

IPA NEWSLETTER

International Primal Association--Spring 1998

Check out the new IPA Website at: www.primal1.com

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

Primal Spirit: Dance of the Heart

26th Annual IPA Conference to Feature

Antero Alli, Oscar Miro-Quesada and Alec Rubin

I'm proud to introduce this year's conference, *Primal Spirit: Dance of the Heart*. It features three Keynoters: Antero Alli, Oscar Miro-Quesada and our own IPA co-founder Alec Rubin. I have a strong personal feeling about all three presenters and their work, having done many workshops, conferences and weekends with them all. We could easily devote a week to any one of them. Antero and Oscar are both young, vibrant, full of heart and an inspiration to be around. Alec, who will be celebrating his 78th birthday during the conference, keeps getting stronger and has even more insight and even more penetrating lessons to teach us. What all three have in common is a growing appreciation for the crucial role that effective ritual must play in our lives in order to feel our hearts and to start to become aware of our divine nature within. Antero is a master ritual leader. He will lead us into a greater appreciation of ourselves as humans here, in present time, alive and in communion with nature and all

By Jonathan Schwartz
the forces of the cosmos. Antero recently completed a three week run of "Hungry Ghosts," a new multi-media event for actors, dancers, film and music. He is the author of several books including: *Angel Tech: A Modern Shaman's Guide to Reality Selection* and *All Rites Reversed: Ritual Technology for Self Initiation*. Antero will be our ceremonial leader at various key junctures of the week including opening, closing, men's group and a Saturday night keynote. He will be with us for the whole conference. Oscar will be with us between Wednesday and Friday and will present a powerful participatory workshop on Thursday. Oscar, who is commonly associated with "Heartfelt Peruvian Shamanism," will conduct his workshop: "Using Shamanic Techniques to Access Deep Feelings and Opening the Creative Within." His plenary session will be Thursday. Alec Rubin, master teacher, psychotherapist, actor, director and wise father to so many of us will keynote a

continued on page 2

continued from page 1

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plenary session on Friday night. Alec himself has been influenced by the work of Oscar and Antero. He will share how ritual and shamanism and nature and the Earth has influenced his ever-changing "Theatre Within." As usual cabaret night, peer groups, women's and men's groups, Sabbath dinner and primal workshops will be back. The emphasis this year is with unleashing the expressive creative and to provide opportunities for performing or painting or playing music. Express Thyself. As usual, Bill Smukler will present 3 workshops: Sandplay, EMDR, and The ARK. Jonathan Schwartz will team up with Mr. Alli to present Spontaneous Primal Ritual Theatre. Chris Wright will present on new Identity Process. Terry Larimore will do a workshop on Shock and Trauma; David Moscovitz will be back with a Pathwork-related workshop. Other presenters include Larry King, Mary Thompson, Barbara Valassis, Taff Welch, Louis Mezei, Dan Miller and Carol Bowman. To sign up for the conference please contact Alice Rose at 1-404-255-7051. If you are interested in presenting call Jonathan Schwartz at 305-573-9573.

*The IPA promotes a
common bond with seekers and
kindred spirits who are interested
in advancing the integration of
heart, mind and spirit in rich,
diverse, deeply felt and deeply
understood ways.*

CHILDREN'S PAST LIVES

by Taff Welch and Carol Bowman

*What follows is an e-mail exchange between Taff Welch, last year's IPA president and Carol Bowman, author of the new book **Children's Past Lives**.*

Taff Welch: You probably see by now why it is so hard for a primal person like myself to credit past lives regression. For me, whatever ideation I had was my path to what the therapist call "catharsis," and for me the catharsis was deep and prolonged. I believe that Roger Woolger and us IPA people have achieved common ground. Past life regression takes the client where he or she needs to go. That's what counts. We are not concerned with whether the past life really happened or not. In fact, it really doesn't matter. It's really hard for me to understand how past life regression can unlock pain and free the individual from pain if it's not felt at a fairly deep level. We call it "connecting" with the original experience, be that rape, incest, near death or whatever. When we connect to that original pain, it truly goes away and is no longer locked in our unconscious. I believe that this type of release may happen in children, but it's a stretch for me.

