



# IPA NEWSLETTER

## INTERNATIONAL PRIMAL ASSOCIATION

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

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Conference chairperson Teresa Benzwie, Ed.D.,  
extends a special invitation to you to attend

### Connecting to the Child Within

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The 1990 New York Regional Conference of the  
International Primal Association

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Saturday, March 3, 1990 • 9 a.m.- 6 p.m.

Grammercy Park Hotel  
Lexington Avenue and 21st Street  
New York City

Get in touch with and share the creative, alive, seeing-the-world-for-the-very-first-time, spontaneous, joyous BEING of your inner child. We'll explore that part of ourselves that wants to play, skip in the woods, make friends with the animals, roll in the leaves, look deeply into laughing faces and share lots of warm hugs, kisses and giggles.

Whether you:

- still live out your childhood as an eternal Peter Pan OR or grew up too early and never got to be a child
- have horrible memories OR look back at your youth fondly (OR a mixture of BOTH)
- keep your inner child safely tucked away OR have learned it's OK to be free and "out in the sun"

...come to this supportive, loving day of play, movement, sharing, growth & more.

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#### Registration information:

Before February 15, 1990: IPA Members \$50, Others: \$55.  
After Feb. 15 or on-site: IPA Members \$55, Others: \$60.

Mail your registration fee, name and complete mailing address to:  
IPA, 2742 Fernwood Avenue, Roslyn, PA 19001  
Registration questions? Call (215) 855-3843.

**OFFICERS 1989-1990**

Larry Schumer, President  
10 Ridgedale Ave. #3  
Madison, NJ 07940  
(201) 514-2042

Steve Austill, Vice-President  
12 Mt. Vernon St.  
Saugus, MA 01906  
(617) 233-1461

Loretta Fogel, Secretary-Treasurer  
2742 Fernwood Avenue  
Roslyn, PA 19001  
(215) 885-3843

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Larry King	

**IPA OFFICE**

International Primal Association, Inc.  
Loretta Fogel  
2742 Fernwood Avenue  
Roslyn, PA 19001  
(215) 885-3843

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 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.

**PRIMAL \* CREATIVITY \* THE ARTS**

**1990 Convention Report**

by Steve Austill, Convention Chair

PRIMAL\*CREATIVITY\*THE ARTS is the theme for the IPA's 1990 Convention Aug. 28-Sept. 3 at Appel Farm in New Jersey. Featured keynoters and panelists include Alex Rubin, Santo Longo, Teresa Benzwie, Shoshannah, Silver Fox and Keith Borden. They will cover many interesting topics including the relationships of primal and creativity to theater, sculpture, dance, music, native arts and poetry. Creativity is part of our heritage as humans, but it is so often stifled in the homes, schools and institutions of our land. We hope that this convention will help uncover for all participants an outflowing of genuine feeling and creativity.

We are making a special effort this year to encourage new members to attend our convention. To this end we have established "The 20/20 Club." Members of "The 20/20 Club" will receive 20 convention brochures on or before June 2, 1990. Member will distribute these 20 brochures in the next 20 days by June 22, the Summer Solstice. In this way, more people will hear about our convention and, hopefully, attend. Present club members are Loretta Fogel, Barb Valassis, Mary Thompson, Bill Caldwell, Keith Borden, Belinda Lee Yalin, Terry Larimore, Teresa Benzwie, Gro Robinson, Silver Fox, Susan Bersbach, Karen Buck, Larry King, Barbara Cope, Hal Geddes, Dina Paisner and Steve Austill. If you are willing to distribute 20 brochures and are not yet a member of "The 20/20 Club," please contact me immediately: Steve Austill, IPA Convention Chair, 12 Mt. Vernon St., Saugus, MA 01906 or call me at (617) 233-1461.

Make your plans now to attend the IPA 1990 Convention! It is *sure* to be another beautiful time together. •

**MEMBERS' NEWS AND NOTICES**

• **PHONING THE IPA:** We are an all-volunteer organization. We have no office or staff. When you call the IPA (at 215-885-3843) you reach the home of a Board member who works full time, has a young child and devotes precious time to the IPA out of love. Please be aware.

