

# IPA NEWSLETTER

## INTERNATIONAL PRIMAL ASSOCIATION

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

### PRIMAL \* CREATIVITY \* THE ARTS

18th Annual IPA Summer Convention

Aug. 28-Sept, 3, 1990 • Appel Farm in Elmer, New Jersey

• **ON CREATIVITY** - It is the very essence of humanity to be creative. Everyone is CREATOR - not "God" alone. Unfortunately, trauma, with its deadening effect upon the human spirit, holds down much of our creative Life Force. Art forms such as dance, music, painting, sculpture, theater and literature can stimulate us in all ~~aspects of living~~ - making life better, more real and beautiful.

• **WHAT A LINEUP!** We will have *three* keynote speakers. Santo Longo, sculptor, marketing consultant and trademark designer, presents "Discovering the Creative Energy Within." Teresa Benzwie, author, dancer, teacher and therapist presents "Your Totem Animal." Alec Rubin, theater director, primal therapist and teacher presents "The Theater Within and Primal Theater Workshop." In addition, actress and singer Kate McAteer moderates a panel discussion on the convention theme featuring the three keynoters plus Native American artist and therapist Silver Fox and writer/poet Keith Borden. We hope that this convention helps uncover an outflowing of genuine feeling and creativity in all of you.

• **WHAT A SCHEDULE!** Every day offers sand play with Bill Smukler and early morning dream workshops with Tam Stevenson. Other workshops offer a discussion and movie of primal pioneer William Swartley's work, workshops on sexual abuse and incest, an all-day primal intensive, guided nature walks, workshops on issues in anesthesia/surgery and writing with both sides of the brain, a therapists' support group, American Indian ceremony and celebration, pool party and *lots* more! There will also be a children's co-op produced by the parents of participating children- so bring your kids!

This list is *less than half* of the workshops already scheduled - and more are planned! We'll have peer groups every night to give each person a more intimate setting in which to touch base each day and daily community meetings for sharing information and meeting one another. There will be massage therapists available for an additional fee. And, back by popular demand, we have the Saturday night "Cabaret" and a DJ-hosted dance party on Sunday night.

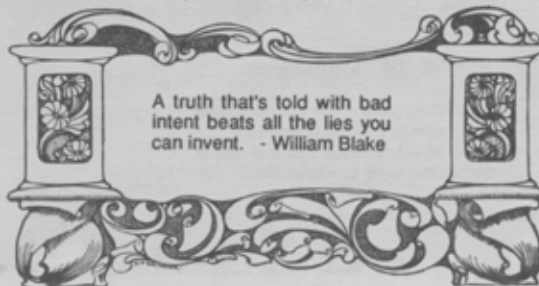
• **WHAT A PLACE!** Appel Farm offers a lovely farm setting, swimming pool, tennis and basketball courts, playing fields, woods, brook, sauna, air-conditioned conference rooms, farm animals and delicious natural meals (vegetarian available). Lodging is dormitory style with on-site camping and nearby hotels available.

• **LOGISTICS** - The convention begins with dinner on Tuesday and ends after lunch on Monday, Labor Day. To make it easy to attend the convention, we have contracted for limosine service at 4 p.m. each day from the Philadelphia airport and Center City Philly to Appel Farm (and back!) for just \$15 per person each way!

• **WANT TO GIVE OR GET HELP?** There are some work scholarships available. You can get free or half-price admission to the convention in exchange for doing some work (such as sweeping up after meals, registering new arrivals and setting up and taking down chairs and other workshop materials).

Also, the parents' co-op needs a facilitator to lead a group of parents in short daily planning session for the children's activities.

• **INFORMATION:** Contact Convention Chair Steve Austill (12 Mt. Vernon St., Saugus, MA 01906 or 617-233-1461), Program Chair Hal Geddes (508-877-6866) or Hospitality Chair Bill Caldwell (313-486-3913).



## OFFICERS 1989-90

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## IPA OFFICE

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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 typed, double spaced, with wide margins on 8.5" X 11" paper, and/or sent 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

IPA member (and keynote speaker at last Fall's convention) **John Rowan** is running for President of the Association for Humanistic Psychology. Best wishes John!

