The IPA is inviting everyone who was involved in the primal movement at its start, from about 1970 on, to share their memories at this Convention. Before there was an IPA, there were groups meeting in New York, Toronto, Mays Landing, LA, and other locations around the globe to discuss, practice, experiment with, and learn about a new variation of regression therapy that was suddenly popularized by Arthur Janov’s *The Primal Scream*.

In August 1973, primal pioneers, including myself, Debbie Caplan, Dan Miller, Bill Smukler and Alec Rubin convened in Montreal to form the International Primal Association. We elected Hy Weiner as our first president. Some of the people attending that first convention, including Bill Swartley, David Freundlich and Jean Getoff, have since passed away. Their memories of those early exciting years have been lost to us forever.

So, on Sunday at the Convention, after lunch, we will have a Primal Pioneers Forum, a chance to hear from the people who participated in the beginnings of the primal movement. This is a call to everyone who helped develop primal in those early years - as therapist, client or both. Please come and share your memories with us. Call Larry at (212) 580-3734 so your name will be in the program. If you know anyone who was a pioneer in the early 70s and might not be on the IPA mailing list to receive this newsletter, please let them know and ask them to get in touch with Larry. We have lost touch with so many and their knowledge and experience should not be lost.

And for everyone who comes, we expect to again have superb meals. Appel Farm has changed its policies and no longer provides food. Our hard-working treasurer Louis Mezel has been negotiating with Lynn Snyder, the talented chef previously hired by Appel Farm, to once again be our chef and run the kitchen for the 97 convention. Louis has also volunteered to make it easier for people to get to and from the convention by coordinating transportation. If you can offer a ride, or need one (or need other kinds of help), contact Louis at (506) 529-6566.

Instead of sending out a separate Call to Presenters, the IPA put a full-page ad for the convention inside the front cover of Primal Spirit magazine to reach more than 12,000 readers. The ad included a Call to Presenters. To supplement this ad, Marlene Schiller and Leonard Rosenbaum, of our Program Committee, have been phoning people who have presented at other IPA events to ask for workshop proposals. If you would like to submit a proposal for a workshop or other activity, please get in touch with Leonard at 1-800-LEONARD. Be prepared to give him a workshop title, an approximately 50-word description and 25 words or so for a presenter bio. Remember, presenters do workshops at IPA events without pay, to share their knowledge, experience and feelings.

The only people who do get paid at an IPA event are the wonderful, hands-on people who do individual body-work sessions. Besides table massages this summer, we hope to offer cranial sacral work, Alexander lessons, and chair massage. If you are a body worker and would like to participate, please call Jean Rashkind at (212) 941-5490. Jean is not only in charge of individual body work, but will also present a cranial sacral workshop, a modality which can bring up the type of deep feelings that are experienced while primitizing.

The convention’s full theme is “Miracles of Transformation: Transforming Ourselves and Transforming the World.” The keynote speaker is Stavislav Grof, M.D. Dr. Grof has more than 30 years experience using psychedelics and other modalities to access human experience and memories—from prenatal to transpersonal. He will answer questions in an open forum on Friday before his keynote on Saturday. There will be a workshop on Thursday based on his research.

...continued on page 6
Members News and Notices

PRIMAL COMMUNITY FORMING Mickel and Mary Lynn Adzema are in the process of acquiring a property in Northern California— in the country, among the Redwoods, 65 miles north of San Francisco— where they intend to begin a small primal community. There are separate living spaces on the property to be rented out, so people will have their own privacy. However, Mickel and Mary Lynn envision there to be plenty of interaction among the members and opportunities and spaces for people to arrange primal buzzying with each other, having their feelings in primal rooms, as well as regularly planned weekly primal groups and twice monthly breathwork workshops. They are accepting applications from people who would wish to be participate in a feeling, spiritual, breathwork, primal community and help to actualize a vision of a model way of living together based on feelings, naturalness, and spirituality. If you are interested or wish to apply, you may contact Mickel or Mary Lynn at (707) 869-1177.

