

s n a p s h o t s

By David Immerman and Rich Carlson



A Personal Reflection

By Carolyn Tilove



What a great day!! Our first regional day of Community, Commitment and Celebration. Pathworkers started walking in at 8:30am for a 9am start – many of them having traveled for an hour or more – immediately started helping. And, we needed help! The breakfast table was set up with goodies, food for lunch was carried in and then put away, gorgeously designed flower arrangements were placed around the room and more, more, more. Every where you looked people were creating our inner and outer environment for the day. And so it went until the final moments when many hearts and hands put the room back together, and helped us end with ease.

As a first step, Norm Danis led us in a lively up and down warm up exercise where we got to know a little bit more about ourselves as a group and as individuals. After that, the day was one of spontaneous and planned deepening of our understanding and practice

Commitment Community and Celebration

CCC Day - our first regional day for Commitment, Community and Celebration was held at the end of the 2005-2006 season in conjunction with our latest Transformation Program graduation. About 45 people attended – lunch was gourmet-delicious. Carol Day's TP 4 class created a wonderful graduation ceremony to complete their four years.

of the meaning of commitment on a spiritual path. We shared our commitment histories, laughed, cried, got to know each other better and were led by Carol in a moving meditation on commitment in the body. Some of the Guide's most profound statements on commitment were posted on the walls and in silence we meditated, reflected and shared the impact. Finally drums and rattles and dancing gave voice and form to "what commitment would sound like if it were a celebration"?

Imagine then how it felt after such a

morning to witness and celebrate the various stages of commitment made by 16 people. Our first Commitment Ceremony in over four years.

Surprising was the spontaneous hooting, hollaring, drumming and rattling that erupted in waves after each spokesperson spoke of how their Transformational Programs, Graduate Groups or First Fridays had unfolded over the past year. Each new person coming up to share amazed us, touched us, made us tear up a little and sometimes chuckle with recognition.

The icing on the cake was graduation – which ended with cake as well. We went home with copies of a beautiful Pathwork prayer as gifts from the graduates.

The initial levels of resistance to this "New" phenomenon CCC DAY, were many. We asked teachers and students to give up their final, cherished TP class; many people had to travel long distances; to include all the things we wanted to include meant quite a long day; and for most of us there is just the automatic resistance to the unknown - the new. Perhaps because of all this, the joy and camaraderie, warmth and deepening were all the more precious. Thank you everyone - for creating, carrying out, cleaning up, carousing, committing, and celebrating.

Congratulations Pathwork Graduates!



Carol Day congratulates her TP-4 class of 2006.

- Grace Douglass
- Nancy Doyle
- Mary Elliott
- Twain Gonzales
- Joyce Larkin
- Angela Mathis
- Jennifer Schrey
- Anne Jacobs



Pathworkers gather for Philadelphia Pathwork Region's CCC day.

UPCOMING events

Continuing Studies For Graduates

AUDIT, AUDIT, AUDIT – WHAT IS AN "AUDIT?" Did you know that it is possible, as a graduate, to audit the TP program? What that means is that you can attend an entire year's program, with the permission of the Helper, at half the cost and reap all the benefits? And, homework and private sessions are optional!!! For the past two years, several people have been auditing the Saturday program in Trenton. They have contributed a lot to the class, and have also seemed to benefit and grow from repeating the curriculum. This year, that group will be entering TP3, and we will be entering the Pathwork of Relationships. At the present moment, there are several spaces available for someone to audit the year. The cost for this program would be \$60 per class. If this is something that you think may benefit you and your growth process, please call me, Carol Day, at 609-392-7855 and we can talk about what this may look like for you.

Graduate Program

FAITH, TRUST AND OPENING OUR CHANNEL TO GOD. September-June 2006-2007. This class is an natural outgrowth of last year's class, TP5 - Manifestation and Creation. The last step of creation is faith and trust. This year's class will explore faith, trust and the varying blocks to opening our channel to the divine core within each of us. As part of the class students will be sharing their favorite exercises, meditations and processes for opening their channels. The first class deals with PGL #221, Faith and Doubt In Truth or Distortion. For part of the homework, we'll be inventorying our doubts and examining them to see which we take pride in, which we have a stake in, our honest reasons for them, and where we project our self doubts onto others. ★ Led by: Sharon Lee and Joe Balsama, 610-222-4688 or slmjab@aol.com. Location: 272 Center Point Lane, Lansdale, PA 19446 (Blue Bell area). There are one or two spaces open for students who have not completed year 5. The student must feel "called" and feel they have the background for the work. Acceptance into the class by interview and permission of the teacher. Cost: \$1,200 payable monthly.

