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# IPA NEWSLETTER

## International Primal Association • Fall 1994

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490 Park View Road • Reading, PA 19606 • (610) 779-8842

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### REFLECTIONS ON THE SUMMER CONVENTION

By Terry Larimore

These reflections are sketchy at best—but not for lack of attention! At times there were five (yes, count 'em, FIVE) workshops/activities to choose among—so even the most dedicated reporter can experience just a fraction of the goings on.

The IPA's 1994 Summer Convention unfolded amid cool nights and warm days—clear most of the time, with spectacular high, wispy clouds early in the morning. It wasn't the best weather for swimming, but gave relief from the summer's relentless heat (especially for us Southerners). Up early for the memorial gathering for Graham Farrant, I thought of previous years and how Susanne's dawn greetings evolved into the woman's group. Clean air, moist grass, cool breezes—I always like dawn at Appel Farm (and that's saying a lot since I'm NOT a morning person.) Speaking of early mornings, campers reported that the "lion's call" of one of the postures in Teresa's morning yoga group makes a great walk-up call!

We were blessed with *lots* of new faces and people from an amazing array of places: Iceland, Switzerland, Germany, Ottawa, Edmonton, Toronto, California, Michigan, Florida, Texas, Colorado. I regret that I didn't have as much time as I needed (and wanted) to get re-acquainted with old friends—much less get to know *new* ones. I look forward to future IPA events when these "new faces" become old, familiar friends.

The food was spectacular—bountiful, delicious and prepared with love by Lynne and her dedicated kitchen crew. The Appel Farm garden was so prolific that we were invited to take home all the food we could pick and carry. (I managed to take a half-dozen tomatoes back to Texas on the plane—but that was all. Drats!)

There were new twists on old standbys. The art gallery, brilliantly created again by our curator, Sally D'Alesio, this year had real walls. The theatre's new lobby features a room upstairs that is designed as a gallery and Sally took full advantage of the not-quite-finished room to mastermind another outstanding display of creativity—with items brought specially for the gallery and many produced on site.

The altar at the women's group—always laden with

*Continued on page 6*

By Steve Austill

There were so many good things about the IPA Convention that I hardly know where to start. But I shall begin by saying what an honor it was for me to attend. The most fundamental aspect is the quality of the people who come to the convention. Over the years, the IPA has attracted a special breed of courageous, caring, strong, and vulnerable individuals. What a magnificent group.

This year I came to Appel Farm with a cancerous tumor in my chest and received so many healings. The sculpture workshop, the holotropic breathing, the rosary, the Chinese body work, the eye movement, the sand box, the friendly gestures, the information, the caring, the gallery, working with Larry, the primal work, Bill's astonishing presentations, the food, the men's group, the Cabaret, the ride with Louis, and more—all added up to a major healing for me. I thank you all, especially Barbara Pitcher and Barbara Cope for heading it up.

Sometimes I have not recognized how significant an experience is as it is actually happening. But I know that this annual gathering has been truly inspirational for me. As a community, we are gradually opening up to the profound love in the universe. What a privilege it is to be a part of this unfolding. Thanks to all who came and made the 1994 Convention so wonderful for me. ■



1994 IPA Convention: Shmoozing outside the dining hall.

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**More Convention Photos  
Inside: Pages 4, 5 and 6**

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*Please send typed submissions (e-mail or diskette appreciated) to the Editor **no later than January 15, 1995** for the Spring issue. Send changes of address to the Keeper of the Mailing Labels. **Please note changes in above addresses.***

**IPA CALENDAR 1994 - 1995**

Friday, Jan. 13 - Committees, Process Day and Board Meeting  
Sunday, Jan. 15 - Mary Thompson's, Darby, PA  
Saturday, March 11 - Winter Conference  
Gramercy Park Hotel, New York City  
Sunday, March 12 - Board Meeting, (NYC location to be announced)  
Friday, May 19 - Committees, Process Day and Board Meeting  
Sunday, May 21 - Philadelphia (location to be announced)  
Tuesday, August 29 - 23rd Annual IPA Convention  
Monday, Sep. 4 - *Inner Healer—Mind, Body, Spirit*  
Appel Farm, Elmer, NJ

**MEMBER NEWS AND NOTICES**

**Sister Miriam Alessandra of the Heart of Jesus (Mary Wurm)** took her final vows as a Carmelite nun on June 10, 1994. She lives at Mount Carmel Hermitage, Route 1, Box 143, Houston, MN 55943-9737.