**Bill Caldwell** and **Barbara Valassis** have founded a new Primal Center in the Detroit/Ann Arbor area. It's out in the country on several acres, has a great house and huge barn with lots of potential. They've got lots of plans for physical improvements (including a body-temperature pool). They center already offers many workshops, events and gatherings. Want to be on the mailing list? Write to: 6823 Pontiac Trail, South Lyon, MI 48178. Phone number is (313) 486-3913.

**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 works full time, has a family and devotes precious time to the organization out of love. Please be aware.

The **1990 Ark** will have its six-month reunion August 29 at Appel Farm, during the first full day of the IPA's Fall Convention. Bring your pictures! Coordinators for the Ark gathering are Katie Lori McConnell and Terry Larimore.

**Terry Larimore** has reprints available of two articles that are of particular interest to therapists: "Perinatal Origin of Eventual Self-Destructive Behavior" by Bertil Jacobsen and "The Significance of Birth Memories" by David Chamberlain. Copies are \$6 each to cover copywrite payments and copying costs. Write to her at 5218 Milwee #37, Houston, TX 77092.

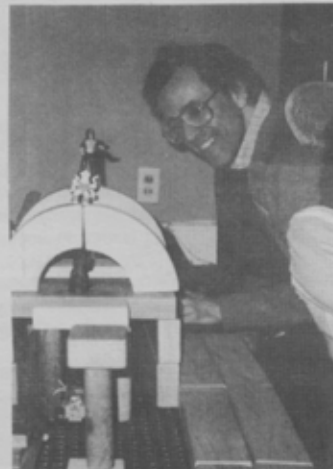
**Barbara Valassis** is sponsoring a weekend workshop July 20-22 at a country site between Detroit and Ann Arbor on Cellular Consciousness with Graham Farrant, M.D., and the staff of the Primal Integration Center of Michigan. For complete information, call Barbara at (313) 478-5559.

Send your news and notices to Editor, IPA Newsletter, 5218 Milwee #37, Houston, TX 77092.

Just "one  
of the  
kids!"

Warren  
Davis  
enjoys  
the  
playroom  
at the NY  
Winter  
Conference.

Photo by  
Teresa  
Benzwie



**MESSAGE  
FROM  
THE IPA  
PRESIDENT**

by Larry  
Schumer



It seems that money is often a subject in this column. The Board certainly spends enough time talking about it, so I guess it's only fitting that I pass on to you our thoughts, concerns, and decisions about money.

By now you should have received the registration forms for the Summer Convention. Note the bargain. This year, the cost for the full convention has dropped by about \$100. Many people, including The Board, thought that the fee was a little high last year. But the IPA was in a jam. Without charging what we did *last* year, there probably wouldn't be an IPA *this* year. Now that we are a little healthier financially, we're able to lower what we charge. We like to have the convention fee reflect the cost of putting on the convention. Hopefully, the lower rate will allow more people to attend. And, if we take in enough money, we can keep the cost low next year, too.

One of the reasons the IPA has more money this year is due to our new transportation policy. At each Board meeting, every Board member and officer present contributes \$40 toward the travel fund. This has cut the IPA's travel expenses in half.

Other good news is the Issue 9 of *Aesthema* is out. You should have received that already, too. It's been a long haul getting this one out (at one point, all the manuscripts were stolen), and we apologize to everyone for making you wait (the issue is worth it, though). The next issue is just about ready, too. It should be out in early 1991.

So, that's it for now. Have a wonderful summer. See you in August at Appel Farm. •

### NY REGIONAL ANNOUNCES SPEAKER

Psychologist, popular workshop leader and author Rickie Moore, Ph.D., will be the keynote speaker at the IPA's NY Regional Winter Conference on Saturday, March 16, 1991.

She is a dynamic speaker and a bit of a wild woman (in the best sense of the word). She'll share her system of Tri-Energetics, a simple method for understanding the needs-wants-intentions of the soma-psyche-spirit, as well as some of her international adventures, including experience doing healing workshops with European victims of the Chernobyl explosion.

Rickie is the author of *A GODDESS IN MY SHOES: SEVEN STEPS TO PEACE*, a guide to raising consciousness and lifting the spirit, and *MAKE THE CIRCLE BIGGER: WE NEED EACH OTHER*, the true story of seven ordinary people and how they became empowered to change their own lives and start helping others do the same.

