

IPA NEWSLETTER

International Primal Association

460 Park View Dr. • Reading, PA 19606 • (215) 779-8842 • SPRING 93

HORMONES AND CULTURE: GIRLS WILL BE GIRLS AND BOYS WILL BE BOYS

by Paul Hannig, Ph.D., MFCC, CCMHC, NCC

Yes, there are differences between men and women! Significant and timely research has finally validated the differences between the sexes, not only culturally, but in brain structure and hormone levels as well. And these differences start before birth and solidify as we grow. Here is an observation from grade school.

I was visiting my six-year-old son at school the other day. While I was sitting with him during lunch, he let out a huge belch onto the head of his best friend. The boys has a rousing good time laughing at this obvious male hormone, testosterone, activity. However, the lunch-time female teacher quickly came over and reminded them of their lack of good manners, an obvious expression of the civilizing effects of the female hormone, estrogen.

The boys were interested in mild, harmless, mannerless rowdiness whereas the female teacher was interested in proper, civilized, relationship manners. I sat there with my male testosterone-bathed brain and found the belching behavior quite amusing and in no need of correction. Needless to say, I observed a real difference in the male and female wired brain.

Afterward, in the school yard, the sexual differences between first grade boys' and girls' play behaviour became even more apparent. The six-year-old girls were clinging and hanging onto me and my wife who was serving as a play yard monitor. The little girls were driven to relate from emotional attachment to my wife and myself. The boys, on the other hand, were very seriously involved in a rough and tumble, competitive soccer game. Their focus was not on relationship forming but on organized play, with rules governing mastery, winning, dominance, achievement, competency and competition. None of the male activities were geared toward intimacy and relationships.

Some of the little girls were focused on getting my son's attention. However, he was highly involved in sports activity and oblivious to the little girls who wanted to capture and hold onto him. One little girl demanded that I take David out of his game

and bring him over to her. Another girl seized an opportunity to grab and capture him and wouldn't let him go. She was trying to make him play with her.

In observing little girls, I saw that their play activity was less organized, less rule governed, non-competitive and geared toward relationship bonding. Little boys, however, only wanted to engage in serious competitive sports involving aggression, dominance, hierarchy forming, goal achievement and mastery.

If this sounds biased, it's not. This behaviour is simply consistent with the testosterone-governed structure of the right brain hemisphere which disposes males to superiority in activities involving spatial-visual acuity. This spatial disposition allows males to picture an object's shape, position, geography and proportion more accurately in the mind's eye - all skills crucial to the ability to work with three-dimensional objects or drawings. Boys will generally out perform girls in areas of math involving abstract concepts of space, relationships and theory.

Females, on the other hand, have a larger left brain hemisphere than males and the estrogen-bathed circuitry of the left hemisphere organizes the female brain to respond more sensitively to all sensory stimuli. Women do better on tests of verbal ability. Their brains are equipped to receive a wider range of sensory input and to integrate and relate that information with superior facility. The female brain places primacy on personal relationships and communication. Women hear better, are more apt to sing in tune, see better in the dark and are more sensitive to physical touch. They have a better sense of smell and will pick up more in a conversation based on the tone of voice and intensity of expression.

Yes, these differences start early and seem to stay with us as we grow older. This does not make one better than the other, but shows us the uniqueness of each sex. Accepting this, perhaps men and women can learn to appreciate each other for who they are...unique, wonderful, and different.

INTERNATIONAL PRIMAL ASSOCIATION

460 Park View Dr., Reading, PA 19001
215/779-8842
SPRING 1993

OFFICERS 1992-1993

PRESIDENT

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

VICE PRESIDENT

Hal Geddes
17 Riverview Ave., Maynard, MA 01754
(508) 897-5183

SECRETARY

Barbara Cope
460 Park View Drive, Reading, PA 19606
(215) 779-5289

TREASURER

Judy Kinsey
17 Riverview Ave., Maynard, MA 01754
(508) 897-5183

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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" (not High Density) 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 and address is incorrect (see the mailing label). Even if you are not a member, we want to stay in touch with you.

