

IPA Newsletter

International Primal Association • Winter 95-96

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

The Marriage of Primal and Shamanism!

The IPA's 1996 Winter Conference in Miami

by Jonathan Schwartz

I am happy to formally announce the 1996 IPA Winter Conference in Miami which is taking a bold step into uncharted territory! During our first meeting as Board members in Boston (October, 95), my wife Nowa and I were happily surprised when the other members of the board were receptive to my suggestion to have the conference in Miami, and even more excited that the theme would be "Primal and Shamanism." During the last several weeks, the excitement generated by this conference has been unbelievable....and here's why.

Our keynote speaker is this country's premier shaman educator, Alberto Villoldo, who will give an introduction to the path of the Inca Medicine Wheel in his talk, "Sorcery, Shamanism and Healing," on Friday evening, March 8, 1996. Dr. Villoldo is constantly giving workshops around the world and takes groups into the field with backpacks, hiking with Inca Medicine People to the heights of Macchu Picchu. He has written several popular books, including *The Four Winds: A Shaman's Odyssey into the Amazon*. He is a dynamic speaker and, clearly, a MUST SEE! We are still working with the city for permission to do a fire ceremony on the beach after his talk. On Saturday, there is an all-day workshop presented by his company, "The Four Winds," which will be experiential (of course!) and involves the Medicine Wheel, drums and soul retrieval. Additionally, Belden Johnson and his wife, Yoshi, will present "Connecting to the Mother Earth" and Belden will lead a drum journey Saturday night.

We've also talked with Eagle Bear, a Lakota Sun Dancer, about having an all-day sweat lodge workshop on the beach on Friday, before the keynote address. On Thursday, Mickel

and Mary Lynn Adzema will lead an all-day Holotropic Breath Workshop (introductory lecture for first-time breathers will be Wednesday evening). As usual, we will have at least one room set aside for primalling.

The conference is centrally located in the exciting, bustling, beautiful South Beach area at the Miami Beach Holiday Inn, 2201 Collins Avenue (literally on Miami Beach). Double rooms are available with an ocean view next door at the Days Inn for less than \$100. As always, many airlines offer discounts from all over the country to Miami.

We have rushed this preliminary information to the newsletter so you will have these exciting details as soon as possible. A letter with more thorough information on hotels, directions, possible airline discounts, speakers, etc. should have arrived in your mail in late December. There may still be room for a few more presentations during the weekend, so if you are interested in leading a workshop, get in touch with me as soon as possible. Also, the best hotel rooms (with ocean view) go early, so we recommend getting your reservation in now.

The total cost of the conference is just \$195 if you register prior to February 1, 1996. This includes the workshops on Thursday and Friday! After Feb. 1, the conference admission is \$250. If you need help making arrangements, want to lead a workshop or just want to know more, don't hesitate to call me at (305) 573-9573 (9 a.m.-6 p.m. Eastern) or (305) 868-3637 (after 6 p.m.). I hope to see everyone in Miami, March 7-10, for Magic and Fun and Dancing and Mother Ocean!

Inside:

- Details on Roger Woolger's appearance at the Fall Convention
- Preview of John Rowan's newest book

International Primal Association
490 Park View Rd., Reading, PA 19606
(610) 779 8842
Winter 1995-1996

OFFICERS

PRESIDENT

Taff Welch
50 Sixth St., Nyack, NY 10960
(914) 353-5278

VICE-PRESIDENT

Barbara Valassis
23011 Middlebelt
Farmington Hills, MI 28336
(810) 478-5559

SECRETARY

Barbara Cope
390 Park View Rd., Reading, PA 19606
(610) 779-8842

TREASURER

Louis Mezei
90 Hopkinton Rd., Upton, MA 01568
(508) 529-6626

BOARD OF DIRECTORS

Mickel Adzema	Larry Schumer
Mary Lynn Adzema	Jonathan Schwartz
Warren Davis	Nowa Schwartz
William Emerson	Teresa Smelser
Terry Larimore	Brian Stark
Dan Miller	Mary Thompson

IPA NEWSLETTER

EDITOR:

Terry Larimore
5218 Milwee #37, Houston, TX 77092
(713) 688-2203
Internet:
Louise320@houston.email.net

MAILING LABELS:

Larry Schumer
167 E Street, Salt Lake City, UT 84103
Internet: zorbix@aol.com

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. The Editor reserves the right to edit contributions and to make final judgement as to the publication of all materials received. Materials submitted, including photographs, will not be returned without expressed agreement. Reprints are used only with permission. Please submit contributions via e-mail, via 3 1/2" diskette in text-only word processing files (or MS Word for Mac) or on hard copy (typewritten preferred) to the editor. Send changes of address to the Keeper of the Mailing Labels.