PERINATAL STUDY William Emerson suggested to researcher Anne Marquez that IPA members might want to participate in a study she's conducting. It is a study on the remembrance of the perinatal realm and Anne still needs 2-3 additional participants. These people must have remembered or re-experienced some aspect of their conception, birth or immediately post-birth life (using any method, or none at all). In additional, the experience must have resulted in a clearly identifiable change in their life. Some examples include: curing or alleviating a condition such as asthma, migraines, phobias, etc.; pivotal life change as a result of remembering a trauma such as physical or sexual abuse, adoption or near death experience; and completing some goal or task that was impossible to complete until after the perinatal work. Qualified participants will answer the question “What was your experience of the remembrance or re-experience of the perinatal realm? The participant will be interviewed on tape, simply having their own writing read back to them slowly, and their responses recorded. If you qualify, call Anne Marquez (OK to collect) at 707-792-2663 or email rebirth@pacbell.net.

WORKSHOPS AND TRAINING William Emerson offers workshops and training October 10-12 on "The Treatment of Prenatal and Birth Trauma in Adults: Regression and Sandplay Therapy" in New Orleans, Oct. 24-26 on "The Trauma of Birth and Prenatal Life: Body Reading and Body Mapping," in Boulder, and Nov. 7-9 on "Resolving Pre- and Perinatal Trauma: Shadows of Intimacy" in Seattle. He will also give a special two-day workshop Dec. 3-4 prior to the APPPAH congress on how the interventions used during birth (such as forceps, anesthesia, inductions, etc.) and complications (such as fetal distress, prematurity, breech, etc.) affect our lives, especially in the areas of love and intimacy. For information on his workshops, writings and videos, contact Kelly Hennessy at (707) 763-7024.

APPPAH CONGRESS "Birth, Love and Relationships and the Fourth Trimester,“ the Association for Pre - and Perinatal Psychology and Health’s semi-annual congress, is Dec. 4-7 in San Francisco. William Emerson and Barbara Findeisen are co-chairing the congress for the second time and it promised to be an exiting gathering. For detailed information (including special early-bird registration) contact APPPAH at (707) 857-4041.
A Gift to Share
by Michael Gottlieb

This is a gift I received which I would like to share.

LUV
silver gold violet

Archangel Michael is responsible for assisting all individuals who seek to raise their consciousness. The symbol “LUV” is a powerful healing symbol. Both in meditation and in imagination, one can visualize it with the colors indicated. Just do the best you can and don’t worry how well you can do it. It can be used for more energy, peace of mind, healing, to get centered, etc. Please share with me (call me at 212-490-6015) any experiences you have with this symbol.

“You will find me, not through the intellect, but in your heart.”
- Archangel Michael

Farewell from the Prez
by Taff Welch, IPA President

Two years ago, I ran for President of the IPA because I had no confidence in the person who was about to be nominated by the Board. I decided that I could do a better job at dealing with the deep wounds the IPA was then reeling from. As some may remember, in May of 1996, the Board was completely split on its nominations. The side that lost the election left the IPA and never returned.

When I was elected President, I made a pact with myself and the Board the IPA must heal during my two-year term.

I think it has. First, we extended a welcoming hand to the disaffected group and encouraged them to return to the fold. They chose to reject that hand, and that is their loss. Next, we had some precarious moments at our Conventions because of correspondence sent to some of the membership by various members of the Board which had not been authorized by the Board as a whole. We aired the issues, voted, adopted some guidelines and survived. Finally, last September we had some serious competition for Board positions that could have gotten out of hand - but didn’t.

Thanks to Jonathan and Nowa Schwartz in Florida, we had an outstanding Winter Convention in Miami in 1996. Thanks to Mickel Akesma, Mary Lynn Akesma and Terry Larmore, we have recently had a spectacular 1997 Spring Convention in California - with a notable array of speakers. The membership of the IPA is at an all-time high and the future looks bright.

