



Bessie Halsey, TP5

Ever since Saturday when I worked, [at the TP Intensive, ["Living A Guided Life"], I felt so full - there are almost no words to describe it. Blissful comes close. But what feels most accurate is that I feel like I was reborn. I feel without any doubt that God loves me even in my imperfection without measure. I feel like I am in love - with God.

The last time I think I felt this way was when I was 17 and I received the baptism in the Holy Spirit. The words of the bible were so alive for me then. But I couldn't reconcile

i feel
Reborn

with my not being perfect and I didn't know how to work through all the child consciousness stuff and I felt like I was a failure to God. Somewhere along the line I said if I couldn't be good, then I'll just be bad and my heart closed.

Lately, I had been thinking about why I couldn't feel my love for God like I had once. I knew God was there, but I couldn't feel it. I can feel it now. I feel like I had what is described in the lecture when the Christ spirit performs the operation of removing the tight lock from your heart. ☺

Evidence

In the desert, the reality of the ocean
Is impossible to deduce from the sand and rock,
From the sun and wind, from the scorpion and the snake.
In the desert, the reality of the ocean
Is in the distant thunder echoing from the mountains,
Is in the flash of lightning in the storms at night,
Is in the scent of something not experienced and so mysterious
It is the merest hint of living waters calling
From beyond the parched earth to be found in
remote mountain heights.
If you live in the desert with your desiccated dreams
Then look to the mountains.
Perhaps your invitation to the ocean
Is in the storms you dimly perceive on the furthest peaks.
If you live in the mountains with the storms and your fear
Perhaps the invitation is in the refreshing streams
Leaping over the rocks and cracks, cascading wildly,
Descending inexorably to the lush broad valleys below.
If you live in the valley
Perhaps the invitation is in the meandering river bed
That twists and turns in on itself
And in its lazy journey through the silt and mud
Folds back upon itself and from time to time
Loses itself
Only to yearn in the stagnant remnant swamps
For the journey's end at a distant shore.
If you live at the shore by the beach
You live where the waves call
In the rise and fall and ascend in the air
There in the clouds and the rain
To trouble the mountains, flow in the valleys
And entice the desert dwellers in their pain.
If you live at the beach
Then walk to the waters' edge
Pause
Pray
Immerse yourself in the tremulous waters of life
Bathe in the warm embrace of the Beloved once again.



Ernie Curtin

Poem Inspired by the TP Intensive, "Living a Guided Life".

Steer Your Way Toward Auditing the TP Program

Aileen DiCosimo, TP Graduate, Auditor

Studying Pathwork has been a necessity for me — it keeps me on track...dare I say, sane. It's true. My child consciousness is eager to sit in the driver's seat, take control of the wheel and she takes me to places that feel anxious, hopeless, guilt ridden — all those negative qualities that make the traveled road feel very bumpy. So why am I telling you this?

Well, on this road appeared a traffic cop, so to speak, named Carol Day. She got her whistle out, started waving her hands and directed me on a road that led to auditing the Pathwork Transformation Program. I say audit because I'm a TP graduate. Carol recognized that my Adult Ego needed strengthening and what better way to revisit this process than to reengage TP1! So I did it. And now it's five years later and I steered my way through the entire program, again. Best road trip I've ever taken — and I've taken many.

Here's a quick list of some of the benefits I derived from auditing the TP program: It keeps me connected with the Pathwork community; I focus on lectures monthly which support my personal commitment to spiritual/personal growth; I'm with other dedicated



Pathworkers in a structured environment with a teacher present as a guide, (Carol Day) who knows and embodies the Pathwork teachings; I experience the lectures again (and new ones as well) as they come alive on a deeper level; I deepen my understanding of the concepts and experience them in reality; Auditing is an affordable way for me to continue studying — it's half the tuition cost and there are no required helper sessions. And, with the benefit of creating intimate relationships with a whole new group of Pathworkers - it doesn't get any better than this.

