

IPA Newsletter

International Primal Association • Fall 1996

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

"From Soul to Cell to Society: Birthing the New Millennium"

Come to the IPA's Spring Conference in San Francisco!

by Terry Larimore, Conference Chair

The IPA's 1997 spring conference, *From Soul to Cell to Society: Birthing the New Millennium*, is March 20-23 at the Cathedral Hill Hotel in San Francisco. Our keynote speaker, Jeanine Parvati Baker, will present "Healing the Earth by Healing Birth" on Friday evening. As a midwife, author, international workshop presenter and mother of five, she is at the forefront of the movement to re-humanize birth and, in the process, revolutionize society.

In addition to addressing a new approach to conceiving and birthing children, the conference is designed to include *all* the "birthings" in our lives - the development of new ways of being, new careers, new levels of self awareness, new relationships, new ways to care for our health, new realms of spirituality, new adventures, new outreach to share what we know, new talents and skills, and more.

On Saturday, Jeanine will lead an experiential workshop on taking responsibility for creating what we want in our lives. The six-hour workshop, based on the needs of participants, will feature Jeanine's dynamic synthesis of ritual, reflection and deep feeling work.

Mickel and Mary Lynn Adzema will offer an introductory lecture on "Primal Breathwork" Thursday evening with the all-day workshop (ending late afternoon) on Friday. Their workshop is fast becoming an IPA tradition. It's a great way to start the weekend and is, for many participants, the highlight of IPA gatherings!

Alice Rose, Ph.D., is coming from Atlanta to lead "Bonds of Fire: Rekindling Sexual Rapture through Pre- and Perinatal Regression." Barbara Findeisen, our keynoter two years ago, will lead a three-hour experiential workshop on "Re-birthing the Soul."

Brian Scheffer will give a lecture on "Psychological Effects of Birth Trauma" and he and his wife Penny will lead an experiential group afterwards for those who wish to get more deeply into their birth (or other) feelings.

Barbara Valassis, of the Primal Integration Center of Michigan, will present a workshop on "Psychosynthesis," featuring a meditative structure for inner exploration on many levels revealing powerful symbols of transformation.

Stan Secrest, of Drum and Rattle Trading Company, will be there with his "primitive instruments for spirit." He was a big part of the success of last year's Miami conference and I am thrilled that he's agreed to trek cross country to be with us again. I've invited a local drum circle to visit with us on Saturday night for a rousing drumming session, too.

One of the amazing women I met in William Emerson's training program, Patricia Cramer, is the founder of the World School of Massage and Advanced Healing Arts in San Francisco. She will be out of town during the conference, but she has arranged for some of her staff to present a workshop and be on site during the convention offering chair and table massages in increments from 15 minutes to more than an hour. I have experienced her unique blend of massage and other healing modalities; you are in for a real treat!

William Emerson, Ph.D., will present "Twin Loss, Soul Loss: Life in Retrospect" in the Sunday morning plenary session, offering important information about the long-term effects of early losses plus time to explore your own feelings in this area. Dan Miller, Ph.D., will lead a combined discussion and experiential workshop on "Experiencing Transformation: The Quantum Cat" where participants can take a look at who they are meant to be, instead of who they think they are!

Mickel and Mary Lynn have also agreed to spearhead the task of organizing a "book store" for the convention - bringing together books and other materials from many sources for a one-stop shopping experience. Many of our presenters have written books (and several are in the process of "birthing" books) and their books will be featured along with other provocative, interesting and fascinating literature.

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Fall 1996

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IPA NEWSLETTER

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Deadline for Spring 1997 issue is March 30.

Members News and Notices

Steve Austill found a sum of money while cleaning up after the 1996 Summer Convention at Appel Farm. He can be contacted at 12 Mt. Vernon St., Saugus, MA 10906 USA.

Terry Larimore has relocated to San Rafael, California (just north of San Francisco). She will continue to teach her popular class "How to Get Free Publicity" (next class is January in San Anselmo, CA) and is accepting new clients for deep-feeling emotional process work at her office in Mill Valley, CA. She can be reached at +1 (415) 258-0557.

