



THE CHANNEL

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Greetings in the name of the Lord. I bring you blessings, my dearest friends. Blessings for all of you.

My dear ones, we see with great joy that many of you are progressing very well on the road that you have chosen. And a few more have decided for this Path of liberation. Each soul who makes such a vital decision creates rejoicing in the Spirit World, rejoicing you too must feel sooner or later in your own heart, be it only after the first few obstacles and resistances have been overcome. You can be sure that this final decision to walk on this Path of self-development, as well as each victory on this Path, creates a special blessing for you, whether or not you can feel it at the moment. Yet this blessing is a reality.

Many of my friends have prayed for help and strength on this Path, but most of you do not recognize when this prayer is answered. For this prayer is often answered in a form that seems unpleasant to you: in a conflict, or a friction, or something that induces you to feel unjustly treated. You do yet realize that this very event, that causes you temporary pain, is an answer to your own prayer – the prayer in which you ask for help to recognize yourself and your conflicts in order to purify yourself.

Lecture #43



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.

INFO QUICK!!

The Channel:

Susan Cogar (Co-editor) 248-471-7898
Ruth Ann Wilhelm (Co-editor) 519-738-6646

Second Friday: Ann Arbor

Nick Meima/Tara Welles 734-623-4805
or 734-663-5853

Lecture Study:

Ann Arbor-Lisa Wolf 734-930-0864
Farmington-Susan Cogar 248-471-7898
North East Detroit-Sharon Boyer 248-764-2624
Windsor -Ruth Ann Wilhelm 519-738-6646

Process Groups:

Lisa Wolf-734-930-0864

Individual Sessions

Lisa Wolf-734-930-0864
Brian O'Donnell-734-213-2580

General Information: Susan Cogar-
248-471-7898

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Editor's Corner

Greetings and a happy and blessed 2006 to you!

The lecture quote that I chose for this issue is from the first lecture that the guide gave, January 2 in 1959. A blessing to start the New Year...and that is our blessing to all of you who read our offering and to all our fellow journeyers on this Path throughout the world!

The quote also speaks about how our prayers may be answered, not always as we may choose. In that spirit I pray that each of trust the answers to our prayers as they continue and evolve, as we stay open to growing as we are called.

Ruth Ann

I have been profoundly struck by a statement that was made during a weekend workshop put on by Linda Farrell. It was in relationship to someone who decided before they bought something new they would go home and see what they had. The Guide talks about how much time we spend either living in the past or in the future. Going "home" and seeing what we already have seems like a good spiritual

practice: to remind ourselves of our divine nature before we tackle something new. I think of this in terms of this community. What do we already have at home that serves us? For me this community, with all its human failings, has provided me with a way to led my life that brings me closer to God, helps me accept my humanness, gives me guidance when I am lost and allows me a place to express who I am in safety. As we continue this exploration of who we are and what we want as a community, I hope we remember to “go home and see what we have”: To remember our divine essence and the importance of each one of us on this journey of self-transformation.

With love,

Susan

Community Happenings:

Continuing Lecture Study Reforms

Today Continuing Lecture Study met for the third time and given the interest of a core group of Pathworkers, have decided to continue meeting on approximately a monthly basis. We meet on selected Sunday mornings from 10:00 - 12 noon. We nosh and talk and reconnect at the beginning. Then following attuning we read the lecture and pause to discuss passages that intrigue or mystify us. Around 11:45 we end the study portion and shift to selecting the date, location and lecture for the next gathering. After detuning, we hug our goodbyes and are completed with the whole of Sunday afternoon before us. The CLS group is open to all who would like to come. The next meeting will be

held on February 12, 2006 at the home of Myra and Fred, 3242 Phillips Ave., Berkley MI 48072, 248)398-8120. We will be studying Lecture 142, Longing for and Fear of Happiness- Fear of Releasing the Little Ego.

Community Weekend: November 18-20

There were nineteen attendees at the Community Weekend, several of which were new to the community. Friday night Iris Markham and Michael Roblee led a lecture study for those that came for the whole weekend. Saturday morning started with a gathering ceremony coordinated by Susan Cogar. Michael Roblee taught and led an experiential exercise based on Lecture 75: **The Great Transition in Human Development from Isolation to Unity and Lecture 210: Visualization Process for Growing into the Unitive State.**

After lunch Core class was led by Brian O'Donnell which was followed by Lisa Wolf leading process work. Sunday morning, Linda Farrell led a closing ceremony for those that stayed. Saturday night was a ceremony and celebration of Lonnie Leidleim's claiming Helpership organized by Iris Markham.