Let me focus on one thing that bothers me about your book: *Children's Past Lives*. There is no discussion of the pain these children are feeling with the pain they may have experienced during their own life. In other words these children are always leapfrogging the pain of their own life to experience the pain of prior lives. For me the pain of my birth was always foreground. I could never get past my prior life or even my later childhood until I had felt it. Yet the children in your book never feel the pain of their present life or at least they do not recognize it as such. This strikes me as odd and unseemly. In other words, if these kids are having feelings as you so clearly describe, how come these feelings never connect to the present?

Carol Bowman: I want to clarify something for you about past lives: phobias, illness, relationship problems are all expressions of pain. When my five-year old son cried hysterically, when he heard loud noises, I would say that he was connecting with his pain and guilt of his lifetime as a soldier. When we helped him process that memory, we addressed these feelings. If you notice some of the other cases, the children are still dealing with the trauma and the pain of their past lives. The source of their pain was not anything that had happened in their few short years on earth. That's what puzzled their parents. But once they expressed their past life memories, their problems and the bad feelings associated with them cleared up. It's happened so often that I don't believe it could be a coincidence. I would say that my own pattern of illness could be traced to reactions I have to stress, which came from certain conditioning in my childhood, my birth and my past life experiences. At the core, I believe, are the past life traumas.

As Roger Woolger, or any good past life therapist would agree, you can approach a complex at any level, either biographical, peri-natal and/or past life. And, as some have insisted, you have to clear the pattern at all levels, though I'm not convinced of this. Perhaps in your case, because you feel that you are stuck (with a pain in your head) you need to go to another level with you process. There may be past life traumas lurking and causing this pain and confusion. It's really not much of a stretch to get from a peri-inatal experience to a past life one, you can have a catharsis with a past life experience, just as you can with a birth or peri-natal experience.

Primal Therapy: What ever happened to the Mind?

by Daniel Miller, Ph.D.

When the IPA was formed in the early 70s, it was part of the anti-intellectualism movement in psychology that had started with Fritz Perls and the Association for Humanistic Psychology and later was taken up by Janov and Primal. Psychoanalysis, the main psychotherapy available up to 1960, was too detached, interpretive, non-experiential. Humanistic Psychology opened the door to the psychotherapist as a real person while working in the therapy process and promoted the intensely confrontational style of Encounter Groups. Perls brought in childhood experience and Wilhelm Reich brought in the body (not the mind) as the place that held experiences. I did a weekend with Perls, conducted numerous emotional Encounter Groups and led many workshops for Humanistic Psychology conferences in the 60s and 70s."

That was a heady time full of excitement about the new kind of psychotherapy that gave full range to the expression of emotions. We were young psychotherapy rebels who wanted to do away with the establishment norms and thought we could fulfill our dreams, even create a new, better society with the IPA.

Janov was the acknowledged originator, conceiver, and publicist for primal. Janov and his proponents thought that anything less than complete emotional license was a repressive refutation of the primal credo and didn't belong in primal. Then the period of troubles began. Word got around that Janov's method had gotten out of hand, that

people were primalling in public places like theatres, that suicides were happening, and some people were being institutionalized because they didn't seem to know how to stop primalling. What saved the IPA from having such dire consequences for its patients and therapists was the early awareness that primal was basically a tool for growth and that participants in primal needed to be integrated within the social fabric of life if it were to be a successful therapy. The three week intensive was only the beginning, not the end of therapy. Certainly, repression of early feelings needed to be undone with the primal therapy process, and it was equally certain that an improved sense of self and new social values needed to be built up within the individual as part of their membership in society. That was a process that needed to be given its own time. Socially positive relationships would be founded on truthfulness, self-fulfillment, creativity, self-expression and love based on mutual respect and caring, for instance.

Easily said, but those are really very high and difficult ideals to achieve. The IPA found that out during its own Board of Directors meetings. Differences arose that were not treated respectfully. Some people wanted to continue the Janov idealism of total and free self-expression, some wanted a more aware, sensitive, mutually respectful model for relationships. The Janovian ideal was turning out to be self-destructive. The alternative was not to be supportive toward repression, but viewed integration within a social milieu as something demanding more than being able to primal. That schism has continued to plague the IPA.

