

# IPA Newsletter

International Primal Association ♦ Winter 1999

2 Elizabeth Lane ♦ Peabody, MA 01960 ♦ (978) 535-4181

## 1999 PRIMAL HEALING ARTS CONFERENCE IN WASHINGTON, D.C. Transformational Processes from Birth and Beyond By Denise Kline

The IPA invites you to join us at our Spring Conference to experience, explore and share in the latest powerful tools for transforming our selves, our lives and our spirits. The conference presentations and workshops offer unique opportunities to experience new processes, reach new depths, and connect in new ways to self and to community.

The weekend conference will be held March 26, 27, & 28th at the Quality Hotel & Conference Center in Arlington, Virginia. Friday night is headlined by Dr. Roger Woolger, internationally renowned author and workshop leader on past-life regressions. Titles include "The Goddess Within" and "Other Lives, Other Selves", a huge best seller. His workshops on healing are popular around the world. In addition to his talk Friday evening, he will be leading an experiential workshop on Saturday afternoon. There may also be opportunities Friday afternoon for informal processing, massage, Sandplay, brainstorming on IPA training and development, and getting together generally.

The workshops on Saturday and Sunday are a wonderful mix of experiential processing and interesting intellectual exploration. There are two and three tracks of workshops and presentations offered for you to choose from throughout the weekend. The tentative schedule starts Saturday morning with an introduction to the neurological basis for primal work—the latest research on why talk therapy and insight are not enough. Also a workshop on practicing Cranial Sacral somatic processes for deep level healing. Then an experiential session of primal work facilitated by Barbara Bryan and IPA staff, or you can choose to try EMDR, the eye movement processing for resolving trauma. Or it may be time to discover "Misery is Optional—Guilt Tool" in an experiential presentation by Change of Heart Center Director, Thomas Merton Brightman, who is a Grof-certified breathworker, twelve step and life-transition consultant.

After lunch there are workshops on Alexander Lowen's Bioenergetics, Jungian dream analysis, and a body, mind and music approach offered by Richard Polanchak. The holding process developed by Foster Cline for use with children in processing deep, unresolved emotions will be presented by Mary Owen, who is trained in attachment therapy. Primal Ritual Theater with IPA Board member Jonathan Schwartz may find a SPIRIT stage. There will be presentations on Birth Trauma and the latest findings of William Emerson's work with infants compiled by Terry Larimore, MSW, and a session on how couples can use primal together for resolving issues and for deepening their love and experience of sexual rapture with Alice Rose, Ph.D. Also, we're lining up workshops on Core Energetics and Continuum -- deep healing processes that are being taught around the country.

Tentatively scheduled on Saturday night is a community roundtable discussion with workshop leaders and Conference participants on the dynamics of healing. With the Conference focus on the primal healing arts, we open up interesting questions. The word "healing" comes from the Anglo-Saxon word "halean," which means wholeness -- becoming whole. What heals or restores holiness of the spirit? Is there a distinction between cognitive learning and making healthy changes in our attitudes and behaviors on the surface versus purifying, cleansing, and healing at our core spirit? How do they see these dynamics and what tools do the different approaches use to facilitate that process?

*Continued on page 5*

Check out the IPA's new website at  
[www.primal1.com](http://www.primal1.com)

### International Primal Association

C/O Judi Lucrezia  
2 Elizabeth Lane  
Peabody, MA 01960  
(978) 535-4181  
Toll free  
Winter 1999

#### OFFICERS

##### President

Brian Stark, 18210 Huntley Square N  
Beverly Hills, MI 48025 USA  
(248) 644-6182

##### Vice President

Jonathan Schwartz, 3050 Biscayne Blvd.  
Miami, FL 33137 USA  
(305) 573-9573

##### Treasurer

Alice Rose, 46521 Roswell 1-801  
Atlanta, GA 30342 USA  
(404) 255-7051

##### Secretary

Taff Welch, PO Box 139  
Nyack, NY 10960  
(914) 398-0314

#### BOARD OF DIRECTORS

Mary Lynn Adzema	Patricia Allen
Deborah Bridge	Barbara Bryan
Barbara Kay Cope	Terry Larimore
Judy Lucrezia	Yvonne Parma
Leonard Rosenbaum	Mary Thompson
Chris Wright	Fred Zielke

#### BOARD OF ELDERS

Ruth McGinnis  
Larry Schumer  
H. Larry King  
Linda Marks  
Alec Rubin

#### IPA NEWSLETTER

##### Editor

Barbara Bryan, 23011 Middlebelt  
Farmington Hills, MI 48336  
(248) 478-5559  
<http://members.home.net/amandasean/primal.html>

