



# THE CHANNEL

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The human family could not exist without a group spirit. But most societies have not yet put sufficient weight on spiritual values; they are unaware of any new influx and they proceed by old standards and values that are often based on expediency only and on the most shortsighted goals. It is surely no coincidence that in your time new groups, new communities of all sorts are growing all over. Many of them are misguided; many succumb to the influence of destructive forces and evil spirits. This can never be different on your plane of consciousness. Wherever there is divine influx, the demonic forces send out their own influences to corrupt those who are not purified, to tempt them and to destroy them. But this does not change the fact that new communities must spread which represent the new values and which become models for new ways of life. The point is always to be wakeful and to never neglect the work of self-purification.

GL#257



### **GLP Vision Statement**

The Great Lakes Pathwork is part of a worldwide community embodying the principles of spiritual law and divine consciousness as outlined by the Guide. We are a safe place to discover oneness in ourselves, with each other, and with God. We offer as our gift, disciplined and comprehensive transformation, becoming fully spiritual in our full humanness.

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### **Editor's Corner**

It is with pleasure that Susan and I offer the community this first edition of **THE CHANNEL** in its revised format and via email, no less. It is our hope that with the newsletter we will revitalize and reconnect as a community. Please join us with your sharing, ideas and suggestions. As the Guide calls us in the quote on the first page, let's expand our group spirit and do our personal work to give the gift of the Pathwork more deeply to ourselves and to the world.

And thanks to everyone who submitted material! Some things may have been saved for the next issue. Please send along your comments and suggestions so that we may grow and blossom!

**From Susan:** I was struck by how many send me comments when I send out a community update. Also when I updated the email list there were 67 people on it. Some times we seem small and disorganized to me, but at other times I feel we just need to find out what people want and a way to communicate with each other. I hope The Channel can be an avenue of communication and renew our sense of community. I love the Pathwork. It has been an important part of my life. I

know that is true for others. It is my passion that GLP can continue to offer programs so others can experience the same joy.

## Community Happenings:

### **Helpership Training:**

Denise Kandar, Tess Kirby, Nick Meima and Tara Welles are starting their second year of Helpership training in Toronto with Sage Walker and Nada Beck. Sharon Boyer and Susan Cogar are completing their apprenticeship and have finished the four year program in California. Lonnie Leidlein continues her training and discernment regarding claiming Helpership.

### **Iowa Workshop:**

Susan Cogar conducted a workshop on soul splits with a group in Iowa in July. It was a teaching workshop based on the 100/100 concepts. Linda Bacon was instrumental in organizing and assisting with the workshop.

### **Leadership Meeting:**

A leadership meeting was held on 7/7/05. In attendance: Ann Angler, Sharon Boyer, Susan Cogar, Linda Farrell, Brian O'Donnell, Ruth Ann Wilhelm, Tara Welles, Lisa Wolf. The group decided to put a deposit down on a site for a November community event. The Web site was reviewed. Ann Angler and Lisa Wolf presented ideas regarding our GLP investments and will contact representatives to present proposals for either changing brokerage firms or keeping the same one. Lisa volunteered to be the contact person with our current brokerage firm. Ruth Ann reported on possible Pathwork interest in

the Windsor area. The next meeting will be November 14.

### **Lecture Study:**

Ruth Ann and Sharon Boyer are interested in starting a lecture study group in the Windsor area. Lisa Wolf is interested in forming one in the Ann Arbor area. We have had several new people contact GLP. Hopefully Lecture Study classes will begin shortly.

### **November Community Day:**

Plans are underway for a community workshop. GLP has reserved a campsite. The program will be all day Saturday with possible additional programs on Friday night and Sunday. It is scheduled for November 18, 19 and 20<sup>th</sup> with the 19<sup>th</sup> being the main program. The planning committee is Lisa Wolf, Linda Farrell and Susan Cogar. Mark your calendars now.

### **Web page:**

GLP has hired someone to design a web page for us. He is the one who designed the California web site. We will be linked to the other Pathwork sites. The format is done and the sections are being inserted.

