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

<table>
<thead>
<tr>
<th>03</th>
<th>Content</th>
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<tbody>
<tr>
<td>• Greetings and&lt;br&gt;• blessings,&lt;br&gt;my very dearest friends.</td>
<td></td>
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<tr>
<td>• Love and&lt;br&gt;• truth&lt;br&gt;envelops&lt;br&gt;all of you&lt;br&gt;here in this room.</td>
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<tr>
<td>May this lecture tonight,&lt;br&gt;in spite of the human obstacles,</td>
<td></td>
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<td>help you&lt;br&gt;• to realize&lt;br&gt;more&lt;br&gt;and more of&lt;br&gt;your innermost being</td>
<td></td>
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<tr>
<td>and&lt;br&gt;• to actualize it [i.e., and to actualize more and more of&lt;br&gt;your innermost being].</td>
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</tbody>
</table>
The path
is a
spiral movement.

You
• know this.

You have
• heard this and
• experienced it.

Each round of the spiral
is a new layer,
and at the entrance of each round [of a new layer of the spiral]
a
• new and
• deeper
commitment
needs to be made.

The
• rounds or
• circles
are not closed,
they have
openings.

As you discover
a new opening [to a round or circle of the spiral],
you need to make
a new commitment,
on a yet deeper level:

• to let go
and
• to let God;

• to give
all of yourself
• to the truth —
• to the truth of being —
• to no longer hide from
your
truth.
This truth [i.e., this truth of being, your truth] can have many different facets.

It is up to you to find which particular inner condition you are called upon
• to face
and
• to alter, if necessary.

Each entrance to a circle [or round of a particular spiral] represents such a phase of renewal of commitment on a deeper level.

Often you do not know which particular aspect of your personality your
• inner,
• organic path calls you to deal with.

As long as you grope, perhaps without even knowing it [i.e., perhaps without even knowing you are groping],

you will feel beclouded and your life will seem to contract into a crisis.
This [i.e., This period of time when you are groping and do not know which aspect of your personality your inner path is calling you to deal with, and, as a result of your confusion, your life seems to contract into a crisis] is a period

• of testing
  that gives you the opportunity
  to find
  what it is
  you need to
  • know,
  • see and
  • change –

• where
  a new commitment
  needs to be made.

Without

  the momentary darkening

you may

  never feel motivated
  to undertake the necessary search.
The moment you
• find [i.e., find this period of testing] and
• understand
  the meaning of
    • this period [of testing],
    • this phase on your path, and
• experience it [i.e., experience this period of testing]
  as a meaningful piece
  that fits into
  the whole picture,

• you will have
  passed the test;

• you will have
  the information available
  from your innermost being;

• you will be able to
  make the commitment
  specifically
    • where and
    • how
  it needs to be made,
  so as
to shed
old bad habits
of
  • thinking,
  • feeling,
  • reacting,
  • willing and
  • being.

In that moment,
you
• have entered
  a new round
  on your spiral and
• find yourself
  on a deeper circular motion,
  leading to the treasure
  of your
  inner universe.
On the outermost level
of the spiral configuration,
you experience life
as disconnected.

Occurrences
seem to have
no meaning.

Everything
seems
arbitrary.

You may
feel
occasion
• happiness and
• fulfillment, or
• gratification of your desires,
yet this
never relieves
the inner anxiety
that you are
• a helpless straw in the wind,
• living in a world
  without rhyme or reason.

• Fulfillment
  comes to you
as haphazardly as
• tragedies and
• crises –
  or so it seems to you.

At this stage in your consciousness
you are so far removed in your consciousness
from
• inner causes
that
you experience
• the effects [arising from these inner causes]
  as chaotic coincidences [and not related to any inner causes].
This [i.e., Because you do not see occurrences in your life as being
the natural effects of the inner causes] is the reason why
even if
• you do have your desires fulfilled,
even if
• you live in
  • health and
  • material security,
you feel
• much less
  secure and
• much more
  frightened
  than
  when you
• have reached
deeper circles
  on the spiral of growing consciousness
  and
• go through a period of
  • confusion,
  • darkness, or
  • crisis.