### NOMINATING COMMITTEE SPEAKS

Here's the slate of officers submitted by the Board of Directors for election at the IPA's Annual Meeting, Sept. 2, 1990, at Appel Farm:

President: Larry Schumer  
Vice-President: Steve Austill  
Secretary: Karen Buck  
Treasurer: Loretta Fogel

Additional nominations are accepted in writing and from the floor at the meeting.

### 1990-1991 MEETING CALENDAR

- Oct. 27-28, 90 Process Day & Board Meeting, Boston
- Dec. 1-2, 90 Process Days & Mini Board Meeting, Philly
- Mar 16-17, 91 NY Regional Conference and Board Mtg.
- May 18-19, 91 Process Day & Board Meeting, Appel Farm

### REMINDER

Please remember that the IPA Newsletter welcomes submissions of photos, personal stories, poetry, professional reports and other prose related to deep-feeling therapy and growth issues. This isn't exactly a plea but it is an enthusiastic invitation to submit material for future issues. The editor welcomes inquiries. Write to her at the address on page two of this newsletter. •

## LEVELS OF CREATIVITY

by John Rowan

It seems clear that there are several different levels of creativity, which are really rather different from one another. Let us look at six of them, recognising that there may well be more. Each of them seems to entail a different notion of the self, such that we cannot have that form of creativity until we have developed to that level of the self.

### THE CHILD SELF

This is a level of consciousness where fantasy and reality are not always too well distinguished. Fantasies may be very vivid and emotional, and the person may come to conclusions about what is going on in the real world which are really more to do with private fantasies. At the earlier stages, there may be no external implementation of such fantasies, but later they may express themselves in the form of play. Such play may take permanent expression sometimes in the form of paintings, models, constructions or even writing. Creativity may become very intense at this level, because there are few inhibitions due to knowing what must logically be the case; there is a wider sense of possibility than we have later. It is possible to get back into this level of creativity by lowering our barriers and being childlike.

### THE MAGICAL SELF

At this level, we use creativity to conquer death. It has to do with the production of fetishes to ward off fear and anxiety. It consists of techniques, often of a ritual kind, which give or restore life. These are tied up with a group, and it is the needs of the group which are the key to creativity at this level. What the creative person does is, as it were, to tune in to the group, and to realise its fears (and answers to them) in concrete form. Very often trance is used for this purpose - a trance in which the individual becomes more part of the group and can speak out in terms of the group's obsessions. The production of ritual objects in primitive cultures can be an example of this. In our own culture, the production of good graffiti, spellbinding speeches, popular music, popular badges and successful advertising may occasionally take this form.

### THE ROLE PLAYING SELF

At this level, creativity is turned toward being used or exploited, in order to give the person a niche in society. Creativity is used to get social rewards of one kind and another. The whole emphasis seems to be on problem-solving. Fantasy for its own sake is disapproved of and suppressed. There may be a notion of creativity as regression back to the unconscious, in the service of the ego. But more usually, creativity is regarded as something which is fully tamed and at the service of society. There is a lot of emphasis on techniques, amounting eventually to a technology of creativity which can be packaged and sold for a price. Creativity is simply another skill to be learned, another role to be played.

### THE AUTONOMOUS SELF

At this level, creativity is seen as the expression of the most central self. It is something which can be fully identified with and, in that sense, owned - "I am my creativity." At first, the emphasis on problem-solving may be kept, but often this gives way to a more spontaneous approach. There may sometimes be a negativistic tinge to it, as in the case of the rebel who said "If they give you lined paper, write sideways." But more often it seems to go with an independence which is not attached to being positive or negative. There may still be a use of techniques, but usually these techniques are self-invented or put together in an idiosyncratic way from existing materials. And in any case, the person at this level will improvise in any real situation which may come up. The person can respond with fresh, brand-new actions to events which present themselves. This is the usual outcome of primal integration.

