

# Pathwork Lecture 235: The Anatomy of Contraction

1996 Edition, Original Given November 19, 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

¶	Content
03	<ul style="list-style-type: none"><li>• <b><i>Greetings and</i></b></li><li>• <b><i>blessings,</i></b> <b><i>my very dearest friends.</i></b></li> <li>• <b><i>Love and</i></b></li><li>• <b><i>truth</i></b> <b><i>envelops</i></b> <b><i>all of you</i></b> <b><i>here in this room.</i></b></li> <li><b><i>May this lecture tonight,</i></b> <b><i>in spite of the human obstacles,</i></b></li> <li><b><i>help you</i></b><ul style="list-style-type: none"><li>• <b><i>to realize</i></b> <b><i>more</i></b> <b><i>and more of</i></b> <b><i>your innermost being</i></b></li></ul></li> <li><b><i>and</i></b><ul style="list-style-type: none"><li>• <b><i>to actualize it [i.e., and to actualize more and more of</i></b> <b><i>your innermost being].</i></b></li></ul></li></ul>

by Eva Broch Pierrakos

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04

*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.*

05

*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.***

06

*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  
occasional  
• 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.*

07

*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.*

08

*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.*

09

*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.*

	<p><i>You imagine that contraction is</i></p> <ul style="list-style-type: none"><li>• <i>negative,</i></li><li>• <i>bad,</i></li></ul> <p><i>while</i></p> <p><i>expansion is</i></p> <ul style="list-style-type: none"><li>• <i>positive and</i></li><li>• <i>good.</i></li></ul> <p><i>While this may be true</i></p> <p><i>on certain levels,</i></p> <p><i>it is</i></p> <p><i>not true</i></p> <p><i>in itself.</i></p> <p><i>There is</i></p> <p><i>a specific spiral configuration</i></p> <p><i>that applies</i></p> <p><i>to the development of your soul</i></p> <p><i>in this respect [i.e., in respect to contraction being bad and expansion being good].</i></p>
10	<p><i>In the</i></p> <p><i>very early stages of the development</i></p> <p><i>of a human consciousness,</i></p> <p><i>the states of</i></p> <ul style="list-style-type: none"><li>• <i>expansion</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>contraction</i></li></ul> <p><i>are</i></p> <p><i>both</i></p> <p><i>equally</i></p> <ul style="list-style-type: none"><li>• <i>painful</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>negative.</i></li></ul>

*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.*

11

*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.*

12	<p><i>What would be the negative facets of expansion?</i></p> <p><i>When expansion manifests as</i></p> <ul style="list-style-type: none"><li>• <i>negative aggression,</i></li></ul> <p><i>as a</i></p> <ul style="list-style-type: none"><li>• <i>hostile,</i></li><li>• <i>conquering force</i></li></ul> <p><i>that disregards others,</i></p> <p><i>it [i.e., expansion] creates more separation rather than less [separation], and thus contrasts with positive expansion.</i></p>
13	<p><i>Contraction is negative when there is</i></p> <ul style="list-style-type: none"><li>• <i>a tight holding back,</i></li><li>• <i>a cramp,</i></li><li>• <i>a refusal to</i><ul style="list-style-type: none"><li>• <i>flow and</i></li><li>• <i>give out.</i></li></ul></li></ul> <p><i>This form of it [i.e., This negative form of contraction] is very familiar to you.</i></p> <p><i>It [i.e., This negative form of contraction] is a seeking of safety through</i></p> <ul style="list-style-type: none"><li>• <i>isolation and</i></li><li>• <i>separateness.</i></li></ul>

*It [i.e., This negative form of contraction]  
is a movement  
reaching inward  
that is motivated by*

- *fear,*
- *distrust,*
- *ungivingness, 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.*

14

*Contraction  
in its positive form  
has a  
beautiful,  
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.*

