

PRIMAL

Supporting Growth and Healing Through Deep Feeling Process

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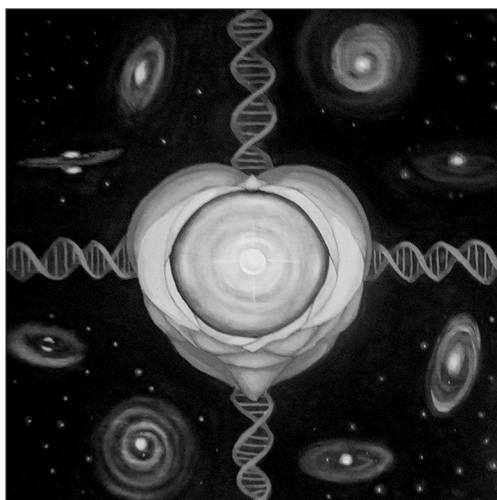
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The Feeling Universe

CONSCIOUSNESS, EMOTION
AND SPIRITUALITY

34th IPA Convention

August 22 to 27, 2006

The Country Place Retreat Center
White Haven, Pennsylvania, USA

By Dr. Wayne Carr

The Feeling Universe, Consciousness Emotion and Spirituality: An *integral* approach to consciousness, spirituality and Primal is entirely appropriate and timely. Primal is not a process separate from higher levels of awareness and spirituality. The current conference offers over 20 workshops that will help us better integrate our spirit, our deepest heart and our highest awareness. The topics range from spiritual primals, to energetic work for healing trauma, to waking up to ourselves and the true nature of reality. The conference is at a new location in the Pocono Mountains of Pennsylvania. Please read the brochure on the convention for more details!

This integral approach is timely because there is now a large body of well-controlled research in parapsychology and quantum physics that suggests that all particles—and even consciousness itself—in fundamental ways transcend time and space (this can be referred to as “non-locality”). Science is

showing that everything is simultaneously connected: the heart, the mind, the body, the DNA, and the universe. For those of you who are more interested in the science supporting these connections, please read past Princeton Professor Dean Radin’s just published book “Entangled Minds.” It is now possible to approach and integrate these arenas, in grounded, non-flaky, mindful, and practical ways.

I would like to bring to your attention that the above-mentioned connectivity is marvelously stated by Karuna O’Donnell’s artwork in the new convention logo.

It is not an accident that people sometimes have “spiritual primal experiences” as well as “past life experiences.” As infants we were especially open and vulnerable to the spiritual, cognitive, emotional, “non-local” energy around us. If this energy was overwhelmingly negative or not nourishing we had to close off to it and bury the pain (as we had to do for other kinds of emotional

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Next deadline: October 1, 2006

The IPA President's Letter to the Community



I was first elected president of the International Primal Association in 1983. That was one of those incredible times that stay in your consciousness—a moment captured and etched in my mind forever. I remember running across the lawn to the phone at Appel Farm yelling to Bill Swartley, "I'm doing it!" and visioning in my mind the ripples flowing out from the IPA, spreading the word about Primal, carrying on the work of Bill and others.

I started Primal work in 1972. My family didn't understand what it was about. They thought I was just being weird. Being elected President somehow made Primal more acceptable. From then on they appreciated that what I was passionate about was a worthwhile endeavor.

To celebrate my win, my four daughters blindfolded me and took me on a mystery trip. We drove for a long time and I had eliminated all of the ideas I had about what the destination could be. Finally, we ended up in a large field where they took off the blindfold. There in front of me was a very large hot-air balloon waiting for me to board. I was so excited. What a thrill it was! We went up a mile high, then skimmed over the tops of trees where I could grab a leaf, came down again and scooted along a subdivision road until a bevy of kids were following and yelling with delight—then up, up, and away again.

We have come a long way since 1983. I had two main goals then: starting a therapist referral list and keeping the IPA together. The first one is doing very well with 23 therapists listed. The second goal's focus was on running an efficient and business-like board meeting. In the early days, feelings took precedent over board work and it was chaotic and disruptive. Steve Austill created a Process Day for the first day of our weekend so we could take care of personal or interpersonal feelings. Then on Sunday we could really get down to business and accomplish more. That worked for a few years until our interests, projects and business grew. We had too much to accomplish. We really needed both days for official board work. Now, we expect our board members to take care of their primal needs at home and come prepared to do the business of the IPA. If someone is triggered, however, they are welcome to leave the meeting, go to a safe place, deal with their feelings, and then come back.

We have accomplished a great deal in the last few years. We have a marvelous website. Did you know you can look up most of our past newsletters? Larry Schumer has been scanning and posting them for our archives. We have had yearly retreats that have been wonderful and the attendance is increasing each time. Our conventions have been well attended and always a great experience for everyone.

We worked on the guidelines for IPA Certification and have certified three practitioners. Most of our members use our E-mail messaging and we have had some interesting discussions. Our outreach program has brought in people from overseas to our conventions. We are almost finished with redoing our Ethics Guidelines Document.

We have had sad news about Larry King and Daniel Miller dying recently. They were both here in the beginning of the IPA. They will be greatly missed. Daniel was the co-chair for the coming Convention. Wayne Carr will now carry on and the Board members will help him make this a successful convention.

As I come to the close of this year's presidency, I dedicate myself to many more years of promoting the IPA and the Primal process.

I look forward to being with many of you in August.

Love,

Barbara Ann Bryan

IPA Members Rights and Responsibilities

By Denise Kline, J.D., Ph.B.