### **WIN Meeting:**

Ruth Ann Wilhelm, Sharon Boyer and Susan Cogar attended a dinner sponsored by the Windsor Inspirational Network. WIN is a group of like minded people interested in spiritual development. GLP had an informational table and met people from the Windsor area. A presentation of Pathwork is scheduled for the upcoming year.

## Articles, Poems and Stories

### LESSONS FROM THE TURTLE

Submitted by Margaret Comfort

I had the grand pleasure and joy of taking my youngest nephew, John (age 9) fishing up at Young State Park near beautiful Boyne City, MI recently. He's quite the avid fisherman – he takes it VERY seriously! He and a couple of buddies were totally absorbed and definitely living “in the moment” on this beautiful and glorious northern MI day...

The little red bobber went down. Ooooh, he had something! He reeled and reeled and in came a turtle – a painted turtle. The little guy struggled; we couldn't get the hook out of his mouth. When we tried to help him, what did he do? He got scared and he pulled his head inside his shell – sharp hook and all.

Then we really started to freak...and so did he! The boys ran down to the ranger station; as we had nothing to cut the hook off with and couldn't coax the turtle to stick his neck out. The ranger arrived with snipers and was able to get the turtle's head out just enough. John held the turtle's shell, the ranger readied himself with the snipers, and I was responsible for pulling the turtle's neck out.

Just then, I got one of those butt-kicking “insights” from the Creator.

As I pulled his neck further out, I started to weep (imagine that!). I felt the fear and apprehension of this gorgeous Being and I felt my own fear and apprehension. I've been groping with a severe case of self-imposed isolationism for the past two years since I've moved to Buffalo, NY...away from my beloved northern Michigan. I realized how isolated I've made myself. I've stuck my head in my shell...hook and all. And I've thrashed around inside that shell: struggling, ranting and raving, bitching and moaning, and just plain being a grump. My isolationist attitude has been slowly cutting me and bleeding out my joy that (at one time) I had worked so hard to cultivate and nourish.

So when the little guy mustered up the courage to stick his neck out, I gently grabbed it and held it in place. The ranger snipped the hook and the turtle was soon happily back in the pond...on his way to new adventures.

Yesterday, I went to buy a nameplate for my stethoscope. They have cute/whimsical ones that you can wear so children aren't so scared of the scope. There was one there with a turtle on it. So now I am wearing a turtle around my neck to remind me that all it takes is a little courage and extension of my neck in order to cut off my “hooks” and go swimming merrily on my way.

Love to you all, Margaret

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*When two equals relate, both carry the full responsibility for the relationship. This is indeed a beautiful venture, a deeply satisfying state of mutuality.*

#180

## **Dialogue: Creating Inspired and Powerful Conversations**

**By Michael Roblee**

### Introduction

For those of you who don't know me, I have been in the Pathwork for some twenty-five years -- most of my adult life. And I have been a helper for many of those years. I guess that qualifies me as an "old-timer" although that's hard for me to get from the inside out.

For the past twelve year I have been making my living as an organization and leadership development consultant. I work mostly with business, non-profit and community leader and teams. For the most part, this is my helpership now; albeit in the world rather than with Pathworkers. When I talk to my clients, I speak about learning and change. I speak about developing the capacities to think and act together in new ways to be successful while serving the growth and well- being of all involved. The purpose of my work now is the same as when I worked primarily with Pathworkers – to serve the evolution of consciousness and well- being in the world.

One of my challenges has been translating Pathwork principles and teaching into language, processes and practices that work well in the secular world. With this article, I want to share with you a powerful communications tool for learning and change both individually and collectively – Dialogue. Businesses, organizations and communities use Dialogue to create shared learning about important issues for their whole organization. And, they

use it to build new levels of relationship to support shared commitment for change.

Dialogue, at its best, is both an inspired and powerful conversation. On one hand it is conversation that broadens the level of thinking from the everyday problem-solving to more truth-telling, more awareness of relationships needed to be successful, and seeing things in more holistic and creative ways. On the other hand, it is an experience that deepens consciousness. It invites participants to reflect and use moments of silence to connect with deeper insights and inspirations. And finally, the structure of Dialogue encourages groups to access and act from their collective intelligence and collective wisdom.

