

IPA Newsletter

International Primal Association

Spring 2000

2 Elizabeth Lane Peabody, MA 01960

(978) 535-4181

Healing Visions—Feel Different!

By Denise Kline

The IPA Convention 2000 will continue to offer extensive opportunities for deep emotional work, such as daily mat tracks, holotropic breathwork, and more to "Feel Different" not only throughout this action-packed week before Labor Day, but in relationships in the course of daily life. A subtheme has developed concerning communications in all kinds of relationships. And we will provide introductory as well as advanced tracks.

We are pleased to introduce "Psychodramatic Bodywork" with its founder and principal trainer, Susan Aarons. Her unique and dramatically effective programs combine the healing release and freeing of blocked energy flows of bodywork in connection with renewed spontaneity and reintegration through unblocking trauma with the psychotherapeutic techniques of psychodrama.

The Toronto-based psychotherapist, registered bodyworker, and certified director of psychodrama has created training manuals and videos around the styles of blocking related to anger, sadness, and fear. She also uses sociometry and active participation techniques to create a safe and deep-feeling group. She has twice keynoted the New Identity Process Conference to rave reviews, including those of every IPA member attending.

We look forward to welcoming Susan Aarons and others such as NIP fellows, transformational movement and continuum teachers, and our own very talented IPA members. We expect more than one surprise author and developments in new and old techniques. Dancers, musicians and other healing artists have volunteered their talents. And we will host an important discussion panel on the ethics of body psychotherapies.

You can still be part of this summer's program by contacting Denise Kline at POB 602; Hagerstown, MD 21741; (301)791-9237; dkline43@aol.com and/or copy to Leonard Rosenbaum at LeonardLeonard1@cs.com. Get your proposals in soon to be part of the convention brochure, the "Feel Different" creation of designer Sam Turton, one of IPA's newest Board members. It would be helpful to give us some advance information on childcare needs and swimming preferences too. Thanks to all.

From The President:

"Roses" to all the Officers and Directors at the Board meeting of Sunday, March 12th, 2000. I am told that it was the first time in our history that it was the first time in our history that we ended, not just on time, but an hour-and-a-half early! It was because of all the help I got from everyone. Specifically, I was told that Barbara Bryan, Denise Kline, Sam Turton, Barbara Kay Cope and Fred Zielke went over my March 6th letter on Friday night and prepared agenda items from it. Many of the items were successfully dealt with during a very fruitful and relatively relaxed Saturday Process Day. The process of Process Day was greatly helped by Sharon Kane taking notes that day.

For the efficiency of the Board meeting, thanks goes to Barbara Kay, who, with assistance from our vice President, Leonard Rosenbaum, stayed up with me for hours on Saturday night preparing, not just the Agenda for the next day, but a fill-in-the-blanks generic Agenda which will be printed and placed in the President's Reference Book to speed-up all future Board meetings.

What, you ask, is the President's reference Book? It is an idea that grew out of my taking office and not knowing what to do. I realized that the IPA sorely lacked continuity.

Continued page 8

International Primal Association
c/o Judy Lucrezia
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Peabody, MA 01960
(978) 535-4181
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Winter 2000

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IPA NEWSLETTER

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Deadline for the Summer
Issue is May 25, 2000

Members News and Notices

Primal Integration Center Memorial Day Weekend Workshop:
May 26-29, 2000. Friday, 7:30 pm through Monday, 4:00 pm. Led
by Barbara Bryan, Terry Larimore and Sam Turton. Fee of \$360.00
includes pick-up at the airport if needed, food and lodging, this
Weekend fills up quickly. Please call for reservations and send a
deposit soon. 248-478-5559.

William Emerson offers a variety of training and experiential
workshops: May 4-9 - Seattle, May 17-21 - Denver, June 24-30 -
Mill Valley, Aug 4-8 - Seattle, August 27-September 1 -
Switzerland, September 1-4 - Germany, October 25-29 - Denver,
November 17-21 - Seattle, December 1-5 - Petaluma. For more
information call 707-763-7024.

Terry Larimore has a newly-designed set of 8 informative brochures on her
pioneering work with adults and infants, including an introduction to shock
and trauma, information on sponsoring her workshops, details of trainings
for therapists and parents, and survival skills for birthworkers. For a free
copy of the whole set, contact her at terry@terrylarimore.com or call
(415) 924-6432.