I am sad that the effort to establish community IPA groups has not borne fruit. I proudly announced the formation of a number of committees in the 1995 Fall Newsletter. Very little has come of this. If feel sad about this because I believe the proof in the primal pudding is how effectively we “carry the message” to the public. We must make this therapy more available to the people who need it.

Lastly, for me the major learning from being your President has been how important it is to deal with my own primal issues. They are always there, and life (and the IPA) is always going to trigger them. For me, to live my life with joy and hope, I MUST experience my primal binds and move through them - and out into the light.

The word “courage” comes from the French “courage,” which means “heart.” Courage literally means “heartage,” which is what I wish for all of us in the years ahead.

I would love to hear from people. Contact me at P.O. Box 139, Nyon, NY 10960-0139, telephone (914) 598-0314, or e-mail taffw@me.net.

DONATE A MODEM If you have upgraded to a faster fax modem and have an older, slower fax modem that you no longer need, please call Larry King at (212) 580-3734.

NEWS DOWN UNDER John Spensley has moved his practice and now has a bigger group room and two individual rooms, as well as ordinary consulting rooms. In early April he gave a talk in Sydney about primordial babies. He can be reached via e-mail at jcsperno@melbpc.org.au.

THE ARK SAILS AGAIN William Smukler, Ph.D., has announced the dates for the next Ark, a 40-days and nights (hence the name) intensive, therapeutic program for people interested in personal growth and/or training as a therapist. The next Ark is January 11-February 21, 1998, at a rural seven-acre facility two hours north of Philadelphia. The cost is $5100 (U.S.) which includes dormitory-style accommodations, three healthily planned meals a day (vegetarian available at every meal), extensive training, a high staff-to-trainee ratio, and the opportunity to do deep, prolonged psychological work leading to profound change in one’s life. For information, contact Bill at The Carriage House, 7315 Sprague St., Philadelphia, PA 19119 USA or call +1 (215) 242-6667.

Please send notices of your upcoming events or other news to the Newsletter Editor!
Spring Convention Report

by Paula Amsbury

San Francisco was exhibiting prime spring weather to welcome people to the IPA’s first-ever west coast event. The temperature was in the high 70s. The hills were bright green with wide swathes of wildflowers: orange poppies and purple lupine. There was a light breeze blowing, keeping the fog away and the air bright and crisp. The bay sparkled a brilliant blue in the clear sunshine. This was weather that was special for those that live in the bay area. This spectacle of Spring’s new life at the timing of the equinox, March 21-23, was an auspicious setting for a conference that was about “Birthing the New Millennium.”

The conference, held at the Cathedral Hill Hotel in the center of San Francisco, was an opportunity to see familiar faces and renew old friendships, as well as make new friends. Many participants were west coast residents who had never been to an IPA gathering. Most newcomers heard about and were drawn to the occasion by a mailing of Primal Spirit, the publication of Mickel and Mary Lynn Adzema. Others were midwives, or women who had given birth to their children with the help of midwives, who came to see Jeannine Parvati Baker. One man came from England just for this conference. He has been unable to find anyone doing primal work in England and found out about the convention via the Internet. The long trip paid off for him; he was excited to experience his first primal during William’s workshop where he was facilitated by Barbara Valassis.

There was much positive feedback from first-time participants. They felt at ease in the warmth, openness and friendliness of the group. The expertise of the workshop leaders and the energetic support of the group provided the opportunity for some to have profound insight and major healing.

Jeannine Parvati Baker was a vibrant and stimulating keynote speaker. In her opening address on Friday evening, her love of life and conviction about the importance of conscious conception and childbirth was both stimulating and VERY convincing. Because of her clear integration of so many aspects of her being, she was a perfect exemplar of the theme: SOUL to CELL to SOCIETY. Much gratitude to Mickel for inviting her to come.