### THE SURRENDERED SELF

At this level, creativity is essentially seen as coming from a source other than the self. Action has to be taken to open oneself to this source, which may be experienced as internal or external; but once this decision to open up has been taken, the rest is acceptance rather than doing. The source may be conceptualized as inspiration, the Muse, the inner teacher, an archetype, a goddess or whatever. At this stage, one can tune into this guidance and be receptive to specific energies. There may be an experience of being a channel for this Otherness. There may or may not be an interest in problem-solving. There is often some selection of problems for solving - some problems are not worth solving, or might do harm if solved. There is a sense of wanting to be worthy of being used in this way.

### THE CREATIVE SELF

Beyond this I am not sure, but it does seem as if there could be a further stage, where the person has fully digested the Otherness, and identified with it - entered into a concrete unity with it, through worship and prayer. At this stage, the person may say, perhaps, "I am creativity. Creativity has overcome the me-ness of me. I'm not interested in solving problems - I can't even see any problems." But I am really quite unsure about this.

### FURTHER THOUGHTS

It seems to me that this analysis, which obviously owes a great deal to the general approach of Ken Wilbur (though he has not, to my knowledge, written about creativity), makes it a lot easier to explain why there should be so much disagreement about creativity when people get together to talk about it. If people are coming from such widely different levels of consciousness, it is no wonder they fall out. Such differences in basic assumptions can run very deep, and be very hard to perceive.

Continued on page 5

## MANDALA MAGIC

by Terry Larimore

On the 1986 Ark, one of the activities involved drawing a Mandala - a circle that you fill in with a design or picture of your choice. I'd seen intricate mandalas in books on Eastern art and used them as the focus of meditations during yoga class as a local ashram. I'd even found 10" diameter decals of colorful geometric mandalas in a Health Food Store & Bookshop near my home and stuck them on my car windows.

As far as *drawing* one went, I fell back on my belief that while I was always good at drawing maps and other rudimentary sketches, I never was much of an artist. My brother, J.C., was (and is) extremely talented in this area and I never pursued it beyond what I was required to take in school (where I squeaked by on effort and attention to detail).

But, as "assigned," I sat down, took my sketch pad and colored pen set (not mine - they were provided by The Ark) drew an almost-circle (really more of an oblong) and started in. I spontaneously allowed a design to emerge - piece by piece - and I ended up an hour later with an astoundingly beautiful picture of intricate design, delicate color and exquisite balance. I was amazed! Actually, it is *still* my favorite mandala. I even photographed it and had it made into a 15"x20" transparency that hangs in my bedroom window.

Since then, I've read some of Carl Jung's writing on Mandalas and realize that there is a whole school of psychology dedicated to the subtleties and significance of Mandalas. I recommend looking into his writings - but I draw them just for me.

After the 1990 Ark ended, I turned to Mandala drawing for several reasons: to stay in touch with the woundedness of my heart that I worked with on the Ark, to re-ground me each evening, to stay centered and for fun! In the first 40 days after the Ark ended, I drew more than 60 Mandalas. I drew every night except one and sometimes did several mandalas in one evening. I dated each one and gave most of them a title.

Sometimes I had a phrase or feeling that I sought to capture on paper. Other times I just drew and let the title emerge. Usually I knew the title immediately - but the essence of two mandalas took a few days to become clear to me.

The mandalas are quite varied. Some were drawn inside traced circles - some were freehand. Two are trefoil shaped and two have "broken" borders. Most have very clear, strong borders "framing" the design but in a couple the picture just ends and the white space around it begins. They are dark and bright, soothing and evocative. Titles range from "We All Die," "Flee the Impaling" and "Love and Aloneness" to "Living Brilliance," "Ecstatic Groundedness" and "It is such a secret place, the land of tears."

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Creativity . . . continued from page 4

Of course it is tempting, but I think indefensible, to fudge these issues by saying something like "I am not just at one of these levels - I fit amongst them." I do not really believe in this butterful notion of the self - such remarks are usually self-defensive and self-deceiving. Of course, having got to one level, one still has access to the earlier levels, but from a lower level, one does not necessarily have access to the higher levels. In Ken Wilbur's terms, Child and Magical are pre-personal stages, Roleplaying and Autonomous are personal stages, and Surrendered and Creative are trans-personal stages of development.

After recognising these different approaches, it would seem absurd to now ask "Yes, but what is creativity really?" It would seem to say about creativity, as Hegel says about God, that "The idea which a person has of [That] will correspond with the person's idea of self, and of freedom."

