

# Keeping Pathwork 'COMMUNICATIONS' Flowing!

Norm Danis is the new Communications Coordinator and will be assisted by Michael Ann Walstad. Both are passionate Pathworkers who love the community, work well together, and want to serve. Please contact Norm with any questions or requests regarding communication with the community. Norm can be reached at [abovethenorm@verizon.net](mailto:abovethenorm@verizon.net) or 215-855-2258.

T-Shirts:  
Coming soon!  
Phila Pathwork T-shirts for Sale on Our Website!



[www.philapathwork.org](http://www.philapathwork.org)

**FREE FIRST FRIDAYS  
FREE FIRST WEDNESDAYS  
LOCATIONS**

**PENNSYLVANIA:**

**First Fridays:**  
Garnet Valley: Donna Neilson - 610-761-3583  
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  
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.*

**INSIDE PAGES**

1 News: Spiritual Leader	3 Region's Helpers
2 The Fall	4 Keep It Flowing
3 Upcoming Events	4 T-Shirts For Sale

## FLOWERING WATERS REFLECT ABUNDANCE

by Pnina Polishook

As most of you are aware, "Philadelphia has now seen its wettest summer ever." The rain waters have been flowing and we have been blessed with an abundance of approximately 25 inches of water, creating a new summer record. Reading about this, it occurred to me that God and the universe constantly provide us with opportunities to experience, explore, and learn. Perhaps, this could be one of those moments.

Well, that realization started me thinking of the abundance that is present in our lives and surrounds us all the time. I felt the potential that exists in each moment with which we often lose touch and so easily forget. My curiosity kicked in asking why it is that we forget about or take for granted the abundance that simply is?

Questions started to surface: Is it that we perceive we don't have enough and are constantly striving for more - thinking that we must achieve more to be more? If we could achieve the abundance we long for, what would this give us or what longing do we think would be fulfilled? Would we feel special, important, recognized, satisfied, loved, or successful enough? Many questions to be considered. As the next question started to unfold: It occurred to me to wonder if this was about external abundance, internal abundance, or perhaps the relationship between both. Is the abundant rain a response reflecting our individual and collective call for water? Are we far more powerful in creating abundance, individually and collectively, than we usually allow ourselves to know or even imagine?

So my friends, what is true abundance? How do we get it? Can we measure it in dollars? In material objects? Number of friends? Travel? Time spent meditating? Giving money? Or... Is there an internal balance, an internal coherence, a divine reality that supports the creation and flow of abundance internally

### Spiritual Leader

and externally, simultaneously? How do we influence or affect this flow?

These are some of the many questions that arise for me in exploring the flow of abundance and they will be addressed ever so briefly in this short article.

Many of you have already touched into these questions through your Pathwork experiences in TP, lecture study, workshops, and other offerings. One of the gifts that I have grown to know, trust, and love through my Pathwork experience is that when a 'piece' enters my consciousness and unfolds or resurfaces, there is usually an internal shift wanting to happen.

So with my curiosity aroused, I thought I would get some help from the Guide, and thankfully, as the universe does provide, another helper suggested I look at *PGL# 213, Let Go, Let God*. Immediately, I felt a connection to the powerfully energized words of this title and on the first page I read: To "let God, from the center of your being, from your heart, from your innermost self, where God speaks to you, if you wish to listen - that is the ultimate aim." As I read, this 'ultimate aim' clearly felt like the key to the source of abundance; the key to the flow in life that our deepest soul knows and our highest self guides us. The Guide says, "You must live in an 'open energy system' in order to reach out into life and comfortably, confidently claim its riches. You must be rich yourself in order to be energetically compatible with the riches of the universe.... An open energy system in which you can positively create fulfillment and enrichment requires that you discover your inner riches." When you discover your inner riches, "You must become rich."

"Before this highest and most

blissful and secure state can exist, obstacles and dualistic confusions must always be removed." These obstacles are the attitudes that 'create energy systems' and the tightness of holding on rather than letting go creates a 'closed energy system'. "The tight holding, the not



closed energy system. That each opportunity would hold a choice to work with the obstacles within, and to commit and recommit to Let Go, Let God. I felt all of the people in our Philadelphia community and in the Pittsburgh community who will be moving forward into this coming year's Transformation Program (TP), Manifestation Program, and other

letting go, always exists in regard to the inner, spiritual struggle about what to trust: the little ego or the God within. The resistance to letting go is so strong." So here is an important reason as to why we disconnect from the flow of abundance. We are in a tight holding pattern and closed energy system and we lose / forget the flow that is always present and possible.

"The state of letting loose, of letting God, feels wonderful, rich, light, joyful and safe. Many of you have begun to experience this more often. In that way, the resistance to letting go diminishes gradually. It can never be done in one single decision. It is a decision and a commitment that must be repeated many, many times.

As I sat writing this article for the newsletter, letting the article unfold in the moment, I felt deeply the Guides quotes, and the piece unfolding for me became clear. The position of Spiritual Leader would provide me with many opportunities to meet the places within where I might have a tight holding, a not letting go, and a

offerings. Also the Board members, Helpers, and all who hold the many facets of our region. Clearly, each soul's highest self, once again, making a commitment to take the next steps into an 'open energy system'. Thereby, moving into the flow of abundance through the 'ultimate aim': their innermost self, the center of their being, and their heart.

Moving forward to Let Go, Let God. It is my intention and my longing to support our Pathwork Community in taking steps towards becoming most compatible with the riches of the universe and the flow of true abundance. It is my prayer that each of us will live from and know our true internal power and that together we will flow in abundance in our lives and in support of our beloved Pathwork community.

I invite you to join me in this endeavor as clearly and undoubtedly, each of you will be a vital part of the individual and collective energy of our Pathwork community's creations.

*Love and blessings,  
Pnina*

4 | Sept 2013 Philadelphia Pathwork® Region is a non-profit organization. Regional leader: Pnina Polishook, 563 Heath Rd., Merion Station, Pa. 19066. 610-667-1176. Pnina.Polishook@gmail.com. Published three times annually.

**See back page for locations**

*Edited Pathwork lectures are available on http://www.pathwork.org*

December FWS workshops shortly. Watch your emails.

• We will be sending out the dates and leaders of the November and with Amy Rhett, 609-577-6336. Please call to register.

• **Oct 26, 2013 #180: The Spiritual Significance of Human Relationship** PATHWORk STUDIES OR SUNDAYS 10:00AM to 4:PM / Cost \$50

that follows and deepens the lecture taught in the First Wednesday PATHWORk STUDIES is a Saturday or Sunday all-day workshop offered at a reduced rate of \$50.

workshops are supported by the Philadelphia Region and are and/or prayer and meditation may all be included in the day. These

or First Friday gatherings. Teaching, exercises, personal process

PATHWORk STUDIES & 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 the sessions.

**The Theme for 2013/2014 is RELATIONSHIP.**

**FIRST WEDNESDAYS & FIRST FRIDAYS: 7:00PM-9:00PM**

Please call to register and get directions by the Monday or Wednesday before the event.

• **Oct 2 & 4, 2013 #180: The Spiritual Significance of Human Relationship**

• **Nov 1 & 6, 2013 #106: Sadness versus Depression-Relationship**

• **Dec 4 & 6, 2013 #58: The Desire for Happiness and the Desire for Unhappiness**

**FREE FIRST FRIDAYS**

**FREE FIRST WEDNESDAYS**

**September 2013 Edition**

Pnina Polishook  
563 Heath Rd.  
Merion Station, Pa. 19066

**PHILADELPHIA PATHWORK REGION**