##### Keeper of the database:

Judy Lucrezia, 2 Elizabeth Lane  
Peabody, MA 01960  
(617) 535-4181 or [japl@shore.net](mailto:japl@shore.net)

Deadline for the Spring Issue  
is Feb 15th, 1999

## Members News and Notices

The Primal Integration Center of Michigan will have a weekend intensive Feb 19-21, 1999. It's 7:30 PM Friday through 5:00 PM Sunday. Leaders will be Barbara Bryan, Bob Van Dyke, Michael Holand-Young, Terry Larimore, Katje Hynes and John Hobbs (and a massage therapist). Food and lodging provided plus pick-up at the airport. The all-inclusive cost is \$250.00. This weekend fills up quickly, so please call for reservations and send a deposit soon. Barbara Bryan: (248) 478-5559 For more information check our new website:

<http://members.home.net/amandasean/primal.html>

STAR is a residential program devoted to assisting individuals to release the hold of old primal pain and the limitations of conditioned beliefs and attitudes that limit our present well being. We utilize a variety of methods including feeling release, guided visualization, art, bodywork, cognitive information and journaling. In this way we honor the individual's potential for healing and wholeness in the integration of body, mind, heart and Soul. Barbara Findelsen, MFCC, was trained as a Primal Therapist and has been working as a therapist, developing STAR since 1976.  
Call toll-free 1-888-857-7827.

Terry Larimore will teach "Long-Term Effects of Trauma at Various Stages of Prenatal Development and Birth" 7-10 p.m. Thursday, Feb. 18, 1999 at Carlaw Therapy Center in Toronto. Admission: \$25. For reservations and information, call Terry at (415) 924-6432. Her website is: <http://www.terrylarimore.com>

William Emerson is offering a variety of workshops and trainings in his breakthrough treatment techniques in 1999. The first 6 month's schedule includes:

Mexico City (Jan 25-29), Denver (April 9-12), New Orleans (April 16-19), Petaluma (May 7-10), Seattle (May 21-24), Petaluma (June 20-24) and Mill Valley CA (June 26-July 2). For complete information, contact Emerson Training Seminars at (707) 763-7024. His website is: <http://www.emersonbirthrx.com>

Larry King would like to share his 30 years experience as a Primal Psychotherapist. He will be starting a training course.

For further information please call him at (212) 580-3734.

Do you live in the Boston area? We are holding free monthly meetings for primal people with a sharing go-round, optional mat time, discussion and a potluck dinner. For date, directions and RSVP, call Yvonne Parma and Fred Zielke at (781) 395-7466, or e-mail [YTURTLE@aol.com](mailto:YTURTLE@aol.com). If this might suit your needs, call or e-mail Yvonne Parma and Fred Zielke (see above).

There is some interest in a two-week Primal Therapy group intensive in January or February 1999. We are looking for more participants (max. six). If this might suit your needs, call or e-mail Yvonne Parma and Fred Zielke (see above).

The International Primal Association, Inc. publishes the IPA Newsletter. Opinions expressed by the authors are their own and not necessarily those of the IPA. The Editor reserves the right to edit contributions (unless explicitly requested not to do so) and to make final judgment as to the publication of all materials received. Please submit contributions typewritten or VERY legibly written to the editor. Send changes of address to the Keeper of the Database.

# Primal Insight

By Derek Cameron

Primal Therapy is the most potent tool I have ever found for getting back to the real self. My experience, starting with a month-long intensive in 1995, is that I am now more solid as a person than ever before.

But there is another dimension to personal growth work I would like to share with you.

If you read the current clinical literature on psychotherapy, you will see that more and more researchers are investigating bimodal therapies. The emerging trend is that, however convincing the evidence for the effectiveness of a single modality, combining two forms of therapy produces significantly better results than either therapy on its own.

This may be Primal heresy. After all, it is satisfying to find one paradigm where you can confidently say, "Yes. This is it. This is the only way."

What may be even more heretical is my choice for the second modality. It's Vipassana meditation.

If you've ever been on a silent, 10-day Vipassana Retreat, you know the format.

Basically, you sit.

Still.

For days on end.

And you watch your mind.

How can two such different activities not only both therapeutic, yet actually complement and reinforce each other? Priming is loud. We cry, rage, scream and shout, expressing ourselves from the depths of our being. Vipassana (the English translation is "insight") is quiet. You sit motionless in the still silence of a meditation hall.