Michael Hoyland-Young recently remodeled the Carlaw Therapy Center,
245 Carlaw Avenue, Suite 312, in Toronto's South Riverdale area and has a
group room and two beautiful individual therapy spaces available for rent
on a part- or full-time, on-going or short-term basis. If you would like to see
clients, run groups or offer workshops in Toronto, call Michael at
(416) 462-9340.

St. Mary's University announces new Post-Grad Program in Prenatal &
Perinatal Human Development.

Applications are now accepted for the term starting July 19, 2000. For
more information please contact SMU, Prenatal and Human Development
Phone: 1-800-328-4827, code 4015, ext.0 Fax: 612-728-5121
E-mail: tc-admission@smum.edu Web: www.smum.edu

The Second National Conference Of The United States Association
For Body Psychotherapy, "The Art & Science Of Body
Psychotherapy", June 8-11, 2000, Berkeley Marina Radisson hotel,
Berkeley, California. Pre- and Post-Institutes June 7-8 & June 11-
12. Featuring Allan Schore, PhD., and Edward Z. Tronick, PhD.,
Internationally known researchers in developmental psychology,
neurological development and child-parent interaction, plus Susan
Harper, Deane Juhan, Ron Kurtz, Lisbeth Marcher, Kekuni Minton,
Pat Ogden & Martha Stark, Diane Boyden & Al Pessio, John
Pierrakos, Ilana Rubinfeld, and many others. For brochure and
registration information, contact: Conference Planners, Thomas
Clark Associates, 1206 Laskin Road, Suite 201, Virginia Beach, VA
23451; phone: toll free (877) 217-7979; fax: (757) 427-8619; e-
mail: exhmgr@aol.com

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 via e-mail if possible, otherwise typewritten or
VERY legibly written to the editor. Send changes of address to the Keeper of the Database.

Ark 2000

by Sam Turton

We drove along the curved driveway, around the pond and up to the big white house against the hill. Once out of the car, seven hours away from Canada, my eyes turned across the fields and the low mountains on the other side of the valley. I sniffed the clear air. Hmmmmmm..... 40 days. I had come to train as a psychotherapist and go deeper into my own feelings. I had left my clipboard and deadlines behind to take time for myself - perhaps the first time since summers as a little kid. I wanted some peace, some time, and some solitude. I unpacked. Then I descended into the basement to help organize Bill Smukler's sandplay collection - a self-replicating, three-dimensional field of dreams that seemed to be crawling out of the boxes that covered the entire floor. At that moment, I got the feeling that the Ark might not be what I had expected.

The first week was wild. The final enrollment - 12 Trainees, 5 Leaders, 3 Leaders-in-Training and two helper/participants - had suddenly come together at the last minute, causing a flurry to establish practical organization and community identity. Bill Smukler, the originator, was gone and a new Ark was being born.

The Trainees were an interesting gang, with a wide range of ages, backgrounds, experience, tastes and temperaments. I had never considered Barry White as wake-up music before. Some trainees were therapy veterans and some had never primalled. As a whole, we were a strong-willed, resourceful group, and after bonding quickly, began to challenge the leadership, ourselves and the structure of the Ark itself - which I believe was both an over-intellectual defense and a natural drive to allow the process to transform. We had high-energy confrontations and we had storytime "puppy piles". We had tears and we had laughing fits. I guess we had everything that makes humans human. Two trainees reached their personal limits and left early. And to think that I had dreamed of peace and solitude. Ha. The schedule was intense. People were up before dawn in Dream Group and the Gong dinged us through the day - from breakfast to chores, to seminars, to exercise, to lunch, to therapy 1, therapy 2, therapy 3, group, supper, tracking, seminar, primal group, story time, bedtime. The schedule changed every week as the program progressed and we experienced more than I could ever express or remember - Group Sharing Day, Jungian Sandplay Sundays, The Long Dance, Shadow Party, Peer Therapy, Meditation, Mess Painting, Inner Child work, Gestalt, Mandalas, Re-evaluation Co-counseling, Conflict Resolution, Shock Work, Past Life Stories, Psychodrama, and of course, Primal Group.

