

# CONNECTION

The Newsletter of the International Pathwork® Foundation  
Fall, 2008

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## NEW INCARNATION FOR THE INTERNATIONAL PATHWORK FOUNDATION

*By Louise Stevenson*

As I write, the Interim Trustees of the International Pathwork Foundation are putting the finishing touches to a proposal for a new form of the Foundation. It is being translated into Portuguese and Spanish, and it is being given as wide a distribution as we can put together, because we hope it will be examined and discussed in every Pathwork community and group around the world.

So please, dear reader, we ask you to make sure you get a copy! Please ask your community leader(s) to forward it to you. Please participate in the discussion in your community. Because for the International Foundation to “reincarnate,” it must be co-created, invested in and nurtured by pathworkers everywhere.

To give you a very brief history: The original Pathwork Foundation was created some 25 years ago, when the Pathwork existed mainly in the U.S. and Holland. Since that time, much has changed in the world and in the Pathwork, so that while many Foundation functions are still essential (protection of copyright and trademark, archives, translations, Pathwork Press), little by little something in the structure and mode of operation began to no longer work. Somewhere in the late nineties, as we now realize with hindsight, contraction had set in. The number of trustees shrank, and shrank again, until by 2003 there were only two: Amanda Van Boven and Catherine Karas. When it became obvious that the organization was no longer viable, Amanda and Catherine took the difficult and courageous decision to go into Emptiness - and wait there in quiet and meditation to see what emerged.

This proved very challenging, as they received some considerable criticism for this way of proceeding — or rather, not proceeding! However, as they remained in the Emptiness and continued to meditate, names began to float slowly to the surface; names of people from many different regions who

*Stevenson continued page 3*



## FROM THE EDITOR

Welcome to the fall, 2008 edition of the Foundation's on-line newsletter, In Connection. It's been three years since the international group of interim Trustees first came together with the intention of holding the space for a new international Pathwork Foundation to emerge. We sat in the emptiness, we

meditated and prayed, we inspired, we brainstormed, we cleared and strengthened our container. Then we came up with a plan to consult Pathwork communities around the world and to use that input to create the proposal that is now being distributed. Louise Stevenson's opening piece is an introduction to the proposal as well an invitation to participate in the next steps that will come from it. We look forward to continuing the conversation with the worldwide Pathwork.

In this issue there is an interview with Catherine Karas, who stepped forward as the President of the Foundation in November 2007, and an article of exciting ideas from Alan Saly, the new Chairman of Pathwork Press. We also have, both in English and Spanish, an update from Yolanda de los Reyes who shares the experience of the Mexican Pathwork, the hosts of the last international conference. There is an article from Jan Rigsby, who started the Pathwork in Australia and is now starting again in Austin, Texas. And Judith Saly offers a short piece of wisdom from the Guide.

My aim in putting these newsletters together is to help us stay connected. It's wonderful when Pathworkers from all over the world come together at the international conferences, but in the spaces in between, when everyone goes home, it's easy to lose touch as focus returns to local groups and busy lives. My hope is that this newsletter can bridge the gap, at least a little. Are there articles that you've thought of writing? Take the risk. Let us hear from you. The next issue is now wide open. What is happening in your region? Are things going well or not so well? How has the Pathwork impacted your life? We can all learn from each other's triumphs and struggles. What I've so appreciated in meeting Pathworkers from around the world is seeing how much we have in common, despite cultural

differences, because we walk this path. There is a basic understanding that we share. I look forward to including articles from Pathwork groups around the world, including yours. If you have an idea for something you'd like to write but aren't sure how to get started with it, send me an e-mail at [Chezgray@aol.com](mailto:Chezgray@aol.com). I'll be glad to talk it through with you.

Thank you to everyone who contributed articles for this issue. And thanks to Beita Arechavaleta from Uruguay who helped with proofreading the Spanish version of Yolanda's piece. As always, special thanks to Zoe Willow, the Foundation's administrator, who does the layout for these newsletters.

With love and appreciation for the worldwide Pathwork,  
*Donna Gray*

## THE INTERNATIONAL PATHWORK FOUNDATION TRUSTEES & INTERIM TRUSTEES

*Beita Arechavaleta  
Interim Trustee  
Montevideo,  
Uruguay*

*Gustavo Monteiro  
Trustee,  
Toronto, Canada  
(originally Brazil)*

*Barbara Azzara  
Trustee,  
California, USA*

*Louise Stevenson  
Trustee, Treasurer  
Ottawa, Canada*

*Gloria Costa  
Trustee,  
Rio de Janeiro,  
Brazil*

*Lillian Trebilcock  
Interim Trustee,  
Sao Paulo, Brazil*

*Donna Gray  
Trustee,  
New York, USA*

*Zoë Willow  
Administrator,  
Assistant Secretary  
Virginia, USA*

*Catherine Karas  
Trustee, President  
New York, USA*

might come together and help bring a new form into being. It was this group that first met as Interim Trustees in Rio de Janeiro in July 2005.

Our work in Rio had two facets. The first was to build the relationships within our group of Interim Trustees. Avoiding the poles of “business meeting” vs. “process group”, we worked to clear issues and frictions, heal some old pains and establish our grounding in Spirit. With this foundation, we moved to the main task of finding a new form for the Foundation. We have maintained this approach to our work ever since.

Our meditation and visioning in Rio brought forth the idea of a beautiful spiritual container which could hold the space and be a home for the diverse Pathwork communities on this earth; diverse in language, in culture and social structure — and in ways of practicing the Pathwork teachings.

Before figuring out what form of organization would be needed to bring such a vision into matter, we first needed to ask pathworkers for their input. What did they want? What were their longings? Did they want a Foundation at all? And if they did, how could such a Foundation serve and represent them, and how could they serve it? So we proceeded in the next two and more years, to consult with Pathwork communities, large and small and everywhere.

From our deep listening to the longings and suggestions of pathworkers, we distilled a number of common themes. For instance, we heard a longing for communication and connection, meaning mental, spiritual and heart connection, and a sense of belonging. It meant also the technology needed to facilitate exchange and the dissemination of information. We also heard a need for transparency, for openness and honesty from our leadership, including the dropping of masks and appropriate self-disclosure. Under the heading of diversity, pathworkers asked for respect for cultural differences and varied approaches to teaching and studying the Pathwork. This is just a taste of the many themes outlined in the proposal.