Then [i.e., Then when you have reached deeper circles on the spiral of growing
consciousness and go through a period of confusion, darkness, or crisis]
you may
• already understand
  the meaning of
  this period [of confusion, darkness, or crisis]
and therefore
• feel
  a deep security
  in the meaningfulness of it all [i.e., the meaningfulness of all
  the confusion, darkness, or crisis].

Happiness
  that appears to be
  random
contains
  no security.
In that state [i.e., In the state of consciousness of seeing everything – good or bad – as mere coincidences without rhyme or reason, without inner causes],
you always fear
to lose the happiness,
and when you do lose it,
the loss –
like the previous happy state –
has no
• meaning or
• connection with
  a deeper sense of life.

As you
• progress
  into deeper levels on the spiral
and
• enter into
  new commitments
to your
  • God
  and
to your
  • truth,
little by little
you see that
there is meaning
in the daily occurrences [of life].

You find connections [i.e., You find there are connections between outer effects and inner causes]
that give
an intrinsic sense
to your life.
As you perceive this [i.e., As you perceive the connections between cause and effect that give an intrinsic sense to your life]

in the
very practical matters
in your life,
cosmic reality
opens up to you.

Further,
deeper layers of the spiral rounds
then take on
• a light and
• an experience of bliss
that cannot exist
unless
you make
the forever renewed commitments
about specific issues
on the new levels.

It is up to you

to find them [i.e., to find the specific issues on the new levels].

When you arrive
at a new entrance on the spiral
it seems
often
• difficult and
• fraught with tests.

Yet
the tests
are necessary.

Without them
you cannot find
the deeper meaning
of everything
that happens in your life,
• personally and
• generally.

As you see the meaning,
so does your security increase.
Tonight's lecture is about the anatomy of contraction.

Many years ago -- in your earthly time dimension -- I gave a lecture about the principles of
- expansion,
- contraction [note: called “restriction” in the referenced lecture],
and what I called
- static principle [See Pathwork Lecture 55 - Three Cosmic Principles: the Expanding, the Restricting, and the Static Principles that was originally given on September 11, 1959 -- 16 years earlier].

It will be important for you, my friends,
- to remember that lecture, or
- to reread it,
so that tonight's lecture will have more meaning for you.

I will specifically concentrate on the principle of contraction because there is so much misunderstanding,
- so many misconceptions,
about this principle in your world of duality.
You imagine that contraction is
- negative,
- bad,
while expansion is
- positive and
- good.

While this may be true on certain levels, it is not true in itself.

There is a specific spiral configuration that applies to the development of your soul in this respect [i.e., in respect to contraction being bad and expansion being good].

In the very early stages of the development of a human consciousness, the states of expansion and contraction are both equally painful and negative.
As the soul begins to • evolve and • grow,
it enters a new spiral • phase or • round.

On that level, • expansion may become • positive and • contraction • negative.

Gradually the movement changes again, and • on a different level, • or even simultaneously, this can be reversed.

• Expansion can then have • a negative manifestation and • contraction • a positive one.

In still further evolutionary states, both • expansion and • contraction become positive.
Let me show you how
• expansion
and
• contraction
can be both
• positive
and
• negative.

This is something that you do not understand yet.

You do understand quite clearly that in the positive manifestation of expansion the outgoing movement is
• reaching,
• giving,
• making yourself available for further beautiful states of consciousness.

It [i.e., the outgoing movement in the positive manifestation of expansion] is highly volatile creative expression,
it [i.e., the outgoing movement in the positive manifestation of expansion] is
• active and
• aggressive in the best sense of the word.
It [i.e., the outgoing movement in the positive manifestation of expansion]

means
• penetrating into new realms of being,
• giving forth from the inner riches, and
• eliminating walls of separation.

It implies
• courage and
• strength.

It is an active force that propels itself outward.

On the universal level
it [i.e., the outgoing movement in the positive manifestation of expansion]

is the force that
• penetrates and
• enlivens the void.
What would be the negative facets of expansion?

