

# IPA Newsletter

International Primal Association • Summer 1998

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

## Primal Spirit: Dance of the Heart 26th Annual IPA Convention

by Jonathan Schwartz

The IPA is a community - it's a family - an extended family which values the free expression of real feelings much more so than anywhere else. It's a place we can come and check in to see where we are with our real selves. At Appel farm, "How are YOU?" becomes "How do you FEEL?" The communication is so often on a deeper level - a realer level. We come without judgement to the safe space of Appel Farm and just being there we can be more of our self - there's more space. We intuitively sense it's OK. I don't have to be anything or anybody. I can just be myself for myself. Somehow, the assumed non-judgement opens our hearts. Of course, we have and we have had, like in any family, pushing and pulling among us but, at Appel Farm, stepping into hallowed ground, we lose that and open up and relax into giving to ourselves and this automatically gives to each other.

This year, our 26th, I am honored to have been able to participate in organizing this year's spectacular convention - *Primal Spirit: Dance of the Heart*. This year, as always, there will be daily primal workshops to dig deep into who and where we are with our heart and what stops us from feeling it. Primal perennials Steve Austill and Alec Rubin will lead powerful primal workshops on Wednesday and Friday. My own workshop, Spontaneous Primal Ritual Theatre, will feature deep primal process along with the embodiment of archetypal primal forces - like resistance, fear and guilt. Oscar's workshop will feature deep emotional expression.

This year, we will come together in new ways. With the presence of master ritualist Antero Alli, we consider the power of Ritual - without any religious dogma attached. We  
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## President's Message

by Brian Stark

1997 - 1998 has been an eventful year for the IPA. What we have accomplished and what remains to be done are summarized in Taff Welch's Secretary's Report (page 7).

I believe that the Board's greatest accomplishment has been developing our ability to work together as a Team to resolve issues and focus on what's really important - more public awareness of Primal, growth in our membership, and more opportunities to participate in gatherings like the summer convention.

We have a fantastic convention, "Primal Spirit, Dance of the Heart" beginning Tuesday September 1 and ending Labor Day. The convention features three keynoters - Antero Alli, Oscar Miro-Quesada, and Alec Rubin. Jonathan and Nowa Schwartz are doing an outstanding job as convention co-chairs. I hope you plan to attend the convention; I believe it is one of the best places to be in your feelings and with other feeling people.

It is with great sadness that I inform you of the recent

death of Louis Mezei, a long-time IPA member and friend. I will miss Louie's sparkling personality, sense of humor, and songs and stories from earlier in his life. Louie's unique contributions are described in a tribute by Mary Thompson (page 5).

On a personal note, I would like to tell you how Primal Therapy has benefited me. Bottom line, Primal Therapy has been the key to understanding who I really am and becoming that person. I have immense gratitude to all the therapists and IPA members who have helped me in this process.

When I started Primal, Jens Wennberg said to me:  
"People come into therapy because they want to be happy,"  
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Check out the IPA's new website at  
[www.primal1.com](http://www.primal1.com)

**International Primal Association**

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 Summer 1998

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Deadline for Fall 98 issue is Sept. 15.

**Members News and Notices**

**THE PRIMAL INTEGRATION CENTER OF MICHIGAN** will have a weekend intensive workshop Nov. 6-8, 1998. It's 7:30 pm Friday through 5 pm Sunday. Leaders will be Barbara Bryan, Catherine Hynes, Michael Hoyland-Young, Terry Larimore, and John Hobbs (and a massage therapist). Food and lodging provided plus pick-up at the airport. This weekend fills up quickly, so please call for reservations and send a deposit soon. Barbara Bryan: (248) 478-5559.

**IT'S A BOY!** Michael Hoyland-Young and Catherine Beckingham proudly announce the arrival of their son, Kaelen James Hoyland-Young, on June 5.