In Jeannine’s five-hour workshop on Saturday, we were extended the honor of seeing the video of the home water/lotus birth of her youngest daughter, Halley (who as also at the convention, along with brother, Quinn, and dad, Rico). Halley gave permission for the tape to be shown at the conference. (The same privilege was not given to Barbara Walters when she asked for a national TV program.) Seeing Jeannine’s and Rico’s intention and love in this natural birthing process provided space and opportunity for spontaneous and organic healing of one’s own birth. It is easy to see how our world would improve if all humans could be welcomed by such a birth.

Marti Glenn, Ph.D., conducted a powerful experiential workshop on “Healing Family Spirals, Transforming DNA.” Marti cited the work of Bruce Lipton, Ph.D., a prominent cell biologist who postulates that there is a sheath, which is made of receptors, that surrounds the DNA. Marti brought forth further information that our DNA is an interpreter of information received through the channels in each cell’s receptor site, and that DNA is charged through external experiences. Heightened energy—such as ritual, prayer, a strongly held intention or belief, music, and/or drumming—can influence these receptors. As a result, we do not have to continue being at the effect of the same patterning in our day-to-day lives or from generation to generation. Marti tied together all this information and, through music, words and presence, expertly facilitated our opening to an expanding energy field, allowing restructuring of the sheath. Reports of powerful healing were numerous in the ending sharing circle.

Grant McFetridge, a Stanford engineering graduate, presented a workshop on “Whole Hearted Healing.” Grant (also known as Raven) was brought to his profound healing journey as a result of serious personal illness. He worked with some powerful healers as well as conducted extensive research of people prominent in the field. His personal experience on the backdrop of his mechanical training has enabled him to brilliantly synthesize the material. He was quite generous in sharing a quick, simple and straightforward methods for emotional healing that can be done without outside assistance. The key to the method is understanding how traumatic material is stored in the body. He reports that in less than 30 minutes, 80% of the people to whom he has taught this new healing technique actually heal whatever issue they choose to work on.

We had the good fortune of having two well-known pre- and perinatal pioneers making return appearances to the IPA. Both Barbara Findelsen, M.A., and William Emerson, Ph.D., have previously been keynote speakers at IPA conventions at Apel Farm.

It was really good to see Barbara Findelsen again. She looked wonderful: vibrant, full of life, and relaxed. She gave a three-hour workshop, “Rebirthing the Soul.” The main thrust of Barbara’s work is that beyond the wounding and the pain there is a unifying presence of Soul. Barbara’s ease and spaciousness, and her open-hearted listening, are good indicators that she has had the actual experience of rebirthing her own Soul, that this is not just an intellectual concept to her.

...continued on next page
Threshold
by Marie Regis

My soul is afraid to leap forward
over the grey matter before me,
it's shape still unknown.
I fear
What deaths must I face
in the Work that lies ahead?
What chains must I give up?
Wild waters of my life,
Where do you take me this time?

Response to Proposal for Judicial Boards
by John Rowan

I have a short contribution to the debate about judicial boards and mediation committee. The key point, it seems to me, is that whatever solution is eventually arrived at must do two things at the same time. Firstly, it must be humanistic, in the sense of doing justice to the humanity of the participants, whoever they may be, and having a care for their feelings and interests. Secondly, it must be rigorously just, in the sense of showing to outsiders that we can keep our house in order, and are not sloppy or flaky. I call these the internal and external values. In my opinion, to go only for one or for the other are two contrasted mistakes.

Whatever Is....Is Best
by Michael Gottlieb

When I was a young man,
my heart burned with a sense
of the injustice all around.
Now I see with a wiser heart.
God is not love.
God is law.
Not the laws and not the God painted by the clergy.
The Laws that are written within your soul.
Let us not, as little lost children,
rin to and fro in hasty darkness.
Let us awake from our long slumber.
Awake, thcu slumbering Giant!
And know, as a dynamic jumping off point, that
"Whatever is......is best!"

Roses....

.....to Larry King, Steve Austill, William Emerson, Paula Amsbury, Tafi Welch, Marie Regis, Barbara Valassia, John Rowan, John Wins and Michael Gottlieb for their contributions to this issue.

