

## Reserve This Date

**SATURDAY, JUNE 4TH, 2006 • 9am-5pm**  
A Day of Commitment, Community and Celebration!

## Community

Group Consciousness, our fears of loss of autonomy and privacy and our longings for connection and unity will be our theme. We will deepen our learning through teachings and process around this universal movement. Join us for an historic, first time ever Pathwork event. TP 2, 4 & 5 will be participating and we invite all other Pathworkers as well.

## Commitment

There are times when making a commitment is a deep support and affirmation of your soul's journey. Some of you have participated in this powerful and moving ritual. The community will participate in giving the Force, a privilege extended to us from the Guide, to those Pathworkers who feel called to make one of the four stages of commitment. Ask any helper for a copy if you don't have one. You need to work with a helper before taking a commitment.

## Celebration

Come and join us as we celebrate ourselves, and the wonderful work of this region, in studying and embracing the Pathwork way of life. We will have a healing circle and a Graduation for TP 4. This will be a chance to witness and honor the commitment and transformation that each individual has made during their four year process.

The Pathwork Board is making this event free for everyone who is not in a TP class. We want to encourage you to give Community, Commitment and Celebration a chance. Lunch will be provided. Location will be in Ewing, New Jersey at the Jewish Community Center. Directions will be on our Web site.

**If you would like more information on CCC DAY or to let us know you're coming, please call Carol Day at 609-392-7855 or Carolyn Tilove at 215-752-9894. See you there.**

Sevenoaks Pathwork Center is currently seeking applicants to our Pathwork Experience Program (PEP). This residential program offers students the opportunity to open to a deeper level of their process while working at the Center. Students usually come for at least 10 months, although under certain circumstances we accept students for as little as three months, usually in the summer. We currently have openings beginning July 1, 2006 and beyond.

The PEP work commitment is 25 hours a week, and includes work in the housekeeping, kitchen, grounds, and/or maintenance departments. Room and board are provided by Sevenoaks.

The cost of the PEP program is \$100 per month, plus the cost of

► Contact us at email: [pathworkschool@sevenoakspathwork.org](mailto:pathworkschool@sevenoakspathwork.org) or call us at 540-948-3186 for more information on the Pathwork Experience Program. See our Web site, [www.sevenoakspathwork.org](http://www.sevenoakspathwork.org), for additional information about Sevenoaks and the Pathwork.

# UPCOMING

# events

### A Six Week Pathwork Process Group

**TAKE THE NEXT STEP TO A MIRACLE** March 20, 27, April 3, 17, 24, May 1. (Monday mornings or evenings, please state preference.) It is possible on the earth plane and in the human body to experience direct divine intervention. Have you experienced such a miracle? Are you called to experience more? Sometimes it comes uninvited as Grace. But there is also a process that can be engaged in: It includes the purifying of intention; strengthening of the healthy ego; deepening your willingness to be an instrument of divine consciousness; surrendering to Divine will. You are welcome as a beginner or an adept. If the blessing of this task calls you, intrigues you, makes you shake, opens your longing: join us for a six week group to, Take Your Next Step, using Pathwork process to powerfully support you. ★ Led by: CAROLYN TILOVE. Call 215-752-9894 or email at [ctilove@aol.com](mailto:ctilove@aol.com). Location: 901 Belleue Avenue, Hulmeville, PA 191047, Lower Bucks County. Carolyn is the Philadelphia Pathwork regional director. She has taught Pathwork and Pathwork helpers training in many states and countries over the last 30 years. For the last five years she has had a longing to share this aspect of her path and support others who also may feel a connection to this particular spiritual work. Cost: \$270.

### A Six Week Pathwork Process Group

**OPEN TOPIC PROCESS GROUPS** March 22 Wednesdays - morning or evening. (Must sign up for the six weeks for group safety) 10am-12:30pm or 7pm-9:30pm. Some Pathworkers have expressed an interest in coming together for the power of process held by the group and which is not a weekend intensive. These groups are designed to meet that need. We will not focus on any one lecture but lecture material may be suggested on an individual basis where pertinent. ★ Led by: Sharon Lee Balsama, MEd., LPC, PW Helper. To register, call 610-222-9104. Leave your name, address, telephone number and email address and indicate whether you wish to attend the morning or evening class. Location: 272 Center Point Lane, Lansdale, PA 19446. Cost: \$210 (\$35 per session)

### A FREE Pathwork Offering

**CONTEMPLATING THE CRUCIFIXION - A GOOD FRIDAY EXPERIENCE** Friday, April 24, 2006. 7pm-9pm. "Someone had to come to earth and go through all these sufferings completely alone, at certain times barring all divine protection and resisting all evil and all temptation out of his own free will. In this way alone could the spiritual laws remain unbroken so that in justice, extended even toward the very forces of evil, each individual could find its way back to God." PGL #19 Jesus Christ.

