



## Invitation

By Harriet Geller

Our main event is coming up very soon. It has been a highlight in my life since 1978. Even though I had a Primal Therapist who I visited regularly for many of those years, the opportunity to be with a group of like-minded friends, all of us intent on accessing our feelings—or just hugging and chatting and supporting one another—made a very special week that floated me all year.

Of course I am talking about the 6-day Summer Convention and Retreat, August 24 - 30 (see Calendar). I have gushed before about the virtues of our venue, Virden, but I am not the only enthusiast. Ask any of those who were there last year or in 2010 or '11, and I'm sure they will hold forth too on the great facilities, food, and beach access.

Such an environment frees us to focus on learning new techniques from a variety of workshops, sharing our deepest stuff at daily Men's and Women's Groups and small Wrap-up Groups, expressing the inexpressible in a sandbox or painting, as well as doing our Primal work at morning Mat Tracks.

Whew! We're gonna need some bodywork (available at a bargain rate, or free for those who are among the top winners in a daily lottery), a little sun, sand and surf in the afternoon, and unwinding at a jam session and sing-along at night. We take the fun to a new level at Cabaret on Sunday evening (bring your songs and poems or dare an improv) and the dance party on the last night.

See you soon!

## Calendar of Events

### Aug. 24 - 30, 2016 (Wed. - Tues.) Summer Convention and Retreat

Virden Retreat Center  
700 Pilottown Road, Lewes, DE

#### Featured Presenters:

Tricia Wassel	<i>Core Energetics</i>
Jean Rashkind	<i>The Theater Within</i>
Paul Komatinsky	<i>Bonding Psych</i>
Monica Healing Coyote	<i>Shamanism</i>

#### Plus...

A variety of workshops, men's and women's groups, sand play, art table, daily mat track, body workers, daily wrap-up groups, beach excursions, cabaret and dance party.

Dianne Arman & Bill Machold, Chairs For more information call **877-PRIMALS**

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### October 7 - 9, 2016      Mini Retreat

The Woods Place, Rising Sun, MD  
Dianne Arman, Coordinator

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### November 11 - 13, 2016      Mini Retreat

The Woods Place, Rising Sun, MD  
Dianne Arman, Coordinator

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## INSIDE

Finding Primal, <i>Bill Gronwald</i>	p. 2	Primal Article Published	p. 4
So Pleased, <i>Bill Whitesell</i>	p. 2	The Weymouth Foundn, <i>Bill Machold</i>	p. 5
President's Letter, <i>Dianne Arman</i>	p. 3	New Janov Book	p. 5
Barb's Corner, <i>Barbara Ann Bryan</i>	p. 3	IPA Roses	p. 5
Poems by Anne de Nada	p. 4	Poem and Painting by Julie Eliason	p. 6

## Finding Primal

*By Bill Gronwald*

I had been in talk therapy for about 15 years when I ended up, once again, in a hospital. At least it was a day program and quite progressive and innovative. For example, every Friday afternoon Elizabeth Mintz (Betsy), a practitioner in psychodrama, which was relatively new at the time, joined the staff.

On one of those afternoons I eagerly volunteered when she asked if anyone had a specific issue they wanted to work on. I was owed some money and had filed a suit in small claims court to get it. My problem was that I was feeling intense anxiety about going to court—as if I were the guilty one. I felt that I was the one to be accused, that I was not deserving of anything. Betsy set up a psychodrama, and I acted out the scene with the group. I began howling and crying when faced with the many fears that came pouring out. The session ended with the co-therapist holding me and comforting a very frightened young man. A sense of peace and calm came over me, and the fears about the court case became manageable. (I won my case, but never collected because I could never locate the "guilty" one.)

After this therapeutic experience, I knew that I had to get out of talk therapy. I had been doing enough talk, talk, talk, and now I needed to *feel*. I found a Gestalt therapist, but, alas, after a year he moved out of the city. I found another Gestalt therapist who suggested I needed something deeper and more intense than what he could offer. He gave me three names. The first never returned my call, the second spent the entire session doing all the talking, and the third was Arnold Buchheimer, one of the early members of the IPA.

Arnold was the most influential therapist I've ever had. He helped me break my years of chronic anxiety and become a more whole, fulfilled person.

## So Pleased

*By Bill Whitesell*

I'm so pleased with myself.  
It's a delight to be me.  
I'm a precious integrated whole,  
A fulfilling joy to behold.

Oh, don't be misled:  
I've had traumatic pain  
But I know from work I've done  
Not to take the blame.

I'm so pleased with myself  
For though I've been abused  
I know it's not my fault  
I've not fallen victim to  
The perpetrator's point of view.

I'm so pleased with myself  
For when hope is gone I still know  
There's a place I can always go:  
I am good and that's a truth  
That no one can undo.

I'm so pleased with myself  
Betrayal and abandonment  
Can't break me into pieces.  
They're not caused by any flaws in me.  
I respect myself in every way  
With integrity that's here to stay.

