

MEMBERSHIP

Dear Friends of Philadelphia Pathwork®:

The Philadelphia Pathwork® Board invites you to join or renew your membership to our growing Pathwork community for 2005/2006. Supporting the region financially is a way of helping to keep alive and nourish a unique spiritual path that is important to many people. Membership dues and contributions are a concrete way of lending support to the growth, stability and evolution of our region. It is a dedicated way of affirming a connection to our spiritual community. All who support the purposes of the Philadelphia Pathwork® Region are eligible to become a member.

Our Objectives Are:

1. EDUCATION: To foster and encourage spiritual growth and understanding of the Pathwork® teachings, principles and practices locally and worldwide. We offer classes, workshops, lectures and community gatherings.

2. COMMUNICATION: To provide staff, promote activities, develop and maintain a Web site and undertake other activities in order to foster community growth. Visit us at <http://www.philapathwork.org>.

3. SUPPORT: Provide deposit loans, scholarships and other support to members and Helpers of the Philadelphia Pathwork® Region who offer programs, present weekend seminars, and provide individual sessions to enhance a deeper understanding of the lectures and to foster spiritual growth.

For the coming year our goal is \$ 6,000 for dues. In addition, we have budgeted for gifts and other revenue totaling \$2,000. Our intention is to average a dues payment of \$125 per member. We ask that you discern what amount feels right to you. Any gift will be received with gratitude for the spiritual and practical support it offers. It would be great if you can make a contribution in addition to your membership dues.

Member: Those who are dedicated to serving the Philadelphia Pathwork® Region are invited to provide support in the range of ~ \$50 - \$250.

Friends of the Philadelphia Pathwork: Those who wish to make an additional contribution beyond their membership for outreach, upgrading the Web site, developing more professional materials or in scholarship support for members of our Pathwork community - a.k.a. The Fairy Godmother Fund.

Thus, out of group unification and group consciousness a much more clearly defined individual will evolve. And these clearly defined individuals will contribute to a greater unity in the group process.

PGL #238

I'd like to become a member of Philadelphia Pathwork® Region for the fiscal year 9/1/05-8/31/06.

Name _____

Address _____

City _____ State _____ Zip _____

E-mail: _____

Phone: Day _____ Evening _____

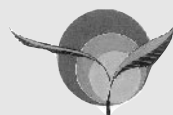
I've enclosed a check for membership dues in the amount of \$ _____

I'd like to make an additional contribution to the general fund and/or the Fairy Godmother fund of \$ _____. Please Indicate preference on your check.

Please send this form, together with your check made payable to, "Philadelphia Pathwork® Region,"

to: Priya Davis,
11 Holly Circle, Newtown, PA 18940

THANK YOU AND BLESSINGS!



Membership Response Form 2005/2006

UPCOMING events

NEW PATHWORK STUDIES PROGRAM - GETTING TO KNOW YOURSELF

Second Saturday of the month beginning January 14, 2006. 10AM-4PM. Drawing on the lectures presented on First Friday we will:

1. Deepen our conceptual understanding of the lecture material;
2. Engage in experiential exercises and pathwork process to make the lecture material come alive;
3. Work on developing a personal set of spiritual practice(s) involving daily review, meditation and prayer that integrates into and informs our everyday life;
4. Increase our body awareness through various forms of movement and core exercises.

January 14, 2006 - INFINITE POSSIBILITIES OF EXPERIENCE-PGL#157
February 11, 2006 - MASS IMAGE OF SELF-IMPORTANCE-PGL#57
March 11, 2006 - INTENSITY: OBSTACLE TO SELF-REALIZATION-PGL#151
April 8, 2006 - HEALTHY AND UNHEALTHY MOTIVES IN DESIRE-PGL#56
May 13, 2006 - INDEPENDENT OPINIONS-PGL#51
June 10, 2006 - REALITY AND ILLUSIONS-PGL#71

★ Led by: RENEE WHATLEY, Pathwork Helper. Location: Presidential Madison House, 3900 City Avenue, Suite D-105, Philadelphia, PA. If you are interested or have any questions contact Renee at 215-472-6454 or Rwhatley2@aol.com. Cost: \$100 Per Class. All lectures are available on Pathwork.org

