

Tilove Leaps

About a year ago I came to know that I wanted to give up certain aspects of Pathwork leadership that over the years had "grown like Topsy." (Isn't that an old phrase!) This was not easy. I loved the sense of feeling the very pulse of our community: both the wider sweeps of spiritual influx like the Christ workshops, our graduate programs, the 50-50 work and the intimate rhythm of daily, weekly and seasonal flow of newsletters, membership drives, fundraising auctions, board meetings, council meetings, mailings, etc.

But my soul wanted more time to dream and move in unfamiliar ways - and so with great help from the board and the helpers and my helper - I began the process of letting go and letting others step forward. And they have. Magnificently. And perhaps you will too - as the possibility of feeling called to some giving, some leadership, enters into your dialogue with your higher self and guides.

We will be sharing more over the next months of changes, opportunities, questions, openings. For now, I'd love you join us at CCC Day [Saturday, June 2, 2007] to participate in honoring what has been and opening to the present and future movement of spirit and God's will in our Pathwork community.

I have immense love for all of you.

Contemplating The Crucifixion

FRIDAY, APRIL 6, 2007. 7pm-9pm
A GOOD FRIDAY EXPERIENCE

The Pathwork Guide states, "Many people believe that Christ died on the cross for the sins of everyone else and as a result no one is responsible or accountable for their sins, faults and weaknesses, for Christ has atoned for them through His death. This of course my friends can not be so ... After the explanation of the real story of salvation you will not only see that this is a comfortable misunderstanding, but also will clearly perceive how this misunderstanding could have come about..." PGL # 22.

R. Steiner refers to the crucifixion as The Mystery at Golgotha.

Upcoming Awakening Sexuality Workshop Fills Up Quickly

The Philadelphia Pathwork is excited about the response that has come forward in our Region for the upcoming Awakening Sexuality Workshop. This Workshop is being led by Brian O'Donnell, a senior Pathwork Helper from the Great Lakes Pathwork and assisted by Carolyn Tilove. If you have suggestions or ideas for topics to focus on for future workshops please email me at rneu@gfnet.com or call Rick Neu at 717-560-0602.

It holds for some a mysterious and transformative power, for others it is merely perplexing. What exactly does the crucifixion of Jesus Christ mean? What are the implications, if any, for our daily lives over 2000 years later?

ON THIS GOOD FRIDAY EVENING join me as we contemplate together the meaning and mystery of this singular event. We will learn from each other and attempt to articulate what our respective religious traditions say about the crucifixion. We will explore what the Pathwork Guide offers as its interpretation of its symbolic meaning(s) and delve into our own doubts and fears.

We will share our histories, what we have experienced and been taught, the parts we accept

Marketing and Outreach to be a focus of the Philadelphia Pathwork Region during the Upcoming Year

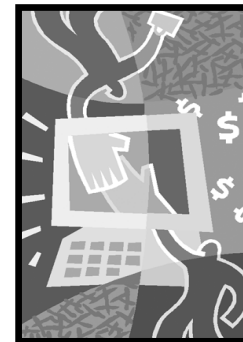
The Philadelphia Pathwork Board of Directors and helpers have chosen marketing and outreach to be a primary area of focus for the coming year. A sub-group headed by Rick Neu and Carol Day has been meeting to discuss ways our Region can reach out to those not familiar with the Pathwork. We are excited about some of the ideas and guidance we have already received. There will be more about this in future newsletters.

We are compiling a list of organizations and individuals that might be interested in the Pathwork's offerings. If you know of an organization or person or have any

ideas or guidance as far as ways for us to reach out, please email Rick Neu at rneu@gfnet.com or 717-560-0602.

As part of our effort we are interested in how The Pathwork has helped our members have a fuller life. This will help us in our efforts to communicate ourselves to others. If you feel guided to assist in this effort please send in how you have benefited from your involvement with The Pathwork.

Our next newsletter will include samples from those open to share their insights in our new column, Pathwork Stories.



and the parts we reject.

We will read together and discuss excerpts from Guide lectures (PGL #19, #22, #82, #42, #258) that address this question.

We will pray and meditate together to discover any personalized meaning that may inform our daily life.

This is an opportunity to sit with each other in an atmosphere of supportive inquiry and ask those heretofore and unarticulated questions and open the door to personally meaningful answers.

