

# AWAKE, ALIVE, INTEGRATED

*Six evenings of connecting with and celebrating your spiritual vitality*

**Join us! for a powerful and joyous exploration** of the marvelous process known as the human spiritual journey. Tending to this fundamental drive, the thirst of our soul, quenches the restlessness inside; awakens a more balanced, joyous, and energized life; and, perhaps best of all, unleashes our innate capacity for loving and serving in profoundly meaningful and fulfilling ways.

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You harbor the richest treasure, life in its essence . . . what a world of difference there is between *intellectually knowing* this, and emotionally *experiencing* it.

~Pathwork Lecture # 167:  
"Frozen Life Center Becomes  
Alive"

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Our purpose is to provide you opportunities to **explore and experience the depth and reality of your own rich inner essence**. Thus, in addition to presentation and discussion, activities will include guided meditation, music, poetry, sacred readings from a rich variety of traditions, humor, gentle activities to awaken and cleanse the body of stress, contemplative practices, journaling, stillness, your questions, and the use of Pathwork materials and principles as a basic frame of reference.

## **Our course of exploration:**

- April 20** Taking a loving look at your journey so far
- April 27** Utilizing your "problems" as valuable teachers
- May 4** Gaining a deeper sense of personal meaning and purpose
- May 11** Exploring your experiences of and beliefs about "God"
- May 18** Deepening into self-acceptance and self-love
- May 25** Finding spiritual practices that deeply nourish you

**WHEN:** 7 – 9 pm on 6 consecutive Tuesday evenings; April 20, 27; May 4, 11, 18, 25

**WHERE:** St. Thomas Episcopal Church (parlor room), 100 Miami Ave. Terrace Park, 45174.

**INFO or REGISTRATION:** Gary [gvollbra@fuse.net](mailto:gvollbra@fuse.net) 513-315-0685  
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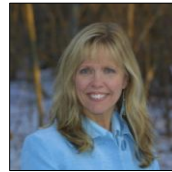
**COST:** The first session is free. Come and explore. Entire series: \$60.



**Gary Vollbracht** is passionate about living the questions of life. His engagement with the deep things in life involves not only engaging with others on their journeys but has led him to years of study, teaching and sharing

including venues ranging from the Lutheran church of his early and middle years to graduate studies at a Catholic Seminary, roles of Hospital Chaplain Intern, massage therapist, life coach, and most recently 10 years of formal study, teaching, and assisting in Pathwork.

[www.garyvollbracht.com](http://www.garyvollbracht.com)



**Patricia Mahaffey, M.Ed.**, is a writer and spiritual director trained at Mercy Center in California. Her professional background includes teaching and producing educational television. Her spiritual journey includes a Catholic

upbringing and education, traditional Christian theological studies, over 30 years of study and practice of meditation and yoga in classic traditions such as Vedanta and Buddhism, 18 years of Pathwork training and personal work, and formal study in numerous other traditions and healing modalities.