



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

NEWSLETTER

SUMMER 1988

Umbrellas and Cups — What is primal?

by Ross Klahr

"Primal? You mean scream therapy."
"Primal changed my life." "I do primal."
"I had a fantastic primal." "She's not
primal." "I've stopped primalling."

What is primal; a difficult yet essential question for members of the International PRIMAL Association to address. Is primal an exclusive type of therapy, or is it a specific technique used in psychotherapy? What makes someone a primal person and someone else not? Is primal a noun, a verb, or an adjective? These are questions I've been tossing around internally and among a few friends for a long time. It has been apparent to me that not only the public at large but a majority of the psychotherapeutic community have a limited if not biased idea about primal. There is also an increasing number of people who have never heard of primal. This I can accept, and have accepted for years. My concern, though, is when people within the IPA use the word primal in an exclusive or pejorative sense. Such use of the word only serves to divide and alienate fellow members. The IPA experience has been richly rewarding and satisfying for many who continue to participate regardless of their differences in defining primal. Is the "Magic" of the IPA related to this word primal, or was primal the catalyst for a group of people seeking authenticity and community? Is the IPA emotionally attached to a word that no longer serves the community, or does primal have a core meaning that serves as a unifying paradigm?

continued on page 3...

THE IPA SUMMER CONVENTION 1988

If you haven't put the 16th IPA Convention on your schedule, be sure to do it now before you forget! Workshop presentation material is arriving and it looks interesting and very much connected to our theme, "Intimacy".

Are you interested in how you can improve your intimate relationships? Do you know what barriers to intimacy might get in your way? Do the therapists among you know how to facilitate a capacity for intimacy in your clients? Can you be light-hearted and intimate at the same time? We have workshops and papers which address these questions and much, much more. It looks like we hit the jackpot with our topic! Our presenters are very enthusiastic and are talking and planning very carefully to make this convention a real pleasure for you.

We will be meeting again at Appel Farm in Elmer, New Jersey. We've been told that there will be several important renovations and improvements on the property. Those of you who wish to come for the whole time might arrive Tuesday late afternoon on August 30th. Others will arrive towards evening or early Wednesday morning in time for the workshops. We expect more of you will arrive for the weekend. Remember, our keynoter will speak Friday evening and get the weekend off to an early start. We will have papers presented by our own members on Saturday morning, September 2nd.

It is important to understand that the convention is a gathering, a community, a vacation and a learning experience for everyone. If you want to use the primal rooms you must do so by your own arrangement, finding your own "buddy". The rooms will be available but you must be responsible. The Convention does not provide therapists. In fact, the therapists who come to Appel Farm, like everyone else, come to be part of the IPA community and to have vacations.

We look forward to another delightful Cabaret so bring your courage, talent and five minute number, poem, act or whatever. We are planning for our Sunday night party to be sheer fun.

Look for further information and details in the program coming soon.

The Convention Committee

FOREIGN MEMBERS Please Join Us At Appel Farm

The IPA wants to encourage participation at our activities by our international members. While we are an international organization by name, we tend to have few international members at our convention. The current exchange rate between Canada and the U.S. may be making participation particularly difficult for some members, so the Board has decided to offer a discount at the convention. All current IPA members living outside the U.S. are eligible for a 20% discount of the fees for the 1988 Summer Convention on Intimacy. This discount is being offered on a trial basis.

OFFICERS 1987-1988

Barbara Valassis, President
23011 Middlebelt Road
Farmington Hills, MI 48024
(313) 477-4887 (home)
(313) 478-5559 (work)

Ross Klahr, Vice-president
235 E. 10th Street
New York, NY 10003
(212) 228-5272

Larry Schumer, Secretary/Treasurer
179 Prince Street #21
New York, NY 10012
(212) 254-9386 (home)
(212) 563-6030 (work)

Board of Directors

Steve Austill
Teresa Benzwie
Keith Borden
Karen Buck
Susan Donefer
Hal Geddes
Harriet Geller
Jean Karasek
Terry Larimore
Kate McAteer
Libbie Rice
Patricia Rice
Cynthia Robinson
Gro Bagn Robinson
Art Sichel
Mary Thompson
Lance Wright

IPA Office

International Primal Association, Inc.
c/o Larry Schumer
179 Prince St. #21
New York, NY 10012
(212) 254-9386

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, 28695 Venice Ct., Farmington Hills, MI 48018, (313) 626-3554.