I've always felt a skepticism among so-called "feeling oriented, primal people" towards intellectuals such as myself, particularly those with a Ph.D. after their name. I'd

continued on page 5

continued from page 4

change Descartes' famous " I think, therefore, I am," to "I am, therefore I feel, and because I feel I think." To have awareness means to know what your true feelings are, and then to be able to deal with them in a way that maximizes the best in your relationships. In doing that you maximize your capacity for being, and the potential of those around you. I don't see how anyone can aspire to live an effective life without including the parts that deal most effectively with problem solving, such as the mind (consciousness). It is the teamwork between feeling and thinking in the context of reflection and awareness that contributes some of the most wonderful, creative aspects of our being human. I enjoy using my mind as well as my feelings.

Dr. Miller is on the board of the Association for Past Life Research and Therapies, is Adjunct Professor at Greenwich University and presents lectures at conferences on Consciousness Studies.

ROSES (Great Thanks) from the IPA to

Taff Welch for taking all the calls during this time of transition.

Barbara Bryan, Yvonne Parma and Alice Rose for hosting our Process Days and Board Meetings this past year.

Mickel and Mary Lynn Adzema for their enormous contributions, time and energy to the IPA in the last several years. And condolences on the loss of Mickel's father and grandmother in this last year.

ODE TO THE PRIMAL CONFERENCE

Unfortunately, I lost the byline, please let me know who wrote this so that I can credit you in the next Newsletter.

Once again we cross the line
Through southern Jersey's Farm land
Through open fields and stretching skies
Through old familiar farm stands
First time or twentieth
Jitters just the same
Turn left and go for two more miles
Appel Farm's the name
Wet feet, bug bites, mosquitos in the night
a place to roost, in the chicken coop
to sleep till morning's light.
Morning mist, aqua skies
cumulo nimbus hover, dusky pink
crescent moons, a million stares uncover
turkey hawks, moonlit walks
dew on every leaf, meteor showers
foliage bowers, silence beyond belief
Paint Splashers, lap swimmers
silent Journal scribes, fearless players
flagrant dancers, spontaneous primal tribe
primal acrobatics, naturist aquatics
hopeful celibatics, cathartic phlegmatic
grof-esque auralist, solaritualist
celestial astronomist, matriarchalringsitters
patriarchal ringsitters, song singing latemigthres
pool party slot sliders, peer grouperstrepitated
bunk sharers hesitated, board members nominated
chi gongers congregated.
Anticipated arrivees, eager beaver attendees
gourmand nourishers, sleep deprived relishshees
closing circle, hugs and tear
loving words, until next year

continued on page 11

CERTIFICATION UPDATE

By Steve Austill

Certification of "Primal Therapists" was one of the main reasons for the founding of the IPA in 1972. With the establishment of an official committee in 1986, we began to explore this issue in a serious way. Over the succeeding years many meetings have been held, proposals made, letters written and articles printed. A few years back we even held a "trial run" to test the concept. I was the "guinea pig" for that experiment which turned out to be one of the most successful and stimulating events in IPA history.

This past year some IPA Board members became alarmed at the prospect of being sued if we go ahead and certify persons and there are subsequent charges of "abuse." Others on the Board said, "Don't worry." It may take many years to resolve this conflict of opinion.

Rather than wait any longer, I proposed that we simply change the certification requirements already successfully tested into a course titled: "IPA Basic Course in Primal Process." In this way, we can have most of the advantages of Certification without the worry of being sued at some future date by those who might claim to have been "abused."

At the March 1998 meeting the IPA Board agreed to print the following proposal in the IPA Newsletter and get feedback from our membership. Please read over the following proposal and let us know what you think about it. We hope to move forward soon, finally, and with confidence.

IPA BASIC COURSE in PRIMAL PROCESS

Phase #1 Preparation

1. Those persons who desire to complete the IPA Basic Course must select a minimum of 5 persons to be their personal Support Group. These persons can be anyone in the world in or out of the IPA. They should be persons that the applicant trusts and that will help them throughout the certification process.
2. The applicant applies in writing to the Chairperson of the Certification Committee with a non-refundable fee of \$100.00 and the names and addresses of the applicant's Support Group.
3. The Chairperson sends to the applicant the paperwork or "kit" necessary to pass the IPA Basic Course in Primal Process.
4. The Chairperson publishes in the IPA Newsletter the name of the applicant and the names, addresses, etc. of the persons in his/her Support Group. Comments on the applicant are requested. Notice shall be given that all responses shall be held in the strictest confidence.
5. When the applicant is ready, but not before the applicant's name has appeared in the newsletter, a Certification Panel is formed to evaluate the applicant. The Certification Panel consists of three members from the Certification Committee, chosen as follows:
 - 5a. The applicant chooses two members.

