

IPA NEWSLETTER

INTERNATIONAL PRIMAL ASSOCIATION

• 2742 Fernwood Avenue • Roslyn, PA 19001 • (215) 885-3843 • FALL 1990 •



Our leader - Larry Schumer - at the annual meeting.
by Larry Schumer

It's funny how I think that each year's convention is the best. Yet, how can it NOT be? Follow this. Every convention is a great experience. The current one is happening "now." The others, though great, have passed and are now memories. Hence, if they're all great, and the one you're at is now, and now is more real than memories, and real is better than not real, it follows that the one you're at is the best ever. Okay, I'm not going to win an award for my logic, but *this was an incredible convention.*

The committee this year did an outstanding job. We had an exceptional crowd. From Brooklyn to Berlin, people came to share with us and join our community. This year, more people attended the full six days than ever before. Many

people who were planning to leave on Friday and Saturday decided to stay until Monday. To all the new people, "Welcome to the IPA!" To all the old-timers, "Welcome back." (It only takes one convention to become an old-timer).

As I think of the convention, there was something special about the new people this year. They seemed to fit right in, as if they'd been there before. It made me think of when I was new. How about you other old-timers? Remember your first convention? I remember being scared and not knowing anyone. I had no idea what this strange thing we call an IPA convention was. I didn't know what types of activities there would be, what the sleeping arrangements were, what I would be eating or what kind of people I would meet. Do you remember your first opening ceremony, standing there wondering what was going to happen next? For me, that was 10 years ago. I think about it a lot, though, when I'm doing registration. I'm often the first one to see the anxious, new faces as they arrive. Reflecting on my first convention helps me get new people settled.

Everyone, in fact, must be tuned in to what it's like being new because the new people became a part of our community so quickly, so easily. I think this is a tribute to all of us. The new people settled in, we had a good time, and the convention was a huge success. Let's do it again next year. In the meantime, see you at the Winter Conference (note new date: Feb. 16).

INSIDE:

- LAUNDRY A-GO-GO PICTURES! • INNER PEACE-THEN THE WORLD
- HUGGING • LIFE WITH A TWO-YEAR-OLD • AND MUCH MORE

***NOTE NEW DATE FOR**
WINTER CONFERENCE
Now Feb. 16!
See details
inside
**

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IPA OFFICE MATTERS:

Please note that all matters concerning money (invoices, event registration, membership dues, etc.) go to the Treasurer. Everything else should be sent to the Secretary.

The *IPA Newsletter* 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 should be neat and legible or on a 3.5" disk for Macintosh in MacWrite or MicroSoft Word. Contributions may be edited for publication. The *IPA Newsletter* reserves the right to make final judgement as to the publication of material received. Send submissions to the editor: Terry Larimore, 5218 Milwee #37, Houston, TX 77092, (713) 688-2203.

CHANGE OF ADDRESSES

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 stay in touch with you.

NEWS AND NOTICES

Remember that the IPA is an all-volunteer organization. When you call (or refer someone to) the IPA office or any of the officers, you are calling a volunteer (at home) who already has a busy life and devotes precious time to the organization out of love. Please be aware.

"Pyramid Books and the New Age Collection" publishes an interesting **catalogue** of meditation supplies, decorative items, gems, jewelry and books covering everything from goddess spirituality and environment to Native American issues and Eastern mysticism. Write to Box 48, 35 Congress St., Salem, MA 01970-0048.

Correction: Keith Borden is not *temporarily* staying with Bill Caldwell, as stated in the last newsletter. Bill invited Keith to move there *permanently* to assist in the running of the new primal center, Temenos. His address at Temenos is: 6823 Pontiac Trail, South Lyon, MI 48178. Phone is (313) 486-3913.

Make note of these **new addresses** for Mary Thompson (4720 Kingsessing, Philadelphia, PA 19143) and Susanne Bersbach and Michael Hoyland-Young (16 Brookmount Rd. #4, Toronto, ONT M4L 3N1, 416-690-4522).

The Pre-and Peri-Natal Psychology Association of North America's every-other-year Congress will be July 19-21, 1991, in Atlanta. For information, contact Congress chair Polly McMahon, Ph.D., 2162 Ingleside Ave., Macon, GA 31204 or (912) 745-9536. There are also pre- and post-Congress workshops offered, including Graham Farrant's only North American workshop in 1991.

