

## I'm Glad You Asked

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for that. And, in addition, usually they require a blood panel, but because I was in good health and this was clearly elective surgery, (and a blood panel is expensive), they would waive that requirement as well.

So, how much abundance can one person take? Right now I have a positive expectation the colonoscopy will be easy and effortless and that my health is good. Abundance. And even the possibility that they may give me a discount on the rest of the fee (around \$1600) — but this is not a demand, but a “perhaps”. And if they don't, that is OK also, since I already feel like I have been treated respectfully, and kindly.

The most important piece that is missing here, that would have blocked this positive creation and the arrival of abundance, would have been some lower self, child consciousness negativity around money, my health, doctors, etc. (For example, if I was resentful that I had to pay so much, I might have done an extensive search to find the cheapest doctor, gotten angry that it was “so” expensive, gone into fear and despair that no one wants to take care of me, etc.)

The piece around negativity must be addressed or you will continue to spin your wheels and wonder where the abundance is that everyone, i.e. “The Secret”, talks about. No matter what you want, and no matter how much you want it, there could still be a part of you that really doesn't want it, and without discovering this part, abundance and positive creation will be illusive. This is the area in which the Pathwork shines. This story I have written, could only have happened after years of work on my own negative creations, and daily introspection, and walking my Path. Thank you, Pathwork!!!

For more information on how to create abundance in your life, you can read *PGL#194, Meditation, Its Laws and Various Approaches*.

Please send all questions or responses to both Pnina Polishook at [corestar.one@verizon.net](mailto:corestar.one@verizon.net) and to Carol Day at [CarolDay3@comcast.net](mailto:CarolDay3@comcast.net).

## From The Board

From Page 1

those of you who were at CCC Day) and see how it feels.

Talk to any one of us: Renee, Grace, Rick or John just to explore.

With Carolyn and Ted retired from the board, we really need you; the region needs you; and perhaps your soul needs you to answer this call.

We meet once a month at a time and place convenient to all members.

We are responsible for the auction and gathering; the membership drive, any community building activities, etc. We have lots of help from members - but we're the organizing and envisioning force.



# Putting Holy Back in Holiday

**“The word is both expression and creation. It is plan, knowledge, opinion, consciousness. ...The word is feeling, attitude, and intentionality. The word carries immense energy powers of its own kind, differing from other energies. The word is what is behind all creation. Creation cannot exist without a word spoken, known, held, believed in and committed to, in each area of specific creation.”**

*PGL # 233 The Power of the Word*

by Renee Joanna Whatley

I admit to an explosion of mini-ER's during this season of the year.

Hidden just beneath the surface has been this gnawing irritation.

Watching and often enough being a part of the frenzy of shopping, wrapping, cooking, baking, traveling that often marks this time of the year – I would feel rumblings from an unknown source. Not quite Scrooge or the Grinch but clearly in that direction.

When I finally focused inward to ask what was going on in me, what finally surfaced was a set of feelings reactive to the word holiday. A set of feelings that I didn't even know I had. Those feelings included anger, disappointment, frustration and sadness. Mostly I was awash with a deep sense of sadness. A deep sadness that we collectively seem to have forsaken our spirituality to the point that we seem so hesitant to even name a holy day holy. Maybe its embarrassment and/or shame of our higher selves.

I am not an etymologist, (I think that is what they call those word detectives who search out the roots of words.) but it is my layperson assumption that holiday is derived from holy day and just possibly Christmas is rooted in Christ Mass.

And although it may seem trivial – we know that it is important how we name things – that there is power in the word -

- that the expression shapes and informs how and what we experience. What would our experience be if this was the holy season rather than the holidays?

So I have taken up the cause, not a big cause, without demand or forcing. Well in truth it is hard for me release all forcing, it is so habitual. So if you detect a subtle forcing current in this, I apologize in advance. And ask you to just let that part of my message evaporate. For myself it is my intention to put the holy back in holiday – at least for those holy days that are clearly based in spiritual traditions.

What that means for me is to be conscious of my use of the word, holiday, particularly when referring to the days we call Christmas, Hanukkah, Easter, Yom Kippur, Rosh Hashanah and Ramadan and to begin to speak the word holy day in its stead. And to watch my own hesitations, where I tighten and cringe, what is the fear and to open to where it may feel healing to do so. I take this on as a spiritual practice curious at to whether the so naming shifts my experience.