The Helper's donated their time to help keep cost down. Feed back from participant was positive.

The next community weekend will be March 17, 18 and 19th.

Helpership Meetings: November 2nd, December 12th

November

Lonnie declared her intention to claim her Helpership. It was decided to celebrate the event Saturday evening at the Community weekend. Iris volunteered to coordinate the event. The weekend was discussed and different Helper's volunteered to do segments.

December

The Community Weekend was reviewed-what worked and what didn't. It was decided to have another Community Weekend in March. Linda will secure the larger facility at Storer Camp.

Iowa Lecture Study and Continuing Lecture Study

Linda Bacon's lecture study group is having its third meeting. They meet every other month. On the other month the Continuing Lecture Study group meets. This group has been meeting for several years.

Leadership Meetings: November 14th and January 18th.

November

The web site was discussed. Michael noted that all the other Pathwork communities are listed under .org not .com. Susan will make the change. Adding new members was discussed. Ann will contact Denise Kandar and invite her to our next meeting. Susan brought up the possibility of a Directory and membership pledge. A discussion followed on whether we were a community and what was appropriate. Michael volunteered to send inquiries to

the community regarding their feelings. It was decided to focus the next leadership meeting on this discussion.

December

The letter to the community requesting feedback by Michael was the main topic of discussion. Michael focused the group on their own feelings about the GLP community and their response to the feedback from members. The group then listed areas of tension. Michael is going to write a response to the community.

A letter changing the contact person for GLP's investments from Fred Zimmer to Lisa Wolf was approved. Appreciation for Fred's continued care and work was voiced.

Web Page

After much frustration and pushing the learning curve for Susan Cogar, the Great Lakes Pathwork's web page is up and running again. It is listed under **greatlakespathwork.org**. Please check it out. The newsletter and possibly the GLP directory will be listed on-line.

Workshop on Emotional Reactions

Linda Farrell provided a workshop on Emotional Reactions for the PTP class that graduated last year. They were joined by three others. Linda taught on the nature of emotional reactions versus real feeling. Susan Cogar apprenticed.

“The real need for love, companionship, and sharing can only begin to be fulfilled when the soul is ready to love and give, which must never be confused with the neurotic need to be loved.” #192

Articles, Poems and Stories

Holding the Tension Field by Michael Roblee

A number of weeks ago, I asked community members to share their insights and awareness about the web of connections between us as Pathworkers – how we are connected, how we are called, not called or resistant to meeting together for Pathwork gatherings. There were several purposes to this request. The first of this was to understand “what is so” about our community. The second was to provide the GLP Leadership group with some community input to begin a conversation in our group about these questions. The third was to begin an exchange between community members and the GLP Leadership Group so we can build a more connected two-way communication.

On January 18th the GLP Leadership Group met. There were eight of us present. The purpose for this meeting was to begin to look at who we are as a community. By all accounts it was a great meeting. We asked ourselves what made it great. Several things came to mind. It felt good to have input from community members. It felt like we were more in relationship as we explored questions of community. We spent a long time reflecting on the perspectives community members shared about their connections to the Pathwork. We shared our own awareness and insights about the web of connections between us.

There were many different issues and perspectives that came to the surface as we reflected and shared. Our task was holding the “tension fields.” A “tension

field” is a place within our consciousness where duality and paradox coexist in an unresolved state. It is a place where Yes and our No can live together as we travel the road to the state of unitive consciousness. The challenge is to create a loving and powerful container where apparent opposites can reside without war, but not yet in harmony or unity. This container is created with compassion, intention and prayer. Metaphorically speaking, a tension field is a round table where apparent enemies can meet to create peace.

By being open to all possibilities, healing can happen within the tension field a new paradigm, insight or understanding may emerge. Or you may simply recognize and hold in a more loving way whatever blocks the desired state and causes confusion or opposition.

As a group we were conscious that the challenge was to hold all of what we were hearing and sharing without reacting to it or being too quick to try to fix anything – holding it all as part of what is. There were many different issues and perspectives on the table and we were able to hold them all as pieces of the puzzle. Our intention was to listen more deeply to what it all means. I want to share with you some of the elements and tension fields that came up and ask you to hold them all with us and sense how it all fits together:

- Are we a community or are we not a community? What is community?
- We are connected and not connected at the same time; we experience deep bonds and yet we don't gather to do our work together very often.