5b. The Certification Committee chooses one additional member

PHASE #2: The Certification Panel Evaluates the Applicant

1. Responses from the IPA Newsletter notice shall be evaluated.
2. Written and oral responses shall be asked from the applicant using the following criteria: A. The depth and breadth of the applicant's experience in therapy as a client. B. The applicant's training as a therapist, including all aspects of primal work, as well as the applicant's commitment to his/hers own on-going process in therapy. C. The applicant's work as an acting therapist, including a look at their clients, and an evaluation of their competence. D. The applicant's educational background and life experience. E. The applicant's personal character as to integrity, responsibility, maturity, honesty, etc. F. The applicant's current life situation. G. The applicant's on-going involvement with the IPA (such as doing workshops, chairing or participating on committees, writing articles for the newsletter and/or journal, etc). H. The applicant's ongoing education and experience.
3. The applicant shall present a creative project on some aspect of the Primal Process. This project may be in any form such as written, art, music, performance, video, etc. But it must be approved of in advance by the Certification Panel.
4. The applicant shall supply a full disclosure statement appropriate for mailing by the IPA to interested persons. This statement shall include, biography, experience, fee schedule, philosophy and any other material that would be of interest to potential clients.

PHASE #3A: If the Certification Committee Approves the Applicant

1. If the Certification Panel is unanimously satisfied with the applicant, the applicant's responses and the applicant's creative project, the Certification Panel presents a brief, but sufficient report, along with a written recommendation, to the Certification Committee recommending that applicant be certified by the IPA as having completed the IPA Basic Course in Primal Process.
2. If there is no serious objection by the Certification Committee, the applicant is notified by the Chairperson that they have passed the IPA Basic Course in Primal Process.
3. At the next Annual Meeting of the IPA held at the annual IPA Convention, the applicant shall be presented with a certificate suitable for framing. This certificate shall testify that the applicant has successfully completed the IPA Basic Course in Primal Process.
4. Those persons who have passed the IPA Basic Course in Primal Process shall be allowed to accept a reasonable fee for their services at IPA functions.
5. The IPA Secretary shall mail to any who request it, the full disclosure statement written previously, and verification that the named individual has successfully passed the requirements of the IPA Basic Course in Primal Process.

PHASE #3B: If the Applicant is Rejected

1. If the Certification Panel or the Certification Committee is not satisfied with the applicant, the applicant's responses or the applicant's creative project, the chair of the Certification Committee must notify the applicant within 30 days of their decision to:

continued on page 11

IPA'S 1997 SUMMER CONFERENCE: "THE MOST TRANSFORMATIVE EXPERIENCE OF MY LIFE"

a personal memory

By Noah Zidel

I wanted to take few minutes to share with you my feelings about the IPA summer camp experience. In a nutshell, it was transforming for me far beyond what I was capable of imagining possible, it was like a slingshot to my healing process. Being around so many giving, loving people who allowed me to love them back was something I do not ever remember having before that.

I want to thank Nowa and Jonathan Schwartz for providing me with the most meaningful, spiritual Sabbath dinner I've ever had. At the very beginning they asked that we all look around the table and make eye contact with each and every other person present, I immediately felt this feeling of dread. I did not want to look into anyone's eyes. I was in a lot of emotional pain, already in tears, and I knew that people would feel I was a burden to them (just like my mother does if I'm anything but cheerful). I dreaded experiencing that again, but nevertheless, I took my time looking directly into the eyes of the others at the table. And you know what? Each time my eyes met another person's gaze, their warm smile conveyed so much love and acceptance that I couldn't help but to smile back in the same manner. I felt acknowledged, loved and special. It's something I try to remember to do as often as I can now... just smile at people. It's so simple, and it makes people feel good, acknowledged, special and lovable. It was a wonderful few minutes that has stayed with

me, and I'm grateful for that and for being able to open further. It was so nice to have a peaceful Sabbath dinner where each of us could share with everyone our personal feeling of transformation. I was so moved by what everyone had to say, tears were streaming down my face during the whole meal. Sharing with others what was in my heart was difficult. The tremendous shame I carry of not feeling fully loved by my mother is hard to vocalize. A big part of my transformation at Appel farm was facing that. I wasn't ever going to get love from my mother that I need so badly before I can begin to love and look for love from someone else. How do you accept love from others when you've learned from your own mother that you're not lovable unless you act the way she wants you to act. How can you trust that the love that comes from others is unconditional when the only kind of love you've known is conditional upon your behavior. All this, and more, was at the forefront of my journey while at Appel Farm. For the first time in my life, I began to know in my heart that I'm lovable.