**EMERSON TRAINING SEMINARS** offers workshops with William Emerson, Ph.D., including "From Conception to Birth: Stages and Core Regressions" (Sept. 18-21 in Petaluma, CA), "Shock Reconstructing & Repatterning: Rebirth of Self" (Oct. 2-4\* in New Orleans), "Experiencing the Shock Body: Core Regressions" (Oct. 23-25\* in Denver) and "The Practical, Psychological and Spiritual Impacts of Early Trauma" (Nov. 6-8\* in Seattle). An \* indicates workshops which are followed by a "training day" (additional fee required). Info: (707) 763-7024 or check his website at <www.emersonbirthrx.com>.

**TERRY LARIMORE'S NEW WEBSITE**, with information on emotional shock and trauma, is now available at <www.terrylarimore.com>.

**BARBARA FINDEISEN'S STAR FOUNDATION** offers the STAR intensive residential program Oct. 9-25 in California with 1-to-1 staff/participant ration and 24-hour access. For more information, contact the STAR office at (888) 857-7827 or <starfoundation@pobox.com> (NOTE that this is a new URL).

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

**IPA Slate for 1998-1999 Election**

Chosen at the May 1998 Board meeting in Atlanta

The following slate of officers was nominated by the board for consideration by the membership for the Election of Officers of the IPA, scheduled during the convention at Appel Farm on Sunday, Sept. 6, 1998.

President: Brian Stark  
 Vice President: Jonathan Schwartz  
 Secretary: Taff Welch

Nominations will be accepted from the floor during the general meeting on 9/6. The Treasurer, Alice Rose, will continue in the second year of her two-year term. We encourage those with interest and energy to consider running for the Board. There is some cost involved and some travel reimbursement available. The first Board meeting will be October 17 in Atlanta. More information on the duties and responsibilities is available at the meeting.

*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.*

## There is No Inner Self Unaffected by the World

by Sidney Harris

We become what we do. One of the greatest mistakes we can make - and some of the smartest men who ever lived have made it - is to assume that we can do false or discreditable things and still "deep inside us" remain a good person, or the same person.

We become what we do. If we do it long enough, or often enough, the act of the habit transforms the person. It is much like that old temperance saying: "First the man drinks the drink; then the drink drinks the drink; then the drink drinks the man."

We can see it plainly in the case of something like alcohol, but it is harder to see in the weaknesses of the spirit; in habitual envy, or greed or duplicity or faithlessness.

This is part of what Aristotle meant when he said a long time ago that "Virtue is a habit." A habit of the mind, of the will, of the heart.

But the inescapable fact that we become what we do has its positive side, also. It is renewing and renourishing, as well as punishing. We can also become what we were not by what we do, in an upward and growing way. This is psychologically true or it would not be morally true.

Max Beerbom, who is generally not thought of as an "uplifting" writer, has a superb short story, that is little known, called "The Happy Hypocrite," that makes the point touchingly.

Its central character is a cynical Regency rake named Lord George Hell, a debauchee and despoiler of women, who inexplicably falls in love with a saintly young lady. To gain her trust and affection, he conceals his corrupt and ravaged features with the mask of a saint.

She, being naive and vulnerable, takes the appearance for reality, falls in love with him, and they marry. All goes well until a jealous siren out of his past enters the scene and threatens to expose him for the vile hypocrite he is unless he takes off the mask and exposes his true nature.

Having no choice; he pulls it off in front of his bride and, astonishingly enough, beneath the saint's mask is the face of the saintly person he has become by wearing it in love.

His Dorian Gray story in reverse, as it were, exemplifies the maxim that we become what we habitually do and what we habitually feel. In a sense, there is no deep inner self that remains inviolate despite our actions and relations with the world.

Personality is more like an onion: peel off layer after layer and, when the final layer is peeled, there is no onion left. The core of us resides within the layers of love or hate, straightness or crookedness; in our daily dealings, and in the habits we form and are formed by.