The Boston Primal Association, Saugus Chapter, now under the leadership of **Judy Lucrezia** (508-535-4181) and **Rainey Iacopucci** (617-246-5862), will hold workshops on November 13, "Family Gatherings," December 11, "Giving and Receiving," January 22, "After the Holidays," and February 19, "Mid-Winter Blues." Call to reserve a space.

**Lynne Snyder**, our wonderful chef at the IPA Convention at Appel Farm, is available for catering in the area and, perhaps, beyond. She specializes in luscious vegetarian and/or kosher cuisine. Call her at (609) 428-8714 or write to 1817 Cardinal Lake Drive, Cherry Hill, NJ 08003.

**Michael Hoyland-Young** has opened the Carlaw Therapy Center in Toronto. The center has offices for permanent resident therapists and a large room for groups and rental by visiting therapists. Michael offers multifaceted psychotherapy services including primal work, Expressive Arts Therapy, sand play and emotive body work. For more information, contact Michael at (416) 462-0627.

Somewhere between Appel Farm and Houston, **Terry Larimore** lost the list of people who had asked for copies of her story about Isla's Restaurant read at Cabaret. If you want one, send your address to her at 5218 Milwee #37, Houston, TX 77092 or e-mail your request to Louise320@Houston.relay.ucm.org. The annual "Tribute to John Lennon," an improvisational evening of performance pieces, music and dance directed by **Alec Rubin**, will be presented on Sunday, December 11 in New York City. Performers will include **Sally D'Alesio**, **Nuria Divi**, **Don Eschbach**, **Harriet Geller**, and **Benedicte Salvesen**. Look for the flyer in the mail or call (718) 898-5375 for the details.

The Primal Integration Center of Michigan is offering live-in primal intensives, monthly marathons, drop-in groups, and individual sessions. Call **Barbara Valassis**, (810) 478-5559.

**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.

## FROM THE PRESIDENT'S CORNER

By Mary Thompson

We have just had another extraordinary convention at Appel Farm, illuminating our International Primal Association with a new bright light of hope. Entitled "The Inner Child as Playmate and Teacher," the convention was served to us as a plateful of rich and meaningful experiences. We were offered tremendous numbers of planned and spontaneous activities, delivered with heart, by so very many people. I am proud to be a member of such a responsive, creative, dedicated community. To all those who worked so hard and were there to help when a need arose, I can only say thank you so very much.

Over the years the IPA has enjoyed more and more participation from members in the development and implementation of the convention. This is a welcome indication of how much more committed we are as a community. Through planning and skillful hard work, the convention co-chairs, Barbara Kay Cope and Barbara Pitcher, and the on-site co-chairs, Steve Austill and Larry Schumer, led us through to a coherent experience which was personally relevant to the participants, new and old.

This year, it felt as though we took a new step, responding to our visions of why we exist as an organization. We seem to be refining the tools we need to be able to share our primal experience and knowledge among ourselves and with others.

Time was scheduled for primal work each day at the convention. That in itself seemed to be important. I heard people speaking about their emotional relief and their sense of connection from the work they did at a primal level. Also, there seemed to be more informal talk about reaching out to the larger world to tell them who we are and what we do.

There are several steps between our honest approach to our primal lives and what we say to the world. These steps became apparent to me more than ever because of my clarity at the convention. I saw that we not only need to keep a primal process going in each of our lives, but that we also need to share personal knowledge about what we find within ourselves at an intermediate level. This is the level that includes our attitudes, our personal beliefs, and the inner structures that are

effected by our primal material.

We have often talked about the fact that although our feelings are relieved by primal work, our habits and behavior in the present sometimes do not reflect those primal connections. To understand that, we have to look at the systems we set in motion long ago to deal with our early primal pain. We became committed to those protective processes since they met our needs at critical times. This level of work is not as deep as uncovering the original pain and its connection to our primal life is not conscious. However, examining this level is important to establishing community; otherwise, we act out this unfinished work with each other.

At the convention, I saw people become aware of this other level as they worked with clay, sandboxes, drawing and painting, dance, writing and in peer groups. As we do this work, we can begin to release from those early safety commitments. Then we can reconstruct more positive sets of habits and behaviors in order to function differently in the world. If we discuss this among ourselves, I envision our talk to be free of stereotyped structure, rules or "shoulds" since this level of work is just as individual and voluntary as our deepest primal work.