IPA'S STATEMENT OF ESSENCE COMMUNITY; PRIMAL ABREACTION; BEING

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.

NEWS FROM ALL OVER

Barbara Valassis of the Primal Integration Center of Michigan announces the annual Memorial Day Weekend Workshop, May 28-31. Nancy Miller and Michael Hoyland-Young will join the staff of the Center to present a Primal intensive group experience. It begins 7 p.m. Friday and ends 5 p.m. Monday. Food and lodging is provided in the fee of \$320. A pick-up at the airport or bus station can be arranged. Call Barbara for information and reservations: (313) 478-5559.

Dr. H. Silver Fox Mett  was in Houston for 10 days in September. He did both Native American teachings and Primal Therapy with individuals. Silver Fox will return to Houston Jan. 19-Feb. 2 when he will continue to see individuals and run groups. He will be presenting in area metaphysical stores and growth centers. For information on his Houston-area appearances, contact (713) 482-4961.

Mickel Adzema is requesting help acquiring copies of anything by Frances Mott, especially *Mythology of the Prenatal Life* (1960) and *The Universal Design of Creation* (1964). If you can help, contact him at Sonoma Grove, 41 Varda, Rohnert Park, CA 94928 or (707) 792-9851.

Paul Hannig, Ph.D., has a TV show called "Odyssey" that airs 9-10 p.m. PST every Monday on Channel 65 in the West San Fernando Valley area of California. Volunteers interested in working with his video production company to produce the show should contact Paul at (818) 882-7404. He's hoping the show can go national. Paul's video production services are also available for personal use or professional projects. Call him for prices.

Steve Austill announces that "Religion," an afternoon workshop sponsored by the Boston Primal Association-Saugus Chapter, is Feb. 21 at First Unitarian Church, 33 Main Street, Saugus, MA. \$10 admission. A pot-luck supper and community meeting follow at the same location. Information: Steve at (617) 233-1461. Future gatherings focus on "Rejection" on March 21 and "Intimacy" on April 18.

William Emerson, Ph.D., continues to present one- and two-day clinical training/supervision groups following his workshops. He will be in several locales in California as well as Seattle. For a complete schedule of William's work, contact him at 4940 Bodega, Petaluma, CA 94952 or (707) 763-7024.

News about YOU could be here - but you didn't send it in!

PRIMAL COMMUNICATION AND BEYOND: OPENING THE DOORS by Dan Miller

Now that the date, March 6, for the New York Winter Conference in New York is closing in on us, we are looking forward to it with increased anticipation. Patricia St. John, the keynote speaker, will offer first a lecture with slides, then an instructive, experiential workshop on the secret language of dolphins and autistic people. Her talk and workshop demonstration will fill the entire morning.

After lunch, the conference offers two workshops sessions of one and one-half hours each, with three presentations to choose among in each session. You can look forward to exciting presentations by Mickel Adzema (editor of the IPA Journal) and Mary Lynn Radford; Barbara Valassis; Ellie Bragar; David Karchere; IPA President Steve Austill; and myself, Dan Miller.

The topic Mary Lynn and Mickel have chosen is "Primal Visions: A Discussion on Multiple Realities." This promises to be a seminal workshop which can become a springboard for the integration of primal therapy with the new, expanded visions of reality being generated by many people's intuitions and experiences. Mickel writes, "We will 'speak together' concerning such esoteric phenomena as interspecies communication, biologically constituted realities, a contemporary primal renaissance, quantic psychology, the new physics, UFO abduction, and cellular and past-life experiences" - offering an idea of the startling scope of the topic.

Barbara Valassis presents an introduction to Bill Smukler's "Noah's Ark" Training Program, an in-depth intensive therapy and training experience for those wishing to understand and heal themselves of primal issues. Arks last 40 days and nights; the workshop is an hour and a half.

Ellie Bragar will enable her participants to deal more effectively with their immediate problems through experiential exercises in her workshop, "Dealing with Frustrations," focusing on career goals, loving relationships and self-confidence.

