



INTERNATIONAL PRIMAL ASSOCIATION
179 Prince Street, Suite 21, New York, NY 10012 (212) 254-9386

NEWSLETTER

FALL 1987 — WINTER 1988

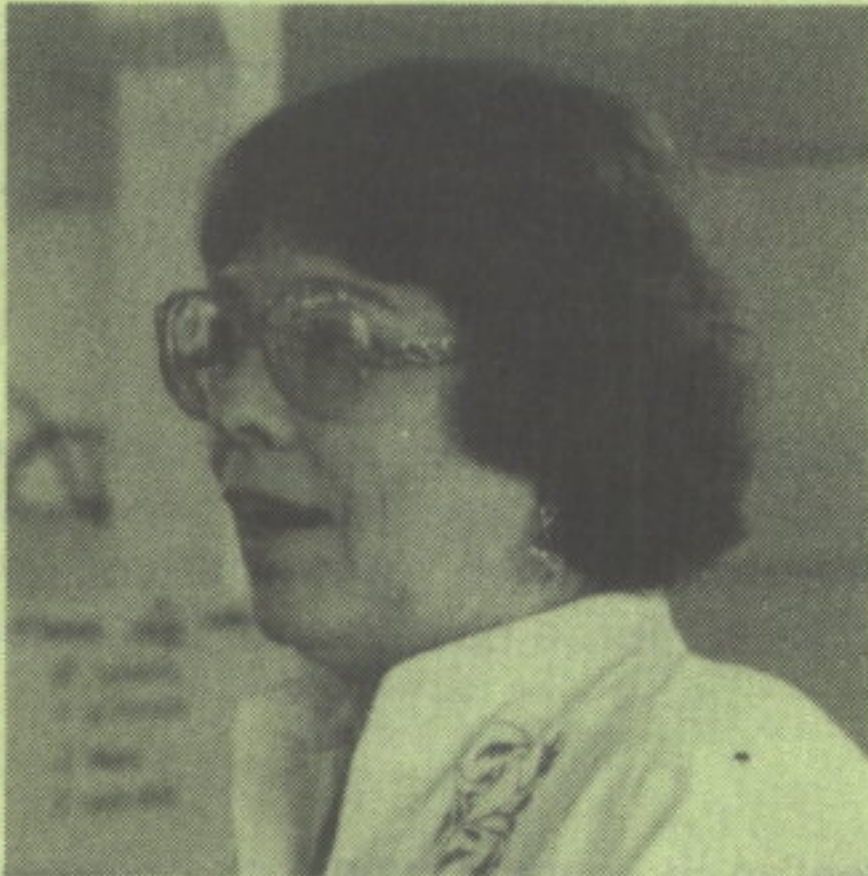


Photo by Terry Larimore

MESSAGE FROM OUR PRESIDENT

I consider it an honor and very gratifying to be elected again. The last two years with Art Sichel as president have been very productive. Under his leadership, we have adopted "consensus" as our format for our board meetings, the use of the "gong" for two minutes of uninterrupted time, and a more supportive atmosphere in which to conduct our business. I appreciate and intend to continue with these very successful programs.

The IPA is more solid and stable now than ever before. We have tremendous energy in the board and our planning and chairpersons for conferences, conventions, and Aesthema extend several years into the future.

This year I will be a leader in the Noah's Ark Training Program for six weeks. This is another project dear to my heart. I will be in contact with the board at that time and will be available by phone with committee members as needed. It will be a busy year for me and I am looking forward to being involved in a leadership capacity in this organization that I believe in and love so much.

Sincerely,
Barbara

IS THERE LIFE AFTER YOUTH? GROWING OLDER WITH FEELING

by Kate McAteer

THE IPA REGIONAL CONFERENCE Saturday, March 5, 1988

We all grow older. It's a fact of life. From our earliest moments, it's a process we're involved in. But is it a painful, debilitating process as our youth-crazed culture implies or a joyous unfolding of maturity, wisdom and acknowledgment? Perhaps it's somewhere in between, an utterly personal and unique experience for each of us.

This year's winter conference will focus on the process of maturing. We have invited IPA therapists over the age of 50 to participate in a study of both personal and observational material on the subject of aging. We plan to present several papers and workshops at the conference as a result of our study. In addition, we intend to find a means of publication for the material.

As our society ages, all of us, young and old, face multiple challenges to insure the well-being and fulfillment of each of us. As a primal community, we also face a unique opportunity to explore these issues on a deep-feeling level and to respond with sensitivity and understanding to each other.

We hope you will join us in March to celebrate our maturity and to answer the question, "Is there life after youth?" with a resounding "YES!"

SUMMER CONVENTION KEYNOTE ADDRESS

FROGS, SCORPIONS AND PRIMAL PLAY

One of the many highlights of the Convention was the keynote address given by Dr. Robert Landy, Professor Drama Therapy at NYU and author of *Drama Therapy*. He discussed the use of drama exercises to bring out and integrate feelings. Then he called on volunteers to demonstrate what he meant.

