

IPA NEWSLETTER

International Primal Assoc. • Winter-Spring 1994

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

IPA WINTER CONFERENCE 1995

PRIMAL: PAST, PRESENT AND FUTURE

By Jean Karasek and Harriet Geller

From the keynote through the many workshops, this year's Winter Conference will be an opportunity for us to explore the history and conceptual background of Primal and the IPA. We have reached a point in the maturation of our community where it seems appropriate to take stock and begin to develop a deeper understanding of our roots and our goals.

We will be orchestrating a unique keynote address, a composite of the past and future of many individuals. To realize the synergism that will take us to new levels of insight and creativity, each of you are invited to put together a five-minute presentation of your personal experiences in Primal. Please orient your remarks from a feeling perspective and include your vision of the future of Primal and your place in it.

By beginning our conference with some heartfelt sharing, we can generate the kind of supportive energy that will enhance our experience in the growth-inspiring workshops that follow. These include a movement workshop, with music, led by Mary Thompson and Jean Karasek. Bring comfortable clothing if you wish to participate, and be prepared to express your feelings through unstructured movement, mime and dance.

Bill Smukler, whose investigations of massed-time therapy led to the forty-day intensive therapeutic retreat called The Ark, will lead a discussion and question-and-answer session for those who have already attended previous Arks and for those contemplating sailing on the next Ark in January, 1996.

In a discussion workshop entitled "Back to the Future," Judy Kinsey and Hal Geddes will encourage group members to share their positive childhood experiences and relationships as a tool in creating a more positive future.

Anticipating the theme of our Summer Convention, Louis Mezei will present "Inner Healer—Body, Mind, Spirit," a didactic/experiential workshop on the importance of working with both the body and the spirit in our quest for well-being.

Linda Marks and Yetta Modifica will demonstrate Casriel New Identity Process Bonding Therapy. Using supportive physical contact, this modality helps facilitate intensely cathartic experiences. A brief theoretical discussion will be followed by experiential work.

Come to the Conference with your willing spirit, a smile, and a hug. Be prepared to explore and share out most important re-

source—yourself.

IPA President Mary Thompson, Conference Chairperson Jean Karasek, and organizers and mentors Barbara Kay Cope and Warren Davis wish you a good winter. See you when the snow breaks!



WHERE • WHEN • HOW

WHERE: Gramercy Park Hotel
Lexington Ave. at 21st St.
New York City

WHEN: Saturday, March 11, 1995
9:00 am - 6:00 pm

HOW: Look for our flyer in the mail and send your check or money order (payable to IPA) to: **Judy Kinsey**
17 Riverview Ave.
Maynard, MA 01754

	IPA Members	Non- members
Early Registration (to March 4):	\$45	\$50
On-site Registration:	\$50	\$55
Full-time students (with identification):	\$15 off	

Be our guest for coffee and bagels at morning registration.

Recommendations for neighborhood restaurants will be available for lunch.

INTERNATIONAL PRIMAL ASSOC.
 490 PARK VIEW RD, READING, PA 19606
 (610) 779-8842

**WINTER-SPRING 1994
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IPA NEWSLETTER

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*Please send typed submissions (e-mail or diskette appreciated) to **Barbara Kay Cope** at the above address (Secretary) **no later than May 1, 1995** for the Summer issue. Send changes of address to the Keeper of the Mailing Labels.*

IPA CALENDAR 1995

Saturday, March 11 9 am - 6 pm	Winter Regional Conference <i>Primal: Past, Present and Future</i> Gramercy Park Hotel Lexington Ave. at 21st Street, New York City
Sunday, March 12 9:30 am - 4 pm	Board of Directors Meeting Larry Gauchman's Studio 98 Riverside Dr. at 82nd St., New York City
Friday, May 19 - Sunday, May 21	Committees, Process Day and Board Meeting Parents, Inc., 270 Commerce Drive Fort Washington, PA
Tuesday, August 29- Monday, Sep. 4	23rd Annual IPA Convention <i>Inner Healer—Mind, Body, Spirit</i> Appel Farm, Elmer, NJ

MEMBER NEWS AND NOTICES

At the 1994 Summer Convention, **Judy Lucrezia** volunteered to send a copy of a tape (that **Steve Austill** had brought) to a woman who had requested it. However, Judy lost the woman's address and did not know her. If you are that person or know who she is, please contact Judy at 2 Elizabeth Lane, Peabody, MA 01960, phone (508) 535-4181.