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

• John Speyrer has compiled a number of quotations by various authors criticizing primal therapy. If anyone of you would like a copy, he would be happy to mail one to you. John A. Speyrer, 2123 Jasmine Dr., Opelousas, LA 70570.

• 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? How can we make the Newsletter more interesting to you? May we hear from you? 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."

• There will be a PRIMAL WEEKEND JUNE 17 - 19 AT CAMP LESLIE 4-H CAMP IN GEORGETOWN MASS. This will be an opportunity for primalling, group work, campfire, buddying, rest, swimming, boating, all sports, and just a good time. Cost of \$100.00 (not including food) before June 11th. After June 11th or on site cost is \$125.00. Don't miss it! Register now. Everyone is welcome whether you are in therapy or not.

Contact: Steve Austill, Leader BPA, 12 Mt. Vernon St., Saugus, MA 01906

1988 SUMMER CONVENTION

Early Bird Registration Save \$\$\$

Register now for the Summer Convention and save. Send your **full registration fee**, name, address, number of people and days they'll be attending to: IPA, 179 Prince St., #21, New York, NY 10012. For more information, call: (212) 254-9386 (evenings). DEADLINE FOR EARLY BIRD REGISTRATION IS JULY 15, 1988.

6 DAYS: \$335
5 DAYS: \$285
3 DAYS: \$205

SUMMER CONVENTION NOTICE

There will be a limited number of work/scholarships available for the Summer Convention. For information, call Mary Thompson at: (215) 375-6069.

CALENDAR OF EVENTS

IPA Annual Summer Convention
August 30 - September 5, 1988
Appel Farm, New Jersey
Call for information: (212) 254-9386



ROSES TO

Mary Thompson, Lance Wright and Steve Austill for running the very productive Philadelphia Process Day.

ROSES TO

Anna and Bill Smukler for hosting the Process Day and the Board Meeting in their home.

ROSES TO

Loretta Fogel for arranging a bountiful and creative feast for Process Day.

1988-1989 SLATE FOR ELECTION

The IPA Board serving as Committee for the Whole, present the slate for 1988-1989:

President; Ross Klahr
Vice-President; Larry Schumer
Secretary-Treasurer; Loretta Fogel

Nominations may be made from the floor at the annual meeting. Proxy votes must be signed by the voter and mailed or hand-delivered to the chairperson of the nominating committee, or Barbara Valassis. They must not have attended the conference, or have discontinued attendance at the time of the voting. Disclosure of the proxy votes shall be made, only to the executive board, upon request.

Umbrellas and Cups continued . . .

With these questions in mind I proposed that the IPA address the issue, what is primal, at the Spring Process Day held in Philadelphia. The resulting discussion was not only thoughtful, discerning, and intelligent, but the level of honesty and respect in sharing sensitive personal feelings surrounding the word "primal" proved to be a healing experience for both the individuals and the group.

The discussion initially focused on defining abreaction, another tricky word. Although clinical definitions of abreaction vary, we seemed to agree that abreaction involves bringing repressed unconscious material to conscious awareness. The repressed material may or may not originate in the remote past of the individual. Also, the repressed material may or may not be relived or re-experienced as it becomes conscious. In that sense it was agreed that although abreaction is an essential aspect of primal, it is not exclusively primal, nor is primal exclusively abreaction.

