

Energetic Aspects of Giving and Receiving

A Collection of Pathwork Teachings

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Week 1: Resentful Giving Depletes

Week 2: Two Yes-Currents form One Mutuality

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Week 1: Resentful Giving Depletes

When the personality is harmoniously developed, the pleasure drive includes others. It gives and receives -- and this is as it should be.

The basic struggle of the infant is to attain the pleasure and eliminate that which stands in the way. This simple, primitive struggle still exists within each individual.

[Movement, Consciousness, Pleasure Principle as Essence of Life](#) PL 119

Exercise 1a: Instead of dismissing this struggle as infantile (=devaluing its truth), find the struggle within yourself that seeks to defend your right to feel and receive pleasure. Notice any arguments that arise; write them down. Notice if the arguments demean pleasure itself, your enjoyment, or your right to have any pleasure at all. Ask “*What would love have said here?*”

Compulsion to Give / Guilt for Receiving

This conflict regarding giving and receiving frequently exists. These two emotions may be comparatively easy to recognize; the person feels unfairly treated, exploited, victimized, resentful, while still being unable to stop the compulsion to give, and then feels guilt for desiring to receive.

Whether it concerns the aspect of giving and receiving or any other natural, legitimate need and self-expression, hidden one-sidedness often creates overt one-sidedness in the opposite extreme. This form of substituting the disapproved need or emotion with its opposite is very frequent and at the bottom of many a conflict which, in spite of various recognitions, does not dissolve.

If such is the case, you may be sure, my friends, that you have neither faced an underlying selfish, one-sided greed, nor have you fully understood that this greed is merely the result of a confusion, which ignores the fact that you are entitled to receive something. If this is worked through, your giving will be freer, and so will be your ability to receive.

[Displacement, Substitution, Superimposition](#) PL 121

Exercise 1b: In an area where you resent giving, find your feeling of one-sidedness in the relationship (whether to an individual, a group, or a cause). Verbalize what would create a sense of mutuality. Then consider what practical actions you could take to bring the relationship into balance. Or, how you could be more honest about your needs so that you could receive help.

When you speak the word of self-devaluation into your inner being, you must become fearful, you must deny moving out, you must prevent your heart from flowing to the next one. So

when love is given you, no matter how you long for it, you cannot accept it. You find ways and means to prevent taking it. Here, even in your divided consciousness, you find the unchangeable unity: as you do not give, you cannot receive.

Taking is directly dependent on your awareness of having earned the right to do so, of being worthy of it. And giving your love is equally dependent on that, for if you are not aware of your worthiness, receiving love threatens a worse punishment and exposes you to the pain of your real feelings -- which is the sense of worthlessness.

You can give love only when you can feel deserving of the pleasure to do so. And you can receive love only when you feel deserving of it, which cannot be if you do not wish to love.

The Power of the Word PL 233

QUESTION: I came in contact with something in me that says "*if I'm not depleted, then it's not real giving*"; that if I want to [give], it should be a kind of a suffering for me; I should not be rewarded for it; I should not receive."

ANSWER: This is exactly why the meditation "*giving is receiving is giving is receiving*" is so helpful: it helps correct this misconception. You can also work at this misconception by stating the truth: that if giving is depleting, it is not real giving; it is a coerced giving, the result of your own hidden, exploitative means which you hide -- and then you have to be the good one.

- If you do not want to give, but give anyhow, then it depletes.
- If you do not want to give out of love, -- and the truth of understanding that giving is receiving, that giving is what is pleasure, that giving is not a sacrificial impoverishment and suffering, -- then it depletes.
- If you know that truth, you will freely want to give. But if you do not know that, you will resent it and you will only do it because you cannot get away with it otherwise—so as to get something, you will give. That is a resentful giving, and that giving depletes.