Barbara Valassis, the director of the Primal Integration Center of Michigan, will be hosting the following three-day weekend workshops:

"Pre-conception to Birth: Core Regressions," April 7 - 9, presented by **William Emerson**, our keynote speaker at the 1994 Summer Convention (\$360, \$100 deposit required).

Annual Memorial Day Weekend Workshop, May 26 -29, led by **Barbara, Michael Hoyland-Young**, and the Center staff (\$330).

Note that the costs include food, and lodging if required. Call **Barbara** at (810) 478-5559 for reservations and further information.

The Boston Primal Association, Saugus Chapter, will hold workshops on February 19, "Mid-winter Blues," March 19, "Spirituality vs. Religion," and April 30, "Changing and Growth." Call **Judy Lucrezia** at (508) 535-4181 to reserve a space.

The Philadelphia Primal Integration Center, under the leadership of **Mary Thompson**, will hold all-day primal groups, some with guest facilitators, on the following Saturdays: February 18, March 4, April 22, and May 13. For further information and to reserve a space, call **Mary** at (610) 532-3808 or **Barbara Kay Cope** at (610) 779-8842

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.

BOOK REVIEW

By Terry Larimore

At the Speed of Life

by Gay Hendricks, Ph.D. and Kathlyn Hendricks, Ph.D.

1993 Bantam, \$21.95

Husband-and-wife therapists and training team Gay and Kathlyn Hendricks present a systematic and thorough approach to personal change through body-centered therapy. It is keyed on "essence"—that part of human beings that is clear, spacious and free of conditioning. Essence is not hard to contact, but for people who've spent years avoiding feelings, it takes attention and practice. Essence is the "home" underneath everything else we do and are from which we can reach the same place in others. It is from that all-pervading clear space at the center of ourselves that we make our deepest and

most profound contact with others. The more deeply therapists are grounded in essence, the more effective they are. (Of course, that sentence is also true for people in general.)

"This is a book about a form of healing that is also a way of life." With this first sentence of Chapter 1, the authors launch into what they call "signposts to essence" through five "flags": Breath, Posture, Movement, Speech Pattern and Attitude. Flags are "cracks in a persona" and "point to places where the stress of living in a person is so great that a tiny breakdown is occurring." The Hendricks consider

them "winks from the soul"—signaling an opportunity to surrender and reclaim essence. Good primal therapists have always tuned in to these flags, but this is the first book I've seen that lists them so clearly and offers such specific instructions for spotting and working with them.

The book is worth the price just for Chapter 5: The Presencing Principle. What is presencing? The non-judgmental attention that provides the space for feelings/issues to transform. It's a powerful and healing state that is too often rushed past in the quest to *do* something about our pain. The Hendricks provide specific reminders for how to presence (a verb they admit isn't in the dictionary yet, but should be). Presencing brings us to ourselves deeply—and opens the way to awareness and healing.

Nine techniques are also presented with numerous examples taken from the Hendricks' case files and training experiences. The techniques are Presencing, Magnification, Breathwork, Moving, Communication (with an emphasis on Truth), Grounding, Manifestations, Love and Responsibility. The book offers several fundamental techniques each for magnifying, breathing and moving, some of which will be familiar to primal people, but some will probably be new (and exciting).

"At the Speed of Life" is heart-full, information-packed and deeply centered in the Hendricks' experience that no technique is effective unless the therapist is grounded in integrity (as evidenced in keeping agreements and alignment between intentions and actions) and love (both tough and tender, with self and others).

"At the Speed of Life" affirms what primal people know—that the body is the ultimate and supreme genius. Our task (as therapist and clients) is to attune our listening to hear the message of our bodies—and get out of the way so our bodies can express the truth buried inside. As the old civil rights song says: "The truth shall set us free." ■

LETTER TO THE EDITOR: PRIMAL EDUCATION?

