

IPA NEWSLETTER

INTERNATIONAL PRIMAL ASSOCIATION FALL 1997

P.O. BOX 139 NYACK, NY 10960-0139 (914) 398-0314

25TH ANNUAL CONFERENCE WAS THE BEST EVER!

by Jonathan Schwartz

Many thanks must go out to Larry King and everyone who helped out with the 25th Annual IPA Conference at Appel farm. It proved to be a spectacular conference for all who attended. Stanislav Grof was the keynoter and, as always, his controversial work with non ordinary states of consciousness during the last 40 years was provocative, brilliant and challenging. On Friday, he conducted a marathon question and answer session that lasted almost 4 hours (which is available on tape... order forms are in this Newsletter). Then, on Saturday, he gave a three hour keynote in the Theater which was followed by more discussion. On Friday night, many conference attendees were able to enjoy Stan when he joined one of the peer groups.

Louis Mezei, during the weekend, performed a solo Theater Piece which had everyone in tears. He spoke movingly and sang about his life as a child during Nazi times in Hungary and later in a mental institution. Quite an inspiration. For the first time, David Moskowitz gave a workshop from the perspective of Eva Pierakos' "Pathwork," which he has been studying and practicing for 25 years. Eva's husband, John, as some of you may know is the founder of "Core

Energetics."

Alec Rubin and Steve Austill presented their classic primal workshops in which, as usual, deep issues were discovered by all. Both men's and women's groups were beautiful and powerful this year with both groups having excellent sessions.

There were a plethora of Holotropic Breathwork presenters who conducted a spirited, upbeat, Breath Session that challenged many right to the end of their limits.

Brian and Penny Scheffer, here at Appel Farm for the first time continue to spread the Birth Trauma Therapy gospel as pioneered by IPA member and former keynoter, William Emerson. And for those who haven't been exposed yet, the technique is at once powerful, simple, effective and essential.

For the second year in a row, Jonathan this time without Nowa, hosted a soft and touching Friday night universalist Sabbath dinner which many said was the highlight of the weekend.

Every day to start the day, Jonathan led

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Deadline for the Winter Issue is Dec. 15, 1997

Membership applications

RENEWAL

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Both members of the household must live at the same address and pool their incomes. Joint members will receive one mailing per household.

CHICKEN LOVER

by Jonathan Schwartz

It started last December after another ayahuasca ceremony with Don Oscar Miro-Quesada. I had heard, again, the voice of Gaia, the voice of the trees, the voice of the vegetable kingdom. It felt like a part of me turned green. (Now, I know why they call it the "Green" party). I had already eliminated all meat save chicken and fish. On the way to our once a month, Lakota Sweat Lodge ceremony down in South Dade, we stopped to buy some fresh vegetables when I, on pure impulse purchased two chicks and immediately became a chicken lover ... a friend to the chicken nation. I quickly grew into an advocate for their often-maligned character, a sort of Martin Luther King on behalf of the lost dreams and civil rights of the chicken nation.

I began to grow especially close to Naranjita, a bright orange miniature Bantam Rooster. I would talk to him, squawk with him, pet him, hold him, love him ... you know, like a dog. Sometimes, I dare admit, he would even be found sleeping, wrapped in a towel in our bed, between us. Some people have cyerpets as preparation for parenthood, we have chickens.

The chickens seem to abound with energy. They are an energy ball, forever growing and expanding ... very quickly. Remember, many chickens easily produce an entire egg everyday! The energy is got to be moving pretty quickly to accomplish that. Of course, like most animals, they live in the forever now, without self doubt, just completely responding to and with nature. They are extremely self sufficient, they eat everything ... and they don't waste time ... They eat, shit ... and sleep. And little else. I feel so grateful to

Naranjita and Saturnina and TheARI and Kiva for helping us simplify our life.