Alas, it often takes a lifetime to learn this and then it is too late.

### Earth and Sky

by Harriet Geller

I do whatever I want these days,  
still a little skittish that you will appear  
to demand that I do what you want.  
But the weeks go by without your call  
And without the guilt that once prodded me to keep in touch.  
So I weep when news we would have shared  
must remain my own,  
and if I am afraid that it is a sin  
not to be responsible to another -  
neither child nor mother to rein me in -  
I cannot deny that having my life  
wholly to myself  
makes me happy.  
The hours I use to set aside "for me,"  
time without structure, but often spent distracting my anxiety  
with TV movies, crossword puzzles, solitaire,  
were really reserved for you:  
the child I was hanging on tenterhooks,  
like a new recruit awaiting orders from her sergeant.  
Now the balloon that would lift me  
to the sky is expanding.  
Still tethered to the ground you walked,  
I glimpse a whoosh of wings above the rooftops.

**The penalty for always trusting others may be occasional betrayal, but the penalty for never trusting others is certain decay.**

**It's far better to lose something we have than something we are.**

**Rescuing another person is like asking a bear to dance.**

**You can't sit down until the bear is tired.**

.....continued from the page 1

consider Primal Therapy as a kind of ritual which reconnects us with our heart, with the Dance of the Heart. We consider rituals where we focus on our connection and energetic exchange with our beautiful mother, planet Earth. We consider how deep-feeling work raises our connection with all life... and how it helps us to become non-attached from each side of the polarities and clearer, freer, richer - more creative on every level.

I am introducing a new daily discussion workshop called "Primal Voices" which will take place 5-6 p.m. each day in the Theatre. There will be a truth stick passed around to those willing to speak their truth on a different subject every day. It will take place on stage in a circle around a "sacred space" that we will collectively create and recreate throughout the week. Also, there will be a Circular Web, upon which, whenever entering the theatre, we will tie another string, another color, further tying ourselves together - our sense of community together. Alex, Oscar and Antero, three great heartfelt healers and teachers, will each present their latest truths and lead us deep into ourselves. Wednesday night features all three at once speaking on our conference theme, "Primal Spirit: Dance of the Heart." On Tuesday, Antero will lead a "Ground with the Earth" ritual to prepare us for the week of events. Thursday and Friday night are lead by Oscar and Alec, respectively. Saturday afternoon, Antero will present his intense experiential workshop, "Ritual Technology for Self-Initiation." Saturday night is Cabaret night and Sunday is the *Dance Dance Dance* party. And somewhere, somehow, there are 20 other workshops and events!

Oh, and did I mention Sandplay with Bill Smukler and Mary Thompson? This year, Mary and/or Bill will be available to work primarily with you every afternoon. And don't forget Sabbath dinner on Friday with Jonathan and Nowa....and \$35 massages by great primal massage therapists....and fabulous food....and swimming....and walking in the woods... and talking to each other....and catching up on the past year....and relaxing and resting and doing nothing. I'll see you all soon.

#### **IF YOU WANT TO GO**

The IPA Convention is held at Appel Farm Arts and Music Camp in Elmer, NJ (just an hour's drive from Philadelphia Airport). If you didn't get a brochure or need directions, call toll-free: (877) PRIMALS!

### **Correction**

The poem, "Don't You Quit" which appeared in the last issue of this newsletter should have included this credit:  
Submitted by Barbara Bryan, Author Unknown

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fulfilled, authentic, and their true selves but they don't want to change the basic structure of their lives. If you really want to become your true self, you must take the risk of throwing all the pieces of your life up in the air and letting them fall where they may."

I took that risk, and it was scary. The pieces fell into much different places than I had expected. I became my true, authentic self, and the benefits have been far greater than I had expected - living my own life (not parental scripts or expectations), more honesty, much more love of myself and others, and far more energy.

Love to all of you and I hope to see you soon at the convention.

