

I.P.A. NEWSLETTER

INTERNATIONAL PRIMAL ASSOCIATION, INC.

Summer 1983

A Note from the Annual Convention Cochairperson

With the warm weather finally upon us, and the Philadelphia conference over, we have turned our thoughts and energies toward our Annual Convention. As mentioned in the *Newsletter*, Joan Halifax will be our keynote speaker on Saturday night. She expects to be spending Saturday and Sunday with us as well.

Because we expect a larger attendance this year, we request that you guarantee yourself a place by preregistering as soon as you receive the registration form in the mail. If you have submitted a workshop proposal, you must still mail in a registration form. And, if you plan to submit a proposal but haven't done so yet, call me so we can leave room in the schedule.

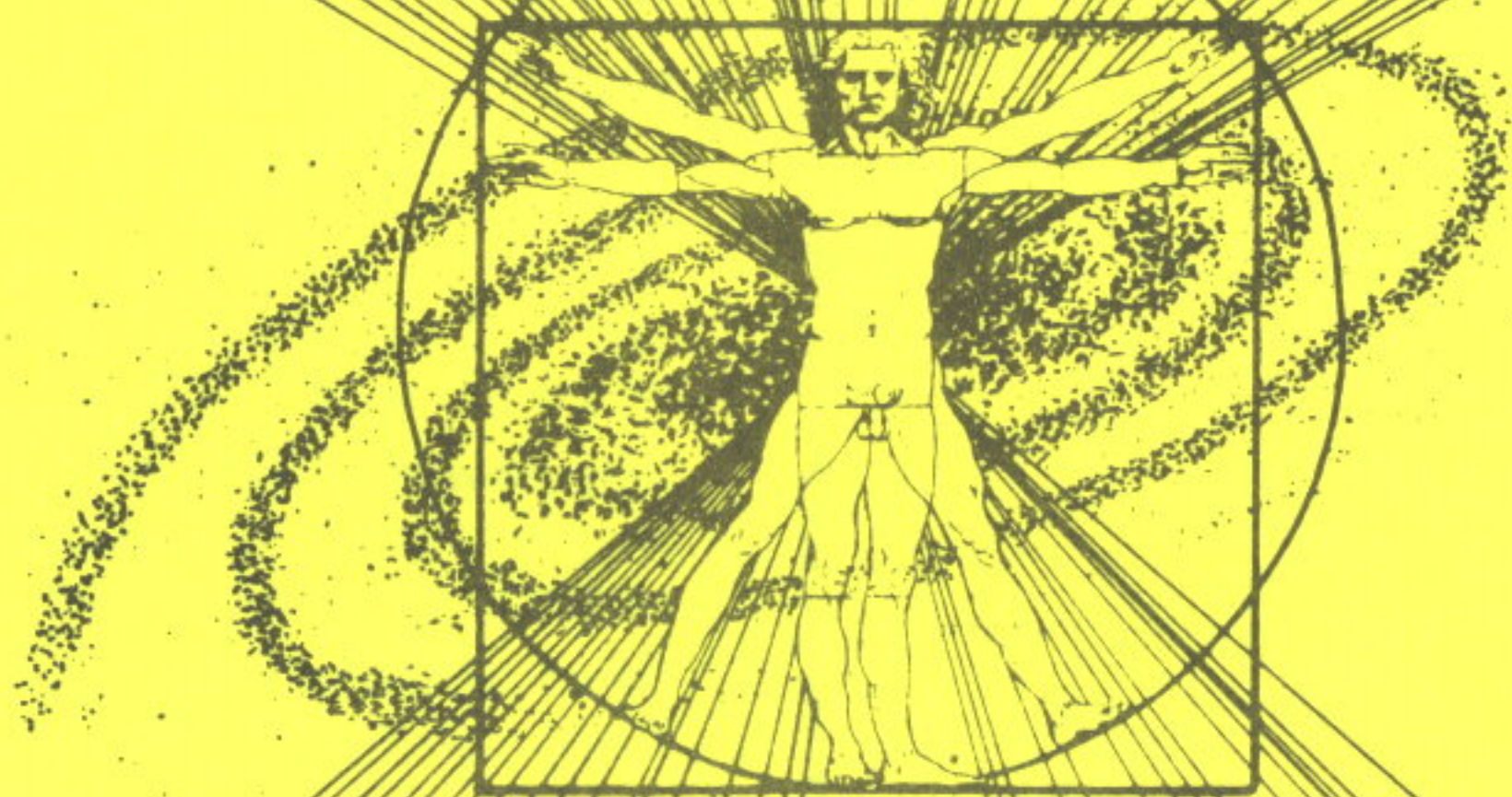
Volunteers and workers are again needed to help out. If you are interested in any of the following, please contact me: primal room facilitator, reporter for the *Newsletter*, on-site helper. Massage therapists are needed too. Also, it's not too late if you have feedback or comments about past conventions, or ideas for this one.