• **HELP PLAN THE 1991 SUMMER CONVENTION:** Larry King will host a meeting in Manhattan near 77th and Broadway at 8 p.m. Friday, March 2, to generate ideas and discuss the 1991 Summer Convention. Interested? Call Larry at (212) 580-3734.

• **SIX DAYS IN HAWAII:** Graham Farrant is leading a six-day primal-oriented "Cellular Consciousness" workshop in Hawaii, Feb. 20-25. It includes visits to lava formations and volcanically heated pools and six days of intensive therapy and training at two private beachfront sites near Hilo and Kona. Cost: \$950. Contact Artemis Kalber at (808) 935-5557. Limited space.

## PRIMAL INTEGRATION

How I answer "What kind of therapy do you do?"

By Bev Edelman, M.A.

MESSAGE FROM  
THE PRESIDENT

by Larry Schumer

1990. Looks strange, doesn't it? It even feels funny when I write it. A new year, as well as a new decade, is upon us. Where will the IPA be going in the years ahead?

As I pondered this question, I realized that the "IPA" doesn't go *anywhere*. It's just a name on some Articles of Incorporation somewhere. The *people*, the members of the IPA, are what can grow and move forward.

The Board of Directors is a case in point. There's been continuous change throughout the years and the '80s have been a long, hard transition period. Members that never served on the Board have become Directors and have taken a risk accepting responsibility for an organization they love and believe in. Recently, we've even had to hold real elections for Board members because so many people wanted to serve. The '80s saw an evolution in the way the IPA runs, from voting to consensus; from chaos to well-run, productive meetings preceded by a Process Day. There have been people who, after ceasing to be active members of the IPA in the early '80s, have returned to the Board to experience a significant change in the way it operates.

So, what does 1990 have in store for us? The only thing I'm certain of is change. The most important thing is that we continue to grow. If you've not been with us for a while, come join us again. Share with us as we changed and grow in the '90s. •



Libby Rice (back to camera) and Harriett Geller at the IPA Summer Convention at Appel Farm.

Building a house on a weak and rotted foundation doesn't make sense, does it? But many try to build a life of harmony and balance on a foundation of fear and pain.

Those of us with human parents hurt inside. That pain is stored in the cells of our bodies. And we have great investment in keeping that pain down. In fact, depression is often simply a blockage of feeling. That drains energy. When we begin to open to the light, love and abundance that we are told is ours for the taking - as soon as we begin to open - that pain comes right up, ready to be felt, released, completed. Many of us then close up reflexively or find ourselves struggling, and wonder why our lives aren't changing significantly.

This therapy is not just about feeling pain. It's about feeling feelings - about opening to what is. The cells in our bodies exist in a state of timelessness. Everything that has ever happened to us (including our conception, and pre- and peri-natal experiences) remains stored inside. These experiences form the basic core patterns and belief systems with which we live our lives. Further childhood experiences reinforce and support those original patterns and beliefs.

For example: A person, a cesarean birth, who struggled and struggled only to have doctors reach in and pull him/her out, often develops such characteristics as difficulty in completing projects or getting into tough situations and waiting to be "saved." This person can do endless affirmations, meditations and conventional therapies and still not change much, because *energetically* the old patterns remain.

Mounting research in the rapidly growing field of Pre- and Peri-Natal Psychology is showing the powerful and pervasive effects of these early times upon later development.

But, this therapy is about even *more* than that. It's about using your **breath** and **sound** and **movement**, with a skilled and loving facilitator, to express feelings (the emotional energy) that is stored in your body.

This therapy is about TRUTH - **feeling** the truth, **expressing** the truth, **living** the truth.

This therapy is about **creating space** - clearing the clutter. The universe strives for completion. Once the original connections are made, you no longer live your life struggling to complete, in the present, what is unfinished from the past. You can cellularly clear (by feeling) your early experiences and not unconsciously repeat them. Give yourself, and your children, this gift!