It was wonderful to hear us share something else about ourselves at this convention: our dreams and hopes about who we could become as we grow internally and about what we could become as an organization and as a maturing community.

For a long time I have been concerned with the international part of our name, and I wonder how we might relate to cultures other than our own largely European-North American variety. I was thinking of how impressed I have been by the writings of Jamake Highwater, a Native American who has written many books about the primal life of indigenous cultures. In *The Primal Mind*, one can see how other peoples, through time, have been given permission by their societies to feel and express their inner selves. Many of their methods are ritualistic and different from what we call primal process in the IPA. Nevertheless, their processes are significant. Are we willing to



*Nuria Divi amid the autumn leaves at Alec Rubin and Joe Raiola's weekend workshop*

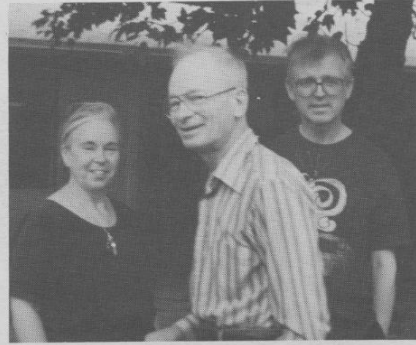
look at other ways of doing primal work that may appear when we welcome other cultures into our community?

Another resource on other cultures was given to me years ago by Bill Swartley. This paper, by Walter B. Miller, describes ritual expression of primal feelings practiced by the Central Algonquin Nations. I was pleased to read about their belief in equality. They put no individual above another. They hold their practice of listening patiently to one another sacred. They take care not to define and limit each other's dreams. And they are skilled in the flexible sharing of responsibility. When Europeans first met the Algonquins, they were mystified as to how the tribes functioned without limits on the people from a controlling leadership. The Algonquins had only as many rules as necessary. Jobs were done by those who were able and willing, and people pitched in as facilitators and workers in unpredictable ways. To me, this looks like a model of what we seem to be doing at our conventions.

Of course, as the IPA grows, stretches, and tries new things, all sorts of unexpected events will happen. I hope we can be gentle with each other and keep our sense of humor as we wend our way toward a larger, more diverse community offering a much-needed message. ■