So, on with the story... my wife Nowa built an incredible condo in a dying grapefruit tree in the backyard. Four or five levels, big enough for at least a dozen chickens. They quickly became accustomed to their new surroundings and lived like Kings and Queens. The first disaster struck when we came back from the San Francisco conference and Saturnina was gone, leaving traces of an intense struggle with a predator and with Naranjita visibly shaken for days as if to be exhibiting signs of what we in the human nation would call depression. Depression, however, needs a thinking process to occur. So, more appropriately, my diagnoses, in chicken language, is, when there is a sudden change of situation, the organism needs time to readjust to the new energetic situation. Basically, it was an aggravated tracking problem. And so after a few weeks, Naranjita was back to normal especially after we went out and bought two new potential friends, hopefully hens, for him to party with. And then started the real trouble.

Naranjita is a particularly loud and noisy Rooster. He squawks on average at least 30-40 times per hour... all day long ... starting from about 6am in the morning. Many of the neighbors loved the sound, but then we got a complaint from the city saying that a neighbor had complained and that we would be fined \$150.00 per day if we didn't remove the rooster. Then, when I went to refinance my house the mortgage people said that they couldn't give me a new mortgage because the title was encumbered with the pending chicken case. The new mortgage would save me about \$40 per day. So, after many ceremonies and

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Roses, also known as Acknowledgments and Thanks

to all for helping with the Spring Conference in San Francisco!! including:

co-chairs Terry, Mickel and Mary for their hard work on the Conference.

Keynote Speaker Jeannine Parvati Baker and Plenary Speaker William Emerson for their time, energy and vision.

long time IPA members who presented at the conference including Barbara Bryan, Barbara Findeisen, Penny & Brian Scheffer, and Jonathan Schwartz.

all new member presenters including Wayne Carr, Marti Glenn, Grant McFetridge, Erica Goodstone, Douglas Gosney, Dorothy Mandel, Kathy Scheg, Z'eva Singer, Patricia Cramer, Corrina Cop Rain McFarlane, Patrizia Pallaro, Ken Bruer, and Alice Rose.

volunteers Duncan Tam (for his beyond-the call-of-duty assistance in advance planning and on-site work) and Mark Escalera, Kelly Nussy and Joel Mendoza for the Drum Circle.

Patricia Cramer and her staff and students from the World School of Massage and Advanced Healing Arts for providing body work.

to all for helping with the IPA Summer Conference!! including

Larry King for chairing and Leonard Rosenbaum for assisting magnificently.

Taff, Alec and his primal theatre group for helping with the brochures at the last minute.

Steve Austill and Jim for on-site chairing.

presenters Barbara Findeisen, Penny & Brian Scheffer, Steve Austill, Patricia Cramer, Alice Rose, David Moskowitz, Bill Smukler, Barbara Bryan, Frankie Wiggins, Mary Taylor, Lynn Surgalla, Alec Rubin, Carol Bowman, Johanne Hamel, Larry King, Larry Meizei, and Don Allen.

Mickel and Mary Lynn Adzema for publicity.

Jonathan Schwartz for Sabbath dinner and morning exercise and co-emceeing the party and cabaret night and for his workshop.

Marlene Schiller for tracking down primal pioneers.

Jean Rashkind and all of the body workers.

Lynne and her crew for the fabulous food

and of course, Roses to Stanislav Grof for all that did to make this our best conference yet.

and to all those who I have inadvertently forgotten ... thanks.

SUMMER CONFERENCE LOST AND FOUND

Blue-green shirt with triangles and pretty designs marked LS; Green water bottle and case marked "So Kool;" A very nice denim Oshkosh jacket marked LS; gray hat marked "Strong Arm, Gas charged lift supports;" Blue-green men's bathing suit, size XL, Pro-Spirit; Northwest Airlines blue blanket; Men's green-gray shorts XL "Utility Quality Clothing;" Brown tote bag, ripped. If you belong to any of the above call or write me, Steve Austill, at 12 Mt. Vernon St., Saugus, MA 01906. Telephone: 781-233-1339. I will send them to you.

SHAMANISM AND PRIMAL: EVEN BETTER THE SECOND TIME

by Jonathan Schwartz

After last year's incredible Winter Conference in Miami, who would have thought that they could do it again. For the second year in a row, Nowa and Jonathan Schwartz put together a spectacular conference entitled "Shamanism, Healing and the Primal Path." And this conference was even better. The conference featured outstanding shamanic and primal presenters from all over the world. The conference took place February 26-March 2 at the Hyatt Regency in Miami, Fl. with sweat lodge ceremonies being held in South Miami.