Oh, I've been filled with shame  
And caused distress to others close to me  
But I am forgiven and I let go of blame.  
I now give love that's bright and good  
And with that giving, my soul's set free.

I'm so pleased with myself.  
It's a delight to be me.  
I'm a precious integrated whole,  
A fulfilling joy to behold.

## Letter from the President

By Dianne Arman, [president@primals.org](mailto:president@primals.org)



The Spring Retreat in May was a great example of what happens when people understand strength in community. Those in attendance were wonderfully present and caring with each other within an atmosphere of love and acceptance. Many were able to do deep emotional work with support and guidance from experienced primalers. Minor conflicts that surfaced were handled in a thoughtful considerate manner.

Based on our experience at Kirkridge, it was suggested that we reiterate the guidelines for our events that can serve and protect our members. I offer the following highlights from the IPA Code of Ethics:

- ✓ When you are “triggered” by someone, use the opportunity to be aware of your feelings and move toward a clearer understanding of your own inner conflicts.
- ✓ If you feel unsafe with anyone, please discuss your concerns with an IPA board member.
- ✓ In groups and workshops try to be present, grounded, caring and mindful when others are speaking.
- ✓ Reach out in love when you see someone struggling, but ask for permission before offering assistance or advice.
- ✓ Always keep what is said in groups and workshops confidential.

The IPA is an extraordinary organization--nothing like it anywhere in the world. For the past 44 years it has been providing unique opportunities for growth and healing to those who have participated in our activities. And in turn, the IPA's evolution depends on the growth of its members. As the IPA heads in new and exciting directions, let's enjoy the adventure.

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## Barb's Corner

By Barbara Ann Bryan, 248-478-5559



It's been a rough year with health issues sapping my energy. I usually can stay on top with a lot of positive input. But one day I was really feeling down, and then my daughter called to cancel her visit. I was terribly disappointed and felt the tears break through. My experience in Primal has taught me that if you feel miserable, “go with it and really feel it.” So I cried and cried, and when it was over, a message came to me from out of the blue, “Damn the torpedoes. Full speed ahead!”

I immediately felt energized. I started using the message as a mantra whenever I needed a boost. Amazingly, in the ten days after this experience, I watched two old movies that had my mantra in them. But I wasn't sure where the expression had originated. Then one day the TV was on in the background, and the program was about the civil war. I perked up when I heard them talking about Admiral Farragut whose fleet was being overwhelmed by mines called torpedoes. Although the situation was desperate, he let cautions go and yelled, “Damn the torpedoes. Full speed ahead!”

## Poems by Anne de Nada

### Subconscious

Central vessel for life's experiences,  
Seeding the microcosm, expanding into the  
macrocosm.

In the eye of the subconscious,  
One discovers an abyss  
Of peace, calm, softness and silence.  
An emptiness overflowing.

In a space of formlessness, subtleties and  
harmony,  
The observer arises as faceless, formless and  
free,  
Residing within the essence of now,  
Recipient of universal flashes of wisdom.  
Open to absorb what is needed.

When one abandons this space and time  
Thoughts tumble and fumble out of control,  
Roughing up the body's movements,  
Bringing sad and burdensome feelings.

Disconnected from truth and beauty,  
One's body is overtaken  
By human frailty-  
Earth's children seeking an outer paradise.  
When all that we need is within.  
We won't last long  
Disconnected from the source.

Descending into despair,  
Nothing is ever wasted.  
Salvation comes from surrender,  
Ascension is our true home.

Magic, joy, beauty overflowing,  
Everywhere, a loon's call, a sunset;  
Jasmine, snowflakes, works of art,  
One and all are energetically connected,  
And only a moment's breath from bliss.

### The Road to Truth

The road to truth is the only one-  
Without it we are done.

Floundering on land like blubber,  
Truth cuts through all dark places,  
Igniting the nights with stars.

Of all the lies, exaggerated, white and  
silent

None have the power to kindle a flame.  
Like the unveiling of the truth.  
Lies and darkness are done  
When truth and light are one.

Unto yourself first be true.  
You won't mind yourself being lost-  
Truth, patience and love are a blast,  
A beacon, all strung together  
Where heaven and Earth are one.

### Primal Integration Included in Psychotherapy Volume

Dr. John Rowan of London reports that his piece describing Primal Integration was published in the prestigious *SAGE Encyclopedia of Theory in Counseling and Psychotherapy* (Los Angeles: SAGE 2015, E S Neukrug, editor, pages 796-798). He was pleased that Primal Integration, which is so frequently ignored in such compilations, was included this time. You can contact John at [johnrowan@aol.com](mailto:johnrowan@aol.com).

## About The Weymouth Foundation

By Bill Machold

Our dear friend Sandy Weymouth left IPA members a wonderful resource for promoting deep-feeling work and emotional healing. Toward that end, The Anthony E Weymouth Foundation has been set up and is now fully functioning in three areas:

**The Woods Place.** Sandy's home is now available for weekend retreats and conferences. During past years, many of you have visited The Woods Place and have enjoyed it as a safe place to conduct and participate in weekend retreats sponsored by the IPA and individual members. The Foundation wishes to continue that tradition. Individuals who wish to spend a weekend are also welcome. For more information please contact us at [www.thewoodsplace.com](http://www.thewoodsplace.com).