I totally recommend auditing the Transformational Program as a way to reconnect, reengage and revitalize. I can honestly say that auditing the program has given me a real, live, deeper sense of my Higher Self, more presence with what is and a stronger Adult Ego to reeducate, to guide and to ask for divine help for my child consciousness/lower self aspects. This deserves a high-five!

If your next step includes auditing the Transformation Program, there's one last thing I gotta say — **Bon Voyage.**

UPCOMING
events

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 SPIRITUAL MEANING OF MARRIAGE. SATURDAY, JUNE 20, 2009. 10AM-4PM. This workshop is for anyone* - alone, coupled, gay, straight, monogamous, many-partnered, who believes there is something vital and holy about the forces of love, eros and sex. And that there is transformation to be done for us to fully experience that. We will work with a gentle awareness and acceptance of our no-longer-needed fears, guilt, shame and misconceptions and build our foundation so that in the future we can bear this strong unified current of love, eros and sex. "Ecstasy can and will become comfortable as the soul grows in stature." *PGL#251 New Age Marriage.* No guarantees of ecstasy from this workshop - but your soul can definitely grow in stature as we work on this touching topic. ★ Led by Carolyn Tilove. 215-752-9894. ctilove@aol.com. Location: 901 Bellevue Avenue, Hulmeville, PA 19047. (Lower Bucks County) *At discretion of instructor if no previous Pathwork. Please register by June 13th. Cost: \$50.

One Day Workshop

EMBRACING THE POSITIVE - MOVEMENT FROM NEGATIVE TO POSITIVE CREATION. SATURDAY, JULY 18, 2009. 9AM-5PM. We see our negative creations and the pain they cause and yet despite our insights and our understanding of our personal history we are still too deeply entrenched in the negative to make meaningful change. This workshop will teach you how to use your mind and thoughts to create the positive and to energetically meet the negative with a positive energy that is powerful enough to change it. This workshop will give you a feeling sense of what the magnetic force field feels like, how to navigate it with specific steps and how to harness the power to change by contacting your own Divinity and creating the a reality you have always yearned for. This class is for experienced Pathworkers as well as newcomers. ★ Led By: Carol Day and Carolyn Tilove. Location: St. Luke's Church Annex, Newtown, PA. Please send \$50 deposit by, July 1, to Carol Day, 21 Whittier Street, West Trenton, NJ 08618. Cost: \$125

First Ever Free Workshop for Members Only

MONEY, MONEY, MONEY. SATURDAY, JULY 25, 2009. Do you allow yourself to fully enjoy manifesting and receiving the pleasures of money and all it can facilitate? How are your distortions around money - e.g., your family history, your childhood hurts, your false needs, your poverty consciousness, your sense of entitlement, your felt lack of deserving - causing you problems? Especially in a challenging economy, what better

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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

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*

Upcoming Events from Page 3

time to be as clear and receptive as possible on money issues - so that your real needs be met. Join us for this, 'First Ever Free Workshop for Members Only'. Members look for mailing in early June. ★ Led by: Renee Whatley and Carolyn Tilove. 215-752-9894 or ctlove@aol.com to register. Location: St. Luke's Church Annex, Newtown, Pa. Cost: Free.

4-week Lecture Study, PGL#240

SOME ASPECTS IN THE ANATOMY OF LOVE. MONDAYS, AUGUST 3, 10, 17, 24. 7:00-9:00 PM. What is Love? The Guide says: "To feel the emotion of love is not possible without the will moving toward being in a loving state." And what is self-love, a pre-requisite for loving others? The Guide says: "You cannot love yourself if you do not love others, and you cannot love others if you do not love yourself." And finally, where do rules and boundaries fit in as part of a loving creation? The Guide says: "If there were no law and no boundaries, the world would disintegrate in chaos and destruction." In this 4-week lecture study, we will spend time with each segment of this lecture, and learn how to apply it to our every day lives with the tools of journaling, meditation, and group process. Come join me for an opportunity to deepen into your own heart as you connect with other spiritual seekers in a safe and engaging group process. This class is limited to 15 people, experienced Pathworkers as well as newcomers. ★ Led by: Carol Day. 609-392-7855. carolday3@comcast.net. Location: 21 Whittier Ave., Trenton, NJ 08618. To hold your space, please send a deposit of \$50 by July 25. Cost: \$125.