I write this for a bigger, better, more fully participating International Primal Association. IPA Members are a diverse group of seekers who have chosen the brave path of doing primal work to evolve themselves through their problems. We could quote from the IPA brochure that we come together to learn and practice deep-feeling emotional work. We define our new certification program as one for “primal educators.”

All members are free to participate in events, workshops and trainings at some charge, join in Ewail or assemble in peer groups in order to facilitate and learn different primal processes. The more the better.

We ensure safety by defining safe words and offering confidentiality within the subgroups in which we participate. This enables member participants to act like children if needed in a particular session, or to act out as overwhelmed parents, or to take on and work through any role or situation that is meaningful to them. By working through all kinds of experiences, including the depths of sexual abuse and abandonment, participants can throw off the victim role and become more effective adults in their real lives. Or they may continue learning in various ways—more power to them.

Primal processes are intended to empower people. We recognize the unique strengths of each individual, whether client, therapist, educator or trainee, fellow traveller or visitor, service provider or massage recipient, child of attendee, participant, IPA Elder or Board member, or event leader.

We need all of these kinds of people to make a great Convention and international organization, with outreaching arms into various communities. The possibility of primalling in more places increases the hope that people will be able to get the therapy or community they need in which to do deep-feeling work around the most intense issues of abuse, neglect, poverty, internalized repression, alienation, or whatever societal, social ills or dysfunctional families have wrought.

In the interests of increasing and maintaining participation—which is the *right* of all members—we need to accept certain membership *responsibilities* as well. We need to act as adults, as members taking responsibility for ourselves in general connection to other members. Members are members, not particularly clients or therapists, but co-equal participants in the IPA.

Realistically many members have been both client and/or therapist at different or even at the same times in their lives. For example, who has not been a client at Barbara Bryan's Primal Integration Center at one time or another?!

In the recent Ewail discussion, suggestions had been made to designate one client and one therapist representative at each event to whom participants could direct any issues. I think it might be hard to find somebody who is only one or the other. I think it might be next to impossible, since we co-facilitate each other and therefore act in some ways and times as quasi-therapists, even if we have many client-like

problems at a particular point in our lives. The Member Advocate or Elders, on the other hand, are available to every one of our members and participants, as are Board members, designated leaders at particular events, and volunteers like those who buddy with new people at the summer convention.

In my opinion, attempts to separate our members into either Clients or Therapists at all times would create an unnecessary and undesirable hierarchy. Demanding someone else be put in a separate room for mat work primalling because a therapist and client may be present is contrary to what our organization believes, in terms of us working together as adults and becoming vulnerable jointly in situations in which we have chosen to do deep work. It would be consistent, however, for someone to *choose* for themselves to work in a different room because of their perceived issues, or desires regarding safety, privacy, or even noise level.

But lets not start imposing more and more new regulations on therapists. We need more new primal educators. If the cost of helping, like the Good Samaritans of days gone by, is to be punished by not being able to participate freely in their own work—the very reason we have all come together in this organization—then we're not going to get a lot of good people, and we've lost a handful of our best already.

So please, let's stop now, and take responsibility for being adult co-equal participants in the International Primal Association. We are drawn here to work through acute pain. However we do not wish to disempower others with that pain. We wish instead to empower ourselves: ask for what we need—as our responsibility—and make the accommodations we need for ourselves without imposing new regulations on others. Take responsibility for our feelings and work through them openly and honestly, without hidden agendas to dominate those helpers, therapists, or others on whom we may be projecting the perpetrator role from past abuse. We gain strength from coming into power ourselves, not from destroying and hurting others (in the same way as our past victimizers may have tried to do to us).

I hope to see all of our wonderful therapists and Elders, as well as many new people (be you client, interested individual, educator, therapist, volunteer, friend or family) at our next Convention this summer. And I hope to see you at retreats, events, workshops, trainings, and mat track/peer primalling throughout the year.

Denise has been an attorney intern, crisis counsellor, ethics and introductory philosophy instructor. She studies with Native American medicine men, who as tribal members may also be your carpenter or jeweler, and for whom you may be cook, seamstress, or gardener (all kinds of workable dual relationships). She has also been a victim (1st, 2nd, & 3rd degree sexual & non-sexual assaults) and a facilitator. She prefers, “to love and to act responsibly and to not take the victim role, because it's like sitting at the small children's table at Thanksgiving dinner with (as Woody Allen would say) such small portions.”

Member News

Primal Integration Center of Michigan Intensives

\$160.00 fee includes food, lodging, and airport pick-up. Friday 7:30 p.m.–Sat. 5:00 pm. Led by Barbara Bryan and staff.

Contact: Barbara Bryan
248-478-5559
babryan@twmi.rr.com

Primal Zen in Ireland

October 13–15, 2006
Chrysalis Holistic Centre
Donard, Ireland (near Dublin)
Workshop led by Sam Turton

This experiential workshop offers the opportunity to explore and extend perception, sensation & feeling using traditional Zen meditation and Primal Integration.

For details and info, visit:
primalworks.com/events.html
www.chrysalis.ie

Training in Primal Integration

The Primal Integration Training program is in the process of being redesigned.

For information and updates:
primalworks.com/events.html

Psychodrama Meets Primal

Led by Esta Powell, MA, MS,
Certified Psychodrama Therapist

Sponsored by the Primal Integration Center of Michigan
Planned for three weekends from Sept–Nov 2006, dates to be announced. Friday evening through early Sunday afternoon. \$175 per weekend includes accommodations at the Center.

Experiential training course in main psychodrama forms (warm-up, role reversal, doubling, mirroring, social atom, work with sub-personalities, dreams, etc.) and their use in deep feeling facilitation.