DEVELOPING AND DEEPENING YOUR RELATIONSHIP TO THE HIGHER SELF

Friday, February 3 - Sunday, February 5, 2006. 7PM Friday - 4PM Sunday. We will be exploring our current relationship to the Higher Self and also identifying and dissolving some of the obstacles to our internal wisdom and knowing. ★ Led by: Pathwork Helpers - Sharon Lee Balsama (610-222-4688) and Pnina Polishook (610-667-1176). Location: Pendle Hill, Wallingford, PA 19086. Cost: Room and Board \$280; Intensive \$245; Total \$425.

Send your deposit check of \$100 made out to Sharon to 272 Center Point Lane, Lansdale, PA 19446, anytime before January 10, 2006. Homework, directions and the lecture number will then be sent to you, so include your name and address.

PATHWORK SUNDAY GATHERING Sundays, Dec. 4th & Jan. 1st. 3:00PM to 6:00PM. A new Pathwork gathering has been formed which will take place at the home of pathworker, Grace Douglass, in Robbinsville, N.J. (10 miles west of Trenton). We hope to have it on a regular basis one Sunday a month from 3:00PM to 6:00PM.

The format will include an informal, brief lecture presentation and discussion, a short meditation and an opportunity for candle lighting and prayers. The first lecture to be presented will be PGL#191, "Inner and Outer Experience." Pathworkers are welcome to bring guests. They are also requested to bring food to share as there will be a potluck at the end of the meeting.

Please RSVP at least 2 days before and let Grace know what you will be bringing. The phone is 609-448-6414. Location: Home of Grace Douglass, 244 Andover Pl., Robbinsville, N.J. Mapquest directions at www.mapquest.com.



Save the date

A DAY FOR HONORING OURSELVES, OUR GRADUATES, AND OUR COMMUNITY

June 4, 2006 will be the launching of a new event for the Philadelphia Pathwork Community. This event was inspired during a Helper's Council meeting where we realized how few times we have together as a community. We decided to structure a vehicle that would encourage all members to participate in a community event that would be educational, a time for honoring the work of the year, a time of celebration, and a time for group process.

The members of the regularly scheduled classes (TP classes, graduate groups and on-going Pathwork studies) have this event built into their curriculum. This article is especially geared to invite those of you who are graduates but not presently studying in a group, as a way to come into a community gathering that combines consciousness work and group process work, with a celebration of the members who have been working in our formal study program. Included in this day will be a graduation ceremony for our TP4 students, as well as a commitment ceremony (if you feel moved to make a commitment, please contact your Helper to prepare).

We will be meeting from 9-5 in a location central to the region. Our day will include things like teachings around group consciousness (you will receive preparation materials), core work, process work, a worship/blessing service, lunch, commitment and graduation ceremonies, and dessert and coffee at the end of the day.

Come and join us as we celebrate ourselves and the wonderful work of this region, in studying and embracing the Pathwork way of life. Cost for this event is \$100 for the day, including lunch. If you would like more information, please call Carol Day at 609-392-7855 or Carolyn Tilove at 215-752-9894. We hope to see you there.

• All Pathwork lectures are available on Pathwork.org.

• Flyers with registration information available on philapathwork.org

The Celebration of the Winter Solstice

Sunday, December 18th
3:00 PM to 6:00 PM
Pot Luck Supper to Follow *

A Pathwork Community Gathering to Celebrate the Ritual of Coming Out of the Darkness and Into the Light

◆ Acknowledge the lessons of the past year. Letting go of the old and opening ourselves to the new. *Please bring a favorite dish, cheese, bread, fruit or dessert for the pot luck supper. Any musical instrument, too. Family and friends welcomed.

◆ Please **RSVP** to: Renee Whatley 215.472.6454 or Elaine Stogo 610.667.1137 / elainestogo@yahoo.com. Location: Oak Hill Condo Clubhouse, 1650 Oakwood Drive, Narberth, PA 19072. For directions check out www.philapathwork.org or www.mapquest.com. Looking forward to seeing everyone!!