*Judy Kinsey  
and  
Hal Geddes*



*Katie Lori McConnell, Karl Goldschmidt and Tom McConnell*



*William Emerson at his keynote presentation*

*Barbara Pitcher,  
Larry King and  
William Emerson*



*Larry Schumer and Sally Mysko*

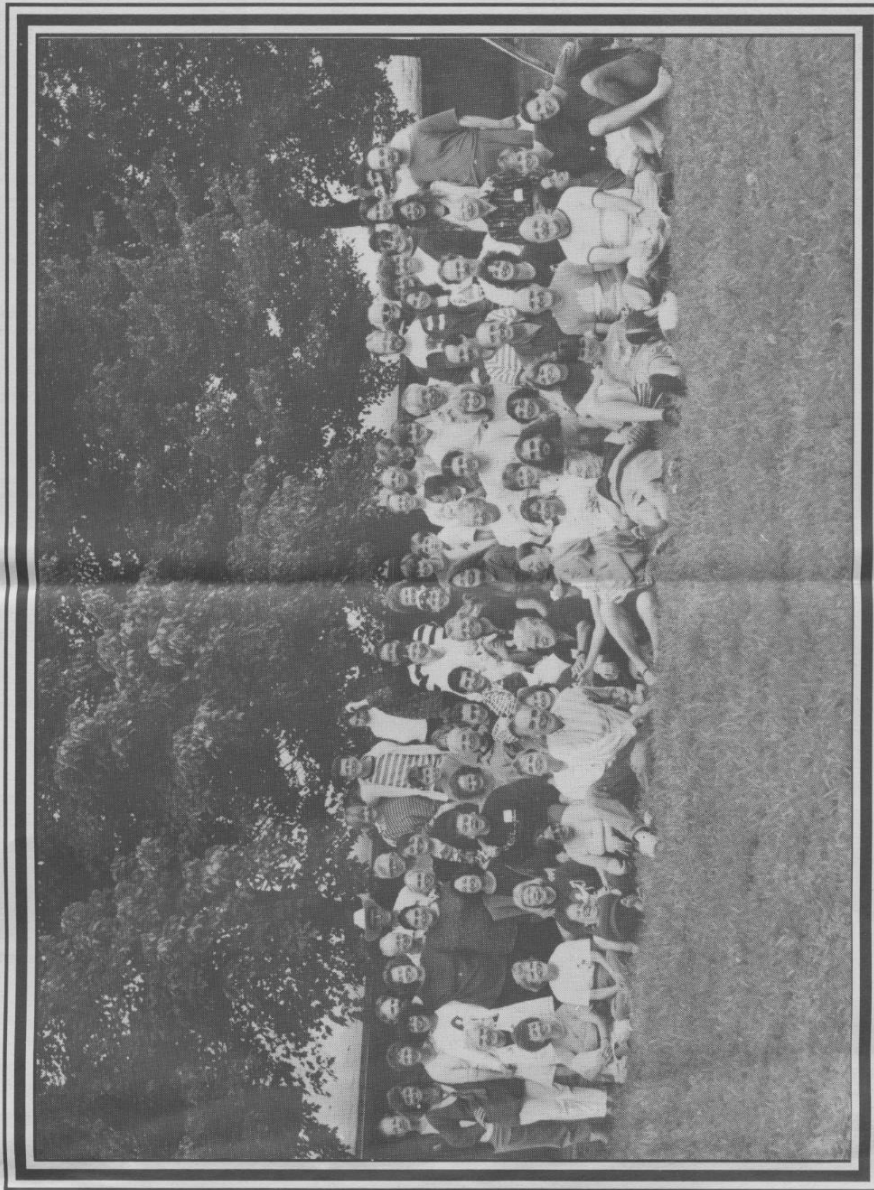
### Convention Song

(To the tune of "These are a Few of My Favorite Things")

By Dina Paisner

Announcements and brochure and  
last-minute changes,  
Welcoming friends who were  
formerly strangers,  
Committees and workshops, all  
really well-planned,  
Yoga and hugging and playing with  
sand.  
Primals and feelings and scroung-  
ing for food,  
Walks in the woods when you're  
just in the mood,  
D. J. and cabaret and children in  
scenes,  
These are a few of my favorite  
things.  
When the sun shines  
When the rain falls  
When I'm feeling sad  
I sit with my peer group  
And share in the day  
And then I don't feel so bad.

Big Apple to Appel and finding a  
ride,  
All those new challenges I haven't  
tried,  
Circles of women and circles of  
men  
Tears and laughter and feelings  
again.  
Look forward to next year and  
seeing fond faces,  
And all those massages in difficult  
places,  
I hope that my outer and inner child  
meet,  
Become good companions, now,  
won't that be sweet.  
To my dear friends,  
As this year ends,  
With a laugh and a tear,  
I wish you the best  
Of courage and zest  
And see you again—next year!

**OFFICIAL 1994 IPA CONVENTION PHOTOGRAPH**

*8" by 10" color photo available for \$10 from Steve Austill, 12 Mt. Vernon Street, Saugus, MA 01906.  
The names of all the conventioners shown (85 by the editor's count) will be included.*

## Terry Larimore

*Continued from Page 1*

precious items offered by the women in attendance—was graced with lovely lingerie this year. Just another symbol of what is dear to one of the goddesses present. We were graced with the use of Grandmother's Beads again—on long-distance loan from our founding goddess in California.

As always, there were many comments and compliments going around about our talented bodywork crew. It was not uncommon to see people—blissed out from a good session and still fragrant with oil—floating across the lawn, returning from the bodywork cabins.

Keynote speaker William Emerson was kind enough to lead an all-day workshop that brought to life some of the points he



*Terry Larimore (l.) and  
new V. P., Barbara Valassis*

shared in his speech. The sheer volume of information and degree of detail was a impressive—and I heard murmurs throughout the room of people checking William's training schedule to see when they could attend one of his workshops. He guided us through a visual review of a few volunteers' faces pointing out the physical signs of birth trauma. Our "subjects" stood quietly while we peered closely, looking for squashed skulls, misaligned eyes, drooping cheekbones, crooked noses and more. The quilted pelvis and neonatal baby doll gave graphic examples of just how the birth process produces the results we saw in each other's faces.