In a thrilling climax, two people acted out a story which he told. A frog and a scorpion both lived on an island. They were enemies, of course, as the scorpion would prey on the frog if it could. One day, a forest fire threatened all life on the island. The frog was about to jump in the water and swim to the safety of the other shore when the scorpion arrived and begged for a ride.

The frog was afraid, but the scorpion pointed out that if it stung the frog in the water, then they would both drown. Finally, it was agreed that the frog would let the scorpion off in shallow water, so the scorpion could still make it to refuge but could not safely kill the frog first. They started off. Slowly the frog relaxed, but while they were still in deep water, it felt the sting of the scorpion. With its dying breath it asked the scorpion, "Why did you kill me when it meant your death too?" The scorpion replied, "It's my nature." And they both sank to their death.

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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 Cynthia Robinson, 3876 Squirrel Rd., Bloomfield Hills, MI 48013. (313) 647-5279

Change of Address

Please let us know if you are moving, or if your name or address is incorrect (see mailing label). Even if you are not a member, we want to be able to stay in touch with you.

MEMBERS, NEWS, NOTICES

• Primal office space for rent, sound-proofed, attractively furnished with waiting room. Mid-town Manhattan. Call Fred Z. at (212) 213-1160.

• **HELP WANTED:** Planning is now under way for the conference of the Pre-and Peri-Natal Psychology Association of North America (PPPANA) at Tufts University, Medford, Mass. in June, 1989. Much work needs to be done, not just in Massachusetts. Contact Arnold Buchheimer, 149 Bartlett Ave.#2, Pittsfield, MA 01201.

• **NEWSLETTER:** We need material! Articles, announcements, poetry, experiences--whatever would be valuable to share with others. This is our forum to communicate with each other and strengthen our community. Got it to share? Send it in!

• **THE GIRL AT THE FRONT DESK:** Members should be aware that there is **no** "girl at the front desk" of the IPA. We are an all-volunteer organization. When you phone the IPA, you reach the home of a Board member who works full time and devotes precious hours to the IPA out of love. Please be aware of this when you phone.

• **TELL A FRIEND:** Many people who realize they are in pain feel extremely isolated. Everyone they know seems "unreal." They feel they have no community, and they don't know where to turn. That's what we're here for. If you know someone like this, talk to them about the IPA. Invite them to join. We need each other. Loneliness can kill. This truly could be "the gift of life."

1988 SUMMER CONVENTION

Intimacy . . .

... will be the theme for the 1988 Annual IPA Convention. This year we will be providing suggestions about how presentations can most effectively reflect our theme. We will be excited to hear your feelings about INTIMACY. Look for our Call to Presenters soon!

NOAH'S ARK SAILS AGAIN

The Ark Intensive Training Program for individuals interested in being therapists will sail again January 10 to February 20, 1988. The day and night journey of over 1000 hours will awaken the sleeping giant that is **YOU** and empower your uniqueness and you will receive at least 80 hours of individual therapy. The most advanced creative and enriching therapist training is being offered. Sandplay therapy that has proven a phenomenal diagnostic and therapeutic medium will be available to the trainees during the Ark.

The time to apply is **NOW** by sending your autobiography to Bill Smukler, The Carriage House, 7315 Sprague St., Philadelphia, PA 19119, telephone (215) 242-6667.

The Ark will last for 42 days. The cost is \$3500 and includes all therapy, training and room and board.

The list of trainees from the previous Ark will be mailed to you on request, should you wish to contact them as to the breadth and dimension of the experience.

CALENDAR OF EVENTS

New York Conference

IS THERE LIFE AFTER YOUTH?

GROWING OLDER WITH FEELING

March 5, 1988

DiMele Center

Board Meeting

March 6, 1988

Philadelphia Process Day

April 30, 1988

Board Meeting

May 1, 1988

Western Regional Conference

has been postponed

IPA Annual Summer Convention

August 30-September 5, 1988

Appel Farm, New Jersey

ROSES TO

Ross Klahr, Chairperson
and your committee:

Susan Donefer

Harriet Geller

Loretta Fogel

Kate McAteer

Patricia Rice

Gro Robinson

Larry Schumer

Art Sichel

Mary Thompson

for a wonderful and
well done convention.

ROSES TO

Loretta for so many years of your
energy

ROSES TO

Bill Smuckler for bringing the sand-
boxes to the convention and for all the
time you spent with people at the
sandboxes

ROSES TO

Kate and Larry for hosting the October
Process Day and board meeting at your
house in the country

ROSES TO

Florine, our long time friend, our love
goes out to you

ROSES TO

Barbara Valassis for all the Newsletters
she's birthed

APPEL FARM CONVENTION — 1987

The 15th annual IPA convention at Appel Farm this year was, by many accounts, the best ever. Some said it was one of the most wonderful weeks of their life. Some said it was a major turning point. Many found it studded with discoveries and inner growth experiences, all bundled up with beautiful people and happy times.

