

# Reflections from Board Members

## PERSONAL REFLECTION

### Going & Coming ...

*Rick Neu and Grace Douglas are leaving. Who might be coming?*

By Norm Danis, Board Member

It's that time of year when the Board is looking for a few good men and women. As a current member, I remember asking myself before I joined — what could I do to keep Pathwork thriving? I enjoy and need Pathwork in my life. I'm sure you do, too. When the speed bumps of life come as they surely do — without Pathwork insights and tools, I would surely fall back into ineffective and lousy patterns. So, I said to myself — self you can create a win-win by becoming a Board member (helping Pathwork and myself) No-brainer!

Please go into yourself and see if you'd be willing to serve with me, Renee, John Stritzinger and Gayle Lacks. Our next meeting is Sept 14th, with once a month meetings. Please give me a call at 215 855-2258 or email me at - [abovethenorm@verizon.net](mailto:abovethenorm@verizon.net) and I can give you additional information. "We are a harmonious, deeply caring, effective group, loving Pathwork and committed to seeing it thrive." Don't you want a piece of that???? Thanks and warmly inviting you, Norm Danis.

### Marriage Musings

Marriage from Page 1

No wonder I didn't have A good sex drive!!! I could never understand why I didn't. Here was the answer!!! The guide talked of needing emotional and mental fusion (as well as spiritual which is a natural result from the physical, emotional and mental fusion).

My 4x4 came when reading about the emotional and mental fusion being necessary for physical fusion. Something I did not readily do in my 46 years being with my husband. I'm just starting to adventure cautiously down these avenues.

I hid who I was from my husband. I hid what I was thinking, feeling — out of my own shame and poor self esteem and out of my fear of what his response might be. He might laugh at me; He might get a sense of what a terrible person I

truly was. It was just too scary to go there; I have to stay hidden and small and safe.

I had another insight which brought me great sadness. I never wanted to really see my husband; I just wanted him to take care of me, to act and behave the way I thought he should, e.g., a way that kept me feeling safe and secure and loved. I had no desire or interest to see who he really was; To see his wounding, defenses as just that and to strive to see the person he truly was underneath.

Following the homework suggestion, I thought of a painful interaction that really impacted me. I wrote down the beliefs I came away with. One of which was, "Men and woman are not equal. Men have the power." On the morning of the workshop, I woke and thought that's not it. It's "woman have no power." During the workshop it came to me that I had cut off

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### It Doesn't Matter What I Do

By Rick Neu, former Board President

As my three year term on The Philadelphia Pathwork Board of Directors is ending, the following reflections are what come up for me. The universe is always open to our learning from the experiences we go through. What does it want to tell me as I reflect on this for the newsletter. Feeling into how this image from my past, "It doesn't matter what I do," still has a strong pull in my life. Read it in a book this summer and it instantly resonated. My energy drags and feels hopeless under its weight. Don't want to move much or reach out under its spell. Its familiarity feels safe.

Stepping forward to The Board helped knock a few blocks out of this wall for me. Add to my morning intentions that it does matter what I do today. Feel some fear, more vulnerable, but much more hopeful and alive! "It did matter that I stepped into a role on The Board. Breathe it in and move forward!"

the feminine within me. She was weak and was an embarrassment.

My male side had carried me through life but with a heavy price. No joy, no pleasure, just stay to the task and do it perfect. With Carolyn Tilove's help, I was able to connect to the feminine within me and my male side saw she did have something to offer. I am nurturing her presence, her sensuality, her energy.

All my learning, insights and experiences were a true gift from above.

### Embrace Positivity

By Josey Soriano

The flyer said, "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."

I signed up a few weeks before the date and immediately energy started to mobilize. It was amazing!

**The fruits of the workshop for me were these things:**

- A possible understanding of my life task.
- The spontaneous confession of a mother who was afraid for 50 years to reveal the truth.
- The courage to make real life changes that could never before be made.
- The release and transformation of energy that was locked in a negative force field.
- Weight loss of 15 lbs.
- True knowledge and a feeling in my gut that I can withstand the positive.
- Decrease in pain and anxiety.
- Ability to create positive intention any time I want.
- A feeling of control of my life. The effects of the workshop are still being revealed. It was life changing!