Location: Presidential-Madison House, 3900 City Avenue, Suite D-105, Philadelphia, PA 19131. ★ Led by: Renee Joanna Whatley, Pathwork Helper. Call 215-472-6454 to reserve a space. Cost: Free.



UPCOMING events

Four Week Lecture Study

REAL AND FALSE NEEDS - PGL#192. Monday Evenings: April 2, 9, 16, & 23. 7pm-9:30pm. Do you know what you need? How many times have you said to a friend, partner, husband, wife, sister, brother: "You are not giving me what I NEED!!". . . and feel really justified in your anger, pain, or other feelings? What if all those things you have been begging for, bargaining for, and clearly feeling deep pain about - were things you needed to learn to give to yourself first? Join me in exploring this very important and informative lecture study where we will examine what ARE real needs? And how do we get them met? This class will include lecture material, meditation, homework exercises and process and is open to all current members of the Pathwork community as well as newcomers who want to explore this material. ★ Led By: Carol Day. 609-392-7855 or carolday3@comcast.net. Location: 21 Whittier Ave. Trenton, NJ 08618. Please, a deposit by March 15 to hold your place. Class is limited to 15 people. Cost: \$125.

One Day Lecture Study

POWER OF COMMITMENT. TO COMMIT OR NOT TO COMMIT - THAT IS ALWAYS THE QUESTION.* Saturday, April 21. 9:30 am-4:30pm. We KNOW that wholehearted and single pointed commitment is a powerful, life-changing, life-enhancing act. So what stops our natural flow of commitment and joy? We will investigate our doubts, fears, misconceptions, past experiences that prevent us from committing: whether it be a very specific choice you are facing or a general approach to life you want to embody. This will be a day of lecture study, personal process, group support for each other, and meditation and prayer. "This voluntary attitude of commitment will create an involuntary energy influx and activate the guiding wisdom of your spiritual self". PGL #190. . . "you will get out of life exactly as much as you commit yourself to, whether this means shaping and creating your life by committing yourself to the universal forces to cooperate with you, or whether this means committing to an undertaking, to a person, or to a relationship, It makes no difference what it is. If you only commit yourself with reservations, watching that you remain "safe", bargaining and holding, life will pay you back exactly to that degree. PGL#129

★ Led By: Renee Whatley and Carolyn Tilove. You can register at rwhatley2@aol.com or cttilove@aol.com. This workshop is limited so please sign up early - we'd like your registration by April 7. To register, send \$25 to Renee Whatley at Presidential-Madison House, 3900 City Avenue, Suite D-105, Philadelphia, PA 19131 or Carolyn Tilove, 9101 Bellevue Ave, Hulmeville, PA 19047. Location: TBA. Cost: \$25.

*This workshop is a Philadelphia Pathwork Board sponsored event.

Transformation Program

TRANSFORMATION PROGRAM - YEAR ONE. Sundays, September 2007, once a month. 10am-4pm. Calling all newbies!!! There has been a groundswell of interest for the formation of a TP1 class to begin in September 2007. If you are a "newbie" and you are wanting to deepen your Pathwork experience, this may be of interest to you. In addition, this class will also be available to graduates for auditing depending on class size. If you are a graduate and feel like you would like to revisit this material, audits are available at half-price. ★ Led By: Carol Day. 609-392-7855 or carolday3@comcast.net. Location: 21 Whittier Ave. Trenton, NJ 08618. More information to follow in our next newsletter.

CCC Day

A DAY OF COMMITMENT, COMMUNITY AND CELEBRATION! SATURDAY, JUNE 2, 2007. 9am-5pm. Our second annual CCC Day is coming. We will celebrate the year's work, give the Force to those who feel called to make one of the four stages of commitments, and do

Upcoming Events continued on Page 4.

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 / cttilove@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-El and Cranial Sacral Therapy. Web site: Rockymtnpathwork.com

Pinna 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.



process and energy work as a community to deepen our understanding and living of the Pathwork Guide teachings. All are welcome - beginners, interested friends and family and pathworkers. We will also be having a special tribute for Carolyn Tilove, the director of the Philadelphia Pathwork for the last 20 years. We will be sending you more information soon, but please plan to attend for a great day, a wonderful lunch and a lot of fun. RESERVE SATURDAY, JUNE 2!