David Karchere is new to the IPA and comes to us with extraordinary insight and awareness about the extrasensory and spiritual world through his lifelong experiences and leadership in the Emissary spiritual movement. He also writes and plays incredibly beautiful music. His workshop will offer the experience of non-verbal communication through a method called Attunement, a deep-feeling experience that produces healing through focusing spiritual and psychic energies. He will explain its dynamics prior to the experience.

Steve Austill will keep us focused on primal experiences with "Feelings and Primal Feelings." His workshop will allow those

who participate to experience a primal either alone or with a buddy's assistance. It undoubtedly will be a special blessing for those who have had their feelings stirred up by the provocative workshops.

I will offer a demonstration of a primal past life regression in "Primal and Past Life Therapy." After experiencing a spontaneous past life regression following a primal, I studied with Roger Woolger to develop a merger of techniques. I will choose a volunteer from among the attendees in the workshop to demonstrate how primal and past life therapy may be easily combined.

We may also have wonderful surprise at this conference. The Emissaries have developed, among their various contributions to the universe, a very talented group of musicians and singers, some of who may be able to perform as a last and most lasting experience at the conference. We will know for sure very soon.

This conference will undoubtedly live up to its title, "Primal Communication and Beyond: Opening the Doors." After this one, IPA conferences will never be the same, so bring your friends, your would-be friends, and your in-laws if you have to, but don't miss it!



Teresa Smelser, Belinda Lee Yalin and Katie Lori McConnell (left to right) brave the elements (how cold can it be with two of you barefoot?) for a workshop out on the platform during the Summer Convention.
- Photo by Karen Buck

★ We welcome your regional reports on local activities of interest to the primal community as well as comments, book/music reviews, articles, photographs, etc. for inclusion in the IPA Newsletter. The deadline for the June issue is May 10, 1993. See info on page two concerning format and address for submitting material. ★

PHILOSOPHY AND METHODS OF WORKING IN THE PRIMAL PROCESS

by Steve Austill

PHILOSOPHY

The human organism flourishes with strong, gentle and loving care. When such care is not received or when abuse or violence is imposed on the human, a defense is erected. To put it another way, when a trauma happens, a defense is raised. The defense can have an infinite variety of forms. Some examples are aggression, depression, addiction, illness, suspicion, dominance, submission, excessive activity, "no one cares" attitude, serving others too much, etc. The human being defends in its most appropriate available manner at the time.

Most defenses are established early in life and continue into adulthood. For example, a child who is not really loved may defend by always being pleasant and smiling. In this way, he gets some of the love and attention that wasn't given freely. As he grows older, he continues using the defense of pleasing others and serving them. The defense has become a habit and an integral part of his "personality."

This pattern of trauma, defense and continued use of the defense long after the original trauma occurred is a universal phenomenon.

The trouble is that the old, ingrained defense system is not usually appropriate for adult living. In our example, a very tough world is not a good place to always please others. In fact, pleasing others who are bent on taking advantage of you is self-destruction. But as we have seen, adults continue with the same patterns that they developed as a child.

And so in the world today we see many people acting in certain ways that are really inappropriate and irrational. This is most obvious in criminal activity and addictions, but it occurs in almost every other area of life, too.

Because all of this started with an original trauma(s), primal integration therapy attempts to recall the trauma(s) in order to fully feel, understand and destroy its insidious power. Fortunately, the trauma is encoded and imprinted in the body, mind and cells of each person. In the therapy the memory gradually returns accompanied by feeling. As the memory becomes clearer the pain and other feelings become more pronounced. When the entire memory bursts forth, a whole range of feeling affects occur often including rage, terror, pain, sadness, and mourning. This is called a primal. When enough primals have taken place, the organism does not need its outdated defense any longer. Then personality and behaviour changes and they become more who they really are.

METHODS OF WORKING

Individual sessions: client-centered listening, support, affirmations, short cutting self-defeating statements, dream analysis, role playing, use of dummies, breathing exercises, guided imagery, touching when indicated.

Group sessions: All of the above plus the possibility of more role playing because more stimulus is available. Also, the group provides essential nurturance needs. Groups can give courage to others to have their feelings.