By John Rowan

I can't resist trying to reply to Juliana Brown and Richard Mowbray. I still don't believe that they can call what they do, either in one-to-one work or in groups, education. Here are some of the questions which I think, point to the differences:

1. How many educators have long one-to-one relationships with their students?
And let the students decide what to do and when to do it?
2. How many educators find the concept of counter-transference a valuable one?
3. How many educators have supervision?
4. How many educators have a requirement to work on their own personal growth?
And explore their own pain?
5. How many educators have an authentic relationship with their students?
6. How many educators have professional indemnity insurance?

I don't see how you can have any respect-worthy training in Primal Integration (or primal work of any kind) which does not include all these things.

Of course, I agree with [Juliana and Richard] that psychotherapy is about "fostering growth and potential," but it is not the same as personal growth, as the following table shows:

PSYCHOTHERAPY	PERSONAL GROWTH
Commitment through holidays	Short-term commitment
Once or twice a week for months or years	On-off workshops or brief series
Therapist has been trained to deal with transference, counter-transference, and resistance	Facilitator is self-taught and may or may not pay attention to these things
Stay with one therapist	Variety of facilitators
Therapist in supervision	Facilitator probably not supervised

It is hard for me to see why they deny doing psychotherapy when these things are so. ■

HOW TO HAVE A PRIMAL RELATIONSHIP, CHAPTER I

By Taff Welch

I am amazed that the recent avalanche of self-help literature has not produced a guide for primal couples. We need such a book. Primal couples need all the help they can get. So I will write the book and this will be the first chapter.

My first primal relationship began in 1974 when I had just completed a three-week primal intensive. We were at a primal marathon weekend and I accidentally rolled over onto my next wife's mat. That was it. We were together for five years, all the while working through the pain of our respective life-threatening forceps-delivery births.

I can literally count on one hand the number of weekends during that relationship when we were *both* clear enough to enjoy each other, our bodies, and our lives together. These clear spaces did not last long. The most exciting and suspenseful part of the relationship was that we never knew who would break the period of intimacy, who would slide back into the pain first.

The worst part of our time together was that often we simply could not help each other. We frequently went to our primal center together and then, I, for example, would have my feelings, and my wife would be so hurt by my feelings about her that she could not trust me enough to have *her* feelings. The result was that I left for home feeling better, but my wife left feeling a lot worse. What to do?

We learned that we could not do this work alone much of the time, that we needed help. Our black holes were too deep for us to climb out by ourselves.

First we both worked separately with the same therapist. We soon became paranoid about losing our privacy. We suspected that the other person was disclosing material about us that the therapist had no right to know.

We then each hired our own therapist. This was an improvement. We then discovered that we were having most of our feelings and vulnerable spaces with the therapist instead of each other. This resulted in many wordless meals together after one of us had just seen his or her

therapist and could not let the other person in on what happened during the session. The distance grew and our intimacy suffered.

Finally, after my wife reached her 30th birthday (I was 41), she declared that she wanted to have a child. Like good regressed primallers, we had never discussed having children. I was then making substandard wages as a pension lawyer for New England Life. I was also commuting to Boston every other weekend to parent my two adolescent sons. So I said no. The result was a Mexican standoff.

We decided to do weekly therapy sessions together with both of our therapists present to see if we could break the logjam. This was twice the fun at twice the price for the same amount of time. So we went at it. And at it. And at it. We felt *all* our feelings. We raged and cried and clawed. We dropped into early pain and made the connections. Result: we never left the session feeling better than when we went in. It usually took three wordless days for us to recover from the violence of our feelings.

We soon ran out of energy and realized that we couldn't help each other. In fact, we discovered that we didn't *want* to help each other.

Finally, we separated and later became divorced. I feel that this was the right outcome since we were definitely exhausted and no longer had enough energy left over to be there for each other. Moral: when your feelings consume all of your energy and there is nothing left over for your partner, detach. Primal feelings require primal space. Obtaining this space may mean living alone for as long as it takes to deal with the pain.

I now realize that we were projecting our pain onto each other in ways we could not stop. My wife reminded me of my father, I reminded her of her mother. So we were off and running. The only way to break our pattern of projections was to separate and deal with the pain without the luxury of being able to project our feelings onto each other.

