

# Pathwork

## *A Spiritual Path For the Soul's Journey*

### *A Path of 21<sup>st</sup> Century Spirituality & Depth Psychology/Shadow Work*

- **Pathwork is Holistic**
  - Integrating Intellectual, Emotional, Physical, Sexual, and Spiritual Aspects of your Essential Nature
- **Pathwork Deals With Real Life Issues...**
  - Your Life's Purpose, Meaning, Identity and Self-Knowledge, Relationships, Midlife Crises, Intimacy, Anger, Loss, Suffering, Addiction, Death, Grief, Success, Money Issues, Organizational Effectiveness, Teamwork, etc. ...
- **Pathwork Builds from where you are...**
  - Whether you consider yourself Spiritual, Religious, Agnostic, Humanist, Atheist, Etc. ...
- **Pathwork Calls Forth Your Essence...**
  - Joy, Creativity, Love, Beauty, Wisdom, Truth, Peace, Sense of Oneness with Source
- **Pathwork is a stand-alone path, or complementary to and deepening other paths**
  - Christianity, Judaism, Islam, Tibetan Buddhism, Twelve-Step Programs, Integral Life Practices, Diamond Approach, Enneagram, Current Spiritual Teachers (Tolle, Adyashanti, Almaas, etc.), Transpersonal Psychology, Somatic Experiencing, Gestalt Therapy, Focusing Therapy, Continuum, Constellation work, etc.
- **Pathwork Provides Support for the Soul's Journey in many forms...**
  - **Pathwork Lectures -- Wisdom Writings**
    - Hardcopy, Kindle, Audio (CD, mp3)
    - Extensive body of material channeled between 1957 and 1978
      - Anticipating teachings of 21<sup>st</sup> Century Spiritual Teachers
      - Rich metaphysical framework and tools for spiritual development
    - Plus Current web material and blogs
  - **One-to-one support** (Helpers, Supervisors)
  - **Small Group and Depth Work**
    - Teaching/sharing/exploration classes
    - Emotional Processing, movement groups
    - Central Gateway and Local Workshop Programs
    - Five-Year Transformation Program
    - Graduate-level Programs
    - Advanced Training – Teacher's and Helpership Training

## Websites - Contacts

International Pathwork Foundation: [www.pathwork.org](http://www.pathwork.org)

Sevenoaks (Charlottesville, VA) <https://sevenoaksretreat.org/pathwork/>

For audio recordings and other web support: [www.garyvollbracht.com](http://www.garyvollbracht.com)