In fact, three themes emerged again and again in recorded interviews on the last two days. People valued this convention for the learning (inner and outer), the growth, and — the people.

John MacIntyre (MASS) stated, "The convention was fantastic for me. It was therapeutic. It helped me to work through some major issues in my life. I think it's changed me in a very positive and permanent way. It made me more at ease with myself. It helped me to channel negative energy in a positive way.

"It has meant a lot to me. It means that there are people that are willing to take the risks — and they are real risks — necessary to find themselves, and you can find these people who feel the same way that you do. You need that for validation. You need it as a support. A reality check. That's very important."

Marilyn Aledort (NY) told us, "I'm always glad to see the people here. It's a very supportive, honest and warm group of people . . . I always take a lot of learning and insight back with me. I'm always glad I came."

Franklin Kimmell (PA) said, "The atmosphere of Appel Farm is trusting. I found it very relaxing. I was happy to meet so many very nice people. It's just a vacation for me, physically, and emotionally. Next year I'll be here for the full time. I missed a couple of days. Next year I'll get it all."

Jim Lee (TEXAS) told us, "All these people, this open, loving atmosphere, is good for me. Getting to see this many people who are actually doing this therapy. This therapy is not an easy thing to do. It's good to have the support of like-minded people."

Howard Reinheimer (NY) stated, "The convention for me was frightening and enlightening. I especially liked the freedom that everybody seemed to have. How people were able to express themselves. It's given me an opportunity to see where I want to be."

Marcia Wiesenfeld (NY) remarked, "It reflected back to me how much I've grown over the year, how able I am to take care of myself, and to be by myself. It was a very good mirror for the year . . . I became sensitive again to what I still would like completed in myself. I became aware of what I need to look for in life now."

Keith Borden (MASS) said he felt the convention was very much like a rebirth, and a bonding: "I feel that the IPA, the organization and the people here, are my true family, my true home, and after a lot of wandering I've finally arrived."

The climax for Keith was finding someone who could help him access pains that he'd been blocking in for years. He had read an article that said massage can bypass defenses sometimes where other techniques can't. So when he met Margo, "I grabbed the chance, and it worked!" Of course, he lives not in New Jersey but in the Boston area. Good luck for Keith: So does she!

The vast majority of comments were positive, and many were ecstatic. But there were some criticisms. Several people felt that the directions to Appel Farm could have been better. A number of new people felt that they could have been greeted and oriented better when they first arrived. There were some criticisms of the scheduling. And a number of clients apparently came to the convention to primal; while many therapists, it turned out, came to get away from doing therapy with clients. These and other issues are now being studied by next year's convention committee, so that we can make the perfect even better.

Perhaps the most poignant criticism was this: "I wish more people had been here. The fact that the people who were here were so wonderful makes it a shame that there weren't more people here to benefit from the experience and to give to it."

There are so many elements of the convention that were rich in meaning, experience and reward for the people there. It's the totality, the fact that all these wonderful things come together into an integrated whole, that makes the overall experience so incredibly, magically rich.

One person said, "Will I be coming again next year? You'd better believe it! I've seen that **whatever** space you're in when you come, the Appel Farm Convention is a totally rich source of nourishment for what you need for your healing and growth right then and there. Appel Farm? Try it. You'll like it. Come bask in the people-shine! And bring a friend or two."

Good advice, don't you think?

