

# Habitat for humanity

The rehabbed house on the corner of 7th and Clinton is Camden Habitat's home-office. It felt warm and light and inviting but the steel bars on the locked door told the story of the neighborhood that they are reclaiming house by house. "If you're working outside and need to go to the bathroom, don't leave even a rake outside," said Amy, program director and woman of all trades: A testimony to the desperate lives of many of Camden's citizens.

But the long line of applicants for a Habitat home who meet the requirements of a steady job, willingness to put in 500 hours of sweat equity and take classes in home repair and insurance, real estate taxes, also testifies to the many families who need some help but are ready and able to move ahead into greater safety, comfort and stability.

We were 7 pathworkers and with the outstanding organization and help of the indomitable Amy, and Matt and Chris and Mary, (two committed teenagers and a lovely woman whose daughter had gotten her involved), we took down part of a tree, painted walls, doors and



On Saturday, March 31, 2007 Pathwork volunteers make a difference in Camden, NJ with Habitat For Humanity.

trim, put new batteries into smoke detectors, vacuumed top to bottom, filled 15-20 bags of trash from the back yard, dug up concrete to make a garden area, and scraped off the stubborn remnants of a old sign on the outside brick wall.

We met the family who would be moving in, blessed the house and family, broke bread together, and had a physically active but deeply energizing and

very satisfying day.

The next day I was a little sore but strong in my body and light in my heart.

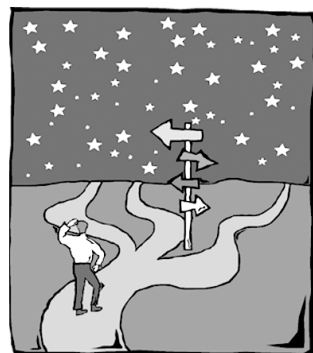
I suspect some of us will want to do this again in the future - maybe in three months or so. Maybe you'd like to join us. If you want to know more, ask any one of us: John Stritzinger, Renee Whatley, Elaine Stogo, Cheri Mohr, Donna Neilson, Valerie Bennett and Carolyn Tilove.

## The Power of Commitment *a journey through the obstacles of misconceptions, negative intention and defense against pain*

by Mary Elliott

As I opened the lecture, #196 - Commitment: Cause & Effect, my eye fell on this quote: "Disconnectedness between cause and effect, that is, between lack of commitment and frustration, creates the need to seek the wrong kind of adjustment. Whenever there is lack of commitment, negative intentionality must be operative." This gave me my starting place.

Having spent the last 2+ years sitting on a particularly pointy barbed-wire fence, frustration has become something more familiar to me than I care to admit. There has been a deep refusal in me to get off the fence either



way because (and here's the negative intentionality) I refuse to accept limitation, which is part of the price of getting off the fence. The child consciousness deeply believes that limitation is a major mistake.

As the members of our group each wound their way towards their own commitment for the day, we were asked to consider making room for the

idea that commitment can be pleasurable.

We were guided by Carolyn Tilove and Renee Whatley in writing our commitments so that they felt real, reasonable and do-able. Many of us had to adjust and readjust our

See **Commitment**, Page 4

# Sex Love & Eros

## Reclaiming My Sexuality In My Golden Years

I longed to reconnect to my sexuality but didn't know where to begin. Then I heard again of the **Awakening Sexuality Workshop** that Brian & Carolyn were facilitating March 23-25. I knew without a doubt it was my next step. After I had signed up tremendous terror arrived & I was stuck in it; I couldn't move. I shared the terror that I was experiencing in my wonderful support group; the terror subsided & I could now move & prepare for the weekend.

I had never committed myself to preparation like I did for this for I longed for a breakthrough. I prayed for courage, humility, honesty, insight & a miracle as I prepared & prayed for the same gifts for the weekend. Many insights came to me as I prepared. Things started surfacing that I was oblivious to: they bubbled up & I explored them as deeply as I could.