R. Steiner refers to the crucifixion as the Mystery at Golgotha. It holds for some a mysterious and transformative power. What exactly does it mean and what are the implications, if any, for our lives 2000 years later? On this Good Friday, join me as we attempt to articulate what our respective religious traditions say about the crucifixion and delve into what the Pathwork Guide offers as its meaning. We will share our histories, read and discuss excerpts from Guide lectures and pray and meditate together. This is an opportunity to sit with this intriguing question and to open to answers. ★ Led by: Renee Joanna Whatley, Pathwork Helper. Call 215-472-6454 or email Renee at [Rwhatley2@aol.com](mailto:Rwhatley2@aol.com) to register. Location: Presidential-Madison House, 3900 City Avenue, Suite D-105, Philadelphia, PA 19131. Cost: No Charge.

### A Lecture Study

**REPRESSED NEEDS, RELINQUISHING BLIND NEEDS, PRIMARY AND SECONDARY REACTIONS** PWL#92 4 Mondays - May 1, 8, 15, & 22. 7pm-9:00pm. There are many misunderstandings about "needs" - what do we really need and why? And why are we often so ashamed of what we need that we cover it over with a false need, and then wonder why we never feel satisfied, even when we get what we had been asking for? This lecture study class will examine "needs", their origin, and how to discover the "real needs" that will actually sustain us, fill us, and help us grow. ★ Led by: Carol Day. For more information, call 609-392-7855. Location: 21 Whittier Avenue, Trenton, NJ 08618. Cost: \$125. A deposit of \$50 by April 15 will hold your space; this workshop is limited to 10 people.

**TRANSFORMATION PROGRAM YEAR ONE** Wednesday evenings, 7pm-9:30pm, 2x per month beginning Sept. 2006 A new Transformation Program will begin in Trenton, NJ, starting in September, 2006. This program offers the opportunity for accelerated personal growth using the Pathwork lecture material and process work. It is open to people who show a readiness for this kind of personal exploration who have either studied other growth work, or who have been seeing a Pathwork Helper or attending Pathwork groups such as First Fridays or lecture studies. For more information, look at our Web site at [www.philapathwork.org](http://www.philapathwork.org). ★ Led by: Carol Day. For more information, call 609-392-7855. Location: 21 Whittier Avenue, Trenton, NJ 08618. Cost: \$120 per month.

**TRANSFORMATION PROGRAM YEAR FIVE - MANIFESTATION** One Saturday a month, specific dates to be announced, beginning in Sept. A year-long study of the process of Manifestation will begin in September, 2006. This course of study will be primarily based on the Pathwork lectures, with some additional material from the "Abraham" material, Wayne Dyer, Eckhart Tolle, and Depak Chopra. This class is open to anyone who has completed the 4-year Transformation Program, either in the Phila. Region, or in any other Pathwork region. ★ Led by: Carol Day. Please call me to express your interest at 609-392-7855. A deposit of the first month's tuition, \$120, made out to me, will be due by August 30. Location: 21 Whittier Avenue, Trenton, NJ 08618. Cost: \$120 per month.