Roses are how the IPA sends its thanks, appreciation and acknowledgement to members and friends. If you have a suggestion for a "Roses" listing, send information to the editor.
Editor's Pick

Pacific Communications introduces a new video on using the power of touch to soothe, heal and nurture babies: Baby Massage, A Video for Loving Parents.

The 70-minute tape was produced by several leaders in the perinatal field, Elly Leduc, Callie Wilson and Vimala McClure (author of Infant Massage: A Handbook for Loving Parents). Music for the massage is created by my Grateful Dead percussionist, author and Grammy Award winner Mickey Hart for the birth of his son, Taro, to counteract the sterile environment of the delivery room and to help his wife with rhythmic breathing cycles.

The VHS tape is available for $29.95 (plus $4 shipping & handling within the US) through Pacific Communications, P.O. Box 4037, Tumwater, WA 98501; Tel +1 (360) 754-7211 or Fax +1 (360) 754-7208.

The Ten Universal Laws of the Warrior Code

1. Pay attention. Stay in the present. It's the only place anything is really happening.

2. Take responsibility. This is your life; take it back. Either you get to own it, or you blame someone or something else for it.

3. No kvetching. No whining, no sizzling - it takes you out of the present and lets you abdicate responsibility.

4. Don't take any shit. It's very bad for one's self-esteem to take any abuse. Stand up to your tyrants, both internal and external. The cost is too great not to.

5. Do it anyway. Hard choices temper our strength and our integrity; they make the difference between a life of mediocrity and a life of excellence.

6. Don't quit. Look at what stops you, at where you give the effort up. That is the edge between becoming a victim or a warrior.

7. Keep your agreements. A warrior is only as good as her or his word. The way we build self-trust and trust in others is by making and keeping our agreements.

8. Keep your sense of humor. Otherwise, what's the point? Humor helps to stretch beyond ourselves and our limits.

9. Love one another. Otherwise, what's the meaning? It's the way we remember we're not alone in the universe.

10. Honor your connection to source. There is a force in the universe that is greater than ourselves, that creates us, sustains us, provides for us, cares for us, guides us and loves us. It speaks to us from within. Trust it.

...continued from page 1

"Holotropic Breathwork™". It starts with an introduction on Wednesday afternoon and includes an all-day Thursday experiential session of self-exploration and healing as developed by Stan and Christina Grof. It will be led by Grof-trained and certified leaders.

The convention runs for six full days, starting Tuesday afternoon, Aug. 26, through Monday afternoon (Labor Day), Sept. 1, 1997. The convention welcomes therapists, non-therapists and children.

Mickel and Mary Lynn Adzema have offered to help convention participants by taking VISA and MasterCard payments over the phone. Take advantage of the super-low, super-earlybird rate of only $445 ($470 for non-members) for the entire six days (refundable until August 15th) by calling them before June 30th at 1-800-416-7438.

The main dining hall at Appel Farm has a limited number of tables for rent where you can display and sell your products, writings, videos, art, etc. Tables cost $89 per week; set up is Tuesday afternoon. If you don't need a whole table, we will include a stack of your materials on 1/4 of a "shared table" for $20. We can also include a limited number of flyers, booklets, brochures or other flat promotional items (maximum 8.5" x 11") in the Conference Packet which will be distributed to each attendee. Cost is $89 per item. Send materials and check (made out to IPA) to Larry King, 365 West End Ave #13 C, NY NY 10024.

The convention needs volunteers to:

- lead a before-breakfast dream group
- lead a before-breakfast exercise, yoga and/or meditation group
- work lights and sound at Saturday evening's Cabaret
- work with children
- play piano at community meeting sing-alongs
- play piano to accompany performers at Cabaret
- be disk jockey at the Sunday night dance party
- organize an Art Gallery
- lead a closing ceremony
- take a group photo and make enlargements available for purchase
- set up slide projector and projection television/VCR
- be lifeguard
- be a roving reporter and write about the convention for the newsletter
- start organizing the 1998 convention
- take pictures and assemble them into a yearbook which could be purchased by attendees (since this may be our last convention at Appel Farm)

If you want to help with any of these activities, call Larry at (212) 580-3734 or Leonard at (900) LEONARD. The convention will be a lot of fun—and it'll be even more enjoyable when you are part of the team!
A Judicial Board
by Steve Austill

My background is theology, so I have a text: “For whom the Lord loveth he chasteneth...” Holy Bible, King James Version, Hebrews, Chapter 12, Verse 6.