Primal was also discussed as an integrative process that includes techniques from a range of modalities: techniques such as role-playing, sandboxes, journal writing, enactment, and analysis (from such modalities as psychoanalysis), Gestalt, psychomotor, psychodrama, and cognitive therapy among others. In this respect primal is seen as an expansive and inclusive process that values integration and assimilation on physical, psychological, and intellectual levels of the individual.

Although primal embraces other modalities, we seemed to agree that there is a primal level or bottomline of human experience that is pervasive in primal. It was difficult to define or even describe what this bottomline or fundamental human experience is. Obviously, further discussion on this topic is warranted. I was left with the understanding that, for example: cognitive therapeutic techniques may be employed in primal while the primal psychotherapeutic perspective rests on the belief in a deep-seated emotional/organic connection between human experience, development, and change; whereas a cognitive psychotherapeutic perspective rests more on a belief in the human intellect. It is from this perspective that one primal or has a primal when one feels/expresses a deep emotional/organic connection with their developmental experiences.

As discussion proceeded it seemed to me that there were two orientations to the word primal. One viewpoint serves as an umbrella that covers a variety of techniques and modalities. However, this inclusive characteristic of primal seeks to be comprehensive rather than eclectic. Primal values the contributions made by different schools of psychotherapy, and, where it is appropriate, seeks to incorporate them into the primal process. The umbrella metaphor also serves as a holistic model of psychotherapy that recognizes the multiple systems that constitute the human experience.

The other viewpoint acts as a cup that seeks to contain the definitive qualities of primal. Although there was no consensus on these definitive qualities, there seemed to be agreement that primal essentially involves abreaction, expression of deep feelings and an emotional/organic awareness of the self. The cup definition also serves to specify certain primal techniques such as mat work and birth primalling.

Some members' uneasiness about the use of the word primal prompted a discussion about educating the public. Some felt it was their duty to educate while others felt uncomfortable educating or had no desire to educate. One's participation in the IPA cannot be judged by their willingness to campaign for primal. The IPA seeks to inspire community rather than loyalty. There is room for both the umbrella and cup definitions; one definition does not contradict the other.

My summary of the discussion on what is primal is certainly not conclusive or complete. I invite other members to engage in this discussion and share their ideas in the newsletter. It is my opinion that a continued discussion will help to focus and unify the IPA and reflect a more comprehensive image of primal and our organization to the community at large.

PROCESS DAY

Process Day. What a mysterious animal! Like the giraffe or the sloth, it's too weird a creature for us to believe that it really works — until we experience one. But like those other strange beasts, Process Day has evolved to its present form in response to unique needs and environmental pressures.

The unique needs are those of "primal people", who value inner honesty and deep feeling in themselves and in others. The environmental pressures are those of a society which has loaded us with primal pain and which simultaneously demands that we function in a rational "adult" manner. The problem, of course, is that repressed pains distort our rationality and bring intrusions of infantile defenses into our adult behavior.

Most people deal with this problem by shoving the pains underground and pretending they don't exist, or else by using them as an excuse for their weaknesses. Either way, they then act out their inner drama in highly irrational ways under the guise of "rationality". They suffer tremendously from this pretense — and so do those around them — but they usually get by.

The problem emerges fully, though, when people who value deep feeling, but still have deep pain (however little), assemble for a group decision-making process. An IPA Board meeting, for example. People speak **from** feeling and **with** feeling. But is it healthy or neurotic feeling? What if it triggers deep feelings in others? What if feelings of hostility towards other group members emerge? How can a group possibly conduct business in an orderly manner on that basis?

The answer is Process Day. It's a way of accepting and acknowledging everything that comes up during a meeting — good ideas and bad ones, healthy feelings and neurotic ones, mellowness and hostility (which do **not** automatically equate with healthy and neurotic) — and of filtering all these things through a group process that absorbs, resolves and integrates the false elements while preserving and enhancing the true.