This newsletter doesn't exist without your submissions. Please send your poems, reminiscences, reports, experiences, workshop summaries, tidbits, book reviews, jokes, photos, articles, comments, etc. to Editor, IPA Newsletter, 5218 Milwee #37, Houston, TX 77092.



Chaos? No, an attempt at a group photo.

GETTING READY FOR '91

by Larry King

The 1991 Convention Committee will meet for dinner and discussion following each of the Saturday Process Days and after the New York Regional conference. Anyone who wishes to participate in planning and working on the convention is welcome.

The theme of the convention is PRIMAL JOY! The committee chairs are:

Convention: Larry King (212) 580-3734 or
365 West End Ave. #13C, NY, NY 10024
On Site: Jan Millenovich (313) 756-0098
Program: Katie Lori McConnell (201) 746-5875
Sun Night Dance: Laura DiVilio (416) 862-2869 and
Grove Thomas (215) 923-3279
Cabaret: Terry Larimore (713) 688-2203
Hospitality: Bill Caldwell (313) 486-3913

In addition, Taff Welch will be our weatherperson and Judy Kinsey will be behind the video camera. If you want to be a Massage Therapist at the '91 Convention, please apply by Feb. 15 so you can be considered and names can be published in the promotional flyer that is mailed in the spring.

Have you been in a funk ever since high school because you missed or had a lousy Senior Prom? Your despair will soon end! You can recreate the prom in your own way at the convention. Contact Laura or Grove with your ideas and suggestions for the "Class of '91 Senior Prom."

We are accepting ideas and sketches for the logo and flyer designs, programs and t-shirts. You don't have to be an artist to come up with ideas, but we may need an artist to produce camera-ready art work once the design is selected. Volunteers?

Dee Schoenheit will most likely be back as lifeguard, but we need a backup or, heaven forbid, a replacement, in case she can't make it. If you have an American Red Cross Lifesaving Certificate or are willing to get one (with possible financial assistance from the IPA), please let me know right away.

If you want to participate but don't quite know how, please let us know and we'll match what you like to do with what needs to be done. Full and half scholarships are available for people willing to help in the dining room and with on-site responsibilities. Please contact Jan if you are interested.

As the theme is Primal Joy, we welcome more ideas for joyful events/happenings/workshops/keynoters, etc. One possibility is an after-lunch concert hour on the lawn (Ode to Joy?). Another idea is Body Painting -near the pool

"We trained hard - but it seems that every time we were beginning to form up into teams, we would be reorganized. I was to learn later in life that we tend to meet any new situation by reorganizing, and a wonderful method it can be for creating the illusion of progress while producing confusion, inefficiency and demoralization."

- Gaius Petronius, 66 AD



Sally D'Alesio cuts the ribbon for The Gallery 1990.

All the photos in this issue were taken by Terry Larimore.

maybe? (Does anyone know what kinds of paint work best?) Anyone got other suggestions? We're considering Mud Wallowing, Mess Painting, Clowning, Writing/Acting Skits, Dream Pageant, Making Popcorn and Sundaes, Mythology, Flying Kites, Storytelling, Costumes, Mad Hatter Tea Party, Eating-Only-With-Your-Fingers, Washing Backs and more! Do some brainstorming and let us know your ideas!! If it's fun, we want to hear about it!

THE DREAM WEAVER: HOW TO MAKE YOUR DREAMS WORK FOR YOU

by Paul Hannig, Ph.D.

Every night we dream and yet how many of us remember or even pay attention to our dreams? If it is true that dreams are the royal road to the unconscious, then why do we ignore this valuable phenomenon that can teach us much about ourselves?

This morning, just before I got out of bed, I had a dream like I normally do. Since I remembered the dream, like so many others that I have early in the morning, I decided to keep the dream conscious and go figure it out in my journal. I wrote my dream out and began to decipher the symbols of the dream to see what they meant to me.

After a while I could see a certain life pattern of mine begin to emerge. The *first* thing that I became aware of is that every dream has feelings attached to it and those feelings can be discerned and understood. The *second* thing that I became aware of is that each dream has its own personal symbols, as does my own, and those symbols can be seen for what they are: personal, meaning-full symbols.

The *third* thing that I realize is that my dreams reflect something in my present life and yet the images and themes have a connection to my past that represent certain strivings, goals and wishes. *Fourth*, my dreams seem to always have an element of fear, escape and achievement in them. These four components can be applied to all dream work as well.

