



The Undefended Self: Living the Pathwork

Susan Thesenga, Eva Pierrakos

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The Undefended Self is a profoundd and pragmatic guide to liveing the spiritual-psychological path toward union--with self, with others, and with the essence of life. Here we learn, through the Pathwork teachings,, and through true personal stories of conflick, crisis, and breakthrough:

the maps and processes for the hero's journey for our times

how to dismantle personal defenses safely and sanely and to anchor in our original divine nature

how meeting the unconscious dark side of human nature releases powerful new energies for creativity, love, aliveness, and awakening--and leaves us permanently changed

how to work with the invitations, tasks, and realities of each of the developmental stages of consciousness

Like such other contemporary spiritual teachings as *A Course in Miracles* and *Conversations with God*, **The Undefended Self** is a clarion call of hope and liberation for ourselves and for our world. **The Undefended Self has been published in five languages and is read at schools of healing and transformation and in study groups around the world.**

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