For this purpose, an elaborate set of rules has slowly been developed and refined. Process day is **not** a chaotic free-for-all. It requires strong leaders and a clear understanding of priorities and procedures. Frequently, it seems to start off in a stupid, clumsy, cumbersome way — like the sloth. But like the giraffe, it ultimately reaches to great heights. It is a superb mechanism for group bonding, resolving individual and interpersonal conflicts, dealing with deep and important issues, and "clearing the air" for — among other things — a highly productive IPA Board meeting the next day.

Initially, the Process Day rules were evolved by some Massachusetts therapists calling themselves the Boston Study Group, including current IPA Board members Steve Austill and Hal Geddes. They introduced the concept to the IPA Board, which has developed it further. An extremely exciting development is that Board member Mary Thompson has recently introduced the Process Day format to a **non**-primal group she is involved with. There it has met with great enthusiasm and success. This shows that we have evolved something with the potential for much wider application in society.

It is interesting to see a sloth or a giraffe. But it is far more profitable to experience a Process Day. It is a growth experience as well as an education. You will have this chance on the first full day of the annual Convention at Appel Farm, and on the day prior to the May Board meeting. It is important to be there for the entire day. Don't miss this unique opportunity.

Keith Borden

HELLO OUT THERE!

In an effort to become better acquainted with other organizations who share a similar orientation as the IPA a contact list is being prepared. A letter of introduction along with our brochure will be sent to these organizations as a call to fellowship. If you know of a simpatico organization please send your recommendation to:

Ross Klahr, 235 East Tenth St., 4E, New York, NY 10003

PRESIDENT'S MESSAGE

As I near the end of this term as president of our organization, I have been thinking about all the growth and changes we have made in the last five years since I was first elected. My first two years were productive and exciting. The IPA was growing up. I worked at making our board meetings more adult and business-like. Then Art served two years as president and he brought us into balance with a softness and more feeling approach without losing our preference to be adult and take care of business when it was appropriate.

Some of the important developments in these years were; creating our first brochure, starting the Resource list, and learning about and experiencing Process days with Steve Austill's and Hal Geddes' guidance. Out of the Process days evolved a change from running the board meetings with a loose Robert's Rules of Order and voting on issues, to running the meetings and deciding on issues by consensus. Consensus is a powerful maturational process for us and it has been working beautifully.

In our evolution from the early days through being more business-like to consensus, we have learned much. We have learned to adhere to the philosophy of believing in what we are doing and in not volunteering to do work of any kind unless we, personally, really want to do it. Amazingly this has provided more support, more resources, and more volunteers for the many aspects of keeping our organization viable and productive. This last Fall, we had the incredible experience of having volunteers to be convention chairpersons and committees from 1988 through 1991. This is one of our biggest and most important jobs and now they are all lined up and can be groomed and prepared to do the work and have plenty of time to organize and make our conventions the major highlights that they are in all of our lives.

This last year has been a very good experience for me - made easy by the wonderful cooperation and support for the IPA from the membership and especially the board members.

My hope for the IPA is that we continue to grow both in membership and in community spirit. And that we expand to more international members, expand our Resource list, expand our awarenesses, expand out of our limitations, expand our love, and expand our Primal Joy.

Onward and Upward !!!
Barbara Valassis

CENTERING

All therapy and counseling modes involve centering efforts on the part of the therapist and may or may not on the part of the client.

The level targeted for centering varies with the therapist's frame of reference and personal level of available access.

Most - not all - therapists probably are involved with more than one level of centering in their work.

There are five levels of centering:

1. Cognitive.
2. Feeling/emotion.
3. Body sensation.
4. Need.
5. Spiritual.

Although some clients spontaneously center at levels below cognitive, most clients begin at cognitive and, at their own unique pace, move down to other levels during the therapy process.

Therapists' readiness to allow and encourage their clients to explore deepening levels varies with their acceptance of ability to access those levels.

Hal Geddes

HEART SAND

In my heart the sands shift
while brave warriors move around me.
I can no longer hold fast
to my favorite chains.

