

Pathwork Lecture 235: The Anatomy of Contraction

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This Pathwork lecture is rendered in an **expanded poetic format**, what I call a **Devotional Format** of the lecture. In this sense it is **my interpretation** of the **intent** of the lecture. I may have interpreted portions differently from you, and when this is the case, 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 -- **devotionally**. *I invite you to slowly read and ponder this format of the text – with an open heart to experience the Pathwork Guide’s Presence, Wisdom and Love emerging from among the words. May the Pathwork Guide’s Wisdom come to live you.*

For clarity: The original text is in bold, italicized, and mostly underlined. [My interpretations and intended clarifications are in brackets, italicized, mostly underlined, but never bolded.]

To learn more of my Devotional Format and to access the lectures I have rendered in this form, go to <http://www.garyvollbracht.com/quotes/pathwork-lectures-expanded-versions/>

Blessings on your journey, Gary

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

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.

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].

10

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.

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

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><u>Thus the</u></i> <i>• <u>inner</u></i> <i><u>and</u></i> <i>• <u>outer</u></i> <i><u>universe</u></i> <i><u>nourish each other,</u></i> <i><u>back and forth.</u></i></p>
19	<p><i><u>As you know,</u></i> <i><u>there must be</u></i> <i><u>a momentary pause</u></i> <i><u>between</u></i> <i><u>every alteration of</u></i> <i>• <u>expansion</u></i> <i><u>and</u></i> <i>• <u>contraction.</u></i></p> <p><i><u>We call it [i.e., We call the momentary pause]</u></i> <i><u>the static principle</u></i> <i><u>for lack of a better word.</u></i></p> <p><i><u>Static</u></i> <i><u>must not be thought of</u></i> <i><u>in the sense of</u></i> <i><u>stagnation.</u></i></p> <p><i><u>It is static rather</u></i> <i><u>in the sense of</u></i> <i>• <u>allowing to rest,</u></i> <i>• <u>allowing the process to ripen,</u></i></p> <p><i><u>so that</u></i> <i><u>after each contraction</u></i> <i><u>that</u></i> <i>• <u>restful</u></i> <i>• <u>ripening</u></i> <i><u>phase</u></i> <i><u>must set in.</u></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><u>[In this situation]</u> <u>The expanding movement</u> <u>can manifest</u></p> <ul style="list-style-type: none">• <u>harmoniously and</u>• <u>in a meaningful pattern</u> <u>on one level</u> <p><u>only when</u> <u>the other level</u></p> <ul style="list-style-type: none">• <u>gives in to the contraction and</u>• <u>derives most benefit from it.</u>
23	<p><u>Until you have reached</u> <u>a certain state</u> <u>of self-awareness</u> <u>through the process of</u></p> <ul style="list-style-type: none">• <u>purification and</u>• <u>transformation,</u> <p><u>you are</u> <u>totally unaware of</u> <u>this simultaneity of two levels,</u> <u>where</u> <u>on one level</u></p> <ul style="list-style-type: none">• <u>expansion,</u> <p><u>on the other</u></p> <ul style="list-style-type: none">• <u>contraction</u> <u>exists.</u> <p><u>You</u></p> <ul style="list-style-type: none">• <u>only connect with the level</u> <u>that is most</u> <u>on the surface</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>ignore</u> <u>any other ongoing</u>• <u>movement and</u>• <u>reality</u> <u>within you.</u>

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><u>[Rather]</u> <u>It</u> [i.e., <u>Your contracted state</u>] <u>will be</u> <u>a harmonious in-gathering</u> <u>in which</u> <u>something new</u> <u>prepares to come out of you,</u> <u>in which</u> <ul style="list-style-type: none">• <u>the receptive principle</u><u>alternates with</u> <ul style="list-style-type: none">• <u>the active principle.</u></p>
25	<p><u>Here is</u> <u>another idea for you:</u></p> <p><u>You think in terms of</u> <ul style="list-style-type: none">• <u>the active principle</u><u>always being</u> <ul style="list-style-type: none">• <u>the active principle</u></p> <p><u>and</u> <ul style="list-style-type: none">• <u>the receptive principle</u><u>always being</u> <ul style="list-style-type: none">• <u>the receptive principle.</u></p> <p><u>This is not so.</u></p> <p><u>What is</u> <u>on one level of manifestation</u> <ul style="list-style-type: none">• <u>the active principle</u><u>must then reverse itself,</u> <u>if it is to be harmonious,</u> <u>and become</u> <ul style="list-style-type: none">• <u>the receptive principle,</u><u>and vice versa.</u></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><u>Much</u> <u>greater safety</u> <u>comes</u> <u>when</u> <u>you have the courage</u> <u>to believe in</u> <u>the best [in you and in life] –</u> <u>not with</u> <ul style="list-style-type: none">• <u>wishful thinking,</u><u>not in</u> <ul style="list-style-type: none">• <u>fear of</u> <u>the bad,</u><u>but in</u> <ul style="list-style-type: none">• <u>the strength</u> <u>that there is nothing in you</u> <u>that you cannot</u> <ul style="list-style-type: none">• <u>see and</u>• <u>face and</u>• <u>go through,</u>• <u>that there is</u> <u>only light</u> <u>at the end of</u> <u>each such tunnel.</u></p>
28	<p><u>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]</u></p> <p><u>increasingly,</u> <u>you will see</u> <u>that what</u> <u>seems like</u> <u>a negative manifestation</u> <u>is the blessing</u> <u>of the next level</u> <u>that swims to the surface.</u></p>
29	<p><u>I will now</u> <u>give the force,</u> <u>and then</u> <u>I will answer some questions.</u></p>