A story to finish. I did a workshop for the Group Relations Training Association in the course of which people were given exercises to explore each of these levels and invited to deal with a real problem with their help. A marxist came up to me at the end and said "I don't like what you were doing. I think it's very mystifying." "Did you solve your problem?" I asked. "Yes, that's the whole point," he said, "I got the answer, *but I don't know how I got it!*" He was very worried by this, but my view would be that creativity, in all its forms, is like this - we don't know how we got it. We just get it. •

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...despite our differences, we're all alike. Beyond identities and desires there is a common core of self - an essential humanity whose nature is peace and whose expression is thought and whose action is unconditional love. When we identify with that inner core, respecting and honoring it in others as well as ourselves, we experience healing in every area of life. - Joan Borysenko in "Minding the Body, Mending the Mind"

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In some cases, my feelings only became clear *after* I saw them on paper. Other times I knew what I was feeling and, as I drew, the feeling poured out of me onto the paper and I finished cleansed. Each Mandala is such a deep part of me that I've made color (Xerox-style) copies of some to share with close friends. I've also photographed the series so I could carry the images around more easily.

You, too, can benefit from the "magic" of Mandalas. It's easy, simple, inexpensive and portable. The hardest thing is to go with the flow of the emerging design and not "control" the process. And, don't let your preconceived notions of your artistic abilities (or lack thereof) stop you. •

I'll bring my Mandalas to the Convention at Appel Farm and welcome the opportunity to share them with you. You bring yours, too. OK? •



## EVOLUTION OF A LEADERLESS GROUP

by Harriet Geller

When I disembarked from Ark 1990, at the end of February, I was concerned that I had no on-going support therapy after my 40-day intensive retreat. Not to worry! The NYC Arkites formed a leaderless group which has been meeting regularly since our return. The group, which is open to all 1990 Ark Alumni, has attracted participants (most of whom are also IPA members) from as far away as Philadelphia and Boston. Our initial anxiety that absenteeism among the four regular members might weaken our enterprise has not come to pass. In fact, absenteeism is rare and our last all-day workshop had nine attendees.

We are excited and happy that our fledgling venture has, so far, been a success. At the invitation of the indomitable newsletter editor, I have agreed to relate our experience with the hope that we can understand how we have managed to be so effective.

First of all, one of our members, Susanne Bersbach, was not only steadfast and tireless in organizing the first few meetings but has mobilized her sensitivity and love during divisive crises to facilitate healing and encourage us to continue. I feel that her supportive energy has been crucial to our success. The other regular attendees, besides Susanne and myself, are Debbie Caplan and Dina Paisner and recent addition Karen Buck. Other participating Arkites include Barbara Cope, Brad Jarvis, Santo Longo, Katie Lori McConnell, Gary Soulsman and Belinda Yalin.

The meetings are held in Larry King's primal space in Manhattan every Tuesday evening with one full-day Saturday meeting a month. We begin with a go-round, follow with therapeutic work and end with community sharing in a wrap-up.

As much as 50% of the total time is devoted to the go-round. We feel that this is time well spent because of our need to share ourselves, discuss practical matters and sometimes confront interpersonal issues within the support of the whole group. This highlights two other components of our strength: our willingness to deal with conflicts among ourselves and our emphasis on supporting one another. We have each, at various times, risked asking for support when we were feeling unloveable and found our bonds to the group fortified by the abundance of unconditional love at hand.

For the "working" portion of the group we break up into ones, twos or threes and alternate taking the therapist's role. How we divide up depends on the time available and the needs of the individuals for that day. For practical reasons, we each won't always get the optimal situation, of course. We avoid resentment because we trust the group consensus to be fair in the long run and we know it is each person's responsibility to ask for what he wants.