Philadelphia Pathwork® Region Helpers

Carolyn Tilove, MA is a certified pathwork helper and founder of the Pathwork in the Philadelphia area. She joined Pathwork in 1975 and has taught Pathwork and Pathwork Helpership training in Brazil, New York, Michigan, Philadelphia and Virginia. Her office is in Hulmeville, PA. 215-752-9894 / ctilove@aol.com

Sharon Lee Balsama, M.Ed, NCC is a certified Pathwork helper and has been a psychotherapist since 1980, specializing in spiritual psychology, family systems, therapeutic arts and relationship therapy. She is certified by the Institute of Imago Relational Therapy. Her office is in Lansdale, PA, near Bluebell. 610-222-4688.

Joyce Belmonte is a certified Pathwork Counselor and bodywork therapist. A former teacher at the Barbara Brennan School of Healing, Joyce specializes in body-centered personal and spiritual growth work. She integrates massage, Cranial Sacral Therapy, structural integration, Trager and energy work with Pathwork principles. Her private practice is located in West Chester, PA. 610-430-1991 / jbelmonte@erols.com

Carol Day is a certified Pathwork helper and a hands-on practitioner of energy healing, Trager bodywork and Cranial Sacral Therapy. In addition to teaching yoga and meditation, she is a graduate and former faculty member of the Barbara Brennan School of Healing. Her office is located in Trenton, NJ. 609-392-7855.

Gayle Lacks, M.D. is a certified Pathwork helper and is also a holistic psychiatrist integrating spirituality with individual, couple and group psychotherapy. Her office is in Jenkintown, PA. 215-576-7933.

Kay McCarthy is a certified Pathwork helper and was a scientist and corporate manager for 25 years. She is now following her dream of weaving together the Pathwork teachings and shamanic healing practices and is interested in bringing the Pathwork teachings to Quakertown and the Lehigh Valley. kaymcc@worldnet.att.net

Catherine Nelson, Ph.D. is a certified Pathwork Helper who works with both people and animals. Trained in Philadelphia, she lives in Bozeman, Montana where she has created the "Rocky Mountain Pathwork." She is a graduate and faculty member of the Barbara Brennan School of Healing and a graduate of Society of Souls, a school for Kabalistic Healing. She also does energy work, including kinesiology, Shiatsu, Reiki, Mari-El and Cranial Sacral Therapy. Web site: Rockymtnpathwork.com

Pnina Polishook, MA is a certified Pathwork helper and offers the Pathwork to individuals and couples. She also has a healing practice with essential oils and energy work. She is a graduate and teacher at the Barbara Brennan School of Healing. Her office is in Merion Station, PA. 610-667-1176 / Corestar.one@verizon.net

Donna Evans Strauss is a Ph.D. candidate at Union Institute and Dean of the Senior class at the Barbara Brennan School of Healing. She has a private Pathwork, healing and psychotherapy practice in Doylestown. 215-345-8789 / DEStrauss@aol.com

Renee Joanna Whatley is a licensed psychologist working with adults and adolescents in individual, group and family contexts. She is a trained family therapist. Her private practice is in Philadelphia. 215-472-6454.

It's Easy. Go to philapathwork.org.
Click Lectures ; Click Search the Pathwork Lectures
TYPE IN YOUR KEYWORD AND EXPLORE THE POSSIBILITIES!



A FREE SEARCH ENGINE FOR LECTURES

Inside This Edition
Upcoming Events Calendar
Winter Solstice Celebration
First Fridays Free Lecture Study
Letters From Fellow Pathworkers
Membership Reminder
A Call for Board Membership



November 2005

PHILADELPHIA
PATHWORK
REGION
www.philapathwork.org
901 Bellevue Avenue
Hulmeville, PA 19047

Discover FIRST FRIDAYS

7pm-9pm

On the first Friday of every month, which began this Fall during October, Pathworkers and people interested in the Pathwork gather to explore pathwork concepts, share life experiences and encourage each other on this path of self-

discovery. The theme for this year of **FREE First Friday Lecture Study** is **"KNOW THYSELF."** Together we will explore lectures that assist us in our journey into ourselves.