Questions and Answers PL 99qa

Exercise 1c: Say "*I want to give of myself. Giving is receiving is giving is receiving.*"

1. Swing with these words. Repeat them. Swing with them inside, and feel on a deeper level their truth. Let the divine reality help you feel this truth: Giving is receiving is giving is receiving is giving is receiving. And go on and on until you feel a new reality unfold in this particular respect, unfold like flowers, which is the real reality, replacing the old limited reality or pseudo-reality in which you believe giving is depletion, giving is impoverishment, that you have to hold it and gather it all together in order to have yourself, and have what you need, and will not be exploited.

2. Then state your misconceptions in regard to this giving: that you think you have no right to say no; that you are to become a victim of others' exploitative, neurotic tendencies; and so on and so forth. You can say all this as a statement of truth—that it is not what you thought.

3. Then you instruct yourself, and imprint yourself, with the truth.

4. Then you can come to the point where you can connect to your fear of being depleted and exploited by the "strong ones", as entirely a result of your wanting something from them for which you do not want to give. In other words, if you are afraid of giving because you feel you will be abused, that is exactly what you want to do. And that you have to connect with, and give up. Then you will not fear submission and helplessness; and you will know that when you can give, you can also be strong enough to choose freely when you want to give, and when you do not want to give. And that strength will come to you when you deal with this topic on that level.

Questions and Answers PL 99qa

Week 2: Two Yes-Currents form One Mutuality

Mutuality depends on the entity's ability to say yes when a yes is offered. The ability to accept, bear, and sustain pleasure can only be gradually increased in human beings. This ability depends directly on a person's integration and wholeness.

For mutuality to take place, there must be an expansive movement toward this other attitude, aspect, or person. In other words, there must be two expansive movements, flowing out toward one another, in a harmonious interplay- - giving and receiving, mutual cooperation, positive opening. Two yes-currents must move toward each other.

[Mutuality - A Cosmic Principle and Law](#) PL 185

Exercise 2a: Where you are unable (or unwilling) to receive another person's Yes? List your reasons. Then, in private, send out an energetic Yes. Notice any No-Current that blocks this Yes-Current. Write down any feelings or excuses the No-Current offers.

The yes-current is the expression of the supreme intelligence and creative universal force. It is the life force, whose aspects were also discussed in a separate lecture in the past. It is all that strives toward union, wholeness, harmony, fulfillment, fruition. It is truth and love in its substance and manifestation. It is life embracing and accepting. Its movements are smooth and harmonious

The no-current works and affects in the opposite manner, but not in the sense that it is evil. It consists rather of ignorance, blindness, distortion, lack of awareness of relevant factors. Ignoring truth, it must be in fear and spread fear. Hence, it is the opposite of love, of everything that leads toward union, fulfillment, fruition. It is discord and spreads disharmony, isolation.

[Transition from the No-Current to the Yes-Current](#) PL 125

Exercise 2b: Ask "*Why do I have a no current here? Why do I feel I do not deserve this or that? Why do I feel I need to have the negative? I want to know the answer*". If you relax and are ready to wait for the manifestation of the answer, it will come. It always does. PL 125

Fundamental Guilt for Not Loving

Very often you are convinced that your actions are in accordance with the standards of ethics and morals, even though you may already have discovered that the motives are selfish and not loving. Probe yourself.

What is the motive for giving forth?

What is the motive for not doing so?

To the degree that you voice your confusions, to that degree these discussions will prove of immeasurable value. Trial and error, and improvements you will make along the way will be easy and without friction.

[Fundamental Guilt for Not Loving](#) PL 108

Exercise 2c: If there is guilt about having the no-current, state: "*I do not wish to have this guilt feeling. It is destructive. It does not bring me out of it. It does not do any good. It keeps me stagnating. I wish to get rid of this guilt so as to understand what is behind it.. I direct my endeavors, with the help of this divine intelligence, this higher intelligence within myself, that the guilt will not stand in my way. I can have regret for unnecessary past errors; and I am willing to correct them, but I will not allow guilt to stand in my way.*"

Now, if you assert such thoughts, rather than being a prey to a guilt feeling or whatever else the feeling may be that hinders you, something will begin to happen. PL 125QA

Distortions of Using Intellect and Will to Love Others

Relationship to another individual can be successful only if and when man is motivated by his innermost being, when a relationship is not determined solely by the outer intellect and will. Outer intellect and will cannot solve the problem of the delicate balance of self-expression and yet allow the other person to express himself -- to receive his self-expression.