15

*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.*

16

***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?***

17

*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.*

18

*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].*

	<p><i>Thus the</i></p> <ul style="list-style-type: none"><li>• <i>inner</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>outer</i></li></ul> <p><i>universe</i> <i>nourish each other,</i> <i>back and forth.</i></p>
19	<p><i>As you know,</i> <i>there must be</i> <i>a momentary pause</i> <i>between</i> <i>every alteration of</i></p> <ul style="list-style-type: none"><li>• <i>expansion</i></li></ul> <p><i>and</i></p> <ul style="list-style-type: none"><li>• <i>contraction.</i></li></ul> <p><i>We call it [i.e., We call the momentary pause]</i> <i>the static principle</i> <i>for lack of a better word.</i></p> <p><i>Static</i> <i>must not be thought of</i> <i>in the sense of</i> <i>stagnation.</i></p> <p><i>It is static rather</i> <i>in the sense of</i></p> <ul style="list-style-type: none"><li>• <i>allowing to rest,</i></li><li>• <i>allowing the process to ripen,</i></li></ul> <p><i>so that</i> <i>after each contraction</i> <i>that</i></p> <ul style="list-style-type: none"><li>• <i>restful</i></li><li>• <i>ripening</i></li></ul> <p><i>phase</i> <i>must set in.</i></p>

20

*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.*



21

*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.*

22

*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.*

	<p><i>[In this situation]</i> <b>The expanding movement can manifest</b></p> <ul style="list-style-type: none"><li>• <i>harmoniously and</i></li><li>• <i>in a meaningful pattern on one level</i></li></ul> <p><b>only when the other level</b></p> <ul style="list-style-type: none"><li>• <i>gives in to the contraction and</i></li><li>• <i>derives most benefit from it.</i></li></ul>
23	<p><b>Until you have reached a certain state of self-awareness through the process of</b></p> <ul style="list-style-type: none"><li>• <i>purification and</i></li><li>• <i>transformation,</i></li></ul> <p><b>you are totally unaware of this simultaneity of two levels, where</b></p> <ul style="list-style-type: none"><li>• <i>expansion, on the other</i></li><li>• <i>contraction exists.</i></li></ul> <p><b>You</b></p> <ul style="list-style-type: none"><li>• <i>only connect with the level that is most on the surface</i></li></ul> <p><b>and</b></p> <ul style="list-style-type: none"><li>• <i>ignore any other ongoing</i></li><li>• <i>movement and</i></li><li>• <i>reality within you.</i></li></ul>

***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.***

24

*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.*

	<p><i>[Rather]</i> <b>It</b> <i>[i.e., Your contracted state]</i> <b>will be</b> <b>a harmonious in-gathering</b> <b>in which</b> <b>something new</b> <b>prepares to come out of you,</b> <b>in which</b> <ul style="list-style-type: none"><li>• <i>the receptive principle</i></li></ul><b>alternates with</b> <ul style="list-style-type: none"><li>• <i>the active principle.</i></li></ul></p>
25	<p><b>Here is</b> <b>another idea for you:</b></p> <p><b>You think in terms of</b> <ul style="list-style-type: none"><li>• <i>the active principle</i></li></ul><b>always being</b> <ul style="list-style-type: none"><li>• <i>the active principle</i></li></ul></p> <p><b>and</b> <ul style="list-style-type: none"><li>• <i>the receptive principle</i></li></ul><b>always being</b> <ul style="list-style-type: none"><li>• <i>the receptive principle.</i></li></ul></p> <p><b>This is not so.</b></p> <p><b>What is</b> <b>on one level of manifestation</b> <ul style="list-style-type: none"><li>• <i>the active principle</i></li></ul><b>must then reverse itself,</b> <b>if it is to be harmonious,</b> <b>and become</b> <ul style="list-style-type: none"><li>• <i>the receptive principle,</i></li></ul><b>and vice versa.</b></p>

*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.*

27

*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.*

	<p><i>Much greater safety comes when you have the courage to believe in the best [in you and in life] – not with</i></p> <ul style="list-style-type: none"><li><i>• wishful thinking,</i></li></ul> <p><i>not in</i></p> <ul style="list-style-type: none"><li><i>• fear of the bad,</i></li></ul> <p><i>but in</i></p> <ul style="list-style-type: none"><li><i>• the strength</i><ul style="list-style-type: none"><li><i>• that there is nothing in you that you cannot</i><ul style="list-style-type: none"><li><i>• see and</i></li><li><i>• face and</i></li><li><i>• go through,</i></li></ul></li><li><i>• that there is only light at the end of each such tunnel.</i></li></ul></li></ul>
28	<p><i>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]</i></p> <p><i>increasingly, you will see that what seems like a negative manifestation is the blessing of the next level that swims to the surface.</i></p>
29	<p><i>I will now give the force, and then I will answer some questions.</i></p>

