

**YEAR LONG PROGRAMS**

**TRANSFORMATION PROGRAM: A GIFT TO MY BELOVED**

The Transformation Program (TP) starting this fall presents an opportunity for you to enter into deeper relationship with your Self, also known as your Beloved, as well as deepening your connection to spirit. Your Beloved may be yearning to meet life from the fullness of your being and the many gifts inherent in the essence of your soul. If you are interested in enriching these connections within yourself, learning more about who you are, and meeting life in each moment from the very best of your self, then consider stepping through the doorway of The Path, through Pathwork's Transformation Program. This five year program is carefully designed so that each year provides a foundation for the following years' focus and growth in this very human and spiritual journey. The first year works with developing and supporting a healthy adult ego. The second year invites you to create a lifelong friendship with your negativity, consciously, and to become aware of the many gifts therein. Developing genuine, meaningful, relationships to others is the focus of the third year. The fourth year works with strengthening your relationship to God, and the fifth works with your deepening into conscious manifestation. Each year, enlivens the gifts of your soul and touches the depths of your being. Individuals may commit to the program one year at a time, though most participants stay for the full five years. Joining the Transformation Program may be exactly the gift that your soul longs to receive. The Transformation Program will be meeting in Paoli, Pa. ★ Led by Pnina Polishook. For a brochure or additional information regarding the program and the prerequisites, contact Pnina Polishook at 610-667-1176 or pninapolishook@gmail.com.

**GRADUATE PROGRAM FALL 2013 MANIFESTATION: ASK AND IT IS GIVEN: One Saturday a month, beginning in September, 2013. 10AM-4PM.**

I am so excited to be able to construct this class, using some new and innovating tools coming from the book "Ask and It is Given" channeled by Esther and Jerry Hicks. In this book, "Abraham"(the channeled entity) teaches us how to move our "emotional set point" into a frequency that makes manifestation more and more effortless. What does this mean? "Emotional set point" is the general frequency of your energy field, composed of all of who you are, including past "stuff" that just hasn't been able to move yet. By working this piece, we will learn how to live in higher frequencies, making manifestation easier and easier. And every time the set point goes up, we also have to go "down" because more and more hidden negativity will emerge....so Pathwork lectures will guide us in how to continue to transform ("demagnetizing negative force fields" for example) these deeper and darker energies that are not allowing us to be our best, create our best, and live our most fulfilled life. Join me for an exciting journey into the heights, and into the depths, of positive, constructive, and purposeful manifestation. ★ Led by Carol Day. 609-392-7855 or carolday3@verizon.net. Location: 21 Whittier Avenue, Trenton, NJ 08618. Flyers and registration materials coming in early summer. Class is limited to 12 graduates (10 classes total). Cost: \$140/class

**4 | May 2013**

Philadelphia Pathwork® Region is a non-profit organization. Regional leader: Sharon Balsama, 272 Center Point Lane, Lansdale, PA 19446. 610-222-4688. Published three times annually.

**FREE FIRST FRIDAYS**  
**FREE FIRST WEDNESDAYS**  
**LOCATIONS**

**PENNSYLVANIA:**

**First Fridays:**  
**Ambler:** David Schwerin 215-793-0712  
**Garnet Valley:** Donna Neilson 610-761-3583  
**Maple Glen:** EJ Carreiro 610-659-7732  
**Philadelphia:** Renee Whatley 215-472-6454

**First Wednesdays:**  
**Chadds Ford:** Deb Mazza 610-793-2036  
**Pittsburgh:** Sue Van Doeren 412-434-0400  
**Center City Philadelphia:** Donna Neilson 610-761-3583

**NEW JERSEY:**

**First Fridays:**  
**Hamilton:** Pam Jones 609-631-6873  
**Princeton Area/Kingston:** Rich Carlson 609-638-8194  
**Trenton:** Carol Day 609-392-7855

**First Wednesdays:**  
**Princeton:** Amy Rhett 609-577-6336

✓ **PLEASE CALL TO LET US KNOW YOU WILL BE ATTENDING.**  
*Topics are listed on the front of this newsletter.*

**PHILADELPHIA PATHWORK REGION**

Sharon Balsama  
272 Center Point Lane  
Lansdale, PA 19446

**May 2013 Edition**

**FREE FIRST FRIDAYS**  
**FREE FIRST WEDNESDAYS**

**FREE GATHERINGS & FIRST FRIDAYS ARE FREE GATHERINGS** which take 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 program offering a deepening of each First Fridays & First Wednesdays lectures. Education, prayer, meditation, exercises and personal process may be a part of the Pathwork Studies experience.