You and I will become what the leaves and snow become, and go where the leaves and snow go, whether we rake or shovel or not. - Robert Fulghum

## HUGGING IS PRACTICALLY PERFECT

Partially borrowed from Ann Landers  
Added to by many others

Does not require assembly	Low cholesterol
No batteries needed	Barrier-free
Low energy consumption	All natural ingredients
High energy yield	Flexible: quick or lingering
Inflation-proof	Relieves tension
Non-fattening	Combats depression
No monthly payments	Reduces stress
Portable	Very inexpensive
Theft-proof	Invigorating
Non-taxable	Elevates self-esteem
Non-polluting	Generates goodwill
Recyclable	No unpleasant side effects
Fully refundable	Promotes smiling
One size fits all	Alleviates loneliness
Counters negativity	Hastens healing
Contacts the spirit	Gives skin-to-skin contact
Never "out of stock"	Aides feeling
Breaks barriers	Feels great!

Except for Santo, who was a leader-in-training, all the attendees were trainees on the Ark and have had little, if any, other formal training as therapists. Nonetheless, the quality of the guidance that we provide one another tends to be exceptionally high and is another of the factors that has contributed to our viability. In the work, we draw on the variety of modalities and techniques we used on the Ark, our practice as co-therapists there and our many years in individual and group therapy. As we learn more and more about one another's individual processes and needs, strengths and weakness, the effectiveness of our facilitation naturally increases. The lack of a designated leader has occasionally felt like a hardship but it has, more often, turned out to be an opportunity for growth.

The wrap-ups have been very valuable as a time for cognitive integration. They also afford us an occasion for community sharing which is especially appreciated after the long, all-day workshops.

For me, personally, the group has been a lifeline during a difficult period. It has provided the support necessary for deep processes that were initiated on The Ark to continue and evolve. While the therapy - the work - has been indispensable, the greater benefit has accrued from the acknowledgement and caring of the members of the group. To them I offer the profoundest gratitude of my heart. •



Gro Robinson revels in fingerprint at the NY Conference!  
Photo by Teresa Benzwie



## BOOK REVIEWS

by Terry Larimore

### *THE WAY OF THE LOVER - THE AWAKENING & EMBODIMENT OF THE FULL HUMAN*

by Robert Augustus Masters  
1988, Xanthyros Foundation  
Box 91980  
W. Vancouver, B.C. V7V 4S4  
189 pp., \$14.95 paperbound

A penetrating description of living deeply connected to all our feelings. An exuberant challenge to attend to our deepest longings and to bring our present into perfect alignment with and to fully embrace what we truly are. It beckons us to go not from here to there - but from here to a *deeper* here. Masters writes pointedly about the illusions, traps, distractions and other tactics we use to avoid our depths. He issues a "suddenly familiar demand, the invitation that will not go away, no matter what you do or say." Don't miss this book. It will shake and awaken you.

### *WISE WOUND*

by Penelope Shuttle & Peter Redgrove  
Republished 1988, Grove Press  
920 Broadway, NY, NY 10010  
358 pp., \$18.95 hardback.

A historical, social and mythological review of the meanings, realities, uses and effects of menstruation. Recounts the varying views of menstruation as everything from a curse to an unexplored resource. This book will make any woman feel holy. Breaks the "conspiracy of silence" about the subject. This book is part of the widespread re-birth of the recognition of and appreciation of the goddess and matriarchal viewpoints. •

### THROUGH YOUR BODY

by Jana Klenburg, Ph.D.

Jane notes: I figure a body - no pain - poem will add to the joy of our IPA newsletter.

...Through your body...  
I touch heights  
and depths  
through your body I touch...

...through your body...  
I lose but to gain  
your being in mine  
through your body I gain...

...through your body  
I become in my center  
in yours  
through your body I become...

...through your body...  
I sing your renewal  
in mine  
through your body I sing...

...through your body...  
I love  
our essence in joy  
through your body I love...

...through your body...  
I die in the wedding of love  
in the pleasure of God  
through your body to God...

### WHY I'M HERE

by Larry King

Larry notes: One of my favorite things to do at the IPA convention is to lie on my raft in the pool in the sun. When it began to rain, I decided to attend Leigh Harris' workshop on "Intimacy." She asked us to write about why we were in the workshop. After I'd done the first verse, she added "... and don't just write that you came in to get out of the rain." So I added two more verses.

Today's rain's  
A pain,  
So, with Leigh  
I'll see  
What's to gain.

I'm not too uptight,  
But a little insight  
Could help me deal  
With how I feel  
When a woman I see  
Seems to like me.