William Smukler, Ph.D., has announced the dates for the next Ark, a 40-days and nights (hence the name) intensive, therapeutic program for individuals interested in personal growth and/or training as a therapist. The next Ark is January 11-February 21, 1998, at a rural seven-acre facility two hours north of Philadelphia. The cost is \$5100 (U.S.) which includes dormitory-style accommodations, three healthfully planned meals a day (vegetarian available at every meal), extensive training, an unusually high staff-to-trainee ratio, and the opportunity to do deep, prolonged psychological work leading to profound change in ones life. For information, contact Bill at The Carriage House, 7315 Sprague St., Philadelphia, PA 19119 USA or call +1 (215) 242-6667.

Barbara Valassis will once again offer her annual Primal Marathon Weekend over the Memorial Day holiday, May 23-26, 1997, at the Primal Integration Center of Michigan, 23011 Middlebelt Road, Farmington Hills, MI 48336 USA (near Detroit). Staff for the Friday evening through late Monday afternoon event includes Barbara Valassis and Katje Hynes (from the Detroit area); Michael Hoyland-Young and John Hobbs (from Toronto) and Terry Larimore (of San Francisco). For information or to make reservations, call +1 (810) 478-5559.

Mary Lynn and Mickel Adzema are happy to announce their acquisition of a new home, allowing them the space to offer weekly primal groups, biweekly primal breathwork workshops, and individual sessions of primal process and breathwork. They are delighted to have put five years of trailer life behind them and to be living in comfort and quiet amidst the Northern California redwoods, along the picturesque Russian River in the tiny artist colony of Guerneville, CA. Their new contact info: +1 (707) UNY-11RR; or +1-800-41-MRGE-U; 15339 Glandy Glen Lane, Guerneville, CA 95466-9749 USA.

Please send notices of your upcoming events or other news to the Newsletter Editor!



Some of the "happy campers" at the 96 Summer Convention at Appel Farm.
This photo and other in this issue are by Dan Miller!

Stan Grof to Keynote Convention Aug. 26 - Sept. 1, 1997

by Larry King, Co-chair

When I think of what I was like before I ever started therapy and how I have changed, it seems a miracle to me. When I think that the love of my life and I met almost a quarter of a century ago and are still together and still very much in love, I have personal experience that miracles happen. Primal therapy has played a large part in these miracles. It has transformed my life and the lives of many people I know, a lot of them members of the IPA.

At Appel Farm, we had a brainstorming session for the theme of the '97 convention. The term "transformation" kept being suggested, but none of the phrases we came up with seemed exactly right. Then, a few weeks ago, Barbara Kay Cope suggested the term "everyday miracles." That seemed exactly right to me, for the miracles of primal therapy are in the wonders of our everyday lives being far richer and joyful emotionally and in relationships than they could have been without it.

Karen Buck came to visit one afternoon and she and Debby and I went out for dinner, talking about our days and our lives, our work and pleasures and friends. How much we have changed over the years. Transformation. Miracles of Transformation!

That's it! There's our theme: Miracles of Transformation! It is a big one, even an audacious one. Big enough to cover the small but many transformations in our everyday lives and audacious enough to cover the possible miracle of transforming the world - as our keynote speaker, Dr. Stanislav Grof, believes can be done.

Dr. Grof is a physician seeking to promote both individual and planetary healing. These transformations are illustrated in his article in the Spring issue of Primal Renaissance, "Planetary Survival and Consciousness Evolution: Psychological Roots of Human Violence and Greed."

Stan Grof is a psychiatrist and former scholar-in-residence at Esalen. He is one of the pioneers of primal birthwork. He has also explored psychedelic therapy, authored six books, and written more than 90 papers for various professional journals. He is best known recently for his "Holotropic Breathwork." He lectures and conducts training seminars worldwide; after leaving us, he will go to Brazil.