Deadline for the Spring Issue is March 30.

Members' News and Notices

The **Boston Primal Association** meets one Sunday each month at 1:30 p.m. at Unitarian Universalist Church Hall, 32 Main St. in Saugus, MA 01906. The next meeting is January 7. For information on activities in the Boston area, contact Judy at (508) 535-4181.

Barbara Valassis announces two workshops at the Primal Integration Center of Michigan. For information, contact Barbara at (810) 478-5559.

- March 29-31, 1996 "The Somatic Treatment of Shock and Trauma" with **William Emerson**, Ph.D., is 9 a.m.-6 p.m. Friday and Saturday, and 9 a.m.-2 p.m. Sunday. William is a pioneer in the emerging field of pre- and peri-natal psychology. He is the originator of treatment methods for infants and children, a renowned expert in treatment methods for adults, and is recognized world-wide for his contributions. Cost is \$360; includes breakfast, lunch and lodging if needed. Participation is limited; \$100 deposit required to hold your space. Partial refunds available.

- May 24-27, 1996 "Annual Memorial Day Weekend Workshop," Friday 7:30 p.m. through Monday 4 p.m. (note the extra day!!) led by **Barbara, Michael Hoyland-Young** and the staff. Cost is \$330 and includes all food and lodging. Please call to reserve a place.

Bon Voyage to participants on the **1996 Ark**. Their journey is January 14 through February 24. More than half of the 10 staff and 18 trainees are IPA members!!

William Emerson offers summer residential workshops in beautiful northern California July 15-25. Contact Kelly Hennessy at (707) 763-7024.

John Spensley, M.D., a close friend of **Graham Farrant's**, has kindly shared a copy of the audio tape of Graham's memorial service on Dec. 31, 1993. The tape has Graham's children, his ex-wife and several close friends sharing their feelings, memories and thoughts about Graham. One speaker on the 90-minute tape is difficult to discern but the rest are easily understandable. Anyone desiring a copy should send \$5 (to cover the cost of the tape, padded envelope and postage) to Terry Larimore at 5218 Milwee #37, Houston, TX 77092 before March 1 (*no orders taken after that*). She'll be on the Ark Jan. 11-Feb. 27 so tapes will be copied and mailed after she returns. Please be patient.

IPA 1996 Calendar of Events

Winter Conference & Board Meeting	March 7-10, 1996	Miami, Florida
Spring Process Day & Board Meeting	May 18-19, 1996	Appel Farm, NJ
IPA Annual Convention	Aug. 27-Sept. 2, '96	Appel Farm, NJ

IPA's Statement of Essence

The International Primal Association is a community of feeling-oriented people, interacting within an atmosphere of love, acknowledgement, permission and support, who highly value primal process, abreaction, primals, and other deep-feeling work as modalities for promoting healing, loving, growing, wholeness, authenticity, and BEING.

“Healing the Male Psyche: Therapy as Initiation”

by John Rowan

[Editor's note: John Rowan has written a book (same title as this article) that will be published by Routledge in 1996. This is his rationale for writing it.]

Being a man in today's world hurts. The male psyche is wounded, and needs to be healed. If men are to escape from the shackles of patriarchy, of the dominance of society, of hegemonic masculinity, of the false faces they have been made to put on, they need to be initiated into a new kind of masculinity.

I use the word “initiation” because it seems clear to me that nothing less will do. It is a kind of rite of passage which is required, where a man can move out of the old roles and into something else. Like all rites of passage, it involves aspects which are of the body, aspects which are of the emotions, aspects which are of rational understanding, and aspects which are of the soul. The doors of the imagination must be opened.

In today's world the old kind of initiation, which moved the person from one fixed role to another fixed role, is not an option. The roles are not fixed any more, and to the extent that they are, they are harmful. Today's initiation must be unique to each person, personal to each man. We can say general things about it, as for example that simply reversing the existing stereotypes, and trying to produce a gentle, feminine man, is not the aim. We have to go beyond all stereotypes.