For more information please contact:
Esta Powell
estule@yahoo.com
www.primalmatters.com

“Convention” continued from page 1

pain). Part of primalling is to regain these lost initial connections to this non-local energy, and to the universe around us.

When we regain our *initial* and current spiritual connections we can progress to higher emotional-spiritual developmental stages. As American philosopher Ken Wilber suggests, we need to move from the initial pre-rational, to the rational, to the trans-rational. During proper development the infant, toddler, child, adolescent, adult, and elder all unfold different forms of feeling spirituality and consciousness. This is all part of the waking up process both in ourselves and in our society. We can only perceive our world from the developmental level we are currently on.

The convention offers participants many *different* ways to approach this waking up process and further our development. It presents opportunities to go where you have never gone before. Keynote speaker, **Dr. John Cogswell**, is a prime example. He can show us how it is possible to walk in someone else’s shoes not just figuratively or symbolically but actually. Quantum “non-locality” and the connectedness of all minds literally make this possible. This process gives a new meaning to empathy and seeing the world through someone else’s eyes.

The other keynote speaker, **Dr. Dan Benor**, knows how to work with subtle energies using the many modalities of energy psychology. He works with skill from a sensitive and compassionate heart. His presentation and workshop should be fascinating. Be prepared to get some of these new integrated tools under your belt!

Longtime primal expert and author **Alice Rose**—who was not mentioned in the brochure—will be doing a workshop on *spiritual primals*. Over the years she has kept records of her own and her clients’ spiritual primals. Her current path has led her to seek a doctorate of divinity at Emory University. Expect to gain an in-depth understanding from listening to her heartfelt insights.

Workshop titles include: “Integrating the Energy in the Body,” by Diane Kohl; “Primalling Past Life Trauma,” by Bob Holmes; “Core Energetics: Mind-Body Spirit Paradigm,” by Kathy Scheg; “The Nature of Reality, the Heart and the Mind,” by Dr. Wayne Carr; “What the Bleep Do We Know!?” film screening and discussion

led by Alan Steinfeld; “Create Consciousness in Your Relationships,” by Lynn Turner; “Wake Up!!” by Mickey Judkovics; “Stair Step Creation: Dimensional Glimpse of Self,” by Patricia Cramer; “Your Feet: Get Grounded from Your Base Up,” by Patricia Cramer and John Crutchfield; “Recovering from Religious/Spiritual Hurts,” by Bill Whitesell; “Early Morning Exercise: Stretching, Yoga, Tai Chi, and Labyrinth Meditation,” by Shelly Beach; “Human Design System,” by Thayer White; “The Feeling Universe of Primal Theater,” by Jean Rashkind; “Child Support: Learn to Support the Inner Child,” by Harriet Geller; “Painting From Within,” by Karuna O’Donnell; “Happiness: an Elemental Perpetual Primal Process,” by David Alpert; “Loving What Is,” and “Jungian Sandplay,” two workshops by Marie Regis; “Sensuality, Sexuality, and Spirituality,” by Dr. Joe Sanders, and several “Open Discussion Groups,” by IPA President Barbara Bryan.

Fellow conference cochairman **Dr. Daniel Miller**, as most of you know, has passed away and can only be present at the conference in spirit. He exemplifies someone who keeps his passion and interests alive, and who keeps on exploring new territory in consciousness and physics. His energy and spirit are no doubt still doing that.

Be sure and visit the new web site www.primalconference.com as well as the web site of The Country Place Retreat Center (www.retreatpa.com) where the convention will be held. The new location should be fantastic and peaceful. I can’t think of a better way to learn, grow, explore, restore, and expand. Be sure and see the just-released movie “The Peaceful Warrior,” starring Nick Nolte. This film shows how the power of spirit, the power of now, and the power of surrender can be used to move to a higher level of spiritual-emotional development. It’ll prime you for the conference!

Let me suggest that you take a moment right now to close your eyes, breathe, feel, sense, connect, and notice. Can you live your life according to what you notice? Hopefully you will notice that your path leads you to this summer’s conference.

Feel free to call me (Convention Chairman Dr. Wayne Carr) at 425-488-5496 if you have any questions about the content and logistics of the convention. I’d much rather connect with your voice than read your e-mail.

Snail Wail: Community

By Linda Marks

The recent deaths of two pillars of our IPA community affected me more than I had expected. I was not close to either man though very familiar with both over a long period. What was different about these two passings was that this time I felt the whole community respond to their deaths from the inside. I realized not only how entwined in the community Dan and Larry were, but also how embedded in the IPA I had become in spite of my occasional attempts to minimize this important connection.

I grew up anticipating criticism and rejection by groups I had sought to join. (Yes, like so many of us, I had critical parents). Therefore, I have long been ambivalent about joining a group or community wholeheartedly. It still makes me feel uncomfortably vulnerable.

The IPA got under my skin, though. It took me in more fully than I had ever been taken in before. Its non-judgmental stance was very therapeutic for me. Now I find myself feeling more consciously my appreciation for the sense of belonging I get from the IPA Community. I dare say many of you feel the same. Dan and Larry and many of those who passed through our community must have felt that way too. It's human nature to need to affiliate with other people, to want to contribute our unique gifts, to want to be acknowledged for doing so, and to be able to receive support when needed.

I remember a number of others who passed through the IPA and I am grateful for the strands they wove into our diverse tapestry. Louie chaired our summer convention with remarkable serenity some years ago, shortly before he died. Bill, everybody's ideal father, was our sweet, nurturing elder, drawing us out with quiet empathy and introducing us to sandplay and his life-changing 40-day Ark. Debby, the love of Larry's life, brought us her dancer's body's sensibilities and her deep longing for inner peace. Alec, our exuberant actor-in-residence, taught us how to use his primal theater techniques to snare and share emotional breakthroughs while improvising performance art. Barbara Kay reminded us how difficult the struggle can be. She

brought some of her children to the conventions, allowing us the pleasure of watching them grow up. Also, she truly loved being our Secretary.