If there is a part of you that resonates with this, I offer it to you as a spiritual practice and I would be interested in knowing what you learn about yourself and if there is any shifts in your experience of these holy days.



# UPCOMING events

*Winter Solstice*

**WINTER SOLTICE ON DECEMBER 15TH HAS BEEN CANCELLED** due to a scheduling conflict. We will look to schedule it again next year.

*One Day Workshop*

**BIRTHING THE CHRIST: CHRISTMAS – HOLIDAY OR HOLY DAY. SATURDAY, DECEMBER 22, 2007. 10am-2pm.** This Christmas season give yourself the gift of spiritual nourishment. Take the time out of your holiday hustle and bustle to contemplate the meaning of the Birth of Christ, over 2000 years ago and consciously engage in the process of birthing the Christ within as part of your daily life. The Guide speaks of acceptance, acceptance of our negativity, our limitations, and our humanness as essential to this birthing process. We will work with our misconceptions, our resistances, and our fears regarding The Great Act of Acceptance. We will engage in lecture study, pathwork process and meditative practices as we explore and personalize the meaning of this holy day. PGL#219 Christmas Message & PGL#239 Christmas Lecture. ★ Led by: Renee Joanna Whatley, Pathwork Helper. 215-472-6454 or [Rwhatley2@aol.com](mailto:Rwhatley2@aol.com). Location: Presidential-Madison House, 3900 City Avenue, Suite D-105, Philadelphia, PA. Cost: \$50.

*January Pathwork Studies Series*

**THREE ASPECTS THAT PREVENT LOVING. One Day Workshop: Saturday, January 12, 2008. 10am-4pm.** Our deepest fulfillment comes from being able to feel our Real love for others. What stops it? Find out if you're “Starving”, “Repressed”, or “Superior” as your major defense against your natural love flow which is right there under the defenses. Enjoy bringing those frustrated, needy, angry, impatient, rejecting emotions out into the open - and then in the fresh air - giving them form and clarity so reality can begin to emerge from deep within. ★ Led by: Carolyn Tilove. 215-752-9894 or [ctilove@aol.com](mailto:ctilove@aol.com); Location: 901 Bellevue Ave., Hulmeville, PA 19047-5531. Bring a Bag lunch. Cost \$100.

*Joyce and Renee Back Together Again!*

*February Pathwork Studies*

**WHAT DOES LOVE HAVE TO DO WITH IT? One Day Workshop: Saturday, February 9, 2008. 10am-4pm.** “It is just as harmful to love too much, and thus unwisely, as it is to love too little. We speak here of a personal love, demanding love in return.... the type of love that needs and wants to possess. To love too much when it is not wanted is as insensitive, as egocentric and as greedy as loving too little” PGL #103. Have you ever struggled with understanding and accepting why your strong loving was not received by a loved one or wondered how to “be with” a loved one who had “less capacity for genuine love.”? How about those times you vacillated between strong loving and resentment when your loving was not received in the “right” manner. Join us as we explore these relationship subtleties with the goal toward learning how to “grow sufficiently to give only what can be received.” ★ Led by: Joyce Belmonte 610-793-4321 and Renee Whatley 215-472-6454 or [Rwhatley2@aol.com](mailto:Rwhatley2@aol.com). Location: Presidential-Madison House, 3900 City Ave., Suite D-105 Philadelphia, PA 19131. Cost: \$100

*New Two-year Program!*

**TEACHER TRAINING PROGRAM. Beginning September 2008.** Have you been feeling you want to teach Pathwork... conduct a lecture study, lead a First Friday? Do you want to teach and yet you do not feel certain that you want to become a Pathwork Helper? Or, have you been waiting for a Philadelphia Pathwork Region Helpership Training Program because you feel called to becoming a Pathwork Helper? Beginning in September 2008, we will offer a two-year program that will train you to teach Pathwork whether or not you wish to go on into the Helpership Training Program. If some of you wish to become Pathwork Helpers and are accepted into that program, these two years will serve as the first two years of your Helpership Program. Stay tuned! Details are being worked out now. Cost, dates, times, and locations, etc. will be announced soon! If this program calls to you, you can call Renee Whatley at 215-472-6454 and let her know you are interested.