Since no rule can be made about the rhythm and interchange of this mutuality, the outer brain cannot cope with this matter. Nor can the outer intellect find the balance between self-assertion and giving in; of giving and receiving; of active and passive participation. These are delicate balances which cannot possibly be determined in a prescribed way. For that, man's core of his being must be activated. Then relationship exists in a spontaneous and adequate way.

When there is no effort about giving of oneself, there will be no effort in receiving and no frustration. The person will no longer feel cheated, because he does not cheat life by withholding from it what he is. Hence, tight, anxious control becomes utterly superfluous.

The Human Predicament of Desire For, and Fear of, Closeness PL 138

Exercise 2d: What are your experiences about the differences between interactions driven by intellect ('shoulds') and/or will (transactional) vs. feelings of mutuality and a desire to share?

Loving Too Much

To love too much when it is not wanted is as insensitive, as egocentric, and as greedy as loving too little. If a person is incapable of receiving, is frightened by it, yet his frustrated wish to love comes out in a stronger force than the other is capable of meeting, such a current makes the other person withdraw in fear.

When you are unaware of your own inner processes, you are not sensitive to this phenomenon. You merely feel rejected and are busy with this insult. Thus you do not respect the other's integral right *not* to receive what you wish to give. Since you want to receive love, often desperately, you cannot afford to acknowledge that you do not give love. Once you face what is true in you, this very truth begins to change.

All of you can experience that never, never do you have any genuine, warm, constructive feeling that is forced on you either by others or by yourself. Genuine feelings are always spontaneous and come of themselves. They are an indirect by-product of self-awareness. Genuine feelings are not determined by your outer will, that is accessible to your determination.

Hence, the primary step is always self-understanding.

Then, secondarily, your love capacity grows.

Harm of too Much Love-Giving PL 103

Exercise 2e: Where in life do you experience never feeling satisfied or fulfilled – so wind up repeating the activity, with additional vigor?

Week 3: Create a Process for Healthy Flow

The natural impulse, or the natural spontaneous urge, is to give out abundantly -- as abundantly and generously as all of nature does! This applies to the most outer and material as well as to the most subtle level.

The greater this natural generous giving out is, the less masochistic, suffering, self-depriving the personality must be. The more the false giving by self-impoverishment and lack of self-assertion takes over, the less real generosity and spontaneous outflow can exist.

As long as you do not let go of the restriction, you not only make your outgiving impossible, but you make receiving equally impossible. A vessel that is closed cannot be filled any more than it can be emptied. When you hold yourself tight and guarded, you not only do not protect yourself from any danger, but you close yourself to all the healthy universal forces -- those that could and should stream out of you and that could and should stream into you.

[Fear of Self: Giving and Receiving](#) PL 155

Exercise 3a: [Paul Newman's Rolex](#) Travis Andrews for The Washington Post ©2017

The inscription on the watch hints at the story behind a marriage: "My wife has always given me unconditional support in all my choices and endeavors, and that includes my race car driving, which she deplors," Newman said. "To me, that's love."

1. Spend a day or two giving yourself the gift of unconditional support
2. Every time you realize that you are criticizing, devaluing, or rejecting yourself, imagine what a fully supportive partner might say to you. Write this down.
3. Write a few sentences about your positive intention to grow and transform.
4. Imagine someone who loves you unconditionally reading your words. What might they say to encourage you? Write this down.
5. What thoughts, feelings, or images about unconditional love prevent you from loving yourself?

Guardedness impoverishes and deprives

Thus the person inevitably becomes enraged. The average person finds himself in the preposterous predicament of holding himself tight and restricted, guarded and over-watchful, unable to be spontaneous, always determining with the mind and the will, never allowing the creative processes to manifest. Therefore he frustrates the tremendous need to be part of the creative process. He frustrates himself by withholding from himself the intense delight and pleasure of being in the flow of giving and receiving.