Brian

### **TreeFruitSeedBlossom**

by Jonathan Schwartz

*This is a poem that was inspired by Father's day and Dad and family relations that I sent to my dad, who I began communicating with again this year after having great difficulties for 4 years.*

A lone magnolia is haunched over  
in the far eastern corner of my mom's house Its been  
there a while, though, and is  
clearly past her prime.

Few visit her anymore and even fewer  
sit and talk for hours like they used to. Somewhere, near  
the top, there is a lone blossom which remains and has  
opened  
like a parachute and, as we speak,  
is dancing with the sky.

Deep within, twenty feet  
below the professionally maintained lawn, the end of the  
root is boring its way  
to the center, to the sun like an Earth worm.

Neither blossom, root, nor tree is thinking... just sensing  
what they know to be true,  
being themselves forever and always,  
always beyond the cycles of death and life.

In a dream two nights ago, a red faced elf told me that next  
year, in that same place where the sky was dancing, there  
will come a new fruit and this fruit, magnolia fruit, will not  
be bashful or sad or forlorn, but will be smiling, be laugh-  
ing and will be begging everyone to eat him.

### Poetry

by Jonathan Schwartz

*This year's conference logo features Huaricuari, the Huichol Deer Spirit, Spirit of the Dance of the Heart, Deer Dance. These couple of words were inspired by the deer around the Pathwork Center in Phoenicia where Alec Rubin and Joe Raiola conduct primal workshops several times a year.*

Sun's tears  
flowing into this valley  
draws me to the carver.

Only...  
my heart  
Only my heart  
responds to the pull of the flow

We walk  
We breathe  
with stone  
with green

and with you huaricuari  
you —deer spirit

Oh Huaricuari!  
Let me hear with your ear antennae  
Let me respond as you do:  
Wordless,  
with grace  
and with nothing but instinct

### Deliberate Love III

by Terry Larimore

Sometimes I decide I can't keep you  
this deeply in my heart.

It just hurts too much to love you this much,  
and be loved by you this much,  
and be so distant.

I never act on it. It is a game I play,  
finding space for relaxation from need  
in the illusion that I won't have to face the ache  
of wanting you more than you want me  
and more than distance allows,  
more than I can have you  
and more than schools and schedules permit.

Sometimes I decide I can't keep you  
this deeply in my heart.

But I do. Deliberately.

### Honoring Louis Mezei, Ph.D.

On July 22, 1998, our beloved Louis Mezei died.

From the first time he came to an IPA convention, Louie began to charm us; at first lightly, then deeply—with his smile and his genuine enjoyment of life. He was eager to meet, entertain, and make a friend again and again. As I've been talking to people since he died, I realized there are many delightful and rich "Louie stories" among our members.

At a time when the IPA wanted a cheerful dedicated person to do much-need work, Louie offered to help. Later he also became Treasurer, but first he became registrar for the convention. One of his most precious qualities was apparent in the way he greeted people as they arrived. People who came for the first time felt seen and welcomed by Louie and returning members spoke of feeling that they truly belonged when Louie greeted them.

Some of us were with Louie on the 1994 Ark. He did work there for which I feel deep respect. I learned a lot from him about dedication, bravery and truth. And there also, he brought his cheerful, kind self for others to enjoy. He often sang, and taught us to sing, a beautiful song to our inner child. Remember? "How could anyone ever tell you, you are less than beautiful...." in that sweet Lali voice.

There was a sensitivity to Louie that gave him much sadness as he empathized with other people's struggles, whether in therapy or in life. Yet, in the face of difficulties, he persevered and worked through. There was also a courage to Louie that allowed him to share his sensitivity on stage, giving us his life's journey (including experiences during the Holocaust) in three acts - a beacon of hope and inspiration to others on a healing path.

There was a trait in Louie that reminded me of a leprechaun: a wise man who reveals hidden treasures to anyone who catches him. In conversation, especially around complex subjects, Louie would pause and, after a quiet time, he would say something insightful, with a deep felt sense - primal truth in a few words.