## 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)

**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.

Monthly Calendar and  
Follow-up Pathwork Studies

# FIRST FRIDAY

7-9pm

& Pathwork Studies



**FIRST FRIDAY** is a free gathering which takes place in several locations. Pathwork lectures are read and discussed and there is opportunity for meditation, prayer or exercises related to the lecture. These sessions are open to all who would like to become more acquainted with the Pathwork material. Participants can come to one or all of the sessions.

**PATHWORK STUDIES** is a new program offering a deepening of each First Friday lecture. Education, prayer, meditation, exercises and personal process may be a part of the Pathwork Studies experience.

**First Friday and Pathwork Studies dates:**

• **First Friday: Dec. 7, 2008, 7-9pm**

PGL #97, Perfectionism

• **Pathwork Studies: None**

• **First Friday: Jan. 11, 2008, 7-9pm**

PGL#107, "Three Aspects That Prevent Loving."

• **Pathwork Studies: January 19, 10am-4pm.**

"Three Aspects That Prevent Loving. Caroyn Tilove. 215-752-9894. Ctilove@aol.com.

Location: 901 Bellevue Avenue, Hulmeville, PA 19047. Cost: \$100.

• **First Friday: February 1, 2008, 7-9pm**

PGL#103 "The Harm of Too Much Loving."

• **Pathwork Studies: February 9, 10am-4pm.**

"What Does Love Have to Do With It?"

Joyce Belmonte 610-793-4321 & Renee Whatley 215-472-6454. Location: Presidential-Madison House, Suite D-105, 3900 City Line Avenue, Philadelphia, PA 19131. Cost: \$100.

• **First Friday: March 7, 2008. 7-9pm**

PGL #192 "Real Needs, False Needs."

• **Pathwork Studies: Lecture Study -**

**Mondays, March 10,17, 24, 31, 7pm-9pm.**

"Needs." Carol Day. 609-392-7855.

CarolDay3@comcast.net. 21 Whittier Avenue, Trenton, NJ 08618. Cost: \$125.

**Locations for First Fridays:** (We request that you call so we know how many will attend.)

**New Jersey:** Carol Day, 21 Whittier Avenue, Trenton, NJ 08618. 609-392-7855

**Philadelphia:** Renee Whatley, Presidential-Madison House, Suite D-105, 3900 City Line Avenue, Philadelphia, PA 19131. 215-472-6454.

**Blue Bell Area:** Sharon Balsama, 272 Center Point Lane, Lansdale, PA 19446. 610-222-4688.

**Paoli:** Prina Polishook, 165 W. Lancaster Avenue, Paoli, PA 19301. 610-667-1176.

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# PHILA PATHWORK REGION

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Board President of the Philadelphia Pathwork Region

## Ted Fox leaves the Pathwork den

**AN APPRECIATION OF TED FOX**

by John Stritzinger

When I joined the board several years ago, one of the best things going was Ted Fox. If you ever have a group, include Ted because he has a way of making everyone welcome and getting to the issues and decisions that are needed, in a way that just makes you want to join in. His inclusive approach made me feel like one of the members, not just a tag-along (a personal ER-button for me). He just took all the power out of my lower-self tendency to take personal offense at perceived acts of exclusion, and that has made me a better board member and contributor to our region. Ted works in an understated way that has left me feeling liked, appreciated, and acknowledged--all good things! -- and I will miss his presence at our board meetings.



Ted Fox

Ted brought the initial conversation for many of the community-centered events that we now enjoy. He encourages participation and he graciously accepted the large helpings of service from the wonderful people in our community who came forward with new ideas, enthusiasm and energy to make them happen. I particularly enjoyed the positive energy he brought to the relationship between our region's board and the Helpers Council. He got us moving closer together, communicating better, and in even the simplest of events -- as when he and I attended lunch at a Helpers Council meeting day -- Ted showed up full of warmth, with humor and sincerity, and of course, great food!

As I've taken in the way others interact with Ted, I get how he brings out the better parts of everyone he works with. It is a rare gift for consensus that Ted takes with him and we will miss. Ted, blessings and thank you for everything you've contributed to our region and to each of us that you've worked with.

**GOD SPEED TED**  
by Carolyn Tilove

Eight years ago in a workshop called, *Meeting the Christ*, I met Ted Fox. He had already been in the Pathwork for awhile but he was a quiet guy and we had never talked.

He had recently retired and in his opening and closing remarks he spoke of his commitment and passion for service...whether in his family with a very sick brother or in the larger world. At the time he and we didn't know where this would take him.