We will again be at that magical place, Appel Farm Arts and Music Center, which recently announced a change in its conference season to run October through April (omitting the IPA's traditional conference week leading up to Labor Day). I called Debra Donohoe, Appel Farm's Public Relations Director, and she assured me that the IPA convention has been "grandfathered in" for 1997 and, most likely, for 1998. The newsletter also announced a change in their food

service policy. To make sure that we continue to have the superb meals that we have enjoyed in recent years, IPA Treasurer Louis Mezel is negotiating with wonderful chef Lynn Snyder (and her staff) to again cook for us in 1997.

You can also help make this the best convention ever. Please call or write me with your ideas. What can we improve from previous conventions? What did you especially like or dislike about past conventions? Have you not attended recently? Let us know why. Are there things we can change that will bring you back next August?

We welcome your answers to these questions, too: Do you want more or fewer lay-down primal workshops? Should they be all-day or is half-day enough? Knowing our theme, what do you suggest as a theme for our Sunday night dance party? Should the t-shirts say "IPA" or spell out "International Primal Association"? What color(s) t-shirts do you like/dislike most? Do you have any ideas or sketches for a design? If so, please send them to me. After review and recommendation by the Convention Committee, we will pass them along to Nowa Schwartz who, again this year, has volunteered to do the t-shirts and head the t-shirt Committee.

Some more important positions that we have volunteers for are: Warren Davis and Taff Welch as On-Site Co-Chairs; and Judy Lucrezia, Leonard Rosenbaum, Shelly Beach and Marlene Schiller on the Program Committee. Although I've heard that Felicity, our wonderful lifeguard (who eloped right after the convention), is still a possibility for lifeguard next year, please let me know of anyone who might be available. The IPA might be willing to subsidize someone to get their lifeguard certification. And, if YOU would like to work on the '97 convention, please call me.

A very big THANK YOU to Mickle Adzema for asking Dr. Grof to be our Keynote. Thanks to Barbara Kay Cope for help writing this article; to Shelly Beach and Terry Larimore for theme suggestions; and to Barbara Valassis, Barbara Kay Cope, Leonard Rosenbaum, Warren Davis and Dan Miller for helping brainstorm convention concepts.

Is there some person or some workshop, event or topic of discussion that would you would like to see offered at the '97 convention? Perhaps YOU would like to present or organize something? Please call me and let's discuss your ideas. If you already know that you want to be a presenter, don't wait to be called, put your concept on paper and sent it to me or call. It is not too early to plan for the convention.

It's going to be a wonderful convention - rich, rewarding and miraculous. You will be transformed!

Call Larry at +1 (212) 580-3734 or write him at
365 West End Ave. #13C, NY, NY 10024-6532 USA.

A Message from Steve Austill

As a possible tool to help resolve conflicts that might arise within the IPA, I moved at the Annual Membership Meeting held at Appel Farm, Sept. 3, 1996, that our By-Laws be amended to include a Judicial Board. The text of my motion was as follows:

IPA Judicial Board

1. The responsibilities of the IPA Judicial Board are to:
 - a. Receive any charges of unethical behaviour or abuse regarding any member of the IPA
 - b. Conduct a thorough investigation of the charges and response
 - c. Pronounce a wise judgement
 - d. Impose, if needed, a fair, constructive and, hopefully, healing sentence
 - e. Keep proper records
 - f. Develop guidelines for this process
2. The IPA Judicial Board shall consist of three members and one alternate, elected for a three-year term, by the annual meeting. However, at the first election, the person with the highest vote shall be elected for three years; the person with the next highest vote shall be elected for two years; the person with the next highest vote shall be elected for one year; and the person with the next highest vote shall be elected as alternate.
3. Qualifications for persons to be elected to the IPA Judicial Board are:
 - a. Shall be a present member of the IPA
 - b. Shall have a prior membership in the IPA of at least two years
 - c. Shall be 18 years or older
4. No person who is serving as a IPA Officer (Executive Branch) or as an IPA Board Member (Legislative Branch) shall serve on the IPA Judicial Board.
5. In the case of a member of the IPA Judicial Board filing a charge or having a charge made against him/her, they shall step aside and the alternate shall take their place.