From these themes we distilled our proposed vision and mission statements, a list of strategies to fulfill the mission, and an organization chart. I am deliberately not telling you more about the actual contents of the proposal

Please read it, with your hearts as well as your minds.

Our next step will be to consult your Pathwork communities again, by phone or e-mail, to see what you think of the proposal, to discuss suggestions and criticism, and to gather new input. We foresee addressing such questions as :

- What process and criteria are needed for selection of trustees?
- What level of support and commitment is needed from communities to get the new Foundation incarnated?
- How will continuing support be organized and maintained to sustain and nurture the new infant and grow it up?

We look forward to the next step in this co-creation.



Gustavo Monteiro discusses aspects of the Foundation organizational chart at the trustee meeting held in Cuernavaca, Mexico in 2007.

## BUILDING BRIDGES, A YEAR AFTER

*Yolanda de los Reyes*

*Pathwork Teacher*

*International Conference Coordinator*

*“No creation can take place unless mutuality exists. Mutuality means that two apparently or superficially different entities or aspects move toward one another for the purpose of uniting and making one comprehensive whole. They open up toward one another and cooperate with and affect one another to create a new divine manifestation... Mutuality is the movement that bridges the gap between duality and unity. Wherever there is separation, mutuality must come into being in order to eliminate this separation.”*

*Pathwork Lecture 185 Mutuality: A Cosmic Principle And Law*

### BEFORE THE CONFERENCE

When I went to the conference in Brazil in 2004, I had been in the Pathwork for ten years and had never given any thought to the international Pathwork community. It was a wonderful experience to meet people from so many countries who were seeking a spiritual path. It was like discovering a new world. I learned a lot from other helpers and also understood why Andre Leites had decided to work alone to build the Pathwork in Mexico, apart from the international community.

I felt the call to help Mexico become a part of this international movement. I thought that it was very important for us to communicate with other countries, to find out what they were doing, and to let them know that we existed. So when some of the people I met asked us, “Hey, why don’t you make the next conference in Mexico?” Andre and I talked and said, “Why not?” When we returned, we had a meeting with the teachers and decided to take the risk. Andre invited me to coordinate this effort. We didn’t know then what a big task we had signed on for. We underestimated how difficult it would be.

We worked very hard for 20 months. The process was very interesting, but it was not easy to coordinate people from different countries, with diverse conceptions of what the conference should be. The Mexican group had its own ideas of the conference, but it was very important for us to come to an agreement with the leaders of the various regions. After many discussions and long conference calls among eight people from different countries, we came out with the conference program.

### DURING THE CONFERENCE

When the conference started in Ixtapa, we were overwhelmed. We had 285 participants from 14 countries, and we hadn’t anticipated how it would be to come together with people of so many nationalities, with such divergent interests. Participants responded very enthusiastically, even though some things did not happen as planned, and the schedules were not always respected. We had pressures from different groups which had their own agendas. All the demands were too much for us, and we were not prepared to deal with them, but nevertheless the results were extremely rewarding. We all felt it was a great achievement. The Mexican teachers participated with a lot of enthusiasm. We were as one. We had a lot of Eros for it.

It was a 50/50 conference in which everything was included. There was a lot of light, and some darkness. The dates selected for the conference were of great significance: March 9th, the day the conference started, was the anniversary of Eva Pierrakos’ death and March 10th, when we had a meditation outside by the sea, was the 50 year celebration of the date the Guide gave the first lecture, The Sea of Life. We felt the presence of the Guide and Eva very strongly, reminding us of our agreement with the spiritual world that on the earth plane we would not be free of the presence of darkness. This helped us to use the Pathwork tools and accept whatever happened. We asked for help, and then we let go, and let God.

The outcome was very positive. We introduced ourselves to the international community. There was a lot of interaction among individuals and groups. We learned a lot about what other countries were doing to develop the Pathwork. We shared experiences. We felt the sorrow of TG1 (the first Pathwork training group) over Eva’s death. We learned how other helpers and teachers worked with groups. We also had a lot of fun during the social events. There was a big expansion.



The participants' evaluations were mostly positive. What they liked best was meeting people from other countries, the workshops and some of the meditations. They resented the tensions among groups and felt that some of the ceremonies were too long.

There were many challenges, but in the end the outcome was very encouraging and we believe that we need to start walking over the bridges we built and open them, so people from other countries can come to Mexico.

#### AFTER THE CONFERENCE

When the conference was over, the Mexican Teachers' Group needed to go into process because there were too many feelings. On the one hand, we were happy that we had such a good turnout, and it was wonderful to meet people from other places and learn about their experiences. That made us appreciate what we have been doing here in Mexico, in comparison with other countries. But on the other hand, the feeling was that we had gone through a lot of pressure and demands that caused us tensions and distress. As a result we went into a big contraction within the group.

The theme of the conference was Building Bridges. We started building those bridges, but we were not prepared to cross them or allow others to cross into Mexico. That was a big contradiction. We organized the conference because we wanted to be open, but then we needed to close down once more in order to heal ourselves before going out again to connect with people from abroad.

After the conference, some people wanted to come to Mexico or asked us to go to their countries, but we didn't have the energy to respond to that. We had to be stronger as a group, and that is what we started working with. Later we began to respond and as a result, some teachers from Mexico have gone to Brazil and Spain, and we intend to increase this exchange with other communities.

#### THE FOUNDATION

When we started organizing the conference, there were some problems and misunderstandings with the Foundation. We had different opinions of when, where and how the conference should be. We had long discussions, and finally arrived at an agreement. However, during the conference the Foundation Trustees seemed to have a parallel agenda that kept them from participating in all the events, and we resented this. Several months later, the Interim Trustees reached out to say that they wanted to come to Mexico to have a meeting with us. It was a reality check that things had been off. It was very significant that the Trustees came. During their visit, we talked very frankly of whatever misunderstandings there had been. We all had our hearts open and we could hear and understand each other. It was a very important gathering, which helped us in our healing process.