This therapy about fully **claiming** your higher and lower selves - the whole you.

continued on page 6

Editor's note: IPA Past-President Armand DiMele sent in this 1975 article by the late David Freundlich, M.D., one of the early members and supporters of the IPA. It has been edited for space considerations.

### The Fear of Annihilation

by David Freundlich, M.D.

I began to listen for annihilation fears in my own practice and found that practically every patient had a deep fear of disintegrating, going crazy, being destroyed, losing control, being overwhelmed, becoming insane and of going "too far" and not being able to "come back." The common denominator of these fears of annihilation is the flooding and over-loading of the organism by too much energy which cannot be integrated and which threatens to disorganize the personality.

#### ORIGINS OF ANNIHILATION

During the course of development, painful negative experiences occur which threaten to overwhelm the person to the extent of approaching death. Examples are traumatic births, the pain of unmet primal needs, too much or inappropriate stimulation, hunger, being left alone and abandoned, chronic suffering, fearful childhood experiences, physical pain, and the eruption of sexual energy at puberty. Each of these annihilatory experiences is characterized by an overloading of the child by too much energy from either external or internal sources.

In order to protect himself, the person develops defensive maneuvers to keep out too much external input and to maintain the integrity of the organism. The defenses are basically a "holding on" to life against the threat of death.

The defensive structure becomes so pronounced that people begin to identify themselves, to identify their "I" and "me," with this protection, frozen energy, unreal self, body armor and character structure. Belief sys-

tems, negative attitudes about the self and life, and a style of protective living evolve to support the defenses. The result is a person who feels empty, struggling to protect himself.

Any threat to the balance between fears and defenses produces anxiety, panic, disruption of the "I" and death. Any dissolution of the protective barriers feels like disaster, annihilation, death, disorganization of the self and insanity. Likewise, too much energy (whether it be the negative or positive) also feels catastrophic because the defensive "I" is threatened. The tragedy is that the defensive system not only protects against negative energy but also holds in the flow of positive energy. Any spontaneous flow of energy, whether positive or negative, becomes a threat.

#### LONGING FOR ANNIHILATION

At the same time as we hold on against the fear of annihilation, we all have a deep longing to feel free, to let go, to lose control, to become involved, to flow with the present, to experience oneness with life and the universe, to have peak experiences. So, we are faced with the dilemma of controlling life's energy against annihilation and at the same time longing for it.

For a long time I was puzzled by the way people are drawn to or seek out intense or fearful experiences. They involved intense energy, make the person feel, sharply focus on the present moment, get the person "out of his head," and temporarily obliterate the self. Some of these intense experiences include rollercoasters and other scary rides at amusement parks; thrillers such as horror movies, suspense stories and whodunits; a fascination with natural catastrophes, fires and crimes; daredevil acts and

dangerous activities such as mountain climbing and motorcycle racing; being bathed in sound by music (especially highly rhythmic and loud music); substance abuse; and sex. The more frozen the person, the more intense the stimulation must be in order to break through the defenses.

However pleasurable these annihilatory highs are, they stop there and do not help the person to grow and evolve. The momentary transcendence of the self in these experiences does not lead to a higher level of integration of the self. They are counterproductive since the person avoids dealing with his real annihilatory experience and fears. The excitement and highs of these pseudo-annihilatory experiences actually become resistances to experiencing the real inner terror of dissolution.

#### SELF-ESTEEM THERAPY

Painful annihilatory experiences produce strong insults to self-esteem and the resistance to annihilation becomes a strong resistance to deep emotional release in therapy. Self-Esteem Therapy enables the patient to experience his defensive freezing and how he identifies "I . . . Me . . . Self . . . and the Personality" with the protective facade. As he experiences the pain of holding in his energy and feelings he is guided through his defensive structure, his fears of annihilation and his early annihilatory experiences. Through emotional and physical support, the patient is able to release from his body the intense feelings of need, hurt, fear and anger. He is able to let go of these stored feelings and the enormous defensive structure designed to control the feelings.

The patient shifts from "self-control" and "controlling himself" to feeling "in control."\*

The future depends on what we do in the present.