The wisdom William has learned "from the babies" offers therapists concrete information about the traumas held in clients' bodies. This insight into a client's experience enables a trained and empathic therapist to more effectively help the client heal unresolved trauma. Throughout his visit at the IPA, William underscored (in words and example) the importance of empathy and love as the agent of healing within the structure that his information provides.

As MC of Cabaret, I got to introduce an array of acts again this year—ranging from the hilarious (Terry C. and Taff's New England vignette) to the sublime (Margit's improv piano piece). (Oh, you didn't KNOW it was an improv?? Well, it was. Which just makes it all the more incredible!)

It doesn't do justice to the breadth of Cabaret, but here are a few quotes from different performances that might bring back memories:

Karl: "Oh Rose.....?"

Irving: "There's the phone. Hello Audrey."

Gregory: "Band Aid box because I'm wounded."

Terry C: "Want to see my etchings?" Kitty: "Oh, you're an *artist*?"

Terry L: "Tell me about yourself, and not just the nice parts either."

Margit: "I invite you on a journey."

Raymond: "He took one glance at my mother-in-law and drove over an embankment."

I am always inspired and enthused by the people I meet at the IPA. We get to see each other (some more regularly than others), and, across the months (or years), it becomes clear how we are growing and changing. We share time in workshops and see each other's pain, share insights,

### NEWSLETTER APPEAL

My vision for the IPA Newsletter is as a forum for the feelings and ideas of the members of the IPA as well as a source of information and inspiration from the primal community.

Without input from a wide range of IPA members, the newsletter will become a platform for the few and fail to truly represent the IPA.

Besides, I really need your stuff!

I urge you to send your articles, book and movie reviews, poetry, and, especially, photographs of IPA people at IPA or non-IPA events. It is not too late to submit your impressions of the Summer Convention—for publication in the Spring issue. The deadline is January 15, 1995.

—The Editor

touch each other (sometimes in support, sometimes in conflict) and I always go away richer. I was struck this year by Nowa's comment when sharing about one of her issues: "Why not go all the way? I'm really looking forward to seeing all my enemies." (I'm adopting that as a temporary new motto. I'll let you know how it goes!)

As I write this, I'm flooded with memories that I haven't room to describe here: workshops and more workshops, sandboxes, the Sunday Night Dance, peer groups, crying and hugging and more crying, the youth (and the Kid's Kabaret!). . . For people who were there, I hope this has been a pleasant trip down memory lane. For folks who couldn't join us, let this pique your curiosity and entice you to come next year. ■

## Steve Campbell

Steve Campbell, a therapist in the Detroit area, died of a massive heart attack on October 8, 1994 at the age of 52. He attended his first IPA Convention this year and was excited about the IPA and planned to become more involved. His clients and old friends in Michigan as well as his new friends in the IPA are deeply grieved. We extend our sincere sympathy to his wife, Alice, and his son, George.



## PRIMAL INTEGRATION AND ACCREDITATION: A RESPONSE TO JOHN ROWAN

By Juliana Brown and Richard Mowbray

We were delighted to read in the Summer 1994 Newsletter that the Certification Committee had altered its focus from "Primal Integration Therapist" to "Primal Process Educator."

We would also like to respond to the piece "Primal Integration: The Debate Continues" by John Rowan that was published in the same newsletter. We note that John appears to be making an assumption that "therapy" is shorthand for "psychotherapy."

John writes as though any fears Bill Swartley may have had in the 1970's about his work being sucked into a basically hostile process of registration and accreditation are now unfounded since the accreditation can be done by "our own people". We so strongly disagree with the notion such procedures do not pose a threat to the integrity of personal growth work in Britain and elsewhere that one of us (Richard) has just completed a book, *The Case Against Psychotherapy Registration*, that addresses the issue in depth.

So far Britain has been almost entirely free of such procedures. In many other countries, including many parts of North

America, claiming to be a "psychotherapist" is restricted to registered "psychologists" and "physicians." For example, in British Columbia, a person who is not a registered psychologist may not claim to be a "psychotherapist" without violating the Psychologists Act. If the International Primal Association were to claim to provide a certification process in a form of psychotherapy, then only those already suitably qualified in terms of such local legal requirements would be eligible to practice or call themselves a "psychotherapist."