#### EVALUATION OF OUR EFFORT

For us, it was a surprise to see ourselves through the eyes of people from other countries. We perceived that they gave us recognition, that people were surprised to observe that we have such a strong organization. They were also astonished to find out about our work; to learn that we have so many teachers and so many students, and that now the Mexican teachers are training new helpers, with no need for teachers from other countries. Before the conference, we didn't realize that. After the conference, the feeling was that we had been closed for so many years, but are now ready to open ourselves to the rest of the world, knowing we can be proud of the work we have been doing in Mexico. And we also recognized what a great job Andre did in bringing this wonderful form of work to Mexico.

#### OUR NEW LEADER

Andre Leites was the Director of the Mexican Pathwork up until the conference. He headed the Executive Committee, which also included Olga Tanaka, Perla Babarak and me. A few months before the conference, Andre informed us of his decision to step aside as Director. It was a big issue for us that brought up a lot of uncertainty of what was going to happen. After several meetings with all the teachers, Olga Tanaka was elected as the new leader, and she asked Perla and me to continue on the Executive Committee to help her.

Olga is recognized for being a great teacher, and a wonderful helper. For many years she has devoted herself to developing didactic material from the lectures for the training programs. It has not been easy for her to take Andre's place, but her commitment to the Pathwork, and the way she has been working with and guiding the community, has gained her the respect of all the teachers. Andre has its own special place. He is recognized as the great TEACHER, the one who brought the Pathwork here. He did a great job in facilitating a successful transition.

Olga is very open to hearing everyone. She knows how to work with groups and how to establish limits. She has introduced various changes in the Teachers' Group. We get together once a month in Mexico City, and twice a year we have a two day retreat at Casa Quieta, Andre's place in Cuernavaca. Before, our meetings used to be for organizing the conference or for administrative issues. After the conference there were a lot of unexpressed feelings, so we decided to do the Pathwork process together, working with different lectures. Everyone reads and shares what the lecture means to them, and then the process starts. There has been confrontation and issues among teachers, but we can work it all out. And now, people look forward to these meetings. It really has been wonderful. Although it has been difficult sometimes because a lot of feelings are expressed, the result is that we are more unified. The conference really helped us to come together as a strong group, more confident and with more ways to communicate among ourselves, and with the rest of the community.

Olga is encouraging teachers to go back to organizing lecture study groups, instead of just preferring to be training teachers. She is stressing how important it is to keep forming study groups, in order to bring more people into the Pathwork. That means being of service, to give without waiting to receive, as the Guide talks about in the leadership lecture.

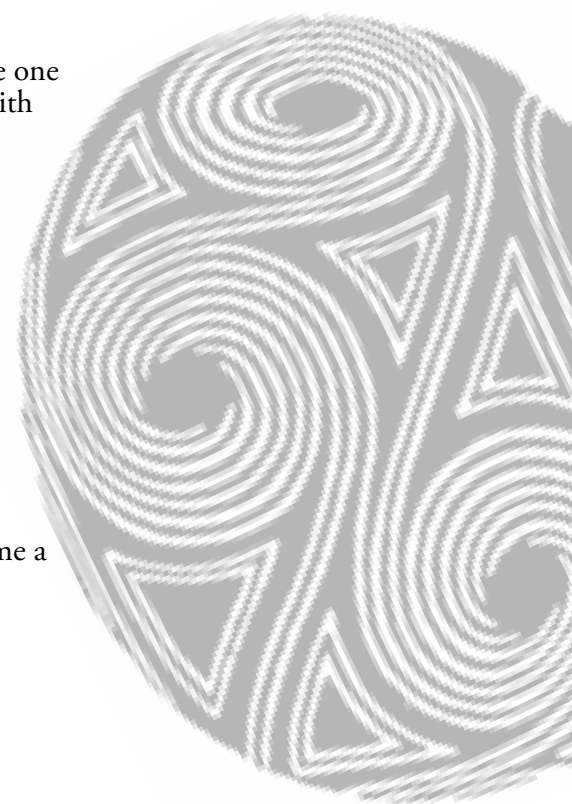
#### PATHWORK ENCOUNTER

After the conference in Ixtapa there was a demand for more workshops, so we decided to organize another event. This past May we held the first Mexican National Pathwork Encounter. Over 130 people came together in Oaxtepec at a beautiful and simple retreat center. The teachers gave 16 different workshops, always using Path lectures. Among these were: Eros and Sexuality; Images as a Cause for Wars; the Path to Spirituality; Negative Intentionality; Energy and Movement; the Pathwork Cosmology; Frustration; Letting Go of Control; and many others themes.

Andre gave a lecture about Eva and the early days of the Pathwork, like the one Judith Saly gave in Brazil. There were small process groups, each teacher with 10 or so students. We had an outdoor walking meditation at night, and a special dinner to celebrate the 15th anniversary of Mexican Pathwork. Most of our teachers attended. The event was very insightful and touching, and the participants have asked us to organize another one next year.

We are very optimistic about our work and we all feel a great commitment to expand the Pathwork. We are happy to know that we have many brothers and sisters around the world who are seeking a spiritual path, just as we are. We look forward to ongoing communication as we participate in this wonderful adventure, walking the path together.

One last thought. I want to thank all the souls that helped us organize the international conference. Without them, this dream could not have become a reality.



# CONSTRUYENDO PUENTES, UN AÑO DESPUÉS

*por Yolanda de los Reyes  
Maestra de Pathwork  
Coordinadora de la  
Conferencia Internacional de Ixtapa*

*Mutualidad significa que dos entidades o aspectos aparente o superficialmente diferentes se mueven el uno hacia el otro con el propósito de unirse y hacer un todo que incluye a ambos. Se abren el uno al otro, cooperan entre sí y se afectan mutuamente para crear una nueva manifestación divina... La mutualidad es el movimiento que tiende un puente sobre la brecha entre la dualidad y la unidad. Allí donde haya separación, deberá llegar a haber mutualidad para eliminar esa separación.*

*Conf. 185 Mutualidad: Un Principio Y Una Ley Cósmicos*

## ANTES DE LA CONFERENCIA

Cuando en 2004 fui a la conferencia del Path en Brasil ya tenía diez años en el Pathwork. Durante ese lapso nunca había reflexionado sobre la comunidad internacional Pathwork. Participar en esa conferencia fue una experiencia maravillosa. Me permitió conocer a personas de distintos países en búsqueda de un camino espiritual. Era como descubrir un mundo nuevo. Aprendí mucho de otros helpers y también entendí porqué Andre Leites decidió trabajar solo para construir el Pathwork en México, separado de la comunidad internacional.