Roving Reporter
Keith Borden

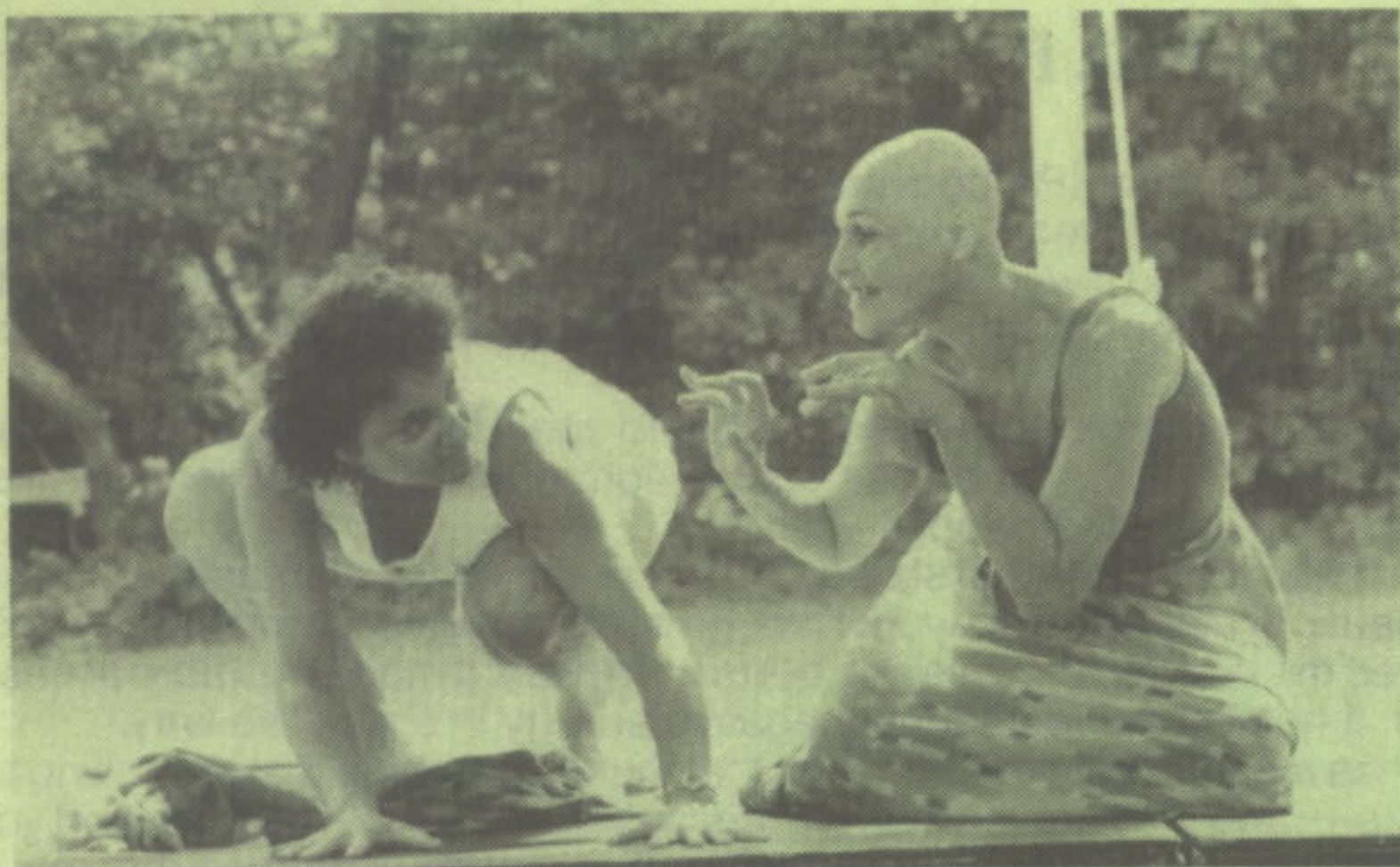


Photo by Terry Larimore

FROPION

by Margo Goldstein

In my past life I was a Frog. Through a miraculous transformation process, I evolved as a Scorpion. This is the story of the process of my integration into a "Fropion."

I am a Frog. I am a helpmate, cautious about the friends I surround myself with. I'm industrious, filling my life with opportunities that fly by and fill me. Yet I have an innate fear of being devoured by others more powerful than I. I love to swim and am strong and powerful, yet graceful in the water, feeling freedom in that space to stretch my legs and play. I become brazen at night by sounding out my voice among all the other frogs, safe in that I'll be able to hide well in my environment among all the others croaking, so as not to be too evident.

One day, with the threat of a forest fire fast racing up behind me, I am about to leap to the cool, reassuring safety of the water when I am approached by Scorpion. He wants a ride! Without my help he will die! But how can I trust him? He is my mortal enemy! What shall I do?

I want to help him. I don't want to let him die, but I am afraid. Scorpion tried to reassure me. He points out that if he stings me in the water, he will die too. This is very logical, but still I don't feel safe. Scorpion's nature exudes from his movements, his voice, his very being. His life may depend on mine, but his nature is to kill frogs. I doubt that he can change his nature. I hesitate. I am very afraid.

As the fire rages closer, we negotiate. Scorpion appeals to my compassion. How can I turn him down? It is proposed that if I carry him, I will let him off in shallow water, so his life will depend upon mine until I am free. The fire is almost upon us. With trepidation, I agree meekly to help him move to safety. After all, I want to support others and be liked, even if it means risking my own significance. I'm very brave at these times.

As we swim across the waters, I am fearful of being zapped, of losing myself, of being swallowed up. Yet as we proceed, nothing happens. We are leaving the fire behind us and approaching the other shore. I begin to relax. I gain trust that I am safe and he is trustworthy.

Suddenly, **ZAP**—I am stung by Scorpion's poison. Death courses through my veins. Shocked and angry that I have been betrayed, I ask, "Why, why, Scorpion—when you promised you wouldn't kill me??" "It's just my nature," replies the equally dying Scorpion casually.