When expansion manifests as

- negative aggression,
  as a
  - hostile,
  - conquering
  force
  that disregards others,

it [i.e., expansion]
creates
more separation
rather than
less [separation],
and thus
contrasts with
positive expansion.

Contraction is negative when there is

- a tight holding back,
- a cramp,
- a refusal to
  - flow and
  - give out.

This form of it [i.e., This negative form of contraction] is very familiar to you.

It [i.e., This negative form of contraction] is a seeking of safety through

- isolation and
- separateness.
It [i.e., This negative form of contraction]
is a movement
reaching inward
that is motivated by
• fear,
• distrust,
• ungenerosity, and
• false ideas about
  what is
  • safe
  and
  what is
  • not safe.

It [i.e., This negative form of contraction]
contains itself
in one's own inner world,
but not for the purpose
of bringing out
the riches of the inner world
so as to spread them out,
as is the case with
positive contraction,

but rather
in a refusal to
• move,
• reach,
• love,
• trust, and
• give out.

Contraction
in its positive form
has a
beautiful,
better beautiful meaning.
It [i.e., Contraction in its positive form]
is an

in-gathering of

all the forces;
what has occurred

in the expanded state

is being gathered back

into the self.

It [i.e., What has occurred in the expanded state

and is being gathered back into the self]
is being

• digested,

• assimilated.

It [i.e., Contraction in its positive form]

means

reaching into the depths

of your infinite divine reality

to bring out the treasures

of the deepest aspects of the self.

Expanding means

letting this [i.e., letting the treasures of the deepest aspects of the self]

flow out into the world,

but to be able to do so,

positive contraction

must occur first.

Expansion

means

gathering the riches of divine creation

in the inner universe

and then

bringing them

into the outer universe.

Contraction

means

gathering the riches

of the outer universe

and then

bringing them

into the inner.
So you see, my friends, two movements are involved here.

The
• expanding
• outgoing movement
brings out what has
• been collected and
• ripened in the positive contracted state.

The positive contracted state means bringing to fruition what has been gathered in.

It [i.e., The positive contracted state] is a renewed delving into the deepest layers of divinity.

In this state [i.e., In this positive contracted state], that which was brought into the soul during the expansive period merges with what is ready to come out next.

It [i.e., This positive contracted state] is a meeting of two movements within the soul, simultaneously
• digesting and
• assimilating the former period
and
• preparing the following one.
The in-gathering movement
in its positive manifestation [i.e., the positive contraction]
bears no resemblance to
the negative contraction.

[In positive contraction]
There is
- no fear or
distrust,
- no ungivingness,
there are
- no false safety measures.

It [i.e., Positive contraction]
contains much rather
a love
just as pure
as does
the positive expansion.

It [i.e., Positive contraction]
is
a going into the self
for the purpose of
- serving the
universal creative process
harmoniously and
- bringing it [i.e., bringing the universal creative process]
to fruition.

Could this possibly
be designated as
negative?
In positive contraction
you gather from without,
like a wave
that rolls back into itself,
so as to
• reach in
and
• bring out,
only to move outward again.

This is
the ever-present
pulsation of life,
to be found
• in all creation,
• in every
creative process.

Nothing
can be created
without
the threefold interaction
of the
• expanding,
• contracting and
• static
principles,
be it
• a small object
  of the simplest form, or
• the creation of
  • worlds and
  • universes,
  • material
or
  • spiritual
  realities.
Of course, it is all
one universe –
without
as within.

But the movement
must make the exchange.

From the human vantage point
the inner universe
offers
different kinds of
• riches and
• states
than
the outer [universe].

The inner universe
offers the material
that has to be
• utilized and
• brought out into
the outer universe
so that
the outer universe
can be given form.

The outer universe
only repeats
what exists in
the inner universe
in an as yet
undifferentiated form.

Then
the outer universe
• recreates itself,
• duplicates
• the inner forces and
• the manifestations of the inner universe, and
• brings back these forces
to nourish
the inner [universe].
Thus the
• inner
and
• outer
  universe
  nourish each other,
  back and forth.