What's kept me tarrying,  
i.e., never marrying,  
Is not fear of intimacy.  
Oh, no,  
Its source  
Is my  
Huge fear of  
Divorce.

## SIX BODY MOVEMENTS EXPRESSED IN CELLULAR CONSCIOUSNESS AND THEIR MEANINGS - PART II

Compiled by Terry Larimore from information taught by Graham Farrant M.D.

In the last issue we began this summary of some of the typical body movement seen in clients who are expressing their own cellular consciousness - the body memories of our earliest experiences, including conception. We've already covered "Egg Leaving the Ovary," "Sperm Awaiting Ejaculation" and "Sperm's Journey To And Fertilization of the Egg." We continue now with . . .

### EGG'S WELCOMING THE SPERM IN

Upon reaching the egg, the sperm has seen the relentless diminishment of his group to an average of 50 survivors. Of these 50, it was long believed that the "victor" was the sperm that succeeded in "penetrating" the egg. The analogy was one of conquest.

Clients re-experiencing their own Cellular Consciousness and, *later*, electron microscopy revealed that, at this point, the egg begins to exert a choice in which sperm fertilizes her. As several sperm reach the innermost layer of the egg's covering, the egg puts out tiny arms to help "sweep" the sperm inward and, at one point, coalesce around one specific sperm to bring him in. It is clear that the egg exerts her prerogative in choosing which of the sperm present will fertilize her.

The movement associated with the exercise of this "choice" is embodied in the motion that accompanies the phrase "egging someone on" - the bilateral motion of the arms, reaching out with open hands to sweep the sperm inward toward its middle.

### CONCEPTION AND DESCENT OF TUBE

As the sperm is brought into the egg, the egg's outer layer becomes impenetrable to any other sperm and the sperm head "explodes," sending its DNA throughout the egg.

As clients re-experience this point in fertilization, their movements switch to a lyrical, rhythmic, bilateral ballet of union. The client's body often rocks gently from side to side as the fingers continue to express the nuances of this tiny, new being's earliest physical development.

The client's movements as the newly fertilized egg are gentle, almost continual and quite beautiful. The period going "down the tubes" is usually one of bliss, union, relaxation, comfort and growth. Clients often report the experience to be so comforting they're reluctant to let the experience end.

### IMPLANTATION

The egg faces another crisis of survival when it leaves the Fallopian tube and descends into the uterus. At this point,

the egg must implant in the uterine wall or die. Many people who regress to this experience report a sense of having to "hold on for dear life." Some typical body motions of a client's re-experiencing implantation include the gentle "burrowing" action of the head focused on the forehead and "grasping" movements of the hands. The grasping can get very desperate when the egg senses any of the mother's reluctance or hostility.

### TIMING

These experiences have been described in the order in which they occur in biology. In re-experiencing our own Cellular Consciousness, these events are often relived and expressed out of "biological order" - but always in the perfect order necessary for each person's emotional and physical healing.

### THE TRUTH

Each person's experience is unique and individual. Many of the feelings expressed in Cellular Consciousness happen simultaneously or people find that they flip quickly between similar feelings that occurred at different times of development. There is no right or wrong order in which to relive or express feelings. The only absolute truth in doing Cellular Consciousness work is for each person to remain completely true to his or her own experience. \*

Graham's forthcoming book, "From Soul to Cell," will explore these issues and more in much greater detail. This newsletter will announce when the book is ready.



Debby Caplan enjoys the playroom at the NY Conference.  
Photo by Teresa Benzwie



All of us can take steps - no matter how small and insignificant at the start - in the direction we want to go.  
- Marsha Sinetar

Dina  
Paisner  
and  
Yvonne  
Pama  
playing  
dress-up?

Photo by  
Teresa  
Benzwie



#### MEMBER UPDATES

Here are address changes:

**Karen Buck** is now at 209 W. 97th St. #7C, New York, NY 10025. Home phone (212) 662-0318.

**Bill Caldwell** has moved from California into the new Primal Center at 6823 Pontiac Trail, South Lyon, MI 48178. Phone number is (313) 486-3913.

**Keith Borden's** temporary address is with Bill Caldwell until he gets settled in the Detroit/Ann Arbor area.

**Graham Farrant's** mailing address is now at his home: 63 Melville St., Hawthorne 3122, Victoria, Australia. Phone home at (03) 861-6422.