Life swiftly drains out of me. My limbs lose all power. I am sinking into the abyss of death, and Scorpion sinks with me. As the surface of water and of life recedes above us, a moment rushes upon me when my frog-self dies.

And lo, it is not the end! I thought that this would be the end, but it is not. I am not yet ready to die. A deep rage wells up within me, and from within the rage, a power. I am not to be taken so easily! A divine power enters my total being. My frog-self disintegrates and I am transformed into a fellow Scorpion.

SECRETARY'S CORNER

by Larry Schumer

You missed it. And it's a good thing. I'm calmed down now. This is the second "Secretary's Corner" I've written for this newsletter issue. The first was, well, basically, unprintable. I guess my anger was showing. But to get to the gist of it, see Kate's article on being a member in this issue.

Okay. What have we been up to? The last Board meeting was preceded by a great process day. It was held at what has been lovingly referred to as "the farm." Actually, we met at Kate and my newly acquired farmhouse (circa 1865) on 5 acres of woods, near Port Jervis, New York. It was a glorious weekend, with the trees in splendid display of their fall colors. I've been telling everyone for years how great it is to be on the Board. This weekend proved it (and I didn't even mention the incredible dinner Kate prepared, with fresh pumpkin ravioli in a tomato sauce.) I mention this not to tease, but to whet your appetites for more participation in the IPA. We want you!

Down to business. Item one. Personnel change. Something I thought I wouldn't see. Loretta has resigned from the Board. As most of you know, Loretta was my predecessor and mentor while I struggled with my new position as secretary/treasurer four years ago. She made the position respectable, in my opinion. She did for me what I can only hope to do for the next secretary/treasurer. That is, make for an easy transition. Thank you Loretta. I'll miss you being on the Board.

While on the subject, two related issues arise: Burn-out and a new secretary/treasurer. Yes, I am retiring from the post next summer. You won't have to read my drivel any more!! Because of the advance warning, the Board has a year to deal with the situation. The burn-out issue is being handled nicely. As mentioned in an earlier Secretary's Corner, we already have volunteers for the next several Summer Conventions. They're actually going to be organized from some place other than New York. To those that have been extremely active with the Summer Convention for the past few years, this is a blessing. This group was getting fried. For next year, Mary Thompson is chairing a whole new committee. Good going, Mary. And naturally, if there is anything I can do...

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BOOK CORNER

Movement and dance-- new insights in book by master teacher

Author and master teacher Teresa Benzwie has created a resource for combining art, philosophy, and imagination with practical tools for cognitive learning and self-awareness. In her new book, *A Moving Experience, Dance for Lovers of Children and the Child Within*, she guides children and teachers to new insights through movement and dance.

Exercises in *A Moving Experience* teach communication skills and self-knowledge, explore the world around and inside, develop creativity, and probe differences. Children discover qualities of space, time, numbers, bodies, and rhythm.

The book provides a broad range and variety of verbal and nonverbal experiences for all ages and abilities.

A Moving Experience, Dance for Lovers of Children and the Child Within,

by Teresa Benzwie, Ed.D.

Soft, full-color cover 8½ x 11" 225 pages, more than 160 illustrations, \$21.95 - Ask for in local bookstore or publisher:

Zephyr Press
430 South Essex Lane
Dept. V3
Tucson, AZ 85711
or call (602) 745-9199.
Add \$2.50 for shipping.

continued from page 1 - *Frogs, Scorpions and Primal Play*

The instructions in this exercise were for the people playing the frog and the scorpion to identify with their roles as much as they could, then act spontaneously, letting nature take its course. In this way, the ending might not be the same as in the original story. The objective was not to be true to the script but to arouse and integrate feelings. It was a voyage of self discovery.

If you had been the frog, would you have carried the scorpion? If you had been the scorpion, would you have stung the frog? And what then? What would you have felt? Think about that, act it out in your mind if you like, then read the testimonials of perhaps the greatest frog and greatest scorpion of all time, Margo Goldstein and Teresa Benzwie.



Photo by Terry Larimore

SCORPION

by Teresa Benzwie, Ed.D.

I am a scorpion. I get what I want—always—I get on my path and go forward—No one gets in my way—If they do—watch out—I am a scorpion and am true to my scorpion nature—always—you can depend on **that**. Sometimes my scorpion nature gets in my own way. Sometimes I could be my own worst enemy.

Little frog, help me across the waters or else I will perish in the fire. Please little frog, you are so good and nice—I know you won't let me die—See how benign I could be—(I lie on my back and wiggle my legs in the air) I won't hurt you.

Thank you little frog (as I climb up on her back). You are truly a kind and trusting frog. I think to myself—will I kill the frog—I don't know—Half way across the waters I spontaneously decide to kill the frog and take my chances to get across the waters on my own. After all—I must always be true to myself and who I am. The frog must take responsibility for her own foolishness—(I sting the frog and try to swim across the water.) But wait! The frog immediately reincarnates into a scorpion who is fighting me furiously. In a moment I am shocked into stillness. Then I am happy —another scorpion is an equal—a peer—a friend. I take her arm so that we can both swim to safety. We support each other in strength. I respect and can work cooperatively in strength.

