



## COMMUNITY GATHERING & AUCTION

**SATURDAY  
APRIL 25, 2009  
12 Noon-5pm**  
Philadelphia  
Ethical Society  
1906 Rittenhouse Square  
Philadelphia, PA

### Come Share Lunch With Us and Be Inspired

Hear Kathleen Goldberg, all the way from Oregon, work with us on our addictions and bid on items large and small at our Annual Silent Auction. Annually we invite a seasoned Pathwork leader to inspire us and deepen our knowledge and love of Pathwork:

#### PRESENTATION:

### FEEDING THE HUNGRY GHOST CLINICAL AND PATHWORK

#### APPROACHES TO ADDICTION • 1-3 PM

**ABOUT KATHLEEN:** Kathleen Goldberg has been a Pathwork Helper since 1984, and has a masters degree in Social Work and is a Core Energetic Therapist. She has been in private practice for over 25 years and has worked in ICU and in psychiatric/dual diagnosis day hospital and mental health clinics. Kathleen has taught Pathwork throughout the United States, trained and supervised at the Pathwork of California and has assisted in the training of Core Energetics therapists. She is known for her potent Energy and Consciousness classes and enjoys integrating and teaching of Pathwork lecture material with other creative modalities and has a passion for film and literature as a tool for understanding the human story and the soul's journey. Her friends, colleagues and students treasure her ribald sense of humor and integrity. *"Kathleen's work comes at you in so many ways. She opens you to love and truth in equal doses. There's no one I laugh with harder and no one I feel safer with being my fully human, deeply flawed and wonderfully magnificent human self."* ~ Carolyn Tilove, former Philadelphia Pathwork Region Director.

### A Deepening Dance With God

#### By Bessie Halsey, TP 5

I was looking at something I had written recently in my daily review about wanting to shift my dependence to God. My desire to shift my dependence to God grew out of my awareness that I had not always placed my dependence on God and in fact was resistant, not just to doing so, but setting the intention to do so. This awareness grew out of my work this year in TP5 whose theme is setting intentions and manifesting.

As I was gazing at the word dependence, I saw the

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**ABOUT OUR SILENT AUCTION:** Our silent auction is our only fundraising event, plus it is great fun to get together outside of "the work", share a bit of food, catch up with each other and bid on some interesting and unusual items from vacation homes and one of a kind hand knitted shawls to massages and home decorating certificates. And don't forget our famous \$1 book table. To make this event a success, we need a community wide effort: We'll be contacting people like you in our Pathwork community for contributions to the silent auction. We are especially interested in donations of fun, enriching things to do or experience -- restaurant certificates, event and movie tickets, personal services, etc. This could be your chance to contribute to fellow Pathworkers in an area of your expertise. You'll be helping us raise funds for our annual operating expenses, Fairy Godmother Fund, and all our free and subsidized events like First Fridays, Pathwork Studies, Winter Solstice, CCC Day, Day of Service and this gathering: Community Gathering & Auction.

### Every Step I Take, Every Move I Make ...

#### By Grace Douglass

As soon as I saw the title of this workshop, "Overcoming Negativity", I felt a strong and immediate "Yes!" The past year I had experienced several painful rejections. I was able to identify my part in those occurrences and I determined to stop creating them. I was truly motivated to overcome my negativity and do some deep, serious work in this area.

We were 5 beautiful souls who met for a series of 6 classes, and I came to feel very connected to them. Carolyn had an astounding ability to be

totally present with each person as we shared and processed, meeting each of us at exactly where we were in the process. I felt truly seen, heard and accepted and I believe this had a lot to do with the level of trust I quickly developed (*a real feat for me!*) and the fact that I was able to proceed through the four steps to overcoming negativity.

I have an ongoing resistance to doing anything that requires a significant amount of work or effort, wanting everything to be easy. So when I expressed this to the group Carolyn said that the first three steps required effort but that the last step was easy! That was the best thing my child consciousness could have heard, for I was anxiously looking forward to getting to the easy part!

With expert guidance and no pressure from Carolyn, I was able to work the first three steps described in lecture, PGL #176, and finally get to the gold, step number four! After clearly identifying

my negative creating, owning the perverse pleasure in it (*boy did it feel good!*) and seeing the destructive consequences, I was ready to create something different. The last step is simply to express the positive intention and ask for help from higher self to accomplish this.

I was amazed at how effective this was. Following the class, I felt more capable of changing this negative creation and less afraid of rejection than I ever have. But I don't mean to make this sound simple. I know that all the years of Pathwork studies that I had were needed in order for me to finally be able to get to this place, and while it was a breakthrough, there is more work to do. With relief and gratitude, I experienced the following quote from the lecture: *"You will taste the freedom of being the creator of your chosen life."* I have tasted it and it's delicious!