Sentí un llamado para incorporar a nuestro país en este movimiento internacional. Consideré que era muy importante que nos conectáramos con otros países, para descubrir lo que hacían, y hacerles saber de nuestra existencia. Es por eso que cuando nos preguntaron, “¿Por qué no organizan la siguiente conferencia en México?” Andrés y yo lo reflexionamos y dijimos, “¿por qué no?” Cuando regresamos de Brasil, hicimos una reunión con los maestros y decidimos correr el riesgo de organizarla. Andrés me invitó a que coordinara este esfuerzo. En ese entonces no sabíamos a lo que nos habíamos comprometido. Subestimamos el reto tan difícil que teníamos por delante.

Trabajamos intensamente durante 20 meses. El proceso fue muy interesante, pero no fue fácil coordinar a personas de diversos países, con concepciones heterogéneas de lo que debería ser la conferencia. Fue muy complicado llegar a un consenso. Después de muchas discusiones y largas conversaciones telefónicas entre ocho personas de diversos países, logramos llegar a un consenso sobre el programa de la conferencia. El grupo mexicano tuvo que ceder en varios aspectos con el propósito de asegurar la participación internacional.

## DURANTE LA CONFERENCIA

Asistieron a Ixtapa 285 participantes de 14 países. No habíamos anticipado cómo sería convivir con personas de tan variadas nacionalidades, con intereses divergentes. La participación fue muy entusiasta, aun cuando algunas cosas no sucedieron tal y como estaba previsto, y algunas veces los horarios no fueron respetados. Tuvimos presiones de diversos grupos que traían sus propias agendas. Las demandas rebasaron nuestra capacidad de respuesta; sin embargo, podemos afirmar que los resultados compensaron con mucho las dificultades que enfrentamos. Sentimos que el balance ha sido muy satisfactorio y que fue un gran logro. Los maestros del Pathwork México participamos con mucho entusiasmo; actuamos como un grupo compacto y solidario, con mucho Eros.

Fue una conferencia 50/50 en que todo estuvo incluido. Hubo mucha luz, y cierta oscuridad. Las fechas seleccionadas para la conferencia resultaron muy significativas. Se dio una sincronía ya que el 9 de marzo, fecha de inicio de la conferencia, coincidió con el aniversario luctuoso de Eva de Pierrakos; y el 10 de marzo, cuando se hizo la meditación frente al mar, fue el 50 aniversario de que el Guía impartió la primera conferencia del Path, El mar de la vida. Durante todo el evento sentimos intensamente la presencia del Guía y de Eva, recordándonos nuestro acuerdo con el mundo espiritual de que en el plano terrenal no estamos libres de la presencia de la oscuridad. Esto nos ayudó a utilizar las herramientas del Pathwork y a aceptar todo lo que sucedió. Pedimos ayuda, confiamos, “dejamos ir, dejamos en manos de dios”. Los resultados finales fueron muy positivos. Nos incorporamos a la comunidad internacional. Hubo una gran interacción entre individuos y grupos. Aprendimos sobre lo que hacían otros países para desarrollar el

Pathwork. Compartimos experiencias. Sentimos el dolor de TG1 (el primer grupo de entrenamiento de Pathwork) por la muerte de Eva. Nos dimos cuenta cómo otros helpers y maestros trabajan con grupos. También nos divertimos mucho durante los eventos sociales. Hubo una gran expansión.

La evaluación de los participantes fue muy positiva. Lo que más apreciaron fue el encuentro con personas de otros países, los talleres y algunas meditaciones. Resintieron las tensiones entre los grupos y no les gusto que algunas ceremonias fueran tan largas.

Hubo muchos desafíos, pero al final el recuento resultó muy ventajoso. Ahora estamos convencidos que necesitamos atravesar los puentes que construimos y abrirlos, de tal modo que personas de otros países puedan cruzarlos.

## DESPUÉS DE LA CONFERENCIA

Cuando concluyó la conferencia, el Grupo de Maestras decidió iniciar un proceso interno de reflexión ya que había demasiados sentimientos no expresados. Por una parte estábamos felices por la gran respuesta de la comunidad internacional. Fue maravilloso conocer las experiencias de personas que comparten nuestro camino espiritual. Esto nos permitió apreciar lo que hemos desarrollado en México, en comparación con otros países. Pero por otra parte, teníamos la sensación de que habíamos estado sujetos a grandes presiones y exigencias que nos ocasionaron una gran tensión. Como resultado, el grupo entró en una gran contracción.

Vivimos una gran paradoja. El tema de la conferencia fue “Construir puentes”; comenzamos a construirlos, pero no estábamos preparados para cruzarlos o para permitir que otros los atravesaran. Esto representó una gran contradicción. Organizamos la conferencia porque deseábamos abrirnos al mundo, pero después sentimos la necesidad de hacer un alto en el camino, para recuperarnos antes de salir otra vez a conectarnos con las otras comunidades Pathwork.

Después de la conferencia, varias personas nos pidieron venir a México o nos solicitaron que fuéramos a sus países, pero no tuvimos la energía para responder esas solicitudes. Teníamos que fortalecernos como grupo, y eso es lo que decidimos trabajar. Posteriormente empezamos a reaccionar por lo que algunas maestras mexicanas han ido a trabajar a Brasil y a España; y nos proponemos incrementar este intercambio con otros países.

## LA FUNDACIÓN

Durante el proceso de organización de la conferencia, hubo algunos problemas y malentendidos con la Fundación Pathwork. Teníamos visiones distintas de cuándo, cómo y dónde debía ser la conferencia. Tuvimos largas discusiones y finalmente convenimos en algunos acuerdos. Sin embargo, durante la conferencia en Ixtapa, los Trustees de la Fundación tuvieron una agenda en paralelo, lo cual les impidió participar en varios de los eventos y nosotros lo resentimos.

Meses después, los Trustees se comunicaron con nosotros para informarnos que deseaban venir a México y reunirse con el Grupo de Maestras. Fue una manera muy efectiva de revisar lo que había sucedido entre ellos y nosotros. Fue muy importante su visita. Tuvimos un encuentro muy abierto y pudimos analizar abiertamente los malos entendidos y las actitudes que nosotros habíamos resentido. Todos hablamos desde nuestro corazón, pudimos escucharnos y entendernos. Fue un reencuentro que nos ayudó mucho en nuestro proceso interno de sanación.

