

# Feed Your Soul



## The Pathwork Transformation Program at Sevenoaks

*Practical Spiritual Wisdom*





## **Feed Your Soul**

Give nourishment to your soul, as well as to your body and your mind. Your soul can be the bedrock of your life, the deepest and strongest foundation of who you really are. To find and trust your soul, your deep spiritual identity, is the greatest goal of human life. To know how to do this is a great art, but it can be learned.

## **Enrich Your Heart**

“Love is not a command issued by the will and the mind. It is not an abstraction. It is not a sentimental gesture. It is vigorous, assertive and free.” To open the heart more fully and love more deeply is something that can be learned.

—Pathwork Lecture #202

## **Strengthen Your Courage**

To live with more courage means to find who you really are, and what you really want, and then to trust your instincts and desires, and act upon them. To live with more courage is to live with more joy. Courage can be learned.

## **The Transformation Program**

will show you sources you already have,  
and ones that you can create,  
to feed your soul,  
enrich your heart,  
and strengthen your courage.

## The Promise of the Program

Through the program you will discover your essential nature as a spiritual being and learn to align with your deepest identity: the God-self.

You will learn a practical spiritual wisdom that will stay with you for the rest of your life. We have taught this method of self-knowledge and self-acceptance to thousands of people over the past thirty-two years.

## What Can You Expect to Gain?

You will learn how to observe and understand your behavior and emotions in a totally new way. You will experience a new connectedness to the full energy flow of your body. You will learn specific meditation practices to aid you in your process of self-change.

You will learn how to identify problem areas in your life, and learn how you perpetuate them, and how to effectively choose to change. You will learn how to transform your negative qualities into life-affirming assets. Finding ways to integrate into awareness all of who you are, you will experience a new feeling of wholeness, relaxation, and peace.

## The Details

There are two interacting components to the program. First, *a series of weekend trainings* throughout the school year in a beautiful retreat center located in the foothills in the Blue Ridge Mountains. These weekends add a dynamic and exciting interpersonal aspect to the work. Your class will form a community of seekers, and your classmates will become your friends and confidants. Second, *individual sessions with a Pathwork Helper*. This Helper will take on with you the understanding of your issues and devise with you a personal program of growth and change.

Students commit a year at a time, and most stay with program for the full five years. Completion of the full five-year program is also a prerequisite for becoming a Pathwork Helper.

# Testimonials

Pathwork has helped me to open to healing, to allowing life's energy to flow through me, melting away frozen places in my body where I was stuck. It has helped me to connect with my Higher Self on a more frequent basis, and to tap into the inner reservoir of knowing; I don't need to look outside for answers, they lie within.

— *Samantha McCall, Easton, Maryland*

Pathwork has had a transformational effect on my life by helping me to access my feelings, clear out old baggage from childhood, and replace cynicism with hope and gratitude.

— *Elizabeth McMartin, Barboursville, Virginia*

Pathwork has given me the knowledge that our lives, including all our wounds and obstacles, have high purpose and are one intimate fabric with all life. I have transformed my defenses enough to maintain a sense of connection and belonging most of the time.

— *John Swift, Glen Allen, Virginia*

Pathwork has given me the foundation and the road map to living my life with a sense of purpose. I now have a life where I can stand in my power, with an open heart, experiencing each day with a sense of peacefulness.

— *Tiffany Wolins, Silver Spring, Maryland*

Living the lectures and working with my group has helped me to be aware of when I am present and when I am living in my mask or using other means of defending. I have been able to change how I relate to my family and children in a significant way. Pathwork has brought about powerful changes in our entire family dynamic.

— *Joyce Knott, Topeka, Kansas*



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