- How do we hold Pathwork as it was in the past and as it is now? How do we let it become what it wants to become in the world and in us personally?
- Pathwork and other spiritual and psychological modalities: how do they fit together?
- Some people are connected to intimate Pathwork groups rather than the whole community. How are they connected?
- Pathwork is about individual, personal process work, and there is a desire and need to take Pathwork out into the world.
- For Pathwork leaders there is the challenge of doing our personal process and addressing Pathwork business and tasks at hand.
- We lack formal business structures: our responsibilities as a legal entity are not being fulfilled.
- How do we hold entrepreneurial (individual) helper programs and offerings, and communal programs and offerings?
- Inter-regional conflicts and relationships: where and how do we connect?
- Our GLP nest egg (investments): Save it or spend it?
- Membership: voluntary or mandatory?
- How to hold/heal old wounds?

We will be meeting as a Leadership Group to take our exploration to the next step on March 20th. We will be holding all of these pieces and asking ourselves what it means for us as a community and as the GLP Leadership group. We invite your inspirations and insights as input into our next conversation. Send your input to me dmroblee@aol.com and I will pass it on to the group before the

meet. I will also report back to you about our experience at that meeting so we keep our two-way exchange alive.

I am not sure where all this will take us, but I like that we are on the journey together.

Poem Sharing

Attached is a poem by Mary Oliver, “Wild Geese.” I hope it will be as much a gift to whoever reads this as it has been and continues to be for my life. I was thinking of that poem throughout the reunion weekend in November. During the process time on Saturday afternoon, whenever the cranes passed overhead sounding their call, it brought tears to my eyes. It felt like a call to remind me that I belong to “the family of things.” It helped me to reconnect. I was struggling on the weekend with issues of loss and pain and questioning my existence at some level. The issue came up when Brian announced that Gene Humphrey was diagnosed with lung cancer. I was suddenly regressed and feeling the pain of loss (Thank you Gene and sorry too). It was a profound process and healing. I appreciate the time and efforts made to have such a weekend. It was wonderful to see Pathwork friends and family. I look forward to the next reunion.

Love to all in the process,

Rita

Wild Geese by Mary Oliver

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert,
repenting.

You only have to let the soft animal of
your body love what it loves.
Tell me about despair, yours, and I will
tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles
of the rain are moving across the
landscapes, over the prairies
and the deep trees, the mountains and
rivers.
Meanwhile the wild geese, high in the
clean blue air, are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your
imagination,
Calls to you like the wild geese, harsh
and exciting—
Over and over announcing your place in
the family of things.

Nick Meima's Favorite Poem

The Faces at Braga

In monastery darkness
by the light of one flashlight
the old shrine room waits in silence
While above the door
we see the terrible figure,
fierce eyes demanding, "Will you step
through?"
And the old monk leads us,
bent back nudging blackness
prayer beads in the hand that beckons.
We light the butter lamps
and bow, eyes blinking in the
pungent smoke, look up without a word,
see faces in meditation,
a hundred faces carved above,
eye lines wrinkled in the hand held light.
Such love in solid wood!
Taken from the hillsides and carved in
silence they have the vibrant stillness of
those who made them.

Engulfed by the past they have been
neglected, but through smoke and
darkness they are like the flowers we
have seen growing through the dust of
eroded slopes, then slowly opening faces
turned toward the mountain.
Carved in devotion their eyes have
softened through age and their mouths
curve through delight of the carvers
hand.
If only our own faces would allow the
invisible carver's hand to bring the deep
grain of love to the surface.
If only we knew as the carver knew, how
the flaws in the wood led his searching
chisel to the very core, we would smile,
too and not need faces immobilized by
fear and the weight of things undone.
When we fight with our failing we
ignore the entrance to the shrine itself
and wrestle with the guardian, fierce
figure on the side of good.
And as we fight our eyes are hooded
with grief and our mouths are dry with
pain.
If only we could give ourselves to the
blows of the carvers hands, the lines in
our faces would be the trace lines of
rivers feeding the sea where voices meet,
praising the features of the mountain and
the cloud and the sky.
Our faces would fall away until we,
growing younger toward death every
day, would gather all our flaws in
celebration to merge with them
perfectly, impossibly, wedded to our
essence, full of silence from the carver's
hands.
David Whyte, **Where Many Rivers
Meet**

<p>The sky is the daily bread of the eyes. Ralph Waldo Emerson</p>

Becoming a Helper

The path to becoming a helper has been a long one. I had my ordination at the Community Weekend. It was incredible. The ceremony was beautiful and there were beautiful words shared by the helpers and community for me. I felt loved and accepted in the community as a Helper.