Two, One Day Workshops

ABIDING LOVE RETURNS. October 7; November 11. 10am-4pm. There are many ways we can open our hearts, our minds, our energy systems – our consciousness. As we do this, our awareness may expand to non-embodied beings who want to connect with us to offer abiding love and guidance. This is not everyone's path. But if it is part of yours, you are missing out if you do not do the work to make yourself available for this connection. The previous workshop on Abiding Love was a blessed day of insight, connection and wonder. I am offering to continue this work, in a two day package, so that we may deepen if you are returning, and begin the work where you are if you are coming for the first time. Consider if your higher self is calling you to make a commitment to this knowing, to this unfolding, to this pleasure, to this security, to this love. ★ Led by: Carolyn Tilove 215-752-9894 or ctilove@aol.com. Location: Lower Bucks County. Send \$50 deposit to 901 Bellevue Ave, Hulmeville, PA 19047 by 9/25. This will be an intimate group. Cost: \$100 for one, \$175 for two.

Upcoming Events continued on Page 4.

- Flyers with registration information available on www.philapathwork.org.
- All Pathwork lectures are available on www.Pathwork.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

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 Kabbalistic Healing. She also does energy work, including kinesiology, Shiatsu, Reiki, Mari-El and Cranial Sacral Therapy. Web site: Rockymtnpathwork.com

Pinna 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.

Graduate Study Class

YEAR 5 TRANSFORMATION PROGRAM: THE WORK OF CONSCIOUS MANIFESTATION. One Sunday a month, 9:30am-4:30pm. Beginning on October 8, 2006, in Trenton, NJ., and also in October (weekend to be announced) in Philadelphia, PA. A year-long study of the process of manifestation will begin in fall, 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 or by special permission due to equivalent work. ★ Led by: Carol Day in Trenton at 609-392-7855 or CarolDay3@comcast.net. Led by Renee Whatley in Phila. at 215-472-6454 or rwhatley2@aol.com. Two Locations: 21 Whittier Ave., Trenton, NJ 08618; or in Philadelphia, PA. The class is limited to 10 people. A deposit of \$120 by September 15 will hold your place. Please call either Carol or Renee to let us know you are interested, or if you have any additional questions about the class. Cost: \$120/class.

Pathwork Gathering

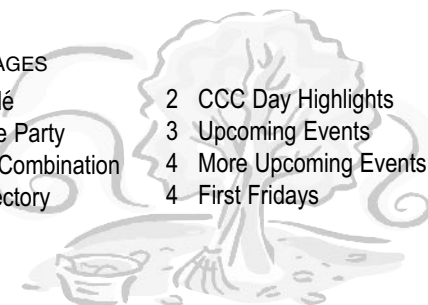
WINTER SOLSTICE CELEBRATION. Sunday, December 17, 2006, 3pm. Please save the date for the Winter Solstice Celebration. Pot luck supper to follow. For information or directions email or call Elaine Stogo at elainestogo@yahoo.com or 610-667-1137 or Valerie Bennett at valerievalera_2000@yahoo.com or 610-565-7187 or Renee Whatley 215-472-6454. Location: Oak Hill Condominium Clubhouse, 1650 Oakwood Drive, Narberth, PA 19072. Cost: Free.

Monthly Process, Lecture Study & Meditation

THE FIRST DAY OF YOUR LIFE: LIVING IN LOVE. January 7, February 3, March 11, April 14 and May 8, 2007. Pathwork graduate studies group open to all graduates of the Transformation Program. ★ Led by: Gayle Lacks, M.D. & Pathwork helper. 215-576-7933 or glacks@verizon.net. Location: 711 West Ave., Suite 2, Jenkintown, PA 19046. Cost: \$375.

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Seaside Soufflé

By Matt Cooley

Take one modest but cozy shore house in Ocean City, NJ. Add in a dozen kind souls and one happy baby. Sprinkle in warmth; love; great conversation; laughter; beer; sandy beach; chicken, sausage and vegetables on the grill; and generous amounts of cooperation. Slowly warm overnight, stirring occasionally.

A good time was had by all at an Ocean City Shore house. Although just for one night, this little get-away managed to turn strangers into friends and drew good friends even closer. The ensemble of mostly Pathwork people consisted of Elena, Elaine, Ed, Dianne & Matt and their 11-month-old baby, Abby, Valerie, Norm, Gayle, Georgine, Sharon & Joe, and included a cameo appearance by Ted Fox.

Special thanks to Elena for the house and to Elaine for her organizational spirit.

Winter Solstice Party December 17th, 2006

Save this date: Last year's party was so great, we're going to do it again! If you'd like to help create this year's event, call Elaine Stogo at 610-667-1137.

Your Winning Combination

Meditation, Daily Review and Prayer

By Carol Day and Grace Douglass

Every August, I offer a month-long lecture study, and several times it has been a class on Daily Review. I find it curious that this basic tool is so overlooked by new and old Pathworkers alike, and I hope I can inspire each of you to find the benefit of this process.

This summer, the class was filled with a mixture of graduates, newcomers, and curious spiritual seekers. It's really a great joy to share this work in such a mixed group, where everyone can learn from and help each other.