30	<p><i>Before making your commitments [i.e., your commitments to receive the force at this time],</i></p> <p><i>I say to all of you here, the force is particularly strong this time.</i></p> <p><i>This is a manifestation very much in keeping with the topic of this lecture.</i></p> <p><i>The</i></p> <ul style="list-style-type: none"><li>• <i>outer</i></li><li>• <i>physical</i></li></ul> <p><i>manifestation</i></p> <p><i>is</i></p> <ul style="list-style-type: none"><li>• <i>weak and</i></li><li>• <i>contracted.</i></li></ul> <p><i>The</i></p> <ul style="list-style-type: none"><li>• <i>inner</i></li><li>• <i>evolving</i></li></ul> <p><i>life</i></p> <p><i>is stronger than ever.</i></p>
31	<p>* * *</p> <p><i>Because this lecture was short, we print some of what followed.</i></p>

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*
- *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.*

34

**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].*

35

**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].*

	<p><i>First</i> <i>the inner uniting [with your sexuality]</i> <i>must take place</i> <i>before</i> <i>the total</i> <i>• flow and</i> <i>• force</i> <i>of your sexuality</i> <i>can unite</i> <i>with another entity.</i></p> <p><i>Make peace</i> <i>within yourself,</i> <i>stop</i> <i>hating yourself,</i> <i>learn</i> <i>to love yourself.</i></p>
36	<p><i>You received</i> <i>the force.</i></p> <p><i>You are blessed.</i></p> <p><i>Go in peace.</i></p>
37	<p><i>Everything I say to these individuals</i> <i>• can of course</i> <i>also be useful</i> <i>for many others and</i> <i>• can be</i> <i>• a force-giving</i> <i>and</i> <i>• a force-bringing</i> <i>element</i> <i>in all of you.</i></p>
38	<p><b>PATHWORKER:</b> <i>The lecture tonight</i> <i>• struck me very deeply and</i> <i>• is also an indication of where I am.</i></p>

*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.*



	<p><i>I know that I need to do</i></p> <ul style="list-style-type: none"><li>• <i>physical work, and</i></li><li>• <i>work on many levels.</i></li></ul> <p><i>I ask for</i></p> <ul style="list-style-type: none"><li>• <i>the strength and</i></li><li>• <i>the help and</i></li><li>• <i>the guidance</i></li></ul> <p><i>to be able to do this.</i></p>
39	<p><b>GUIDE:</b> <i>As I give you the force, I say to you:</i></p> <p><i>Let out the strength that first, on the most superficial level, manifests as</i></p> <ul style="list-style-type: none"><li>• <i>violence and</i></li><li>• <i>rage.</i></li></ul> <p><i>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</i></p> <ul style="list-style-type: none"><li>• <i>joyous</i></li><li>• <i>welcoming</i></li><li>• <i>receptive</i></li></ul> <p><i>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.</i></p>

***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  
form 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.*

40

***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  
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.*

41

**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.**

	<p><i>As you</i></p> <ul style="list-style-type: none"><li>• <i>say it [i.e., As you say this positive commitment you have just expressed] and</i></li><li>• <i>mean it [i.e., As you mean this positive commitment you have just expressed] and</i></li><li>• <i>state it [i.e., As you state this positive commitment you have just expressed],</i><ul style="list-style-type: none"><li>• <i>strongly,</i></li><li>• <i>joyfully,</i></li><li>• <i>believingly,</i></li></ul></li></ul> <p><i>so it will be.</i></p> <p><i>Only then can it be thus.</i></p> <p><i>I give you the force.</i></p>
42	<p><i>You have received the force, and it [i.e., the force] will take its effect.</i></p> <p><i>You are blessed.</i></p>
43	<p><i>My dearest friends, all of you on this beautiful path are also entering now into a new spiral round of beautiful unfoldment.</i></p>