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

32	<p>PATHWORKER: <u>I ask for the force tonight</u> <u>to</u></p> <ul style="list-style-type: none">• <u>help me uncover</u> <u>my inner feelings and</u>• <u>discover my heart.</u> <p><u>For years</u> <u>I have been repressing them [i.e., repressing my inner feelings]</u> <u>and now that I want them,</u> <u>I find it difficult to know them.</u></p> <p><u>I ask</u> <u>for</u></p> <ul style="list-style-type: none">• <u>the force and</u>• <u>God's help.</u>
33	<p>GUIDE: <u>You need to</u></p> <ul style="list-style-type: none">• <u>believe</u>• <u>in yourself,</u>• <u>in the forces that are within you</u> <p><u>and</u></p> <ul style="list-style-type: none">• <u>let them [i.e., let the forces that are within you]</u> <u>melt into</u> <u>the forces given you now.</u> <p><u>You will need to know</u> <u>from your innermost being</u> <u>how much</u></p> <ul style="list-style-type: none">• <u>beauty and</u>• <u>life and</u>• <u>experience</u> <p><u>is waiting for you,</u> <u>and I give you</u> <u>the force.</u></p> <p><u>You are</u> <u>being blessed.</u></p>

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><u>First</u> <u>the inner uniting</u> [<u>with your sexuality</u>] <u>must take place</u> <u>before</u> <u>the total</u> <ul style="list-style-type: none">• <u>flow and</u>• <u>force</u><u>of your sexuality</u> <u>can unite</u> <u>with another entity.</u></p> <p><u>Make peace</u> <u>within yourself,</u> <u>stop</u> <u>hating yourself,</u> <u>learn</u> <u>to love yourself.</u></p>
36	<p><u>You received</u> <u>the force.</u></p> <p><u>You are blessed.</u></p> <p><u>Go in peace.</u></p>
37	<p><u>Everything I say to these individuals</u> <ul style="list-style-type: none">• <u>can of course</u> <u>also be useful</u> <u>for many others and</u>• <u>can be</u> <ul style="list-style-type: none">• <u>a force-giving</u><u>and</u> <ul style="list-style-type: none">• <u>a force-bringing</u> <u>element</u><u>in all of you.</u></p>
38	<p><u>PATHWORKER:</u> <u>The lecture tonight</u> <ul style="list-style-type: none">• <u>struck me very deeply and</u>• <u>is also an indication of where I am.</u></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><u><i>I know that I need to do</i></u></p> <ul style="list-style-type: none">• <u><i>physical work, and</i></u>• <u><i>work on many levels.</i></u> <p><u><i>I ask for</i></u></p> <ul style="list-style-type: none">• <u><i>the strength and</i></u>• <u><i>the help and</i></u>• <u><i>the guidance</i></u> <u><i>to be able to do this.</i></u>
39	<p>GUIDE: <u><i>As I give you</i></u> <u><i>the force,</i></u> <u><i>I say to you:</i></u></p> <p><u><i>Let out</i></u> <u><i>the strength</i></u> <u><i>that first,</i></u> <u><i>on the most superficial level,</i></u> <u><i>manifests as</i></u></p> <ul style="list-style-type: none">• <u><i>violence and</i></u>• <u><i>rage.</i></u> <p><u><i>Courageously</i></u> <u><i>express it [i.e., express your violence and rage]</i></u> <u><i>with your physical being,</i></u></p> <p><u><i>but</i></u> <u><i>express it [i.e., express your violence and rage]</i></u> <u><i>with a</i></u></p> <ul style="list-style-type: none">• <u><i>joyous</i></u>• <u><i>welcoming</i></u>• <u><i>receptive</i></u> <p><u><i>attitude toward it,</i></u> <u><i>knowing that</i></u> <u><i>this [i.e., expression of violence and rage]</i></u> <u><i>is your</i></u> <u><i>true strength,</i></u> <u><i>only manifesting</i></u> <u><i>in a distorted way – for a</i></u> <u><i>fraction of a second</i></u> <u><i>in cosmic time.</i></u></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><u>As you</u></p> <ul style="list-style-type: none">• <u>say it</u> [i.e., <u>As you say this positive commitment</u> <u>you have just expressed</u>] <u>and</u>• <u>mean it</u> [i.e., <u>As you mean this positive commitment</u> <u>you have just expressed</u>] <u>and</u>• <u>state it</u> [i.e., <u>As you state this positive commitment</u> <u>you have just expressed</u>],<ul style="list-style-type: none">• <u>strongly,</u>• <u>joyfully,</u>• <u>believingly,</u> <p><u>so it will be.</u></p> <p><u>Only then</u> <u>can it be thus.</u></p> <p><u>I give you the force.</u></p>
42	<p><u>You have received</u> <u>the force,</u> <u>and it</u> [i.e., <u>the force</u>] <u>will take its effect.</u></p> <p><u>You are blessed.</u></p>
43	<p><u>My dearest friends,</u> <u>all of you on this beautiful path</u> <u>are also entering now</u> <u>into</u> <u>a new spiral round</u> <u>of beautiful unfoldment.</u></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><u>This reality</u> [<i>i.e., <u>This reality that you see as the much higher reality that your life already expresses</u></i>]</p> <p><u>is not</u> <u>wishful thinking,</u></p> <p><u>this</u> [<i>i.e., <u>this courage not to focus only on all the negativities and hopelessness</u></i>]</p> <p><u>is not</u> <u>escapism,</u></p> <p>[<i>rather</i>] <u>this</u> [<i>courage to see where your life already expresses a much higher reality</i>]</p> <p><u>is</u></p> <ul style="list-style-type: none">• <u>seeing and</u>• <u>dealing with</u> <u>what is</u><ul style="list-style-type: none">• <u>distorted and</u>• <u>what needs to be</u>• <u>acknowledged</u> <u>by your consciousness.</u>
44	<p><u>I say that</u> <u>when you have done this</u> [<i>i.e., <u>when you have seen and dealt with what was distorted and what needed to be acknowledged by your consciousness</u></i>]</p> <p><u>honestly,</u> <u>again</u> <u>and again,</u> <u>there comes a time</u></p> <ul style="list-style-type: none">• <u>when your manifestations</u> <u>have a different meaning,</u>• <u>when you</u> <u>no longer have to wallow</u> <u>in the negative.</u> <p><u>Have the courage</u> <u>to see</u></p> <ul style="list-style-type: none">• <u>how beautiful</u> <u>your life already is and</u>• <u>how more</u> <u>and more of it</u> <u>unfolds,</u> <u>rolling endlessly,</u> <u>like the waves of the sea.</u>