I asked myself this question: Could it be that my dreams reflect where I am in my life now and where I have come from and don't want to go back to? The dreams seem to tell me to progress, move on, but always be aware that I could slip back to that frightful place in childhood when I was alone, helpless, little and scared. After all the work that I have done on myself there is still that memory trace of what it was like when I was small.

Later that day I went into my soundproofed sanctuary and turn on my universe music and let the sobs and the wails come pouring out of me. Little ME was alive and well. While I was crying, certain ideas and images from my current life started to form and they juxtaposed into a new form of creativity. My dreams have taken me full circle, through my childhood feelings to my current creative life. I am ONE and whole, integrated with myself again. Now I can share my new ideas with my intimate friends again. Oh, I'm so pleased with myself.

THE COGNITIVE ASPECTS OF DREAM WORKING

First: A dream is a pre-conscious motion picture, or still image of a feeling, and that feeling stays unexpressed while locked in the dream. If there is a conscious attempt to remember the dream and share it with another or write it down in your journal, then the dream becomes a conscious play of your life. Once the dream is made conscious and remembered then it needs to be fully expressed from a deep feeling level. Then it becomes integrated into your life and becomes a teacher for you. If the dream is left unconscious, then it can only repeat and play itself out in your sleep. To make the dream conscious and feel it fully de-trivializes your subconscious mind and makes you a more whole person.

Second: Dreams are the subconscious way of informing you that there are still incomplete, unintegrated feelings operating daily in your life. While you are asleep, your guard is down and your unfinished feelings come to the surface. For most people who place no importance in their dreams upon awakening, their normal defenses push the dreams and their feelings back into the subconscious, only to come up in a different form during the day (symptoms, acting out, etc.). Dreaming is necessary and without dreams we would have no way to drain off excess daily tension and the subsequent repressive build-up could lead to serious emotional disorders. So, dreams restore balance to your life and safeguard you from untold misery. To remember your dreams and make them work for you will make you a superior functioning human being.

Third: A dream that works is a dream that you make work in order to make a transformation in your life. It is a dream that you consciously decide to remember, to record in your journal, to share with important others and to fully feel and express from the depths of your soul that authentically connects to your existence. A dream that does nothing for you is a dysfunctional waste of precious energy. A dream that you fully feel and integrate makes your life more real, happy and functional. It is ultimately revealing and creative.

MAKING YOUR DREAM WORK FOR YOU!

First: Make a conscious decision to remember your dreams. Tell someone the dream and also write it down as if you are experiencing some aspect of the dream.

Continued on page 5

Continued from page 4

Second: Select an important still frame of the dream and focus on the feeling in the picture. What are you feeling?

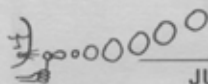
Third: Play some background music and let yourself fully feel the emotion in the dream. Clear out the emotions and see what other images enter into the picture. Share that with someone.

Fourth: Re-direct the dream action and act out in the dream or in your room or in therapy what you would like to be doing in the dream and in your life. Do a psychodrama. How does the new action picture feel? Were you able to see and experience a change in your normal life pattern?

Fifth: Review the dream and see what you left out. What did you not do or say or feel? Have someone help you to express what you need to express.

Sixth: By now you may have completed the dream and brought some clarity and closure to certain life issues. Did your dream work create a change of shift in your consciousness? How can you continue to work on your new discoveries? Is there now more awareness, feeling and expression? Have you discovered a new activity? Did something come together for you? Is more life available to you now?

Paul can be reached at 10170 Larwin Ave. #4, Chatsworth, CA 91311 or (818) 882-7404.



JUST FOR FUN

Compliments of The Wizard

Here are two recipes for bubble solution. They're less expensive than the gourmet brands and better than the dime-store variety.

- I: 3 parts water
2 parts Dawn liquid detergent
1/2 part Karo Syrup

Advantage: You can use it immediately!!

Drawback: Leaves sticky residue on patio/grass. (Ants?)

- II: 4 parts water
1 part Dawn liquid detergent
1 Tbsp. per gallon glycerin

Advantage: Beautiful swirly colors on bubble surface.

Drawback: Must let solution age one week before use. (Don't ask. I don't know.)

INNER PEACE - THEN THE WORLD

Note date change!