On Friday as I was in preparation to leave, fear returned & grabbed hold of me though it was not as ominous as previously. I felt physically sick. As we sat in the group Friday night Brian asked what we needed to feel safe. I thought, "Brian how are you going to make me feel safe!" Brian's gentleness, sensitivity, expertise did just that. I found myself sharing as I never did before.

A gift I received from Brian was to connect to my Ruthlessness something that I do not freely do in my life. He pointed out that you need sensitivity & ruthlessness in expressing your sexuality with another. Sensitivity I knew; I thought I'm halfway there! Brian suggested I hang a sign "Ruthlessness" which would remain within my eyesight throughout the weekend. When I felt stuck or wanting to clam up & not express what I was thinking, I looked at "Ruthlessness" & it came alive within me, assisting me to go to places I would not have gone. Brian helped me to see to reconnect to my sexuality was a "Yes" rather than the "No" I was firmly holding. The formula for me was that simple.

Last night as I laid in bed I thought I did not make time to thank God for all the gifts & insights He gave me over the last two weeks. Then I was reminded that I was saying thank you in action, in my expression of love to my husband where He also lives.

My golden years are now truly golden. Thank You Brian & Carolyn.

# UPCOMING events

Four Week Lecture Study

**DAILY REVIEW AND THE THREE CHAIR MEDITATION. Monday Evenings: August 6, 13, 20, 27. 7pm-9:30pm.** "To really understand the dynamics, the meaning, and the process of meditation and derive the maximum benefit from it, you must be clear about certain psychic laws I have discussed elsewhere. One is that three fundamental layers of personality must be involved if meditation is to be truly effective." (PWL#182)

Join me in August as we continue our journey with Daily Review. In this class we will focus on the above meditation process, learning how to apply our Daily Review in a very specific way. The class will consist of daily journaling, homework, lecture, and process as it arises. It is open to newcomers as well as graduates, and also serves as a pre-requisite for the Transformation Program. ★ Led By: Carol Day, 609-392-7855 or carolday3@comcast.net. Location: 21 Whittier Ave., Trenton, NJ 08618. Please, a deposit by July 20 will hold your place. Class is limited to 15 people. Cost: \$125.

First Fridays

**RELATIONSHIP: THE MEANING, THE WORK, THE PROMISE. THE EVOLUTION AND SPIRITUAL MEANING OF MARRIAGE. Friday, June 1. 7pm-9pm.** 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. ★ Led By: Carol Day, 609-392-7855 or carolday3@comcast.net. Location: 21 Whittier Ave., Trenton, NJ 08618. Cost: Free.

Transformation Program

**TRANSFORMATION PROGRAM - YEAR ONE. Sundays, September 2007, once a month. 10am-4pm.** There has been a groundswell of interest for the formation of a TP1 class to begin in September 2007. If you are wanting to deepen your Pathwork experience, this may be of interest to you. In addition, this class will also be available to graduates for auditing depending on class size. If you are a graduate and feel like you would like to revisit this material, audits are available at half-price. ★ Led By: Carol Day. 609-392-7855 or carolday3@comcast.net. Location: 21 Whittier Ave. Trenton, NJ 08618.

## Hold This Date!



**2007 PHILADELPHIA PATHWORK AUCTION Saturday, September 15, 2007 12pm-4:00pm**

We are pleased that Brian O'Donnell who led our recent Sexuality Workshop will be returning as the guest speaker as part of the Auction. More details will follow.

## 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, 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. 610-793-4321 / [jbelmonte@erols.com](mailto: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](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 Kabbalistic Healing. She also does energy work, including kinesiology, Shiatsu, Reiki, Mari-El and Cranial Sacral Therapy. Web site: [Rockymtnpathwork.com](http://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](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.



# Commitment

From Page 2  
commitments until they felt comfortable enough to stand in. We were also asked to explore the three obstacles on the road to commitment: misconceptions, negative intentionality, and defending against pain. The Guide explains: "When misconceptions can, on the innermost level, be exchanged for truth; when negative intentionality is being exchanged for positive intentionality; and when the individual no longer defends against experiencing pain, a substantial step of the initial purification has been accomplished."