Brant Secunda presented a keynote and workshop on Huichol Shamanism. Brant was warm, funny, exciting and clearly demonstrated his shamanic healing powers from decades of study and practice with the Huichols. He also came with fabulous yarn paintings and hundreds of rattles and beaded material.

The warm and exciting Peruvian shaman Oscar Miro-Quesada was there, along with Inkari Pachatusan, a group of 5 Inca Musician/Shamans, who, after some incredible last minute legal maneuvers by Jonathan Schwartz, flew from Cusco, Peru to be with us. Their music, their presence and their rituals ensured that a transformative experience was had by all. At the end of the conference on Sunday, Inkari led the conference in a 4 hour offering ritual which incorporated dancing, chanting, prayer, working with ritual objects on the mesa and clear focused intent. Afterwards, all of the presenters built a fire and buried the offering in an all night ceremony that went until daybreak.

From the Primal community, Alec Rubin and Joe Raiola conducted 2 all-day workshops which everyone loved. Alec seems to get stronger and stronger with more vision, and more power everyday. His early morning keynote was also beautiful and insightful. One night Joe Raiola, a Performance Artist who has been working closely with Alec in New York performed an improvisational primal theater piece entitled "Lost in the New Age." It was spectacular. Steve Austill presented a beautiful workshop for Primal Beginners and Jonathan presented his workshop: "Spontaneous Primal Ritual Theater," which incorporates elements from Zen, Tai chi, dance, primal and theater.

On Saturday night, Jonathan, Alec and Joe presented Ritual Theater, a presentation which featured Jonathan's theater group. In the middle of the performance, smoke started billowing into the performance space and police rushed around the Hyatt Regency where the conference was held ordering people out of the building. By some miracle, we were able to recollect outside by the various fire trucks, locate another space and finish the show, which went on for another 2 hours.

Over 100 people attended the conference from 15 different states, many who were previously not IPA members who have now been exposed to the primal community. Jonathan and Nowa are co-chairing the 1998 Summer Conference in Appel Farm. If anyone would like to assist, call (800) 287-8688.

“PRIMAL PROCESS” OR “PRIMAL INTEGRATION”

by Steve Austill

After many years of discussion, thought, and intense feeling, the Certification Committee is about to present to the membership its plan for Certification of Members of the IPA. Certification was one of the original reasons for the formation of the IPA over twenty five years ago. But certification has always been “a can of worms.” Nevertheless, it is vitally important for us to know just who is qualified to do primal work, and it is extremely important for those outside of the IPA to know who we recommend to do primal work. So, although the progress toward certification by the IPA has been very, very slow it has been steady toward our eventual goal of certification. Many meetings have been held; many letters have been written; phone calls made, and articles in the IPA Newsletter. We hope that we are now coming close to the end. Soon we hope to present to our membership our final recommendation for certification by the IPA. At the present time we are having a problem with the name choice. Should we use Primal Process or Primal Integration? This is no minor matter. Just think how important your name is to you. Are you proud of it or is it like an albatross around your neck? When women marry it is the custom to change their name in favor of the husband. How do you feel about that? Some people change their name. Our former President and active IPAer Barbara Bryan has just taken her own name back and we rejoice with her for this decision. My middle name is Pifer. Originally it was Pfeiffer, but along the way it was Anglicized. I am seriously considering going back to the original spelling. When Moses was in the wilderness in despair over the persecution of his people in Egypt, God called him to go back and bring his people out of slavery and to freedom. Moses hesitated. He knew he was talking to God but he didn't know God's name. How could he go back to his people and lead them to freedom without THE