At conventions, Larry was always willing to support other primallers when he wasn't sunning himself on his raft in the pool. He remained bright, friendly, chatty and huggable even after he lost Debby and became terminally ill. He weathered his illness with astounding dignity. Dan wrote intellectual books, kept us in mind of spiritual issues, and struggled with his anger. He introduced us to Past Life regression as well as his new house in Mexico. He was co-chairing our next convention when he died suddenly.

In a primal improv, Harriet kindly offered to tell me what she might say about me if I died. She was impressed that I was able to maintain a romantic relationship

and said that I was a good person and that I tried to help people with psychodrama. I was so touched! I had planned to sit out the summer convention this year and enjoy an extra week at my beach house. I felt bad telling Wayne that I couldn't commit to a workshop. I had reluctantly missed the last two Spring Retreats due to psychodrama training commitments. Jean told me that people had liked my past psychodrama workshops enough that they had done one without me at the retreat and wished I had been there to help wrap it up. Again I was touched!

Then I realized that I could and should do psychodrama workshops for the IPA as part of my supervised psychodrama training. I began to feel called. My community needed me and I needed them. A friend offered me a ride to the convention. I started to feel that the universe wanted me to go. I called Wayne and said I would do a workshop and felt great about it. Now, however, it turns out my husband will not be able to take care of the dogs while I'm away, so I may not be able to come after all.

In any case, I'll surely see everybody next spring and do a workshop then. Either way, it's good to feel part of the community: to feel seen and heard and known and to interact with people who have become familiar and who feel safe to be with because they offer uncritical acceptance.

It is becoming increasingly clear to me that my relationships with groups are what sustain me and allow me the pleasure of supporting others. I see that the work of getting in touch with my feelings and being more comfortable with myself can't happen in a vacuum. It happens in a world full of other people and groups. I'm afraid I have not always been so easy for those others to get along with, partly because I have tended to be critical and defensive. Now, I realize that changing that may be the most important thing I have to change. I look forward to receiving the balm of being part of the IPA as it recovers from its losses, regroups, and develops. I know it will help me in my own struggle to be less judgmental and to minimize hurting others.

I would like to think that some day when I am gone, other IPA members will talk and write about me, recalling things I did and said that benefited them. I hope that some of my teachings will remain part of the IPA gestalt for a long time along with those of our recently lost elders.

New Members

Welcome to our growing, world-wide IPA community!

Gerrit Geerligs
Ontario, Canada

Jennifer Jackson
Virginia, USA

Frank J. Nemeth
Pennsylvania, USA

Andrew Philipatos
Victoria, Australia

Gordon Quinlan
New York, USA

Andreas Vallen
North Rhine-Westphalia
Germany

Sandy Weymouth
Maryland, USA

Remembering Larry King

Larry introduced me to the IPA sixteen years ago. In 1990 I was working with a theatre company and we were performing a piece called “Remember & Tell,” a multi-media play on incest. Larry knew the woman whose story it was and he had come to one of our performances. He was totally blown away by the experience. That year he was chairperson of the summer convention and invited us to be the keynote and the rest is history.

I also enjoyed many a ride to the conventions in Larry’s old Chevy. He was a great listener and storyteller. So our trips were always full of vibrant conversation. I’ll miss him.

Shelly Beach
New York City

Nude—exuberantly so—on the inflatable mattress, floating in the Appel Farm pool.

Annual trips to Appel Farm and back in that big old car—the one he babysat every afternoon, double-parked for two hours until the “alternate side parking” switched; the one he stored in friends’ backyards in Brooklyn or Jersey over the winter.

Reducing Larry and Debby to giggles when I brought home “mink” fish and side dishes for dinner, after having it at the deli and *loving* it! (Between cackles they explained it was “sable” fish—and it was doubly funny because, “no self-respecting woman would get the two furs confused.”)

While Debby worked with her Alexander clients (some of them famous, and we weren’t allowed to gawk), Larry and I went to the Museum of Modern Art and ended up buying Colorforms in the gift shop and sat in a park making primary-color people from the plastic geometric shapes.

Laying nude in a shaft of warm sunlight streaming in the Ark’s Great Room window, midwinter in the Poconos, listening to a lecture.

That *huge* apartment he and Debby shared for soooo long. Who has an apartment like that in NYC???

Sunday evening on the Ark and Larry serenading us with selections from Gilbert and Sullivan.

Walking down Broadway on the way to see *Wicked*, and listening to Larry’s stories about every block (literally!!)—a mom-and-pop shop that was replaced by a high-rise, a movie shot there, a TV show filmed here, a famous writer lives there, offices for a famous company used to be there, best fresh produce at that Korean grocer.

Photos in a box—taken as a military photographer in Korea—showing incredible sensitivity and artistic vision.

Debating the fine points (*very* fine points) of Primal theory and practice.

Long telephone conversations about our “stuff” and seeing ourselves through the other’s (clearer) eyes!

Larry insisting that I stay in Debby’s room after she died.

The (in)famous primal space—underground, marginally legal, many rooms (several of them padded and soundproofed for primal, some just for storage)—and only a half-block from H&H bagels. One night we traded primal sessions, walked to H&H and bought a bagel (rye for him, onion for me). We

loaded them up with those tiny cream cheese packets, then walked down Broadway on a summer night—and fireworks exploded over Central Park. We never figured out what the occasion was, we just enjoyed.