Two facets of our relationship still mystify me: planning and sex. Take planning. We would often make plans to spend a weekend somewhere with friends and hope that, when the time came, we would be clear enough to enjoy it. Usually we were never both clear; we went anyway and were miserable. So we learned to be flexible in how we made plans. If other people were involved, we often explained the nature of our relationship and our therapy. We warned them that we were bad risks.

And sex. Often we both felt clear enough to risk it. And, yes, at the last minute one of us would stumble into pain that would bring the effort to a screeching halt. We learned to primal in bed *before* we had sex so we could be clear enough to enjoy it. This worked, and I recommend it to primal couples.

So where am I now, fifteen years later, in my current primal relationship? Not much has changed—which means that not much of *me* has changed. We have an 18-year age difference which presents its own set of challenges—including the prospect of having a child (I am now 58).

But on a primal level, many familiar behaviors are recurring. We still struggle with trying to be there for the other person when we don't even have enough energy to be there for ourselves. We still make plans that inevitably fall apart because one of us just can't be present. We rent large numbers of videotapes which we have so far not watched and which sit around and accumulate late return fees.

We truly have one foot in the past. We each know how our history of pain is standing in the way. We can touch it and we hate the way it separates us.

We love each other deeply and want to stay together. We are each committed to a weekly individual session with our therapist (the same one for both of us). We also do a weekly session with him together. This is hairy and not fun, but it is necessary to get our projections out where we can see them and deal with them.

And sex? Stay tuned for Chapter 2. ■

LOVE POEM TO ANGER

By Becky Bertha
from *Forbidden Poems*
(Submitted by Steve Austill)

May there be space for anger in my home
May anger be always welcome to pass
through

Let me keep a hearth for anger
and learn to use it like fire

Let my life be like a basin
which anger fills
and from which anger drains

Let my body be an instrument
a chamber where anger resonates
Let my throat be a channel
through which anger is sounded
and released

Let me be attuned to anger's presence
sense when anger is at home
like a familiar companion
whose ways I know
and trust

Let me listen for anger's voice
beneath the sweetness of the tears
muffled under the sadness, the hunger,
the need to sleep

Let me come to know anger's face
to meet that gaze
and no longer be afraid of it

Let me open myself to anger's touch
to be shaken through to my fingertips
charged with purpose
with that fierce protective power
Let me learn to recognize whose touch
this is
and that it cannot hurt me

May I keep anger pure, in its own form
and not dilute it
and not disguise it
and not transform it into anything
more easily accepted

May anger be accepted for itself in my
home
May I claim my own anger for my own
May I receive it as a gift
May I let anger teach me
May I follow where anger leads me

1995 SUMMER CONVENTION: INNER HEALER — MIND/BODY/SPIRIT

By Louis Mezei, Ph. D.

"Inner Healer—Body, Mind, Spirit" is the theme of the 1995 IPA Summer Convention at Appel Farm. I am enthusiastic about the convention, and we are picking up steam in creating a program that supports healing and refreshing experiences. As in past years, we will have idea and discussion workshops, workshops for connecting and expressing deep feelings, artistic expression workshops, and workshops for fun and recreation.

For me, the Inner Healer is our core being, our universal divine energy. At the deepest level, holistic healing is not just reversing disease, but moving to the realization of our oneness with all through direct experience—a trip of enlightenment.

Primal work is intimately related to the process of physical healing as well. It is really amazing how old injuries, frequently right from birth, appear on our bodies in the process of primal recall of the past. In the book, *The Feeling Child* (Appendix C: The Body Remembers), Arthur Janov presents a picture of the bruises on the leg of a 48-year-old woman after she has relived the experience of being held upside down and spanked just after birth. The bruises were from the imprint of the doctor's fingers as he held the baby. To heal her tendency to bruise, a reliving and releasing of the original pain was needed.

Many of us at William Emerson's workshop at the last Summer Convention saw the presence of birth-related compressions on various parts of our heads and faces. Pressure at these compression sites brings back intense memories of the pain and terror we felt at the time of our birth.