**Publication of Books and Articles.** Currently, Sandy's book *I Am the Emperor* is being edited by Sandy's good friend, John Thorndike. When finished, it will be published in hard copy and digital format. It was Sandy's lifelong desire to share his thoughts and feelings with his friends and admirers.

**Networking.** We are contacting organizations who promote alternative healing and emotional work as well as local community organizations who promote the arts, music, and photography and present forums on local issues of interest.

## New Book by Arthur Janov: *Beyond Belief!*

Subtitled "Cults, Healers, Mystics and Gurus—Why We Believe," Janov's latest book examines what unconscious impulses drive us to these beliefs using the autobiographies of patients who have lived it.

There is a chapter on the born-again conversion experience and why that happens, another on what makes a leader or healer and what makes a follower. He cites many research studies on how thinking that something will kill pain actually does, and why that happens. He examines how the government functions as a cult with the same dynamics as any cult leader from Jim Jones to Rajneesh to bin Laden. He analyzes belief systems and how they function to keep us comfortable, that the brain doesn't care if it is Islam, the Republican Party or "the secret." They all work similarly in the brain.

He points out that intense feelings become unshakable beliefs that are impervious to argument. Even though we may think that a deity has saved us, it is actually the thought of a deity saving us that finally gives us comfort.

This is the first thorough account of how beliefs work in the brain to repress the underlying pain caused by early trauma that goes as far back as birth. It is another extension of Primal theory.

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## IPA Roses to . . .

- ❖ Mickey Judkovics for being available to anyone in need of support after the Spring Retreat.
- ❖ Barbara Bryan for her expert phone help to those inquiring about the IPA and Primal Integration.
- ❖ David Gorsky for establishing a new on-line chat group called "ewailer." More news soon.
- ❖ Everyone who attended the Spring Retreat for their loving support of one another.
- ❖ Warren Davis for continuing his mammoth endeavors as Secretary and Treasurer.
- ❖ The Newsletter contributors: Dianne Arman, Barbara Bryan, Julie Eliason, Harriet Geller, Bill Gronwald, Bill Machold, Anne de Nada, and Bill Whitesell.
- ❖ Newsletter editor Julie Eliason and layout designer Harriet Geller.

## Long Silky Silver Curls

*By Julie Eliason*

Ed Jahn the Bead Mon  
my hippie flower child is gone.  
No more Fimo Clay beads formed and  
strung by your patient fingers.

No more beans and grains and  
vegetable salad with  
lemon and fresh garlic dressing  
made by you for us  
every Wednesday evening.

You are dead.  
I am in shock, and yet,  
I am amazed by your beauty.

You are on your back  
on the floor by your bed  
with a bright greenish blue comforter  
pulled up under your white arms.

Your lips smile sweetly.

Long silky silver curls  
frame your peaceful face, and  
fall around your shoulders  
like angel wings.

I caress your smooth white brow.  
I touch your soft hair.  
I put my hand on your heart,  
It is still warm.

You are not suffering anymore.  
You don't have to sell pot  
to pay the rent.  
You don't have to have a job.  
No more hangovers.

No more aching  
for a special woman  
to fill your arms.

You used beer and whiskey to escape  
your loneliness  
caused by birth trauma and abandonment.

Though you lived the exciting, creative,  
love filled life, of your choice,

you could not escape the effect of over  
drinking  
for 48 years.  
Your heart finally stopped  
because of the damage to your liver.

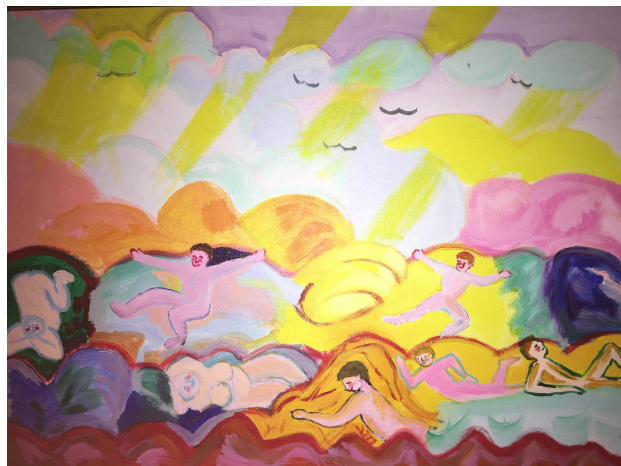
I want to linger with you.  
I don't want to say goodbye.  
I need more time  
before I say, "Peace."

Too soon you are taken away  
in a shiny black plastic body bag.

I never saw you again.

Two days later  
your beautiful long silky grey curls  
are turned to ash.

I find comfort in the 51 years of memories I  
have of you.



*Romping in the Waves, by Julie*