**The Power of Three: Creating Harmony Through the Spiritual Triads of Life**

**FIRST FRIDAYS & FIRST WEDNESDAYS: 7:00PM-9:00PM**  
Please call to register and get directions by the Wednesday before the event.

**• May 1 & 3, 2013:** PGL#166: Perceiving, Reacting, Expressing  
**• June 5 & 7, 2013:** PGL #234: Perfection, Immortality, Omnipotence

**• PATHWORK STUDIES FOLLOW-UP WORKSHOPS:**  
**SATURDAYS 10:00AM-4:00PM/Cost: \$50.00**  
To register, please call by the Wednesday before the workshop.

**• May 11, 2013:** PGL#166: Perceiving, Reacting, Expressing  
**• Carol Day - 609-392-7855:** carolday3@verizon.net  
**• June 15, 2013:** PGL#234: Perfection, Immortality, Omnipotence  
Renee Whatley - 215-472-6454.

\*Pathwork Studies Workshops can be offered at a low cost because they are sponsored by the region.

**See back page for locations**  
[www.philapathwork.org](http://www.philapathwork.org)

**PHILA PATHWORK REGION**

Volume 10 - Issue 2 - May 2013

**INSIDE PAGES**

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**CONNECTING TO THE GREATER REALITY**  
*Interview with Nadya Beck - Guest Speaker at CCC Day*

by Interviewer Amy Rhett

**Q.** Nadya, tell us how you became involved with Pathwork.

**A.** I have always been a seeker – really, I think I was born a seeker. I always felt there was something more to life. When I was little, I would hear adults talking about Jesus Christ or God, and I would think to myself, "I am Christ. Anyone can be Christ." So early on, I had this sense of knowing certain things and wanted to learn more.

Then when I was eight years old, I had a spiritual awakening. I have always loved nature, and one day, I was lying on my back in a field with my dog, looking up at the sky. All of a sudden, this feeling just came over me. It was a physical and emotional experience of the bigness of life, of oneness, of interconnectedness. I knew then that there was more to life, that there was a greater reality.

So as I grew up, I was always searching, always looking for that greater reality. I read as many books as I could find, including the Tibetan Book of the Dead, worked with the iChing, studied astrology and numerology – I was always reading and exploring.

During my 20s, I lived in New York City where I was part of the art community and music community. I was an artist myself, though I did not make my living as an artist, as I was never comfortable with the commercial aspect. To earn a living, I made films, had my own TV show and worked with performers as a manager – musicians mainly. I ended up working with some powerful

people, including John Lennon and Yoko Ono, and Tina Turner. Again, I was always aware of the spiritual level, and with many of these musicians, I would find myself consulting with them on that level. Groups would come by – sometimes as late as 3 am – to talk with me, and I was part of Tina Turner's spiritual awakening.

At one point, a friend introduced me to the Seth material (channeled by Jane Roberts), which I really see now as a precursor to discovering Pathwork. At the time, I felt this was what I needed, what I had been longing for – to have a teacher like that.

I later signed up for a program that was being offered by Kim Rosen (poet and author of Saved by a Poem) on the art of touch, which I loved. Kim asked me at some point, "Have you ever heard of Pathwork?" I said no and she said, "You have to do this." When I started reading the lectures, it was like finding home. And Kim became my first Helper.

**Q.** So it sounds like that was it – no turning back, yes?

**A.** Yes. I was so taken with Pathwork that I moved to be near the Pathwork Center in Phoenicia, New York with my family – my two sons and my future husband, who were also immersed in Pathwork. I just flew through the material. It woke up something in me that was already there and I often felt when I was reading the lectures, "I know this." It became my life, and I dedicated my life to Pathwork.

I became a Pathwork teacher and Helper in the New York Region. I was president of the Board, and later became Program Director. I

taught Helpership in Holland and created Helpership programs in New York as well as in several other countries, including Brazil, Argentina, Uruguay and Canada. I developed the curriculum for these programs and taught them, often inviting others to teach different aspects.

**Q.** How did your own Helpership develop?

**A.** It was a progression of doing my own work and helping others flowed from that. Really, there was no separation after a while between giving and receiving – they were indivisible. As I received, it was a natural soul movement to then help others. I have read all the lectures, some of them as many as 30 times.