Day of Service

VOLUNTEER WITH METRO CAMDEN HABITAT FOR HUMANITY. Saturday, March 31, 8:30am-3:30pm. Spend a day with a group of fellow Pathworkers volunteering with Habitat for Humanity and find your own

individual fulfillment in serving a greater cause. We approach this in a spirit of service as expressed by the Guide in several lectures: "You can find total individual fulfillment only if you serve a greater cause. ... This very service enhances your fulfillment, just as this service requires you to be a fulfilled and happy person. ... To give service to a greater cause will cleanse the residual little selfishnesses that make you fearful. ... Consciously giving yourself to a greater cause that sweeps the entire planet is in itself a cleansing process." (PGL*223: *The Era of the New Age*)

"To reach perfection and to reach that state of happiness where you can be of best service to your fellow-creatures is the goal. And only a very healthy, very integrated, and very harmonious person, a very happy person can

really give, love, and help. Thus the goal ... is God, not because the union with God means inexpressible happiness and unimaginable bliss ... but service to God, through service to one's fellow-creatures, through the utter fulfillment of God's will in every particle of life." (PGL*18: *Free Will*)

For more information, Visit www.philapathwork.org, call or email John Stritzinger at jstritz@gmail.com or 215-635-1294, or Valerie Bennett at valerievalera_2000@yahoo.com or 610-565-7187. Location: 650 Clinton Street, Camden, NJ. Cost: Free. (Those in our group will contribute to fill a wish from the wish list on the *Metro Camden Habitat for Humanity website* www.habitatcamden.org)



FIRST FRIDAYS 7pm-9pm

RELATIONSHIP:

THE MEANING, THE WORK, THE PROMISE.

April 6, 2007 Man and Woman in the New Age. PGL#229

May 4, 2007 Love, Sex and Eros. PGL#44

June 1, 2007 The Evolution and Spiritual Meaning of Marriage.

Pathworkers and people interested in the Pathwork gather to explore pathwork concepts, share life experiences and encourage each other on this path of self-discovery.

LOCATION: Directions are available on Philapathwork.org.

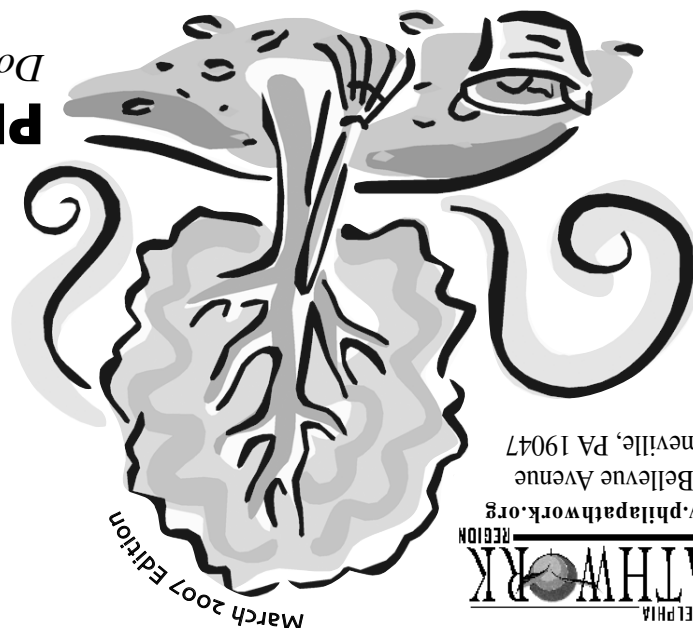
Trenton, New Jersey. Led by: Carol Day, Pathwork Helper. 609-392-7855

All Pathwork lectures are available on Pathwork.org.

4 March 2007

Philadelphia Pathwork® Region is a non-profit organization, 901 Bellevue Avenue, Hulmeville, PA 19047. Newsletter publication four times annually: March 2007 - Issue one.

Download Lectures and more
Philapathwork.org



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Q. During the course of the day, I find myself constantly caught up in my drama or disconnected from my breath. Are there skillful tips or methods you would recommend to help me align myself to my higher self?

A. Many of us find ourselves caught up in our dramas as we move through life. Clearly, this is part of the human condition. These dramas present us with an opportunity for growth if we choose to be curious and deepen our exploration of some internal aspect of our self that is as yet unresolved and still engaging in some inner struggle.