-Mahatma Gandhi

### Reflections on the IPA Summer Convention - 1989

by Dan Butts

For the past 1 1/2 years my work with the Primal Community in Detroit has been limited, but quite rewarding professionally. On several occasions I've done massage at Barbara Valassis' weekend marathons. I have also been doing bodywork and counseling with individuals I've met at these marathons. I find Primal clients to be the most open, trusting and fearless in their healing journey; and excellent teachers as well.

So, I was delighted when Barb invited me to do massage at the IPA Convention in New Jersey. I was looking forward to seeing more clients, being with my Detroit friends and joining close friends in nearby Cape May afterwards. But, much more happened and I receive a totally unexpected gift.

The wind, the sun and uncluttered spaciousness of Appel Farm helped the massage energy flow like a rainbow. There was deep relaxation, bliss, peace, struggle, hurt, rage, sensuality and bonds of friendship.

There was a gaggle of geese and ducks doing a primal dance with much posturing and shrieking. An Indian shaman with a Ph.D. (Silver Fox) who communed with a 4 1/2 foot "snake person" slithering through the grass. There was an M.D. from Australia (Graham Farrant) who encouraged workshop participants to wiggle like sperm to experience cellular consciousness and a keynote speaker from England, John Rowan, who explained Primal Therapy as a gateway to mystical consciousness and spiritual healing. There was

even an aquatic playground ("Mays Landing" pool party) where we floated and "slotted" through two rows of loving, nurturing hands and even a few lips. Even though I couldn't stop shivering, I felt a lot of love and a tremendous sense of freedom and power. There was a theatre, dance, entertainment (the kids were great), tearful tributes to a fallen leader (Ross Klahr) and nurturing support groups every night.

I received my special gift after about five minutes of sand play with Bill Smukler, a 75-year old psychologist and sandbox guru extraordinaire. At first I was resistant. I have some free time. I knew that the sandbox and the vast array of animal, human, spiritual and other assorted icons had primal potential; but I felt fine and hasn't been able to open the primal floodgates for the last several years. Bill reminded me that I had been "holding back for centuries" and a limp rag doll in my sandbox reminded me of the song: "All I Need Is Love." Very quickly I experienced a torrent of infant rage, hurt and deprivation.

As I drove away from Appel Farm on Labor Day, I wailed, moaned and shrieked for about 45 minutes. I had hardly slept for the last six nights, but I felt alive, very calm and hopeful that I could finally heal an ancient, crippling wound. I enjoy *sharing* healing energy and skill, but I'm now committed to *receiving* healing energy at an upcoming marathon (and in my everyday life). All I Need Is Love. •

### Down the Rabbit Hole

by Cathy Devereaux LeSchack

Plummeting through  
My mind's tunnel  
Faster . . . Faster!

Past all my childhood experiences

Merely nodding  
At joy  
Stopping to agonize  
Over Pain

Tweedle Dum and Tweedle Dee  
Taunted and tormented me

The Mad Hatter (it was he  
Who stole my virginity!)

The Rabbit teased  
And called me names

The wicked Queen scared me  
In gym with her games.

II

I've agonized, yes  
But never connected

With Painful experience  
I collected

So all through life  
Those awful fears

Expressed themselves  
In many tears

III

Can I let go  
Of all of these

Live here and now  
And thus be free

To grow and accept  
Both joy and Pain

And be able to love  
Myself again?

## John Rowan Replies

1989 Summer Convention Keynote Speaker John Rowan replies to questions he received. We are pleased to publish some of his answers and comments in this and future newsletters. - Ed.