I believe that you can only be a Helper, can only teach and help others with what you have lived and can embody yourself. You can only help people with things that you can address from the inside out. As I've worked on my defenses and images, my lower self and ISI, I'm able to reach through others' illusions, their defenses, images and lower

Nadya Beck continued on Page 2

**save the date**

**CCC DAY**  
*Our Annual End-of-Year Celebration Will Be Held On Saturday, June 1, 2013 9:30AM-4PM*

**St. Luke's Episcopal Church**  
Annex Building, 100 E Washington Ave  
Newtown, PA 18940

- **Morning** •  
Calling forth ceremony for our new Spiritual Leader; Guest Speaker presentation
- **Lunch** •
- **Afternoon** •  
Graduations of two classes from the five-year Transformation Program; Tea, Coffee, Cake and Ice Cream

*Free Gathering*  
Family & Friends Welcome All Day

**Spiritual Leader**

**TRANSITION OF LEADERSHIP**

by Sharon Balsama

**Dear Pathworkers,**

It is hard to believe that in June, I will have been the Spiritual Leader for this region for three years. It is time for the transition to new leadership. As I sit here writing this for the Spring/Summer newsletter, we Helpers are actively involved in what we call the "Calling Forth Process." Just as the Bishops in Rome have their rituals for discovering the new Pope, we Helpers gather in our own way to ask God to call forth one or more Helpers to be the next Spiritual Leader(s) for the Philadelphia Pathwork Community. It is a sacred spiritual Pathwork tradition.

First in the process, each helper is asked to spend whatever time it takes to come to neutral. This means that each of us explores all our inner voices: the ones screaming "No way, not me!" and any voices that may be wanting the position for less than sacred

reasons such as, "I want the power, the specialness, etc." (Since the position requires lots of time, energy, and responsibility there are fewer, if any, of these voices but we look.) We ask, "What could be the blessing if I am not the one called?" and "What could be the blessing if I am the one called?"

Eventually we come to the place where we are each feeling neutral about the answer to the question... "Am I being called by God to be the Spiritual Leader for the Philadelphia Pathwork Region?" This is the place where each is willing to surrender to the will of God knowing that no matter what we feel consciously, God's will and our own inner will are the same. Some of this work may be done independently but we give voice to all the voices in us when we meet as a group.

The next step in the Calling Forth Process is for the Helpers to gather and place a chair

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**web based fundraiser** Online Silent Auction

**Monday, May 13 thru Sunday, May 19**

The silent auction is a web based fundraiser for the Philadelphia Pathwork Community. Funds raised help to provide scholarships for students and support for programs. If you are on the email distribution list you will receive an email with the web address for the auction site as well as the instructions to use the site.

If you wish to make a contribution of goods or services or have questions, please contact Ernie Curtin [ecurtin@msn.com](mailto:ecurtin@msn.com). We accept offerings with a minimal value of \$50. All items (goods and services) will have a minimum bid assigned.

You may make the minimum bid or enter a higher bid. Check back on the site throughout the week to see if someone has placed a higher bid. Decide if you want to increase your bid. Highest bid purchases the offering. You will be contacted by email if your bid wins. Make checks payable to Philadelphia Pathwork Region. Remember, this is a fundraiser to help provide Pathwork to the wider community.

**Donated Auction Items**

- Donna Neilson:** ..... Beautiful Four Bedroom Seashore House: 2 Extended Weekends and 1 Week at Shore
- Donna Neilson:** ..... 5 Helper Sessions
- Pnina:** ..... 1 Week at House in Martha's Vineyard
- Pnina:** ..... 2 Separate Healing Sessions 1-1.25 hr Length (Either Brennan Healing Science or Kabalistic Healing)
- Deb Mazza:** ..... Stamping Up Workshop and 1 Energy Session
- Pam Jones:** ..... 1 Reiki Session
- Robert Polishook, MD:** 1-1.25 hr session (Either Psychiatric or Hypnosis)
- Erva Braden:** ..... A Session of Energy Healing
- Elizabeth Young:** ..... A Session of Barbara Brennan Healing
- Malia Murphy:** ..... A Session of Reiki plus a Session of CranioSacral Therapy with Reflexology
- Carol Day:** ..... A Session of Craniosacral Therapy
- Sue Walker:** ..... A 90 Min. Massage (With a Choice of One of the Following: Deep Tissue; Aromatherapy; Hot Stone or Thai Yoga Massage)
- Carolyn Tilove:** ..... One Day Workshop: Becoming a Living Lecture
- Three Pathwork T-shirts**