This motion caused considerable heated discussion, both pro and con, at the Annual Meeting. When the vote was taken, my motion was overwhelmingly defeated. However, a second motion was overwhelmingly adopted. That motion was for the IPA Board to study my proposal this coming year and make their recommendation on this matter to the 1997 IPA Annual Membership Meeting.

We all realize that many persons who are deeply involved in their primal process are unable to attend our Annual Conventions and have their opinions heard. But each one of us is very important and has a contribution to make.

If you have any opinions or comments on this matter, I heartily encourage you to express your thoughts and

feelings in this newsletter and to talk to your IPA Officers and Board Members who will be discussing this issue and making a recommendation at our 1997 Convention. Also, if you would like an audio tape of my speech supporting the motion, send your name and mailing address to: Steve Austill, 12 Mt. Vernon St., Saugus, MA 10906 USA.

Interim Report of the Mediation Committee

by Warren Davis

The Mediation Committee was formed at the September meeting of the Board of Directors, with the task of responding to Steve Austill's proposal (elsewhere in this newsletter), and addressing the larger question of what to do if one or more individuals have grievances that can't be resolved easily. The committee consists of Barbara Kay Cope, Warren Davis, Larry King, Yvonne Parma, Mary Thompson, and Barbara Valassis; Mary Thompson was the informal facilitator. The committee met on Nov. 10, as part of the November board meeting; all except Larry King were present.

The mediation committee was skeptical about Steve's proposal, and was inclined not to support it; other board members present felt the same way. A summary of the objections follow. A Judicial Board was thought to be punitive, harsh, and demeaning. A Judicial Board would be a divisive influence. Once formed, a Judicial Board would have no checks and balances; there would be no oversight or guidance from the Board of Directors or the general membership. An individual who received a "sentence" would have no recourse at that point. If Judicial Board members had a prejudice or an agenda against somebody, there would be no way to stop them. Some other objections were that the Judicial Board would be an unnecessary layer of bureaucracy. If someone did receive punishment, that person could still defy the Judicial Board and keep doing what he/she was doing. And some Board of Directors members believed that past conflicts should be set aside, so we can move forward.

I proposed an alternative. I proposed that the IPA set up a mechanism for the mediation of conflicts. The mediation would be done on an as-needed basis. When a conflict or grievance arises, and other means of resolution fail, the two parties would choose an impartial mediator. Each party would also choose a support person to back them up; the role of the support person would be to encourage resolution of the conflict, in addition to providing reassurance and moral support. The mediator would hear the grievances, and facilitate the two parties in finding a way to resolve their differences. The mediator would not impose judgements or compel one of the parties to take corrective action. In the event that the conflict isn't resolved, the mediators would recommend any needed actions to the Board of Directors.

continued on next page

Some More Ideas

To: Members of the Mediation Committee
From: Yvonne Parma

When we discussed shortly the idea of a Council of Elders at the Annual Meeting, it sounded great. I had come to that same idea myself. But then, I noticed some hesitation in me. What if one or two elders are invested in one way or another in the outcome of an interpersonal conflict they try to help resolve? That can always happen. The elders may not always and each time have the trust of the conflicted parties.

Although we might look for wisdom in tribal cultures because we are not satisfied with the way our own culture solves problems, we are still not a tribe with clearly set rules and a continuously lived and practiced order. Members of our organization may have different values besides the fact that we all value the primal process.

In conflict resolution it is important that the struggling parties have reasonable confidence and trust in the integrity of the facilitators. Personal histories and conditions may cloud this faith or respective objectivity in particular cases. This is not anybody's fault, but it has to be considered, taken into account and planned for.

Because we all have spent decades studying healing processes and resolution methods, I thought it behooves us to try to use our primal, feeling and healing experience and wisdom to come up with a resolution and healing process that can be conducted or accompanied by an elder (or two or three). The parties could designate this elder themselves. The elder could be picked from a forum of seven or so, who were voted into the Counsel of Elders, or the facilitator could be freely designated from the active membership of the IPA.