## EVALUACIÓN DE NUESTRO ESFUERZO

Para nosotros fue un gran descubrimiento vernos a través de los ojos de los participantes de otros países. Percibimos su reconocimiento y su sorpresa de encontrar una organización tan fuerte. También se asombraron de descubrir nuestro trabajo, de conocer cuantos maestros se habían formado, así como el gran número de estudiantes. Quizás lo que más les sorprendió fue el hecho de que teníamos ya varios años en que maestros mexicanos son los responsables de dar el entrenamiento de helpers (LDP y HDP), sin necesidad de traer profesores de otros países.

Antes de la conferencia, no estábamos consientes de esos logros. Después de ella, la sensación que teníamos era que si bien nos habíamos cerrado durante muchos años, en la actualidad estamos listos para abrirnos al resto del mundo. Estamos muy orgullosos del trabajo que hemos venido desarrollando en México. También reconocemos el gran trabajo que hizo Andrés para traer esta forma maravillosa de trabajo a nuestro país.

## NUESTRO NUEVO LÍDER

Andrés Leites fungió como director del Pathwork mexicano hasta la conferencia. Él presidió el Comité Ejecutivo, integrado en los últimos años por Olga Tanaka, Perla Babarak y yo. Algunos meses antes de la conferencia, Andrés nos informó su decisión para dejar la dirección del Path. Esto nos produjo momentos de gran incertidumbre porque no sabíamos que iba a suceder. Después de varias reuniones con todos los maestros, a través de un proceso de votación directa, elegimos a Olga Tanaka como la nueva líder del Path. Nos pidió a Perla y a mí que continuáramos ayudándola en el Comité Ejecutivo.

Olga es reconocida como una gran maestra y una helper maravillosa. Por muchos años ella se ha dedicado a desarrollar material didáctico para los programas de entrenamiento. No ha sido fácil para ella tomar el lugar de Andrés, pero su dedicación y compromiso con el Pathwork, y la manera que ha estado trabajando con la comunidad, le ha ganado el respeto y reconocimiento de todos los maestros. Andrés tiene su un lugar especial. Lo reconocemos como el gran MAESTRO, el que trajo el Pathwork a nuestro país. Valoramos su esfuerzo para facilitar una transición exitosa.

Olga tiene una gran disposición para escuchar a todos. Sabe cómo trabajar con grupos y establecer límites claros. Ha introducido varios cambios en el grupo de Maestras. Nos reunimos una vez al mes en la ciudad de México, y tenemos dos retiros de dos días en Casa Quieta, el lugar de Andrés en Cuernavaca.

Anteriormente nos congregábamos para organizar la conferencia o para asuntos administrativos. Después del evento había muchos sentimientos no expresados, así es que decidimos convertirnos en grupo de proceso y trabajar con las herramientas del Pathwork. En cada sesión, trabajamos con una o varias conferencias del Guía. Cada uno de nosotros expresa lo que más le impacta y en seguida procesamos.

. Ha habido confrontaciones, pero siempre con una actitud amorosa y constructiva. Hemos limpiado malos entendidos y situaciones conflictivas. Una vez más hemos comprobado la eficacia de las enseñanzas del Guía.. Ahora hay un mayor deseo de participar pues hay un foro de respeto y confianza. Realmente ha sido un proceso maravilloso, difícil por momentos pues se expresan muchas emociones y sentimientos; pero el efecto es que estamos más unidas que nunca. La conferencia realmente nos ayudó a consolidarnos como grupo, con más reconocimiento y confianza y ha fortalecido la comunicación interna así como con el resto de la comunidad.

Olga está promoviendo que los maestros regresan a la esencia que es la de crear nuevos grupos de estudio de conferencias, en vez de enfocarse solo a grupos de entrenamiento. Nos está motivando para que invitemos a participar a más gente en el Pathwork. Esto significa estar al servicio, dar sin esperar recibir, que es lo que el Guía nos enseña en la conferencia sobre liderazgo.

## ENCUENTRO NACIONAL DE PATHWORK

Una de las peticiones que recibimos durante la conferencia de Ixtapa es que los participantes querían más talleres y poder conocer el trabajo de las maestras del Path. Para atender esta solicitud, decidimos organizar un evento. En mayo de este año, llevamos a cabo el primer encuentro nacional de Pathwork. Asistieron cerca de 130 participantes de distintos puntos del país. El evento se realizó en Oaxtepec, un centro de convenciones muy sencillo pero muy bello. Las maestras ofrecieron 16 talleres distintos, utilizando siempre las conferencias del Guía. Entre los temas que se impartieron están: Eros y sexualidad; imágenes como causa para las guerras; de lo corporal a lo espiritual; intención negativa; energía y movimiento; la cosmogonía del Path; la frustración; dejar ir el control.

Andrés impartió una plática sobre Eva y las etapas iniciales del Pathwork. Hubo grupos de proceso coordinados por un maestro con 10 estudiantes. Hicimos una caminata nocturna meditando. Celebramos el 15 aniversario del Pathwork México con una cena especial; organizamos un baile con tambores. El Encuentro resultó muy profundo y conmovedor. Los participantes nos solicitaron que organicemos una reunión anual.

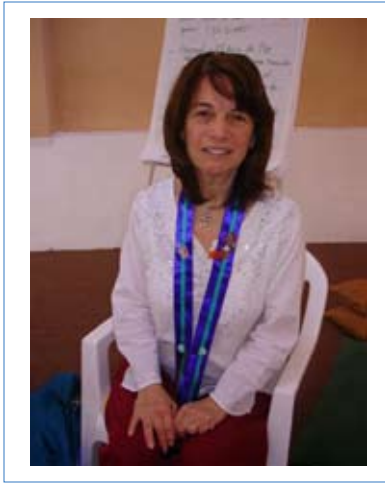
Estamos muy entusiasmados con nuestro trabajo y sentimos un gran compromiso para seguir expandiendo el Pathwork. Nos congratula saber que tenemos muchos hermanos y hermanas alrededor del mundo que están en una búsqueda espiritual. Esperamos fortalecer la comunicación e intercambio con ellos y seguir participando en esta hermosa aventura.