### A FREE Lecture Study

**'FIRST FRIDAY' LECTURE STUDY** 7pm-9:00pm. On the first Friday of every month, 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 the 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  
**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 are posted on our Web site: [www.philapathwork.org](http://www.philapathwork.org)**

• All Pathwork lectures are available on [Pathwork.org](http://Pathwork.org). • Flyers with registration information available on [philapathwork.org](http://philapathwork.org)

## 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](mailto:ctilove@aol.com)

**Sharon Lee Balsama, MEd, 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 / [jbeltmonte@erols.com](mailto:jbeltmonte@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](mailto:kaymcc@worldnet.att.net)

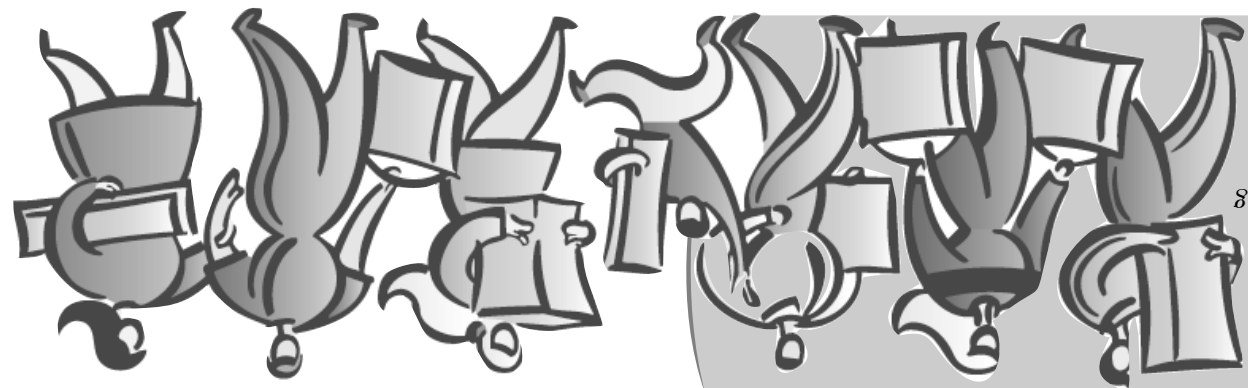
**Catherine Nelson, Ph.D.** is a certified Pathwork Helper who works with both people and animals. Trained in Philadelphia, she lives in Bozeman, Montana where she has created the "Rocky Mountain Pathwork." She is a graduate and faculty member of the Barbara Brennan School of Healing and a graduate of 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](http://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](mailto: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](mailto: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.

March 2006 Edition



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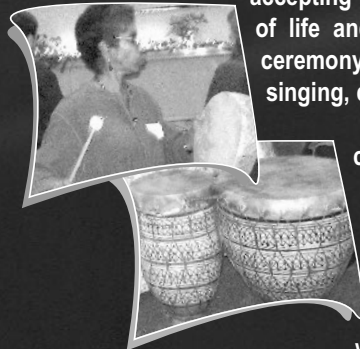
**A Big Event:  
Spring Gathering  
and Auction**  
• Philadelphia  
Pathwork presents  
Lecturer Bert Shaw on  
"An Age Old Anti-Aging  
Formula from the  
Pathwork Guide"  
April 29, 2006

**Inside This Edition**  
• Upcoming Events Calendar  
• First Fridays Free Lecture Study  
• Recent Happenings  
• Celebration Day - June 4, 2006  
• PEP - Program at Sevenoaks

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

## Winter Solstice Gathering

ON DECEMBER 18TH, AT THIS DARKEST TIME OF THE YEAR, when the sun has moved to its southern-most point and the days have shortened to the fewest hours, Pathworkers, friends & family gathered as peoples have gathered throughout the ages to celebrate the winter solstice. It is time of accepting the darkness as an integral part of the turning of the wheel of life and standing in our faith in the return of the light. Our ceremony included a group process, individual and collective prayer, singing, dancing, drumming and sharing of food.



After opening our sacred space by calling in the four cardinal directions, a guided meditation led us to each acknowledge and let go in an honoring way the difficulties of the past year. Then each identified something they wanted to manifest in the world. With intention we planted that new seed in the darkness of our belly to be nurtured by the sun (our life force) and the rain (our emotions) and with trust in the life process and spiritual forces for the right

timing of the growth and manifestation.

Next was a beautiful candle lighting ceremony. Led by a Pathwork lecture quote about bringing light into your soul by bringing truth into the darkness, each lit a candle voicing their prayer. Our focus then progressed from the individual to the collective. Inspired by quotes on peace, we collectively and individually shared our prayers for peace in the world, as we lit sticks of incense to carry our prayers into the ethers. Our celebration moved on to song, as we joined voices in several creatively revised seasonal carols. Drumming accompanied by dancing ended the ceremonial portion of our gathering and we shared together a sumptuous potluck dinner.

