

IPA NEWSLETTER

International Primal Association

2742 Fernwood Avenue • Roslyn, PA 19001 • (215) 885-3834 • Summer 1991

“PRIMAL JOY,” the IPA's 1991 Annual Convention is Aug. 27 through Labor Day, Sept. 2, at Appel Farm in southern New Jersey. Each presenter and participant in this Convention brings his/her own meaning of and pathway to JOY.

Following a delightful tradition begun several years ago, we will have three speakers for our keynote address. All three are truly joyful people who have overcome great trauma and deprivation in their journeys to joy. Tam Stephenson, Ph.D., is a medical anthropologist, artist and workshop facilitator. She is also the daughter of Alec Rubin and is the first in the second generation of the Primal Community. William Smukler, Ph.D., is a therapist in Philadelphia and founder of "The Ark," a therapist training program. Barbara Valassis, M.A., is a primal therapist near Detroit and a three-term president of the IPA.

On the schedule we have some presenters who are familiar to you and some who are brand new! Karl Goldschmidt, M.S.W., M.E.E., presents two dance workshops - one for people with two left feet and one to learn folk and contra dancing. Barbara Koopman, M.D., Ph.D., offers a talk on the theoretical side of orgonomy entitled "Reich, Orgasm and the Energy Behind the Screams - Theory and Therapy." Then, Jorge Stolkner, M.D., of Argentina, presents an experiential workshop in orgonomy, "Breaking the Feeling Barrier."

We will have two extended, experiential workshops. Yvonne Parma, M.A. offers "Who Am I?" and Hal Geddes, L.L.C.S.W., and Judy Kinsey, lead "Primal Joy: As It Was In The Beginning."

Once again we will have massage therapists available. This year, we have two special offerings: Silver Fox (recently returned from China) will do Chinese Massage and Susanne Bersbach offers Water Massage. Our other therapists are Michael Hoyland-Young, Mary McCarty, Karen Miller, Teresa Smelser, Kathleen Beck and Truth Turner.

Couples will be interested in the "Happily Ever After - Couples and Therapy" workshop featuring Jens Wennberg, Nancy Miller, Debby Caplan, Larry King, Karl Goldschmidt and Lori Goldschmidt. They have 70 years of togetherness among them and have a lot to share about successful relationships.

We will also have three workshops on rituals - each with its own special emphasis - by Gro Robinson, Barbara Cope and Laura DiVilio. In addition, Wendy Hoffman leads "Survival Joy" on survival of childhood trauma, Barbara Valassis leads two (yes, TWO) "Mays Landing-Style Pool Parties" and Terry Larimore helps us explore ourselves more deeply through Mandalas.

As always, we will have a Saturday night cabaret, a workshop on covering and uncovering, softball, Sunday night dance (bring a tape with two or three songs that were popular when you graduated from high school!), expressive playroom and sandplay space (relocated to the more private Cottage). Tam leads an early morning dream workshop throughout the conference and there are, one again, peer groups every evening. We'll probably squeeze in some late-night jam sessions so pack your instruments and bring sheet music. One change you will want to make note of is the addition of one "clothing required" hour per day at the pool.

This is just a *sampling* of what you'll find at the convention. You should have received a *complete* description in the mail within the last two weeks. The brochure has all the details on workshops, how to get there, costs, registration instructions, etc. If you would like to help Hal Geddes plan or present activities for children, call him at (508) 877-6866.

If you didn't get a conference brochure or need more copies, call Convention Chair Larry King at our special toll-free number: (800) 484-1059, wait for two beeps, then dial 5877. Come to the convention and enJOY! See you at the Farm!

**PRIMAL
JOY**

**Tuesday evening,
Aug. 27 through noon
on Labor Day,
Monday, Sept. 2**

INTERNATIONAL PRIMAL ASSOCIATION

c/o 2742 Fernwood Avenue
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(215) 885-3843

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NEWSLETTER

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. Send in material typed and/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.

CHANGES 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 stay in touch with you.

Bill Caldwell tending the grounds at Temenos.