Un último comentario, quiero dar las gracias a todas las almas que nos apoyaron en organizar la conferencia Internacional, sin su apoyo este sueño no se hubiera convertido en realidad.



CATHERINE KARAS,  
NEW PRESIDENT OF THE  
INTERNATIONAL PATHWORK FOUNDATION

*An Interview with Donna Gray*



**HOW DID YOU BECOME INVOLVED WITH THE FOUNDATION?**

A number of years ago somebody from the Foundation called me. I think it was Sonia Gluckman. And she asked me if I would like to become a trustee. I was living in California at the time and I did have the time and the interest, so I considered it. I sat with it, I meditated on it and it felt right to me, so I attended a meeting in New York City. Afterwards, I submitted a letter with my higher self, lower self and mask reasons for wanting to be a trustee and I was accepted, joining Ana Maria Gavazzi, Brian Stokes, Sonia Gluckman and Amanda von Boven.

**WHAT'S BEEN HAPPENING WITH THE FOUNDATION TRUSTEES SINCE THEN?**

Soon after I became a trustee, the number of trustees dropped from five to three, and then very quickly to two - a strong contraction. Realizing that we couldn't function as only two, then President Amanda von Boven and I called a meeting of international leaders which was held in New York City. At that time it was apparent that the Foundation in its old form was dying and a new form was about to be born. During the course of that meeting the functions of the Foundation were considered. We discussed this at length and meditated on whether the Foundation still served a purpose for the worldwide Pathwork. Contemplating the possibility of no longer having a Foundation, which was painful, made us realize how truly important the Foundation is to the worldwide Pathwork. The group gave a resounding YES to continuing the Foundation.

After that meeting Amanda and I meditated on how to proceed. We then invited people from around the world to become interim trustees in order to discover a new form for the Foundation. One thing was clear: the new Foundation needed to be international, reflecting the growth of Pathwork in many different countries. Initially 15 people from Argentina, Brazil, Canada, Germany, Holland, Switzerland, the United States, and Uruguay answered the call, and the group had its first meeting in Rio de Janeiro in July, 2005. Over the past three years our membership has decreased, and we now number eight. For a long while we sat in emptiness, meditating and praying, holding the space for a new form to emerge. After intense work with Lorraine Marino at our in-person meeting in Mahwah, New Jersey in the fall of 2006, our task became clear. In groups of two, we would visit as many Pathwork communities as possible to reach out, make contact, and assess their needs, desires and vision for a future Foundation. When in-person visits weren't possible, telephone consultations were held. This has been an illuminating experience that has sometimes been heartwarming and other times frustrating and discouraging. But, most important, we have connected with Pathworkers all over the world and have learned and grown from this connection. Everyone's contribution has been valuable. Subsequently the input from all the communities was integrated and organized into categories, and from this data we have created our proposal for a new Foundation. This proposal is now being distributed to Pathworkers around the world for feedback. So many people have been included in this project that it is truly a community effort.

**HOW DID YOU COME TO THE DECISION TO STEP FORWARD AS THE NEW PRESIDENT?**

I didn't consciously make this decision. The decision was made unconsciously as I found myself at a trustee meeting in Mexico taking the role of the President. I found myself acting as if I were President. I would lead the meeting and answer for the Foundation in meetings with other groups. It became clear to me that this was my next step on the Foundation. It was right, and this conclusion was shared by the rest of the group. Rather than deciding to step forward, the presidency simply emerged.

**HOW LONG HAVE YOU BEEN INVOLVED WITH THE PATHWORK, AND HOW HAS THAT INVOLVEMENT IMPACTED YOUR LIFE?**

I've been involved with the Pathwork since 1974. I found it through John Pierrakos, who was my therapist at the time. At first I didn't think it was for me, but after going to Phoenicia for a Core workshop with John, I fell in love with the Path and that was it. I joined a training class which met every other weekend in Phoenicia, and a process group that met on Monday night every other week in New York City. And then every other Wednesday night I went to the meetings where Eva channeled the lectures. Finding the Pathwork changed everything. It was as if the Pathwork gave me the "rules of the game of life." My life became richer and more fulfilling, and I achieved many of the goals I had set for myself such as getting married, having a child, becoming a psychotherapist, a helper, and a healer, and having a community of deep friendships.

**WHAT IS YOUR VISION FOR THE PATHWORK FOUNDATION GOING FORWARD?**

My vision is that the Foundation will be a container for the international Pathwork, maintaining the spirit and integrity of the lectures, sustaining high standards for Pathwork throughout the world, and ensuring that Pathwork is available wherever there is a call for it. I also see the Foundation attending to the flame of the Pathwork, keeping passion alive through ongoing connection.

**WHAT WOULD YOU LIKE THE INTERNATIONAL PATHWORK COMMUNITY TO KNOW?**

What I would like you to know is that YOU are important to the Foundation, as, we hope, the Foundation is to you. We share a concern for the well being of the Pathwork. We would like that to be in mutuality. We ask for your involvement. We want you to be curious about us. Let us hear from you! Help us serve you in a meaningful way. We are here to serve.



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**PERSONAL HAPPINESS — HELP FROM THE GUIDE**

*By Judith Saly*

In the spring of 1967, my beloved father suffered a stroke. It was his first one and didn't look too serious, but he was not quite himself and was lying in bed. My beloved mother was sitting next to him with an anxious face when I burst in, saying "Oh, I had such a fun time!" The fun time was spent with three of my ex-classmates from Hungary, one then living in Montreal, another in Boston, and one in Sydney, Australia. We had arranged a reunion in New York, the four of us, way before my father became ill. Though I don't remember where we went or what we did exactly, I remember that we laughed a lot, reminiscing about school, our teachers, and how it was to be so very young. But when I told my parents that I had such a good time, my mother, whom I don't remember ever trying to make me feel guilty, looked at me with her sad eyes and said, "How could you have a happy time when your father is so ill?" I felt devastated. Yes, I had been very insensitive to say that, but the truth was that I did have a good time, even though my father was ill.

I felt so bad that I asked the Guide for advice. (Ah, the good old times when the Guide was so available!) Repeat this to yourself, answered the Guide:

"My happiness cannot possibly detract from another person's. However, my unhappiness adds to theirs."