"The whole universe is within each person, therefore God is within each person. Each living creature has a part of God within. The only way to reach this divine part within is on the small and narrow path of self-development...The basis of this is to know yourself". *PGL #11-Self-Knowledge*

DECEMBER 2, 2005 • PERSONALITY TYPES #43

JANUARY 6, 2006 • INFINITE POSSIBILITIES OF EXPERIENCE #157

FEBRUARY 3, 2006 • MASS IMAGE OF SELF-IMPORTANCE #57

MARCH 3, 2006 • INTENSITY: OBSTACLE TO SELF-REALIZATION #151

APRIL 7, 2006 • HEALTHY AND UNHEALTHY MOTIVES IN DESIRE #56

MAY 5, 2006 • INDEPENDENT OPINIONS #51

JUNE 2, 2006 • REALITY AND ILLUSION #71

LOCATIONS will be posted on our Web site: www.philapathwork.org

ALL LECTURES ARE AVAILABLE ON www.pathwork.org

All Aboard for the Board

Have you considered serving Pathwork by joining the Philadelphia Pathwork Region's Board of Directors?

If you have completed TP3, we invite you to consider serving our Pathwork community as a Board member. You're invited to attend a Board meeting as a guest and see how it feels.

As a Board member, you'll join other Pathwork members who strive to keep our region better informed. If your name is on our mailing/email list(s), you have been receiving our flyers and emails. Also, we've continued to develop one of the best Web sites in Pathwork.

Both the May 2004 Community Gathering and the May 2005 Auction Event have been great successes as friend raisers and fundraisers.

For more information please visit our Web site at philapathwork.org; If you would like to speak with a Board member, you will find our contact information online on the Board page. We welcome your interest, ideas and energy.

Ted Fox, President

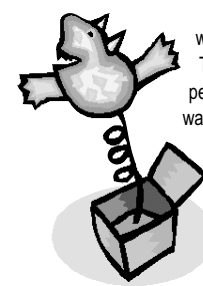


My Journey of Purification and Transformation

By Ernie Curtin, TP2 student. Abridged version.

CHILD SELF

This is the box that I built. Small and getting smaller. A trap – silly me. This is the box of child consciousness. It is safety, security, comfort, protection. Of course, none of that is completely true any more. It is, after all, a box. It is now way too small and self-contained for an adult. When it becomes everything there is, it becomes a trap, a cheat, a denial, an inward gaze that sees nothing. The only music it plays is the old song, "All or nothing at All." The only movies it projects show fear, loneliness, failure, emptiness. Its slogans are written in irony and cynicism. Be careful what you ask for, you might get it.



The only thing worse than not getting what you want is getting what you want. There is no room in this box for another person. Could you fit in here – even if you wanted to? No. Of course not. There really isn't even room for me. I have to make myself small, limited, compressed to try to stay in this box I've created for myself. It is so claustrophobic. It is death. I'm afraid to stay, I'm afraid to leave. How did this happen to me?

THE ADULT EGO

O where, O where has adult ego gone? O where, O where can he be? Is he here? Is he there? In the house, with a mouse? On the fence, calm or tense? In the mind, mean or kind? On the way, here to stay? Do I care?

The equations don't balance. Logic alone is insufficient. There are too many variables. It is not easy waking up. Just when I think I'm alert I become conscious of the dream. I've chosen to live my life by default. Reaction not action. Fantasy not reality. The waking dream that suffocates. The fear of pain that draws it in. The fear of loss that keeps me alone. I sought detachment but created masks to hide the emptiness of the void. One step forward and two steps back. Or maybe the reverse. Either way, it is one step at a time in any direction. Just keep moving. Stagnation is the worst.

Adult ego is a new concept. Can I sit and meditate and photosynthesize adult ego into being? One step at a time. Go for it. All reflection is the mirror of Adult ego seeking more light to grow in grace, to live long and prosper.