MEMBERS' NEWS AND NOTICES

- C a l e n d a r**
- Aug. 27-Sept. 2: Summer Convention on "Primal Joy" at Appel Farm.
 - Oct. 26-27: Process Day and Board Meeting in Saugus (Boston area).
 - Dec. 7-8: Process Day and Board Meeting in the Philadelphia area.
 - March 7-8, 1992: Winter Conference and Board Meeting in New York City.
 - May 16-17, 1992: Process Day and Board Meeting at Appel Farm, in southern New Jersey.
 - Sept. 1-7, 1992: Summer Convention (theme and chairperson to be announced) at Appel Farm.

o **Lance Wright** wants to announce that Noah's Ark, a 42-day intensive training program for individuals interested in personal growth and specific therapeutic concepts and skills, will "sail" again Jan. 12-Feb. 22, 1992. The residential program of more than 1,000 hours will "awaken the sleeping giant that is YOU and empower your own uniqueness." The most advanced creative and enriching therapist's training is offered. Sandplay therapy, a proven diagnostic and therapeutic medium, is available throughout the Ark. Apply NOW by sending an autobiography to **Bill Smukler**, The Carriage House, 7315 Sprague St., Philadelphia, PA 19119 or call (215) 242-6667. The cost is \$4200 and includes all therapy, training, room and board. A list of trainees from previous Arks will be furnished on request.

o **Barbara Valassis** announces a Five-Day Intensive and Training in Primal Techniques, Aug. 16-21, at Temenos (between Detroit and Ann Arbor, MI). A limited number of participants will be accepted for the residential program. Instructors include **Barbara, Jan Millenovich, Jens Wennberg, Nancy Miller, Michael Hoyland-Young** and **Terry Larimore**. The cost is \$500. For information or to reserve your space, call Barbara at (313) 478-5559.

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.

GALLERY REMINDER

adapted from notes by Sally D'Alesio

"The Gallery," which was first seen during the 1990 convention, is coming back again! So, dust off that charcoal, whittle up a figure or two, dab some bright colors across a canvass and bring it on down to the Farm!

In order to plan for the showcasing of your work, please send (by August 1, please) a brief description of the work(s) you will be sharing with the IPA community to:

Sally D'Alesio
251 North Middletown Rd.
Pearl River, NY 10965

If you play an instrument, chant, sing or do poetic or dramatic readings, consider sending in a 10-minute tape of your performance to the same address. These will be strung together for an audio-art piece that will play during the Gallery viewing hours. Your cassette will be returned at the Convention.

Questions? Write to Sally. Space is limited so get your descriptions in soon!!

WINTER CONFERENCE TAKES SHAPE

by Dan Miller

Karen Buck, Howard Reinheimer and I had a very productive conference planning meeting in April. The conference, scheduled for March 7, 1992, is on Male/Female Issues and The Sexual Contribution. We haven't selected a keynote speaker as yet and we welcome recommendations.

The present outline of topics covers a wide range of questions from primal and interpersonal to gender identity and sexual alternatives. Issues such as whether there are hard and fast definitions for male and female or whether it's more like a Yin-Yang sliding scale; whether family contributions to problems and solutions are bigger than social pressures, movies, TV, religion, etc; whether and how aging in our population makes a difference, and more could be included.

The committee felt that the topic has so many intriguing possibilities that it would be best not to make a decision until presenters' proposals were received. We decided to wait and let the conference direction emerge.

In addition to breaking into small groups, we thought it would be a good idea to have a general meeting at the end to bring everything together: people, ideas, perspectives on problems and solutions in a sharing forum between presenters and attendees.

There are exciting possibilities because the topic so strongly affects everyone's life at its core. Members are invited to the next planning meeting, 7:30 p.m. Sunday, June 30. Call me at (718) 789-0515 for the location.

IPA MEMBERSHIP INFORMATION

INCOME	Individual	Family
Full-time student (with proof)	\$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 yrs)	\$1000	\$1500

Foreign memberships (except Canada) add \$10.
ALL DUES ARE PAYABLE IN U.S. FUNDS ONLY.

For full membership details, call Loretta Fogel, (215) 885-3843.

MEMORIAL DAY Monday, May 27, 1991

by Michael Gottlieb

Memorial for Private Benjamin Gottlieb killed in combat during the battle of the hedegroves St. Lo, France, July 23, 1944

How much blood can the earth soak up?
The Earth herself cried out: "Too much blood!"

The trees stand, silent sentries.
Mute witnesses to the carnage and the bloodshed.
Recording men descending into the animal kingdom.