The idea of choosing primarily a process rather than a person reflects my experiencing in so many different ways that people (and not one person seems to be immune to this), have their interests and slanted views that are logical when considered from within their own historical context but which may not be sensible from a different perspective. I believe, therefore, that when the struggling parties acknowledge the integrity of their facilitator, there is a better chance for a lasting solution that satisfies their particular needs.

Some of my thinking I'm sure is influenced by my particular democratic upbringing in Switzerland, my home country. There, we do not give individual officers or representatives as much power as is customary here. We think people always have their idiosyncratic shortcomings. We therefore believe in a democracy that is as direct as possible, with the voters having as much influence and decision power as can practically be upheld and carried out. We first create rules and tools for the decision makers that make it easier for them to carry their tasks, and then we vote into office the

Interim Report...continued from previous page

Several people at the Board meeting expressed an interest in being trained in mediation. The mediation committee envisioned eventually having a pool of people trained as mediators, although we could begin promptly to address grievances in the meantime.

The Mediation Committee wants to hear the opinions of IPA members - we plan to make a recommendation by next year's annual meeting at the summer convention. Call or write to any of your board members or to me directly: 4344 Aitcheson Road, Beltsville, MD 20705 USA or +1 (301) 953-1876.

Messages for the IPA for 1996?

Conduit - Michael Gottlieb

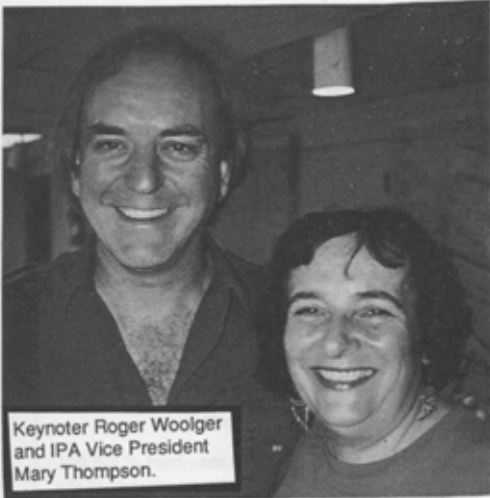
We share this with the leaders and members of the IPA - Your work in healing mental and emotional wounds of the past (childhood, birth, etc.) is well. We would like to see more spiritual healing included in such work. We would like to see more cooperation and communion during the year. You scatter to various localities and, often, make little or no effort to keep in touch with fellow members during the course of the year. This, to a large degree, dissipates the energies and powers of your organization. It alienates various members and they lose interest in the various activities and work of your organization. The benefits may not be readily apparent in associating with various members. The benefits may not be on the surface. However, hidden benefits may well manifest. Performing primal therapy and related therapies is not the only healing modalities needed. Consciousness expansion, crystal work, vibrational healing, color work, these are just some of the healings that need to be investigated.

Personal note: I would like your feedback. (212) 460-8015 550 Grand St. J, NY, NY 10002, Apt. 9 D.

Alas, without contact or interaction during the year, my needs are not being met by the IPA. This is not therapy being sought. It is *mutually* beneficial contact.

persons we believe understand our rules and use our tools. These holders of office will be replaced over time, but the process will stay the same and can be improved upon in time. Hopefully, valuable experience and time-proven methods get handed down to the next generation of officers via the rules of the process.

In any case, I'm sure we can come up with something really good. I look forward to discussing this further at our meeting in November.



Keynoter Roger Woolger
and IPA Vice President
Mary Thompson.

Roses....

...to **Mickel and Mary Lynn Adzema** for their continuing dedication to the IPA and the Primal Renaissance journal.

...to Convention co-chairs **Dan Miller and Louis Mezel** (and their dedicated team of helpers) for a great 1996 convention.

...to **Mary Thompson** for handling the myriad details to arrange for the meeting site, housing and food for the November Process Day and Board Meeting; **Mary Thompson, Warren Davis, Dan Miller and Taff Welch** for transportation services; and **Lance and Barbara Wright** for the use of their home for extra sleeping space.