After writing and rewriting my commitment for the day, it read as follows: I want to commit to coming into truth about the price for coming off the fence. Once we found our commitments, the group was asked to determine "which of the three is the most important obstacle between me and realizing my commitment?" For me the most important obstacle was misconceptions -- misconceptions about what it means to pay a price, what it means to accept limitation, what it means to have to choose. And what it meant was sacrifice, deprivation, and loss of pleasure -- not much incentive for commitment-making and certainly no room for the idea that commitment can be pleasurable.

Early in the day commitment was defined as one-pointed and whole-hearted, and as I worked with my misconceptions, I descended into a concise and rational (to the lower self) negative intentionality: "If I have to accept limitation as part of this earthly experience, then what I give will be limited. None of this

one-pointed, whole-hearted stuff." My process continued while driving home from the workshop. I mulled over for the billionth time my two-pronged predicament. As I thought about pseudo-solution #1, the one preferred by my child consciousness, guidance dropped into my awareness, loud and clear, helping me to come into truth about the price to be paid for getting off the fence. It was short and sweet: "IT'S NOT WORTH IT."

As I drove, the guidance expanded, giving me a window into the future in terms of return on investment. As my mind moved to the less-preferred, pseudo-solution #2, again the words dropped in: "IT'S WORTH IT." Once more the window to the future opened, and I knew (and here was the caveat) that fully committed to, option #2 would no longer be a pseudo-solution, but would fulfill a real need.

Also, for option #2 to be fully committed to, hidden negative intention would need to be brought to light and owned. Option #2 would require courage, strength, a venture in mutuality and trust in a benign universe. I could see it clearly in my expanded state. That evening I descended further to the third obstacle, the defense against pain. As I worked, I was able to feel some of the feelings I'd been defending against with my misconceptions and negative intentionality.

P.S. Post-workshop -- day 5. A deeper negative intentionality came to the surface last evening. I rocked and rolled, frightened by it, but today, as the hours pass, it is losing its power. The tender green shoots of a new, soft, positive intention is gently rising in its place, allowing me to edge my way to a cre-

ative, positive, and yes, even pleasurable, commitment.

I send my deepest love and thanks to Carolyn, Renee, the Guide, and all my fellow Pathworkers for this inspired workshop. We are all blessed by this path. My gratitude is immense for the deepened understanding I have about this journey to commitment.

## YES, YES, YES!

By Sheriy Minggia

I am new to Pathwork. I have discovered from attending one Pathwork session there is no turning back. A door got opened. Be it consciously or unconsciously or in conflict or peace of mind, once my door was opened, my spirit will not allow it to close ever again.

An example is the Commitment Workshop. Through all of the hustle and bustle of this worldly environment and my constant mind chatter I knew. I knew this Commitment Workshop was my time for spiritual growth to be had.


The answers to my very being is like planted seeds. I do not just arrive! Yes, I must push forth my spiritual being beyond my seeding casings and even through the earth itself. The Pathwork Workshops' allow me the safe learning haven to do this.

I am embraced by other people that are searching for their answers as well. I like this. For I find I learn from other people as I listen to their journey. I even discover my answers as well!