As most people know, I have lost a numbers of family members & a dear friend to death in the last few years. There has been a lot I have learned about myself and life through this process. The fact is I wanted to be a helper for many years, but struggled with commitment. My call has never wavered from God. My listening was the issue. Since I have been dealing with all the losses of family and friends, I have become stronger and no longer fear commitment. It is tempered with love and compassion and determination to listen and follow Gods' call for me.

My intention in being a Helper is to bring love to myself and others by sharing the incredible gift of the Pathwork. I will continue to work with my helper to process Gods' gifts that life brings to me. I can feel my excitement about wanting to share the Pathwork with others in some way in this next year. I would like to offer a lecture study program. If you know of any person who might be interested in one, please let me know. I live in the Southern end of Lapeer County. It is close to the Oakland County border. People will need to know the area due to distance concerns.

By taking on this mantle, I hold it with sacredness. As a Helper, I pray to give my best and do Gods will.

Lonnie

Care Partner Reflections

For those of you who don't know me, my husband has been diagnosed in the last two years with aggressive prostate cancer, heart disease and arthritis in his hip requiring a hip replacement. He has had surgery for the prostate cancer and a triple bypass for his heart, as well as radiation and on-going hormone shots for the cancer. In May we hope that he will have the hip replacement. It's a lot in a short time. The list sounds perfunctory to write but it isn't when you are living it. There is a lot in how one condition affects the other, how medications for one interact with the other, and the specialists who are great at their pieces but don't necessarily look at the whole picture without a lot of questions and patient advocacy. And, of course, there are all the miracles of medical science and the human support and connections that contribute to the beauty of the journey in many moments.

As Bob's wife I walk this journey with him, daily...the multiple doctors appointments, the side effects of the various medications, the fear in waiting for the results of the next tests, the physical adjustment to each medication change, the multiple losses and grief as our life is in constant flux.

I offer that as background to the focus of what I want to share, and intention and the reality of working with the Pathwork on this journey with Bob. It's no different than using the Path with any other issue in life but for whatever reason I feel called to share.

Earlier this month as I read the Caregiver's Newsletter that I received

via email, there was a sharing from a man who has a wife with Alzheimer's and he used the term, Care Partner, rather than the traditional Caregiver. I loved his choice of terms! Caregiver, to me, implies a one way flow, negating openness to mutuality. And it's been one of the thoughts in my consciousness, how do we walk this road with as much mutuality as possible. Yes I can get grumpy about doing most of the housework or giving up an evening out when Bob's too tired. But I can also appreciate the contributions he does make, be it emptying the wastebaskets and cleaning the sinks. It's a contribution and we "cleaned the house together".

Another aspect of mutuality for me is to ask Bob for what I need that I know he can give. Awhile back I told him it would help me to pray together each day. So after breakfast we light a candle and I read a page from Julia Cameron's **Answered Prayers, Love Letters from the Divine**. Each page is God speaking inviting the cares of the day to be brought to him/her. Then we share prayers about whatever is in focus for the day, pain, medication change, test results and concerns of family and friends and the larger world. It's very special to me, a gift of this time, this vulnerability.

And there's mutuality in little things. I've always loved dancing and that is an impossibility with the pain in Bob's leg, and truth be told it's not his favorite thing to do. But if a song comes on the radio that we both like and he's standing anyway we'll dance a few bars ever if there isn't much physical movement. It's lovely, a special moment!

Cooking has become a focus for me, preparing food that is healthy for both the cancer and heart health. Bob's never paid much attention to recipes. He was busy being very physically active! Now he'll look at the recipe in something that he's reading and if it sounds good to him and we decide it's relatively healthy I'll get the ingredients and make it.