Furthermore we have no reason to believe that John's speculations about Bill's motives are accurate. Bill's position was, as far as we are aware, sincerely held, in addition to any expedient benefits it may have had regarding registration. Speculating as to the role of Bill's "neurosis" in the position he adopted is, we feel, an invidious game that could be played with respect to anybody's opinions and is best left to biographers and party "therapists." Besides, John makes the questionable assumptions that short term contacts are necessarily more intense and that long committed relationships with clients

somehow necessarily define the activity as "psychotherapy."

Regarding John's "challenge" to us which we are supposed not to have answered (we don't recollect the challenge), it all hinges on how you define "psychotherapy" since the term is used so ambiguously. All sorts of activities have and do go on under that label. We happen to think (as did Bill) that, of itself and by association with other medical model terminology, many people associate the term with a model of remedial treatment. Certainly many legislatures seem to adopt that view. We see our work as having more to do with fostering growth and potential. The term "educator" which the IPA Certification Committee has now proposed has the advantage of not being ambiguously used to cover different models and it contains within it notions of a growth model, of learning and of "leading out." As to "educators" not paying attention to transference and counter-transference, this is surely where "Primal Process Educators" come in! The exclusion of these sorts of processes from consideration by conventional "head" or "skill" oriented education is precisely why holistic education, a holistic learning about oneself and other people such as is fostered by this organization, is so important.

No doubt this debate will run and run!

### IPA MEMBERSHIP

ANNUAL INCOME	INDIVIDUAL	JOINT
Full-time Student (with proof)	\$25.00	---
\$25,000 or less	50.00	\$75.00
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More than \$100,000	110.00	165.00
Lifetime (payable over 5 years)	1000.00	1500.00

- All dues are payable in US funds only and cover the fiscal year, August through July.
- 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.

Make checks payable to IPA and mail to:

IPA  
490 Park View Road  
Reading, PA 19606

For further info, call Barbara Kay Cope at (610) 779-8842.



### ROSES TO . . .

. . . Summer Convention chairs, **Barbara Kay Cope** and **Barbara Pitcher**, and on-site chairs, **Steve Austill** and **Larry Schumer**, for a glorious, well-run, fascinating, enlightening, discerningly organized, thoughtful, beautiful, jam-packed, sunshine-filled . . . experience.

. . . **Sally D'Alesio** and the artists who contributed to The Convention Gallery for an eye-popping presentation.

. . . **Mickel Adzema** and the journal contributors for bringing back our scholarly publication.

. . . **Fred Zielke** for his skillful piano accompaniments at the Convention Community Meetings.

. . . **Susanne Bersbach**, who made her presence felt at the Convention despite being 3,000 miles away. We thank you for your recorded words of wisdom and for the use of Grandma's beads in the Women's Circle.

. . . the contributors to the Newsletter: **Mickel Adzema**, **Steve Austill**, **Juliana Brown**, **Terry Larimore**, **Richard Mowbray**, **Dina Paisner**, **Larry Schumer**, **Bill Smukler**, and **Mary Thompson**, and photos by **Steve Austill**, **Terry Larimore** and **Jean Rashkind**. ♥



## IN MEMORY OF THOMAS J. O'MALLEY

May 2, 1937 - April 16, 1994

By Bill Smukler

I met Tom O'malley in January, 1988 when he attended The Ark, a 40-day retreat and therapy group. He revealed that he had minimal contact with his family and had disowned his Irish roots and religious affiliations almost completely. His mother worked for wealthy families and, as a small child, Tommy would accompany her. He resented those experiences.

I was Noah on The Ark and Tom would address me as "Big Tiger." I would respond by calling him "Little Tiger." Tom regressed to infancy early on The Ark. It was wonderful to watch the exquisite receptiveness of this burly policeman to mothering. He was also able to come into his adult self and, like all Ark participants, present a psychological paper or workshop. Tom's theme was the nature of personality disorder. He talked about the shadow he had to face, calling it "The Dreaded Disease." His presentation cued me in to the incredible breadth and depth of this man. Before The Ark ended, I suggested that he consider re-owning his Irish roots.

After the closing ceremony on The Ark, Tom wrote, "A wonderful journey has begun—a discovery is being made: that one's life can have meaning and one can change one's course, alter it to a better way of living."