# UPCOMING events

Pathwork Continuing Studies, Year Long Course

**LIVING LIFE FROM THE HIGHER SELF.** September 2009. Once a month – May 2010. Call for dates and times. The Higher Self is like a jewel buried under many layers, the divine self within. We spend this year getting to know and strengthen the Higher Self through Pathwork Lectures and Process and an exploration of Michael Singer's, *The Untethered Soul*. ★ Led By: Gayle Lacks, MD. 215.576-7933. [gaylelacks@verizon.net](mailto:gaylelacks@verizon.net). Location: 711 West Avenue, Suite 2, Jenkintown, PA 19046. Open to all Pathwork Transformation Program Graduates. Cost: \$85/session.

Lecture-study Process Group, Six Week Group

**PERFECTIONISM - HOW DO YOU KILL ME - LET ME COUNT THE WAYS.** Thursday nights, 7PM-9:30 PM - October 1, 8, 15, 22, 29, Nov 5. OR Friday mornings, 10AM-12:30PM - October 2, 9, 16, 23, 30, Nov 6. Our inner demand for perfection is everywhere: underground, ongoing, persistent despite our wisest, intellectual understanding. It fuels addictions, helps destroy relationships and crushes our creativity. "None of you, no matter how much progress you have made, is quite aware to what an extent your need for perfectionism ... prohibits joyful life." PG# 97. If you're ready then join us: commit to six weeks of taking a chance, truth-telling, sharing, processing, laughter, pain and hope. ★ Led by: Carolyn Tilove. Hulmeville, PA 19047. Cost: \$250

October Pathwork Studies, One Day Workshop. PGL #14

**GETTING TO KNOW YOURSELF: HIGHER SELF, LOWER SELF AND MASK.** Saturday, October 24, 2009. 10AM-4PM. WHAT IS THE ACTUAL ME? WHAT IS MY HIGHER SELF? WHAT IS MY LOWER SELF? WHERE MAY THERE BE A MASK, A FALSEHOOD? Ever felt confused about who you are? Aware of the part that pretends? The part that feels dark and icky that brings up shame? How about your divine self - where love, wisdom and compassion reside? Come to a one-day intro Pathwork workshop, where in a safe setting you will have the opportunity to meet and explore with curiosity and compassion the part that pretends (the mask), that part that frightens so we hide (the lower self) and the part that guides with love and wisdom (the higher self). Part of the unique gift of this spiritual path is that it honors all parts of you and has developed ways to acknowledge, be with and transform those parts that separate us from our divine selves and from God. "The aim of spiritual development is to eliminate the lower self so that the higher self becomes free again of all outer layers it has acquired." PGL #14. ★ Led By: Renee Joanna Whatley. 215-472-6454. Location: 3900 City Avenue, D 105, President-Madison Bldg, Philadelphia, PA 19135. Cost: \$50

November Pathwork Studies, One Day Workshop. PGL#30

**UNCOVER YOUR ORIGINAL NATURE: WORKING WITH SELF WILL, PRIDE AND FEAR.** Saturday, November 20, 2009. 10AM-4PM. This workshop will be a balance between looking at the dark and the light. Questions the Guide asks: What is the ground of your being? Which order of the lightforces do you belong to? (Yes, this is in PGL#30, Pride, Self Will and Fear!) "Simply uncovering this ground perfection in its original nature with your talent intact is the path of purification." PGL#30. We will look at the three basic hindrances which blur our basic light: self-will, pride and fear. We will become conscious of their impact on us in concrete ways in our daily lives. "It is also important ... to get to know the special individuality of your higher self so as to utilize it and to realize its particular force." PGL#30. Process, Lecture Study, Meditation ★ Led by: Carolyn Tilove. 215-752-9894. [ctilove@aol.com](mailto:ctilove@aol.com). Location: 901 Bellevue Avenue. Hulmeville, PA 19047. Cost: \$50



## 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](mailto: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 re 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 / [jbeltmonte@erols.com](mailto:jbeltmonte@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](mailto: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-El and Cranial Sacral Therapy. [www.Rockymtnpathwork.com](http://www.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](mailto: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](mailto: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.