45	<p><i><u>Now,</u></i> <i><u>are there any questions?</u></i></p>
46	<p>QUESTION: <i><u>I would like to ask a question</u></i> <i><u>that has to do with</u></i> <i><u>the Center.</u></i></p> <p><i><u>We are in the middle</u></i> <i><u>of a very complicated transactional situation</u></i> <i><u>in relation to</u></i> <i><u>acquiring the rest of the property in our Center.</u></i></p> <p><i><u>Would you like to comment</u></i> <i><u>primarily</u></i></p> <ul style="list-style-type: none">• <i><u>upon the complexity</u></i> <i><u>of this transaction,</u></i>• <i><u>about the complexity</u></i> <i><u>that is preventing a</u></i><ul style="list-style-type: none">• <i><u>clear and</u></i>• <i><u>direct</u></i> <p><i><u>solution.</u></i></p>
47	<p>GUIDE: <i><u>You see, my friends,</u></i> <i><u>the trouble is</u></i> <i><u>that I do not see it</u></i> <i><u>as so complex.</u></i></p> <p><i><u>(Laughter.)</u></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><u><i>The room</i></u> <u><i>was truly bathed</i></u> <u><i>with more powerful energy</i></u> <u><i>than ever.</i></u></p>
52	<p><u><i>At the end of the lecture</i></u> <u><i>Eva shared with us</i></u> <u><i>the anxiety she had felt</i></u> <u><i>prior to going into trance.</i></u></p> <p><u><i>She had hesitated</i></u> <u><i>before giving this lecture,</i></u> <u><i>fearing that her laryngitis</i></u> <u><i>would make it difficult</i></u> <u><i>if not impossible.</i></u></p> <p><u><i>But her inner voice</i></u> <u><i>urged her</i></u></p> <ul style="list-style-type: none">• <u><i>to go ahead;</i></u>• <u><i>that it would be all right;</i></u>• <u><i>that she shouldn't fear.</i></u> <p><u><i>She</i></u></p> <ul style="list-style-type: none">• <u><i>trusted and</i></u>• <u><i>gave us</i></u> <u><i>this most beautiful gift.</i></u> <p><u><i>"I never felt happier in my life,"</i></u> <u><i>she said, coming out of the trance.</i></u></p> <p><u><i>We all</i></u></p> <ul style="list-style-type: none">• <u><i>expressed our gratitude, and</i></u>• <u><i>told her that</i></u> <u><i>throughout the lecture</i></u> <u><i>we sent her</i></u> <ul style="list-style-type: none">• <u><i>energy and</i></u>• <u><i>love.</i></u>

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PO Box 6010 Charlottesville, VA 22906-6010, USA
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