Popular workshop leader, goddess and world citizen Rickie Moore, Ph.D., presents "Inner Peace - Then the World," a dynamic and potent three-hour workshop on inner peace and our needs, wants and intentions at the IPA's New York Regional Conference. Rickie's personal journey and much of her work focuses on practical methods for staying sane in a crazy world.

This exciting annual gathering is 9 am-6 pm Saturday, FEBRUARY 16, 1991, at the Gramercy Park Hotel, Lexington at 21st in New York City. Admission: \$55 advance registration for members, \$60 advance non-members, \$5 extra at the door.

PLEASE NOTE THAT THIS IS A NEW DATE. Rickie's schedule won't permit her to be with us in March. We did not want to miss being with her so we changed the date.

For more information on the conference, read the REQUEST FOR PROPOSALS in this newsletter. Registration information and detailed descriptions of Rickie's presentation and all the conference workshops will be in the next newsletter. Mark your calendars NOW!



Mary Thompson leading sing-alongs at Community Meeting.

A DAY AT THE CONVENTION (WITH A TWO-YEAR OLD)

by Larry Schumer

I woke up early one morning and went outside with Kate and Joanna. The sun was shining, the air was warm and fresh. The grass was still wet from the dew. As the three of us paid our morning visit to the ducks, chickens and geese, I saw joggers in the field by the woods. Someone was doing Tai Chi on the basketball court. After carefully terrorizing the animals, we proceeded to breakfast. As usual, we were among the first to arrive, and were greeted with pancakes and syrup, cereals, yogurt, juices, fresh fruit, etc.

After breakfast, I was on duty (in non-parent talk, it's my turn to watch Joanna). Well, what should we do? The sun is shining bright, the temperature is going up to 80, the pool water is about 78. Alright, I'll suffer. We'll go to the pool. I can think of worse ways to entertain a two-year-old.

So, we do the pool. We jump in, we get out, we jump in, we get out, we jump in....you get the idea. Eventually, after a rough morning in the water and sunshine, it's time for lunch. There, we scarf down sandwiches, salad, fruit, milk, anything we can find. We carefully listen to announcements. Then, I find out through a private announcement, that I'm on duty this afternoon, too. I decide I need a strategy. Why don't we start with a nap? While Joanna is doing R & R so she can be ready for a night of terror, I might as well take the monitor out to the pool and do some serious time on the air mattress. I should go to workshops? Maybe tomorrow.

The next thing I know, it's late afternoon, I'm medium-well, and I hear Joanna singing Happy Birthday to Uncle Stanley on the monitor. I fetch the midget, do the pool routine some more (one must always remember the main objective of parenthood: Wear them out!), and head for the dining hall. As we enter we can smell lasagna as the Appel Farm staff prepares dinner.

The dining hall begins to fill again, this time with ravenous workshop-goers. I find Kate, who now gets the honor of watching Joanna, and go for a plate of food. Let's see, what does Joanna want? There's lasagna, salad, soup, vegetables, ah, there we go. I'll make her a peanut butter and jelly sandwich. After that she can mutilate a banana.

We make it through dinner, the announcements and the community meeting. The challenge is making it through peer group. How do we keep a two-year-old and a five-year-old busy and quiet while we peer? The answer, as we found out, is you can't (unless you bring a generous amount of

IPA Membership Information

1990-1991

Income	Individual	Family
Full-time student (proof required)	\$20	NA
\$25,000 or less	\$50	\$75
\$25,001 - \$50,000	\$60	\$90
\$50,001 - \$100,000	\$75	\$112.50
Over \$100,000	\$ 110	\$165
Lifetime (payable over 5 years)	\$1000	\$1500

Foreign memberships (except Canada) add \$10.

ALL DUES ARE PAYABLE IN U.S. FUNDS ONLY.

For full membership details, further explanation of Lifetime memberships or general information, please call Loretta Fogel, IPA Treasurer, at (215) 885-3843.



Lori Goldschmidt points out schedule changes.

duct tape with you). In any event, we peer a little, we play a little and we yell at the kids a lot. We somehow make it all the way around the group. With that done, we can get ready for the Laundry A-Go-Go dance. We put on our dirtiest clothes from the week, put Joanna in the porta-crib, drink a couple beers (just to get ready for things), and make our way back to the dining hall where music, pretzels and dirty laundry await.