Because the change required is so major, entailing nothing less than the undoing of many years of laborious conditioning - conditioning which is still going on, still being reinforced in many different ways - a weekend will not do. Five days or a week will not do. What is required is a continuous process, seeing the man through the ups and down, the contradictions and paradoxes, the breakthroughs and the setbacks, the insights and the blindnesses. Only therapy (by which I include psychotherapy and the deeper kinds of counselling or personal growth) can perform this task, because only therapy stays with the man through all his difficulties.

Many kinds of therapy are not up to this task. They have a limited philosophy, or inadequate aims; they have goals which are too highly structured or too pessimistic. Many therapists do not have the required skills. We have to be just as critical of therapy as we are of any other aspect of the patriarchal system. Therapy cannot be taken for granted; it

must be problematized just as much as anything else.

In trying to understand what needs to happen, the alchemical model seems to be useful. It offers a sequence of processes, involving all the paradoxes, circlings and re-entries already mentioned. It helps us to see in a pictorial way that what is involved is a path of psychospiritual development, but one which we are all on already.

Given the right kind of therapy, given the appreciation of the need for initiation, there is hope for men to come through. It has been said that for change to take place, what is needed is dissatisfaction, and a vision of what is possible, and some idea of the first steps to be taken. My book addresses all three. The male psyche can be healed.

John Rowan can be reached at 79 Pembroke Road, Walthamstow Village, London E17 9BB UK. Phone + 44 181 521 4764.

IPA Membership Info

Annual Income	Individual	Joint
Full-time student (with proof)	\$20.00	----
\$25,000 or less	\$50.00	\$65.00
\$25,001 - \$50,000	\$60.00	\$75.00
\$50,001 - \$100,000	\$75.00	\$90.00
More than \$100,000	\$110.00	\$165.00
Lifetime** (payable over 5 yrs)	\$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.
- Guidelines for joint memberships
 - Two people living at the same address are eligible for joint membership.
 - Dues category is determined by combining the income of both members.
 - Joint memberships receive one mailing of the newsletter, journal, conference/convention programs, etc.

** Guidelines for Lifetime Memberships

Lifetime membership fees may be distributed over a five-year period (i.e., \$200 or \$300 per year). If a lifetime member decides, after partial payment, that s/he no longer desires to maintain her/his lifetime membership, the amount previously paid will be credited toward regular yearly dues (at the prevailing rates). Payments toward lifetime memberships are not refundable.

Letter to the Editor

Undated; received Oct. 7, 1995

Dear Editor,

I have reached a sort of impasse in my primal growth process. About a month ago, my oldest sister called and said that my dad is dying of bone and lung cancer. I've been in shock because I spoke to Dad in late May 1995, and he seemed so robust and full of life.

After my sister gave me the phone number to the hospital where Dad's staying (in Upstate New York), I called him to find out how he was doing. I almost went through the floor upon hearing his voice, which sounded very raspy and tired. I called him three more times that week; the third time his voice sounded a little stronger but just as raspy. His doctor has him on radiation therapy, but stopped the procedure about two weeks ago, because he's too weak to withstand further treatment. The only thing that can be done for him now is to keep him comfortable until "the end." I talked to him at that time and again felt my heart sink at hearing his voice which was now barely above a raspy whisper.

Dad has been in the hospital for over a month now, and initially was not expected to live more than three months; but now it seems that he may not live out the rest of September. According to my oldest sister, Dad has been a very heavy smoker and people begged him for years to either cut down or quit; he'd stop momentarily to think about it...only to light up another one.

I am not at all sure what direction my future primal sessions will take in light of what I learned about my dad, because most of my primal feelings thus far focused on my mom. Because Dad wasn't really around while I was growing up, I couldn't really feel my need for him while primaling, unless I brought photos of him to the sessions to look at beforehand. That allowed me to drop into a primal in which I cried out to my parents, "Why do I have to choose between the two of you? Why can't I have two parents? I'm too young to have to make such choices!" Also, my family wants me to go visit with him before he dies; but I'm not sure that I am strong enough to withstand the emotional devastation I'd feel at seeing him as a former shell of himself. (He's lost weight; and probably his hair as well, from the radiation treatments.)

