

PRIMAL

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Healing Visions 2000

by Sam Turton

Another great IPA Convention – the 28th! Many thanks to Denise Kline, Wayne Carr, and everyone behind the scenes who helped organize and make it happen.

With “Healing Visions” as the theme, the catalogue of activities was extensive. Led by experienced members and professionals, the workshops ranged from traditional favorites to innovative challenges, expressive arts to therapeutic techniques. With such a large selection there was never a dull moment, and the six days flew by in rain and sun, wet grass and warm embraces.

Keynoter Susan Aaron and her assistants Mair Ellis and Tom Lundrigan were a wonderful addition to our community, demonstrating with their personal presence how Psychodramatic Bodywork can enhance our primal process. Having an *active* keynote workshop was a success, allowing everyone to participate in the feelings and fun.

Chris Wright's Primal 101 and 201 series was a vital feature that focused on the importance of primal peer processing and conflict resolution in relationship, something we can all benefit from. Thanks, Chris, for your “90/10” concepts. “Owning your 90” is a much more eloquent phrase than “owning your shit”!

It's always the traditional activities that make the annual convention special– Men's Group, Women's Group, Mat Track, Sandplay, Pooltime, Peer Groups, the Massage “Village”, Cabaret, the Dance Party– not to mention good times at the “IPA Diner” sharing with friends everything from the sublime to the ridiculous.

For a walk back through Appel Farm in words from Ewail and pictures by Marshall Zidel, turn to pages 6 and 7. To get involved in making next year's convention another great success, turn to page 10.

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Deadline for Winter 2001 issue:
January 1, 2001

Change of address?

Contact the Secretary

Look at what we've done!

The IPA is more than just an organization that puts on a great annual convention. Last year (1999–2000) the officers and board (all volunteers) accomplished fascinating feats of organizational wizardry in between getting the perfect Appel Farm tan. Here are some of the highlights:

- “E-mail” support group created
- New IPA event– the self-supporting Spring Retreat
- Website updated, redesigned, expanded
- IPA Aesthemas listed for sale on website
- Credit card payment system instituted
- Volunteer Coordinator position created and improved volunteer effort
- IPA vision development and “A Vision for the IPA” working paper
- Advertisement in Psychology Today
- New IPA bank account opened
- New promotional logo “Feel Different.” developed and used in all media
- New image development for the IPA in keeping with new primal approach
- Bank account converted to Quickbooks Pro program
- Database organized and backed up
- Reference Manuals started by officers
- Reincorporation status corrected
- Archives Maintenance Committee is created and begins reference collection
- Swim Survey to address membership’s needs at the convention
- Information on public transportation to Convention improved
- 2001 Convention chair in place prior to Convention 2000
- New slate of officers nominated well in advance of Annual Meeting

Look at what we're doing!

It's an exciting time to be a member of the IPA. Our pioneering efforts as a community are maturing and expanding with every new step we take. The following is a list of some of the fascinating initiatives underway since September.

- Convention 2001 planning underway– “Primal Circle - Primal Heart”
- Spring Retreat 2001 at Grow II Lodge
- Continued development of precise, proactive, and visionary financial management systems
- Fund-Raising Team created to develop ideas and methods for supporting new projects
- Convention Site Committee created to investigate alternative sites for 2002
- Website Team created to continue website development
- Volunteer Coordination Committee created to expand member involvement
- New position created– “Information Liaison to the Membership”
- Nonprofit status creation
- Credit card payment system improvement and expansion
- Reference Manuals for officers and chairs developed and completed
- “E-Board”– the effective development of IPA business via email
- Newsletter redesign, with “E-Letter” Newsletter option
- Digital archiving of all IPA Newsletters, Journals and Aesthemas
- New publications development (brochures, books, videos)
- Two new Email groups created, for IPA members and the primal public
- IPA Referral List expanded
- Role of Council of Elders redefined

“It's an exciting time to be a member of the IPA.”

Sestina I: Since the Womb

Harriet Geller

My head impresses the down pillow in slow
Notion of a storm setting off car alarms, holding
on to wakefulness while I long
ago meant to seek the solace of arms
Control is the comfort I was raised
On and on as unread papers beckon from their shame-

*face the facts, isn't it a shame
she's not yet free, even after the lurching slow
climb out of tombs within dungeons, razed
and rebuilt at the next plateau to hold
her again — somewhere to rest, even if not the downy arms
where she belonged?*

Is living in one place for a long
time the same as being home? Shamefully,
I display the thousand objects with which I arm
myself, accumulated slowly
to fill the cracks in my argument, uphold
my constitution, provide warmth like the rays

of sunshine that fell short outside my window but raised
my hopes. "Erudition, interpretation, complication," Wit's long
detour to kindness, another way to be holed
up, released only when battering pain eclipses shame.
Shall I too wait for infirmity or senility to slowly
train me to disarm?