Secretary's Corner continued

Now here's my annual spiel about membership. **Did you renew?** This year, at the Board Meeting, I reported that we had 96 members. Last year at this time, we had 110. Where are the rest of you? And why do a number of you insist on joining only at the Winter Conference? I haven't figured this out yet. How about joining now and showing your support for the IPA. How about if I say **PLEASE? Please.**

This is it. Short and sweet. So, stay tuned, same newsletter, same column, for more goodies from the Board.

REFLECTIONS ON THE IPA CONFERENCE FROM TERRY

What I missed:

- Barbara's sapphire crystal
- everyone who couldn't come-especially the two Karens
- fresh Appel corn every day
- the opening ceremony go-round where everyone gets one minute and then everyone applauds
- sauna

What I especially liked:

- square dancing ("Look her in her **good** eye!")
- massages under the sun
- Alfie's cooking (and the new menu board)
- my peer group
- the incredible array of talent during Cabaret
- the weather
- being myself - all the time
- Corianna and David
- learning about nature from Silver Fox and Michael
- the Appel apple juice

What I didn't like:

- having the smoke alarm in my cabin go off at 5:30 a.m. because its battery got low
- not getting to spend more time with the weekend people
- having to choose among so many **great** workshops
- the **C-O-O-O-L-D** water (especially compared to the water in the pools in Houston) (But it didn't stop me from swimming.)
- looking up during a nude outdoor massage and seeing camp staff leading a tour of visitors through the property (I covered my head so they couldn't identify me and went right back to the massage.) I hope that little view didn't scare them away!!
- having to leave and go home!



Photo by Bob Van Dyke

LETTERS

I came to the convention this year expecting to have a terrible time - that I would be mostly taking care of almost 2-year-old Corianna - unable to spend quality time with friends and acquaintances and unable to go to workshops. Not only were my expectations unrealized, but I left the convention feeling blessed. Not only was I able to spend time with significant people for me, but I thoroughly enjoyed the different and unexpected opportunities with people and experiences that popped up during the week.

My sanity was not only maintained but fed by the use of the sandboxes and the generous time and attention spent with Bill Smukler and Cynthia Robinson. I could go on with thanks - first to Art Sichel and Loretta Fogel for helping me to be available and for all the food I received spiritually, emotionally, and physically from all of you whose paths crossed mine.

Much light and love to all,

Gail Clark



KNOW THAT JOY COMES AFTER SORROW

Know that joy comes after sorrow
and that laughter follows pain.
Just like night will bring tomorrow
so my heart will love again.

When around me night is falling
and my heart grows cold with fear
then I hear a gentle calling
in the voice of someone dear

Saying life is like a travel
from a star to distant star
let the thread of light unravel,
feel the love for who we are.

Know that joy comes after sorrow
and that laughter follows pain
just like night will bring tomorrow
so my heart will love again.

Gro Bagn Robinson

'86

EVERYTHING I EVER NEEDED TO KNOW I LEARNED IN KINDERGARTEN

Robert Fulghum

Most of what I really need to know about how to live, and what to do, and how to be, I learned in kindergarten. Wisdom was not at the top of the graduate school ladder, but there in the sandbox in nursery school.

These are the things I learned: Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life. Learn some and think some and draw and paint and sing and dance and play and work every day some.

Take a nap every afternoon. When you go out into the world, watch for traffic, hold hands, and stick together. Be aware of wonder. Remember the little seed in the plastic cup. The roots go down and plant goes up and nobody really knows how or why, but we are all like that.

Goldfish and hamsters and white mice and even the little seed in the plastic cup - they all die. So do we.

Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation, ecology and politics and sane living.

Think of what a better world it would be if we all - the whole world - had cookies and milk about 3 o'clock every afternoon and then lay down with our blankets for a nap. Or if we had a basic policy in our nation and other nations to always put things back where we found them and clean up our own messes. And it still holds true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together.

HOW DO WE BRING THE CONVENTION HOME?

by Kate McAteer

Every year on the last day of the Summer Convention, amid the goodbyes and hugs, I hear expressed fears and misgivings about going home. So many of us have had such profound interactions and experiences and fear losing the sense of ourselves we've gained in our short but intense convention time. Already I'm here at home and the memories, though vivid, seem to have lost some of their glow and power. What can I do? Here are two ideas I have, one internal, one external, that may help you hold on to that special experience.