**Q:** Give some examples of what you would call good moments in psychotherapy.

**A:** One client, a woman of 65, had the problem that no matter how good the moments we had in the therapy session, she could not hold on to them in the days following. She would come back as if nothing had happened. One day I was reading some Kleinen stuff, and came across the idea that some people could not hold on to any good object, because the bad objects were so strong and dominant. There was, so to speak, nowhere for the good object to go. I interpreted this to the client, using the pictorial metaphor that there was a room inside her with plenty of room for bad objects (she was subject to many physical symptoms and fears) but no room for good objects, as if the room for good objects had been locked and barred. This seemed to mean a lot to her. We then discussed the implications of this, and recalled a key incident, where she had had a baby whom the doctors had said was afflicted by a condition which meant that she would not live long. The baby had been taken away from her and she had, in effect, been asked whether she wanted it to live. She had said no, and in her mind the baby had then been murdered at her request. The body of the three-month-old baby had been buried on the authority of her husband, while she had had a nervous breakdown. They had both tried to forget about the event, and had never told the two daughters of the marriage about it. I felt that this monumental bad object (the dead baby) might be the main way in which the door had been bolted and barred, because it seemed to say in effect: "You are



fundamentally a bad person, and I am the concrete proof of that." (Obviously there were earlier events too, but this one seemed to me to be more energy-filled than any of them.) So I suggested that she go to the graveyard, take photographs of the grave, bring it back and we would work on this. She did this (and this was remarkable in itself, representing a much greater translation of our work into the everyday world that we had been able to achieve up to that point) and we then put a photograph on a cushion and started talking to the dead baby. The client said that she wanted to know and make a new relationship with the baby. The baby replied that it was angry and unforgiving and felt that the client had treated her very badly. We left it there for that session, and I told the client that that was normal, but that was not the end of the story. She had to be persistent, and really convince the baby that she did want to re-admit her to the family. She agreed to put the photographs into a drawer where she kept things she liked and wanted to keep. The following week she talked to the baby again, and this time the baby was still angry but said she felt exhausted from keeping the anger going for all these (29) years. The following week, the baby and the mother wept together in acceptance and love. I thought it was interesting, because of the long build-up to it and the fact that it came out of theory and very deliberate action. •

## Knowing That The Best Way To Get Something Is To Ask For It

Will three people please write a summary of all or part of the Winter NY Conference and submit it to the Newsletter for the next issue? You'll get a byline!

Will ten people write up a short review of one favorite book related to growth/therapy and submit it? (Make sure you include author and publisher's information.)

Will two people please take some good, clear (preferably black & white) pictures at the Winter NY Conference and send a few to the Newsletter? You'll get photo credit!

Thank you!



David Fogel pitches in.

continued from page 3

This therapy is about **opening**. The way *out* of the pain is by going *in* to it, allowing it and thereby opening to joy and love as well. If some feelings are blocked, all feelings are denied full expression. Emotionally, the way to be whole is by dealing with what your body, in its infinite wisdom, is ready to clear. Layer by layer, no more than you can handle at any one time, you begin to replay, release, connect, complete.

The key to a powerful foundation. A **power-full** foundation. •



**False Gods or Sin-onymes\***

- by Donald Madger

\*Sin comes from the Hebrew "to miss the mark"  
so no condemnation is implied.  
We are just falling short of the glory of God.

Billfolds, centerfolds, do what you're told, silver and gold.  
Old times, good times, New York Times.  
Signs and wonders, miracles.  
Flags unfurled, footballs hurled, quarterbacks,  
paperbacks, fiction, perfection, confections, erections,  
elections, addictions, Jean Dixon, Steve's mix-ins,  
Richard Nixon, any president, palace residents,  
kings and queens.  
Steve McQueen, The Silver Screen, movie reels,  
copping some feels, all who heal, all physicians,  
rock musicians, all predictions, all traditions.  
Holidays, hollandaise. All desserts, mini-skirts.  
The hippest fashion, lots of cash in the bank.  
Hank . . . Arron. Sports heroes, tomorrows, yesterdays,  
the future, the past, life in the fast  
lane. Your pain.  
Any long or large sexual apparatus. . . . Status.  
Gambling, rambling, vagabonds, U.S. Bonds, bondage,  
language, being cool, being hot, pot, personality,  
punctuality, sensuality.  
Ministers, rabbis, priests and gurus,  
Mercedes, Porches, Saabs and Subarus.  
Fast cars, candy bars, singles bars, movie stars,  
Astrologers, soothsayers, truth conveyors,  
chocolate layers, chocolate ice scream, primal scream.  
Any loss . . . Ram Dass, mystics, statistics, a quick fix,  
getting your kicks.  
Anything you can't live without . . .  
Anything you can't live within . . .  
Togetherness, cleverness. Alma maters, moms and fathers.  
Nuclear arms, Pepperidge Farm. All drugs, cute mugs.  
Hard facts, race tracks.  
Expectations, graduations, peace among nations,  
masturbation, Face the Nation, your favorite station,  
hit singles, Kris Kringle.  
All romance, hot pants. Family dinners, lottery winners.  
Work, play. They, us, what a fuss . . . about false gods . . .  
give me a nod.  
Do you worship any of these? Then I suggest, if you please,