*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,*
- so*
  - *true,*
- so*
  - *connected with all of life,*
- so*
  - *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.*



	<p><i><b>This reality</b> [i.e., <i>This reality that you see as the much higher reality that your life already expresses</i>]</i></p> <p><i><b>is not</b></i> <i><b>wishful thinking,</b></i></p> <p><i><b>this</b> [i.e., <i>this courage not to focus only on all the negativities and hopelessness</i>]</i> <i><b>is not</b></i> <i><b>escapism,</b></i></p> <p><i>[rather] <b>this</b> [courage to see where your life already expresses a much higher reality]</i></p> <p><i><b>is</b></i></p> <ul style="list-style-type: none"><li><i>• <b>seeing and</b></i></li><li><i>• <b>dealing with</b></i> <i>what is</i><ul style="list-style-type: none"><li><i>• <b>distorted and</b></i></li><li><i>• <b>what needs to be</b></i></li><li><i>• <b>acknowledged</b></i> <i>by your consciousness.</i></li></ul></li></ul>
44	<p><i><b>I say that</b></i> <i><b>when you have done this</b> [i.e., <i>when you have seen and dealt with what was distorted and what needed to be acknowledged by your consciousness</i>]</i> <i><b>honestly,</b></i> <i><b>again</b></i> <i><b>and again,</b></i> <i><b>there comes a time</b></i></p> <ul style="list-style-type: none"><li><i>• <b>when your manifestations</b></i> <i><b>have a different meaning,</b></i></li><li><i>• <b>when you</b></i> <i><b>no longer have to wallow</b></i> <i><b>in the negative.</b></i></li></ul> <p><i><b>Have the courage</b></i> <i><b>to see</b></i></p> <ul style="list-style-type: none"><li><i>• <b>how beautiful</b></i> <i><b>your life already is and</b></i></li><li><i>• <b>how more</b></i> <i><b>and more of it</b></i> <i><b>unfolds,</b></i> <i><b>rolling endlessly,</b></i> <i><b>like the waves of the sea.</b></i></li></ul>

45	<p><i>Now, are there any questions?</i></p>
46	<p><b>QUESTION:</b> <i>I would like to ask a question that has to do with the Center.</i></p> <p><i>We are in the middle of a very complicated transactional situation in relation to acquiring the rest of the property in our Center.</i></p> <p><i>Would you like to comment primarily</i></p> <ul style="list-style-type: none"><li><i>• upon the complexity of this transaction,</i></li><li><i>• about the complexity that is preventing a</i><ul style="list-style-type: none"><li><i>• clear and</i></li><li><i>• direct</i></li></ul></li></ul> <p><i>solution.</i></p>
47	<p><b>GUIDE:</b> <i>You see, my friends, the trouble is that I do not see it as so complex.</i></p> <p><i>(Laughter.)</i></p>

*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.*

48

**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?*

49

**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.**

50

*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.*

51

\* \* \*

*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.*

	<p><i>The room was truly bathed with more powerful energy than ever.</i></p>
52	<p><i>At the end of the lecture Eva shared with us the anxiety she had felt prior to going into trance.</i></p> <p><i>She had hesitated before giving this lecture, fearing that her laryngitis would make it difficult if not impossible.</i></p> <p><i>But her inner voice urged her</i></p> <ul style="list-style-type: none"><li>• <i>to go ahead;</i></li><li>• <i>that it would be all right;</i></li><li>• <i>that she shouldn't fear.</i></li></ul> <p><i>She</i></p> <ul style="list-style-type: none"><li>• <i>trusted and</i></li><li>• <i>gave us</i></li></ul> <p><i>this most beautiful gift.</i></p> <p><i>"I never felt happier in my life," she said, coming out of the trance.</i></p> <p><i>We all</i></p> <ul style="list-style-type: none"><li>• <i>expressed our gratitude, and</i></li><li>• <i>told her that</i></li></ul> <p><i>throughout the lecture we sent her</i></p> <ul style="list-style-type: none"><li>• <i>energy and</i></li><li>• <i>love.</i></li></ul>

For information to find and participate in Pathwork activities world wide, please write:

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