Love notes from Larry to Debby and from Debby to Larry—stuck on the fridge, tucked in a suitcase, sent in the mail with multi-color marker-made addresses, taped to the grocery list, snuck into a glove hidden in a coat pocket to be found *next* winter.

All those inventions—and the files, boxes, and piles of materials that he would repair, cannibalize for parts, reconfigure into new things, or just save until needed. (I always wondered if he could ever use all that stuff up!) Fans, air conditioners, cameras, cassette players, boomboxes and more. He’d pick up

three broken ones from trash piles on the curb and come up with one workable one. He certainly never ran out of ideas.

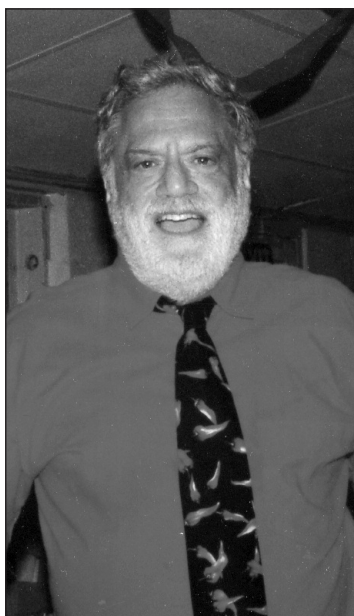
Letters—Larry wrote beautiful letters—often starting with an apology for taking so long to reply and always ending with his big, loopy, warm signature (much like Larry himself).

Articles and stories from magazines and newspapers. If Larry saw something he thought you’d be interested in but might not have seen, he’d cut it out and send it to you!

The outpouring of support when he got too sick to be as independent as he wanted to be. He didn’t seem to know how much people loved him and *wanted* to help him.

Larry coaching the psychiatrist at the VA hospital to “sit” for him after his doctors said he would probably never go back home. She was kind and very willing, just young and inexperienced, and had never had a patient who wanted to have his feelings. I bet she never met anyone like Larry. I never did.

Terry Larimore
Houston, Texas



Trusting the Feelings: IPA Spring Retreat '06

Article and photo by Bill Owen

The IPA 2006 Spring Retreat, my first participation in an IPA event, was a fabulous experience for me, despite some initial trepidation. I arrived at the Kirkridge Retreat Center in the Poconos the first weekend in May more than a little conflicted about attending. I had already made plans to attend a workshop in Manhattan by a much-loved life coach. But when decision time rolled around Thursday morning, I couldn't ignore a part of me quietly saying, "Don't sit passively listening to someone talk all weekend. Attend IPA's Spring Retreat instead. Get on the mat and go deep into that emotional soup you've been avoiding—grief and anger the dominant ingredients." I'm so thrilled I listened to my inner voice. I got what I most needed.

The weekend began with Thursday night's community meeting. I introduced myself to the group and shared what was going on for me. Sensing I was among a deeply accepting and loving group of people, I got straight to the point. It always amazes me how simply being honest and sharing my truth, from my depth, is itself so nourishing and healing. What we hide about ourselves and keep inside is destructive to our happiness. When we share especially painful or embarrassing things in our life, healing happens.

To be healthy, I need to be around other people. Yes, I generally love my own company, but I've only recently realized how essential it is to be around other people. This is true not only when I'm feeling great and on top of the world, but also when I'm feeling grumpy, depressed or isolated and my self-acceptance and self-esteem are low. The IPA 2006 Spring Retreat was a great place to sink into myself—to just be however I was—and know it was okay with the other participants.

Everyone was there, really, for the same reasons: to enjoy a community of friends old and new; to sing, dance, and play together; and to explore the beautiful setting. But the main event was the primal mat work. What IPAers call *Mat Track Facilitated Primal Group*—deep emotional release work, with a buddy and/or an experienced facilitator—is, in my opinion, a cauldron that relatively few willingly seek out. It takes courage and guts to intentionally, willingly, get in touch with our deepest psychological and emotional pain, grief, sadness, anger, rage, fear. Our conditioning is all about avoiding how we feel. But the price of not feeling what I am feeling is exorbitantly high and I'm not willing to pay it any more.

I was ripe for the scheduled primal mat sessions. At one of my sessions I asked someone to please go across the room to borrow the squash racket Mickey had so kindly offered to loan me earlier. As my friend walked towards me bringing me the racket, I waved him off, as I felt tears starting to pour down my face and a deep sobbing arose from my chest. Having given

myself permission to feel what I was feeling, a release was starting to happen more or less on its own. I felt it was my role to stay out of the way, not to think too much, and to let my body and my feelings just be however they wanted to be.

The outpouring of grief alternated with screaming, shaking, and my jumping up from the mat to express anger. I had gone back to being a very young child again. My father, a minister, had an office in our home. Since the main event for him each week was giving his sermon on Sunday mornings, my sisters and I were constantly being reminded, "Be quiet, your father is studying." I was 3–5 years old. I can see myself jumping up and down on someone's bed, full of energy, exuberant at being alive, and being told to stop jumping and be quiet.

That and other incidents clearly conveyed the message to me that it was not a good thing, it was a very unpopular thing to have too much energy, to be too alive, to be too visible in our house. My primal mat session included yelling at my parents, "I have a right to be alive! I have a right to be happy! I have a right to express myself! I'm worth it!" I'm convinced that ongoing primal mat work can assist me in reclaiming and reasserting my right to a place at the table of happy, successful, relaxed, satisfied, sexual, comfortable, financially secure, and joyous adults. And I see the possibility of accepting my parents as having flaws, as not being perfect, and as making mistakes, and of my loving them regardless. But that's the advanced class for me at the moment!