As you know,
  there must be
  a momentary pause
  between
  every alteration of
  • expansion
  and
  • contraction.

We call it [i.e., We call the momentary pause]
the static principle
for lack of a better word.

Static
  must not be thought of
  in the sense of
  stagnation.

It is static rather
  in the sense of
  • allowing to rest,
  • allowing the process to ripen,
so that
  after each contraction
  that
  • restful
  • ripening
    phase
  must set in.
This threefold principle [i.e., contraction, static, and expansion principles] exists in every phase of creation.

Creation is unthinkable without all three aspects.

Yet in your consciousness you associate
  • the expanding principle with
    • the creative movement,
  while you perceive
    • the contracting principle as
      • destructive.

You ignore the
  • existence and
  • importance of the static principle.

This is a mistake.

So your mind becomes
  • fixed and
  • closed to the truth.

When the contracting principle expresses itself, you judge yourself according to your preconceived idea that contraction is something
  • undesirable and
  • bad and should not be allowed.
Consequently
you prevent yourself
from going through
the total creative movement
in a state of
loving comprehension,
• welcoming what unfolds,
• going with it,
• aiding it
with your
• mind and
• will.

Instead,
you obstruct the process
with
your
• ideas and
your
• attitude.

For
as you
• believe,
so must you
• experience.

If you believe
contraction
is bad,
you
will experience
only
its negative facets and
will fail to see
that these very manifestations
you consider negative
have a tremendous
• meaning and
• sense,
most
• necessary and
• beneficial
for you and, indeed,
most
• positive.
Your false idea that contraction is negative makes you misjudge one aspect of the threefold creative principle.

You focus only on what is negative, which is often:
- a most superficial facet,
- disconnected from the whole.

This limited focusing eliminates the possibility to experience anything other than what you already:
- see and
- believe.

You lose sight of its [i.e., You lose sight of the contracting principle’s]
- regenerative,
- benign
  - nature and
  - meaning.

The same is true, in reverse, for the expanding principle:

you seldom recognize in a negative aggression the negative manifestation of the expansive movement.
There are many
• overlapping,
• intermingling
  spiral movements
  within
  the manifestation
  of this principle.

One level of your personality
may need,
in any given phase of your development,
to expand.

But
for the expansion
to be truly
• meaningful and
• cohesive with the overall plan,
a simultaneous
contraction
on another level
has to take place.

This may
seem complicated
at the moment,
but
• you will understand,
• you will see that this [i.e., that this expanding on one level sometimes
  requiring a simultaneous contraction on another level]
  is extremely important.

If you do not
fully
give yourself,
in the most positive spirit,
to the contraction
of one aspect of your personality,
the expanding
on the other level
cannot be wholesome.
[In this situation]

The expanding movement
can manifest
• harmoniously and
• in a meaningful pattern
  on one level
only when
  the other level
  • gives in to the contraction and
  • derives most benefit from it.

Until you have reached
a certain state
of self-awareness
through the process of
• purification and
• transformation,
you are
totally unaware of
this simultaneity of two levels,
where
  on one level
  • expansion,
on the other
  • contraction
  exists.

You
• only connect with the level
  that is most
  on the surface
and
• ignore
  any other ongoing
  • movement and
  • reality
  within you.
But

as your consciousness increases,
you become aware of this

• double [i.e., double in the sense of simultaneous expansion and contraction on different levels of your personality],

and

• apparently contradictory,
  manifestation.

When this [awareness of this double and apparently contradictory manifestation] happens,
it is indeed
  a wonderful awakening
  that indicates
  a connection
  with more levels of reality.

It [i.e., This awareness of more levels of reality] also means
  that you can
  • perceive and
  • trust
  these other levels,
  which makes
  the level of manifestation
  so much easier to deal with.

It [i.e., This awareness of more levels of reality] sheds a new light
  on everything you experience.