By taking responsibility to look at our contribution and response in the drama, we can align with our positive intention to be as impeccably honest with our self as we are able to be in the moment. In so doing, we align with our higher self as we can also choose to slow down and review our experience as it unfolded and perhaps become clearer as to the feelings that were present which we may not have been in touch with or moved past very quickly in our habitual and often rapid fire response.

I'm glad YOU ASKED

For example, you indicate that you disconnect from your breath. This might be an indication that you are experiencing some old fear that results in some freezing or numbness that interferes with your normal breathing patterns. It is also probable that there is some feeling that you may not wish to feel in the moment such as pain, loss, sadness, etc. and that recreating the drama is a way of staying disconnected from the deeper feelings that you may now be ready to explore.

As you may already know from your Pathwork training, the part of us that we call our child consciousness will often surface in reactivity wanting to revisit and work through some experience that felt too big and overwhelming to handle in our early years of life. The higher self is already supporting us

in allowing our consciousness to become aware of this reactivity (*in the form of a drama*) as it surfaces, since we now have a greater capacity as adults and through our pathwork to look at our creation, explore our reactions, and align with a different choice that is in keeping with our deeper and true self and inherent wisdom.

The body is a wonderful indicator in helping us to know that we are being affected in some way both positive and negative. As your body speaks to you through your disconnection from your breath, you can align with your higher self to support you with genuine acceptance in connecting with your child consciousness in the moment, to ascertain what is being experienced. Very often, our initial awareness is a feeling of fear even if we don't yet know what it is that is causing the fear. This initial awareness can be the beginning step into a deeper exploration of some unresolved struggle or internal conflict that is longing to be resolved.

From previous pathwork training you may have developed a higher self, loving response to your child consciousness that See **I'm Glad You Asked**, Page 4

Three Invitations ... Three Times the Charm

by Carol Day

My Pathwork story began many years ago, when my husband Jim introduced me to his friend, Marty, who had studied at Phoenicia and had also known Eva. I heard his stories and his love of the Pathwork, but I was resistant to this first "invitation" to know more. I was quite happy with my spiritual path at that time, which was yoga and meditation.

The second invitation came several years later. Jim, myself, Marty and Myra, his wife, went away one weekend to visit friends who lived near the Phoenicia Center. Marty encouraged us to take a walk up the road and visit the Pathwork Center. It was a beautiful location, but again, I was resistant. This was clearly important to our friend, but this "invitation" also did not register.

Since then, I have discovered that three times is the charm for me. The third invitation was on the way.

Several years passed, and I

continued on my own spiritual and internal quest to know myself better. Then, one day, I noticed a book sitting on Jim's desk, *The Pathwork of Self-Development*. A friend of Jim's had dropped the book off and thought maybe he might be interested in reading it. As the weeks went by, every time I walked into Jim's office, I kept seeing that book. This invitation began to register and wouldn't leave me alone.

Finally, after about another six months, I asked Jim if I could borrow the book. The rest is history. I read the book from cover to cover in about three days, lit up like a proverbial Xmas tree and wondered why it had taken me so long. Spirit works in mysterious ways.

Now that I have worked my Pathwork for over 20 years, I do not wait for the third "invitation". I listen carefully for the invitations of Spirit and I try to respond as quickly as possible with great gratitude. Thank you, Pathwork!!!! And thank you, Eva.

Pathwork Stories

Have a Story? Send your Pathwork story to Rick at rneu@gfnet.com

Paying it Forward Don't Miss these Sponsored Events

Second Annual Celebration

COMMITMENT, COMMUNITY AND CELEBRATION DAY. Saturday, June 2, 2007. Come enjoy great food, drumming, dancing, music, commitment ceremony and Pathwork teachings that will bring us all together - all the classes will be honored and celebrated. This year marks the end of an era as Carolyn Tilove steps back from her leadership roles in the region and we all participate in the ceremony of passing the torch. Please mark your calendars. Cost: FREE. See *page 3 for details*.

One Day Lecture Study

POWER OF COMMITMENT. To Commit or not to Commit - that is always the question. Saturday, April 21. 9:30 am-4:30pm. Cost: \$25. See *page 3 for details*.

Events are sponsored by the Philadelphia Pathwork Board.