With our animated appendage asleep, we party until the music runs out. Then, in the spirit of a hard day of workshops and other activities, we open the pool for a midnight dip under the soft light of the moon. Now, at 2 a.m. we are ready to retire. Feeling refreshed, peaceful, and half-crazed because we know in five hours we'll be visiting the chickens, ducks and geese, we collapse into bed and go to sleep.

Kate McAteer and Larry Schumer twisting the night away.



Sharon Kane and Susanne Bersbach in front of the "washers."



Grove Thomas (Laundry A-Go-Go designer) and his Dragon



O'Mara Leary and Shelly Beach: Is that The Vogue?



Scenes from "Laundry A-Go-Go" The 1990 IPA Convention Sunday Night Dance



Bob Van Dyke shakes his booty to the delight of Brian Stark, Stephanie Wingfield and conference chair Steve Austill.



Harriet Geller and Appel Farm staffer Martin in the Twist-Off.

OTHER WAYS OF WORKING

submitted by Terry Larimore

Sandra Ingerman, a counselor in private practice in Santa Fe, NM, wrote an interesting article about her work with trauma (abuse) victims using shamanic soul-retrieval techniques. She points out that surgery patients and survivors of serious car accidents sometimes *also* report that they've "never really come back" after their traumatic experiences.

She points out that many people spend a tremendous amount of psychic energy looking for lost parts of themselves. Therapists and healers may want to consider that when clients report they are "lost" or "gone" it is not simply a metaphor for disown- ship, suppression or denial but a more literal leaving or splitting. She raises the interesting question of whether it may be necessary to find an experienced shamanic practitioner to go into the void and get the person who is waiting to be found. She is clear that shamanic practices, like all healing arts, require significant training and experience.

The article, "Welcoming Our Selves Back Home," appeared in the Mid-Summer, 1989, issue of Shaman's Drum.

I will act as though what I do makes a difference.

- William James



ROSES

... to Steve Austill and his phenomenal committee for an excellent Summer Convention.

... to outgoing board members Tricia Rice and Chuck Green for their service to the IPA.

... Sally D'Alesio for the concept and loving fulfillment of "The Gallery 1990."

... to Arnold Buchheimer, Larry King, Larry Schumer, Paul Hannig, the Wizard, John Speyrer, Bill Smukler and Terry Larimore for submitting material and photos for this issue of the newsletter.

"Roses" are compiled from suggestions & submissions from a grateful and thoughtful membership. If you would like someone to be acknowledged in the newsletter, send your suggestion for a "Roses" listing to the editor.

HUG RECIPE

-Anonymous

Ingredients for basic batch (increase or vary as needed):

2 people	Touch of love
4 arms	Pinch of humor
4 legs	Smidgen of vulnerability
2 hearts	Sprinkle of glee
Pillows (optional)	

Clear your mind and make eye contact. Look deep. Breathe deep. Extend arms, pull yourselves together and mix well. If standing, stay grounded with feet flat and bend knees as needed to align bodies. If reclining, entwine arms and legs comfortably. Use pillows as needed. Melt into one another. Breathe. (Note: Some huggers tend to reach around their friend and hold their own arm or hand. Don't.) Ask yourself "what am I holding back?" then share that part of you as best you can. Keep words to a minimum.



Larry King and Debby Caplan enjoy outdoor dining.

WHY I LOVE HUGGING

-Anonymous

It's beautiful, comforting, delicious, delightful, easy, elevating, enchanting, exhilarating, fun, fundamental, genuine, great, heavenly, important, incredible, joyous, luscious, magical, magnificent, mystical, necessary, nice, nifty, outrageous, pleasing, positive, refreshing, relaxing, remarkable, serene, significant, simple, soothing, special, stimulating, stupendous, super, terrific, therapeutic, touching, uncommon, unsurpassed, uplifting, useful, valuable, vital, warm and worthwhile. That's why.

INNER PEACE - THEN THE WORLD

The 1991 New York Regional Conference of the International Primal Association

CALL TO PRESENTERS

"We need each other! We are one global brain, one being in the process of becoming conscious of itself . . . and we are all individuals, needing to partake peaceably in the flow of energy we call life. Life is an infinite circle, and we have access to its infinite energy when we live with fearless minds and open hearts.

The world needs leaders who are flexible, tolerant and curious. Maybe you're not standing at the edge of the world, but your world is definitely standing on the edge. Gathering in circles, grouping, is part of the heritage of our endangered species . . . which may well be one-of-a-kind and worth preserving.