Of his many gifts, Louie was proudest of the gifts he gave late in his life, when he ran workshops dedicated to opening the heart. What a beautiful, rich legacy.

Thank you, Louie, for spending these years with us. Thank you for your gifts of service, a listening ear, gentleness, truth, humor, joy and for opening the hearts of so many. We will dedicate time and a special place at our 1998 summer convention to your memory and to your presence.

Good-bye,  
with love,

Mary Thompson

(with help from Terry Larimore)

## Mapping the Psyche

by Sam Addington

I sit here awash in the Great Collective Psyche. My thoughts are not my own; they are universal.

The Great Collective Psyche materializes for me as I sit in the Primal Sandroom. On every side, shelves! Not quite sure why, I gravitate toward an image of the Virgin Mary in glossy ceramic, a tall, lithe figure, pristine and white. I solemnly place her rear center in the sand of my box. Next to her I place the Chinese Goddess Quan-yin, slightly less virgin in appearance, slightly more human, equally as comforting. The two gaze adoringly upon a crystal marble, which I know is the pure essence that I call "me." My first sandbox is clean and symmetrical. I am loath to introduce the slightest shadow among the happy images. But the Shadow lurks beneath the dress of Betty Boop caught in her Marilyn Monroe pose above the air vent. I know that she too is me. My sexual shame is present in several of the figures so seemingly innocent. A black Cinderella dressed in bright pink takes center stage, protected by the wise Yoda leading her bravely onward. Am I truly a closet Drag Queen?

As I progress, my sandboxes become more poignant. I remember the hours I spent as a boy at play in the sand, bulldozing entire subdivisions and peopling them with toy cars. I place a wedding cake figure next to the newly carved road; a fish tank gazebo and a palm tree serve to round out the image of the idealized neighborhood of my youth. A black devil scurries down the road away from the wedded couple. How beautiful were my mommy and daddy! In the next sandbox I fence them in and fire down a barrage of artillery upon their heads.

I learned the beauty of Jungian Sandplay at the Primal Integration Center of Michigan. Before coming to the center, I worked with a psychodrama expert in Indianapolis where I was similarly impressed by the psychic map as it unfolded upon the stage. I remember one woman in particular who strategically placed pillows as she worked through the multitude of choices before her as she embarked upon a new career. Many of the dramas remain with me as I remember the dramatic changes in lighting the director used to highlight the mood of the piece. How shocked I was the first time I witnessed a grown woman go into hysterics.

The beauty of the Jungian Sandbox is its compact size. Psychodrama requires a stage and live players. The players in my sandbox dramas are always waiting for me on the shelves in Barbara Bryan's Primal Integration Center. I can stage the dramas alone and at my own pace. And I always have a Polaroid copy to document the event.

At the time of this writing I am still unable to fully face the shadow figures within my boxes. The image of the scared and fleeing boy still haunts me. I will continue to work with my psychic dramas until they become more clearly defined and until I become fully versed in their vocabulary. I will continue to cherish the opportunity to share in the sandboxes of others as I continue to marvel at the infinite variety of permutations that come from the finite shelves of Barbara Bryan's Primal Sandroom.

### Calendar of Events

#### IPA 1998 Annual Summer Convention

"Primal Spirit: Dance of the Heart"

Sept. 1-7, 1998

Appel Farm, Elmer, New Jersey

Featuring keynote speakers Antero Alli, Oscar Miro-Quesada and Alec Rubin

#### IPA Board Meeting

October 17, 1998

Alice Rose's home, Atlanta, GA

RSVP with the IPA Secretary: (914) 398-0314

### Letter from the Editor

I just took over as IPA Newsletter editor and am working with Terry Larimore (who will do layout) to publish this newsletter. I am pleased to be able to do this. In putting together each issues, there is just one major problem and that is the solicitation of articles of interest to our members. I encourage each of you to put your thoughts on paper, write poems, relate a significant Primal experience, find material of interest, or comment on issues already printed. *Then send it to me:* Barbara Bryan, 23011 Middlebelt, Farmington Hills, MI 48336.