*Get over here and take my arm!
Straighten up! Do you want people to think you were raised
in a barn? I don't know why you're so slow!
Get a move on! Come along!
Don't make me ashamed
of you! What? Again you want to be held!*

On frenetic 14th Street at noon, while the traffic is held
at the light, a virgin butterfly zigzags between bus and taxi. I wave my arm
as if I could gather him back to safety, shamelessly
willing this icon of freedom to rise
above the steel cacophony and return to the nectar-fonts of his longing
in Union Square Park.

It is a slow

process, frequently on hold, a shameful failing
I was told long ago. To raise myself up
from the bunting, in my own arms, is a slow process.

Members News

Primal Integration Center of Michigan

Intensive Weekend Workshop
November 10-12, from Friday,
7:30 pm, through Sunday, 4:00
pm led by Barbara Bryan, Sam
Turton, and Marie Regis. Fee of
\$260.00 includes food, lodging,
and airport pick-up if necessary.

Other upcoming Intensives:

December 8-9, 2000 (\$140.00)

January 5-6, 2001 (\$140.00)

Contact **248-478-5559**

babryan@concentric.net

for reservations.

Yvonne Parma & Fred Zielke

Do you live in the Boston area?
We are holding free monthly
meetings for primal people, with
a sharing go-round, optional
mat time, discussion and a
potluck dinner.

For more information, contact

781-395-7466

yturtle@aol.com

Terry Larimore

Terry has a newly designed set of
8 informative brochures on her
pioneering work with adults and
infants, including an introduc-
tion to shock and trauma,
information on sponsoring her
workshops, details of trainings
for therapists and parents, and
survival skills for birthworkers.

For a free copy of the whole set,
contact her at

415-924-6432

terry@terrylarimore.com

William Emerson

Two training and experiential
workshops are offered this year:
November 17-21 in Seattle
(The Journey Within: Pre- and
Perinatal); **December 1-5** in
Petaluma, California (Practical,
Psychological and Spiritual
Impacts of Trauma and Shock).

For more information contact
Emerson Training Seminars at
707-763-7024

www.emersonbirthrx.com

Who wants an E-Letter?

With the proliferation, ease and low cost of email communication, many IPA members have expressed an interest in receiving the Newsletter as an email E-Letter. Although it would not include the marvelous photos, stunning graphics and awe-inspiring layout of the printed version, an E-Letter would be postage-free, copyable to E-friends around the world, and E-asier on the world's trees. If you're interested, please choose one of the following E-Z options -

- 1) E-Letter only, or
- 2) E-Letter AND a Newsletter.

Email me with your choice ASAP and we'll make sure the Winter 2001 IPA Newsletter goes straight to your "in-box."

Join the IPA Group

The IPA Group is a free email support group created exclusively for IPA members to share personal issues, process, questions, humor, ideas, and experiences related to primal therapy and related subjects.

The IPA Group is moderated through eGroups— a free, easy-to-use email group service. As a member you may send messages to the entire group using just one email address and choose how you wish to receive your mail— all messages, one daily digest, or at your leisure when you visit the site. eGroups also makes it easy to store photos and files, coordinate events, browse through message archives, chat, and more.

If you're curious about eGroups, visit their site at www.egroups.com.

If you're an IPA member and wish to join, contact the moderator, Wayne Carr at I_PA-owner@egroups.com.

Arthur Janov's *The Biology of Love*

A Review by Stephen Khamsi, Ph.D.

Love, argues Janov (2000) in *The Biology of Love*, is a neurochemical event. Love consists of specific hormones and is embodied in specific brain structures. Love begins in the womb, literally shapes our brains, and determines how we think, feel and act throughout life. Love determines the state of our health and the length of our lives.

Womblife, for Janov, is critical to the development of personality, mental health and illness, and sexual orientation. Love and affection during this early critical period help the nervous system to develop properly, and to produce serotonin and other repressive brain hormones. The "love imprint" allows for proper development in utero, which radiates positively throughout our lives.

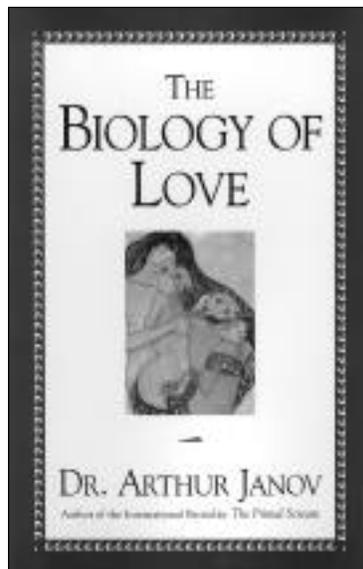
While acknowledging that there are genetic and environmental factors, Janov focuses on the negative biological factors that are imprinted upon the fetus. The absence of love adversely affects the nervous and hormonal systems, leaving a "toxic brain environment" that is less able to effect repression (those familiar with Janov's earlier writings may be surprised at this late praise for the biology of repression). Homosexuality, schizophrenia, and Alzheimer's are among the myriad of afflictions thought to originate in the womb. Maternal stress, intrauterine trauma, and exogenous hormones ("tranquilizers") are the teratogens that alter fetal biology— due in part due to the intrauterine levels of serotonin and dopamine— and to predispose to later mental illness.