That yearning we feel toward a group consciousness is our sense of belonging to the human family."

- Rickie Moore, "Make the Circle Bigger: We Need Each Other"

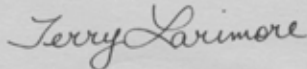
Hello!

The conference committee invites you to submit a proposal for a workshop or other presentation at the IPA's New York Regional Conference. The conference is 9 a.m.-6 p.m. Saturday, February 16, 1991 at the Gramercy Park Hotel, Lexington Avenue at 21st St. in New York City. Our keynote speaker is Rickie Moore, Ph.D., a psychologist and popular workshop leader from Texas now living and working in Europe. She is the author of *A Goddess in My Shoes: Seven Steps to Peace* and *Make the Circle Bigger: We Need Each Other*. She is assisted by her life and work partner, Henry Marshall, Ph.D., a mantra-chanting clinical psychologist steeped in yogic wisdom.

We would particularly like to see proposals related to groups, belonging, interdependence and knowing what you want but it is not necessary to tie your presentation to the theme of the conference. The deadline to submit workshop proposals is December 10, 1990.

Thank you for your interest. I look forward to seeing you in NY in February. If you have questions, please feel free to call me at (713)688-2203 CST or write 5218 Milwee #37, Houston, TX 77092.

Peace and joy,



Terry Larimore
Conference chair

INNER PEACE - THEN THE WORLD

The 1991 New York Regional Conference of the International Primal Association

WORKSHOP PROPOSAL

PLEASE PRINT

NAME OF PROPOSED ACTIVITY:

TYPE OF ACTIVITY: Lecture, Panel, Debate, Experiential, Recreational,
 Other - Describe:

DESCRIPTION: This is the description that will appear in the conference program.

PRESENTER(S): This is the description that will appear in the conference program. Consider including your credentials, description, background, etc.

LENGTH: Because of the limited time and space for this conference, we prefer that you limit your workshop to 1 1/2 hours. However, we *will* considering scheduling a 3-hour workshop. If your workshop could be 1 1/2 OR 3 hours, please let us know your preference and we will do our best.

My workshop is 1 1/2 hrs.
 3 hrs.
 Can be either but I prefer (circle one): 1 1/2 hrs, 3 hrs.

GUIDELINES: Here are some guidelines that workshop leaders must follow:

- All information shared during activities at IPA-sponsored events is to be treated as confidential.
- If your workshop includes the opportunity to delve deeply into feelings or presents material of a provocative or evocative nature, leaders must be clear about that in the workshop description. Presenters are also expected to screen or tailor the participation of individuals not familiar or comfortable with deep emotional release and include in their planning provisions for participants' incomplete or unresolved feelings.
- All workshop materials (handouts, tape players and music tapes, art supplies, etc.) are the responsibility of the presenters.
- There will be a table for the display of promotional literature, business cards, workshop announcements, etc. Please don't use workshops to promote non-IPA activities or personal services/products.
- Workshop presenters are expected to pre-register to attend the conference and pay the full fee. Submitting a workshop proposal does not constitute registration.

Signed: _____ Date: _____

Return by Dec. 10, 1990: Terry Larimore, 5218 Milwee #37, Houston, TX 77092

BOOK NOOK

Darkness Visible - A Memoir of Madness
by William Styron. Random House, New York. 1990.

Review by John Speyrer

Novelist William Styron's book recounts the author's recent struggle with severe depression and eventual recovery. The short (84 pages) book offers few or no insights. In fact, Styron writes that medication, psychotherapy and hospitalization were really of no value in the lifting of his depression. He hospitalized himself, contrary to the advice of his psychiatrist who warned of the social shame which he would bear after confinement. It was the hearing, on television, of a portion of Brahms's Alto Rhapsody being sung - the same portion of a piece that his mother used to sing - that made him abandon any consideration of suicide.

However, there are some telling words in the book which, if interpreted from a primal/traumatic birth point of view, hints of a possible explanation of the author's melancholia. Styron writes that the experience of deep depression is indescribable but the closest he can come is that it "... is mostly connected to drowning or suffocation." Another telling reference is his acknowledgement that suicide was a persistent theme in his novels. He writes of "... passages where my heroines have lurched down pathways toward doom." A more persuasive birth metaphor does not exist.