I want to hear from you! Let's make our newsletter more interesting and relevant!

## Secretary's Report

7

by Taff Welch

Hola! IPAers!

As Ex-President of the IPA, and now Secretary, I have been at the center of many recent IPA events which I want to relate to you. As in life, there is good news and not-so-good news.

The good news: We now have a wonderful Board of Directors who are taking their responsibilities seriously. The Convention is in the capable hands of our Vice-president, Jonathan Schwartz, and should be a real success. The Board is getting the IPA's affairs back on track. It has been an exhausting, scary process but we are hanging in there. The IPA is sound financially, and we feel we have nowhere to go but UP (or DOWN depending on where you are in your birth process).

We now have our own website! You can find us at <[www.primal1.com](http://www.primal1.com)>. (Note that it's primal ONE, not L.) We have posted a Referral List of members involved in primal work and are looking for more ideas on what to put on the web. Send us your suggestions.

The not-so-good news:

- Membership List - The database manager has been unable to generate an up-to-date Membership List. Judy Lucrezia has assumed the Herculean task of creating a new membership database from scratch. There may be mistakes in our address labels. We may even have lost track of you. This coming year will be a transition year in finalizing the database. We ask all of you who have not heard from us, or whose addresses are erroneous, to contact me ([taff@mindspring.com](mailto:taff@mindspring.com)) or Judy Lucrezia ([Japl@shore.net](mailto:Japl@shore.net)) so that we may correct our information.

- Primal Renaissance - After unavoidable delays in producing the journal, the Board has taken direct responsibility for it. What about future journals? At present, the Board would like to get its breath, see how our finances are after the Convention, and (for the moment) rely on the website and the newsletter to publish noteworthy articles on primal process. We are about to post an excellent overview of the primal process by Dan Miller, Ph.D.

- Board Membership - One of the IPA's continuing, chronic problems has been a lack of Board Members who want to attend Board meetings and do work. We ask those who care about the IPA to consider running for the board. The only obligation is to attend three Board Meetings a year. The IPA pays for all but the first \$100 of your travel

expenses. Because of a lack of caring, committed Board Members, we became overly dependent on a few individuals to do all the work. Result? Burnout. We hope this will change soon.

We are still trying to establish primal communities. If you want to help with this outreach effort, let us know. We can put you in touch with primal people in your area. Also, if you know of someone who wants to be on the new Referral List, please have them complete and submit the form on page 9.

I will be in charge of which means I will meet everyone who attends. Talk to me any time if you want to help the IPA in any way.

So much for onward and upward.

Love, Taff

### The IPA is on the Net!

In May, Jonathan Schwartz established a website for the IPA thanks to the services of an artful webmeister in Miami. The address is <[www.primal1.com](http://www.primal1.com)>. The IPA is in the process of transferring IPA materials from our former site on John Speyrer's website (<[www.net-connect.net/~jspeyrer](http://www.net-connect.net/~jspeyrer)>) to the new website.

We are asking the IPA members for ideas and contributions to the website. We currently have the contents of the brochure for the 1998 Convention on the website. We have also set up a "bookshelf" option on the menu for publishing book reviews of publications of interest to our members. In addition, we have a section devoted to topical articles by IPA members. The initial articles by Dan Miller describes the origins of both primal and the IPA. Finally, we now have published a Referral List of IPA members who are involved in primal work.