...to **Barbara Valassis, Dan Miller, Warren Davis, Larry King, Louis Mezel, Barbara Kay Cope, Steve Austill, Yvonne Parma, and Michael Gottlieb** for their contributions to this issue.

Roses are how the IPA sends its thanks, appreciation and acknowledgement to members and friends. If you have a suggestion for a "Roses" listing, send information to the editor.

Letter to the Editor

Aaaaarrggghh!!!@**!!

— Dave, Shreveport, LA

P.S. There! I feel better now.

San Francisco Conference...continued from page 1

Susanne Bersbach is arranging an early-morning "outing" during the conference to walk one of the famous labyrinths at Grace Cathedral. There's a tapestry one inside and a terrazzo stone one in the outdoor plaza. Meditatively walking the intricate pattern is a powerful experience that's been written about recently in several national magazines.

The Calls to Presenters is just now going out (in this newsletter), so who knows what other interesting, challenging, intriguing and informative workshops, lectures or other events we'll be adding to the lineup. We hope this event will provide a forum for fellowship among the west coast deep feeling community just as the IPA's events have done for folks back east!

The Cathedral Hill Hotel, in downtown San Francisco, is within walking distance of Union Square, cable car lines, Japantown and many restaurants with convenient access to Fisherman's Wharf, Pier 39, Ghirardelli Square and Chinatown. The IPA has reserved 45 rooms at a 37% savings off the regular rate: \$88 per night for single or double occupancy (plus tax). Reservations are due no later than February 21. Meals are available in several on-site eateries as well as numerous nearby restaurants.

A brochure will be mailed to you soon with full conference and registration details. Note that we still need volunteers to help with registration, greeting presenters, publicity and more. If you'd like to help or want more information, call me. I hope you can join us in San Francisco!!

You can contact **Terry Larimore** at (415) 258-0557 or write 26 Vineyard, San Rafael, CA 94901.



Summer Convention workshop leader
(and shaman) Oscar Miro Quesada.

Opening to the Power Within

by Barbara Valassis

There is a "knowing" inside each of us about what we need to do to become more whole and actualize our potential. This "knowing" is part of the power within us all, the inner child, the spark of self that we need to acknowledge and nurture. There are various ways to get in touch with this source of inner strength; some are spontaneous and some are guided. In Primal, we learn to "trust the Process" and eventually to trust our own inner wisdom to guide us on our journey. In our Primal Process, many of us have experienced very special moments of revelation and transformation. Primal Pain becomes Primal Joy. These are extremely healing moments that give us the spiritual strength to continue on our journey.

The Primal Integration Center of Michigan has been involved in this special growth process since 1974. Over the years, we have expanded our training and incorporate many modalities including Jungian Sandplay, Breathwork, Dreamwork, Psychodrama, Gestalt techniques, Rational Emotive and Guided Imagery to facilitate the healing of mind, body, spirit and the opening to the power within. While Arthur Janov was a pioneer with Primal Therapy and we appreciate his contribution, we have moved away from the rigidity of some of his views. The International Primal Association has adopted the term Primal Integration to describe our beliefs and practices.

What is Primal Integration? Primal Integration is based on a natural phenomenon that has been recognized and used in the past. Briefly, it is a letting go of conscious controls of the body and emotions which opens up the unconsciousness to awareness. This allows insights to emerge which have a healing value. Primal is rooted in the work of Mesmer, Charcot, Liebault, Janet, Breuer, Freud, Reich, Rank, Jung, Perls, Lake, Swartley, Farrant, Grof and Janov.

To quote Arthur Janov, "A Primal experience is the reliving of those early life events during which the child turned off his primal needs and pains and developed a personality split and an unreal self." Primals occur in varying intensities and feelings.

When a trauma has happened to you, it is held in the very cells in the forms of physical symptoms, rigidity of musculature, and vulnerability to dysfunction or disease. The trauma may affect your life in both subtle and more dramatic ways. Most people who come to this kind of growth process have already tried traditional therapy to relieve their depression, anxieties or other emotional problems. While talking is helpful, it doesn't release the trauma on a deep, body level. They often feel that there is something more to be resolved. Primal work is not a Band-Aid for your problems. It is a very deep cleansing of the wounds that have been affecting your life.