Past Life Therapists routinely find connections between specific past-life injuries and current physical illness. Reliving the past-life pain often results in permanent body changes and relief from illness.

Let me love myself angry!

Now I open the door to anger.
Now I open the windows to anger.
Now I open the walls to anger.
Now I open the heart.

Holistic health focuses on the whole person: mind, body and spirit are really one! Healing can be looked on as functionally uniting our emotional, cognitive, physical, and spiritual subsystems (like four little gizmos working in harmony).

As we search for a healthy life, a number of holistic arts and sciences are becoming more popular. Psychosomatic medicine is now well established, and psychoneuro-immunology is a new science exploring the mind-body interaction in mobilizing our resources for healing and prevention of illness. Behavioral medicine has recently put on a huge convention that attracted 1500 people. Meditation and yoga have become accepted ways of activating the Inner Healer in people suffering from chronic illness.

Bill Moyers hosted a PBS series on these developments, which included Chinese energy healing, meditation and yoga in stress reduction, and the beneficial role of group support when dealing with serious physical illness.

Consumer Reports not only reviewed the holistic medicine field, but also issued a 480-page book of readings edited by Daniel Goleman, Ph. D. and Joel Gurin: *Mind Body Medicine: How to Use Your Mind for Better Health*. In a book that presents a balanced summary of research findings in the field, the editors conclude that:

"Mind/body approaches have shown great potential for improving the quality of life and reducing the pain and difficulty of symptoms for people with various chronic diseases. They may help to control or reverse underlying disease process. By reducing the effects of stress, they may help to prevent disease from developing."

Our Summer Convention will explore this dynamic field from our unique perspective. I invite you to participate and to consider making a presentation. For further information, to discuss your presentation, or to receive a workshop form, please contact the Convention Chair:

Louis Mezei, Ph. D.
92 Hopkinton Road
Upton, MA 01568
Phone: (508) 529-6626

TWO POEMS

Earth Blessings

I choose to make friends with my demons;
Deep, dark forces inside of me.
Judgements made as a young babe,
feelings repressed by shame,
guilt, fear, unbelief, precious essence held
captive!

No more!
I allow
life's flow free
the shadows and pain of old.
Let them unleash their fiery dance!
There is Love enough to hold them.

And the waves of Fury soften
in the softness of the Rose petals
Opening

Sunshine watering my earth
your Grace meets my challenge
your presence blesses my entire being.
Your earthly faces fill my heart
with the comfort and peace
of a newborn babe.

Sacred

I welcome you, Spirit of truth,
Knowledge, Wisdom,
from the depths of my Heart
let my voice carry your sound outward
into my world.

Dear dozing giant within me,
I know these are my roots:
Invincible strength, knowledge of things
unseen
I am here
standing and feeling my connection
with my inner and outer universe
earth, tree, sky, river, wind, sea, sunshine!

Song of my Earth, I welcome you!
Drumbeat of my heart
I hear your rhythm!
I honor your song and your story
I honor your sorrow
I acknowledge the hurts of the past and
the joys
I give space for the rage and the unmet
needs of my childhood.
I welcome all parts of my inner world and
I hold them in the Light of my Heart

MY FATHER

By Harriet Geller

He is a pillar, my father,
A white marble monolith shouldering the
sky.
He is a rock burnished by the sea,
My father, my anchor.
He arises from the mantle of the earth
Immovable, eternal support.

He is a mountain invading the clouds,
The massive strength of the ages.
I am the oread of his forests.
I cavort in the rarefied air at his highest
altitudes.

His implacable substance is the core of
my expanding universe.
I uncover new pathways on his slopes
And abandon the barren relics of my
childhood
By the wayside. ■

and cradle them in My Mother's arms
and bathe them in my Love.

The Sacred *is* in me
and I know that
All is Sacred in me. ■

IPA MEMBERSHIP

ANNUAL INCOME	INDIVIDUAL	JOINT
Full-time Student (with proof)	\$25.00	---
\$25,000 or less	50.00	\$75.00
\$25,001 thru \$50,000	60.00	90.00
\$50,001 thru \$100,000	75.00	112.50
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 . . .