These are just beginning efforts. We need original materials from our members - poetry, drawings, reminiscences, letters and, especially, information about noteworthy seminars and workshops around the country. We hope you will think big and send whatever strikes your fancy to:

Taff Welch, P.O. Box 139, Nyack, NY 110960-0139.  
Tell: (914) 398-0314 Fax: (914) 398-2913  
Email: [taffw@mindspring.com](mailto:taffw@mindspring.com)

## Convention Comments

Interviews by Katje Hynes conducted at the IPA's 1997 Summer Convention

### **Katje: What do you think about this convention?**

Laura O'Donnell: It's great to be here. I couldn't wait to come back. It's different from last year, or I am so very different this year. I should say that this has been a touchstone for me. There is an alchemy about this particular place with the natural beauty and part of what I came back for. I'm one of the people that tends to find a place as far away from everyone for my own end of the day private time, to come within myself, and be with nature here.

### **Katje: How did you learn of the IPA?**

Johanne Hamel: I found out through Roger Woolger. I was in training with Roger and I wanted to do a first workshop on past life and art therapy - which is what I do. So, I thought it was good to come here because you offer both past life therapy and art therapy. This is a very special place. I love that I can be myself totally. I have the security to know I am safe here. People will love and support me. It's just unique. I feel part of the community which I don't get to feel often. My work is very isolating and last summer's nurturing lasted many months. I needed that for my work and my soul. I was very appreciative.

### **Katje: Is there any way we could improve our convention?**

Johanne Hamel: As a giver of workshops, it is very difficult for me that people come and go all the time and do not make a commitment to stay until the end and to arrive on time. This year, I have adapted to it and made a design for myself that's flexible. I let it go. But it is still difficult. It's amazing for me because what I do is very deep work, and I don't feel secure in person's walking in or out anytime.

Bill Smukler: I am concerned about people who come for the first time. I have seen them bewildered. Let us be more aware of them throughout the entire convention; let them feel that they are truly cared about. We need a welcoming committee. We should have - in each nightly group - good leaders and people who have been through the mill. I would like a longer time for each meal, so we would naturally share more and become acquainted with each other. Let's not plan another other workshop during the same time the "theme" workshop is presented. I have an incredible fondness for Mr. Appel, and I love the chicken coops. [Ed's note: the dorms where at Appel Farm were formerly chicken coop.]

Penny Scheffer: actually, I think that on Saturday night,

when you have your talent show, you might try to start it sooner so those of us who stick it out to the very end don't have to suffer for that.

Taff Welch: I'd like to see people pick up their dirty cups, napkins and silverware that are on the tables, and not leave them around for the help. I don't know why the IPA members don't have a higher consciousness by simply helping out. As far as the Board goes, I would like to see more people participate, just generally take part, and be proud of the organization. What you get, you give back.

### **Katje: What do you enjoy most about the IPA convention?**

Barbara Wright: I enjoy the freedom and the familiarity over the years. I have always enjoyed Appel Farm. It goes back to my own childhood at summer camp and as a summer camp counselor. So the type of facility fits my nostalgia compared to being in a hotel as it is for the usual conferences. So, perhaps I feel more nurtured by my contact with an organization like this one. That there are people that I know and have some sort of communication with and generally just in being with them. The exposure through the years and the common interests in what the organization stands for.

### **Katje: How is it for you, being here at the IPA?**

Penny Scheffer: This is my first time here. I totally love it. The thing I thought I would like least was that it was rustic. I thought, "Oh, ick. It's rustic. I like real comfort." <Laughing> But it's rustic in just the perfect way. I just adore it. It isn't all gussied up and it's not covered up. It's just raw, what it is.

### **Katje: Have you made many friends here?**

Sharon Kane: Yes, I have. I like that there is much possibility to connect intimately and personally with people - more so than in the regular world. I like to live in community for a piece of time. I feel isolated somewhat, in my neighborhood. Persons here are sympathetic to the same things that you and I are. Here I feel like I belong and I can drop all that stuff and really be the Self that wants to come out.

### **Katje: Tell us where you are from?**

Mark Leland: I'm from frustration looking for contentment.