There is a great need for this kind of communication right now in the world. The exponential expansion of information and technology means that information moves around the world almost instantaneously. Life-saving medicine or a dirty bomb can move around the globe in a matter of hours. In a very real way our power to experience and impact others and our world grow exponentially. In lecture #257 the Guide tells us that we are living in an age of amazing advances that enhance our ability to communicate. Because of this, the time and space between cause and effect have been greatly reduced in our modern world. We have more power for more impact – for good or ill. Our world is a smaller place. In a positive sense, we are more immediately and directly connected and in relationship to people and events around the globe. And, as the speed and complexity of our lives increases, we are called to develop

our individual and collective consciousness so that we will exercise more wisdom in our choices.

As we look around our world we see great challenges in our politics, ecology, economics and societies. It is in our collective forms – businesses, organizations, communities, nations – that we are most challenged and, at the same time, have the most opportunity. All of our collective forms are living social systems. They are more than the sum of the individuals involved. They have a life of their own. So, like individuals; businesses, organizations, communities, and nations must learn and change so that each contributes its part to the whole solution we need. In Pathwork terms, each is called to contribute his/her part to the Great Plan of Salvation.

The challenges and opportunities we face are shared. There is a growing awareness that we cannot solve complex collective dilemmas from the top down or in a vacuum. The best solutions arise from engaging the minds and hearts of all of those who touch or are touched by an issue. Our experience in the world teaches us that solutions that are rooted in singular self-interest will inevitably have painful unintended consequences. It is through our collective capacity to learn and change that we will create what is needed. Dialogue – inspired and powerful conversation – is one way we will deepen our collective capacity to learn and change.

What does Dialogue offer us?

Dialogue touches on two of the most fundamental human needs and instincts: the need to find meaning and purpose in

our lives and the need to belong. We have a natural urge and need to connect with something bigger than ourselves; to be part of something that really matters and that we personally care about.

In the western world and especially in the U.S. we hold strong individualistic values. The individual is preeminent. We tend to be suspicious of anything that suggests that we might surrender our individuality in some way. An interesting thing about Dialogue is that on one hand we long for what it offers – shared understanding, a deep sense of community and union, a sense of shared purpose and shared aspirations. And, on the other hand, we resist it in the illusion that being part of something larger risks the loss of our individuality. As we know in the Pathwork, this is the opposite of the truth. The more we give genuinely of ourselves the more we receive from life. And the more open we are to the truth and love that exists in the world around us, the more we are affected by it and the stronger we are as an individual. We are at the same time autonomous and interdependent. We must achieve our unique individual purposes, and we are called to play our part within the larger plan of life.

Dialogue helps us connect at the level of our humanity as well as at the level of our thinking and action. At the level of our humanity, it helps us recognize the underlying shared hopes, aspirations and longings that are at the roots of our shared humanity. It helps us recognize that we have unique perspectives but indeed we have fundamentally the same core aspirations. Dialogue helps us know the underlying soul links that are always present.

At the level of our thinking and action, Dialogue helps us find the shared understanding that is needed to create a common shared focus. And it helps us act coherently as a group. Acting coherently does not mean that we necessarily see things the same way or that we act in the same way. Rather, it means that we act in relationship to each other. We recognized how we affect each other. We act independently but from a shared purpose. And, our actions are guided by an understanding of our shared principles.

In the world of business and organizations there is a general understanding that we must taking our thinking to the next level to be successful. But what does this really mean? Most thinking in most organization is linear in nature: there is a problem that arises and we address that problem to fix it. The thinking is very local and immediate. Thinking at the next level means that we bring the undiscussables to the table. This might include “shadow” dynamics or other hidden or unrecognized issues. It means that we explore the unrecognized interdependencies and relationships that can work very much for us or can be working against us. It means that we think holistically – to see how the pieces might fit together in new ways and offer new possibilities and approaches.

What is Dialogue anyway?

Many people believe that they understand what Dialogue is. They would say that it is talking with others in an open way. And indeed it is that. But it is much more than that when we more fully understand the possibilities it offers and what it takes to consciously and collectively create it.