I've also worked, in the spirit of mutuality, to ask when I'm tempted to do "everything" myself. So for example, if he's in pain and not feeling well I'll ask if he wants to do the after-meal clean up or if he wants me to do it. Sometimes it's "yes" and sometimes it's "no" but he makes the choice and I avoid saddling myself with martyr feelings of doing more than necessary. And if he offers to take me out to eat I try to say yes even if I have food in the fridge. The decision could change again in a few hours, depending on how he feels, but I choose to receive what Bob can give, even if it's the positive intent, as keeping the mutuality flowing.

It feels like a lot of new territory, daily letting go of hopes and expectations, even with some of the most simple things in life, but there is pleasure in the mutuality that we can share, no matter what the day brings.

Ruth Ann Wilhelm

Passion lops off the bough of weariness. Passion is the elixir that renews...Oh, don't sigh heavily from fatigue: seek passion, seek passion, seek passion!

Rumi

HEALING IS:

A lifelong journey into wholeness

Seeking harmony and balance in one's own life, in family, community, and global relations
An instant of transcendence---above and beyond the self

Embracing what is most feared

Opening what has been closed, softening what has been hardened into obstruction

Creativity and passion and love

Seeking and expressing self in its fullness; its light and shadow, its male and female

Remembering what has been forgotten about connection, and unity, and interdependence among all things living and nonliving

Learning to trust life

New Year Intentions

My New Year's Intention is to trust myself more. *Iris Markham*

My intention is to Connect more deeply with, Allow myself to receive, Flow with, and Disseminate through me, the Holy Spirit.
Nona Bock Trealoff

My intention is to learn to live with both my limitations and my passions.
Susan Cogar

My New Year's intention-To pause and create space for myself. Before I acquire anything else, go home and see what I have.

Judy Hallas

Tighten my abs to support my back and strengthen the bridge between my pelvis and my heart.

Develop money consciousness (Know specifically where each buck is going and discriminate spending)

Continue to step into whatever presents itself for transformation

Open to find my soul mate

Rita Milhench

My New Year's intention is to continue my work in accepting both parts of my 50/50 that is in duality. To continue to look for my place in the Pathwork Community

Mary Mullally

Intention: To hold inertia, stagnation, laziness as what it does have to tell me, lovingly and Dance, dance the day, contra dance.

Suzi Matero

My intention is to see my Lower Self and self hate creep in. To Hold my child and let my child hold me and watch how the world affects us.

Terri Irving

Intention: To ask myself what is the most loving thing I can do to bring myself peace right now.

Barbara Smith

The truth is always simple, but living it is not always easy.

Rev. Alfred Miller

Prayers/Celebrations

Our thoughts and prayers are with Sharon Boyer and her family on the loss of her mother.

Prayers go out to Peg and Gene Humphrey as he recovers from lung surgery and his journey with lung cancer.

Nona Trealoff Bock requests prayers of support in aligning with and receiving work which I feel joy and pleasure in providing. In addition, I have been noticing physical problems in my 1st and 2nd charka areas lately (e.g. I am currently experiencing intense lower back pain.)

Susan Cogar requests prayers for the Meyer's family upon the loss of their son Paul who was a close childhood friend of her son's Daniel and Charlie.

Ann Agler celebrates the addition of a granddaughter. Alayna joins her brother, Michael, five years old, Mom, March and Dad, Austin. They reside in Greenfield, IN. Alayna Paige Lowry was born Dec. 11th and weight 10oz and measured 21 inches. Congratulations everyone!!



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

Calendar

February 11: 3:00 to 6:00 Helper's Meeting at Iris and Michael's house

February 12: 10:00 to 12:00 Continuing Lecture Study at Myra and Fred's house.

March 17, 18, 19: Community Weekend. Storer Camp, Napoleon, MI

March 20th: 6:00 to 9:00 Helper's meeting. Susan's house.

April 8 & 9: Sage Walker workshop with Leadership group at Michael's and Iris's house.

You must remember that man is noble, man is sublime, man is divine, and can accomplish whatever he desires.

Swami Muktananda

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

Susan Cogar

23058 Orchard Lake Road

Farmington, MI, 48336

Ruth Ann Wilhelm

467 Lakecrest Court

RR##, Harrow

Ontario N0R 1G0

The Deadline for each issue is the 5th of the month prior to publication.

Co-editors

Susan Cogar

248-472-7898

Ruth Ann Wilhelm

519-738-6646

Contributors

Lonnie Leidleim

Rita Millhench

Nick Neima

Michael Roblee