**Paul Hannlg's** moved to sunny California. He can be reached at the Center for Feeling People, 10170 Larwin Ave. #4, Chatsworth, CA 91311 or (818) 882-7404.

**Taff Welch, Jr.** is now at 22771 Purdue, Farmington Hills, MI, 48024. His phone is (313) 476-5465.

And a big *Welcome!* to new (or re-newing) members:

**Brad Jarvis**, 4247 Locust St. #320, Philadelphia, PA 19104. (215) 387-4071.

**Renate Marek**, Box 1908, Darwin N.T. 0801, Australia.

**Marian Feinberg**, 3980 Hillman Ave., Bronx, NY 10463.

**Ellie Bragar**, 344 E. 63rd St. #4C, NY, NY 10021. (212) 935-0979.

**Kathleen Kaminsky**, 23-41 31 Road, Astoria, NY 11106. (718) 726-4812.

**Valorie Watters**, 7870 Washington Ave., Sebastopol, CA 95472. (707) 829-3680.

#### FOLLOWING THE WAY OF THE LOVER

Excerpted by Terry Larimore from  
Robert Augustus Masters' book  
"The Way of the Lover: The Awakening and Embodiment  
of the Full Human"

It's always time for the sacred reunion of all that you are....

All our longings, however gross or sweet or twisted or subtle, are but reflections of our longing to awaken, to enter and live and give the fullness of what we truly are. Let us go into the primordial core of all our longings, and let us go with luminous passion, welcoming whatever we must pass through, making as much room for our hurt, lust, and violence as for our joy and compassion. The key is not to just detach ourselves and play witness, but rather to consciously feel our way right to the heart of our self-suppression. This is not about feeling better, nor about trying to feel better, but about getting to the heart of the matter.

Let go not to improve yourself, but to more fully be yourself. See what unsuspected glories sprout from the ruins of what we took ourselves to be. What falls apart is not you, but only your surrogate authenticity. What falls apart is but your avoidance of your wholeness of being. Let go fully, and allow yourself a true foundation.

If you won't put everything on the line, what you have will have you. If you won't risk everything, you will risk ossifying the case of mistaken identity that you are now suffering. Do whatever it takes. There are not higher stakes.

When we stop depending on sex (or anything else) to make us feel better, we stop making a problem out of dependency itself, finding in ourselves a strength that is utterly unthreatened by dependency or attachment, a strength that both serves the ripening of our individuality, and our communion with the Source of All. We don't hide our need. We let go more and more easily, without withdrawing from intimacy. We cease protecting our hearts.

Nothing must be flinched from. It all must be felt, right to the heart, every last fibre of it, every in and out of it, every glory and every horror, felt with pure vulnerability and openness of eye, without any emotional dissociation. Awakening must become more important to us than sedation. Our wounds must be exposed, not morbidly, but with heartfelt honesty and humour, with lust and subtlety, with guts and sensitivity, until a sobering joy blooms, until we are rooted in the primal rhythms of the moment, free of all hope. •

(Ordering information in Book Reviews)

This is extra space left over because our layout volunteer is very inexperienced.

Harriet Geller  
77 E. 12th Street  
New York, NY 10003

TO:



*Loretta Fogel*  
International Primal Association  
c/o Loretta Fogel  
2742 Fernwood Avenue  
Roslyn, PA 19001

IPA'S STATEMENT OF ESSENCE: The International Primal Association is a community of feeling-oriented people, interacting within an atmosphere of love, acknowledgement, permission and support, who highly value primal process, abreaction, primals and other deep feeling work as modalities for promoting healing, loving, growing, wholeness, authenticity and BEING.



### ROSES

... and many thanks to Teresa Benzwie for an excellent job of chairing and keynoting the New York Regional Conference.

... to John Rowan, Larry King, Jana Klenburg, Harriet Geller, Larry Schumer, Steve Austill, Loretta Fogel and Teresa Benzwie for submitting material and photos for this issue!

... to Loretta Fogel for making the arrangements for the May Board meeting.

"Roses" are compiled from suggestions and 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.

### IPA Membership Information

1989-1990

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 Secretary/Treasurer at (215) 885-3843.