Dialogue is a number of things at the same time depending on how you are looking at it in the moment. It is an exploration of something truly important to all involved. It is powerful and self-responsible communication that surfaces our best collective thinking. It is the experience of the intellectual, emotional and deeper soul connections that unify us. It is sensing and voicing the individual and collective whisperings from the sources of inspiration. It is experiencing the individual and collective sense of what really matters and what is emerging. All of this together sets the stage to act in a coherent, effective and powerful way about issues that really matter to the group.

The definition of Dialogue, like everything, depends on the context of the conversation. When I talk with business and organization leaders about Dialogue we talk about it as a communications approach that supports extraordinary learning and change. It supports both organization success and the growth and well-being of all those involved.

From this perspective extraordinary learning happens when we share our understanding of what is important and why it is important with others who need or want to understand our perspective. It happens when a group collectively moves past applying yesterday's solutions to today's challenges and opportunities. It happens when we brings questions, awareness and thoughts to the table that have not been brought to the table before because they don't fit into our comfort zone. Extraordinary learning happens when we begin to explore the interdependent

connections between us and when we understand how we affect each other, get in each other's way, and help each other. It happens when together, we begin to think about and explore new ways of how the picture might fit together. Marcel Proust says it well, "The real voyage of discovery consists not of finding new lands but of seeing the territory with new eyes."

Extraordinary change happens when we work to coordinate our efforts because we understand each, when we have a shared purpose that genuinely matters to us and when we recognize that we contribute to each other's success. From this perspective we see our individual success and our shared success as linked.

When we talk about Dialogue in the context of the Pathwork we can add other levels to the definition. From the Pathwork perspective it is clear that Dialogue is rooted in spiritual laws and principles. The spiritual laws and principles of brotherhood, unity, transparency, self-responsibility and truth-telling are all embedded in its principles and practices.

Pathwork practices apply these laws and principles to our individual work on the personal level. The practice of Dialogue applies the laws and principle to our work on the collective level in the world.

How does Dialogue work?

Dialogue at its best, goes beyond sharing our best thinking to tap into our collective consciousness – to the creative collective energy, wisdom and awareness that lies beyond the level of thought.

Inspired and powerful conversation cannot be guaranteed by following a set of rules. It is a creative and shared experience of listening to self, others and deeper wisdom from the individual and collective levels. But there are conditions and practices we can put in place to support and encourage the process. My experience says that to the degree that we open ourselves, and apply a certain rigor to the conditions and disciplines involved; we can expect insights, wisdom, and deeper bonds of connection to form.

There are three fundamental conditions and practices that support great Dialogue:

1. Creating and sustaining a strong container for the experience.
2. Creating powerful questions.
3. Practicing Dialogue disciplines that both open us to inspiration and connect us to our collective best thinking.

We must create a powerful container together that can hold the intensity of many different perspectives and the intense spiritual forces that are inspired as we join with each other to learn, deepen our consciousness or create something new together. The container is critical. It must hold fears that may arise. It must hold ambiguity, the tensions of not knowing and the either/or paradoxes that inevitably precede deeper both/and (unitive) insights.

The container is formed by the collective intentions and attention of the group. It begins with an assumption of good will and a commitment to listen deeply and learn. With business clients I talk about developing a learning mindset before you can participate in Dialogue at a high

level. In other settings, forming the container can include prayer, mediation, ritual and invocation.

The Dialogue question is very important in shaping the depth and richness of the experience. It is important to focus the group on a shared interest or aspiration and on something higher or larger than themselves. And, at the same time the questions must be open enough so it will not limit the range of the conversation. The group must be free to follow the thoughts and energy that emerges, wherever they may go. Being surprised by what emerges tells us that we have done something right

Participants must practice simple but challenging disciplines that open them to inspiration and open them to learning and change. This includes suspending judgments, testing strongly held ideas, listening closely, and speaking authentically. This engagement supports us examining our unexamined assumptions (unconscious beliefs). As the Dialogue progresses, we listen for and name the new or greater understanding we sense emerging. As we do this we reach new levels of collective understanding.