Drumming at the Edge of Magic: A Journey Into the Spirit of Percussion
by Mickey Hart with Jay Stevens. HarperCollins. 1990.

Review by Terry Larimore

Grateful Dead percussionist Hart shows how, from the beginning of time, people have celebrated, buried the dead, gone to war, married and worshipped to the sound of drums, gongs and rattles. The book covers a lot of territory within its narrow focus: from his experiments with drumming as a pathway to altered states of consciousness to his work introducing children to the joys of rhythm.

His thrill at the effects of drumming and the almost communion-like state it induces is contagious. The tales of the traditional role of drums across cultures points out once again the "oneness" of the human family. The book is a grateful recounting of being transported and wanting to explore, understand and share the vehicle that carries him.

QUALIFICATION FOR BOOK REVIEWERS: You must have read the book you are reviewing. We prefer that you are honest in your opinions. US Mail and UPS reviews accepted. No telepathy or lengthy phone messages. Easy!

AESTHEMA NEWS

By Arnold Buccheimer

The next issue of Aesthema, focusing in Spirituality, is at the printers and will be in the mail in early 1991. It contains wonderful articles from Steven Khamsi, Louise Rothman (who is also co-editor of this issue), Belden Johnson, Paul Hannig, Michael Holden and myself.

The issue after that has no theme and is being edited and compiled now. New submissions will be accepted until Feb. 1, 1991. The submission deadline for the issue after that, on "Creativity," is Oct. 1991. Submission guidelines are below and your contributions (on or off the theme) are gratefully accepted. We will edit for clarity and content, correct English and general readability, but not for substantive content.

I encourage you to submit your articles, suggestions and comments on material in past issues. We welcome dialogue on primal related issues and will publish your letters with authors' responses.

You can reach me at 130 Appleton Ave., Pittsfield, MA, 01201, or call me at (413) 442-2261.

AESTHEMA SUBMISSION REQUIREMENTS:

- Generally 2,000-2,500 words but may be shorter. Longer pieces may be published in two parts.
- Typed, double-spaced with large margins.
- Submitted in triplicate!
- Please follow University of Chicago Manual of Style for bibliographic references
- Please send a biographical sketch of the author, 100-150 words long.



Jan Millenovich, Jacqueline Summers and Raymond Colback muse over a display at the art gallery

GUIDELINES FOR THERAPY (AND LIFE)

Compiled and edited by Terry Larimore

Here are guidelines that I share with each new client. Special thanks to Barbara Valassis who wrote an excellent introduction for new clients, which I used when I opened my office. I believe these guidelines are good rules for *living*, too!

1. The responsibility to get what you came here for rests with you. Give yourself the liberty to always be yourself and explore all aspects of your personality.
2. When you are aware of something you want, do not wait for it to be offered. Ask for it. If you find this difficult to do, that in itself may be worth working on.
3. If you get into a feeling, go with it. You do not have to wait for permission or be concerned that what you are experiencing is not "on the agenda." Always trust your body and inner sense of spontaneity to lead the way.
4. This is your process (and your life). If you do not like what is happening or if it is not moving in the direction you would like, express yourself. Do what you can to make it happen.
5. Make "I" statements rather than ask questions or talk in generalities. Such statements can often tell you much about who you are if you listen to them carefully.

6. Be as honest with yourself (and others) as you can allow yourself to be. Let other feeling people see more of the real you than you normally reveal. With them, it is desirable to let down your social facade.

7. Experiment with new behaviours. Taking risks in the here-and-now is essential to the integration process that will bring about the changes you seek.

8. All feelings - past and present - are valuable. Dreams, headaches, restlessness, fantasies, etc. all provide important information about what is going on with you.

Please recycle this newsletter.

CALENDAR

Here's the schedule for Process Days and Board Meetings for the 1990-1991 fiscal year:

- Process Day (Saturday) and Board Meeting (Sunday)
Oct. 27-28, 1990 in Saugus (Boston area)
Coordinated by Steve Austill
- Process Days (Sat and Sun) and mini-Board Mtg. (Sun)
Dec. 1-2, 1990 near Philadelphia
- New York Regional Conference (Sat)/Board Mtg. (Sun)
Feb. 16-17, 1991 (** NOTE NEW DATE!!)
Conference chaired by Terry Larimore
Board meeting site coordinated by Larry King
- Process Day (Sat) and Board Meeting (Sun)
May 18-19, 1991 at Appel Farm

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