"WHAT I BELIEVE..."

by Barbara Valassis

I believe Primal Therapy is the deepest, most thorough type of therapy. Primal is not a band aid or just a means to cope better in the world. Primal is a process, basically self-directed, that goes to the bottom of the issues, the wounds, and cleans them out as completely as possible.

There is an inner force in each of us that guides us through this Primal process. As a therapist, I teach my clients to listen to their own process. It is unique for each person and although I am experienced and have pretty good clues as to where they are going or need to go in their process, I trust what comes from them.

An exception to this trusting the client is when I begin to see them as being stuck or repetitive. Then I may seed them with an idea to help lead them to a more productive or different path. Sometimes a person will develop a favorite Primal which, although very painful, is so familiar that they are comfortable with it. So, when some feeling comes up that is too scary, they will quickly

revert back to their "safe" Primal. After all, they're feeling their pain so what else could I want?

I have come a long way since the old days of Janovian Primal. My training with Bill Swartley and Bill Smukler was more broadly based. There was a Jungian and Eastern flavor to my training that has added a richness, I believe, to our work at the Primal Integration Center. The important word here is Integration.

We have incorporated many modalities to help people access their deepest Primal Pain and then connect it and transform their lives - Jungian Sandplay, dreamwork, Psychodrama, Gestalt, Grof work, music, massage. We also use T.A. theories when appropriate, as well as Inner Child work, affirmations, behaviour modification, hypnosis, guided fantasy, role playing, nurturing and community support.

We are hands-on facilitators. We do lots of holding. We re-enact

continued on the next page

PRESIDENT'S MESSAGE by Steve Austill

The IPA Board has had a very busy and productive time since our fine 1992 Summer Convention. Ginny (my wife) and I have had the pleasure of hosting the fall IPA meetings in Saugus, MA, for the past few years. Our process day was most interesting and we got a lot of work done at the board meeting the next day. Everyone enjoyed the waffles Sunday morning! The December meeting was hosted by Mary Thompson at her delightful and comfortable new home in Darby, PA. She arranged for wonderful food and surprised us all with blueberry pancakes on Sunday morning. These meetings are truly a wonderful experience. The energy that emerges is awesome. For example, the Saturday meeting didn't conclude until 12:45 a.m. (or was it 1:45 a.m.?). No matter. What helps is that everyone can have their feelings and thoughts freely. If you want to walk outside and take a personal break at any time, that's OK. Usually the discussions are so interesting that everyone stays put - transfixed.

In 1986 the Board began serious consideration of accreditation of primal therapists. Since that time we have come a long way. For example, we have learned that institutions are "accredited" and individuals are "certified" by institutions. We also decided to call ourselves Primal Integration Therapists, not Primal Therapists. This distinguishes us from Arthur Janov and highlights one of the major contributions of the IPA - our emphasis upon integrating primal insights into everyday life, mainstream of consciousness and community living. Just to empty out the PAIN is not enough. At the present time we are in a trial phase of certifying Primal Integration Therapists. Mary Thompson and myself are the guinea pigs. Our late night session in December consisted of a very serious and in-depth consideration of our backgrounds as clients. For the first time I know of we dealt with the complex issues of valid primal experiences. The Certification Committee and Mary and I will continue this in-depth process at an all-day session scheduled for May. We are definitely making progress toward

certification of Primal Integration Therapists.

Another important step was that the Board decided to set up a President's Discretionary Fund to help bring people who are "far away" to the summer convention. This new fund, made up of voluntary contributions, will enable people to come to the convention who would not otherwise be able to attend. "Far away" was put in quotes because we also want to stress bringing people to the IPA who are "far away" sociologically, racially, economically or any other way. The truth is that someone from the ghetto in Philadelphia might be "further away" from us than a new age type from London. Our goal is to become inclusive of one and all.

Mickel Adzema has taken vigorous hold of the IPA Journal project. We are all thrilled with his enthusiasm, intelligence and primal insights. Our biggest problem is the money to produce the journal. Silver Fox and the Publications Committee are working on possible ways for the IPA Journal to be published at reasonable or no cost to us. We hope a journal will be forthcoming soon.