One is simply a visualization. Lie down or sit comfortably, relax and breathe, and see Appel Farm in your mind. The tent sitting in the moonlight, glowing with light in the darkness. The dining hall at meal times, Tricia commanding our attention for those important announcements about forks and spoons. The sandboxes at the back of the dining hall so powerful and profound, and Bill Smukler's patient and supportive work with so many of them. The excitement of performing in Cabaret, the playfulness and exhaustion of square dancing in the humid night, walking in the woods or across the field, sitting in the conference rooms or under the tent, the huge blue sky and the cool water of the pool, long talks and walks with old friends and new. Keep your memories fresh and your heart in touch with the special relationships and the relaxed energy of Appel Farm.

My second suggestion is more active--become a member of the IPA. By that I don't mean just simply pay your dues and sit back and receive a few publications during the year. The IPA is purely a voluntary organization. It is no more than its members and we need the energy and involvement of each one. That doesn't mean you have to plan or run a conference or even be on the Board. It means we need **your** input. Those who feel they have the time and energy to commit to running the organization need support. Take a few moments to write down your ideas, suggestions and criticisms. How can we be better, what new ideas do you have? We're always open to doing things differently but sometimes we're too close to the process to see how. When someone asks you about the convention or the IPA, take some time to explain it to them. IPA brochures are available to anyone who asks. Request a few and circulate them to people who might be interested. Don't depend on a few officers to do public relations for us, they just don't have the time or energy - **you** be a spokesperson for us. Attend a Board meeting, the Philadelphia Process Day, or the New York regional conference. Board meetings discuss IPA business, philosophy, and ethics, and allow us the interaction we all need and cherish between conventions. The Philadelphia Process Day is just before the Spring Board meeting and is an experimental day of centering ourselves and dealing with each other and the organization. Write something for the newsletter - perhaps your feelings about the organization, suggestions, reactions, a book review of something you've read you feel would appeal to our members. Or write for Aesthema, our journal, if you do work that you feel affects primal therapy or enhances our understanding of ourselves. Advertise your goods or services in our Resource Directory. This directory is mailed to the many non-members who call asking for information about therapists and primal services in their area. We don't give out any information on members except what's in the Resource Directory. So, if you're not listed, we cannot refer people to you.

You can keep the spirit and energy of Appel Farm alive all year by really being a part of the IPA. We need and want your energy and ideas, so don't feel a year has to go by before we meet again - we're here all year long!



IPA DUES SCHEDULE 1987-1988

Income	Individual	Family**
Full-time student (proof required)	\$ 20	
\$25,000 or less	\$ 40	\$ 60.00
\$25,001 to \$50,000	\$ 50	\$ 75.00
\$50,001 to \$100,000	\$ 65	\$ 97.50
over \$100,000	\$ 100	\$ 150.00
Lifetime*	\$1000	\$1500.00

Foreign memberships (other than Canada) add \$10.

ALL DUES ARE PAYABLE IN U.S. FUNDS ONLY. Canadian personal checks (in U.S. funds) are accepted with an additional \$5.00 service fee.

*GUIDELINES FOR LIFETIME MEMBERSHIPS:

Lifetime membership fees may be distributed over a 5 year period (i.e., \$200/\$300 per year). If a lifetime member decides, after partial payment, that they no longer desire to maintain their lifetime membership, the amount previously paid will be credited toward regular yearly dues (at prevailing rates). Payments toward lifetime memberships are not refundable.

GUIDELINES FOR FAMILY MEMBERSHIPS:

- Two people living at the same address are eligible for family membership.
- Dues category is determined by combining the incomes of both members.
- NOTE: One mailing will be made per family membership (i.e., one Aesthema, one Newsletter, etc.)



Fropion continued

In a flash I have been transformed from helpless victim to a powerful equal, ready for combat. I twist around and meet my enemy eye to eye, the one who thought himself the master of a helpless frog.

Shock fills his eyes as he beholds my transformation. Simultaneously, feeling my power, I become fearful and feel a mixture of confusion and exhilaration. What strange new game of life and death is this?

The shock in my adversary's eyes lasts only a moment. The next moment it transmutes to joy! A victim is what the Scorpion hunted, but an equal is what he yearned for! An instantaneous bonding occurs between us. I, too, am filled with joy at this. And the water is suddenly unimportant to us both. We are survivors. We will swim. In fact, the water is not so very deep at all here. In moments our feet touch bottom. My new friend and partner in power joins me arm in arm...and off we stroll as equals.

Following this wondrous transformation, I have recognized my frog-like qualities as desirable and essential. Wanting to retain that essential part of myself, I am empowered as a Fropion, incorporating softness and strength, caring and power, into a more balanced whole.

As to sub-personalities, I recognize who's present at various moments of my daily life. I now recognize that I have a choice: Do I prefer being a Frog or a Scorpion? Each moment determines the choice. And the choice is mine.