The ironical situation then is that he resents the world for not giving to him. The world wants to give to him -- and yet he can never see what is given him. He goes blindly through life resenting not being given -- he does not even know quite what. In other words, he disconnects himself from the cosmic, creative flow of giving and receiving, of the constant turnover, the constant movement that takes place in the life process.

Being in the flow of giving and receiving is not an esoteric, otherworldly pleasure, disconnected from the body. It must be physical pleasure as well.

[Fear of Self: Giving and Receiving](#) PL 155

Exercise 3b: Recall moments when you gave to others with an open heart, or were profoundly affected by being given to. Focus on the physical qualities of the pleasure you felt.

How are you being affected by others?

Most human beings, in their current phase of development, are still in the state of fearful defense against living, even when there is no cause for it and when they are in touch with those who are ready to give them love and help. Thus they spread evil by virtue of their being closed up to truth and love, to giving and receiving.

But a number of developed human beings are no longer in this state. They live in a certain amount of harmony and strength, have worked their way through sufficiently to no longer initially spread destructiveness. They are free enough to give out the best of themselves, undefended.

However, this does not yet make them immune to being affected by the destructiveness of others. They may be very easily affected by the unconscious negative thoughts and feelings, the polluted energy of other people, and are thus victimized and dependent. It is as though they expressed into life: *"I demand perfection around me so that I can remain in what I have gained, so that I can remain in my clarified, blissful state."*

True immunity comes only when this dependency no longer exists, when the other person's negativity can no longer affect you.

When it does affect you, there must be self-doubt and guilt in you as result of not having faced all your confusions and destructive impulses, all your irrational and illusory aspects. No matter how much you have done this, there are still unclear areas, for otherwise you would not be so vulnerable and so affected by the others' perhaps much more obvious ills.

[Affecting and Being Affected](#) PL 188

Exercise 3c: Recall incidents where you felt negatively affected by others. Write down the dry, objective details. Notice what you were demanding (or expecting) from the other. Or, what you feel they took from you, even if they only disturbed your state of mind.

Unconscious Cultural Distortions

Religion has emphasized that giving love is more blessed than receiving it. It constantly stresses, in one form or another, the importance of loving -- that is, of giving love, of giving mercy, understanding, etc.

The distortion was (and often still is) that love appeared as a command, a pious command that is sacrificial. The image then formed that *to love means to impoverish oneself*. Loving assumed the connotation of being a self-sacrificing deprivation.

The command of love became more of an abstraction and contained the threat of forcing upon the individual certain actions that went against his interests. To this day, many people's unconscious concept of love is exactly this.

[Fear of Self: Giving and Receiving](#) PL 155

Exercise 3d: Find where you have internalized the image, *'love means I must give something up'*.

The 'grain of truth' is that to love, you will need to relinquish fear; your 'little self' will not 'get it all'; and the other may not reciprocate. Then ask: *"is it really so bad that I do not 'get it all'?"* Is it really so bad if the person I love is not as mature and self-developed as I hoped they would be/become?

Overemphasizing Past Experiences

No wonder that man fears to love if it is represented as a pleasureless, sacrificial, and depriving act that impoverishes the self for the sake of being "good" and of pleasing a God or authority. No wonder love is rejected if the pleasurable feelings it causes in the body are denied and accused of being sinful

Mankind fluctuates between these two extremes: to either remain the greedy, selfish child, demanding to receive exclusively (and not in the least being disposed to giving out) or forever straining to fit into a false concept of love. Only when you look at yourself with great honesty and a great deal of close discernment will you find both these distortions within yourself.

[*Fear of Self: Giving and Receiving*](#) PL 155

The healing of damage from insufficient receiving can be much better accomplished when the individual realizes that he is not helpless about his past, that he contains forces whereby a new balance can be established. This overemphasis of one psychological aspect has created a generation of self-pitying people who go around in life bemoaning the fact that they have been shortchanged, that they have not received sufficiently in their childhood, and that they have to continue as cripples. The ability to unfold and give forth always exists once it is contemplated, once it is taken into consideration.