I sometimes marvel at my reaction at expressing concern for Dad's well-being, given that he's never really expressed much interest in me throughout my life. He never asked me how I performed academically, socially and otherwise. Even when I moved out on my own, he never really gave me any useful advice; nor did he ever come visit me unless one of

my older brothers was in town visiting with people and dropped over to my house. Oh, except for one time between 1979 and '81, when I harbored suicidal feelings and walked around hold a piece of glass, thinking about slashing my wrists to stop the pain. Dad talked me out of it by asking me if I knew where I would be if I killed myself. He threw the glass away; and he hugged me and said that he loved me. His response did help to lessen my pain enough for me to get on with life; even though the underlying pain didn't change. Other wise, if I wanted contact with Dad, I usually went to his house and initiated what was, in essence, a one-sided conversation (in which I did most of the talking). How frustrating that was! When I moved to Ohio, Dad still never asked how I was doing. He never sent any letters nor tried to call me. I used to send him birthday cards every year; but never received a simple thank-you in response. So I stopped sending cards, feeling how futile it was trying to maintain ties with someone who seemingly refused to acknowledge my existence.

When I asked my oldest sister her perspective on how Dad related to his children, she told me that Dad saw me as the apple of his eye; that he really loved me. If that were so, how does it explain all those years in which he couldn't give me the time of day? I'll have to make peace with Dad, true; but it means first "going back there" and reliving all the horror and pain of feeling how Dad abandoned me. I now wait with bated breath whenever I hear the phone ring, because the next message could be "the inevitable."

I am afraid to share my pain with certain other people, because I recently told an associate about losing my dad, only to have that person strongly chastise me for being an atheist and putting my trust in others instead of myself and a "higher power." Then the guy told me not to trust in anyone because they'll only let me down. In short, this guy me to "get over it" because death is a celebration of the person (my dad, in this case) who's going to a better place after "stepping aside" to allow is offspring to achieve their goals. This guy claimed that he was only giving his "honest opinion" about my plight because he cared about me; but it sounded more like he was trying to lay a guilt trip on me for even having such feelings. I'm also afraid to share my feelings with my family who've always chastised me for being "too sensitive", which has always been, in their eyes, a character defect, flaw and shortcoming.

Now, with my Dad's impending death looming ahead, the old feelings are building up for one colossai explosion. But despite my siblings urging me to go visit Dad, I have a gut feeling that I will not see him alive; that the only contact I'll

continued on next page

continued from previous page

have is by phone only. For now, all I can do whenever I feel needy and about to primal is grab hold of my electric guitar and hold on to it for dear life until the feeling subsides. Then I can play the instrument, expressing my pain in bits and pieces. And the only other thing I can do is wait. It's very harrowing to say the least; and I'll need all the support possible. I'm now in the process of joining a local bereavement group and reading books on death and dying (e.g., Dr. Elisabeth Kubler-Ross), as well as maintaining contact with Barbara V. in Michigan. As for my dad, I hope that when he does go, it will be peaceful with little or no pain. That's how I'm now saying "good-bye" to him. (Goodbye, Dad; "it's sure been a long but strange trip.")

In closing, I would like to know if the IPA Newsletter has ever published articles about primal people losing their parents. And I'd also like to renew my IPA membership on the students' fee. (Is it \$20 or \$25?) I'd love to hear from someone on this stuff as well as seeing this manuscript published in the newsletter.

- Ngozi Cole

P.S. This letter was written last week. My dad passed away @ 3:20 a.m. on what would have been his 70th birthday (25 Sept 95).

Editor's response: I send my condolences on the death of your father. In the meantime, IPA Secretary Barbara Cope has gotten you signed up as an IPA member again. I don't have a complete set of IPA newsletters, but I do not remember any articles by people about losing their parents.



Roses

....to **Mickel Adzema and Mary Lynn Radford** (now Mary Lynn Adzema) who were married August 5, 1995, in Santa Barbara, California.

....to **Mary Thompson** for her hospitality and care in hosting the IPA Process Day and Board Meeting in her home. She picks us up from trains and planes, provides places to stay, makes great meals and generally makes us feel at home.

....to contributors of material for this issue of the newsletter: **Dina Paisner, Mickel and Mary Lynn Adzema, Ngozi Cole, William Emerson, John Rowan, Dan Miller, Michael Gottlieb, Jonathan Schwartz, Taff Welch and Barbara Valassis.**

....to **Nowa Schwartz** for managing the printing and distribution of this newsletter since editor Terry Larimore was busy preparing for the Ark.