The bound parts of my soul cry
to dance, to run, to be free,
Yet the release and gradual bending
ache and frighten me.

For the long time pain I must give up
I feel sad and disloyal.
Disloyalty scrapes my heart
like sandpaper.

Loss holds my heart in a fist.
After all, those long time pains
Have not been disloyal to me.
Yes, that is the wrench of betrayal.

I've searched for this truth everywhere.
Yet with the help of
Warriors for truth at the Ark.
I found it in my own soul.

Mary Thompson

COME TO THE CABARET

by Harriet Geller and Ross Klahr

Cabaret Night has been one of the long-standing traditions and highlights of the IPA annual convention. It is an opportunity for both amateurs and professionals to perform on stage before a supportive audience.

To better facilitate this event, some of the organizers asked the Board of Directors to discuss the purpose of Cabaret. We agreed that as performers we appreciate the chance to risk revealing a playful and creative side of ourselves. As the audience, we are continually delighted, moved, astonished and entertained.

The issue raised during the discussion was the necessity of placing a time limit on the evening. Most of us felt that the intensity of Cabaret was difficult to maintain beyond approximately two hours. Therefore, in order to accommodate all who wish to participate, a time limit of five minutes on each performance was recommended. For those who would like to give an extended presentation, another occasion will be made available in the convention schedule. So, by all means, sign up for Cabaret when you come to the convention, but as you prepare your performance keep the needs of your fellow performers and of the audience in mind.

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.)

MEMBERSHIP RENEWAL

Once again our membership year draws to an end, and it's time to renew your membership. If you are planning to attend the summer convention, keep in mind that the convention fee DOES NOT INCLUDE MEMBERSHIP RENEWAL. There is confusion over this every year. Below is the complete dues schedule. More and more members are taking advantage of the family membership, so check it out if applicable. Also, we appreciate it greatly if you help us by renewing early. It saves us much time and energy if we don't have to mail out reminders.

THE BIG COVER-UP

by Cathy Devereux LeSchack

It's been there
For years
Hiding, Way deep down
Pain
I cannot let it come
It is so strong
So deep
I might break
If I were
To let it out
So I smile outside
But inside
Is the Pain
A volcano
Which might erupt
Endangering those close by
a ninety-nine
On the Richter scale
Of feelings
II
Now that I'm grown
I clearly see
My Vesuvius
Will tell on me
My hands are swollen
I can't tie my shoe
My periods
Are painful too

If I don't let
The Pain come out
Body and soul
Begin to pout
My periods hurt
My moods are grim
I cannot love —
Myself or him
I need to trust
To love again
To get away
From all this Pain
To trust, To scream
To become free
Of all the Pain
Deep inside me
A lonesome valley
Beckons on
With freedom
On the other side
To trust, To love
To live Pain free
To get to know
The real me
This task seems like
A mountain high
I want to trust
So I will try

(Submitted by Steve Linn)

CABARET

One subject discussed at the April 30th Process Day was Cabaret, the "talent show" night towards the end of the Appel Farm convention. For me, at least, my first Cabaret last year was pure magic. I know that many others felt the same.

But what is Cabaret for? Here a dispute arose, between those who felt its purpose was entertainment and those who felt it was therapy. Around this question circled many others: Should there be strict time limits on each performance? Should they be the same for everybody? How should they be enforced? What should a Cabaret performer strive to give — and to get?

The discussion was heated. Finally a consensus emerged: the purpose of Cabaret is **both** entertainment and therapy, in a proper balance. Ross Klahr said it best: **The purpose of Cabaret is to give people the opportunity to take a growth risk in a performance context.** If you perform in Cabaret, you should make it therapy for yourself by doing something which is a growth risk for you. But the objective of what you do should be entertainment. You take a risk **by** striving to give a great performance.