# UPCOMING events

#### Six Week Lecture-Process Group

**PARENTS: WOUNDS, SHOCKS AND BLESSINGS.** Monday nights or Tuesday mornings, 2.5 hours. Respectively March 9/10, 16/17, 23/24, April 6/7, 13/14 and 20/21. Parents, Parents, Parents. So many feelings, so much confusion, so much love, so much pain. Not only do we need to feel the original hurts that led to all sorts of misconceptions about the world and about ourselves, we also need to experience the shock we felt when we realized we were totally dependent on such imperfect beings. The horror of the earthplane - with all its beauty and all its awfulness. As we then come into the present and see our parents for who they really are, we will know for real and true the deep blessings we have received from these beings, through the pain and/or the love. ★ Led by: Carolyn Tilove at 215-752-9894. ctilove@aol.com. Location: 901 Bellevue Avenue, Hulmeville, PA 19047. Cost \$250.

#### PATHWORK STUDIES One Day Workshop. PGL#133

**LOVE - NOT A COMMANDMENT, BUT SPONTANEOUS SOUL MOVEMENT OF THE INNER SELF.** Saturday, March 14th, 2009. 10AM-4PM. This one day workshop is a continuation of the March First Friday and it will give you the opportunity to use the lessons in this lecture and take them deeper into yourself. Join me for a one-day immersion into understanding your capacity to love and fear to love and how they are related. ★ Led by: Pnina Polishook. 610.667.1176. pninapolishook@gmail.com Location: 195 W. Lancaster Ave, Paoli, Pa. *This event is subsidized by the Pathwork Board.* Cost: \$50.

#### PATHWORK STUDIES One Day Workshop. PGL#185

**ON THE ROAD TO MUTUALITY, LOVE, PLEASURE.** SATURDAY, MAY 16, 2009. 10AM-4PM. On May 16th, we will acknowledge, give voice to and develop some understanding of the ways our fears of opening up and expanding lead us to live in separateness and aloneness: Otherwise known as, "I don't need nothing and nobody". We will also learn to become more conscious of our patterns of alternating between longing and disappointment which includes the ways we tend to get our fulfillment through fantasy and contraction in reality: Otherwise known as - that part of us that wants so badly what we don't have and doesn't want what wants us. And do you long for mutuality: the "...capacity to flow out into the universe of another person while remaining open to the others out flowing energy current"? If you find yourself on this road, join us as we explore this fascinating journey through lecture study, process work, meditation and prayer. Take another step forward toward love and pleasure. ★ Led by Renee Joanna Whatley. 215-472-6454. Rwhatley2@aol.com. Location: Presidential-Madison House, 3900 City Ave., Suite D-105, Philadelphia, PA 19131. Registration Deadline: Wednesday, May 13th. *This event is subsidized by the Pathwork Board.* Cost: \$50.

#### PATHWORK STUDIES One Day Workshop. PGL#251

**THE EVOLUTION AND SPIRITUAL MEANING OF MARRIAGE.** Saturday, June 20, 2009. 10AM-4PM. Creating a true mutuality between two people, between two equals, requires healing strongly embedded negative intentionalities and cultural and personal guilts and fears. We also need to learn to open more fully to the forces of love, eros and sex. "This power is the creative stream itself from which everything is made." We will work with a gentle acceptance of our no-longer-needed fear, guilt and shame and begin building a foundation to be able to bear this unified power current. "Ecstasy can and will become comfortable as the soul grows in stature." PGL#251 *New Age Marriage.* ★ Led by Carolyn Tilove. 215-752-9894. ctilove@aol.com. Location: 901 Bellevue Avenue, Hulmeville, PA 19047. *This event is subsidized by the Pathwork Board.* Cost: \$50.

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### 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. 610-793-4321 / 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-EI 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

**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.

# UPCOMING events

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**Free Monthly Support Group OUR CONNECTION TO SPIRIT AND JESUS. Sunday, March 1, 2009. 3PM-5PM** - first meeting. If you are looking to explore and deepen your connection to Jesus Christ with a group of people committed to their spiritual growth, you are invited to participate in an ongoing group. We will use the Pathwork lectures as well as other spiritual sources and approaches to support and encourage those of us who are looking to incorporate Jesus or Christ Consciousness more deeply into our lives. The focus of the group will not be on process work. If this resonates, makes you curious or stirs your interest, please join us. We will create a monthly schedule based on the needs of the participants. ★ Led by Rick Neu, Apprentice Helper. 717-560-0602. rneu@gfnet.com. Location: St. Luke's Episcopal Church, Newtown Pa. There is no charge for these meetings.

## Dancing

**Dancing** from Page 2  
word dance and the word deepen pop out. I had a little 'ah ha' moment and pondered this 'new word order' as a 'deepening dance with God.' I thought, "Could this be what happens when you place your dependence on God?" Thinking of it as a dance eased my feelings of resistance a little. I've always loved to dance. It's my favorite form of exercise. But I have a difficult time allowing another person to lead me in a dance. I'm just not comfortable being led. In considering my relationship with God being like a dance, I realized that the times in my life which felt the most graceful were the times I felt God's presence most deeply. Perhaps God allowed me to lead and in my leading gave me the gift of discovering the kind of awkward and painful

dance that evoked my deeper need for God to help me. Surrendering to God is like choosing to let God lead in the dance. By not surrendering, God allows me to discover my need to surrender. Choosing to surrender I discover the grace in the dance. This process of discovery IS the dance. If I want the dance to be graceful, then I need to deepen my connection with God. Studying and practicing

Pathwork has given me such wonderful and practical ways to do this through my TP classes, Helper sessions, daily review, prayer, meditations and other methods like the three chair process. I think of these as wonderful melodies and dance steps to deepen my conscious awareness of this deepening dance. And even if I dance away from God's embrace, as I sometimes do, they help me find my way back.