The battlefield is long quiet.
The cannons no longer spew out their deadly venom.
Bullets no longer cut the air.
The cries and screams of the wounded shrouded in silence.

Mercifully, the rains have washed away the blood.
Cemeteries neatly arranged the gravestones.
On the surface, all seems tidy and peaceful.
Yet, broken hearts continue to bleed.
And choked throats silently sob.

Governments took their marching orders from the
consciousness of humanity.
And men simply killed each other.
Strangers slaughtered each other to satisfy the consciousness
of humanity.

Dad, I see little boys walking with their dads.
Dad, I see dads playing with their sons.
We never walked together, Dad. We never played together.
We never talked. We never shared.
Dad....I never knew you.

Dad, the other kids all had their dads. Why didn't I have you?
A dad to guide and teach me the ways of this treacherous society.
Dad, I feel cheated and deprived.

Dad....I never knew you.

EDITOR'S CORNER

by Terry Larimore

I get all kinds of articles, stories, poems, etc. for this newsletter. (Not enough, mind you, but what I do get is usually quite varied.) Most of the time, I just try to find space for everything and do my best to give each issue some balance: substance, some humor, pictures, prose, poetry, etc. In putting together *this* issue, I had a problem with John Speyrer's report (excerpted as "A Personal Experience" below). I personally (please note that I am not speaking for the organization, here) find John's experiences to be very atypical of what a client in primal therapy will experience.

As a primal client since 1976 and a primal therapist since 1986, I am dedicated to spreading the living, growing primal integration process. It's the most powerful therapy I know of and I want more and more people to benefit from its discovery and healing processes. There are many people who receive this newsletter who have not been in primal therapy or are very new to the process. I was (am) concerned about the impression John's story might give. But I wasn't sure what to do.

It is not my place as editor to censor anything. Oh, I do edit (sometimes quite heavily) - for clarity sometimes and often for space - and I excerpt the newsletters, stories and news tidbits that are submitted and that I gather from various sources.

I thought about putting a "disclaimer" at the end of his article but I wasn't happy with anything I wrote and I didn't feel it was appropriate to put a "warning" on the article. (After all, I didn't put any editor's comments on the *other* "personal experience" story in this issue.)

In talking with a primal friend, I decided to let the story stand and just tell you what was going on with me and deal with the reaction.

I honor John for his perseverance. It is not easy to pursue therapy as a "self-primaler" and I know he has gone to a lot of effort to attend workshops in other cities. I am also concerned.

So, I toss it out to you - the reader. Any suggestions? Agree?? Disagree?? Shocked? Disgusted? IS John's experience typical? What's it like for YOU? Is anyone listening?? I await your reply.



Steve Austill (of MA) and Silver Fox Mette (of FL) at the Spring Board Meeting.

A PERSONAL EXPERIENCE

excerpted from a letter to Larry King written and submitted to the newsletter by John Speyrer

Yesterday I awoke at 3 a.m. and was unable to return to sleep. During the day I had been very nervous but unable to primal. Primalling was impossible. I became more and more distraught. Later, I developed some chest tension and decided to go with it. I felt the need to pressure my chest and used a wooden log for this purpose. After about 20 minutes of chest pressure, tension began to dissipate and I felt more relaxed. The pressure was not gentle. There were bruise marks on my chest afterwards. Soon the tension built up again as I developed a painful lower backache. I repeated the procedure with the log and was able to attend a luncheon tension free.

About 7 p.m., I had an overwhelming attack of anxiety. My blood pressure rose to 170/110. I needed to primal but could not. I felt horrible. The anxiety slowly began to diminish and I remembered a dream that I've been having for years where thugs are pummeling the top half of my body but I never fall down. The slow-motion blows feel somehow "correct" and don't hurt.

The memories of the dream became more vivid and I became more frightened. I lay down on the wooden log and

pressured my chest and thought of the scene in the dream. I let the feelings intensify and imagined the attackers were using sledge hammers to rip away my chest and then.....CONNECTION.

I began wailing like a baby, my body arched and I began straining and pushing to "get out." My body shut off the primal after about 10 seconds but it was nonetheless resolving and left me with a sense of well-being.