[*Fear of Self: Giving and Receiving*](#) PL 155

Love is self-perpetuating

The mature person stands, outwardly and inwardly, on his own two feet, and in this very process lies the capacity for mutuality, exchange, involvement, giving and receiving -- in short, relationship.

Identification with Self PL 113

The more you love, the more you have this capacity and can produce love feelings genuinely, the more you will become capable of producing more of these feelings without impoverishing yourself and others. That is, you do not deduct anything from anyone by giving out. On the contrary, more will come from giving out.

You all find new ways, deeper ways, more variations of experiencing love, giving and receiving it, being in tune with this universal feeling. The ability to experience and express it will grow in an ever-increasing self-perpetuating motion within.

[*The Spiritual Meaning of Crisis*](#) PL 183

Week 4: Planetary Mutuality

Why do you think God has put some resources in certain parts of the world only and others into other parts? The Creator disposes with the deepest of reasons and meanings. Never is anything just so because of accident.

The reason is to help people to share and consider all other people, which will enable them to also freely receive from them -- what they need and what others have. Giving and receiving can exist when countries share their resources rather than hoarding them and using them in order to gain more power and riches regardless of how many people will be deprived.

The Meaning of Grace; Releasing Faith; Living on Deficit PL 250

Exercise 4a: What was your answer to the initial question? Verbalize beliefs that prompted your answer. Notice if these same beliefs affect your understanding of other spiritual principles.

Universal reality is unlimited abundance, if you but open your heart, your mind, your consciousness, your receptive faculties. But when you are hooked on negative intentionality, it is impossible to be receptive. Receptivity is part and parcel of positive intentionality.

Negativity and receptivity are therefore mutually exclusive. The negative person is thus constantly deprived. It appears to him that the outside world does the depriving, but in reality he cuts himself off from the reality of ever available abundance.

The universe is so rich, so fertile, so malleable with the creative mind power that it will give you anything that you allow yourself to receive, -- provided this giving does not violate the law of love.

Transition to Positive intentionality PL 198

Exercise 4b: *IF* these phrases are true, how might that change your world view?

The Great Enemy is Fear

Fear is the great locked door which prohibits man from entering -- right here and right now -- into all that which is immediately available the moment fear is uprooted from his heart and soul. However, if fear is worked against due to fear of fear, it will be difficult. If man desires health in a spirit of fearing sickness, he barricades health. If man fears the aging process, he barricades eternal youth. If man fears poverty, he barricades abundance. If man fears loneliness, he barricades real companionship. If man fears companionship, he barricades his self-containment.

Finding True Abundance by Going Through Your Fear PL 130

The Vicious Circle of Poverty Consciousness

Every attitude, every mental and emotional condition creates chain reactions and circles -- either benign or vicious ones, according to whether the belief, attitude, and behavior pattern is according to truth or error.

When the illusion exists that the outer and inner universe is empty and impoverished, you automatically create a vicious circle. This belief must make you hoard yourself, your innate riches, talents, everything you possess spiritually or materially or both. Hence you separate yourself from the riches that surround and penetrate you.

Every human being contains a built-in mechanism that makes receiving quite impossible when the soul holds in its innate capacity and yearning to give. Since in reality giving and receiving are one and the same flow, movement, and phenomenon; the one cannot exist without the other. The illusion grows that you live in a poor, empty universe, and along with that, that your inner universe is equally poor and empty, that you have nothing to give from within and nothing to receive from without.

The Meaning of Grace; Releasing Faith; Living on Deficit PL 250

Exercise 4c: Do you hoard yourself? Find a place where you are unwilling to share yourself, and ask – what do I fear? What is my poverty consciousness about? What could I lose?

In Benign Circles, Giving is Receiving, Receiving is Giving

In contrast, the benign circle can be established by risking to give out, in the conscious expectation that possibly the fear of suspecting poverty and deprivation may be illusions, and that abundance will grow. The more you thus start giving to God in trust and with love, the more you release further faith, and the more you liberate your bound vision.