A true balance
  will be established in that way.
It is necessary therefore
that you cease
seeing your contractions
as bad.

You
• hinder yourself
  in that way,
you
• blind yourself;
  and then really
  make
    it [i.e., make the contraction]
    into
      a negative manifestation.

In this blindness
you contract
  about your contractions, as it were,
and then it [i.e., then your contraction]
  becomes
    a self-perpetuating contraction.

And that [i.e., that self-perpetuating contraction]
of course
  is indeed
    • undesirable and
    • unwholesome.

But
  when you derive
    the full meaning from
      your contracted state,
it [i.e., your contracted state]
  will no longer be
    a negative manifestation.
[Rather]  
It [i.e., Your contracted state] will be  
a harmonious in-gathering  
in which  
something new prepares to come out of you,  
in which  
• the receptive principle alternates with  
• the active principle.

Here is another idea for you:

You think in terms of  
• the active principle always being  
• the active principle

and
• the receptive principle always being  
• the receptive principle.

This is not so.

What is  
on one level of manifestation  
• the active principle must then reverse itself,  
  if it is to be harmonious,  
  and become  
• the receptive principle,  
and vice versa.
When you sense
• the flow and
• the meaning
  in the spiral movement
  of
  • the contraction and
  • the expansion
  harmoniously,

you will see
what was,
• in one moment and
• in one phase
  • the outgoing,
  • the active principle,
become
• in the next moment
  • the receptive one,
and again, vice versa.

This is then
harmony,
the harmony of life.

26

• Contraction
is as necessary as
• expansion.

It [i.e., Contraction]
is part of
the pulsatory movement
that infiltrates
all of life.

Without this [i.e., Without contraction],
creation
cannot exist.
I invite you, my friends,  
to sense deeply into yourselves,  
• where and  
• when and  
• how  
is your contraction  
part of your creative process,  
• how can you  
encourage it [i.e., encourage contraction], and  
• how you can then  
utilize it [i.e., utilize the contraction]  
for the next  
expanding movement.

Sense in yourself  
how both [i.e., both the contracting and expanding movements]  
• create, and  
• are necessary  
to unfold  
your innermost being.

You want to  
bring out  
your innermost being,  
for it is  
the ultimate reality.

Many new levels  
of life experience  
will open themselves up to you  
as you  
• proceed into this path,  
as you  
• follow the harmony of  
• expanding and  
• contracting and  
• letting it ripen in-between and  
• reaching out and  
• reaching in,  
• nourishing the reaching out  
from within, and  
• nourishing the reaching in  
from without.
This is
the dance of life.

Feel
• the reality and
• the music
of these words –
not so much
in your
• intellect,
but feel them
in your
• deeper consciousness.

As you
train your positive will
to no longer
deny the courage
to believe in
the best
• in you and
the best
• in life,
so will you
be carried by
the larger force
of that which is the ultimate you,
that goes beyond
the little intellect
with which
you are so used to govern
your precarious safety.
Much greater safety comes when you have the courage to believe in the best [in you and in life] – not with • wishful thinking, not in • fear of the bad, but in • the strength • that there is nothing in you that you cannot • see and • face and • go through, • that there is only light at the end of each such tunnel.

As you do this [i.e., As you have the courage to believe in the best in you and in life and as a result are willing to be carried by the larger force that is the ultimate you] increasingly, you will see that what seems like a negative manifestation is the blessing of the next level that swims to the surface.

I will now give the force, and then I will answer some questions.
Before making your commitments [i.e., your commitments to receive the force at this time],

I say to all of you here,
the force
is particularly strong this time.

This is a manifestation
very much in keeping with
the topic of this lecture.

The
• outer
• physical
manifestation
  is
• weak and
• contracted.

The
• inner
• evolving
life
  is stronger than ever.