And what of the time limits? They are necessary for the sake of fairness, both to other performers and to the audience. But you don't have to see them as limitations on what the experience can be for you. Accept them as part of the challenge!

Keith Borden

SHAME

Black stickiness
coats my core
my very being
is sick
with shame
my soul wounded

I want to hide
from the eyes
of others to
avoid exposure
of my worthlessness

I try to be
invisible
to keep my needs hidden
to stand on my own —
alone

On the outside
I pretend competence,
contentment,
worth

On the inside
a child cries
for love,
acceptance,
believing herself
undeserving

Who cares?
Who can know
what they cannot see?

— Lyn Solms
March, 1988

AGING ROLE MODELS

During the New York IPA Conference, "Is There Life After Youth? Growing Older with Feeling," Barbara Valassis did a workshop on Aging Role Models.

She asked participants to think of five older people whom they really liked or admired, and also five whom they had very negative feelings about. In fact, before you read further, why don't you do the same? Yes, right now. Do it.

Okay, now the next step is to describe every one of these people with an adjective, e.g. "very compassionate" or "always bitchy." Now do that for your ten people.

continued on page 7 . . .

Aging Role Models continued . . .

You've done that? Now, look inside yourself to find the quality in you which you are reacting to in each of your ten role models. Can you do it? Can you find those ten qualities in you?

The idea, of course, is that qualities that we react to emotionally in other people are projections of qualities in ourselves that we have not fully "owned". If it's a positive quality, by "owning" it we can enhance our self esteem and also nurture the quality so it becomes more dominant. And if it's a negative quality, we can work with it, find out where it comes from and transform it, so as to ensure that we do not become more like that.

Some of the participants could easily own the positive qualities, but had difficulty seeing the negative in themselves. For others, the situation was reversed. This tells us where work on ourselves would be most productive. What is it for you?

Keith Borden

STOP!

by Keith Borden

Stop!
Back up.
You don't have to do it.

Stop!
Spit it out.
You don't have to chew it.

Stop!
Hang it up.
You don't have to ring it.

Stop!
Put it down.
You don't have to bring it.

Stop!
Turn it off.
You don't have to play it.

Stop!
Think twice.
You don't have to say it.

Stop!
Block momentum.
You don't have to roll it.

Stop!
On a roll?
You don't have to blow it!

Stop!

AESTHEMA NEWS

The current issue is now in print and is a truly international issue with contributions from Sweden, United Kingdom, and the U.S.A. It will contain articles by Thomas Videgard, Steven Khamsi, John Rowan, Andre Moore, Art Sichel and Florine Snider. The title of the issue is "Primal Therapy Evaluated".

Projected issues are:

- Fall 1988 - "Therapeutic Relationships".
- Spring 1989 - "The Religious Experience and Primal Therapy".
- Fall 1989 - No theme! Articles will be accepted without necessary relationships to a "theme issue".
- Spring 1990 - "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, 149 Bartlet Ave. #2, Pittsfield, MA 01201. Telephone No.: (413) 442-2261. 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.

NEW RESOURCE DIRECTORY

The fourth edition of our RESOURCE DIRECTORY will be published shortly after the Summer Convention. To make sure we get it out on time, please submit your copy AS SOON AS POSSIBLE. The deadline is September 15, 1988. If you need an application, call or write Larry Schumer (212) 254-9386.

"Say not, 'I have found the truth,' but rather, 'I have found a truth.'
Say not, 'I have found the path of the soul.'
Say rather, 'I have met the soul walking upon my path.'
For the soul walks upon all paths.
The soul walks not upon a line, neither does it grow like a reed.
The soul unfolds itself, like a lotus of countless petals."

from The Prophet by Kahlil Gibran.



INTERNATIONAL PRIMAL ASSOCIATION
179 Prince Street, Suite 21, New York, NY 10012 (212) 254-9086

**PUBLICATIONS
COMMITTEE**

Cynthia Robinson, editor and production
Karen Buck, assistant editor