



Do you have trouble forgiving yourself or others? You are not alone!

Using several Pathwork lectures plus material from a variety of spiritual paths, this workshop will look at what forgiving truly means, the benefits of forgiving self and others, the challenges entailed and how to overcome them plus forgiveness practices and process work. This work is empowering, challenging and, according to most spiritual paths, essential for mental emotional and physical health and well-being.

“Understand that not forgiving burdens you, makes you unhappy, blocks the light and freedom that you desire.”

Pathwork Guide Lecture #9

“The day the child realizes that all adults are imperfect, he becomes an adolescent; the day he forgives them, he becomes an adult; the day he forgives himself, he becomes wise.”

Alden Nowlan

DETAILS

Date/Time: August 23, 2014 10 AM – 4 PM

Place: St Luke's Episcopal Church
100 E Washington Ave
Newtown, PA 18940

Donation: \$100 suggested – but give what you can afford.

Please send \$25 deposit by 8/1/14 to:

David Schwerin
299 Bangor Lane
Ambler PA 19002

“The very fact of facing this lower self deserves the mercy, forgiveness and love that human beings have been praying for.”

Pathwork Guide Lecture #226

Pathwork Fundraiser led by:

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