* * *

Because this lecture was short,
we print some of what followed.
| 32  | **PATHWORKER:**  
|     | *I ask for the force tonight*  
|     | *to*  
|     | *help me uncover*  
|     | *my inner feelings and*  
|     | *discover my heart.*  
|     | **For years**  
|     | *I have been repressing them* [i.e., repressing my inner feelings]  
|     | *and now that I want them,*  
|     | *I find it difficult to know them.*  
|     | **I ask**  
|     | **for**  
|     | *the force and*  
|     | **for**  
|     | *God's help.*  

| 33  | **GUIDE:**  
|     | *You need to*  
|     | *believe*  
|     | *in yourself,*  
|     | *in the forces that are within you*  
|     | *and*  
|     | *let them* [i.e., let the forces that are within you]  
|     | *melt into*  
|     | *the forces given you now.*  
|     | **You will need to know**  
|     | *from your innermost being*  
|     | *how much*  
|     | *beauty and*  
|     | *life and*  
|     | *experience*  
|     | *is waiting for you,*  
|     | *and I give you*  
|     | *the force.*  
|     | **You are**  
|     | *being blessed.*
PATHWORKER:
This lecture
points very much
to where I am
in this ingathering contraction of rest.

My defenses
against my sexuality and
my denial of
the baby in me
are slowly breaking apart
on a very deep level
since I have made the commitment
• to go deeper
  into my body,
• to accept it [i.e., to accept my body] and
• to love it [i.e., to love my body].

I see now that
I have taken the first step
on the bridge I want to cross.

My body
is feeling the struggle
between
• the old
and
• the new.

The old is
• stubborn and
• hard to move,
and the new
desperately wants to change.

It [i.e., the struggle between the old and the new]
is
• frightening and
• painful,
but I know
I will win
and I pray for that.
So I would like
the force
• to strengthen
the new
and
• to weaken
the old.

I want that baby
to grow up into a beautiful woman
who can
• claim her full sexuality and
• experience
  • the joy and
  • the pleasure
    of it [i.e., experience the joy and pleasure of her sexuality].

GUIDE:
It will indeed be so
if you wish it
with all your heart.

And I say to you
it will be very helpful
if you
• conduct a dialogue,
  again
  and again,
    between
      • the old
      and
      • the new and
• learn to love
that part
that you have
• hated and
• rejected
  [i.e., your sexuality] and
• use its [i.e., use that hated and rejected part’s, i.e., your sexuality’s] positive forces and
• unite with it [i.e., unite with that part you have hated and rejected i.e., unite with your sexuality].
First
   the inner uniting [with your sexuality]
must take place
before
   the total
   • flow and
   • force
   of your sexuality
   can unite
   with another entity.

Make peace
   within yourself,
stop
   hating yourself,
learn
   to love yourself.

36
   You received
   the force.

   You are blessed.

   Go in peace.

37
   Everything I say to these individuals
   • can of course
     also be useful
     for many others and
   • can be
     • a force-giving
     and
     • a force-bringing
     element
     in all of you.

38
   PATHWORKER:
   The lecture tonight
   • struck me very deeply and
   • is also an indication of where I am.
I ask for the force tonight
because I feel apprehension about
this new phase
on this new spiral round.

I come up for trial in two weeks.

I ask for the force
to be able to
• face the apprehension that I feel mounting and
to be able to
• give in to my fear
  • that has
    many aspects and
• that I'm just beginning
to get in touch with.

One of these [aspects that brings up fear]
is the
• violence and
• rage
  • that you have told me about here before and
• that I'm just beginning to
  • see and
  • feel
    in myself.

It's [i.e., My fear of my violence and rage I feel is]
a place in me
that I have denied for a long time.

I feel it [i.e., I feel the fear of my violence and rage]
• loosening now
  inside of me and
• surfacing.

I ask for the strength
to be able to
• confront this place [i.e., this place of fear of my violence and rage]
in myself and
• find the strength to go
  • into and
  • through
    the fear of my violence.
I know that I need to do
• physical work, and
• work on many levels.

I ask for
• the strength and
• the help and
• the guidance
to be able to do this.

Guide:
As I give you
the force,
I say to you:

Let out
the strength
that first,
on the most superficial level,
manifests as
• violence and
• rage.