### FIRST FRIDAY LOCATIONS:

(Please call to let us know you will be attending.)

- **Philadelphia:** Renee Whatley, 215-472-6454, Presidential-Madison House, Suite D-105, 3900 City Line Avenue, Philadelphia, PA 19131
- **Jenkintown:** Gayle Lacks, 215-576-7933, 711 West Avenue, Suite 2, Jenkintown, PA 19046
- **Blue Bell Area:** Sharon Balsama, 610-222-4688, 272 Center Point Lane, Lansdale, PA 19446
- **Paoli:** Pnina Polishook, 610-667-1176, 195 Lancaster Avenue, Paoli, PA 19301
- **Longwood Gardens:** Joyce Belmonte, 610-793-4321, 850 Folly Hill Road, West Chester, PA 19382
- **Trenton:** Carol Day, 609-392-7855, 21 Whittier Avenue, Trenton, NJ 08618

### 4 February 2009

Philadelphia Pathwork® Region is a non-profit organization, Presidential-Madison House, 3900 City Avenue, Suite D-105, Philadelphia, PA 10131. Published four times annually.

**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: **March 6, 2009**, PGL#133 "Love: Not as a Commandment But a Spontaneous Soul Movement of the Inner Self"
- Pathwork Studies Follow-up: **Saturday, March 14, 2009**, Pnina Polishook, 610-667-1176
- First Friday: **April 3, 2009**, PGL#240 "Aspects of the Anatomy of Love: Self-love, Structure, Freedom"
- Pathwork Studies is canceled for April 25. Attend the Gathering Auction that day instead!
- First Friday: **May 1, 2009**, PGL#185 "Mutuality: A Cosmic Principle and Law"
- Pathwork Studies Follow-up: **Saturday, May 16, 2009**, Renee Whatley, 215-472-6454
- First Friday: **June 5, 2009**, PGL#251 "The Evolution and Spiritual Meaning of Marriage"
- Pathwork Studies Follow-up: **Saturday, June 20, 2009**, Carolyn Tilove, 215-752-9894, Hulmeville, PA 19047

**FREE FIRST FRIDAY**  
See back page for locations

February 2009 Edition

PHILADELPHIA PATHWORK REGION  
Presidential-Madison House  
3900 City Avenue, Suite D-105  
Philadelphia, PA 10131  
www.philapathwork.org

# PHILA PATHWORK REGION

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Philadelphia Pathwork CCC Day, 2006.

## COMMUNITY, COMMITMENT and CELEBRATION

Save this date!

**Saturday, JUNE 6th, 2009**  
ST. LUKES EPISCOPAL CHURCH  
Newtown, Pa

- 9:30-10** Coffee and Fellowship
  - 10-11:30** Call to Service - teaching and application
  - 11:30- 12:15** Celebration of the FF, TP and TT Programs
  - 12:15-1:15** Lunch
  - 1:15** Commitment Ceremony and TP5 Graduation
- Contact: Carolyn Tilove 215-752-9894 • ctilove@aol.com

### CANCELLATION ANNOUNCEMENT:

**Pathwork Studies Workshop for Saturday, April 25, 2009, 'Aspects of the Anatomy of Love: Self-love, Structure, Freedom,' PGL#240, has been cancelled!** This date has now become the date for the Philadelphia Pathwork Region's Annual Gathering and Auction. Please note the date and come to that event in place of the workshop! See page 2 for details.

## Affectionately known as CCC Day, we gather to be in community once a year ...

to enrich each other with our presence, to acknowledge each other and the work we have done, to celebrate graduates and encourage participants to be witnessed by our community in our commitment and to engage in community wide process and learning.

This year's theme is, A CALL TO SERVICE. "Therefore, the goal of the true mystic in our eyes is service. To reach perfection and to reach that state of happiness where you can be of best service to your fellow-creatures is the goal... ..Thus the goal of the mystic is God, not because the union with God means inexpressible happiness and unimaginable bliss... .. but service to God through service to one's fellow creatures through the utter fulfillment of God's will in every particle of life." PGL#18.

Join us as we celebrate the graduation of a TP class, bear witness to our commitment to this work and begin the work of acknowledging our individual and collective obstacles to service as a spiritual path.

"The world is equally balanced between good and evil. It is your next step that will tip the scale." ~Hillel

"We live in the best of times. We live in the best of times because there is so much to do!" ~Alice Walker