And now, I'm left with a longing for the family I had at Appel Farm. It was the kind of family I needed for the last 30 years. When I visited my parents in September, I didn't feel as close to them as I did to the many wonderful and special people I connected with at Appel farm. Participating in the IPA summer camp showed me the love that's possible between people and it provided great relief for me. I thank God, and I'll see you in September 1998.

Announcements

William Emerson:

William Emerson, Ph.D. has a new website featuring extensive information on pre-and perinatal psychology, the Emerson Training Seminars training program, workshops open to the public, and related information: <www.emersonbirthrx.com>.

Primal Integration Center in Farmington Hills, Michigan

The Primal Integration Center of Michigan holds a monthly meeting called "Friends of Primal." Anyone interested is welcome to attend. There is a pot luck dinner at 7:00 pm with no charge for participants. After dinner and social hour, we gather together and decide on a topic to discuss something that is related to the Primal process. Some of our recent topics have been: What do you think about life after death? How to end a relationship. The difference between religion and spirituality. The value of a corrective re-birthing experience. The devastation of covert incest. Gender identity issues. These evenings have been informative and fun. The sharing is so valuable. There isn't the time for the kinds of discussions during therapy groups, and yet we all hunger for the chance to really share our thoughts and feelings with like minded individuals. Primal, unfortunately, is still on the edge of the mainstream of society, so many of us feel rather isolated. This gathering provides a sense of community and fellowship. For more information, call Barbara Bryan (248) 478-5559

STAR FOUNDATION

Run by past IPA keynoter, Barbara Findeisen, MfCC, the STAR program is an excellent process to augment Primal work. Part of the emphasis is, of course, on expressing and releasing feelings and making connections from past experiences to present time life. They also include discovering Premature Cognitive Commitments which form the basis of our survival defense system. These early imprinted messages, grounded in fear, often begin in the womb at birth or as a young infant. They are key to understanding and releasing old negative patterns and discovering potential and possibilities for living with more love than fear in our lives. STAR takes a holistic view of each individual as a unique person with a unique history. They view each individual as an emotional, mental, physical and spiritual being and therefore include work in each of these areas. While they espouse no doctrine of religious beliefs, they create opportunities for participants to find their own inner truth and trust the wisdom of their hearts.

STAR is an intensive residential program with nearly 1 to 1 staff to participant ratio and 24 hour availability. For many it becomes a safe environment to express, explore and heal their wounds and discover new insights and strengthen to move forward in their path toward wholeness and health.

STAR Dates in 1998: July 31 to August 16,
October 9 to 25, 1998

For Information, call: 1-888-857-7827

Check the IPA Website at:
www.primall.com

BELDEN JOHNSON, MFCC
DR. YASHI JOHNSON, MFCC

THE PRIMAL CENTER
P. O. Box 1811
Nevada City, CA 95959
(530) 265-3737

Nestled in a pine-and-oak forest among the foothills of the Sierra Nevada an hour northeast of Sacramento, The Primal Center is a safe environment in which to rediscover your authentic self. We do one-to-three week Intensives, extended individual sessions, groups, workshops, and Vision Quests. We like facilitating the process of people who want the most out of life.

PROGRAMS include Primal Intensives, Individual & Group Sessions, Dream Groups, Men's Groups/Women's Groups, Women in the Wild, Contacting Mother Earth: The Vision Quest (summers), and Healing Imagery Workshops

FACILITATORS

Belden entered primal therapy in 1973, trained as a primal therapist 1976-79, and co-founded The Primal Center with Dr. Stephen Khamsi in 1979. He has also trained in bioenergetics, Gestalt, family systems, EMDR, and shamanic healing. He has written several articles on primal therapy. He met Yashi while chatting with Graham Farrant in the hot tub at the 1989 Pre and Peri Natal Psychology Association Conference.