Terry Larimore came on board twice to lead workshops and sessions on the "shock model" of therapy. This modality seems to indicate that for serious, early wounds (shocks), an approach more gentle than primal "trauma work" is necessary, requiring even deeper safety within the client/therapist bond. At the Ark, however, we moved from therapist to therapist in a community living on top of itself - a "shake-up" approach designed to challenge our defenses and allow hidden material to erupt. The difference between the two approaches caused strong conflicts and profound revelations. To the veterans, it was a quiet Ark. Not as much screaming and tissue consumption. Every trainee, however, expressed to me the incalculable value of the experience. Maybe change and healing can't always be measured by volume and snot. What about Sam? I got what I needed and more. I learned and practiced various therapy and growth modalities. I got to absorb the wisdom and humor of some of the great primal elders, the wonderful "next generation", and the "kids in the nursery". I got to be a sperm, a foetus, a birth canal, a newborn, a mischievous boy, a teenager, a Noah - even a hawk. I got to laugh like a fool, cry like an idiot, scream like a maniac, play, drum, sing, meditate, draw, dance, listen, talk, learn and do nothing but be me. I got to slow down so profoundly that friends have spontaneously commented on how much more confident and contented I seem. Imagine that. After a birth primal, laying in Barbara Bryan's arms, I finally felt that I was enough, just as I was - that I didn't have to DO to be loved and appreciated. By just being there, I was a gift to those around me. I could really relax. I could slow down and just be with life. Be me.....

That was on Day 1.

Musings from E-mail:
(from Sam Turton)

There's an ancient story of a poor, destitute farmer who breaks her plow on a big rock that is just peeking out of the dirt. She curses, she yells, she blames the horse, the rock, her bad luck, herself. She sits and cries. Then she is compelled to pay all her attention to the rock, and for no particular reason sweats and strains to unearth it, and turn it over. Undereath it is a treasure chest full of gold!

DEEP DOWN, DEEPER DOWN

By John Rowan

Abstract. An outline is given of the therapeutic approach labeled as Primal Integration. It is argued that this approach is quite fundamental in the sense of getting down to the roots of personal problems and distress. It is argued that unless this kind of deep work is done, no deep-seated change will take place. In this form of therapy the medical model is rejected in favor of growth rather than cure.

It seems to me that any therapy (as usual, I use the word therapy to include counseling, therapeutic counseling, counseling psychology and psychotherapy) which wants to bring about deep-seated changes has to tackle its problems at the roots.

Primal Integration is an approach, which takes seriously the possibility of dealing with personal problems in a fundamental way by going back to their origins. In this, of course, it is not unique - many different therapies say the same thing. But Primal Integration has an open-ended notion of how far back those origins might be. Some forms of therapy will only consider childhood. Others will also consider infancy. Primal Integration also takes into account the process of birth, and the foetal life, which preceded that.

There is a knowing inside each of us about what we need to do to become more whole and actualize our potential. This knowing is part of the power within us all, the spark of self that we need to acknowledge and nurture. There are various ways of getting in touch with this source of inner strength - some are spontaneous and some are guided. In Primal Integration, we learn to trust the process and eventually to trust our own inner wisdom to guide us on our journey (Blum, 1993). Those of us who have been through this process have very often experienced very special moments of revelation and transformation. This is a form of therapy which is about liberation rather than adjustment to the established norms of society (Rowan, 1988).

Primal Integration is based on a natural phenomenon that has been recognized and used for a long time. It is a creative letting go of conscious control of the body and emotions which opens up the unconscious to awareness. This allows both insights and healing to emerge. The body wants to heal, to release the tensions and pains it is holding inside. Hence it is a form of therapy, which is particularly good for people who have done some therapy before, and recognize the importance of this process of letting go of control. People who have done no therapy before tend to be too scared of the truth-telling effects of this process. But people who have done some therapy are more likely to recognize the necessity of facing and dealing with the truth, no matter how unpleasant it may be.

THEORY AND BASIC CONCEPTS

The theory says that most personal problems which need the attention of a therapist have their origins in early trauma, before the age of five years old, and will not be fundamentally resolved unless and until that origin is reached and dealt with. Some people still do not believe that babies can remember their own birth, but this is because they have not read the research by people like David Chamberlain (1988), a highly respected psychologist who has written very helpfully about these matters.

This is a very well established theory in psychotherapy, and is held by many people other than Primal Integration practitioners. Freud and Jung certainly held it, and so do such varied people as the body therapists and the hypnotherapists.