We hope to see all of you at Appel Farm this summer.

Larry Schumer
(212) 254-9386

THE INTERNATIONAL PRIMAL ASSOCIATION, INC.

DIMENSIONS OF OUR



HUMAN SPIRIT

ELEVENTH ANNUAL CONVENTION - 1983

The IPA invites you to participate in our Eleventh Annual Convention. Once again, our hosts will be Appel Farm Arts and Music Camp in Elmer, N.J. Surrounded by woods and farmland, the camp includes an Olympic-sized pool, tennis courts, playing fields, air-conditioned meeting rooms, theater, and a marvelously staffed kitchen which prepares the farm's own organic foods. This year's theme will focus on our "Human Spirit" and how, as a result of our feeling experiences, we move into and out of different states of consciousness. Joining us this year in the exploration of our Spirit will be Joan Halifax, who will address the convention as our keynote speaker on Saturday night.

Because our theme is so replete with diverse beliefs and feelings, we hope the presentation will stimulate your own imagination and creativity. We are confident that this year's topic will prove to be both exciting and challenging as we continue to explore ourselves and our world.

We hope you will join us this year for an exploration of the Dimensions of Our Human Spirit.

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IPA Newsletter

The *Newsletter* of the International Primal Association is published by the International Primal Association, Inc. Opinions expressed by the authors are their own and not necessarily those of the IPA unless explicitly so stated. All submissions are to be typed, double-spaced, with wide margins on 8½" X 11" paper. Contributions may be edited for publication. The *Newsletter* reserves the right to make final judgment as to the publication of material received. Send submissions to the IPA Office (address above), attention of the Publications Committee.

Publications Committee

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Calendar of Events

August 31 to Sept. 5

IPA Annual Convention, at Appel Farm, N.J. (For more information, see article in this issue.)

Member News & Notices

Dan Miller is leaving for Greece to conduct workshops for the The Open Center on the island of Skyros, September 4 to 17. The Center is staffed by English-speaking therapists and will welcome Americans who wish to participate in their workshops during the summer season, June - October. Call Dan at (212) 789-0515 for information.

A large therapy office suitable for primal-oriented therapy is available immediately at The Group For Creative Therapies, 853 Broadway, 7th floor, in New York. Call Fred Zielke at (212) 228-1929, Leigh Harris at (212) 477-4272, or Larry Gauchman at (212) 877-0005.

David Freundlich, M.D. will be conducting two 8-hour experiential workshops, *Succeeding at Success*. Part I will be held July 16, 10:30 a.m. to 6:30 p.m., Part II will be held August 13, 10:30 a.m. to 6:30 p.m. Both workshops will take place in Putnam Valley, N.Y. For details, call David at (212) 222-9445 (mornings) or write to him at the The Center For The Whole Person, 304 W. 105th St., N.Y. 10025.

John Rowan is looking for information about connections between anorexia and womb life. Any articles, books or references would be welcome. Address to: 25 Orchard Rd., Highgate, London N6 5TR, U.K.

David Lifschutz, M.D. is available to primal-oriented therapists for supervision. (212) 496-1656.

Leigh Harris is leading a workshop on *Love* at the end of July on Big Bass Lake in the Poconos. Beautiful, secluded house in the woods with hot-water pool and all sports. House is also available to other therapists. For more information call her at (212) 477-4272.

Some Thoughts on Love, Need, Possessiveness and Jealousy:

*An abstract of a paper presented
by Clancy McKenzie, M.D. at the
IPA Philadelphia Regional
Conference, April 16, 1983.*

I define love as an attention or energy directed outward, the by-product of which is happiness. The opposite of love is need or desire, which is an attention or energy directed back to the self, and the by-product of which is *unhappiness*. This is a useful working definition; it enables us to weigh every thought, word or action in terms of

how much love it contains. All happiness is a result of this attention or energy directed outward; all unhappiness is a result of the attention or energy directed back to the self. Fall in love and you are in a state of bliss; just as soon as you want the other person to love you, you are miserable.

I applied my formulation to all kinds of relationships and circumstances, especially to paradoxical situations and to common misconceptions about love. I pointed out the degree of misconception among lay persons, psychotherapists, and religious leaders alike. Most confuse love and need, and that is like confusing the plus and minus signs while trying to do mathematics. And

all emotional health and spiritual growth is based on love.