Yet the feelings that emerge during a Priming session are precisely the same feelings that come up during a meditation retreat. Priming feels like a kind of externalized meditation—meditation brought to life, if you will. And Vipassana, or Insight Meditation, is like a slow-motion dance in which our past continuously reveals itself in the mind-state of the present moment.

In ontogenic terms, it is as though the original Pain has created mind-habits that constantly re-evolve that same Pain. The repetitive ways of thinking and reacting that emerge during meditation are the legacy of their origins.

The best way to experience this for yourself is to study with a Buddhist teacher. But if you are not familiar with that tradition, here's a brief outline. Historically Buddhist monks practiced Vipassana as only one of many forms of meditation. Where Vipassana differs from the others is that you don't try to produce any particular state of mind. You simply observe body and mind as they actually are, in the present moment. You start by focusing on the breath. This makes the mind calm enough for precise observation. Then, when you notice a thought or feeling, you bring it back into awareness to the investigation of what is happening. As Thai Meditation Master Ajahn Chah put it: "Whatever arises, investigate it" (from [A Still Forest Pool](#) published by Quest Books). You sit with whatever you feel until you know it intimately and intensely. And then you allow a few words or an image to arise that accurately describes what you see. This phrase or image is your "insight". What you then find, after you've worked with some area of psychic material for a while, is that you suddenly find you have become free of it.

But do you really need Vipassana if you are already Priming? Can it genuinely add something?

My experience is yes.

Only Primal Therapy gives you permission to fully reconnect with, and fully express, your old Pain. Yet only Vipassana adds the subtlety, and above all the self-awareness, needed for truly rounded and mature development.

As for their being complementary, the way I see it is this. WE have only one mind. And Primal Therapy and Insight Meditation both work with this same mind. While one teaches expressiveness, the other cultivates sensitivity and awareness. And in addition, each adds a fresh way of looking at material elicited in the other. Two techniques so potent in themselves increase in effectiveness when used together. ■

## **IPA SUMMER CONFERENCE 1999**

### **CALL TO PRESENTERS**

#### **Family Relationships: Memories, Renewals, Possibilities**

**By Yvonne Parma**

Family - we are all born into a family, we grow up in a family and we go on forming new families, be it by blood relations or by choosing to commit ourselves to people we have come to love. What happens to our family relationships when we go through primal therapy? Do they get better or worse, do they change at all, and if they do, then how, and why?

In Primal therapy we focus on our individual experience. We recover parts of ourselves. We want to come in to our own, blossom into our full potential, heal old wounds, own our feelings. What about the people around us? What is the effect of our individualizing effort? How do we build the family we wish to be part of? If you have experienced prenatal and birth memories, how does that influence your relationship to babies, pregnancy, sex? What have we learned about raising our children? Is there a way to reach an estranged, adult child? Can we create families that actually work well for every member?

When we become more real to ourselves, our behavior reflects increasingly how we feel and our actions come from an internal strong, centered place. I have observed that as a person becomes more deeply connected to their feelings and more expressive of their thoughts and perceptions, the behavior of the people close to them often shifts. Family patterns change, long held positions will get questioned and family members open up to better communication. Being clear about one's feelings helps everyone involved, although the process can be quite uncomfortable. Not all families respond that easily and well to change. Some of us face being ostracized by the rest of the family, when we decide to go our own way. It can be scary and painful. Are we able to create supportive friends around us that replace families lost? How alone are we in the world and how do we cope with our social needs? Do we duplicate our family relationships in the workplace, our new relationships?

These and more questions come up in my mind, when I think of family and our involvement in the primal process over time. I am sure you have your own questions and maybe even some answers or new and different ideas in this area. Please think about how you could share your

questioning, views and experiences at the IPA conference 1999.