Courageously
express it [i.e., express your violence and rage] with your physical being,
but
express it [i.e., express your violence and rage] with a
• joyous
• welcoming
• receptive
attitude toward it,
knowing that
this [i.e., expression of violence and rage] is your
true strength,
only manifesting
in a distorted way – for a fraction of a second
in cosmic time.
And you can use this beautiful strength [i.e., this beautiful strength that is currently manifesting in its distorted form as violence and rage] as the potential of power in the best sense of the word.

It [i.e., this beautiful strength that is currently manifesting in its distorted form as violence and rage] is

• the love power,
• the creative power with which you can
  • shape and
  • mold your life.

You see, this is the [positive, welcoming] attitude [toward your distorted strength] you need to cultivate [when your strength is manifesting in its distorted from as violence and rage].

It [i.e., this positive, welcoming attitude toward violence and rage] is a step of courage:

"Oh yes, here is my strength!"

And perhaps it will only be a question of minutes [that this beautiful strength will manifest] in the form of

• rage,
• violence,
• cruelty.
Very soon,

in this attitude [toward your rage, violence, and cruelty]

of

• welcoming,
• positive
  expectancy,

you can express

the same strength [i.e., the strength of rage, violence, and
cruelty now transformed]

in the great hallelujah

to

• your life,
  to

• yourself,
  to

• God, and
to

• your beautiful unfoldment.

For that

I give you

the force.

The force

has been given,

you are

blessed,

go in peace.

PATHWORKER:

I have felt

• ever since I joined the Pathwork,
• and more intensely the last few months,
  how I really
don't want to know
  the truth
  about
    • myself or
    about
    • anything else.
This refusal to look at the truth manifests
• in confusion,
• in lying
  • to myself and
  • to others,
• in alienation
  • from myself and
  • from others, and
• in a
  • very strong,
  • intense
    resistance to
    • meditation and
    • prayer.

I have been experiencing lately
a lot of feelings of
• hopelessness and
• desolation
  which I know,
    at least intellectually,
  as states of
    • unreality and
    • distortion.

And I feel very much
that this refusal [to look at the truth]
is an expression of the words
"I won't"
• to life,
• to giving,
• to changing,
• to taking responsibility
  for myself as a woman.
Along with all of this
   I'm also in touch with
   a part of me
   • that
t   does deeply
     want to know the truth
     about myself and
   • that wants to acquaint myself
     with
     • my lower self and
     • my higher self
     without
     • exaggerating or
     • belittling
       either one.

And I ask for
the force
   • to help me sustain my commitment,
   • to look into myself for the truth,
   • to go through whatever
     • emotions and
     • experiences
     I need,
       in truth, and
   • to travel into the place
     where I can say,
       in truth,
       that I want to
       devote my life to
       • living and
       • working
         according to the will of God.
GUIDE:
I
• give you the force and
• say to you, as a suggestion, learn to say
  the positive commitment you have just expressed:
  • "I will face the truth.
  • I am divine manifestation.
  • I can completely unify with this [i.e., unify with the divine manifestation that I am].
  • I can
    • give my best to life and
    • receive the best from life."

The more you say this [i.e., The more you say this positive commitment you have just expressed]
  • with affirmation and
  • mean it

the more this [i.e., the more this spoken positive commitment] is going to be [i.e., is going to be your reality].

The courage to mean it [i.e., The courage to mean this spoken positive commitment], that is the step to take.

It [i.e., this positive commitment] will become your reality.
As you
- say it [i.e., As you say this positive commitment you have just expressed] and
- mean it [i.e., As you mean this positive commitment you have just expressed] and
- state it [i.e., As you state this positive commitment you have just expressed],
  - strongly,
  - joyfully,
  - believingly,
so it will be.

Only then
can it be thus.

I give you the force.

You have received
the force,
and it [i.e., the force]
will take its effect.

You are blessed.

My dearest friends,
all of you on this beautiful path are also entering now into
  a new spiral round of beautiful unfoldment.
Many, many more of you are ready to experience this:
• deeper,
• more beautiful reality of life, where you are carried by a
  • benign and
  • meaningful
  • force,
  • reality,
  • entity – call it [i.e., call this benign and meaningful force, reality, or entity] what you will.