....**Dina Paisner** as her broken hand continues to heal.

"Roses" are the way we send greetings, thank people and recognize folks for their help and support in the running of the IPA. Send your suggestions for a "Roses" listing to the editor.

Popular Speaker Roger Woolger to Address IPA Fall 96

Jungian analyst, author and popular workshop leader Roger Woolger (*Other Lives, Other Selves*) will be the keynote speaker at the IPA's 1996 fall convention, August 27-Sept. 2, at Appel Farm in southern New Jersey. Many people's primal experiences include feelings or memories that can't be accounted for in this life, so we will consider the possibility of past lives and the techniques of past life therapy. Not only will Roger share his insights in the keynote address, he will lead a workshop that should please the "I prefer to experience it myself" folks.

At one time it was a huge leap from common understanding to talk of infants having feelings. How many years (decades? centuries?) were babies treated as unfeeling creatures with no memory? Now it's common (at least in primal circles) to acknowledge the consciousness of infants, fetuses and, even,

the sperm and egg. How much more of a leap is it to go back even further and consider experiences of previous lives?

Convention chair Dan Miller states, "The extraordinary value of past life therapy is in the additional and very focused abreaction and insight it offers in relation to present problems. It then becomes a matter of integrating the new level of awareness into one's current life, just as one does in present life primal."

Many popular presenters have already committed to giving workshops and there is a form (elsewhere in this newsletter) for those who want to present at next summer's convention but haven't yet sent in a proposal. Mark your calendars now and look for more news in future issues!

Multiple Sclerosis: My Journey from Physical Sickness to Mental Health

by Michael Gottlieb

"Mr. Gottlieb, you are being poisoned by your vitamins." Those words, spoken to me by my doctor at my local hospital here in New York City, continue to ring in my ears and echo in my brain. It was January 1979. I was not sure, not secure in the safety or effectiveness of vitamin and mineral supplements. He was a doctor, a learned man, a man of science. I had no medical training, no training in holistic medicine. I was scared. I was almost petrified with fear. I had been diagnosed with multiple sclerosis. Now this learned man, this medical professional, had told me I was being poisoned by my vitamins. My doctor had ordered me to write down every supplement I was taking and the dosage.

I went home and hid my vitamins in a closet. I was so scared I didn't want to see them. For three days, I refused even to peek at them. Then, after three days, the shock and fear began to moderate. I turned to prayer. I prayed as hard as I knew how for guidance about how to best treat multiple sclerosis. I had studied the book *Let's Get Well* by Adelle Davis (Signet, 1965). She outlined a treatment using nutrition and supplements as well as "plenty of rest, a happy mental attitude, and a determination to try to get well..."

But who was I to believe? My doctor? Adelle Davis? Another factor was my personal situation. I lived alone with no friends and almost no family support. I had very little money because I was receiving aid to the disabled (for emotional handicaps). The hospital offered physical therapy along with the attendant psychological support I so desperately needed.

This decision was very difficult - agonizing. Through prayer I receive the intuitive sense to go ahead and disregard my doctor's treatment plan (cortisone shots; chemical medication; physical therapy). Once I had made this decision, I began an extremely intensive regimen of nutrition, vitamin-mineral supplements, exercise, sunlight, hydrotherapy, meditation and prayer. Luckily, I heard Dr. H.L. Newbold, a nutritional psychiatrist, on the Long John Nebel radio show on WMCA-AM. I found and used his book *Mega-Nutrients for your Nerves* (Berkeley, 1978). I consumed all the brewer's yeast I could stomach for its B vitamins, minerals, and RNA, DNA. I took all the basic vitamins and minerals, some in mega-doses. I played handball with teenagers (I was 27 in 1979) in order to lose weight.

For six months I worked this regimen as man has not worked before, without doctors, nurses, chiropractors or nutritionists. My priority was to purchase my supplements. At the end of six months I had this dream: "You have achieved a remarkable physical healing but you have not dealt with the mental."

My fears of lack of money and my phobias about living alone had torn my body part. I went into psychotherapy to heal my fears and phobias. The root cause of my multiple sclerosis was psychological, in my personality. Healing the wounds of my childhood healed these phobias about living alone.