HIGHER SELF

The brightness of the void. The laughter of the game. Today. You decide.

Hello. It is time to wake up. Easy does it. You've been asleep for a long time. Stretch. Yawn. Open your eyes so you can see. Open your ears so you can hear. Are we there yet? Well, the answer is yes. And, the answer is no. Isn't this fun?

Life is the adventure you set out to experience. It is the undiscovered country you wanted to explore. So you got confused and took a detour for the last 56 years. You may think you've been

BRING YOUR Insights to life...

FELLOW PATHWORKERS SHARE FROM THE HEART AND SOUL

A Day For One's Soul

By Ted Fox, TP graduate

The weather was a perfect fit for my mood on Saturday, October 8, 2005. It was blustery, windy and very rainy. I decided that my soul was due some serious, quiet nourishment. Carolyn Tilove provided the focus for six of us to spend time with ourselves in meditation, journaling and inner work, plus the option of individual work.

As I look back on that day sitting in the big room at Temenos journaling and meditating with the rain hitting the windows and the wind roaring through the trees, I felt peace and a sense of deep comfort almost as though I spoiled myself by providing the time for reflection and renewal. Similar to the way I feel after getting a massage.

I arrived with a big piece of work that had been festering and boiling inside of me, and I allowed myself the time to journal, muse and meditate over and around it all day. Carolyn provided brief guidance for us to get started, and we agreed to take a break from our time of contemplation for lunch as a group.

I know I will have many more big issues (ERs) in my life, I only hope I have the courage to create a 'Day For One's Soul' to help me do the work I need to do around them. As I traveled home that afternoon, the skies began to brighten and I noticed that my feelings were lighter for the work and time I gave myself.

Half of the proceeds for the day were sent to Habitat For Humanity to aid in the Katrina Relief effort.

Creating Another Year

By Michael Ann Walstad, TP graduate

It is hard to believe that our TP5 class has only had two meetings. Ours is a newly formed group of previous TP4 graduates, and already the group bond is in place. I say this not only because I sense it, but because several profound pieces of work have already taken place in the group, the type of work that requires a sense of safety and a strong container. It is as though each of us possesses an inner strength and self-connection that is organically projected outward in the group setting. The group, in turn, readily receives the projection, manifesting the inner reality of its members. I witness this with a bit of awe, recognizing how strong and loving we really are and how far each of us has come since entering the program.

The curriculum for TP 5 is creation/manifestation. "Why do this?" our group leader, Sharon Balsama, asked us at the first meeting. We all looked at each other sort of blankly. "What is the reason for doing this work?" she asked again. "To get what we want." "To be happy." "To make life better for ourselves and others." We all struggled to articulate the reason, knowing we hadn't really hit it. "I believe the reason we are doing this," Sharon said, "is to know God, to have the personal experience of God within us." Of course, we knew it all along! But what does it really mean? "We get to experience and know God as we work with the creative force and the soul substance that it molds into manifestation," we were reminded. And so in that moment the fun and work of the year began, learning how to create, how to manifest the vibration of the divine.



Surrendering to God

By Anne Jacobs, TP4 student

The theme of TP4 is Surrender to God. This sounded to me like a restful and expansive coming home after years of soldiering through the trenches of the lower self. No such luck, so far. In September, I predicted by my sudden boredom and anxiety in my group that some malformed psychic nethercreature was about to surface into awareness. And so it has. I have seen the potency of my blaming in situations where I insist on disowning my power. Whatever snafu results from my disengagement becomes justification for my resentment and hatred. I have never taken responsibility for this hatred, nor for the dysfunctional use of power that precedes and causes it. I have always believed that I react in a natural and justifiable way to victimization. What has changed is my attention to the power of my resulting hatred. I feel responsible for its destructiveness now, where I used to feel that it didn't count because of the injury done to me. I also see that using my power forthrightly, up front, would be a relatively benign alternative.

Although I have not worked this recognition as far as it might go, I already feel that increased psychic range of motion that is such a promise and release. I look forward to the paradox of surrendering to God with my might.