We are all looking forward to the winter New York Conference chaired by Dan Miller and featuring Patricia St. John speaking about the secret life of dolphins. The 1993 Summer IPA Convention on Subpersonalities by Barbara Valassis promises to be a hum-dinger, too.

We send a hardy "Get Well" to several of our board members have been ill: Louis Mezei, Karen Buck and Sally D'Alesio. Our thoughts and best wishes are also with primal pioneer Graham Farrant, of Hawthorne (outside Melbourne), Australia, who is not well.

My best wishes to all of you for a most happy and fulfilling 1993. I look forward to seeing you March 6 in New York and Aug. 31-Sept. 6 at Appel Farm.

"What I Believe..." continued

traumas that involve physical touching, sometimes wrestling. We do all of this in a group setting with safety provided for all concerned. Most of our clients are incest or sex-abuse survivors. It doesn't appear to be enough to just talk about bodily abuse. It is locked in the cells and needs to be released in a physical way.

About Cellular Consciousness - again the memories appear to be locked in the cells even in a primitive way. The experiences people have with this work change their attitudes and lives in a profound way. Who is to say it can't be true?

The same issue arises with the sometimes spontaneous Past Life Regressions. I believe they may be true; however, even if they

are not, they seem to be a metaphor for what is happening in their process and life. I am a believer in Reincarnation and have had some very important Past Life experiences myself.

Again, it is extremely important to be there with the client no matter where their process takes them. Helping them to interpret their experiences is also important. Come clients are very aware and don't need assistance. Others need a little help to sort out what is happening to them. Sometimes they need to hear my feedback.

This is one in a continuing series statement for a proposed anthology. Send feedback and comments to: Steve Austill, 12 Mt. Vernon St., Saugus, MA 01906.

FOUND FRIEND LOST FRIENDS

(Editor's note: We received this note from the IPA's first Newsletter Editor, Lisa Novick, after the last issue was printed.)

Dear IPA Folks,

I just finished reading the newsletter you so generously keep sending me. I felt quite nostalgic seeing so many names and pictures of people who were so dear to me for so many years - it has been a long time. My work as a healer has taken me into other realms, powerful, but very different from the primal work, though I am glad that I am comfortable with intense feelings when they show up in my work with clients. The many years I spent in primal therapy have been invaluable to me. I have spent the last three years developing a system that includes healing on the physical, imaginal, emotional, mental, unconscious, karmic and soul levels; working from a viewpoint that includes energetic fields, prayer and chiropractic techniques adapted to a spiritual framework. I am continually developing finer attunement to the subtle but effective energies of Spirit and the results have been amazing. God is a powerful therapist, and all we have to do is ask.

I know that many times therapists and group members work so closely and then never have a chance to find out how each other are doing; this has been a source of grief to me at times. So I want to take this opportunity to let you all know that I am very happy, extremely healthy, and continually exploring further; my life is fulfilling and exciting; and I thank all of you who joined me on the path to health. I am living on a beautiful property in the Berkshire hills of Massachusetts that used to be a center for teaching wholistic healing, which I get to use for my own workshops and rent out to other groups and individuals. I am now in the wonderful process of bringing my sister out of the horrible maze of schizophrenia into a new life and my aunt out of years of excruciating physical pain, so all of the circles are completing themselves. I hope all of you are well.

I love you. God bless you,
Lisa Novick, (413) 229-2396
Star Route 65, Box 140, Great Barrington, MA 01230

SHUTTING THE NOISE OUT (OR, MAYBE, IN)

provided by Harriet Geller

The New York Times published an article on creating a soundproof room - to protect others from your noise or to provide a quiet sanctuary away from other's noise. It has detailed illustrations and details for "floating" walls, ceilings and floors. Copies are available from the newsletter editor.

We've lost touch with a couple of old friends. Does anybody have current contact info on Gerald Baker or Gary Sugarman?? If so, please send info to IPA Secretary Barbara Cope (see address on page two). Thanx!

IPA MEMBERSHIP INFORMATION

INCOME	Individual	Joint
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
More than \$100,000	\$110	\$154
Lifetime (payable over 5 yrs)	\$1000	\$1500

- Children under 18 years of age may be included as members under all memberships.
- Joint memberships receive ONE mailing of the newsletter, journal, conference/convention programs, etc.
- Foreign memberships (except Canada) add \$10.
- ALL DUES ARE PAYABLE IN U.S. FUNDS ONLY.