. . . **Judy Kinsey** and **Hal Geddes** for their loving consideration in hosting the October Process Day and Board Meeting in their beautiful home in Maynard. In addition to room and board, they facilitated primal groups on Friday to pave the way for our weekend work.

. . . **Mary Thompson** for her ever-gracious hospitality in hosting the January Process Day and Board Meeting in her home in Darby and for careful planning of a much-appreciated sandbox workshop devised especially for the Board.

. . . **Barbara Kay** and **Mandy Cope** for hours of work in setting up the sandboxes for the workshop.

. . . **Mary Lynn Radford** for tireless assistance in caring for the Board in January.

. . . the contributors to the Newsletter: **Mickel Adzema**, **Steve Austill**, **Jean Karasek**, **Terry Larimore**, **Louis Mezei**, **Marie Regis**, **John Rowan**, **Mary Thompson**, and **Taff Welch**. ♥

BEGINNING THE PRIMAL RENAISSANCE

by Mickel Adzema

Well, it's finally going to happen. The premier issue of *Primal Renaissance: The Journal of Primal Psychology*, expressing an expanded vision that appears to be evolving in the IPA and the primal movement in general, will be in member's and subscriber's mailboxes before the Winter Conference. Articles will be centered around the theme of "Multiple Realities and Primal Visions."

In the lead article, "Shamanism and Primal Therapy," primal therapist Belden Johnson explains that by entering the shamanic world view, one sees that everything is holy and pregnant with meaning, which creates inverse paranoids—people who think the universe is out to do them good.

Terry Larimore brings Graham Farrant's findings on cellular consciousness to a wider audience in her article, "Six Universal Body Movements Expressed in Cellular Consciousness and Their Meanings." This paper describes the six body movements, and the accompanying feelings, that are reported across cultures and educational levels throughout the world.

John Rowan, the author of a seminal book on subpersonalities, contributes his insights in "Subpersonalities: Why Ignored in Personality Theory?" He asks why personality theory has not incorporated the investigations now going on regarding multiplicity within the self-structure, especially since the idea of subpersonalities has been found of great use in no less than sixteen schools of psychotherapy.

Keith Borden concludes his expansion of primal understandings into the spiritual realm begun in our last journal with his article, "The End of Aging, Part 2: Karma, Dharma, and Freedom." He makes the important point that while some spiritual paths contain hidden traps, Primal can hasten our journey towards ultimate liberation without the traps.

In my contribution, "Biologically Constituted Realities: An Anti-Anthropocentric (Species-Relative) and New-Paradigm Perspective," I show how our primal experiences can shed light on some important issues in anthropology and philosophy. I challenge us all to open our minds to a species relativism similar to the cultural relativism espoused by anthropolo-

gists.

The renowned biologist and philosopher, Rupert Sheldrake, echoes this return to more "primal" concepts of Nature in his article, "Nature as Alive: Morphic Resonance and Collective Memory." The biological research and hypotheses he presents not only confirm formerly "far-out" notions like Jung's collective unconscious, but they provide solid scientific grounding for our primal experiences going back as far as conception.

Dan Miller integrates primal with the radical findings of the new physics and the latest research in neuroscience in his piece, "Quontic Psychology: The 'Irrational' Science." Dan widens our vision of reality with the postulation of a fifth dimension to explain such psychic and paranormal phenomena as past lives, near-death experiences, channeling, and psychic surgery.

If you've managed to open your mind to the ideas presented so far, then I challenge you to take on the research presented in the article by the Pulitzer Prize winning physician, John Mack, who has been much in the media since the release of his book on UFO abductions. In his article for us, "The UFO Abductions Phenomenon's Challenge to Consensus Reality," he presents his finding that in processing the terrors of abduction experiences—in a manner similar to Primal—abductees often find these events to be a source of transformation, connecting them to something beyond themselves.

Don Allen's article, "Self-Primaling Toward a Primal Renaissance: An Essay Review of *Making Sense of Suffering* (Stettbacher 1991)," contends that J. Konrad Stettbacher has launched a new era in self-help therapy, one in which the most powerful and effective tools of psychotherapy are placed directly in the hands of the people needing them.