What if it's now, or if it's later  
You'll find you bowed down to the wrong creator.

Editor's note: Transcribed as closely as possible to the  
performance before a delighted audience at Cabaret, Appel  
Farm 1989. This doesn't do justice to hearing it live.

**BOOK REVIEWS**

by Terry Larimore

**DIFFERENT DOORWAY**

by Jane Butterfield English  
1985, Earth Heart.  
Box 1027, Point Reyes Station,  
CA 94956  
143 pp., \$7.95 paperback

The journal of the author's  
exploration of her non-labor  
caesarian birth and how it affected  
her life.

A good account of the differences  
between caesarian-born and vagi-  
nally-born people and between  
labor and non-labor caesarians.  
Generously illustrated with her  
art work. Reveals the access to  
spiritual realms that caesarian-  
born people tend to have. Includes  
commentary added afterwards for  
clarity and amplification.  
Recommended for anyone working  
with clients on birth and  
birth-related issues.

**A GODDESS IN MY SHOES: SEVEN  
STEPS TO PEACE**

by Rickie Moore, Ph.D.  
1988, Humanics  
Box 7447, Atlanta, GA 30309  
139 pp., \$10.95 paperback

A nimble exploration, using the  
chakras as signposts, of one  
woman's busting out of emotional  
mediocrity and reclaiming her  
feelings and desires. An earthy  
tale, Moore's story makes most  
people's self-exploration seem  
tentative by comparison. A bold  
warrior of a woman now, she  
shares her humble beginnings as a  
mother and surgeon's wife beset  
with edicts on proper wifely  
behavior and guilt over everything  
from enjoying sex to spending time  
alone instead of inventing  
intellectually stimulating games  
for her children. A fun, quick read  
interspersed with specific  
information on color, sound,  
energy and chakras.

## The Rules for Being Human

Author Unknown

1. You will receive a body. You may like it or hate it, but it will be yours for the entire period this time around.
2. You will learn lessons. You are enrolled in a full-time school called life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or think them irrelevant or stupid.
3. There are no mistakes, only lessons. Growth is a process of trial and error experimentation. The "failed" experiments are as much a part of the process as the experiments that ultimately work.
4. A lesson is repeated until learned. A lesson will be presented to you in various forms until you have learned it. When you have learned it you can go on to the next lesson.
5. Learning lessons does not end. There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.
6. "There" is no better than "here." When your "there" has become "here," you will simply obtain another "there" that will, again, look better than "here."
7. Others are merely mirrors of you. You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself. You envy that which you have not claimed for yourself.
8. What you make of your life is up to you. You have all the tools and resources you need. What you do with them is up to you. The choice is yours. You may start at anytime to make your life what you want it to be.
9. Your answers lie inside you. All you need to do is look, listen, feel and trust.

### 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.

### EDITOR'S CORNER

by Terry Larimore

Thanks to *everyone* who submitted articles, poems, stories, etc. I want to enthuse those of you who didn't submit anything to share yourselves with other readers through our newsletter.

Please send in any corrections and additions. They are delightfully accepted anytime. However, criticism, complaints, etc. are only accepted from people who submitted material for publication. Peace and joy. •



## CALENDAR

NY Regional Conference March 2,  
"Connecting to the Child Within"  
See page one for details

Process Day - May 19 (\$35)  
Board Meeting - May 20 (fee for  
lunch)

Tentatively: Horsham Days Inn  
(Same location as December  
meeting)

Info: Loretta at (215) 885-3843

Annual Convention Aug. 28-Sept. 3  
PRIMAL \* CREATIVITY \* THE ARTS  
Appel Farm, Shirley, NJ  
Cost and other details in next  
newsletter.