You enter more and more into a benign circle, in which you can release more of your inner and outer riches, because you know they are eternally and inexorably replaced as a never ending stream. So the more you receive, the more you can give, and the more you give, the more are you capable of receiving. It is then that giving and receiving become one.

The Meaning of Grace; Releasing Faith; Living on Deficit PL 250

The interrelationships between countries is more marked than any other relationship by secretiveness, pretense, and hiding. Openness between the governments of different countries is not even considered as viable -- it is taken for granted that opaqueness is sound diplomacy.

As long as humanity does not begin to envision an altogether new way of interrelating, peace cannot truly be established; sharing of the riches God has provided cannot take place; justice and brotherhood will remain mere empty phrases. In short, the willingness to be open must exist. It must be recognized that this is a prerequisite for a life of peace, joy, and harmony between all the peoples of this earth. It must then be learned painstakingly, just as you as individuals do.

Privacy and Secrecy PL 252

Let this energy envelop you and move you to where you have to go. Let the inspiration come so that all of you who are here tonight will come to express it in your own way.

Be a channel, so that this energy can help you to the next step of your path, wherever you may be or whatever this may mean in each case. Try to express your trust in the universe; try to think that you can indeed have abundance, joyousness, fulfillment of your life, of your incarnation -- and that fulfillment brings deep peace.

Transition to Positive intentionality PL 198

Exercise 4d: Consider how you can be a channel for the divine truth of abundance. What modest steps can you take, in order to help this transformative global process?

QUESTION: In accordance with the teachings we receive, I wonder how it is possible that the world is now in fear of excessive growth of population, of "population explosion"?

ANSWER: If people managed the planet at their disposal better, there would be plenty of room for all to come.

Perhaps the very fact that more and more people are coming is a measure to teach mankind to fully utilize all it has. If people learned to live in peace with their neighbors, they could exploit boundless resources that are now used for unnecessary and destructive purposes.

Moreover, they would discover many resources and possibilities that are still closed to them and which would give many, many more people the possibility to live on earth.

That is the lesson to learn. If it is learned properly, it will bring benefit to all. If it is not learned, people will have to go through added hardships before they can find the solution that lies right in front of them -- if they turn in the right direction.

Let me assure you that Planet Earth could nourish and accommodate many, many more people than you now have. All could live in a much happier state than now prevails.

Questions and Answers PL 59qa

QUESTION: I feel that the giving that I am doing now is something so new that I can't identify with it, and that I don't let myself feel when I give. But there is something missing.

ANSWER: Yes. I will answer this question. Rather than with an explanation (which you already know all about), with a meditation. (And of course, you all can, each in your own way, use it, adapt it to your own way.) The meditation I would suggest, in essence, would be the following:

"I want to give of myself. Giving is receiving is giving is receiving." And swing with these words. Repeat them. Swing with them inside and feel on a deeper level their truth. Let the divine reality help you feel this truth: Giving is receiving is giving is receiving is giving is receiving. And go on and on until you feel a new reality unfold in this particular respect, unfold like flowers, which is the real reality, replacing the old limited reality or pseudo-reality in which you believe giving is depletion, giving is impoverishment, that you have to hold it and gather it all together in order to have yourself and have what you need and will not be exploited. Then state your misconceptions in regard to this giving: that you think you have no right to say no; that you are to become a victim of others' exploitative, neurotic tendencies; and so on and so forth. You can say all this as a statement of truth—that it is not what you thought. And then you instruct yourself and imprint yourself with the truth. And then you can come to the point where you can connect that your fear of being depleted and exploited by the "strong ones" is entirely a result of your wanting something from them for which you do not want to give. In other words, if you are afraid of giving because you feel you will be abused, that is exactly what you want to do and that you have to connect with and give up. So then you will not fear submission and helplessness; and you will know that when you can give, you can also be strong enough to choose freely when you want to give, and when you do not want to give. And that strength will come to you when you deal with this topic on that level. This is my suggestion.

Questions and Answers PL 99qa

LISTEN to the mediation here: [6 minute recording](#) from the original 1960 PL 99qa session, by Eva Pierrakos, channeling the guide.

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