There is a lot more to feel about this but at least I know it's there and at last I've begin to feel it! This feeling will become easier to access and I hope I won't have to have an anxiety attack to connect. The feeling of being half in and half out has been with me for a long time. I'd worked unsuccessfully on feeling it before but I guess that feeling was not "due" to come up so I had to feel a lot of other things in the meantime.

If my primal history is any guide, I'll be re-experiencing this feeling for many, many months to come.

I slept well that night and have been feeling good today. I know it won't last. Soon my body will start hurting again and I'll know it's primal time again.

"SURE IT'S HARD! BUT ALWAYS WE ARE HERE HELPING YOU"

Condensed from a paper by Michael Adzema

This experience helped me a lot at a time when I was in a really bad place in my life and my therapy. I want to share it in the hope that it might help someone else. This was not a dream, nor was it a fantasy in any ordinary sense of the word, although you may consider it that if you wish. I can not doubt that an unusual thing happened to me, which was unlike anything I had experienced prior or since. It was related to certain experiences/ feelings I was having at the time but was very different from "having feelings."

At the time, I was in a lot of despair about what seemed to be the immensity of feeling all the feelings I would need to feel to have the kind of life I truly wanted. The experience was, therefore, encouraging - like receiving a good ol' cosmic slap on the back - and it helped me.

Consider: We in primal are, in some ways, a unique group. Generation after generation of Western culture has engage (with little awareness of the consequences) in passing its personal pain and traumas to its children.

We, in primal, are saying: "Let it end here. Let us not continue this madness any further." Attempting to break the vicious cycle, we make the Gandhian effort to take it into ourselves, to "feel" it lest we be like our parents. And it's hard!

This experience allowed me to accept that - to not fight the therapy as much. I am more accepting of life now...even with its pain.

Journal Entry - June 28, 1980: I was lying in bed last night with Maddie. Couldn't sleep, the air conditioner too loud. Suddenly I was aware of all this energy coursing through my body. It was really scaring me. I tried focusing on my third eye to control it. I could sense and was scared of other "presences" in the room. I thought I heard a woman's voice behind me, over my left shoulder. Without realizing the transition, I found myself projected into a panorama of history with a woman's voice narrating.

She described how once there lived "noble" beings. I could see vast and colorful panoramas of peoples exuding "nobility" and "integrity" (for want of better words). The woman explained that the peoples degenerated and, as if in demonstration, I began seeing battles and wars. I was in the midst of them yet I was still aware that I was in my body lying on my bed. Even so, I was afraid that I would begin taking on the bodies of the warriors and would feel pain like they were obviously feeling. This feeling was especially strong when I was among two group of warring parties going at each other with hatchets.

Although it was happening all around me, nobody noticed me. In fact, I believe they may have passed through me! This scene, along with other dramas, passed and it was explained that it was time for a regeneration of peoples on this planet.

Still aware of being in bed, I let myself walk through many landscapes and terrains in which I felt I could easily have lived at one time. All of them seemed to be viable habitats for different people. Certain places brought up bad feelings, foreboding, scared feelings. I feared meeting some dangerous and

evil entity or being stuck in an undesirable place. In line with Seth's statements about consciously altering and changing his environment, I decided to stop believing in the one I was in. The environment went away and there was a blank grayness as I awaited a new scene. All this time, I would vaguely return to the feeling of my body - on my back, arms outstretched, in bed. I didn't need to move and was perfectly comfortable. I could hear the AC and Maddie's breathing. Several times during this experience, Maddie had put her arm around me in an encouraging way as if, in some deep part of herself, she knew what I was going through. I was enjoying the color, the expanse and freedom of consciousness, the fact that it was important and new - so I dearly wanted to stay despite my fear.

I became aware of a far off light and I heard Maddie say (to somebody else) "Is he moving? Is he breathing? Do you think he's dead?" I remember thinking how silly that sounded. But then I suddenly wondered if maybe I WAS dead! I remembered the accounts I'd heard of people dying and not knowing, how they'd hang around and watch other people's reactions to their deaths.

It was interesting - a change from the constant struggle to survive and grow. But I also felt there were many unresolved "loose ends" in my life.

I decided to find out if I was dead or not so I forced myself up, forced my body to move and sit up. I was mildly surprised that I could do this. I looked at Maddie, who was still sleeping(!), and realized that she hadn't "physically" been sitting over me or talking about me. But, I felt that some part of her *must* have been. Realizing I wasn't dead, I lay back down and drifted back into the deepness. After that, there were some actual dreams of being at my Grandmother's house.