...continued on page 10



## IPA Members Offering Primal Work

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This is an application to be on a list of members of the IPA who represent themselves as offering primal work. The listing will be published by the IPA and will include the following statement: "The IPA does not endorse the expertise or experience of these individuals. Each member has submitted the following brief description of their services."

Name: \_\_\_\_\_

Address:

Street or Box No: \_\_\_\_\_

City or Town: \_\_\_\_\_

State, Country and Postal Code: \_\_\_\_\_

Telephone: (\_\_\_\_) \_\_\_\_\_ Fax: (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ Website: \_\_\_\_\_

Description of services and credentials: (Maximum three typed lines):

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

May we also include your listing on the IPA website?  Yes  No

Make your check for \$30 to the IPA. Send check and this completed form to:

Barbara Bryan  
23011 Middlebelt Road  
Farmington Hills, MI 48336

Questions? Call Barbara at (248) 478-5559.

-----Clip and mail! -----

### Wisdom from the Past

quote from William Swartley, Ph.D.  
and David Freundlich, M.D.

Being "well" means feeling what is happening "now." The primal concept of "cure" does not mean an end to primal pain, but rather implies the following goals. When the post-primal patient becomes tense, rather than symbolically act out his/her needs and pains from the past, s/he instead makes feeling connections to the primal origins of his/her inappropriate reactions. While the neurotic person is compulsively driven by denied feelings from the past, the post-primal patient is able to be spontaneous and make choices in the present. Whereas the neurotic tries to FEEL important, the normal person does what is really important to him/her.

### Roses....

.....to **Sam Addington, Terry Larimore, Brian Stark, Susanne Bersbach, Judy Lucrezia, Sidney Harris, Sam Addington, Harriet Geller, Mary Thompson, Katje Hynes, Jonathan Schwartz, Taff Welch and Barbara Bryan** for their contributions to this issue.

.....to **Harriet Geller** on the death of her mother.

.....to **Tara Mezei and family on the death of our friend Louis Mezei** who passed away last month.

*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.*

## IPA Membership

	<i>Single</i>	<i>Joint</i>
Lifetime membership	\$1000	\$1500
<i>Annual membership (dues based on income)</i>		
\$100,000 or more	\$ 110	\$ 165
\$ 50,000-99,999	\$ 75	\$ 112.50
\$ 25,000-49,999	\$ 60	\$ 90
Less than \$25,000	\$ 50	

Low-income membership for \$30 per year is available to individuals who are either full-time students or who support themselves exclusively with public assistance.

*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.*

Send your complete name and contact info (including email) and check made out to IPA to: Taff Welch, P.O. Box 139, Nyack, NY 10960 or call with credit card info: (914) 398-0314.

### Convention Comments.....continued from page 8

That's it! All right, introductory comments and observations. My first time here and my first thoughts was it seems kind of small. I thought there would be many more people here. I don't have any other information than what I created out of no information. I'm looking forward to creating what magic I can and being courageous and open toward feeling and liberation and whatever unusual form that may emerge. I'm looking forward to doing something different every day.

### **Katje: Tell me about the ambience here.**

Jonathan Schwartz: I love the pool and the people and their freedom, and the sandbox and feeling the beautiful sun here. All the beautiful food we eat here is grown just a couple of feet away, and you feel the freshness of everything we eat. I'd be remiss if I didn't say anything about the apple juice. They have the best apple juice in my life that I've ever had. I've come here for four years now, and there are many people - kind - that I can speak with, sit with, to whom I can tell my story. There may be 40 people with whom I feel comfortable. I find out where I am and where others are - deeper levels of acceptance for myself and everybody else. And I feel like I am in love.

International Primal Association  
c/o Taff Welch  
P.O. Box 139  
Nyack, NY 10960

ADDRESS CORRECTION REQUESTED

**TO:**

Steve Austill  
12 Mt. Vernon Street  
Saugus, MA 01906

0130674340