Please send your event, workshop and lecture proposals including a blurb of 50 words about yourself and the length of the workshop to Yvonne Parma and Fred Zielke, 397 High Street, Medford, MA 02155. Deadline: February 28, 1999. You will be notified about your proposal. Have FUN planning, and don't hesitate to be CREATIVE! ■

#### **Letter from John Rowan**

I am writing to ask about Primal Renaissance. This seemed to me an excellent journal, representing Primal Integration in a way that was genuinely impressive to the outside world. I felt this was long overdue and welcomed it very much. It suddenly stopped coming, and we were told that this was due to problems which Mickel Adzema, the editor, was having, and that it would be appearing again when these had abated. But it never has appeared again, and I am worried that it never will. Please tell me what has happened, and why there is this delay, which has been going on for over a year, maybe over two years, I can't recall exactly. I regarded this as something my membership of the IPA was directly related to (as Aesthema had been before), not as an optional extra. Now I am left very uncertain as to how exactly I do relate to the IPA. I have been to two or three annual conferences, but at this distance I cannot come every year, so feel very out of touch a lot of the time. I rely on the Newsletter to keep me in touch, but on this issue it appears to be letting me down, as I am completely in the dark as to what is going on. Please publish something to let me and others know what is happening about Primal Renaissance.

#### **Editor's Response**

Thank-you for your continued interest and membership. The IPA has been going through a transition. At this time, we are putting our resources and energy into our newsletters, conferences, referral service and website. We plan to publish more articles of journal quality on the website. The board hopes to find an editor and begin to produce a journal in the future. If you know of anyone interested in helping us with this, please contact us. The IPA appreciates your support.

Continued from page 1....

Afterwards, we'll celebrate the evening with a fun-filled community event to bring out the best of our inner child's sense of innocence, creativity and connection together. A time to experience wonderment, mirth, music, dance, and joy within ourselves and within community.

Sunday morning will offer an experiential session on Dan Casriel's New Identity Process. While Arthur Janov was developing Primal Scream in Los Angeles in the 1960's, on the east coast in New York City, psychoanalyst Dan Casriel was developing "Scream Therapy". Central to his work is the use of physical holding or bonding in accessing and healing deep, emotional states. His techniques are taught as the New Identity Process and are currently offered by teaching fellows around the world. The Experiential Therapy Associates facilitating for us also offer an Anatomy of Spirit theme from Carolyn Myss' popular recent work.

Or you can choose to practice the latest development of the new "power therapies," Thought Field Therapy. This remarkable new tapping process along selected meridian points has been found to permanently resolve deep-rooted emotional wounds, anxieties and fears in most cases in a matter of minutes, without having to relive the pain or trauma. There will also be morning workshops on Psychodrama, Primal Integration training and a workshop using dance, movement and massage for healing the spirit.

After lunch on Sunday there will be workshops on the Shamanic Journey with Vivien Deitz, LCSW, an experiential session based on Stan Grof's Holotropic Breathing, and an introduction to Jungian Sand Play with Mary Thompson. An Esalen-style massage group experience will be conducted by the local Stroking Community. Other possible programs in the offing: chi kung, healing with the seasons, Gestalt and Eastern psychological approaches. We've just heard from co-author Alice Kahn Lodas, Reichian Bioenergetic Analyst, author of the 1982 best seller "The G-Spot and Other Recent Discoveries About Human Sexuality" as a prospective speaker. And, of course, there will be changes to the tentative schedule we've outlined here as we add other dynamic features. The Conference schedule will be available in January. See the Primal website for other updates.

Springtime is the most beautiful time of the year to visit Washington, DC. At the time of the

Conference the annual Cherry Blossoms are in full bloom. The Quality Hotel and Conference Center in Arlington, Virginia is just across the bridge from Washington. It is easily reached by subway and car (parking is free), and is also close to Washington National Airport. As you will discover, the Conference Center is a lovely setting, filled with fountains and flowers, for these healing workshops.

The hotel provides accommodations from \$75. For a few dollars more you can sleep three or four to a room (we will coordinate those who would like roommates). Call the Quality Hotel & Conference Center directly at (888) 987-2555 and ask for the IPA block. There is also an AYH youth hostel in Washington, DC. (202) 737-2333 along the subway route with very inexpensive rates. However, with spring break at this time, you will need to reserve accommodations early.

The early bird Conference tuition for IPA members is just \$95 (non-members \$125). After January 31, the tuition rises to \$125 (non-members \$145). PLEASE REGISTER EARLY by calling in your credit card to (800) LEONARD (IPA Bd. Member) or send your tuition made out to IPA to Treasurer: Alice Rose; 4651 Roswell Rd Ste I-801; Atlanta, GA 30342. ■

Letter from Vanesa, Asociacion Primal, Jardin de infancia,

Calle Zamora, 11, Alcalá de Henares, 28805 Spain

I am working with the Primal Association in Spain, and, until now, we have not met with any Spanish speaking Primal Therapists or primal centers outside of Spain, and I was wondering if your organization would know anyone. We get requests from people in Latin countries, but we are unable to refer them to any good Primal Therapist outside of Spain.