Ted continues to serve his family but is most active and tireless in his Camden Church which ministers to the poorest city in the country. He can be found on the Synod helping to guide the future direction of the church, cleaning up the kitchen after Friday night gatherings, teaching Sunday School and a hundred other things. We have been blessed to also receive his love and wisdom and leadership in our region. He has served on our board for years and as president for the last three.

His tenure is marked by a singular shift. He accomplished it without fanfare and without taking credit for it. The board became clear in its mission: to support the helpers who are channels for the Pathwork and to build community. This clarity led to deepened relationships between the helpers and the board and an influx of community events: leadership prayer day, solstice, picnic, beach day, CCC Day, expanded First Fridays and others I am probably forgetting. It was members of the community that were inspired to create these and deserve a lot of credit. But the foundation was Ted Fox's calm and clear "yes" to whatever fostered the mission of building community. He will be greatly missed.

**"A MESSAGE FROM THE BOARD"**

by Carolyn Tilove and Grace Douglas

We are putting out a request to all Pathworkers to consider becoming a member of the Philadelphia Pathwork Board. You will be placing yourself squarely in the heart of the region and this will inspire, challenge, support and stretch you. If that feels exciting - or scary but right - or like food for a hunger in you - please take the chance to come find out if this is right for you. Join us for one meeting; work with your helper about it; ask your higher self for guidance - but take a step towards the Big Red Heart in the middle of the room (for See **From The Board**, Page 2

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## I'm glad YOU ASKED

**Q. Tell me about abundance. What does the Pathwork say about manifestation and abundance?**

**A.** The process of manifestation and tapping into the abundance of the Universe are all covered in our fifth year of Pathwork Transformation program, because it is a very deep process. However, I'd like to tell you a story that illustrates how it might work.

This year I am undergoing some elective healthcare procedures for prevention. One of those is a colonoscopy. Because I do not carry healthcare insurance, (*a conscious choice as a self-employed person*), I needed to find out the costs in the local area. I called three offices, and one office was particularly helpful. So helpful, that I intuitively chose this office because of the positive energy around my situation. (*One office refused to treat me because of the lack of medical insurance.*)

I was told that the initial consultation with the doctor would cost me \$245. I asked if there was a scale for self-pay, and they said no. Okay -- I surrendered to the charge, knowing that I had chosen to not be insured. The office visit was splendid -- the office staff as helpful in person as over the phone. The doctor came out into the waiting room, greeted me warmly. We spent about 15 minutes reviewing the procedure; then we scheduled it.

As I was waiting at the front desk to receive my colon prep instructions, the receptionist excused herself to talk with the doctor before finishing up with me. When she returned, she asked me how much the billing office had quoted for the office visit. I told her \$245. She said that she had discussed this with the doctor, and they decided to treat me like a returning patient, instead of a new patient, so the fee would only be \$75. Abundance. Unexpected, not demanded, but here it was. Then, she handed me a bottle of prescription pills for the colon prep and explained that since the drug representative had been there the previous day, she had an entire bottle of samples and there would also be no charge. See **I'm Glad You Asked**, Page 2

of shining outward -- Helping fellow souls to come to shore. thinking of the various lighthouses at our booth, each with their own way need to be standing in front of a booth for this to happen. Smiling inside understand what the Pathwork is. As I write this, I'm thinking how I don't more I trust letting my lighthouse shine outward, the more people will can understand". The ending of our interactions seems less important. The more humility and not with the forcing current of, "I got to try harder so they say seem less important. Sense I'm connecting with those who stop by with the Pathwork has affected and changed me in my life. The details of what I me and use me as an instrument. Shift my approach to communicating how to convey the Pathwork feels inadequate. Finally decide to let Jesus lead container of our booth feels good to attract people. Myself as an instrument conceptually. Sitting between browsers feeling a bit anxious. The of inclusion. Want to make sure the person understands who we are channeled? Is divinity a less charged concept than God to give a sense in their joining our Region. When do I mention the lectures were justice and make sure the divine seeds are planted that will blossom explain the Pathwork to people unfamiliar to our work? Want to do it me the arc of my experience at the booth was illuminating. How do I to connect more spiritually in the world. For with new people striving in their various ways Expo a success. It felt enriching to interact our first participation in the Mind Body Spirit our Community who contributed to make feeling great appreciation to everyone in



by Rick Neu

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