What tends to happen is that some very early event causes panic. This panic gives rise to a form of defense. This defense works sufficiently well at the time, and the person gets by for the moment. When the next emergency arises, panic is again dealt with by the same defense, which worked before. But this defense then becomes part of the character structure of the person, and they are stuck with it. It gets to be too good. It protects all too effectively, cutting the person off from their real experience.

Because of the emphasis of Primal Integration on early trauma, people sometimes think it is going to put all one's problems down to one trauma, happening just once in one's life. But of course traumas are seldom as dramatic as this. The commonest causes of mental distress are simply the common experiences of childhood - all the ways in which our child needs are unmet or frustrated. This is not necessarily a single trauma, in the sense of a one-off event - that is much too simplistic a view. Rather would we say with Michael Balint (1968) that the trauma may come from a situation of some duration, where the same painful lack of "fit" between needs and supplies is continued.

Continued on page 7

William

Smukler

1915-1999



APPRECIATIONS OF BILL SMUKLER

There was a gathering on November 6, 1999 at Bill's gravesite to commemorate his memory and to share and bring a rock to put on the grave. The rock is a sign that your love for that soul is eternal.

Shelly Beach - WHAT A MAN! We had this little game we played, Bill and I. He'd say WHAT A WOMAN! and give me a kiss and I'd say WHAT A MAN! And give him a kiss. But in those words, when I looked into his beautiful blue eyes, what I felt was "Shelly, you are perfect - Shelly, you have so much to give and you deserve the best." He was one of the most supportive human beings I have ever known. When I'd say to him WHAT A MAN! I knew he understood I meant - "I cherish your being my ideal daddy and my trusted friend. I'm so grateful to have you in my life. Thank you, sweet Bill."

Denise Kline - Prayers for Bill for his peace and comfort and whatever sparks he may wish to engender. He is a miraculous man.... with all our love.

Karen Buck - This morning I enjoyed memories of a good Bill Smukler Super Deluxe Head rub, and then a good Face Rub. This afternoon I felt myself COMPELLED to live the fullness that Bill saw and beckoned in me. In honor of and in tribute to Bill Smukler (having thought over the last days of the incredible things I received from knowing him), my vibrant self comes forth. He was the about the most nurturing person I have known, male or female. He grew up without his mother - I wonder how he found that nurturing in himself, having not gotten it from her. Wow... that eliminates any right to whine about something I did not get in my childhood, as though I could not have it now or give it to others. Thanks, Bill.

Johanne Hamel - I think Bill is the most wonderful person I have ever met! And I mean it. I felt he was able to see my very own soul, something I badly needed. I love you, Bill.

Jeff Silva - Bill, what your life has created will continue to enrich and en-joy the lives of those you have touched and in touching them, reach beyond to touch and enrich the lives of many others. Your work is done for this millennium, rest. God Bless and Keep You.

Register early for the SUMMER CONVENTION

Call 877-PRIMALS

You may charge the convention fee with
Your credit card.

Memories of Bill

November 1, 1999

My life and yours
intersecting for twenty years,
sometimes like celestial bodies
orbiting each other - at a distance
but with inescapable gravity,
sometimes as close as your
hands
defining my back, constructing
the protection an infant never
had,
or face-to-face over a sand box,
your gift of dreams brought to
earth.

Dancing together on lumpy
linoleum.
Your smile and gait like a three-
year-old's
Lusting after Mommy.

Doing theater in New York,
Me and your other girls
on your arms, prancing through
the streets.

Meetings in the Carriage House,
being at home with you.

Your incorrigible giggle,
knowing.
Snide, rebellious, sprinkling love
like Fresh snow on sullied drifts.

The monumental Ark, built on
faith and determination like
Noah's,
but not reliance on God's decree,
but on your own
wisdom and experience,
your optimism the most potent
medicine
for despairing hearts.

Hyperbolic locutions back at
you:
phenomenal
unbelievable
bountiful
extraordinary
beautiful man.

By Harriet Geller



Continued from page 4...