RANDOM OBSERVATIONS AND COMMENTS ON THE IPA CONFERENCE:

Again this year, the hard-working conference committee put together an excellent conference. Special thanks and appreciation to everyone who wrote, re-wrote and printed the excellent conference booklet and hand-out materials, organized the schedules, arranged for the necessities (tent, lifeguard, bug-away candles, etc.) and then stayed "on duty" throughout the conference picking up bus travelers, taking messages, handling "problems" and keeping everyone informed. It is a massive job and we all enjoy the fruits of this small group's massive effort.

I especially appreciate the sacrifice made by Loretta and Art and Gail in bringing David and Corianna to the conference. The time it takes to care for the children takes them away from a lot of the activities. Because of their sacrifice, we had the delightful experience of spending time with these two beautiful 2-year-olds. I really enjoyed seeing the love that flowed so freely and easily within those two families.

Our team of massage therapists really outdid themselves this year. Thanks to their efforts, there were more slots for people to get massages this year than I ever remember. And what great massages they were! There were people who floated 6" off the ground for a full day after a massage.

Our warm and wonderful lifeguard, Dee did another splendid job of keeping everyone safe without dampening (a little joke there) the enthusiasm and playfulness of those of us who enjoyed the pool. I hope she can join us next year as a **participant** so we can spend more time with her away from the pool.

Could anyone have anticipated that the sandboxes would have added so much to the conference? Many, many people with no previous sandbox experience got to experience this unique method of getting in touch with themselves. Bill Smukler brought six (I think) boxes and hundreds and hundreds of sandbox figures. Then he and Cynthia Robinson spent a lot of time with people looking at and talking about the sandboxes they had made. Putting them in the dining room made them even more accessible to everyone. Roses to Bill and Cynthia for their work and support.

continued on page 9

AESTHEMA NEWS

QUOTES

The first step to Self-inquiry is the practice of *Truth*.

Just as a body that has no breath is useless and begins to rot and stink within a few minutes, similarly, life without truth is useless and becomes the stinking abode of strife and greed.

Believe that there is nothing greater than truth, nothing more precious, nothing sweeter and nothing more lasting.

Truth must be treated as life-giving as breathing itself.

Sathya Sai Baba

Random Observations continued

As a rank amateur in the music field, I especially appreciate Shoshanna's help in preparing my song for Cabaret. Again this year she took my meager music and turned it into lovely piano accompaniment and gave me solid suggestions to improve my performance. All of our musicians were generous in sharing their talent to support the performers.

Terry

The current issue to be published in Fall of 1987 is a truly international issue with contributions from Sweden, United Kingdom, and the U.S.A. It will contain articles by Thomas Videgard, Steven Khamisi, John Rowan, Andre Moore, Art Sichel (hopefully), and Florine Snider. The title of the issue is "Primal Therapy Evaluated".

Projected issues are:

Spring 1988 - "Therapeutic Relationships".

Fall 1988 - "The Religious Experience and Primal Therapy".

Spring 1989 - No theme! Articles will be accepted without necessary relationships to a "theme issue".

Fall 1989 - "The Creative Process; The Arts and Primal Therapy".

Contributions will be gratefully accepted. At the present time we have received submissions for all of the above except the Spring 1989 issue.

Please submit all articles and suggestions for future issues to: Arnold Buchheimer, Rossiter Road, Richmond, MA 01254. Telephone No.: (413) 698-3820. Comments on articles are also welcome and should be sent to the above address as well. We plan to publish these letters with authors' responses.

Requirements:

- Generally 2,000 to 2,500 words in length but can be shorter. Longer pieces may be published in two parts.
- Typed, double-spaced with large margins.
- Submit in triplicate, please!
- University of Chicago Manual of Style should be followed for bibliographic references.
- Articles should be accompanied by a biographical sketch approximately 100-150 words in length.

Submitted pieces will be reviewed by at least two editors. We will edit for clarity and content, correct English and general readability, but not for substantive content.

We're looking forward to receiving your manuscripts and to reading them with intense interest.



The success of this newsletter is due to all the contributors. I appreciate your efforts, *THANK YOU*. You have made my job easier. I will be on the Ark in January and February. EVERYONE, PLEASE keep collecting and sending me items for the Spring issue.

Thank you,
Cynthia



INTERNATIONAL PRIMAL ASSOCIATION

179 Prince Street, Suite 21, New York, NY 10012 (212) 254-9386

2 copies of this will be provided by all the authors. We will edit the articles and return them to you with our comments. We will also provide you with a copy of the newsletter and a copy of the journal. We will also provide you with a copy of the newsletter and a copy of the journal. We will also provide you with a copy of the newsletter and a copy of the journal.

The success of the newsletter will be the responsibility of all the contributors. I appreciate your efforts. THANK YOU! You have made my job easier. I will be on the job for you and I will be on the job for you. I will be on the job for you and I will be on the job for you.

Thank you
Cynthia

PUBLICATIONS COMMITTEE
Cynthia Robinson, editor and production
Karen Buck, assistant editor

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QUOTES

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