We would appreciate any information you may have about this.

Kind regards, Vanesa

Vanesa@primaLes  
www.primaLes

Correction:

In Don Allen's review of Paul Vereshack's book, the website was listed with a figure left out. The correct website is:

<http://www.interlog.com/~bbk/paulcvr.html>

## Lessons From Geese

**Fact 1:** As each goose flaps its wings it creates an "uplift" for the birds that follow. By flying in a "V" formation, the whole flock adds 71 percent greater flying range than if each bird flew alone.

**Lesson:** People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

**Fact 2:** When a goose falls out of formation, it suddenly feels the drag and resistance of flying alone. It quickly moves back into formation to take advantage of the lifting power of the bird immediately in front of it.

**Lesson:** If we have as much sense as a goose we stay in formation with those headed where we want to go. We are willing to accept their help and give our help to others.

**Fact 3:** When the lead goose tires, it rotates back into the

formation and another goose flies to the point position.

**Lesson:** It pays to take turns doing the hard tasks and sharing leadership. As with geese, people are interdependent on each other's skills, capabilities, and unique arrangements of gifts, talents, or resources.

**Fact 4:** The geese flying in formation honk to encourage those up front to keep their speed.

**Lesson:** We need to make sure our honking is encouraging. In groups where there is encouragement, the production is much greater. The power of encouragement (to stand by one's heart or core of values and encourage the heart and core of others) is the quality of honking we seek.

**Fact 5:** When a goose gets sick, wounded or shot down, two geese drop out of formation and

follow it down to help and protect it. They stay with it until it dies or is able to fly again. Then, they launch out with another formation or catch up with the flock.

**Lesson:** If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong.

Let's help each other pull for the same goals, take turns at leadership so as to use all the talents, assist the members who get "shot down" during these leaner times, and stand together by renewing our memberships!

(*"Lessons from Geese"* was taken from a speech by Angeles Arrien at the 1991 Organizational Development Network, and is based on the work of Milton Olson.) ■

---

## Primal Musings by Harriet Geller

In my primal work, there seems to be a paradox that the most productive therapy occurs either when I am depressed (i.e., strongly triggered into painful feelings) or when I am at my happiest.

In the triggered state, the emergent feelings, no matter how unpleasant, are so compelling that they cannot be suppressed. Once entered - with a supportive presence available - these intense primals are often propelled to a satisfying and productive conclusion. The AFGO designation (Another Fucking Growth Opportunity) was coined to point up the absurdity of this difficult but fertile phenomenon.

At the other end of the spectrum, it is when I am feeling particularly optimistic, joyful and loving that I feel safe enough to plunge into some of my most forbidding places. There I can work

through issues that I am reluctant to even allow into awareness during less hopeful times.

And contrary to the often-voiced caveat that negative feelings will erode an upbeat cycle, the opposite results: my accepting attitude gives my shadow what it needs to emerge into the light and integrate with my whole self.

Ironically, it is the middling state - the place most of us occupy a good deal of the time - that is most barren. It is during these times that my primal work consists of cleaning up debris, going over well-worn ground, reorganizing the file drawers. I suppose this work is necessary as well - else, why do I do it?

I cannot will either AFGO or joy (although the former seems to happen often enough), but I am grateful if I grab the moment when it comes. ■

## Recapitulation

By Terry Larimore

How people manifest their emotional traumas and shocks depends on their style(s) of recapitulation. Recapitulate means "to repeat in concise form."

There are many kinds of recapitulations: all are ways of creating situations that allow a person to continue to deal with unresolved feelings, situations, energy, etc. Below is a very brief description with examples of the most common styles of recapitulation.

**Direct** - Direct recapitulation is directly recreating the dynamics of an earlier shock or Trauma. A woman with a strong and overbearing father, who chooses a strong and overbearing husband, is directly recapitulating that experience. She's chosen to try to gain mastery over her painful early experiences by repeating and dealing with the same patterns over and over again.

**Avoidant** - An avoidant recapitulator creates events that are directly opposite the dynamics of the earlier experience. So, a boy whose parents were obsessive about safety and cleanliness might purposely become involved in activities which allowed him to take risks and get dirty (rock climbing or rugby would combine both elements) - which would allow him to totally avoid the dynamics of his childhood. Unfortunately, avoidant recapitulators tend to transform a lot of their unresolved traumas into physical problems.