Yashi has her doctorate in transpersonal clinical psychology and has developed healing programs using imagery and somato-emotional release with adults and children for 18 years. She has trained in Reichian and primal therapy, as well as Gestalt, family

systems, process psychology, and shamanic healing. She offers three to ten day intensives not only for primal and process oriented clients, but also for people seeking healing from the challenge of a life-threatening illness.

DONT YOU QUIT

by Barbara Bryan

Don't You Quit

When things go wrong, as they sometimes will.

When the road you're trudging seems all uphill.

When the funds are low and the debts are right.

And you want to smile., but you have to sigh. Rest if you must, but don't you quit.

Life is queer with its twists and turns.

As every one of us sometimes learns.

And, as any person turns about when they might have won had they stuck it out.

Don't give up though the pace seems slow-- you might succeed with another blow.

Often the struggler has given up when he might have captured the victor's cup and he learned too late when the night came down, how close he was to the golden crown.

Success is failure turned inside out, so stick to the fight when you're hardest hit.

It's when things seem worst that you Mustn't Quit !!

- a. Withhold recommendation pending further information from the applicant, applicant's Support Group, applicant's clients, or any other sources.
 - b. Withhold recommendation pending additional study, work, training, work on the creative project, etc., by the applicant.
 - c. Withhold recommendation for other reasons to be fully explained to the applicant.
2. Within any one application process, the applicant may return twice to the Panel with requested information, study, etc.
 3. If the applicant strongly objects to the rejection, the applicant may appeal to the IPA Board of Elders.

ALSO:

1. The IPA Board shall serve temporarily as the Certification Committee until such times as the Annual Meeting votes a separate Certification Committee with specific members, terms of office, duties, officers, etc.
2. Permitting persons who have passed the IPA Basic Course in Primal Process to accept a reasonable fee at IPA functions seems to be fair and square. The IPA has already allowed massage therapists, Cranio Sacral therapists, Alexander people and others to charge for their professional services at the convention. For many, many years the ARK has been promoted and endorsed by the IPA. Therapists on the ARK are well paid, and rightly so. It is only reasonable and fair that those individuals who go through the intense experience, hard work and public scrutiny required by these strict regulations, be allowed to accept a reasonable fee at IPA functions also, as have the others mentioned above.
3. The basis for the above proposal is from

years of hard work by many persons going back to October 1986 when the idea of Certification (called in those days "accreditation") was first seriously proposed. In particular, Larry Schumer's publication of October 6, 1996 was used as a guide. If you would like to compare this proposal with Larry's, I would be most happy to send it to you.

FORBIDDEN FRUIT from a book of poems entitled **SNAKE BLOSSOMS** (Berkeley Poet's Press, 1976)
by Belden Johnson

tonight's my time to guard the garden.
I spread my blankets out beneath the corn,
begin to light my lantern when I hear:
hooves stamping earth with double
crescents,
see the bison against the sickle moon hurtling
the fence.
I bolt for the gate like a deer.
the bison crashes thru the peas,
heads me off by the squash,
prances beside me now like pegasus.
his coat is shaggy, dusty,
it dances with starlight, he lacks his right
horn.
I gasp as I realize he is winking
at me
like satan in eden
and I am staring into my own eyes.

TIME TO RENEW IPA MEMBERSHIP?

If you haven't paid your dues this year, please send them to Taff Welch, PO Box 139
Nyack, NY 10960 or call him at (914) 398-0314

DUES SCHEDULE

| | SINGLE | JOINT |
|--------------------|--------|--------|
| LIFETIME MEMBER | \$1000 | \$1500 |
| \$100,000 OR MORE | 110 | 165 |
| \$50,000-100,000 | 75 | 112.50 |
| \$25,000-50,000 | 60 | 90 |
| LESS THAN \$25,000 | 50 | 75 |

LOW INCOME MEMBERSHIP (which includes **INDIVIDUALS** who are either full-time students or who support themselves exclusively with public assistance) \$ 30

All dues cover the fiscal year Aug '98-July '99. To qualify for joint membership, both members must live at the same address and pool resources. Joint members will receive one mailing per household.

International Primal Association
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ADDRESS CORRECTION REQUESTED



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