You are being carried by something so
• strong,
• true,
• connected with all of life,
• meaningful and joyful,

that you need courage to
• let yourself see what is already here and
• not slide back into focusing your gaze on all the
  • negativities and hopelessness,
  • seeing only what is life-denying, and
• not seeing where your life already expresses a much higher reality.
This reality [i.e., This reality that you see as the much higher reality that your life already expresses] is not wishful thinking,

this [i.e., this courage not to focus only on all the negativities and hopelessness] is not escapism,

[rather] this [courage to see where your life already expresses a much higher reality] is

* seeing and
* dealing with
  what is
  • distorted and
  what needs to be
  • acknowledged
  by your consciousness.

I say that
when you have done this [i.e., when you have seen and dealt with what was distorted and what needed to be acknowledged by your consciousness] honestly,
  again
and again,
there comes a time
* when your manifestations have a different meaning,
* when you no longer have to wallow in the negative.

Have the courage
to see
* how beautiful your life already is and
* how more and more of it unfolds,
  rolling endlessly,
  like the waves of the sea.
Now,
are there any questions?

QUESTION:
I would like to ask a question
that has to do with
the Center.

We are in the middle
of a very complicated transactional situation
in relation to
acquiring the rest of the property in our Center.

Would you like to comment
primarily
• upon the complexity
  of this transaction,
• about the complexity
  that is preventing a
  • clear and
  • direct
    solution.

GUIDE:
You see, my friends,
the trouble is
that I do not see it
as so complex.

(Laughter.)
What seems to you humans so complicated and complex is often nothing but the necessary outpicturing of doubts, fears, negativities, negation and denial, in the personal and the collective.

But it is not so complicated.

If you trust and do your best and just struggle a little bit with it, everything will flow, as it actually already does.

QUESTION:
May I ask another question, in relationship to the lecture?

Could you give any kind of an idea about the rhythmical state of the expansion, contraction and the static?

In terms of our time, does it have many rhythms?
ANSWER:
Yes, yes,
each aspect
has a different rhythm –
aspects of
• the individual, and
aspects of
• the collective consciousness;
aspects of
• the universal consciousness.

In your own personal lives
the development of
• one single quality
has a different
• rhythm and
• timing
than
the development of
• another quality.

And even
the same quality
may have
different phases.

This is
the overlapping
I mentioned before.

So there is
a constant interchange.

When the development
is harmonious,
it [i.e., the development]
makes a beautiful tune.

There is a harmony,
all these different
• spirals and
• pulsatory nuclei
create a different note
in the symphony of life.
All right,  
my dearest friends.

Perhaps you can sense  
that through this manifestation  
on the physical level  
in this instrument,  
a new  
• power,  
a new  
• force  
is preparing itself.

You could perhaps  
• taste it [i.e., taste this new power, this new force] and  
• sense it [i.e., sense this new power, this new force]  
in this meeting.

You are all blessed,  
my loved ones.

* * *

This most poetic lecture  
was given in whispers,  
over the microphone.

Eva decided to give it  
in spite of  
her severe laryngitis.

The Guide  
• referred to her condition during the lecture and  
• indicated  
• that this physical weakness  
was a new opening for her and  
• that a  
• new and  
• more powerfully benign  
force  
will bless  
the Pathwork.
The room
was truly bathed
with more powerful energy
than ever.

At the end of the lecture
Eva shared with us
the anxiety she had felt
prior to going into trance.

She had hesitated
before giving this lecture,
fearing that her laryngitis
would make it difficult
if not impossible.

But her inner voice
urged her
• to go ahead;
• that it would be all right;
• that she shouldn't fear.

She
• trusted and
• gave us
  this most beautiful gift.

"I never felt happier in my life,"
she said, coming out of the trance.

We all
• expressed our gratitude, and
• told her that
  throughout the lecture
  we sent her
  • energy and
  • love.
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