This was an enormous help to me. I still think it was insensitive to say what I said at that moment, but a great weight had been lifted off my chest. Ever since I was a little girl I felt some guilt whenever I was happy while I knew that many others were suffering. No, said the Guide — it's all right to be happy. My happiness will not cause unhappiness to others; on the contrary . . . So I wish to share this with you, in case you find it helpful too.



## FROM AUSTRALIA TO AUSTIN

*By Jan Rigsby*

Eight years ago, I boarded a Qantas transpacific flight to Melbourne from LAX with a four-year work visa, two suitcases and a lot of optimism. I clearly remember my thoughts as I crossed the air bridge into the cabin section: “Did my guides say Australia or Austria?” I didn’t even have a hotel room booked. I was just hoping I’d gotten the syllables right.

This is not a linear story about starting a new practice. The Australian part was a downhill free-fall where I landed on my feet, and so I looked good. Today, I am in the process of another free-fall, but I’m not yet sure which way is up so the Austin part doesn’t look so good — yet. I would have preferred to write its story later, when it might all make sense. Yet by then, I might look like I knew what I was doing. What value would that be to those of you who are in midair from having taken such a leap, or peering over the cliff wondering whether to jump or not?

Guidance, like eros, isn’t at all concerned with looking good or making sense. It answers to a higher authority and leads us onto a more complex and esoteric storyline.

The Australian story started like this. I answered the calls of several individuals and groups, visiting Sydney, Melbourne, Perth and Brisbane (which represent 12 million of Australia’s 20 million population) over a 5-week holiday. I discovered an unexpected synergy between me and the Australians. I went home, where all of my possessions were already in escrow (based upon guidance I had already been acting upon) and started the complex process of applying for an Australian independent business visa. Nine weeks later, I landed in Melbourne to start my adventure.

I didn’t start working with guidance at this level, saying Yes without actually understanding the question, without even caring what the question was. Two and a half years previous, I’d turned my face upwards and asked for the process, asked out loud to receive guidance — in English, with a noun and a verb and punctuation, because I get lost wading through innuendo and subtlety and abstract concepts. I wanted to believe that there was a place for people like me in the divine plan, and I wanted to do the work consciously. The answer was, “Sell the house.” Period.

I carried out that guidance. Over the following two and a half years it felt as though I were undergoing a training, some kind of boot camp, where my readiness for greater tasks was being determined by how well I accomplished whatever I was given to do. I admit that I hid behind logic and rationalization because it was hard for me to believe what I was doing, much less that I was doing it under conscious guidance. Yet each time, it felt like what is going on in Austin now. I had no idea what I was doing, no idea how to do it, and no honest plan other than doing whatever was put in front of me moment by moment.

The details around building a Pathwork community in Australia may be irrelevant now, because they were specific to the situations and because some of the most powerful lessons taught me what NOT to do. The dynamics also seemed unique. A Core classmate referred an entire class to me, feeling that she had taken them as far into the lectures as she could. A remarkable self-led study group, which had been meeting fortnightly for over 8 years, had asked for help. The remaining students and workers seemed to burst forward, as if they also had been waiting. This collective request for a deepening of personal process was a calling. I didn’t so much build Pathwork in Australia as harvest what was already ripe and ready to move forward. A crucial element was that I had a passive U.S. income which supported me until all of this manifested into sessions, classes and programs.

Following such a call in Texas is quite a contrast. My time in Australia had sensitized me, and I did not want to return to the fast pace and high vibration levels of southern California. I fell in love with Austin while traveling across the country looking for a new home. Once again, I put my trust in eros and bought an apartment to start the transition back home. Again, I was honored by the support of a previous Pathwork classmate who had been offering workshops in Austin with her husband for several years. Their long-distance connection to Austin was dissolving, and they both encouraged me in the new venture.

Yet, interest in Pathwork teachings in this central U.S. region manifests at a much more conservative and languid pace. People find it much easier to travel or telephone within their own country and culture, so those who most desired a Pathwork community may already have connected or moved to one of the existing Pathwork regions. Mounting the lectures onto the Internet in 2000 dramatically changed the level of need for “first contact.” Now only those who wish to participate more actively call or e-mail. And the amount of spiritually-based literature, courses, and channelling has exploded exponentially worldwide since 2000. Those seeking a strong community experience have lots of choices. It’s hard to start from scratch in such a climate.

There are also regional cultural constraints at play. When I fell in love with Austin, I wasn’t making a linear decision. It never occurred to me that Austin might be an “island of liberalism in a conservative sea,” or that the city’s motto (Keep Austin Weird) might indicate that the state capitol has significantly different attitudes than the rest of Texas. Austin sits within the triangle of Dallas / Fort Worth, Houston and San Antonio, and the four metropolitan areas represent almost half of the 24 million citizens of Texas — each only an afternoon’s drive from Austin. Yet it can feel like there are more differences than similarities among them, and all of this takes time to figure out. There have been a number of other surprises. Except for visits home to relatives in Arkansas, I have not had significant contact with southerners and conservative Christians. I sometimes feel like a city slicker in a small town, lacking common life experiences which might help me connect with those I wish to serve. I was also surprised by the magnitude of youthful energy in Austin, sparked by mushrooming university populations and a massive influx of young hi-tech professionals which have quadrupled Austin’s population over the past 20 years. I am feeling old and stodgy! Constant satire and parody wear me out, and neighbors who party until 5 AM are giving me plenty of emotionally reactive material to process.

The most painful adjustment has been starting over again socially. Setting up a single-person therapeutic practice in a city without friends or family leaves me vulnerable to loneliness, and I don’t have enough work to keep me busy all the time - yet. Despite a strong personal preference for solitude, I became overwhelmed last year. While they emotionally supported my seven year adventure overseas, my family was surprised — and delighted — when I made almost monthly visits to LA, NYC and El Paso last year. I was especially grateful to my brother and his wife in El Paso, who coached me on Texan norms. And all of them love me just the way I am, which nourishes and supports my work here. When Pathwork in Texas blooms, these generous souls will have played a large part.