For full details, call Barbara Cope, (215) 779-8842.

To join, mail your membership fee to IPA, 460 Park View Dr., Reading, PA 19606.



IPA President Steve Austill makes a presentation during the IPA Summer Convention.

Photo by Karen Buck

Barbara Findelsen makes a point during her keynote presentation at Appel Farm, Summer 1992.



WE SEND ROSES TO...

...Steve and Ginny Austill for hosting the fall board meeting in Saugus, MA in October. Also thanks to the volunteers who help make the church so nice for the process day and arrange for rides, food, comfort and more!

...Mary Thompson for hosting the IPA Board Members and assorted visitors for the December Process Day and Board Meeting! We invaded every square inch of her home and she was a gracious and generous hostess! She even padded the basement so we could be comfortable.

...Loretta Fogel for the delicious home-made breads at the December Process Day and Board Meeting.

...Karen Buck for all the photographs in this issue.

...Mickel Adzema, Harriet Geller, Dan Miller, Barbara Valassis, Steve Austill, Hal Geddes, and Terry Larimore for material in this issue.

...Barbara Valassis for her talk on "Primal Therapy and a Comparison to the New Identity Process" at the New Identity Assoc. of North America. The NIP is based on Casreif's work.

...Alec Rubin for hosting the John Lennon memorial and giving a discount to IPA members.

...John Rowan for promoting the IPA in his books and publications.

...Silver Fox for representing the IPA in speaking to the Association for Humanistic Psychology and other places.

CONSENSUS PROCESS

[Editor's Note: The IPA Board uses consensus in most of its decision making. It is sometimes a difficult way to conduct business but reflects the IPA's emphasis on the importance of every person. This article was submitted without an author's name or source.]

Those of us who love consensus process see it as a spiritual practice rooted in the idea of each person's immanent value. The North American peace movement adopted consensus from the Quakers, whose religion recognizes the Inner Light as the spirit as immanent in each human being.

Many resources exist for learning consensus process. I have observed that consensus works best with less formality and more humor, so I will describe it loosely here, as follows.

A topic or issue is discussed by a group, and everyone's opinion is sought. Eventually, someone suggests a plan of action - makes a proposal. If response is enthusiastic and support is general, people are asked to state their concerns. The proposal is gradually modified until concerns are met. The plan is solidified when everyone agrees that it best meets both the circumstances and needs of the group. Consensus is reached. Often, the plan is formally stated or written down; otherwise, people tend to forget their agreements.

When consensus works well, it becomes a creative process. The group examines all facets of an issue without becoming polarized into opposing positions. Aspects of an idea that one person might miss are seen by others. Proposals synthesize previous discussions and then are further refined until the best possible plan is made.

Of course, people don't always reach total agreement. Individual may express reservations or "stand aside" - not participate in a particular plan. An individual who has a strong moral objection - not merely a disagreement, however sharp, but an ethical concern - can actually block the group from carrying out a plan. [Note: The IPA does not adhere to this strict use of blocking.]

The possibility of a block exists in the consensus process out of the realization that a flaw in a plan may at times only be apparent to one person. But blocks are, in practice, used rarely; generally, extremely strong objections are brought forth in discussion and the plan is either modified or dropped. But the potential to block shapes and limits discussion. An underlying premise of consensus is that if a group's course of action causes someone extreme distress, it's probably not worth doing. It will cause too much resentment and undermine the group's cohesion. The blocks becomes an unspoken expectation of how much power each person is entitled to wield.

We are trained to have little to say in the decisions that affect us. We may hesitate to voice our objections or go against what others seem to want or believe. But consensus only works when we do voice our own truth. Often, when we risk speaking out, we find that others share our concerns.

Over time, we become accustomed to shaping decisions. The sense that we are entitled to power becomes ingrained and strengthens our sense of worth. Consensus can function as a healing process and as a radicalizing process, for when we get used to being heard and valued, we become less and less patient with systems that invalidate us.