I remember that I didn't know how I'd possibly remember all the experiences and all I saw and learned. It seemed like a lot of time crammed into a short period. I remember hoping to retain as much as I could.

...continued on next page



Susanne Bersbach talks with Silver Fox Mette during a break in the Board Meeting at Bill Smukler's in Philadelphia, Fall '90.

continued from previous page

It felt like the part about the regeneration of the peoples on this plane was an answer to my despair about working on my feelings. It was like saying, "Sure it's hard. What you're talking about is the reversal of hundreds of generations of degenerate and violent habits, customs and activity. There are many others in your time struggling to do this just like you."

The feeling I was left with was/is: "So don't despair. There are others like you doing it, and we're (out here) helping you, too."

Currently on a cross-country adventure, Michael can be reached through P.O. Box 41755, Santa Barbara, CA 93140-1755. He receives messages at (805) 566-8000.



Elva Shultis, of PA, and Katie Lori McConnell, of NJ.

NEWS FROM MASSACHUSETTS

from notes supplied by Boston Primal Association

This newsletter should arrive just after the Saugus Chapter of the Boston Primal Association has returned from its annual "Camp Leslie Weekend" near Georgetown. Members of the group make an escape from the city for a weekend of sharing, exploring deep feelings under professional leadership, relaxing in the pines and along the lake, enjoying music and sports and more. Participants in past Camp Leslie outings have been extremely enthusiastic about returning - citing the camaraderie, the beautiful setting and the benefits of the feeling work they did there.

We had a workshop on "The Love Need" in May. It was specifically designed to explore the hurt and anger that erupt in primal sessions which is, upon deeper exploration, is due to our need for love.

Activities continue to draw new people and we keep growing!

Our new MetroWest chapter is now meeting in Maynard, facilitated by Hal Geddes. All persons doing primal work are welcome. Anyone interested can call Hal at (508) 877-6866.

And finally, we are proud that BPA founder and current leader, Steve Austill, has been nominated for President of the IPA. He chaired the IPA's annual conference in 1990 and has served as Vice-President. Congratulations Steve!

ANNUAL MEETING MATTERS

The IPA Board of Directors will present the following slate of officers for consideration at the Annual Meeting in September at Appel Farm. In accordance with the bylaws, nominations will be accepted from the floor.

President: Steve Austill
Vice-President: Hal Geddes

NOTE: Karen Buck, Secretary, and Loretta Fogel, Treasurer, each have one year to go on their two-year terms.

Howard Reinheimer (of NY) and Barbara Valassis (of MI) enjoy the mild spring day during a break in Process Day at Appel Farm, May 1991.



Keith Borden, of MI, strategizing during a gathering at Temenos. Good luck Keith!!



THE BOOK NOOK

review by Terry Larimore

Journey of the Heart - Intimate Relationship and the Path of Love by John Welwood, Ph.D. 1991. Harper Collins.

Very few "popular" books on psychology or relationships encompass so much of what we, as primal people, know are essentials to health: acknowledging all of our feelings, deep honesty and expression of feelings (even the "bad" ones), the importance of getting to know our shadows, the power available in fear and the profound role of vulnerability.

Welwood speaks strongly and compassionately about learning to live from the heart and developing the skills and commitment to be dedicated to true love, not the romantic notion of perpetual infatuation, but love manifested in the willingness to be nakedly and feelingly who we are without pretense, defense or offense. He particularly emphasizes the importance of taking "difficulties" as "opportunities" and using our everyday experiences as a foundation for tapping into the larger powers of life.

Welwood speaks gently yet forcefully about what we must do if we are to be intimate and how important it is to all of us (individually and collectively) that we develop the willingness to learn.

AESTHEMA NEWS

by Arnold Buchheimer

The time has come to pass on the responsibility of editing Aesthema to someone else. The last issue, on "Spirituality," was the last issue for me as editor. (But I understand the next issue is still in-process with an interim editor.) Just what will happen to the IPA journal isn't clear. The board, at the last meeting, discussed various possibilities - including letting the newsletter assume more responsibility for publishing lengthy material.

Until another editor is named and the format for the journal (if any) is decided, you can address your comments and concerns to the executive committee.