**Identification** - In identification-type recapitulation, the person creates a situation where he/she can take on the role of the traumatizing person. So, a child who grew up with parents who were critical and demanding might become critical and demanding of others.

**Generative** - Generative recapitulation involves taking an "educational" or "social activist" approach - to help others avoid the trauma you know so well. So, the person whose parents didn't observe appropriate boundaries might teach assertiveness classes for teenage girls or women, or create parenting class with special emphasis on respecting boundaries.

**Creative** - A person who uses creative repatterning recapitulation will develop ways to "master" the hurtful forces of childhood. For example, a boy whose dad would play with him very roughly and throw him through the air might become a stunt man or pilot - developing the traumatizing experience into a sophisticated skill over which he had control, and which could bring great satisfaction (either through money, or pleasurable experiences, or both).

Different people use different styles of recapitulation and most of us use a combination of styles. It is also possible to use two or more styles of recapitulation for one trauma or shock. For instance, it is possible that the woman with the overbearing father might avoidantly recapitulate in her marriage by choosing a passive husband, use identification recapitulation with coworkers, and take a generative approach by supporting non-profit agencies who rescue children from abusive homes.

The various styles of recapitulating accounts for how two people with entirely different traumas can end up acting them out in life in identical ways, and how two people with identical traumas can manifest the results in opposite ways.

Keep in mind that if people are recapitulating their emotional wounds, regardless of how "productive" they might be, they are still trapped by the energy of those early wounding experiences. Appropriate treatment brings relief from chronic patterns and allows greater flexibility in all areas of life. ■

INTERNATIONAL PRIMAL ASSOCIATION

*invites you to experience the*

## 27th Annual Conference

at the Quality Hotel & Conference Center, Court House Plaza, Arlington, Virginia

# *Transformational Processes from Birth and Beyond*

Showcasing the Latest Personal Growth and Therapy Tools

March 26 - 28, 1999

*Friday Night Key Note Speaker*

**Roger Woolger**

Best selling author of *Other Lives, Other Selves*

*"Working with Past Lives for Transforming the Present"*

Lecture Only - \$20

### *Conference Workshops on*

- ✦ Grof's Holotropic Breathwork
- ✦ Woolger's Regression Therapy
- ✦ Casriel's New Identity Process
- ✦ Shamanic Journeying
- ✦ Thought Field Therapy
- ✦ "Holding" Therapy with Children
- ✦ Dance & Movement as Healing Art
- ✦ Primal Therapy
- ✦ EMDR
- ✦ Sand Tray
- ✦ Psychodrama
- ✦ Bioenergetics
- ✦ Birth Trauma
- ✦ And more. . .

*Early Bird Conference Tuition \$125*

Call for Information or to Register:

(202) 393-2885

or outside of Washington, D.C. area: (800) 536-6273



IPA MEMBERS OFFERING PRIMAL WORK

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 here and mail!



Roses to....

Judy Lucrezia for her timely organization of the mailing labels.

Barbara Bryan and Katje Hynes for sticking stamps and labels for three mailings.

Plan ahead!

1999 Summer Convention

August 31 - September 6, 1999

Letter from the Editor

I am pleased to be the editor and hope you are all able to take advantage of the opportunity to share some of your Primal experiences, poems, comments, interesting related topics, etc. It is really gratifying to see something you wrote in print and distributed to your colleagues.

I want to hear from you! Let's make our newsletter more interesting and relevant! Send your material to me - Barbara Bryan, 23011 Middlebelt, Farmington Hills, MI 48336. (248) 478-5559 or Toll Free; 877-PRIMALS or 877-744-6257.

## IPA Membership

	Single	Joint
<u>Lifetime membership</u> \$1000		\$1500
<u>Annual membership</u> (dues based on income)		
\$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 c/o Judy Lucrezia, 2 Elizabeth Lane, Peabody, MA 01960

## The IPA is on the Net!

<http://www.primall.com>

In May, Jonathan Schwartz established a website for the IPA thanks to the services of an artful webmeister in Miami.

We are asking the IPA members for ideas and contributions to the website. We have 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.

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, PO Box 139, Nyack, NY 11096-0139

(914) 398-0314 Fax: (914) 398 2913

Email: [taffw@mindspring.com](mailto:taffw@mindspring.com)

### International Primal Association

C/o Judy Lucrezia,  
2 Elizabeth Lane  
Peabody, MA 01960

ADDRESS CORRECTION REQUESTED



TO:

Steve Austill  
12 Mt. Vernon Street  
Saugus, MA 01906 USA m