BOOK NOOK

reviewed by Barbara Valassis

Subpersonalities: The People Inside Us

by John Rowan

Routledge, Chapman and Hall, Inc., 1990

29 West 35th St., NY, NY 10001

John Rowan explores different theories of subpersonalities and methods of working with people in a concrete, down-to-earth and easy-to-read book. He suggests that we all have a number of personalities that express themselves in different situations and that by recognizing them we can come to understand ourselves better and improve our relationships with others.

John explores ideas from the earliest times, 4000 B.C., through Mesmer and up through the '60s to the present day. He discusses the development of subpersonalities, the Primal split, archetypes, the real self, the transpersonal self, the soul and many other aspects of this fascinating subject. He spends considerable time on different therapeutic approaches with clients to integrate or cooperate with different parts of their personality.

I was so enthused about John's book that I volunteered to be the 1993 Convention Chairperson so we could focus on Subpersonalities. The Call to Presenters was sent early in January and I hope you will all be as intrigued by our topic as I am. John has agreed to be our keynote speaker and also to do a workshop. I really look forward to being with John during our convention week.

Come, come wherever you are,
Wanderer, worshipper, lover of leaving;
Come, ours is not a caravan of despair.
Though you've broken your vow a thousand times,
Come, come again.
-Jelaluddin Rumi



Part of the crowd as we assembled for a group photo at the 1992 IPA Summer Convention.

GROUP PHOTO

Enlargements of the official group photo with a "key" of everyone's name is available for \$10 for an 8" x 10" or \$20 for a 12" x 18" from Steve Austill, 12 Mt. Vernon, Saugus, MA 01906.



'92-'93 IPA BOARD MEETING SCHEDULE

- March 6-7 New York Winter Conference and Board Meeting in New York City. The one-day conference is at the Gramercy Park Hotel, NYC, on Saturday with the Board Meeting on Sunday at a location to be determined in Manhattan. Registration form are in the flyer you will receive soon (or may have just received)
- May 22-23 Process Day and Board Meeting at Appel Farm, Elmer, NJ. Board members should RSVP with information on how many nights they will need meals and lodging (Friday night through Sunday lunch). Visitors should make reservations with Steve at least one week prior to the meeting, please. Contact Steve Austill at (617) 233-1339.
- Aug. 31-Sept. 6 Annual Convention on the theme of Subpersonalities. Convention chair Barbara Valassis promises an exciting time! The convention is again at Appel Farm and details will be forthcoming as quickly as Barbara and her committee firm up the details!

SWING ON, SWEET PENDULUM

a condensation of an article by Mickel Adzema

Is there cause for hope in the recent elections for the future prospects of the IPA and a renewal of interest in primal psychology? The primal heyday was in the late '60s and the '70s. Then, (suspiciously, around the same time that Reagan got elected) people weren't coming anymore. We'd learned so many things, grown, gotten vision - and suddenly there was no one to pass it along to.

Subsequently, we had a twelve year period when, nationally, fiscally and economically, people looked away from their problems. The country mortgaged the children's futures to bankroll a spell of elitist affluence - a sugar binge of cocaine, money and religious fundamentalism. Now, with the swing to Democrats nationally, has the pendulum begun to swing back?

SMALL EVIDENCE FOR HOPE

Lloyd deMause and other psychohistorians claim there is a relationship between political events and people's inner lives. Aren't the Democrats' policies, which are conceded to be more concerned with people than big business, going to be flowing in the direction we are already paddling?

We have Hillary Clinton's promise to make children's rights and the condition of children her top priority. Clinton himself said on election night "Lastly, I want to thank my daughter for being a continual reminder to me of what this election is all about."

BIG EVIDENCE FOR HOPE

I propose there is a new paradigm shift. I have felt "out" the last 12 years. The outgroups designated by our last two presidents - "those freeze folks," "those anti-war characters," "always tearing America down," "those bleeding heart liberals" - always included ME. If people are derided for having "bleeding hearts," what does it say about the feelings of the dominant culture concerning a sensitive, feeling person like myself?