I have enjoyed my time as editor and look forward to staying in touch with the friends I've made through the IPA. To the many IPA members who were so supportive during my heart surgery and subsequent health problems a few years ago, I want to assure you that my resignation is not due to bad health. I've received a grant from the Department of Mental Health here in western Massachusetts to study recovery from mental illness. I plan to produce papers from the research....and possibly a book!

Stay in touch. I'm at 130 Appleton Ave., Pittsfield, MA 01201 or (413) 442-2261.

Prior to Primal

II

by Kathy Devereaux Le Shack,
November 17, 1986

In a room
Where I've not been
I'm s'posed to do
The Primal Scream.

I did it in
A room upstairs
With rocker, table,
Couch and chairs.

KayPro, charts,
Some puzzle things
And a telephone
That sometimes rings

But for the room
I've never known
My fears are
Clearly overblown.

Bob Van Dyke and Jean Van Stone at a gathering at Temenos.



ROSES

...to **Arnold Buchheimer** (ending his service as editor of Aesthema) and **Bill Caldwell** (resigning from the board) for their generous service to the IPA.

...to **Art Sichel** for blocking for several years the considering of "accreditation of therapists" and to **Steve Austill** for pushing for several years to have us consider "accreditation of therapists." Everyone agrees that, were it not for these guys' insistence and willingness to stay true to their deep inner sense of what was needed, the current energy for looking deeply into the issue would not have happened.

...to **Loretta Fogel** and **Barbara Cope** for making the arrangements for the meetings at Appel Farm.

...to **Becky Austill Clausen**, Steve's daughter, for the delicious (and unexpected) chocolate chip cookies at the last Process Day.

...to **John and Frances Larimore** (Terry's parents) for helping fold, stuff, label and stamp the last year's worth of IPA newsletters. Their volunteering saves us money!!

...to **Jens Wennberg** and **Nancy Miller** for transferring the film of primal pioneer Bill Swartley to video and make a copy available to the IPA.

...to **Kate McAteer** for bringing the music to the evening gathering after Process Day.

"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 a suggestion for a "Roses" listing to the editor.

NEWS FROM MICHIGAN

from notes submitted by Bill Caldwell

Temenos, the primal community center between Detroit and Ann Arbor, has celebrated its first anniversary!! We are growing - sharing goals, problems, caring and commitment to a common destiny. From this small nuclear community, we have begun to reach out and influence the larger community.

We are pleased that the Primal Integration of Michigan, headed by Barbara Valassis, M.A., is now holding most of its programs at our center. We are able to offer weekly groups, marathons, private sessions, a weekly men's group, workshops (in a variety of growth related areas) and more. Among our special guests who've lead special themed weekend workshops are Mary Thompson (of Philadelphia) and Dan Miller (of New York). Friday Community Nights are an established and, if attendance is any indication, cherished custom.

We had a Sand Tray Party on May 3 to kick off our new sand play room. Everyone brought items for the shelves and delighted in the freshly painted room and boxes.

For anyone new to primal integration work, we make a special offer: you may come to any weekend marathon for free.

The only requirement is that you stay to the end of the workshop so you are assured of a complete overview of the process. Inquiries to: Bill Caldwell, Temenos, 6823 Pontiac Trail, South Lyon, MI 48178. Or call Bill at (313) 4865-3913.

PONDERABLES

I maintain, despite the moment's evidence against the claim, that we are born and grow up with a fondness for each other, and we have genes for that. We can be talked out of it, for the genetic message is like a distant music and some of us are hard-of-hearing. Societies are noisy affairs, drowning out the sound of ourselves and our connection. Hard-of-hearing, we go to war. Stone-deaf, we make thermonuclear missiles. Nonetheless, the music is there, waiting for more listeners.

-Lewis Thomas, in his book "Late Night Thoughts on Listening to Mahler's Ninth Symphony"

If you read this newsletter and would like to see it continue, please send in your articles, reports of your local primal community, personal experiences, photos (especially photos!), poems, lyrics of songs that touch you, articles about primal-related topics, book reviews, etc. If not, don't.

FROM:
International Primal Association
2742 Fernwood Avenue
Roslyn, PA 19001



Joy Joy Joy
Joy Joy Joy
Joy Joy Joy

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