What Now, What Next?

What Now from Page 1

place of claustrophobic anxiety but from the open ended invitation to discern and then to create the answer in a loving partnership with the living Christ.

These past five years have been challenging and rewarding. They have been hard work and fun. They have not only introduced me to the concept of the 50/50 but they have helped me live more and more in the 50/50 in a very practical way, in the Pathwork Community and on the amazing journey of the soul's transformation.

Live Long and Prosper in the steadfast Holy Love of Jesus and Mary! Ernie ecurtin@msn.com

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

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ST. LUKES EPISCOPAL CHURCH NEWTOWN, PA

CCC Day & Graduation for TP 5

June 6, 2009 9:30-3 PM

rsvp

Let us know you're coming.
WE ARE SERVING LUNCH
Contact: Carolyn Tilove
ctilove@aol.com
215-752-9894

What Now?
What Next?

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. ★ Led by: Renee Whatley and Helpers.

Honoring Our TP5 Graduates It seems like just yesterday where this current group of graduates entered their first year

of our Transformation Program - my, my, my how time flies. Five years later, the first group to complete our official Five-Year Program, they are ready to graduate. As all of you know, this takes a lot of time, energy and commitment to complete a program such as ours. We want to honor the following people, then, for their growth, commitment and completion of this work - the full Five-Year Transformation Program.

In addition, we recognize those graduates who re-entered and re-immersed themselves into the TP program as auditors. • Aileen DiCosimo (audited all 5 years) • Bernadette Viespi (audited 4 years) • Grace Douglass (audited 1 year).

Ernie Curtin, TP5

The path to the Pathwork for me began seven years ago when a doctor informed me I had bladder cancer. After the initial two surgeries I was ready to die. My only prayer was: God, let me live long enough to see the third part of the Lord of the Rings Trilogy. Seven more surgeries later I was still alive and faced with the prospect of renewed physical health and the question: what now? what next?

An overwhelming sense of claustrophobia led me to seek energy healing. A friend gave me the names of two healers in Trenton. I called Carol Day only because she lived closer to me. It took me two weeks to come to the emotional place where I could make the call. It was a pivotal moment of grace. I had never sought out an energy healer and had some skepticism. Carol worked with my physical issues and began to discuss how the mind and emotions affect the physical. After a few months she invited me to First Fridays. I made another pivotal choice and started

attending. Then, I took the Summer Study on Daily Review and realized I was ready for the commitment of time and resources to enter the Transformation Program along with ten strangers who I would probably never would have met and learned to value otherwise.

In the course of that Program, I started to learn how to live and not just to exist. I was and still am skeptical about the metaphysics of Pathwork. But, the process works for me. After a thirty year detour into the corporate world, I returned to my first joy: serving in full time ordained ministry in the Episcopal Church. I also rediscovered

the passion of my first love in Jesus Christ.

Each year of the TP program for me has been very challenging and very rewarding. I have come to realize that the cancer I experienced was a physical manifestation of a spiritual stagnation and isolation I had numbed myself to. The Pathwork helped me acknowledge my own complicity in creating a life I increasingly did not enjoy or even desire. In TP5 I have been pondering the question I initially asked seven years ago: what now? what next? Only now, the question is framed for me not from the

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May 2009 Edition

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: **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 Spiritual Meaning of Marriage"
- Pathwork Studies Follow-up: **Saturday, June 20, 2009**, Carolyn Tilove, 215-752-9894, Hulmeville, PA 19047

See back page for locations