

A gravel path leads through a dense forest of tall, mature trees. The path is composed of light-colored gravel and is flanked by green grass. The trees are tall and thin, with their branches reaching towards the sky. The overall scene is peaceful and natural.

Pathwork® Transformation Program  
A Program of Ottawa Pathwork  
October 2010 - June 2011

The Galilee Centre  
Auriprior, Ontario

# What is the Pathwork?

One day, I came early to my Pathwork Helpership class, and found these simple words written on the flipchart:

“I want to go Home.”

I found myself in tears, overwhelmed with gratitude that I was learning a means to get there – and to help others to do the same. For the crucial question for all of us who seek to go Home is “How can I get there from here? From where I am to where I want to be?”

The Pathwork teachings offer us the means to do this. They outline a complete path for both personal transformation and spiritual self-realization, for realizing our individual human potential and for finding our inner real identity as divinely inspired beings. They include a unique and profound understanding of our personal negativity and a challenging and compassionate process to meet, accept, explore and transform it. For it is our failings and negativity that cover over our original perfection and “blur our basic light”. (Lecture #30). On this path, we learn how to purify ourselves and live in that light, in love with self and neighbour.

My personal experience of living the Pathwork is rather like a spiritual canoe trip! It provides a map of the territory including rivers and intricate rapids, deep still waters, mucky swamps, and sunsets on remote and glorious lakes. It provides canoe, paddles, food, tent, and even bailers! And above all, we find fellow-seekers, companions for the journey, to support us as we struggle and to share the beauty of our findings.

Louise Stevenson  
Pathwork Helper

The Pathwork teachings on the nature of psychological and spiritual reality are contained in 258 lectures, delivered through Eva Pierrakos by a spirit entity who came to be known as “the Guide”. For more information on the Pathwork, including how to obtain Pathwork materials, please visit [www.pathwork.ca](http://www.pathwork.ca) and [www.pathwork.org](http://www.pathwork.org).

# Pathwork Transformation Program

This is a four year in-depth program of working and living with the Pathwork lectures. It is recommended for mature people who have done some work on personal healing and spiritual development, and who are ready for a deeper commitment to their spiritual path.

Participants in this program commit on a year-by-year basis. At this time, we are inviting applications for the first, foundation year of the program.

During the year participants will have an opportunity to:

- Acquire a solid grounding in basic Pathwork concepts and methodology
- Develop a spiritual practice that will support their healing journey
- Begin to find a deeper understanding of their life's purpose as revealed through their life story.
- Discover the causes of difficulties in their lives and acquire the courage to begin changing their inner selves, in a spirit of self-acceptance and self-responsibility, so that their outer lives may be more joyful and fulfilled.
- Begin to shift from ego identification to knowing the divine self as the real self
- Deepen the capacity for the energetic experience of the life force in the body
- Discover their own unique way and pace of healing and accessing spiritual support and guidance.
- Become part of a community committed to spiritual evolution, integrity in personal work, honesty and respect in working with each other.

Over a series of six weekends we study and work with the lectures at all levels - mental, emotional, physical and spiritual. When a group commits to working together with this common purpose, the result is a progressive deepening of their personal process and spiritual awakening. The program comprises:

The Weekends: (Thursday or Friday p.m. to Sunday p.m.) which include teaching, group discussions, experiential exercises, movement, process work and meditation. In preparation, we will study three or four Pathwork lectures and do assignments on applying the teachings to our daily lives.

Individual Sessions: 16 sessions are required during the year, either with a Pathwork Helper or with a therapist whose approach is compatible with the Pathwork.

## Dates

- October 14 - 17, 2010\*
- December 9 - 12\*
- January 28 - 30, 2011
- March 10 - 13\*
- April 15 - 17
- June 2 - 5\*

\*These weekends are residential and begin on Thursday evening; those without asterisks begin on Friday evening. All weekends run until Sunday afternoon.

## Locations

The residential weekends will be held at the Galilee Retreat Centre in Arnprior, 45 minutes northwest of Ottawa. The Centre grounds include 100 acres of tall pines on the Ottawa River, peaceful walks, and a Prayer Garden with a labyrinth modeled on that in Chartres Cathedral. For more information, see [www.galileecentre.com](http://www.galileecentre.com).

The two-day weekends will be held in Ottawa, location to be determined.

## Admission

Applicants must have done work equivalent to one year of Pathwork lecture study. If you do not fulfill this requirement, please contact Louise Stevenson to arrange preparatory work. (see address below).

A letter of application must reach Louise by July 1. This should outline your previous therapeutic experience and spiritual work and give your reasons for wanting to take this course. We will also require an interview, in person or by telephone. The final registration deadline is August 15.

## Fees

Tuition: \$2,130 (including any materials). Room and board: Single room: \$927, Double (twin) room: \$762. A deposit of \$500 is due on August 15. This is refundable (less \$50) until September 15. From that date, you are expected to pay all fees, regardless of attendance. The remaining fees are due on the first weekend or in installments. Some bursary assistance will be available. If you need this, please include your request in your letter of application.

## Leaders

Louise Stevenson is a Pathwork Helper, trained with the New York Region Pathwork. She has worked with groups and individuals since 1991, and has lived the Pathwork and her personal process since 1986. Louise has an MA in Groupwork, and completed training in Integrated Kabbalistic Healing with the Society of Souls in 2000. She has served the International Pathwork Foundation both as trustee and President for some eight years.

Madeline Dietrich is a Pathwork Helper and Holistic Psychotherapist. She has a Master's Degree in Counseling Psychology and has many years of training and experience working with issues of emotional and spiritual healing, sexuality and relationship, and the interface of psychology and spirituality. She has worked in Ottawa with individuals and groups since 1991. Madeline's passion is supporting people in the beautiful task of discovering God and the kingdom of heaven within themselves, and in the life around them, here on planet earth. See [www.madelinedietrich.com](http://www.madelinedietrich.com) for more information about her work.

Jean Millar, BSc (Hon), has been studying and living the Pathwork since 1991. She is currently an apprentice Pathwork Helper in Ottawa, teaching Lecture Study classes, assisting with group leadership and offering individual Pathwork sessions. She comes to the Pathwork from a career in education. Other trainings include Psychosynthesis and Somatic Experiencing, a method to effectively and gently address emotional trauma.

Louise will be the main teacher for the year and will be assisted by apprentice Helper, Jean Millar. Madeline will teach one weekend, March 10 - 13, 2011.

## Applications / Information / Questions

Louise Stevenson  
32 Martin St. S.,  
Almonte, ON K0A 1A0  
613-256-2654  
stevenson1212@bellnet

Jean Millar  
21 Trevor Crescent  
Ottawa, ON K2H 6H7  
613-829-1254  
jmillar@cyberus.ca