In Primal, you are able to regress and re-experience a time when you felt totally victimized. This could be an abusive situation or even being trapped in the birth canal. After you have released the painful feelings, you may be encouraged to redo the trauma in a positive way which will allow you to get in touch with your own sense of power and move away from the victim stance. For example, someone who had a Cesarean birth may continue to expect to be rescued. After working through the real birth issues and feelings, they could be helped to redo the birth as a normal vaginal delivery. They will then have the sense of being "in charge" of their life in a deep cellular way. This is called a Primal of Undoing.

How does someone get into a Primal Experience? A "Primal" is a natural phenomenon. The body wants to heal; to release the tensions and pains it is holding inside. Over the years, we have learned to repress and suppress our feelings and natural tendencies. We are told: "Be polite, be quiet, don't be angry, there's nothing to be afraid of, don't be a crybaby." Our reality is denied over and over until we don't trust our own feelings or experiences. We lose our real self and become what others expect us to be. So, we have layers of defenses to work through to get to our core Self.

A Primal can be described as a feeling that may start with a here-and-now distress, such as being upset and angry with an authority figure. As the client is encouraged to express feelings of anger, etc., they may find the feelings really taking over. There usually is a sense of giving one-self permission to "go with it." During that process, there may be a flash or vision from the past. In this case, it could be a parent figure and maybe a memory scene. Then, if the client feels safe, he/she may re-experience a traumatic event and release the feelings from the past. A connection is made between that scene and the present. This generally releases the energy of the current situation and the client is able to function better. The more we can release our angers, the more we can open to love and our own Power Within.

Who would benefit from this process? Primal is very effective with depression, anxiety, panic disorder, grief, rage, sexual abuse, rape, incest, pre-verbal traumas, pre- and peri-natal issues, abandonment, rejection and other issues that clients are able to work with, express, feel and release.

The process is basically self-directed so each person will open up and progress at their own pace. This maintains safety and also provides support for those who are not ready or willing to go into the deeper parts of their psyche.

The benefits include: feeling empowered rather than victimized, having more choices in one's life, freedom from repetitive patterns, becoming more authentic, and Opening to the Power Within.

Book Nook

Prayers of the Cosmos: Meditations on the Aramaic Words of Jesus by Neil Douglas-Klotz
Harper San Francisco, 1990 (first paperback 1994)

Write-up by Terry Larimore

In his foreword to this book, radical theologian Matthew Fox says, "Reader beware: though this book is brief, it contains the seeds of a revolution." Neil Douglas-Klotz returns to the original language of Jesus to bring us a fuller, more accurate translation of his original message. He explains how modern Bibles have missed much of the meaning of Jesus' teachings because they are based on Greek translations of the original Aramaic texts. Greek differs drastically in its basic conceptual structure and fails to capture the rich, multi-layered meanings of Jesus' original Aramaic. For example, the same word may be translated as "Name," "light," "sound," or "experience." By tracing these root meanings, he presents a poetic, multi-faceted, inclusive view of Jesus teachings. Douglas-Klotz, by going back to the original Aramaic, offers an interpretation grounded in a sensitive consideration for both the literal meaning of the words from the rich and symbolic Aramaic as well as the metaphoric, taking into account the cultural life of the speaker.

Neil Douglas-Klotz provides the original Aramaic text, a transliteration, and several valid translations of each line of the Lord's Prayer, the Beatitudes and three other famous sayings of Jesus (including "Love your enemies"), followed by notes and explanations that provide an overview of the many branches of meaning of the texts. "Body prayers" are also included to guide the reader into an experience of the prayer using the sound-meaning of the original words - the direction, color, movement and other sensations evoked by certain sacred words as they resonate in the body. He reveals the wealth of meaning behind the familiar Christian texts, bringing a new, cosmic dimension to Christianity.