The goal of Primal Integration is to contact and release the real self. This is the part which was defended, and which therefore is now surrounded by all the defenses, which were erected over the years. But it has remained intact behind all the layers of defense, and can be contacted in therapy, with rich results. It is interesting to see, in book after book and paper after paper, how people do not make deep-seated changes unless they go through some kind of therapeutic work at this level. Historically, this approach is close to early Freud, the early work of Reich (who placed great importance on the body being directly involved in therapy) and Arthur Janov (1983). But all of these adopted a medical model of mental illness, which Primal Integration rejects. As Thomas Szasz (1961) pointed out long ago, neurosis is only a metaphorical sickness, not a disease in the true sense of the word. Rather does Primal Integration stand with those who are less concerned with cure than with growth. As soon as one gets down into the early roots of mental distress, deep and strong feelings come up, because the emotions of early life are less inhibited, less qualified and less differentiated than they later become. In other words, they are cruder and clearer. And so the whole question of the importance of catharsis in psychotherapy arises here. Catharsis means the expression of strong emotions. It was Reich and Perls, not Janov, who discovered the techniques for deep emotional release that are used to produce primals. As many people now know, a primal is a deep emotional experience in which one gets in touch with the pain and terror of one's earliest bad experiences. The Reichian-oriented therapist Charles Kelley (1971) used the term 'an intensive' years before Janov to describe experiences identical to primals.

It makes sense to say that catharsis has two related but separate components: one is cognitive, (the thinking function) and relatively intellectual - the recall of forgotten material; the second is emotional and physical - the discharge of feelings in deep sobbing, strong laughter or angry yelling. but in the kind of work we are interested in here, it seems better to be more specific, and to say that catharsis is the vigorous expression of feelings about experiences which had been previously unavailable to consciousness (Nichols & Zax, 1977). This lays more emphasis upon the necessity for the emergence of unconscious material.

What Swartley, Lake, Grof and others did was to bring together the idea of catharsis and the emphasis on getting down to the origins of disturbance with another very important question - the transpersonal and the whole area of spirituality. This means that Primal Integration can deal with the major part of the whole psychospiritual spectrum mapped out by Ken Wilber (1996). What Wilber is saying is that we are all on a psychospiritual journey, whether we like it or not, and whether we know it or not. We are moving from the prepersonal (infancy and childhood) through the personal (adult life, language and logic) towards the transpersonal (which goes beyond conventional thinking and everyday taken for granted beliefs). I have written about this at greater length in my book "The Transpersonal" (Rowan, 1993). I believe Primal Integration is the only therapy which can handle this whole spectrum, except possibly for the holonomic approach described by Grof (1992), which is very close in a number of ways. Much of the thinking behind Object Relations theory in psychoanalysis (Gomez, 1997) is compatible with what we find in Primal Integration. This is because these theoreticians also hold the idea of a real self behind all the defenses.

In my belief, Primal Integration is a very full form of psychotherapy, because it covers all the four functions, which Jung (1991/1921) spoke of. It deals with the sensing function through bodywork and breathing. It approaches the feeling function through emotional contact and release. It handles the thinking function by means of analysis and insight. And it deals with the intuiting function through guided fantasy, artwork, dream work and so forth. In terms of the theory of Ken Wilber, it covers the prepersonal (early experience and child development), the personal (adult life in the here and now) and the transpersonal (spiritual experience and visions of the future). So it runs the whole gamut of human experience.

Editor's note: You may write John Rowan to obtain a reference list at: 70 Kings Head Hill, North Chingford, London E4 7LY UK. The next installment of this paper will be in the Summer Newsletter.

The IPA is a volunteer community. All events and publications are produced as a direct result of supportive, volunteer efforts. If you find yourself with some time or skills to contribute to the organization, please talk to any board member or the Volunteer Coordinator, Sharon Kane. Phone: 508-881-5678 or E-mail: skmg@tmo.com

We need occasional legal, tax and accounting advice.

We need help on the IPA Archive project, someone with a computer and a scanner and time to scan in our archival and historical records.

We need old journals, brochures, minutes, etc. for the Archives.

We need a publicist.

We need E-mail and phone numbers from members.

Members are invited to submit suggestions for executive officers and board members. The slate will be selected at our May 7th meeting. We welcome everyone's efforts to help build strong, sustainable and loving community.

I AM LIFE

(Dedicated to Alan Watts)

"Do you know me?" A voice spoke my name,
"I and the whisp'ring wind are one...and the same.
I am forever, though I've never been,
Gone 'til the wheel brings me back...round again.
A child who is growing, who loves all he sees,
A winter gale blowing...A soft, summer breeze."

"i am life !"
"I Am Life !!"
"I AM LIFE !!!"