The main message I got from the IPA weekend was that it's okay to be me, and it's okay to feel however I feel in each moment. As human beings, we have feelings. Since having feelings is natural, although a lot of my conditioning contradicts that axiom, it's okay to express them. The IPA 2006 Spring Retreat was a success for me and I know for others too—deep emotional release in a loving, non-judgmental and supportive environment. I definitely feel more relaxed with myself. I'm happier, less serious, and more excited about my life than I've been recently. All this for the regular non-IPA 2006 Spring Workshop fee of \$435? If that's not one of the best deals on the planet these days, I don't know what is!

I'm grateful for valuing myself enough to have gone. And I'm pleased for having made so many wonderful new friends. Could one of them be my true self? I think so.

Bill Owen is from Kensington, Maryland. He is a professional dog photographer and part-time freelance legal secretary in the Washington, D.C., region. His email address and websites are MrBillOwen@gmail.com, www.mansbestfriend.org, and www.billowen.info.



A Profound Primal

Assistant Ed's note: I would like to introduce this new section, "My Most Memorable Primal," where community members can share their primal experiences. You can write about any aspect of what it was like for you, including how you got into the feeling, what was triggering it, how you regressed, what connections you have made, and what impact it had on your life. I think there is great value in sharing these unique and deeply touching experiences. If you would like to tell your story to the IPA Newsletter readers, please email me at estule@yahoo.com. Please welcome Clare who has come forward and shared her life with us all. Thanks, Clare!

Article and illustration by Clare A. Gill

The story I'm about to tell is probably not my most memorable primal with regard to size. But for me it was profoundly significant because of the subtlety of its revelation to me—how I was staging a scenario over and over in my life for nearly 50 years.

I became a self-primaller around seven years ago as a result of a "spiritual emergency" which was brought about by a rigorous practice of meditation for more than 20 years. Having neither a computer, nor an awareness of the word primallers or primalling, I was unaware of what I was doing for a period of two years. Often I was extremely frightened by the sounds and contortions my body would make, until finally a friend suggested that I read Grof's *Spiritual Emergency* and Janov's *Primal Scream*.

After a couple of years primalling alone and experiencing daily spontaneous bruising, I began having flashbacks of being a small helpless specimen on a dish, "being examined" by what or whom seemed like a doctor. These flashbacks went on for about two years and were accompanied by feelings of absolute terror.

I then completed a 9-day intensive with my primal therapist. During this intensive I began to feel and express more of the terrors within me, but was not fully "connecting" with these flashbacks. I returned home, and continued to do telephone work, and as always in my sessions, went into this early "memory" of being "on the examining table."

During one particular telephone session I lay on the mat in my room, and began to simply follow the buzzing sensations in my body, as I had done many times before. The buzzing had been accompanying these flashbacks for years, and I regressed almost immediately as my body connected to the surface of the mat. My therapist's encouragement allowed the sounds of terror to come out fully. After what seemed like a very short time, suddenly and very powerfully, what had been brief "snap shots" for so long now began to come together like pieces of a jigsaw. This

little mite of a child—age no more than six years—was being held down on a kitchen table by a neighbour, being "examined," and violently abused.

Ironically, the most significant part of this particular primal for me was *not* the connection which I made as I primalled, although this was absolutely terrifying and filled with all sorts of feelings of shame and disgust. The significant part was the quiet, slow, deepening "realisation" that occurred as I lay in the "recovery" position after I had primalled.

For practically all of my adult life, I went at least fortnightly to my doctor, or to any doctor, seeking "cures" for this ailment, that ailment, all sorts of psychosomatic illnesses, constantly and unconsciously seeking to "be examined." Each time coming home with prescription after prescription, never taking the tablets, but going back again and again for more!

I am filled with amazement, and in a strange way, admiration at how my brain tried over and over and over to "WAKE ME UP" from the repression of these terrifying times in my childhood. Ironically, when I had my "spiritual explosion" seven years ago—and I immediately began primalling this and other painful traumas in my childhood without making connections—I simply *stopped* going to the GP to be "examined." Somewhere within me I "knew" I no longer had to do this.

Today I enjoy amazingly good health. I haven't seen the inside of a doctor's surgery for quite some time, and I live my life as a six year old, celebrating everything that is good in this universe. And, as you can imagine, the grieving of the loss both of my childhood innocence and of an adult life devoid of good health still goes on.

There is also a very important postscript to this sharing. Since writing this piece, I have become acutely and painfully aware that a form of restaging has happened again, more subtle than I could ever have imagined. Perhaps this time I have really woken up. But that story is for another day!!



Three Primal Views of Somerset

Ed's note: The following are three different views of the Primal Integration Experiential Training & Intensive which took place near Taunton, Somerset, England, May, 2006.

Harnham Farm

With love from Daisy



Assistant Ed's note: Daisy allowed me to tell you that she is a precious 4-year-old little girl who lives inside of Sheila Turner. That's her to the left with a not-so-wee beastie.

I'm Daisy. I flew far away to meet my friends and some new people. The sun shone when we yoga'd on the grass in front of our big square house. The huge chestnut tree sprinkled its flowers around us.

The man & woman who flew from very far away helped us all to be a big, happy family where everyone got helped. When I got grumpy, they were very patient. They told me I could come & talk to them, even in the middle of the night. If I was upset.

Every day we talked & talked & talked. Sometimes people made funny noises & rolled around like the horses in the field at the bottom of our garden. The best time was when I cuddled my friend & squashed my nose into her ear—8 times. She laughed & I laughed & we were happy.