An old-paradigm aspect of the previous generation was its duplicitous character - reliance on deception and manipulation to get things done. The new administration pledges allegiance to the primal values of openness, honesty, inclusiveness, integration and unity. Deception is certainly not primal! The Clinton administration's rhetoric mirrors ours and that could be quite helpful.

BIGGER EVIDENCE FOR HOPE

I suggest that external events have this uncanny tendency (one might even say necessity) to reflect our internal events - both as individuals as well as collectively. With this in mind, considering the events of the recent year, I propose the time is deliciously auspicious for our prospects - individually and organizationally.

TWELVE YEARS OF NUMBNESS AND ESCAPE

We picked a president in 1980 who was the epitome of psychic forgetting and obfuscation. It is fitting that he was an actor - indicating the pre-eminence of the persona, the unreal self. True to character, his administration created what one might expect. In addition to massive investment in defense, the national debt quintupled in that time. Here again, the culture externalized its internal structure - behaving as traditional parents who require from their children what they did not get from their parents when they were kids. So, the debt was passed from generation to generation.

IN PRIMAL WE FACE IT

Primal people face the truth of their early deprivations. Knowing this pattern, we refuse to let the insanity continue. Our stance is also a recognition of the truth, an upswelling of life-affirming courage to face the truth.

NATION FACES TRUTH

We saw the rise of Bill Clinton, Ross Perot, Jerry Brown and Paul Tsongas. Their basic message was that we've got problems and have to face them. Finally, the people of the country actually voted to turn around, finally, to face the problems and do something about them. Furthermore, people voted to acknowledge that it is morally wrong to continue mortgaging the "American dream" so we might have it a little better in the present.

A NEW SOBERING?

It just may be that the reversal in the current election means the populace is willing to confront its problems. On the psychic level, this means that people may be more willing, once again, to face their individual pain. I predict that this willingness to deal with the economy, crumbling infrastructure, etc., presages a renewed interest in primal techniques and a new acknowledgement of the necessity of fixing what is wrong with us on the inside, too.

OUR CHANGING PRIMAL PERSPECTIVE

In my personal experience, there is a new openness to primal idea. We may have outlasted our bad publicity! Fueled by rising addictions, aggressions and the concurrent interest in 12-step programs, we've seen a plethora of interest in "inner child" work. Along with this, we see a rise in interest in modalities, authors, and topics closely aligned with primal therapy. A lot of us have waited a long time for the pendulum to swing back. It is finally happening. We must get on the vanguard, help lead and direct it. When the direction of the country turns in the direction of the growing edge, where we are standing, look alive. They are facing our way!!

Mickel can be reached at Sonoma Grove, 41 Varda, Rohnert Park, CA 94928 or (707) 792-9851.

Dan's Place

by Hal Geddes

I've gone through several hair styles since I began my own primal work in 1974. Eventually, my style reflected my inner sense of me and had no conscious connection with current social fads at all. But there is a kind of pressure to at least cut one's hair once in a while, so I do. Recently I've done this by going to see Dan, who owns a hair-styling place on a nearby major thoroughfare. We have had some discussion about psychology and even talked around the edges of Primal Integration.

On my last visit, as I sat down wet haired for the work to begin, Dan asked me if I would like to critique a anonymous poem that a women who drops off certain supplies for his shop had given him recently. He had extra copies and gave me one. Here it is:

After a while you learn the subtle difference between holding a
hand and chaining a soul,
And you learn that love doesn't mean leaning
and company doesn't mean security,
And you begin to learn that kisses aren't contracts
and presents aren't promises,
And you begin to accept your defeats with your head up
and your eyes open, with the grace of an adult,
not the grief of a child,
And you learn to build all your roads on today
because tomorrow's ground is too uncertain for plans,



Gro Robinson boogies at dance at the IPA Summer Convention.

After a while you learn that even sunshine burns
if you get too much,
So plant your own garden and decorate your own soul,
instead of waiting for someone to bring you flowers,
And you learn that you really can endure...
that you are really are strong,
And you really do have worth.

FROM:
International Primal Association
215/779-8842
460 Park View Dr.
Reading, PA 19001



TO:

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

*See you in
New York!!*