

Pathwork Lecture 228: Balance

1996 Edition, Original Given: February 12, 1975

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/>

Gary Vollbracht

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

by Eva Broch Pierrakos

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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.*

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

*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.*

	<p><i>The greatness of divine law is that</i></p> <ul style="list-style-type: none">• <i>disintegration</i> <p><i>is simply a step toward</i></p> <ul style="list-style-type: none">• <i>integration.</i> <p><i>Everything</i> <i>leads inexorably to</i></p> <ul style="list-style-type: none">• <i>integration,</i>• <i>order,</i>• <i>harmony,</i>• <i>light,</i>• <i>balance,</i>• <i>love,</i>• <i>intelligence and</i>• <i>health.</i>
09	<p><i>The law of balance is therefore always integrating.</i></p> <p><i>Balance means "the right measure."</i></p> <p><i>Consider any manifestation in the world of matter that you experience through your bodily senses.</i></p> <p><i>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.</i></p>

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><i>The tropical rain may be as cold as required to balance out the stifling heat of the climate.</i></p> <p><i>The mild arctic sunshine may provide the</i></p> <ul style="list-style-type: none"><i>• warmth and</i><i>• balance</i> <p><i>just sufficient to sustain life.</i></p>
10	<p><i>In imbalance,</i></p> <ul style="list-style-type: none"><i>• pleasurable warmth</i> <p><i>turns into</i></p> <ul style="list-style-type: none"><i>• unbearable heat</i> <p><i>and</i></p> <ul style="list-style-type: none"><i>• purifying cold</i> <p><i>becomes</i></p> <ul style="list-style-type: none"><i>• frozen iciness.</i> <p><i>Both [i.e., Both warmth and cold] can kill.</i></p> <p><i>The same goes for</i></p> <ul style="list-style-type: none"><i>• imbalance and</i><i>• exaggeration</i> <p><i>in every other</i></p> <ul style="list-style-type: none"><i>• physical</i> <p><i>manifestation</i></p> <p><i>or, for that matter,</i></p> <ul style="list-style-type: none"><i>• emotional or</i><i>• mental</i> <p><i>manifestations.</i></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><i>When either [i.e., When either activity or rest] goes</i></p> <ul style="list-style-type: none">• <i>out of balance and becomes</i>• <i>overemphasized or underemphasized,</i>• <i>chaos and temporary disintegration result.</i>
12	<p><i>The balancing factor reveals</i></p> <ul style="list-style-type: none"><i>the</i>• <i>richness,</i><i>the</i>• <i>beauty,</i><i>the</i>• <i>wisdom and</i><i>the</i>• <i>love</i> <p><i>of the Creator.</i></p> <p><i>Each living entity contains within itself the intuitive ability to discover the balance that holds everything together.</i></p> <p><i>As</i></p> <ul style="list-style-type: none"><i>the creative light moves onward</i><i>in the evolutionary urge to fill the void,</i>• <i>consciousness and</i>• <i>energy</i><i>particles</i>• <i>lose themselves</i><i>and</i>• <i>seem</i> <p><i>to separate themselves from the whole.</i></p>

	<p><i>In the attempt to</i></p> <ul style="list-style-type: none">• <i>penetrate and</i>• <i>fill</i> <p><i>the void,</i></p> <p><i>the</i></p> <ul style="list-style-type: none">• <i>temporary,</i>• <i>illusory</i> <p><i>separation</i></p> <p><i>fulfills its task,</i></p> <ul style="list-style-type: none">• <i>spiritualizing</i> <p><i>the void</i></p> <p><i>and</i></p> <ul style="list-style-type: none">• <i>bringing light</i> <p><i>into it [i.e., bringing light into the void].</i></p> <p><i>Gradually,</i></p> <ul style="list-style-type: none">• <i>the ever-onward</i> <p><i>movement</i></p> <p><i>fills in</i></p> <p><i>the gaps of consciousness,</i></p> <p><i>and</i></p> <ul style="list-style-type: none">• <i>the original oneness</i> <p><i>is eventually</i></p> <p><i>reestablished.</i></p>
13	<p><i>The whole sea of divinity</i></p> <p><i>is spreading</i></p> <p><i>on</i></p> <p><i>and on.</i></p> <p><i>In this process,</i></p> <p><i>the forerunners</i></p> <p><i>separate.</i></p> <p><i>As the movement continues</i></p> <p><i>they</i></p> <p><i>reunite,</i></p> <p><i>filling the void</i></p> <p><i>more</i></p> <p><i>and more.</i></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><i>It is very important for you to understand this, my friends.</i></p> <p><i>But this [i.e., But understanding all this] cannot be done merely on the intellectual level.</i></p> <p><i>You are all capable of opening</i></p> <ul style="list-style-type: none"><i>• an inner channel,</i><i>• an intuitive channel,</i> <p><i>and connecting with what I am saying here.</i></p> <p><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></p> <p><i>when you feel the areas in you that are out of balance.</i></p>
15	<p><i>The purification process of this path is, of course, an expedient way of reestablishing balance.</i></p> <p><i>You find the measure intuitively.</i></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	<p><i>The consciousness that</i></p> <ul style="list-style-type: none">• <i>perpetuates and</i>• <i>nurtures</i> <p><i>the healthy body will make sure that you lead a balanced life, partly through</i></p> <ul style="list-style-type: none">• <i>intelligence,</i> <p><i>partly through</i></p> <ul style="list-style-type: none">• <i>intuition, and</i> <p><i>certainly always through</i></p> <ul style="list-style-type: none">• <i>a positive will.</i> <p>• <i>True,</i></p> <p>• <i>deep,</i></p> <p>• <i>meaningful</i></p> <p><i>personal balance cannot be measured with</i></p> <ul style="list-style-type: none">• <i>figures and</i>• <i>equations</i> <p><i>of the mathematics you know.</i></p> <p><i>It [i.e., True, deep, meaningful personal balance] is not a fifty-fifty proposition.</i></p>
21	<p><i>Take for example the balance between</i></p> <ul style="list-style-type: none">• <i>rest</i> <p><i>and</i></p> <ul style="list-style-type: none">• <i>wakefulness.</i> <p><i>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</i></p> <ul style="list-style-type: none">• <i>rest and</i>• <i>wakefulness.</i>

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