

A Devotional Format of the Pathwork Lectures

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Each of us in Pathwork has a unique relationship with the Guide's wisdom as embodied in the Pathwork Lectures. While my journey with the Guide did not begin until late in life, it seems as though I have unknowingly been being prepared for this influx of wisdom my entire life.

As a youth and throughout my first five decades I was drawn to the bible as the foundation of my life – being active in a conservative Lutheran church, I enjoyed reading the bible regularly, studying it, participating in and leading bible study classes, memorizing passages, and listening to audio versions of the bible as well as to recordings of sermons, lectures, and books related to Christianity and spirituality. My library grew to over a thousand books!

In my mid-forties, however, I began feeling increasingly lost spiritually. My foundation was not holding. From this sense of missing something important in life, at fifty I entered a decade of searching for something deeper. These ten or so years of my fifties included non-specific 12-step type programs, several years of graduate-level courses from a Catholic seminary, and participating as an assistant chaplain in a Clinical Pastoral Education program at a local hospital. I also began receiving regular spiritual direction. I was searching, searching, searching...

Then, at age 58, in August 2000, I went on a one-week spiritual retreat. Here I worked with an "assigned" spiritual director who listened carefully to me and my spiritual plight. On the second day of my retreat she acknowledged my passion for matters spiritual. However she also felt my sense of feeling lost and encouraged me to seek the help she felt I definitely needed – help that was beyond anything she knew locally in the Cincinnati area. She turned out to be a Barbara Brennan faculty member, and from that perspective she encouraged me to consider programs at the Sevenoaks Pathwork Center – 460 miles from my home in Cincinnati.

I attended my first Pathwork workshop at Sevenoaks four weeks later in September of 2000, and October found me committing to the 5-year Pathwork Transformation Program at Sevenoaks. Here, and in the helper-training and other programs that followed, I simply fell in love with the Pathwork Lectures as a foundation for my life.

In my work with the lectures in these early years of Pathwork I longed for an audio version of the written lectures that we were using. Eventually this hunger led to my project of recording the 258 lectures (about 200 hours of material) in the six-year period from 2006 through 2012. In this project I felt guided, inspired, and supported by spiritual sources beyond me. And I listened to these recordings for hours on end – on my long drives to and from Sevenoaks, at workouts at the gym, on long walks, while driving, etc. The International Pathwork Foundation supported this effort and helped by making my recordings available to those who wanted to use them.

By 2014, with this audio project behind me, I felt that something was needed for me to deepen my understanding and application of these truths. I played around with formatting the lectures in some way that would help me access the material more carefully and also on a more heartfelt level. Very quickly what “came to me” was what I came to call the Devotional Format of the Pathwork lectures. Yes, DEVOTIONAL IS the right word for what was happening – and from so many angles!

I was initially encouraged in this Devotional Formatting project by several key people, including my helper, Moira Shaw, Sage Walker with whom my partner Pat and I were in a couple’s counseling relationship, and a dozen or so others who read and liked the formatted material. I have been particularly encouraged for the past five years by Pat, my life-partner who has become an avid devotee of the Devotional Format. Our two lives are truly dedicated to a shared life, including a daily review practice largely based on the lectures as well as lecture study in connection with the several programs and helper sessions in which we are involved.

Enough interest has been shown that the International Pathwork Foundation has now created a link to these lectures (*On the IPF website there is a pull-down menu for “Lectures” and the third listing in this menu is the “Devotional Format,” which takes you to a page on my website that has links to all the lectures I have done in the Devotional Format*). I have completed 198 of the 258 lectures (including most of the last 150 lectures).

It has been humbling and yet an honor to feel called to this Devotional Format project. Since devoting myself to this project in 2014, every day for the past seven years I have had the privilege to work “with the Guide” on this pondering, reflecting on, digesting, and integrating the teachings into my life. And each time I engage a lecture in order to mine, discern, and “format” its wealth, I see new and deeper insights and am inspired anew by this phenomenal wisdom and its practical daily application to my life and growth.

I am feeling much love for the Guide and for all of us students of life who seek to apply and share this wisdom.

May you “be blessed AND be a blessing” on your journey,

Gary Vollbracht