Here is a brief experience that one of our graduates, Grace Douglass, wanted to share with our region:

It's now 11 years since I began the Pathwork (yikes!) and I am still dealing with an enormous amount of resistance. I feel like the "Queen of Resistance" and I can feel the perverse pride my child consciousness takes in being so powerful. Since I have been struggling with this for such a long time, it came as a surprise when I made a significant breakthrough after the, "Meditation, Daily Review and Prayer," lecture study given by Carol Day in August.

Journaling has always been something I have resisted very strongly. I never really believed in the value of it (but thought I should). I lumped this in with other things I didn't want to do, such as my homework and meditation. I tried reasoning with myself that it was part of the Pathwork and therefore it must be good for me, but the resistance continued very strongly. I would also force myself to do it from time to time.

Many of the other members of the class were also expressing a lot of resistance and I could feel the support of the group's energy. I began to really feel my resistance as an unruly child who had to be in control at all costs. I experienced this at a deeper level than I had before and also began observing and talking to that part with more

understanding. After the class, I read the lecture that was handed out to us, "Constructive Attitudes in Self-Confrontation." This was not a channeled lecture but one that Eva wrote herself, and is contained in her unpublished manuscript, "Path to the Real Self."

Dealing with resistance is the key to making real progress.

In it, Eva stresses the importance of dealing with resistance and how it is a key to making real progress. She explains that it will reappear over and over even after episodes of successfully dealing with it. And then I read a part that really jumped out at me, "this child has to be humored... If the psyche is under the impression that insight and understanding mean a forced change, the resistance to facing whatever needs to be faced will be much greater." She says to, "impress your unconscious with the message that you are not forced to change, you have a perfect right to stay the way you are; your right of choice can only be extended by knowing what goes on inside of you, not diminished."

My child consciousness was thrilled at hearing this. I realized (once again) how demanding I have been about expecting a change in myself whenever I have identified a "flaw." I have judged, compared and shamed her into changing and it wasn't happening. No wonder the resistance was so strong!

At the end of the class we stated our intentions about daily review and mine was to journal in the evening. The next day I couldn't wait until that time and began journaling in the morning! Miraculously, I journaled again in the evening and did so again for the next several days! Since I had given myself permission not to do it, the resistance disappeared! By the time you read this I don't know if I will still be journaling so enthusiastically. But, I am sure that this is a great breakthrough for me in learning to deal with future resistance and it feels good to be able to share this experience with all of you.

Our FOURTH YEAR

Discover FIRST FRIDAYS

7pm-9pm

On the first Friday of every month beginning in October, pathworkers and people interested in the Pathwork gather at locations throughout the Greater Philadelphia area to explore pathwork concepts, share life experiences and

encourage each other on this path of self-discovery. The theme for this year is – **RELATIONSHIP: The MEANING, The WORK, The PROMISE.**

Life is relationships my friends. "What is life" is a question asked by many. Many answers can be given, they may all be truthful. But above all else, life is relationship; if you do not relate at all you do not live" PGL#107.

2006 / 2007 First Fridays' Schedule	
October 6, 2006	The Spiritual Significance of Human Relationships. PGL#180
November 3, 2006	Love: Not a Commandment: But a Spontaneous Soul Movement of the Inner Self. PGL#133
December 1, 2006	Aspects of the Anatomy of Love: Self-Love, Structure and Freedom. PGL#240
January 5, 2007	Real Needs and False Needs and Their Relationship to Man's State of Consciousness. PGL#192
February 2, 2007	Falsified Impressions of Parents: Their Cause and Cure. PGL#99
March 2, 2007	Duality Through Illusion-Transference. PGL#118
April 6, 2007	Man and Woman in the New Age. PGL#229
May 4, 2007	Love, Sex and Eros. PGL#44
June 1, 2007	The Evolution and Spiritual Meaning of Marriage. PGL#251

All Pathwork lectures are available on Pathwork.org.

LOCATIONS: Directions are available on Philapathwork.org.

Main Line Philadelphia. Led by: Renee Whatley, Pathwork Helper. 215-472-6454.
Trenton, New Jersey. Led by: Carol Day, Pathwork Helper. 609-392-7855

September 2006

PHILADELPHIA
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 www.philapathwork.org

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September 2006 Edition

ANNOUNCEMENT

NEW - Members' Directory

Yes - we mean it! It is coming soon!! All of you who are supporting members of the Philadelphia Pathwork Region who wanted to be listed in our first ever Members' Directory will soon see your names and vital information in print! This, of course, is to be used only for personal reasons of contacting fellow Pathworkers. Thanks to Elaine Stogo for conceiving and guiding this new birth and Michael Walstad and Carolyn Tilove for assisting the midwife. Don't forget our new membership drive will start in October - any new members who want to be listed will be sent out as addenda.