NAME? We read from Exodus, Chapter 3, verse 13, “And Moses said unto God, Behold when I come unto the children of Israel, and shall say unto them, The God of your fathers hath sent me unto you; and they shall say to me, What is his name? What shall I say unto them? And God said unto Moses, I AM THAT I AM: and he said, Thus shalt say unto the children of Israel, I AM hath sent me unto you.” So you can see that from the ancient times into the present THE NAME is extremely important. What do you think? Should we use PRIMAL PROCESS or PRIMAL INTEGRATION? Bill Swartley who was one of the original founders of the IPA, used the word “integration” extensively. When persons are “split” due to trauma they need to be integrated. Body, mind and spirit need to come together. Also our past, present and perhaps even future needs integration. The word integration has an honorable history for those of us in the IPA. Barbara Bryan has had a wonderful center in Michigan for many years called The Primal Integration Center. I have used the words Primal Integration on my own business letterhead for many years. Juliana Brown and Richard Mowbray have practiced “Primal Integration” for a long time in London, England. No doubt others have used the word integration to describe their work. There may be other reasons why we should use the word integration to describe our work. There may be other reasons why we should use the word integration but in any case “integration” has many virtues and a great history. The other option is the word “process.” Lately, I've been thinking that this is a better choice. The word “process” is more easily understood by the general public. It is a very common word. People understand it. For example we have “word processors.” How would “word integrationers” sound? Everyone knows what a food processor is. “Food integrationers” would puzzle most people.

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Also, integration is a word that was widely used during the civil rights movement. "We want integration" some people shouted. What they meant was that blacks and whites should attend the same schools together. Integration is a complex word. Primal is a complex word. Do we want two complex words in our name? We all know how hard it has been to explain to other people about what we do. Primal has been called a "pop psychology". It has been called "psychobabble." We need to do everything in our power to make it easy for the general public to understand the marvelous work that we do. I think that "process" is easier to understand and explain than "integration." I also think that the word "process" is a more accurate description of what we do than "integration." Arthur Janov made it sound like we become healthy in just a few years. Those of us who have been around for a while know that it is a life-long process. We are able to grow and grow over a period of time as we integrate and explore our thoughts, feelings and potentialities. The IPA is a lot of fun because we can do these things like art, music, comedy, dance, theater and more. We are exploring a lot more than integrating the split. We are in the process of finding our very life! So there you have my considered opinion, what is yours? The next meeting of the Certification Committee will be held on Saturday November 1, 1997. Please communicate your ideas and thoughts to Barbara Bryan, Certification Chairperson before November, 1. Please contact Barbara Bryan at: 23011 Middlebelt Road, Farmington Hills, MI 48336. Telephone: 810-478-5559. Note: the complete name to be proposed by the Certification Committee will be either: Primal Process Educator, or Primal Integration Educator. If you want to know why we are proposing the word "Educator" instead of "Therapist" contact Barbara Bryan or better yet contact Juliana Brown and Richard Mowbray who have volumes of material on this subject. They may be reached at: 36 Womersley Road, Crouch End, London, N8 9AN England. Telephone: 081-341-7226.

Primal Renaissance to be published 4 times this year!

by Mary Lynn Adzema

Because of severe and unusual circumstances both personal and in the organization, the Journal was not published last year. This particular set of circumstances is unlikely to occur again, and we expect publication to proceed normally from now on. However, at the IPA's May 1997 Board meeting, the Board committed itself to four Journals this year to catch up on the publication schedule. Expected publication dates at this time are November, 1997 for the Fall '96 Journal; February, 1998 for the Spring '97 Journal; April, 1998 for the fall '97 Journal; and July, 1998 for the Spring '98 Journal. At the May, 1997 meeting the Board committed itself formally to publishing two Journals a year, a Spring and an Autumn issue -- which heretofore had been an intention, but not a formal commitment. The Editors apologize for any inconvenience and disappointment these delays have caused and we appreciate immensely the patience shown by IPA members and subscribers in this regard. Professional Journals, unlike magazines for which there are paid staff are usually edited by volunteers in their spare time -- often professors at universities -- and hence are noted for sometimes irregular publication schedules. Our Journal is also a voluntary contribution and although we regret this irregularity, our intention is to strive for regular publication, despite having to do it when time and life's circumstances permit.

...1997 Conference, continued from page 1

morning meditations, stretches, chants, prayers and chi gung. As always, the food provided by Lynne was spectacular and plentiful with more than enough for all diets. The sand play room was especially exciting this year with more children than ever making excellent use of the space. Bill Smukler continued his reign as Sand Play King.