We fed the 3 horses with juicy grass. We wanted to help a sick baby duck. One man was upset because he could not reach it because the gate was locked. After dinner the little duck had gone, so we think it was OK. We had mince & potatoes then upside-down cake. One woman, with big blue eyes, liked to squash up fruit in a noisy jug. The juice was yummy & frothy & had bits to spit out. The bath was huge, I could lie right down, blow bubbles and nobody told me I had to get out.

Everyone had a good time. We got some surprises & presents. I found out "I know I will know when I know." A man said "It all ends up in the toilet."

Did you know some people don't say "ouch?" This happens because they grow up in different counties.

We felt tired, sad, scared, cross, confused, yukky & happy. Not at the same time. We used up lots of hankies, too. Even when we did feel the same feelings at the same time, we heard stories from each other which helped us understand each other.

A bat came to visit our hallway on party night. I think he popped in because he heard us having such fun. One person really wanted him to hang out somewhere else, so we helped him go as fast as we could.

I am Daisy. I got born at Harnham. That was a big thing. The man smiled & said "Hello" to me.



On the last night, we all got a piece of paper to say what we had done. We sang, danced & snuggled up on the sofa with candles making shadows & cosiness. We drank juice which looked like pee & smelled like sheep shit. We laughed lots. Some people were glad to be going home. Other people wanted to stay forever & were very sad.

Maybe you would like to play with us one day? Its easy to join in because the man & the woman from very far away want you to, even if you can't speak much, don't know and/or make funny noises. Even if you would just like to learn how to make snow, you could come & I could help you & we could BE together.

My First Primal Intensive

By Sharon Green

I went on the week's intensive in Somerset, my first real experience of primal work. The setting was wonderful: a huge farmhouse surrounded by beautiful countryside. Horses in the field opposite, rabbits by the dozen, birds singing, chickens, a duck pond, and a noisy cockerel that seemed intent on waking us all up in the early hours of the morning! Also, there was access to a heated outdoor swimming pool which some brave people used first thing in the morning.

Being in a group of ten people was very hard for me as I find it almost impossible to communicate when in a group/social situation—I just freeze and my mind goes totally blank. The whole group, however, were extremely kind and thoughtful, and this inability of mine did not seem to be judged against me. The kindness and gentleness shown by all gradually enabled me to feel safe and protected. I was surprised at how deep my feelings went once I was able to feel so safe and to know only those who understood would hear me—a trust I usually find so hard to give. Towards the middle of the week I began to feel overwhelmed and exhausted but

with the good leadership and guidance given to me I was able to gradually ground myself in the here-and-now which rounded the week off well. I think I gained so much from the intensive and hope to continue in this type of therapy in the future.

I have received a lot of support in this last week from my therapist and the group set up to support me—for which I am extremely grateful, as my feelings and emotions have run riot. I feel for the first time in three years that there is a small light at the end of a long black tunnel.

My gratitude goes out to everyone on the intensive last week and my thoughts are with them all.



Taunton Workshop

By Julia Mitchell

*A four-leaf clover at
Harnham Farm.*



I just wanted to add my thoughts regarding the above experience with Sam Turton and Esta Powell. For me, it was especially important as I had done the organising. It was not a chore—I really enjoyed finding a place and sorting things out. When the time came (and we all arrived at varying times) it just worked beautifully. People from very different backgrounds and experiences came together and created a caring, safe community in which much laughter happened as well as some tears.

For me, the most significant aspect of it was the feeling that Sam and Esta were accessible, that if I needed to I could ask for help—that they were there—on many levels. I saw people start the week anxious and uncertain and then blossom as the time went on, revealing beautiful qualities that I will treasure. There are also memories of peace, and countryside, and a very English Major, along with his three black Labrador gun dogs. The Major clearly thought we were quite off the wall. He was the owner, and I had made a point of explaining there might be some noise due to “deep work” going on, and he seemed to assume a slightly amused air of curiosity.

I want to publicly thank all who were part of the group for my gift of a lovely scented candle. The scent of grapefruit is wafting through my room as I type. On the last evening we had a scrumpy tasting session—about 12 different types of scrumpy—ranging from excruciatingly horrible to bearable (well, they seemed to taste better the longer the evening went on), and I seem to remember regaling the poor victims with my new found singing voice (of variable quality, bit like the scrumpy).

All in all, it was a warm, healing experience that went by so fast it was over before I blinked. I hope there will be many more like it.

Primal Groups

Barbara Bryan

Farmington Hills, Michigan
Thursdays from 7:00–9:30 pm
Some primal experience required
babryan@twml.rr.com
248-478-5559

Bill Whitesell

McLean, Virginia
No charge to participate
wmwhitesell@yahoo.com
703-734-1405

Esko and Marja Rintala

Helsinki, Finland
Weekend groups Friday evening
and Saturday. Experienced prim-
mallers and first timers welcome
esko.rintala@pp.inet.fi
358-9-611184

NYC Primal Theatre Group

Peer facilitated, a la Alec Rubin
Wednesday evenings
Harriet Geller: 212-263-5134
Jean Rashkind: 718-609-1941

Primal Integration Training Graduates

This year has already seen nine graduates of the Primal Integration Training programs. In March, having completed the Initial and Intermediate programs in previous years, Karen Kendall (Michigan, USA), Esta Powell (Lithuania via Ohio, USA), Jean Rashkind (New York, USA), and Bill Russell (Michigan, USA), successfully finished the Advanced Training at the Primal Integration Center of Michigan in the Farmington Hills area of Detroit. This week-long intensive residential program, supervised by Barbara Bryan and Sam Turton, included a five-day group intensive at which the trainees became a caring and effective team of leaders.