"Come", it said, "let yourself be lost in my arms."
Entwine your spirit, softly, around my charms.
I'm you and you are me", it said, "don't you see,
A small part of everything, that ever shall be.
I've no beginning and I'll never end,
I'm your worst enemy...your greatest friend."

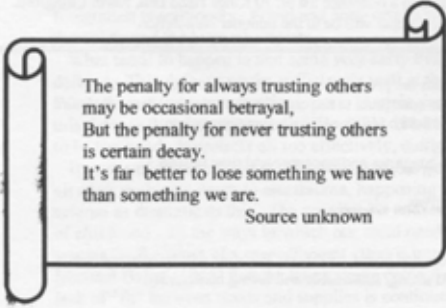
"i am life !"
"I Am Life !!"
"I AM LIFE !!!"

"Come" it teased playfully, "Come play the game,
I'm in the Milky-Way and a tiny drop of rain.
I reach past the galaxies and I feed every star,
Circling forevermore, back to where you are.
I am a mystery of finding what's lost,
Anger unquenchable and...Love at any cost."

"i am life !"
"I Am Life !!"
"I AM LIFE !!!"

"Do you know me?" I heard on the breeze,
But turning, I only saw the earth, sky and trees.
And I heard a voice whisper softly...

"I Am Life...I Am Life...I Am Life...I Am Life...
I Am Life...I Am Life...I Am Life...I Am Life...
I Am Life...I Am Life...I Am Life...I Am Life...
I Am Life...I Am Life...I Am Life...I Am Life...
I Am Life...I Am Life...I Am Life...I Am Life...
- Jeffrey Silva -



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.
Source unknown

continued from page 1

In Hollywood, continuity means that the heroine's hairstyle doesn't change as she moves from scene to scene, even if the scenes are shot days apart. Someone is always assigned to keep track of continuity; at the IPA, continuity has often been lost. Solutions to problems that were solved years ago are forgotten. Ways of doing things that were tested over time are lost as new people come in and experienced people leave. Though we are an organization built upon concepts of remembering the past, we have often forgotten many parts of our own.

To help achieve continuity, we will have a Reference book for each Officer, updated by each and passed on to the next at each election.

To help us with the continuity of what the IPA has done over the years, Leonard has volunteered to gather and store our Archives, all the pieces of paper and other records from our past. If you have any, please get copies to him. Then we want to get these Archives scanned onto computer disks, ultimately onto one CD, so there will be multiple and easily accessible copies. If you can help with the scanning, please call Sharon, our Coordinator of Volunteers, or myself.

If anyone might be able to OCR the material after it has been scanned onto disks, please call me so we can discuss that process. You may have Optical Character Recognition software that came with your scanner, but don't even know you have it. Please take a look.

Also take a look at the IPA classified ad in the Psychology Today coming out in June. It is a baby-size ad, but it is another move of the IPA out into the world! See you soon.
Larry King

Dear IPA Members:

A Primal Support Group has been formed on the internet and we are inviting all of you to join our efforts.

Joining is very easy. Just go to this URL: <http://www.onelist.com/group/Primal-Support-Group>
It is even easier to unsubscribe and instructions to do so are at the bottom of every posting by members.

So won't you give the Primal-Support-Group a trial? You'll enjoy it.
We have a certified primal therapist as a member. He recently opened his own practice.

Perhaps, instead, the IPA would like to establish its own list. If so, please let me know and I'll be happy to begin it for the IPA.

I won't be able to serve as moderator as I have that position with the Primal-Support-Group.

Cheers and best wishes from
John A. Speyrer,
Editor of the Primal Psychotherapy Page

Referral List

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 (plus membership fee if due) 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!

International Primal Association
c/o Judy Lucrezia
2 Elizabeth Lane
Peabody, MA 01960

Members News and Notices



IPA Membership

	Single	Joint
Lifetime membership	\$1000	\$1500
Annual membership (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 from Aug-July. 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

Roses To:

Fred Zielke for hosting the Process Day and Board Meeting once again in Boston. This time he did it on his own, Yvonne was in Israel. Superb host!!!

Lisa Gayle to send our love and support for her health challenges.

Mary Thompson, Barbara Bryan and the other leaders for successfully carrying on the tradition of the ARK Training Program.

Steve Austill for creating the 1999 Convention Yearbook.

Spring 2000

International Primal Association
c/o Judy Lucrezia,
2 Elizabeth Lane
Peabody, MA 01960

Address Correction Requested



TO:

Steve Austill
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