As of April 1995, I enjoy good physical health and steadily improving mental health. Indeed, part of my psychotherapy consisted of accessing the biochemical benefits of orthomolecular psychiatry. So vitamins, minerals, herbs and amino acids have saved my life! I owe my life, my physical and mental health to natural medicines and to the men and women who pioneered their use - Adelle Davis, Dr. Newbold, Dr. Hoffer, Dr. Osmond, et. al. - and to research scientists such as Dr. Richard Passwater. God bless them all!

"Death, Be Not Proud"

by Michael Gottlieb, son of Ben Gottlieb
(killed in action July 23, 1944;
buried at St. Laurent, Normandy)

The Pain of this gigantic LOSS

The Pain of SEPARATION.

The Bitterness, the Hurt, the unfairness of it all.

Death, be not proud. Humble thyself...and know

Thou art not permanent

But only a temporal wall.

Death, be not proud....For there is ONE who hath
penetrated thy veil,

There is ONE who hath overcome thee.

Death, be not proud.....

And let the dead bury their dead.

The rest is Silence.....

IPA Newsletter

International Primal Association 24th Annual Convention

Tuesday Eve. Aug. 27 to Monday Aft. Sept. 2, 1995

Primal Journeys: Present and Past Lives

Workshop Proposal

NAME _____
ADDRESS _____
PHONE Home(_____) Work(_____) _____

TITLE OF WORKSHOP _____

TYPE OF WORKSHOP (Please indicate approximate percentage of time from 0-100) for the following

Lecture _____ Discussion _____ Experiential _____ Panel _____ Debate _____ Recreational _____

LENGTH OF WORKSHOP: 1.5 hours _____ 3 hours _____ Other _____

EQUIPMENT AND SPACE REQUIREMENTS _____

For scheduling, please circle the days you will be at the convention

Tues. Wed. Thurs. Fri. Sat. Sun. Mon.

PRINT or TYPE your workshop description on a separate sheet of paper. Length: 75 word description for the program. Include a biography of up to 50 words.

The convention committee reserves the right to edit your description, but will make an effort to contact you if significant changes are needed. If you expect people will experience deep feelings, please include provision for dealing with unresolved feelings in your workshop description.

A limited number of massage therapists will be authorized to work at the convention and to charge a published fee. NO OTHER CONVENTION PARTICIPANTS OR PRESENTERS WILL BE PERMITTED TO CHARGE A FEE FOR ANY SERVICES.

As per IPA policy, all member presenters are expected to pre-register for the convention and pay the full (very reasonable) fee. SUBMITTING A WORKSHOP PROPOSAL DOES NOT CONSTITUTE REGISTRATION. YOU WILL RECEIVE A SEPARATE REGISTRATION FORM IN JULY.

Mail your completed proposal by March 6, 1995 to, or bring it to the March 11 Conference

Return to:
Dan Miller
106 St. Marks Ave.
Brooklyn, NY 11217

Inspiration

"Be brave enough to live life creatively. The creative is the place where no one else has ever been. You have to leave the city of your comfort and go into the wilderness of your intuition. You can't get there by bus, only by hard work and risk, and by not quite knowing what you're doing. What you'll discover will be wonderful. What you'll discover will be yourself."

- Alan Alda, advice to his daughter

"I want to write this book because I want to explain what feeling is. I am feeling in the flesh and not intelligence in the flesh. I am the flesh. I am the feeling. I am God. I am simple. I do not need to think. I need to feel and to understand through feeling."

- Vaslav Nijinsky, in a diary entry

"The penalty for always trusting others may be occasional betrayal, but the penalty for never trusting others is certain decay. It's better to lose something we have than something we are."

- Author unknown

How to Tell a Winner from a Loser

1. A winner says, "Let's find out;" a loser says, "Nobody knows."
2. When a winner makes a mistake, he says, "I was wrong;" when a loser makes a mistake, he says, "It wasn't my fault."
3. A winner goes through a problem; a loser goes around it, and never gets past it.
4. A winner makes commitments; a loser makes promises.
5. A winner says, "I'm good, but not as good as I ought to be;" a loser says, "I'm not as bad as a lot of other people."
6. A winner tries to learn from those who are superior to him; a loser tried to tear down those who are superior to him.
7. A winner says, "There ought to be a better way to do it;" a loser says, "That's the way it's always been done here."

- Author unknown

International Primal Association
490 Park View Road
Reading, PA 19606
(610) 779-8842



TO:

Lary Schumer
1415 S. Hoytsville Road
Hoytsville, UT 84017