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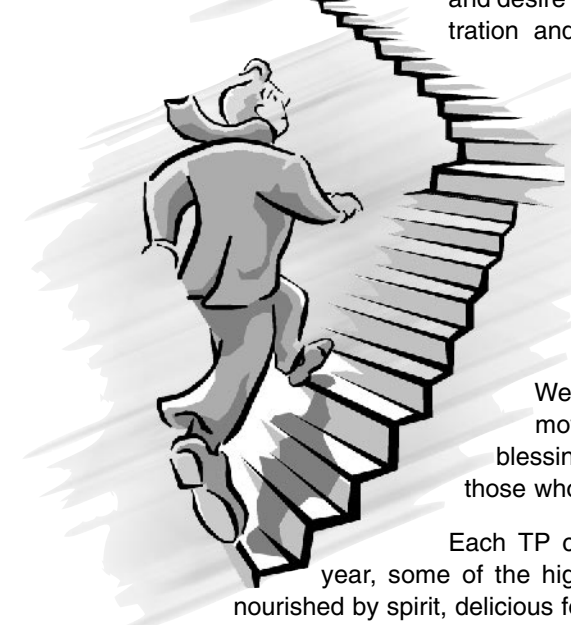
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★ community, Celebration  
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**Saturday, June 2 • 9:30am-4:30pm**



This year during our end of the year celebration day, we will be honoring Carolyn Tilove who answered a call to establish the Philadelphia Pathwork region twenty one years ago. Now, she is answering another call to step down from leadership. We will also perhaps be honoring someone new who is answering the call to support, be a channel for and lead this Pathwork region. She will not be alone. All of you who have been called to do some work on this path

## Welcoming and Resisting the Call



are now part of the collective consciousness and may have some part to play in its going forward. Therefore, our theme is Welcoming and Resisting the Call.

How do we discern a Call from a preference? How do we discern the true need to step out and Shine from our ego's need and desire to shine? How do we tolerate the frustration and disappointment that all leadership includes while holding and feeling and radiating out the blessing that leadership also bestows?

Each of us is called to our own next step. Join us to see what your next step is; how to open to it; and whether it includes some part in the Philadelphia Pathwork Region's call as well.

We will learn, process, meditate, pray, move, dance and sing. We will offer our blessings to those who are leaving and those who are coming.

Each TP class will also share, as we did last year, some of the highlights of their year and we will be nourished by spirit, delicious food and each other.

CCC Day is part of the TP program and the Board is absorbing the cost for community attendees. St. Luke's church will be our home for the day whose priest is our own Ernie Curtin.

**LOCATION**  
St. Luke's Episcopal Church, 100 East Washington Avenue, Newtown, PA 18940.  
~RSVP~ • Directions and lectures to read will follow •  
Please contact Carolyn Tilove at ctilove@aol.com or Sharon Balsama at 610-222-4688 by May 20 to let us know you are coming so we can get the food right.

## I'm glad YOU ASKED

Q. When my friends ask me about the Pathwork, I never know what to say. What do you suggest?

A. This is a question and experience that I'm sure many people have felt. There are of course, many ways of responding to this question.

In answering your question, I would like to share a bit of my experience. Years ago, I was a member of a group whose focus was not about Pathwork. However, the person leading the group was a Pathwork helper. During the course of the year, there were many situations that arose wherein the group leader employed Pathwork principles to work with these issues which I felt to be very effective and helpful. Additionally, I could sense and feel that the group leader used these principles, tools, and spiritual practices successfully in relationship to her own life experiences. I was deeply impacted by my experiences although I did not yet know that I was experiencing Pathwork. After a time, I asked about the principles that were being applied and learned about the Pathwork. I did not feel the need to attend additional workshops or lecture series to know that this path was right for me. Soon after, I applied for entry into the transformation program and have been grateful for my Pathwork experience over the past thirteen to fourteen years.

I believe that your own choices and experience with Pathwork might be one way to share your truest and easiest response in meeting this question; How you found and how you were guided to Pathwork, your reasons for participating on this spiritual path and the ways in which you have been touched and affected in your own journey. Although there are lectures, books, workshops, lecture studies, that one can recommend, often it is the case that others are impacted by the embodiment of honest, sincere, and heartfelt sharing that is transmitted through you and through your Pathwork transformation.

Please send all questions or responses to both Prina Polishook at corestar.one@verizon.net and to Carol Day at CarolDay3@comcast.net.

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**CCC Day**  
**June 2, 2007**  
An All Day Event  
You Won't Want to Miss!  
See Inside for details.



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