Finally, our premier issue offers a review by Mary Lynn Radford of Robert Lawlor's provocative and compelling portrayal of Australian aboriginal culture, *Voices of the First Day*. The degree to which this culture mirrors both our primal discoveries and the latest conclusions of our most sophisticated sciences leaves us much to ponder.

TO THE IPA COMMUNITY

Dear Friends,

I am sorry that I am unable to continue as editor of the Newsletter. This job has been an enormous learning experience for me on every level. Besides affording me the opportunity to become proficient in desktop publishing—where else would I be trusted with the responsibility for a 10-page publication with no prior experience?—it has helped me to new levels of growth in my personal life.

I have enjoyed the contact with IPA members that I would not otherwise have met, and I have been challenged, occasionally successfully, to be creative, flexible, compassionate, professional and grammatically correct.

The increasing demands of my "real" job—that is, the one that pays the bills—and my need to free my energies for more diverse activities—including other less time-consuming contributions to the IPA—have forced me to resign after a tenure that I had hoped would be longer. Perhaps I will return in the future when my life is less pressured. I feel that I have barely begun to get all I can from this experience, including the chance to give back a small measure of what I have gotten from the IPA.

Barbara Kay Cope, who is untiring in her dedication to the IPA, will be the next editor. You can help her with a difficult job by sending in your articles, poetry, book reviews, photographs, meditations, . . . as early as possible before the May 1st deadline. Her address is 490 Park View Road, Reading PA 19606.

With love,
Harriet Geller

All IPA members will receive this journal as part of their membership benefits. If you are not currently a member, you can receive the journal by joining now (see page 6) or by subscribing: send a check, payable to "IPA" to:

Mickel Adzema, Editor
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FROM THE PRESIDENT'S CORNER

It has happened so often over the years, yet I am still moved by all the time and effort our members devote to the IPA. Our Winter Conference in New York, chaired by Jean Karasek, will demonstrate the truth of my perception as we explore the history of the IPA. I hope as many members as possible are able to attend in order to gain perspective on the issues I am currently concerned with—how can we reach out and expand while remaining true to the IPA values we cherish?

It was clear at our January Board meeting how much is being done on a regular basis by our members. We glimpsed some wonderful possibilities for the future.

I know that we acknowledge one another in the "Roses..." column, but, at the risk of being redundant, I want to say something more about the dedication of our members.

Judy Kinsey and Hal Geddes hosted the October Process Day and Board Meeting in style. They provided all sorts of kindness in feeding us and making us comfortable.

Harriet Geller, the editor of this beautiful

By Mary Thompson newsletter, has put in long hours—carefully checking the material and laying out each issue—to keep us connected to one another. Sally D'Alesio has assisted with the arduous tasks of printing and mailing.

Mickel Adzema has spent much of his waking time in recent months on our new journal, *Primal Renaissance*. With Mary Lynn Radford's loving support—in addition to writing and editing contributions—he has devoted himself to soliciting articles, contacting writers, drafting his own articles, editing, and performing all of the smaller tasks necessary to produce the premier issue in time for the Winter Conference in March.

At the January board meeting, all of our board members gave of their special abilities and ways of solving problems and used their loving good will for each other to create new ideas for moving into the future.

As chair of the 1995 Summer Convention, Louis Mezei is organizing with his own style and inspiration. Hal Geddes has worked hard to gather and maintain an archive of important board policies and

decisions. Larry Schumer keeps our data base and produces information as officers and other members need it to do their jobs.

I cannot mention everything that is being done (I will cite further contributions in the next President's Corner), so please do not feel slighted if I omitted your efforts. Actually, it is often the quiet, unnoticed things that keep us rolling. The thank-you notes and phone calls, listening to one another, and the extending of friendship, trust and love—often from people who are very busy in their own lives—help to heal our interpersonal wounds and are the fuel that feeds us.

With all this in the back of my mind, I was wondering about the growing interest in the IPA from the West Coast and from Canada and other countries. If we become a larger organization, how will we hold on to the personal, the sharing of our lives, the caring that supports our personal struggles?

Maybe the question should be, how do we build networks of people in these many different places in a way that emphasizes caring, trust and good will? Please send any ideas you may have on these thoughts for the next newsletter. ■

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