Permanent relationships such as marriages were carefully scrutinized. Oedipal need was held responsible for the gradual downhill progression from love to need to distance and apathy. The two greatest attachments which quantitatively prevented the most love energy from flowing outward were seen to be the attachment to one's own life (survival) and the attachment to someone else's life (ownership of spouse). With the death experience, persons had a beautiful experience and they were no longer attached to life, and they freed up an enormous quantity of love energy. With open marriage, persons were able to give up ownership (attachment) to one another and, similarly, they freed up an enormous quantity of love energy. I am neither recommending open marriage nor the death experience; I am merely making the observation that both freed up an enormous quantity of love energy.

From observing, and carefully studying and analyzing open marriages for more than ten years, I discovered a formula for taking persons from distant apathetic relationships to intense romantic ones practically overnight. Although this was initially applied to open marriage situations, modifications of this technique have proven almost as effective. The secret is to trigger need, but to prevent all feelings of hurt or jealousy. The attention immediately focuses on the other person, but since there are no hurt or jealous feelings, the attention directed out toward the other person immediately progresses on to appreciation, caring, love, romance.

For example, if a husband is involved in his work and loses interest in his wife, she can nag him and this causes him to become more distant. She can try becoming the loving wife, the gourmet cook, the immaculate housekeeper; she can try wearing the sheer negligee, etc., but chances are he will ignore her all the more. However, she can take the independent but loving attitude: "I really care about you and I want you to be happy doing just what you want to do—and I know that you

are tired when you come home and just want to read the paper. But I get lonesome for someone to talk to. Would you mind if I went out dancing?" She must assure him that she is not interested in getting into an affair, but then again she must not simply go to a sewing circle either. His interest in her will catapult—as long as she doesn't pitch it the wrong way, e.g., "You so-and-so . . . you don't pay any attention to me so I am going out dancing. . . ." That would only stir anger and jealousy.

Once I discovered this formula, I found that it was written in the Gita, thousands of years earlier: "The route from apathy to love is sometimes through need." The energy is either going out toward the other person (love) or back to the self (need or desire) or no energy is going anywhere (apathy). When no energy is flowing in any direction, sometimes you have to get the energy to move toward the self before you can then redirect it out toward the other person.

Gandhi used this technique after the British left India and the Moslems and Hindus were slaughtering one another. He said, "I will not eat until this stops." He triggered the needs of 350,000,000 Indians; they thought they might lose him, and their attention was directed outward. This was love on a grand scale. Before Gandhi ate again, all the people in all the mosques and temples in all of India took a solemn oath that they would lay down their own lives before they would strike another.

This is a powerful formula and can be applied to therapeutic situations for immediate results. Warning: you must understand it and test these concepts under all conditions until you understand even all the paradoxical situations, otherwise you might trigger jealousy and simply drive persons further apart.

I do less analyzing all the time. I feel that if people are in love they have no conflicts and no quarrels; I focus on stirring the love energy because when people are loving, nothing bothers them. I point to the fact that people come to marriage counseling, each with a long list of what he or she wants or does not want from the other. No one ever asks the question: "What can

I do to cause myself to love the spouse more." Yet this is the only thing which can improve the marriage. Trying to get the other person to change can only cause each one to be more miserable. Again, back to the formula: care about someone and you find happiness, want something from someone and you find *unhappiness*.

You Are Invited

by Larry King

I love a good conversation! One of my favorite activities is partaking of the feast of ideas and feelings that are stimulated in a flowing discussion.

There are two ways to be in a good discussion group: one is to search until you find one that exactly meets your criteria. Another way is to start such a group yourself. I recently did exactly that.

One of my criteria is that the participants should be intelligent. I easily solved that by working through Mensa, an organization that admits anyone who scores in the top two percent of any recognized intelligence test.

A second criteria is that the group discuss what I'm interested in. I have many interests, from inventing to computing, but my main interest is the endless variations of human personality and how we come to be the way we are.

Putting the two criteria together, I formed and coordinate the Mensa Psychology Special Interest Group (PsychSIG). We meet at irregular intervals for freewheeling discussions or to hear a speaker. (If you want to suggest a topic or be a guest speaker, please call me.) After the main discussion, refreshments and socializing, Mensans being unstoppable talkers, some people remain for heated mini-discussions for the next hour or so.

I can't think of any member of the IPA who isn't both intelligent and interested in psychology, so I'd like to invite you. Except for a \$2 donation to help cover refreshments, PsychSIG meetings are free. You must be a member of Mensa or invited by a member, so if you would like an invitation, please call me at (212) 580-3734.

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