

Events in the world today have many considering the darker side of human nature. We see so many different reactions to the intense feelings that are provoked: everything from demonstrations to the paralysis of apathy to increased anxiety, fear and stress. What shall we productively do with the energy and feelings that are evoked in order to move forward productively? The option is always available to us to take any event and use it as a stimulus inward - to direct you toward a deeper understanding and development of your self in a positive direction. You will have an opportunity in this group to do just that: Use the outer events to drive you productively inward. We will examine negativity and evil with the intention to transform inner negativity so that your capacity for the positive is expanded. It is in this integration of your self and your essence of being that fear and anxiety can be dissolved, clearing the way to action from your most positive intention.



**Shadow**

**Negativity**

**Evil**

*Process Group for Transformation*

This group will use the principles of Core Energetics and selected Pathwork lectures to direct the inward investigation of negativity. Sessions will use a combination of meditation, personal process, check-in, and movement to support your investigation and integration. The group will meet for six 2½ hour sessions, Monday evenings 6:30pm to 9:00pm at 819 SE Morrison starting 4/5/04. The group will be led by Stephen Shostek, who is a Portland-area Core Energetics Therapist. An interview is required for admission and space is limited. To register or for information, call Stephen Shostek at 503-963-8600 or email [stephen@stephenshostek.com](mailto:stephen@stephenshostek.com) or visit [www.stephenshostek.com](http://www.stephenshostek.com)

#### *What is Core Energetics?*

Core Energetics is a therapeutic process of unifying and connecting the body, emotions, mind, intentions, and spiritual self into a unified whole that expresses the complete reality of the person. Core Energetics is in the family of psychotherapies that are sometimes called "body-centered" because they work with the structuring of emotion and thought in the body as well as mentally.