When I think of the events that have transpired in the IPA—such as unpleasant letters, mass resignations from the IPA Board, rude telephone calls, contentious meetings, general confusion and dismay on the part of active and resigned IPA members—I know that the Lord must love us a great deal.

We have been chastened.

I am proposing a Judicial Board for the IPA whose duty it would be to set boundaries on the behavior of our membership. I propose the Judicial Board be made up of three carefully chosen and very wise individuals. It would be their responsibility to sort out the various claims and counter-claims in an interpersonal conflict. They would be responsible for mediation attempts and, hopefully, the healing of hurts. But above all they would have the responsibility and power to confront and stop any abuse or unethical behavior by any member of the IPA.

In 1975, when I first became a member of the IPA, I was really pleased with the emphasis put on personal expression. I came from a home where we were taught to be respectful of our elders and God. Our family usually did what my mother said. My father went along. Then I became an Episcopal priest. Things were orderly in church also. I would preach my heart out from the pulpit and at the end would be...a polite silence. At the door, people might say, “Thank you Mr. Austill for that nice message.”

To find the IPA, where people were honest and open with their feelings, has been a huge blessing for me. I loved, and still love, our emphasis upon free expression. What I found in the primal community here and in Boston, has brought me more friends, stimulation, freedom, creativity, hope and love than I could ever have imagined possible. What we have and strive for is precious beyond all measure. Free, full and deep expression is an integral part of what we do and are.

As the years went on, I became deeply involved in the government and politics of the IPA. Unfortunately, a new consciousness crept in that bothered me a lot. At Board Meetings and Process Days, some dark and unpleasant things would happen. Sometimes these things would happen between meetings also. I started to wonder if the primal process is so good, why are these meetings and confrontations so bad? Why do some meetings start off with marvelous energy and then degenerate and dribble down into frustration and nothingness? We dubbed this phenomenon THE BLACK HOLE.

On October 29, 1994, the IPA Board descended into the blackest BLACK HOLE on record, from which we have not yet recovered.

It is my belief that most of these problems began because people consciously or unconsciously feel abused. Sometimes this abuse is real and sometimes it is imagined (transference). In either case, the feeling is valid. In the past, we have encouraged free expression of feeling at any time. Therefore, persons have lashed out their frustrations whether they were truly abused or whether some kind of transference was taking place. This universal public freedom of expression has had disastrous results. I strongly believe that we must set clear and reasonable boundaries on our behavior and expression outside the therapy room.

People should express inside the therapy room, under careful supervision and competent, experienced leadership, what they need to do and say. Persons in therapy are allowed (and sometimes encouraged) to: accuse, swear, scream, hit, sleep, insult, murder, rape...whatever-inside the therapy room.

Outside the therapy room, we must learn the times to control our impulses so as not to abuse others and make fools of ourselves!

That is why we need a small, very competent Judicial Board made up of wise and caring persons who can help us work on this very important problem. The IPA can be more like we all want it to be, a good, safe, healing place for all people.

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Calendar of Events

IPA Process Day and Board Meeting
May 17-18, 1997
Philadelphia area, PA
Contact Mary Thompson for info: (610) 532-3808

IPA 1997 Annual Summer Convention
"Miracles of Transformation"
August 26-September 1, 1997
Appel Farm, Elmer, New Jersey
Featuring keynote speaker Dr. Stan Grof
Brochures on the convention will be mailed to you soon!
From Soul to Cell to Society:
Birthing the New Millennium

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