~ By Kay McCarthy



## Surrender to the Higher Self: A February Pathwork Intensive

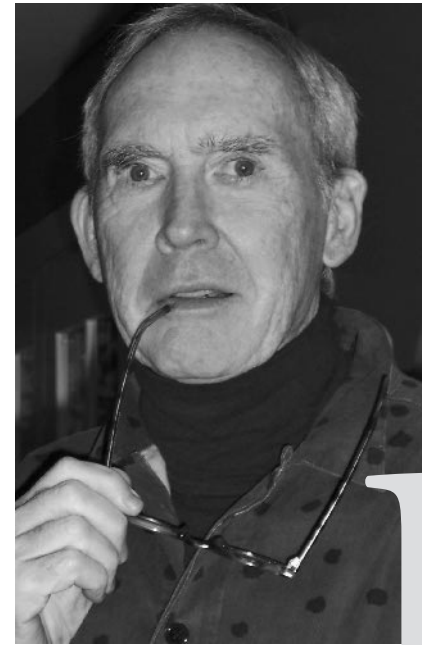
By Anne Jacobs

The February Pathwork Intensive at Pendle Hill was a rare chance to work with two wonderfully complementary leaders, Sharon Balsama and Pnina Polishook, and a group of 17 people who all knew each other previously. Our lecture was #153: The Self-Regulating Nature of Involuntary Processes.

Sharon and Pnina asked us to consider the obstacles to surrendering to our higher selves. It seemed as if the concentrated group awareness jump started our processes. People in my group worked on deep images, and I felt drawn to explore a level of defense that I had previously avoided. My respect for the work of the people who preceded me made this possible.

Pnina was great at allowing silence to deepen emotional awareness, while Sharon had a wonderful way of addressing - and thereby invoking - a capable adult ego in whomever she talked to. The group felt so familiar and intimate as individuals worked on basic needs for connection, attention, recognition, love. The individual processing seemed like part of a collective group sequence that thoroughly baked us all.

And the meal breaks were involuntarily raucous.



## A TALK WITH Bert Shaw

AN AGE-OLD ANTI-AGING  
FORMULA FROM  
THE PATHWORK GUIDE

### LOVE YOUR NEIGHBOR AS YOURSELF

*Brothers, have no fear of men's sins. Love a man even in his sin, for that is the semblance of divine love, and is the highest love on earth. Love all God's creation, the whole and every grain in it. Love every leaf and every ray of God's light. Love the animals, love the plants, love everything. If you love everything, you will perceive the divine mystery in things. Once you perceive it, you will begin to comprehend it better every day. And you will come at last to love the whole world with an embracing love.*

**T**his could be a quote from the Guide. But it isn't. It's a quote from Dostoyevsky who gave those words to the Prior of the monastery where the brothers Karamazov met. No, reading or rereading *The Brothers Karamazov* is not a requirement for this talk. Reading Guide lectures could be.

It's not a quote from the Guide because as much as the lectures talk about love, the Guide says love cannot be commanded. You have to learn how to love. When you love, you become younger and older at the same time. You become "older" in the sense of becoming more mature, having more mature concepts, perceptions, and understanding. But you become "younger" in the sense of enjoying more, being more vibrant, and having more energy. 'Old age' is nothing but a final product of your defenses against life, others, and yourself.

How do you learn to love? You first discover how you hate your neighbor as yourself. So bring your favorite neighbor to this talk.

*Bert Shaw is a 50-50 helper, worker, and teacher. He has taught the Pathwork Guide lectures with his wife, Moira, for 40 years.* [WWW.THE-50-50WORK.COM](http://www.the-50-50work.com)

## April 29, 2006

NOON - 1:00 PM: *Lunch & Silent Auction*

1:00 - 3:30: *Presentation*

3:30 - 4:30: *Final Bidding & Live Auction*

PHILADELPHIA ETHICAL SOCIETY

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FOR MORE INFORMATION: [WWW.PHILAPATHWORK.ORG](http://WWW.PHILAPATHWORK.ORG)

CONTACT: Carolyn Tilove **215.752.9894**  
CTILOVE@AOL.COM

FREE ADMISSION

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