The first line of the Lord's Prayer, "Our father who art in heaven," can be worded "O Birther! Father-Mother of the Cosmos" or "O Thou! The Breathing Life of all" as well as five more equally refreshing new translations!

"Thy kingdom come" becomes "Let your counsel rule our lives, clearing our intention for co-creation." "Forgive us our debts, as we forgive our debtors" can be read "Loose the cords of mistakes binding us, as we release the strands we hold of others' guilt." The Beatitude beginning "Blessed are the meek" becomes "Healthy are those who have softened what is rigid within."

This book touched my heart. I am pleased to tell you about it and hope it touches your heart too.

Calendar of Events

IPA 1997 Mid-Winter Conference and Board Meeting

"From Soul to Cell to Society:
Birthing the New Millennium"
March 20-23, 1997

Cathedral Hill Hotel, San Francisco, CA

Featuring keynote speaker Jeanine Parvati Baker

IPA Process Day and Board Meeting

May 17-18, 1997
Philadelphia, PA

IPA 1997 Annual Summer Convention

"Miracles of Transformation"
August 26-September 1, 1997

Appel Farm, Elmer, New Jersey
Featuring keynote speaker Dr. Stan Grof



Docs on duty: Our 96 Convention co-chairs Louis Mezei, Ph.D. and Dan Miller, Ph.D.



Old friends Steve Austill, Alec Rubin and Jonathan Schwartz

Treasurer's Report

by Louis Mezei

On November 12 we have \$10200 in our bank account. For the next year minimum projected expenses are \$13,000, plus a \$5000 deposit we will need to make before the next Summer Convention. In the next newsletter I plan to report our calendar year 1996 income and expenses in more detail. I will shift from our customary fiscal year (Aug. 1- July 31) to make the report more meaningful. In the meantime, let me just list our planned expenditures: Office/ Telephone \$3000, Summer Convention (excluding Appel Farm deposit) \$3000, Newsletter \$2000, Board Meeting and Travel \$2000, Journal \$2000 (for one issue net after journal income), San Francisco Conference \$1000.

We do not have sufficient money for all our activities. We have drastically reduced Board meeting and Travel expenses. During the last year a number of our Board members, Barbara, Brian, Jonathan, Nowa, and Warren, donated their travel expenses one or more times. We have dropped two of our meetings, reducing the number of travel expense subsidized board meeting from 4 to 2 and increased the non-reimbursed travel expense to \$100 per meeting.

Last year the Miami Conference, besides the terrific Primal-Shamanistic integration and experiences, contributed \$3000 to our treasury at just the right moment. I need to also say that the appearance of Oscar Miro Quesada at our

Convention was a heartfelt contribution from Jonathan and Nowa, had nothing to do with our income and expenses, and the spiritual and psychic income to the IPA was huge.

Our Summer Convention was a huge success. From the Treasurer's corner near final-figures show a \$7500 profit. One new person wrote that it has changed his life for the better. I am sorry we did not have a chance for a closure, I want all of you who were there to know how much I appreciate your presence and the support we all provide each other for changing our lives and the world for the better. Let me just give an incomplete list of people whose efforts made the Convention outstanding: all our presenters, Dan Miller, Louis Mezei, Mary Thompson, Mary Lynn and Mickel Adzema, Barbara Cope, Barbara Valassis, Steve Austill, Larry Schumer, Terry Larimore, Nowa Schwartz, Lynne our mother-goddess-cook, and the Appel farm crew.

Just one more thing. You can help us grow as a positive force on the planet by your financial support. If you are not a member, please join and pay the highest fee that is right for you. Invite people you know to join as members. Buy a life membership, especially if you plan a long and happy life. If you plan for a short and miserable life your life membership is still welcome, but we don't have a reduced price for you.

Now that I finally got to some humor it is time to send you my love and respect.

International Primal Association
c/o Mickel Adzema
15339 Glandy Glen Lane
Guerneville, CA 95446

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TO:

PLEASE NOTE:
 March Conference
 Call to Presenters inside
 on page 9!!