At the beginning and throughout the Dialogue, we practice self-reflection and silence to listen deeply to ourselves, to other and deeper sources of inspiration. As we do this we deepen our openness to new levels of individual and collective insight and inspiration.

All of this combined creates a sacred experience together. We leave feeling like we have seen and heard and have been seen and heard. We leave knowing we have learned together. We leave

knowing we have participated in something that matters. We leave feeling connected.

I want to end this article with a quote from the Guide. In lecture #257 the Guide speaks about what is needed to communicate well. This quote inspired me to explore, develop and use Dialogue in the world. He says, “Never forget, love, union with God and other people, is the result of communication. And communication is a result of serious effort, commitment to use your attention, your effort, your energies, to make yourself understood in the best possible way and to understand the other. For both purposes, you need to empty your mind of all preconceived ideas your lower self has a stake in retaining. You need to put aside enmity and distrust. You need to listen deeply and openly. You need to convince the other of your good will for the truth. You need to summon the maturity to realize that others do not know what you mean, feel, think, and want. You need to explain yourself in the deepest, most sincere way possible. In that way, there is no problem between you and others that cannot be resolved. What strength and self-esteem will grow from this, my friends?”

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## RECONNECTING

Submitted by Ruth Ann Wilhelm

Thought I'd introduce myself, Ruth Ann Schnarr Wilhelm, for those of you whom I have not met and for those of you whom I knew many years ago. I was a Pathworker and then a Helper some 20 years ago. I learned a lot and grew. Then marriage at 39 and a re-created

childhood hurt led me to leave the community for 10 plus years.

The 25<sup>th</sup> anniversary Celebration was the beginning of my reconnection. I have been part of the Leadership Group since September, 2003 and the Helpership group for the past year. I'm excited to feel ready and see the openness to offering the Pathwork in Windsor again. Susan Cogar and Sharon Boyer went with me to a Windsor Inspirational Network meeting in June and since then there have been seeds and stirrings so I'm hoping that by September we will be able to offer a Drop-in Lecture Group and/or a Lecture Study Group. WOW!

It excites me to have the newsletter as a communication link between what will evolve in Windsor and what has been growing in Michigan all these years.

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To my former PTP class: Thank you for the beautiful gifts. I was honored and touched by your love. I will be sending personal notes shortly, but I just wanted to share how you all dance dance dance in my heart.

With great love

Myra Alliston

POEM

STILL

By Myra Alliston

Still

I am here

Still

meeting and listening

to my soul

Still

I am here

in a different way

in a prayerful way

in a relationship way

in a heartfelt way

for myself and yes

for others too...

Still

I am here

With love

Still.

### **The center of your being is Reality, is God**

*Keep in mind that the goal of this Path is in finding the center of your being which is Reality, which is God and through which you find complete fulfillment, not isolated but in unity. Lecture #116*

### ***Prayers***

I would like to request prayers for Bob...for a timely response to his need for heart bypass surgery and continued healing with his heart, prostate cancer and arthritis pain. The prayer is for his highest good and for mine, as well as that we walk this journey with love together. May we all learn all we can, according to God's plan. Ruth Ann

Prayers of healing are offered for Michael for his recovery.

I ask for prayers to help learn the balance of relaxation and activity. Susan

Margaret Comfort asks for prayers of confidence, letting-go and flow, and enjoyment in my clinical-rotations for PA school.

Prayers are offered for Lonnie and her mom as they journey with her mom's health.

Prayers are asked for Linda Farrell.

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Reminder: Please send articles, poems, inspirations, prayers to Susan Cogar or Ruth Ann Wilhelm for the next edition of **The Channel**.

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### Calendar

#### August:

12 2<sup>nd</sup> Friday/Tara and  
Nick

24 Helper's Meeting

#### September

5 Labor Day

#### October

1-2 Leadership Weekend

4 Rosh Hashanah

10 Columbus Day

Thanksgiving Day

13 Yon Kippur

31 Halloween

**The Channel is a quarterly newsletter for the Great Lakes Pathwork. All contributions should be sent by email typed to [cogarrs@aol.com](mailto:cogarrs@aol.com) and [rabob@mnsi.net](mailto:rabob@mnsi.net). or mailed to**

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