

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.
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.
• 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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