In June, the most recent Primal Integration Training program occurred at Sam Turton’s Primal Centre in Guelph, Ontario, Canada, and was led by Sam Turton and Esta Powell. This seven-day Intermediate training concluded with a free, day-long primal intensive for ten participants from Southern Ontario, Michigan, and Ohio. Successful graduates Alan Baldwin (Vermont, USA), Clare Gill (Wicklow, Ireland), Julia Mitchell (Gloucestershire, England), Erik Tootell (California, USA), and Sheila Turner (West Lothian, Scotland), bring great experience, creativity, and compassion to the world of primal facilitation.

Congratulations to all!



Advanced Training Graduates, from left to right above: Esta Powell, Jean Rashkind, Karen Kendall, Bill Russell.



Intermediate Training Graduates, from left to right below: Erik Tootell, Alan Baldwin, Clare Gill, Julia Mitchell, and Sheila Turner.

IPA Elections

The annual Membership Meeting and Elections will take place on Thursday, August 24, 2006, 8:00 pm, at the IPA Summer Convention at The Country Place, 45 Country Place Lane, White Haven, PA. The Board of Directors acting as the Nominating Committee proposes the following slate of Officers:

President: **Bob Holmes** Vice President: **Denise Kline**
 Secretary: **Harriet Geller** Treasurer: **open**

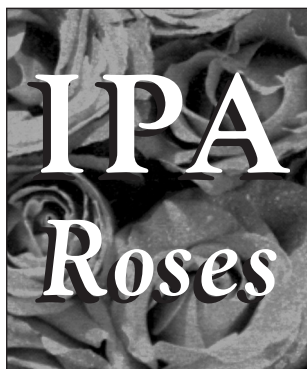
We will also be electing five new Board Members, while Carol Holmes, Esta Powell, Wayne Carr, and Larry Schumer continue for the second year of their terms.

Please plan to attend the meeting and take the opportunity to discuss organizational issues as well as to influence and support the IPA with your vote.

Treasurer Hunt!

We are currently seeking an IPA treasurer for 2006-2007. Do you have financial and/or accounting skills that you would like to contribute to the IPA? Or are you a novice who would like to develop your skills, while fulfilling a very important function for the organization?

If you are interested, please call Jean Rashkind at 718-609-1941, email her at jrashkind@aol.com, or contact any officer or board member.



- to Bob Holmes for organizing and managing our most successful Spring Retreat. It must be the meat.
- to Karuna O'Donnell for painting an inspiring Convention logo—please let us see the original!
- to Julia Mitchell for succeeding as Grand Euro-director of the Primal Scrumpy Training in England.
- to Esta Powell for organizing the contents of this issue—and for becoming the next editor. Yippee!!
- to Barbara Bryan for hosting *another* Board meeting. Didn't you like to travel to the ends of the earth?
- to Carol Holmes for being our 24/7 "Primal Voice" Editor and keeping us posted. It's brilliant.
- to Sam Turton for designing and producing the Convention brochure. I was told to rose myself, honest.
- to this issue's many contributors—Shelly Beach, Barbara Ann Bryan, Wayne Carr, Michele G. Festa, Clare A. Gill, Sharon Green, Denise Kline, Terry Larimore, Stephen E. Linn, Linda Marks, Julia Mitchell, Bill Owen, and Daisy & Sheila Turner.

Editor's Farewell

By Sam Turton

When I became the IPA Newsletter Editor six years ago, I saw the IPA as a small but important group. I was new on the Board and my first thought was to make the newsletter first rate so that IPAers—and the rest of the world—would better recognize our value and the value of primal.

I was excited to redesign the IPA logo, the newsletter masthead and format, the "feel different" mark, the IPA brochure, and to actively seek out articles. A team of brilliant IPAers (you know who you are) joined with me to design and create the newsletter's logical extension—the website—with referral list, archive articles, reading list, worldwide links, member news, and so much more. We were out in the world. In fact, we once had an inquiry questioning the validity of Arthur Janov because he wasn't on the IPA Referral List!

But conflict within inhibits the ability to reach out. That is true of individuals, organizations, and communities—including the IPA. Looking back over my time as editor, I believe that the IPA's greatest challenge is to live up to its own primal goals—to create a safe environment where dysfunction and conflict are not enabled, but are contained and resolved. Then perhaps the IPA will have the unity and energy to keep its members, grow, and reach out more fully. That task is up to each one of us.

I am leaving this post to focus on my own endeavours, locally and globally. A big "Thank you!" to the many people who have helped me, and a warm primal welcome to our new editor, the very capable Esta Powell. Send her your best words!

IPA Membership Dues

	Single	Joint
Lifetime Membership (payable over five years)	\$1000	\$1500
Annual Membership (based on income)		
\$100,000 or more	\$110	\$165
\$50,000–99,999	\$75	\$112
\$25,000–49,999	\$60	\$90
Less than \$25,000	\$50	\$75

• Membership fees are tax deductible.

- Membership for \$30 per year is available to overseas residents, full-time students, and individuals who support themselves exclusively with public assistance.
- All dues cover the fiscal year from January 1 to December 31. To qualify for joint membership, both members must live at the same address and pool resources. Joint members will receive one mailing per household.
- Please make out your check to the IPA in US funds. Canadian checks (in US Funds) are accepted with an additional \$5 service fee.
- International money orders are accepted with additional \$7 service fee.
- Pay by credit card (MC or VISA). Indicate credit card type, number, exp. date, and mail to the address below, or pay by calling 1-877-PRIMALS.
- Mail your complete name and contact info (including email) to:

IPA, 213 Kent St., #3R, Brooklyn, NY, 11222, USA