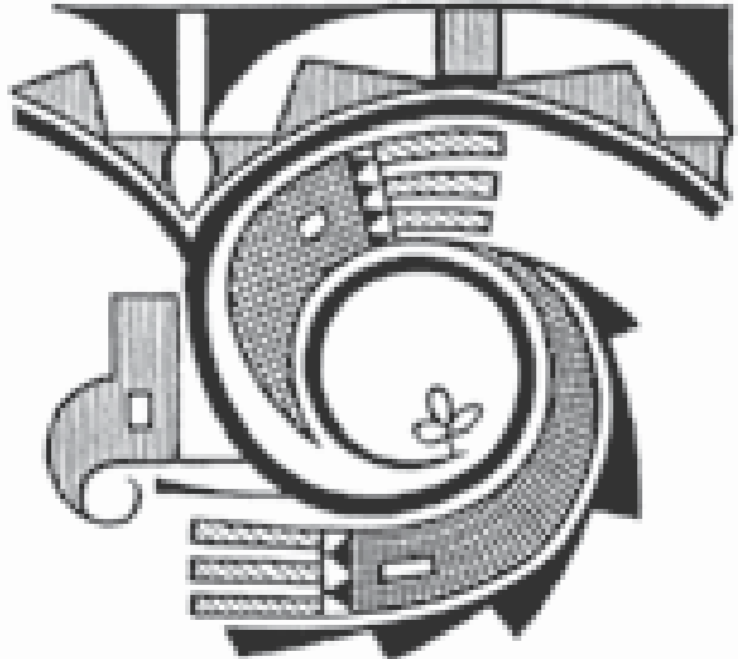
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*[www.pathworktexas.org](http://www.pathworktexas.org)*

*[www.pathworkaustralia.com](http://www.pathworkaustralia.com)*



## BUILDING OUR ONLINE PRESENCE

By Alan Saly



The Internet is poised to take the Pathwork to a wider audience. Although we have had an online presence for nearly ten years, we have not yet fully realized our ability to bring these wonderful lectures — and the programs that go with them — to the widest possible audience. As the new Chair of the Pathwork Press Committee, I am committed to increasing our organizational ability to communicate, and realize that much of this will happen on the Internet.

Having grown up steeped in the Pathwork lectures, I consider it a great privilege and the unfoldment of my task on earth to do this work. Since graduating from college in 1979, I have been a journalist and writer, having worked for both large and small organizations including CBS News, National Public Radio, the British Broadcasting Corporation, and Firehouse Magazine. I have also spent many years working in public relations and communications for labor unions in the municipal sector, a job which has much in common with the work that must be done in the Pathwork — to share a valuable message and motivate members to participate. In my new position, I pray for the humility to serve God's plan without the need for ego aggrandizement.

The Foundation's good looking website has already done much in this area: call it *Pathweb* 1.0. But in my judgment, it's time for an upgrade to *Pathweb* 2.0 — a more interactive and exciting platform. The Foundation's website has performed admirably in our core mission: making all of the Guide lectures available to anyone in the world, for free. Each day, our website receives between 10,000 and 30,000 hits from countries all over the world. A hit is a page view, which means one visitor to the site may be responsible for many hits. Some of the statistics may surprise you. The top five countries in terms of visits are the United States, Brazil, Argentina, Mexico, and the Netherlands. Yet who would think that, in March, we had 648 hits from U.S. military sites, ranking just below Hungary and Ireland? Even Icelandic visitors, coming from a country with just a quarter of a million people, accessed our website 50 times. Thirty-one percent of the people who came to the website typed in the term, "Pathwork" on their search engine and thirteen percent typed, "Pathwork Lectures." The other most used search term was "Eva Pierrakos." And the top lectures downloaded were #102, "The Seven Cardinal Sins," with 961 hits; #1, "The Sea of Life," with 336 hits; and the ever popular #44, "The Forces of Love, Eros, and Sex," with 313 hits.

Now, we must expand what we allow visitors to do on our site beyond the act of reading or downloading a lecture. Ideas the Pathwork Press Committee is exploring range from creating moderated chat rooms and areas for the Pathwork in My Space, Face Book, and Second Life, to setting up calendars that would allow people to volunteer for projects which we could do together. In my view, we should expand the offerings on the site to include correspondence courses as well as a "spiritual toolbox" of the ways in which Pathwork helps to mediate between the conscious ego, the lower self, and the higher self.

And, certainly, we need to accommodate more people around the world who are interested in the lectures. We must do more to translate and distribute Pathwork Lectures. Our web presence will continue to support our offerings of books, lectures, audiotapes and CD's.

Going forward, we envision better online tools enabling connection with Pathworkers or those who are interested in this spiritual path in your local area. We see the creation of a list of Pathworkers who would volunteer, working with their respective regions and communities, to be gateways to others. And, we see an expansion of materials to include lecture summaries, study guides, and a ready glossary of Pathwork terms and concepts which would be easy to view and download. Finally, we are looking at creating a new area on our website, where the professional, creative products of Pathworkers — from books and music, to art — could

be downloaded either for free or for purchase. This would indeed be an excellent way to showcase just how important this Pathwork is and how it enables and supports creativity.

If you are not already receiving the Foundation's regular Pathwork Quote by email, please visit the site at [www.pathwork.org](http://www.pathwork.org) to join our mailing list. And, if you'd like to get involved in these ongoing Pathwork web projects please step forward. Email me at [asaly@panix.com](mailto:asaly@panix.com). This could mean a great opening in your life, a chance to fulfill a task, and a new way to connect with an audience which is as wide as the world itself.



*“And just as you need to trust for the positive intentionality to take root and flower and give it time to sprout, so must you have patience and trust for the letting go process, so that the moment ‘in-between’ – becomes in itself a joyous experience. A journey can be very joyous while you are in the process of moving.”*

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## THE INTERNATIONAL COMMUNITY

There are Pathwork communities  
around the world. The following are  
only some of the many organizations:

***Pathwork in Argentina***  
www.pathworkargentina.com.ar

***Pathwork in Brazil***  
www.pathwork.com.br

***Pathwork Canada***  
www.pathwork.ca

***Pathwork in Italy***  
www.crisalide.com

***Pathwork of Mexico***  
www.pathworkmexico.org

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www.padwerk.nl

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www.pathwork.org.uk

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www.pathworkcalifornia.org

***Mid-Atlantic Pathwork, USA***  
www.sevenoakspathwork.org

***New York Region Pathwork, USA***  
www.pathworkny.org

***Pathwork in Uruguay***  
www.pathwork.com.uy

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community near you please visit us at:  
www.pathwork.org