Later he wrote that truth and honesty were always important to him. He reviewed his Ark diary and realized how much love and acceptance he had received there and how much reaching out he had done. "Since being home, I haven't gotten much of that, including, and most importantly, giving that to myself. It's like I've been a stranger to myself and others." He returned to his therapist to face the issues at hand and to continue his primal work. He was aware that to break through his Dreaded Disease he would have to "come alive."

Tom had a strong bent for religion and, as a young man, had decided to become a priest. Sadly, the priest who was his primary teacher seduced him. Disenchanted, he altered his course and later joined the police force. However, in his deepest core the love of religion and the spiritual life remained.

On Chanukah, after delving deeply into the spiritual realm at Jean Houston's Mystery School, he sent me greetings addressed to Little Tiger and signed Big Tiger, Tommy. He wrote, "Well Bill, life goes merrily on. (I'm surprised I said that.) Yes, there are losses, hurts and everything else, but life growing continues, as you well know, and I feel good about that. Mystery School was a great leap for me. Though very difficult, it opened up a lot for me. I had a wonderful experience in Session 7, getting my wings, so you can call me Eagle Feathers or Eagle Cloud."

Later, Tom wrote, "Life is becoming an adventure." He recommended a book called *And There Was Light*, by Jacques Lusseyran and attended a workshop on early mysticism given by Fr. McNamera. He also went on a Vision Quest, spending five days alone in the wilderness, and attended a workshop on the Triune brain at the Meade Institute in Venezuela.

These lines in one letter stand out: "I'm becoming more alive and BEING. My faith has certainly been rekindled—living it, reading all about it. It's wonderful and marvelous. It seems everything has been enhanced because of it and it has. And, thanks to you, it started on The Ark."

In a May, 1993 letter, he wrote, "The shell, the psychic concrete is becoming unglued, shattered, let go. How wonderful! The wall is cracking: the egg is hatching; the iron mask is being loosened. The wings are flapping. Spirit is soaring; impossible is becoming possible. Quixote and Zhivago are one."

Tom and I were in the same family group (peer group) at the 1993 IPA Convention, which met every evening. In the group, Tom confronted Henry Morgentaler, a physician who was active in appealing to the Canadian Supreme Court to legalize abortion. Tom was adamant that abortion should not be permitted. Henry shouted back that a woman has a right to her body and the decision is hers to make. Emotions, like tornados, rocked our group. Tom, who was coming from a religious and spiritual base and was so determined to come alive, was appalled that a human life would be snuffed out. Yet, when our

group disbanded, the two men hugged, accepting that each had a right to their stand.

In December of that year, Tom wrote to me: "I enjoyed you at the IPA Convention, at the workshops and at the evening gatherings [the family group]—you were so wonderfully supportive knowing where I was at. Yes, Bill, I'm coming alive—that has been my focus, breaking down the concrete shell... it's falling, tumbling. The celestial foot is immensely near to blast the dreaded disease asunder. I feel so good knowing what's happening, and this time of the year, with birth/rebirth, it's so right on. All the patience-perseverance is beginning to be realized."

At this time too, Tom phoned to tell me that he was in the throes of cancer. He felt that the cancer had serious import for his growth and was contacting Jean Houston for guidance. He sounded hopeful that he would come out of this challenge more evolved. However, as time went on, I realized that he was losing ground. I sensed desperation in his voice.

Late in May, when I was unable to reach Tom by phone, I sent him a letter. His brother, John, responded, telling of his death. In learning that Tom had made peace with his brothers and had spent his last Christmas with them, I was overwhelmed with tears. I was proud that he had gone home at last.

With heroic effort and grim determination, Tom had opened portals that had been sealed early in life. It's true that Tom was 56 when he died, but to me he was like a young man in the prime of life. These thoughts have left me tearful and sad. On deeper reflection, I realize that Tom had harvested celestial gems after The Ark. He re-owning his Irish heritage and was planning a trip to Ireland. It's sadder when one goes to death never having immersed oneself in life. Tom dared to drink deeply of life.

Shalom Tommy, Big Tiger, Eagle Feathers. I have loved you like a son. We Arkites, we at the IPA, will remember you with the fondest memories.

*Tom's brother John's letter to Bill appears on the next page.* ■



## LETTER FROM JOHN O'MALLEY TO BILL SMUKLER

Dear Bill,

I am answering your letter which you had written to my brother Tom on June 19th.