Jerry Baker at Cabaret '89.



Silver Fox and Bill Smukler give a smiling  
"victim" a hug.

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

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

### INTRODUCTION

Cellular Consciousness is the memory that we each carry in our bodies of all our experiences, including conception and the separate experiences of being a sperm and egg. Research in the field of pre- and perinatal psychology is showing how these early times and experiences influence us in ways that we have never before been aware of, much less understood. In watching people access their own Cellular Consciousness, we've found that they spontaneously exhibit several body movements. Here are summaries of these experiences and the body movements and the feelings clients report associated with each one.

### EGG LEAVING OVARY

As people relive the experience of being a ripe egg in the ovary they routinely report feelings ranging from an acute sense of regret at leaving the "sisterhood" to abject terror at "going into the void" or facing "certain death." This separation is particularly poignant when we remember that the eggs have co-existed in the woman's ovary since they developed at four months gestation in HER mother's womb. Each person's history goes back to the ovary and includes knowledge of any previous children born or babies conceived and aborted or miscarried as well as all the previous eggs who left the ovary and died unfertilized.

The client's body movement associated with this level of consciousness is centered on the left hip, with the body lying down and rotating along the axis of the hip with the feet propelling the body counterclockwise. Sometimes the body flexes rhythmically.

### SPERM AWAITING EJACULATION

The "Hurry, hurry, I have to get there" feelings of the sperm, trapped in the testicles in a state of arousal awaiting release, is commonly the first "cellular" feeling with which a person works. One woman, upon re-experiencing her father through her experience as a sperm in his body, had such a deep knowledge of his essence that she knew that the man she grew up with as her father was not, in reality, her biological father. She confronted her mother and found that she was correct. Wrist flicking is the client's physical embodiment of the sperm's urgency and helplessness. People often begin this movement very slowly. On their own, or with encouragement to let their wrists be loose and to find their own tempo, they begin a rapid, loose flicking of the whole hand from the wrist.

### SPERM'S JOURNEY TO AND FERTILIZATION OF THE EGG

The sperm faces a herculean task of swimming the equivalent of 8-10 miles in its journey to the egg. This phase of the sperm's experience is expressed by the client in a rhythmical, total body "wave" similar to the swimming motions of a tadpole, with the feet together and the head leading the way.

One telling attribute of the sperm's "fertilization" experience is the focus of the burrowing on the top of the client's head, between the crown and the forehead.

TO BE CONTINUED IN NEXT ISSUE: The egg's experience of fertilization, descent of tube, implantation and more.

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



2742 Fernwood Avenue • Roslyn, PA 1900 • (215) 885-3843



IPA NEWSLETTER  
INTERNATIONAL PRIMAL ASSOCIATION

**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



**Roses to . . .** Loretta Fogel for making all the the housing, travel and meeting arrangements for the December Process Day and Board Meeting in Horsham, NJ, and for sharing David!

**Roses to . . .** Teresa Benzwie for taking the camera-ready copy for this newsletter and having it printed, folded, stamped, etc. The editor is on The Ark and needed special help to get this to you. Blessings also to the Philly-area "volunteers" she rounded up to help her.

**Roses to . . .** Mary Thompson, Teresa Benzwie, Tricia Rice, Bill Smukler, Barbara Wright and Loretta Fogel (of the greater Philadelphia area) and Santo Longo (in from Larchmont) for driving the out-of-towners to and from the last Board meeting and then to catch planes, trains, etc.

**Roses to . . .** Walter Gambin for unceasing work in many capacities at the summer convention. Thanks and lots of hugs to you, Walter.

**Roses to . . .** Chuck Green for all his work as newsletter editor for the last issue.

**Happy Sails to You . . .** To all 20 IPA members on board The Ark - now sailing and set to land again on Feb. 24.

"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.