The Cabaret night was quicker paced and simply a joy this year with Alec and Jonathan emceeding the event. Irving Bernstein, once again, proved that he has a second career in the making by hilariously telling us this year's best jokes that he collects all year long. Laura O'Donnell and the Utes performed a ceremony with all of the children... what fun. Taff Welch, the Cowboy Poet, once again used the opportunity to wear his hat and read his "poem."

Next year's event is being chaired by Nowa&Jonathan Schwartz. All volunteers can call (800) 287-8688.

SPIRAL

by Marie Regis

I am free
Turtle, owl, air,
Midnight wind softly stirring
Light, sowing, weeding, throbbing,
I am Light, I am fee,
The Earth and Sky welcome me!
Mother Earth loves me
Mother Earth welcomes me!

ONE STEP

by Don Hardin

The gate to the other side has been locked...
Secured by pain, rusted shut with fear, a
lifetime of woundings, a half century of terror.

Anger rattles the iron, pain greases the lock,
fear is the key.

Standing on that threshold, the gate unlocked,
wide open... Is the division between Heaven
and Hell.

Just to gaze at the wonders ahead is to
dissolve the nightmares behind, the
nightmares, still adhering to my back.

The nightmares, clinging like leeches, to be
brought forth to the dawn, to Paradise, Eden,
Heaven.

One step... to the absence of ego, meagerness
of death, pureness of spirit and essence of
love.

One step... to plunge, merge, coalesce, with
totality of being, beauty of soul and passion of
spirit.

One step... to ecstasy, bliss, eternity.

One step... and immersion with truth, the I
AM that I AM, and fusion with God.

One step... One step... One little step... and yet
I do not leap.

CALENDAR OF UPCOMING EVENTS

ARK APPLICATIONS NOW BEING ACCEPTED

William Smukler, Ph.D. is accepting applications from participants for the next ARK, a 40-days and nights (hence the name) intensive, therapeutic program for people 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 which includes dormitory-style accommodations, three healthfully planned meals a day (including vegetarian), extensive training, a 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 or call (215) 242-6667.

8TH APPAH CONGRESS: "BIRTH, LOVE & RELATIONSHIPS

The 8th Annual APPAH Congress will take place December 4-7, 1997 at the beautiful Cathedral Hill Hotel in San Francisco. William Emerson, Ph.D., and Barbara Findeisen, MFCC are co-chairing. The lineup of speakers is very exciting. Emerson will be leading a pre-conference workshop on the relationship between birth and intimacy. Other participants include Thomas Verny, Ludwig Janus, Laura Huxley, and Michel Odent. Call (707) 857-4041 for more information.

WILLIAM EMERSON UPCOMING WORKSHOPS

October 10-12, 1997 in New Orleans, entitled: "The Treatment of Prenatal and Birth Trauma in Adults: Regression and Sandplay Therapy."
October 24-26, 1997 in Boulder, CO: "The

Trauma of Birth and Prenatal Life: Body Reading and Body Mapping. November 7-9, 1997, in Seattle: "Resolving Pre- and Perinatal Trauma: Shadows of Intimacy." For more info, call (707) 763-7024, Kelly Hennessy.

1997 Autumn Board Process Day is in Michigan at Barbara Bryan's Primal Integration Center on All Saints Day, Saturday, November 1, 1997. All IPA members are encouraged to participate. The Fall Board Meeting will take place on Sunday, November 2, 1997.

The 1998 Winter Conference will be in Washington D.C., with the dates to be announced shortly!

26th Annual Summer Conference at Appel Farm, August 27-September 3, 1998.

Chicken Lover, continued from page 3

letting go .. And primaling... we decided to move the chickens to a nearby island where we could visit them and bring them food. After the court case was dismissed, about 2 weeks after we placed Naranjita and Kiva on the island, we returned and they were gone. We don't know what happened to them. We hope someone took them and is providing them a new home. All told, it has lasted about 9 months, and we both learned so much.

I am a chicken lover. I love the feel of a beautiful bird in my hand. That loud cock-a-doodle-do. I'll miss them, but I wont forget the joy and love and soft lessons they brought to our house. A ho Mitakuye Oyasin.

Consciousness Expansion and Spiritual Healing

by Michael Gottlieb

What is consciousness expansion and why would an individual want to invest time and energy in pursuing this discipline? How does consciousness expansion and spiritual healing tie into psychological therapies that heal the wounds of birth and childhood?