I am sorry to inform you that Tom passed away April 16th. His bout with cancer came quite fast and left a lot of his friends in shock, as they were unaware of his sickness.

He fought to the very end with the hope that he could beat it, but when he finally realized that he couldn't, he also accepted his fate.

Since last August, when I was made aware of his sickness, we as a family—myself, Paul, my other brother and Tom—became very close. That was not the case prior to his sickness as Tom kept pretty much to himself.

I am thankful that we were there for him and that he accepted our help. It was the first Christmas that he spent with my family, as he always would go to a friend's house for that holiday as well as some others, so I have happy thoughts when I look back at Christmas, even though he was not in the best of spirits.

Tom had a lot of friends which I was unaware of, and they paid their respects at his wake and funeral. He had a large funeral, and the pastor of his church gave a beautiful eulogy.

I know he is at peace with himself now and watching over us.

Thank you so much for being so concerned about Tom. It meant a lot to me.

Sincerely,

John O'Malley



*The gang at Alec and Joe's workshop included Benedicte Salvesen, Chana Simmonds, Nuria Divi, Jean Rashkind, Harriet Geller, Sally D'Alesio and Art Feher*

## LETTER FROM AUSTRALIA: GRAHAM FARRANT

By Renate Marek

As always, I enjoy reading the IPA Newsletter with the reading material and spirit of community that it generates. I particularly appreciated your tribute to Graham Farrant who is remembered with deep affection by me and many Australians.

I was one of the lucky people who was introduced to Primal therapy by Graham and who was gently but uncompromisingly led by him to a fuller and richer life. He was a spiritual man and, at the same time, a down-to-earth and ordinary bloke who was familiar with every human emotion.

I like to remember him by one experience which has left a lasting impact on me. At one rather gruelling session, I was wading through my pain with some of my worst outbursts of rage and abuse. When I had finally gotten rid of that and reached the underlying pain and hurt, Graham kissed me on the forehead and said, "You are beautiful."

I now walk around the streets with my head held high, and I know that what he said is true.

On my bush block where I live, I like to plant a tree for significant people in my life. I have planted two flame trees for Graham.

## THE RULES FOR BEING HUMAN

Submitted by Larry Schumer

- 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 informal school called Life. Each day in this school you will have the opportunity to learn lessons. You may like the lessons or you may think them irrelevant and 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 experiment that ultimately "works."
- 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 then 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 a "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 something you love or hate about 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.
- 9) **Your answers lie inside you.**  
The answers to Life's questions lie inside you. All you need to do is look, listen, and trust.
- 10) **You will forget all this.**
- 11) **You can remember it whenever you want to.**

## THE EMERGING PRIMAL RENAISSANCE

By Mickel Adzema

The premier issue of the IPA's new journal, *Primal Renaissance: The Journal of Primal Psychology*, due in February 1995, contains thought-provoking and inspiring articles on the theme of "Multiple Realities and Primal Visions" by the following growing-edge thinkers and healers:

Shamanism and Primal Therapy ..... Belden Johnson  
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Subpersonalities ..... John Rowan  
Universal Body Movements ..... Terry Larimore and  
Graham Farrant  
The End of Aging, Part 2 ..... Keith Borden  
Biologically Constituted Realities ..... Michael Adzema  
Quontic Psychology ..... Dan Miller  
Morphic Resonance ..... Rupert Sheldrake  
UFO Abduction Phenomenon's Challenge ..... John Mack

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The Primal Process: July, 1995  
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Primal Mythology: July, 1996

*Primal Renaissance* is shaping up to be a provocative interdisciplinary journal, featuring the best and most visionary thinking from diverse fields of inquiry centered around the primary perspective of natural consciousness and the feeling way of being. Upcoming issues will feature fascinating and seminal expositions by such authors as William Emerson, on a new generation of children; Stephen Khamsi, on the stages of the primal pro-

cess; Paul J. Hannig, on the borderline personality; Belden Johnson, on loving relationships; and Mickel Adzema, on the transpersonal perspective of child development.

We are also planning articles covering such diverse primal and new-paradigm topics as cellular consciousness, myths from the womb, birth mythology, the challenge of the global crisis, the new physics and "primitive" philosophy, linking telecommunications and feeling therapies to create World Peace, self-priming, regression therapy, holotropic breathwork, past-lives therapy, spiritual yearning, and transpersonal creativity.

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