



PATHWORK NEWSLETTER

PATHWORK IN
AUSTRALIA & TEXAS

A MESSAGE FROM PAT & EMMANUEL

Pat Rodegast, who has channelled Emmanuel for many decades, is now in a nursing home in Connecticut. We haven't heard much from her. Recently, we learned that she is posting messages from Emmanuel on her website. These are in the form of recordings, as Pat cannot write or type anymore. This message was transcribed from one of the postings on her website, Greetings from Pat:

<http://www.emmanuelandfriends.org/frames.html>

December 30, 2008

Merry Christmas to everyone! Emmanuel says "Happy New Year!"

I am in a retirement home in West Haven, Conn. I honestly never thought I'd retire but the medical profession told me I ought to. Well, since I'm 82, I did – and it's been a blessing. I've changed my identity from red convertible Mustang to Surrender to God. That wasn't easy and, even though I miss my Mustang, it's an enormous relief now that I've surrendered.

Emmanuel keeps telling us that nothing is wrong. The Plan is perfect. I've come to know that Truth as long as I choose love in the moment of Now. And don't listen to fear. Since fear is so used to getting my attention, I have to be very aware of choosing love now.

God doesn't betray us. I must admit I felt betrayed when I was advised by the doctor not to work and not to drive because I've been diagnosed at the beginning stages of Dementia. But I'm experiencing joy and gratitude now.

By the way, I live right across the street from the beach and I have a corner room with a view of the Long Island Sound that's beautiful. So how can I feel sorry for myself? I don't. And I'm still committed to bringing Emmanuel to the world. If you're lucky enough to live into your eighties, with friends and family to love and support you, don't be afraid of old age. It can be a ball, especially in a place like Seacrest—where they also happen to have a lot of cute guys who are veterans!

I would like to share with you my experiences and offer you the Guidance that comes through me as I enter this stage of my life with the hopes that it can benefit your life. I invite you to check this Website on a regular basis for more GREETINGS FROM PAT. <http://www.emmanuelandfriends.org/frames.html>

BI-MONTHLY LECTURE QUOTES, REGIONAL, AND VOLUNTEER UPDATES ARE AVAILABLE FROM THE INTERNATIONAL PATHWORK FOUNDATION BY SIGNING IN AT [HTTP://WWW.PATHWORK.ORG/PHP-BIN/MAILINGLIST/MAILINGLIST.PHP](http://www.pathwork.org/php-bin/MAILINGLIST/MAILINGLIST.PHP)

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PATHWORK IN AUSTRALIA PATHWORK IN TEXAS

2009 Teleconferences

1st and 3rd Saturdays

5:00 - 6:45 pm US Central Time

Telephone number US 1-518-825-1300 pin 987015

Automated email reminders are available upon request.

These will include phone number and pin and convert the appointed time to your time zone. Sent 24 hours prior.

Questions? Call 512-215-2544 or email Jan at rigsby@pathworktexas.org

June

Film suggestion: Ordinary People (1980)

Jun 6 Spiritual Meaning of Relationship pgl 180

Jun 20 Procreation and Survival, Instincts in Distortion and Conflict pgl 85 and 86

July in Australia

Time Change! 7-9pm Central / 10am-noon NSW/VIC

July 12th Topic: Becoming Your Own Helper

How to focus and deepen your understanding of Pathwork concepts through personal and self-led group work.

Shifting to 2nd and 4th Saturdays!

5:00 - 6:45 pm US Central Time

Aug 8 Developing the Observer Self, Chapter 3 from The Undefended Self by Susan Thesenga

Aug 22 The Forces of Love, Eros and Sex pgl 44

Sep 12 Child, Adult Ego and Soul Self, Chapter 4 from The Undefended Self by Susan Thesenga

Sep 26 The Spiritual Meaning of Sexuality pgl 207

October

Oct 10 Facing the Lower Self, Chapter 7 from The Undefended Self by Susan Thesenga

Oct 24

I have tentative plans to travel to China to support work with the Chinese translation of The Undefended Self for Pathwork Press. If the trip manifests, the second October talk will be cancelled.

November / December

Nov 14 Nov 28 Dec 12

[Audio Recordings](#) of ALL teleconferences are available on the internet at no charge. Data DVDs containing multiple tutorials may be purchased if you are unable to download MP3 files. Some Video DVDs also available. Links to FREE audio recordings and video clips (plus free study materials) available at www.pathworktexas.org

Being in the Now:

Emmanuel's generous and loving voice allowed me to more fully receive the Guide's teachings.

In 1991, my past felt like Velcro hooks while the future felt like the other half -- fluffy loops. The hooks stuck to everything, but the loops felt vague and unsafe, like clouds with no substance unless they could be harnessed by the hooks.

One day a business coach rumbled up a piece of paper, told me it was my future, and tossed it to me. I batted it away, then sat with the stunning realization of what that said about me. I was afraid of my future. Because I was not fully aware of how I had created my past, I did not know how to create a different reality. I saw my future only as an extension of my past.

Emmanuel's teachings helped me to create change. I learned on a deep emotional level that each day was the first day of the rest of my life. 'Failures' became information. Each moment became an opportunity to renew myself and enable change.

In the Now, we can allow the hooks of the past to relax and slip away. Sometimes when I feel silly, I visualize putting hair conditioner on them, so that they become a slippery comb, grooming and organizing my understanding rather than grabbing it. I don't need to map out my entire future. I only need to be as fully present as I can be as each moment manifests.

Now is who we are, it is everything we already know. It simply is. Emmanuel's words encouraged me to honor everything that brought me to this moment in time -- and the next, and the next, each one holding a slightly different, more evolved past than the one before. Being fully present with who I am allows me to accept my imperfect journey as what was. Who I become in the next moment is always a choice.

Jan Riggsby



Carys Elizabeth Mooney
Born May 5, 2009 12:50 AM
6 lbs 13oz 20in