These are legitimate questions that would require a book to answer fully. I can only seek to summarize my 26 years of study, research and practice of what I call "metaphysics."

We humans are triune in nature: we are physical, mental **and** spiritual. Any healing approach that ignores any of the three is incomplete. I started in 1970 as an atheist, as completely rejecting and dismissing concepts like reincarnation, karma, astrology, Atlantis, etc. Ironically, it was a primal therapy intensive in 1974 that opened me up and enabled me, in conjunction with dreams and research, to overcome my intellect and believe in a divine force.

When we "live" in the spirit world as souls free of the body, our consciousness along with the laws of reincarnation and karma determine our selection of mother and father, country of birth, date of birth, gender, etc. Many people have a problem with that. How could a person willingly select a difficult birth with all the hurt, pain, deprivation, psychological and physical abuse? Many choose to believe their birth parents are a function of random selection. There may be many different reasons for such a selection. The consciousness of the individual soul is a major factor. Perhaps unworthiness, guilt, a belief that pain and suffering is somehow necessary on the path to God, karmic ties with this set of parents, may be unseen factors. A sobering

thought is that, unless one raises one's consciousness, this type of birth and childhood may be repeated again and again. That is, as wonderful as primal therapy is, it does not necessarily raise one's soul consciousness. Nor does it alter karmic patterns. Only a program of consciousness expansion can achieve that. Nor can primal therapy end the endless cycles of birth, death and rebirth. Only consciousness expansion can enable one to be free of having to take on these physical bodies and be subject to decay, old age and death.

I believe that to achieve the best healing one must work with what some term the "I am." You can term it "life force," "inner essence," or any number of other terms. There is a spiritual force which animates every cell in our body. That force is dormant until one makes the conscious decision to raise consciousness. There are three tools that I have found useful on my path --meditation, dream work, and prayer. Just as with primal therapy, it is a process that, for me, requires persistent effort over time.

I've already indicated some of the benefits of such work. Faith is important in spiritual work. But we also need to have **personal experience** of the spirit within us. These tools (meditation, dreamwork and prayer) when used patiently and persistently, enable one to have such personal experiences. Other benefits include being able to generate strong spiritual healing energies and directing them to heal friends and family members. Also, it has helped me forgive and release those who have hurt me in my lifetime.

From Soul to Cell to Society: Birthing the New Millennium

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004	Seven Movements in Cellular Consciousness Terry Larimore	2	18.00
005	Take Responsibility for Creating What We Want Jeannine Parvati Baker	3	21.00
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007	Psychosynthesis Barbara Valassis	1	10.00
008	Integrating Therapy Changes Into Life Mary Thompson	1	10.00
009	Birth Trauma & Its Psycho/Spiritual Impacts Brian Scheffer	1	10.00
010	Liquid Bodies and Liquid Consciousness Patricia Cramer	1	10.00
011	Whole Hearted Healing Grant McFetridge	1	10.00
012	Bonds of Fire: Rekindling Sexual Rapture Alice Rose, Ph.D.	1	10.00
013	Rebirthing the Soul Barbara Findeisen	2	18.00
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017	Anesthesia, Shock and Loss of Self Dorothy Mandel	1	10.00
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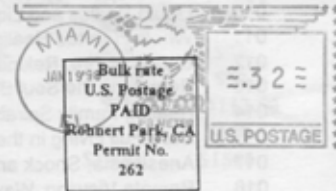
**25TH ANNUAL IPA CONVENTION
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IPA 01	Fluid Bodies - Fluid Consciousness	Pat Kramer	1 tape
IPA 02	STAR: Through Primal to Soul	Barbara Findeisen	2 tapes
IPA 03	Path Into and Beyond Madness	Louis Mezei	1 tape
IPA 04	What is Primal?	Larry King	1 tape
IPA 05	On Being Politically Correct	Steve Austill	1 tape
IPA 06	Being In the World with Spirit	David Moskowitz	1 tape
IPA 08	Rekindling Sexual Rapture Through	Alice Rose	1 tape
IPA 09	Keynote Address	Stanislav Grof, M.D.	2 tapes
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