So what are the particular biological structures and mechanisms of love? The right cerebral hemisphere, insists Janov, is "the hemisphere of love." The limbic system is responsible for processing and organizing emotion; the hippocampus contains the history of feeling while the amygdala, the focal

point of raw emotion, allows us to process and feel feelings. And what about the "hormones of love"? Oxytocin is the main ingredient in maternal behavior, attachment and bonding; it calms, helps repress pain and anxiety, and sustains long-term monogamous relationships in men. Vasopressin, involved in arousal and aggression, promotes paternal feelings and social bonding. Serotonin, a blocking agent, aids in the inhibition of anxiety and the repression of pain; it produces comfort and satisfaction, and helps keep imprinted impulses in check. Dopamine, an excitatory "feel good" chemical, is said to rise in response to physical affection; it makes us alert, keeps us vigilant, and produces pleasure. Prolactin contributes to maternal feelings.

Not surprisingly, *The Biology of Love* is also about primal therapy. The goal of the therapy is "pleasure, contentment, and a good life," all of which result from making the unconscious conscious. Janov still uses dark and padded therapy offices. But he refuses to describe his techniques, claiming that they take six years to learn and that "making them public runs the risk of abuse." He claims that he now measures all patients' vital signs before and after every session (although he fails to specify *which* vital signs). Janov continues to praise Freud's hydraulic model and to denigrate dreams and, with less emphasis on curing neurosis, concedes that "reliving normalizes." One surprise, though, is the absolute omission of "brain maps," the celebrated centerpiece of his last book (Janov, 1996).

Proper primal therapy, instructs Janov, takes time. "One feeling at a time" is a principle that guides therapeutic practice. Janov doesn't start with "original pain," and won't let patients go into feelings he deems "too strong." He claims that he isn't looking for birth trauma, nor is he expecting to find it. Patients usually begin by discussing something in the present and, in sessions



averaging two to three hours, may drop into one overarching (read “generalized”) feeling. “Sinking into deep and remote past events,” notes Janov, “does not and should not happen in the first weeks of therapy.”

And primal therapy has, in some ways, become increasingly humanistic. The therapeutic relationship itself is now recognized and valued. Therapist warmth, support, and empathy are more highly prized than brilliance. The therapy involves very little therapist intervention, and patients are never told to scream or what to feel. Palliative measures, moreover, are sometimes taken with patients. Therapists sometimes hold the patient's hand (though at other times may administer

tranquilizers!) to ease their pain, and to allow their feelings to be integrated. Isolated or withdrawn patients are sometimes encouraged to get animals as a first step in giving and getting affection. Therapists talk more during “postsession,” discussing client's insights and connections, and helping them integrate feelings into their lives. While primal therapy is still considered a powerful treatment for a variety of maladies, it no longer obviates the need for counseling, child guidance, or marital advice.

In these dreary times of corporate managed care and polypharmacology, it's certainly heartening to see a new work by Janov, the bold and innovative thinker and

psychotherapist. *The Biology of Love* is a showcase of earlier insights, assertions, and accomplishments. In addition, there are some new ideas and assertions about love and therapy, as well as thirteen original case presentations on primal therapy. And one must acknowledge Janov's growing micro-humility. In the current volume, for example, he acknowledges that he sits at the feet of Dr. Paul MacLean, and that he is indebted to Drs. Leboyer and Odent for their important contributions. Moreover (and uncharacteristically), he shares a bit more personal information—including a cameo of his own traumatic birth anoxia and subsequent birth feelings. But Janov's “credibility problems”

(Mithers, 1994) clearly continue, and *The Biology of Love* reduces sublime human love to the biology of hormones and hemispheres. Perhaps we should ask whether Janov's biological reductions enrich, or perhaps trivialize, our understanding of love and the mystery of life.

References

- Janov, A. (2000). *The biology of love*. Amherst, NY: Prometheus.
- Janov, A. (1996). *Why you get sick and how you get well: The healing power of feelings*. West Hollywood, CA: Dove.
- Mithers, C. L. (1994). Letter to the editor. *Buzz*.

his warnings, miraculous testimonials and claims of therapeutic superiority. To continue the boasting that the scientific community love to hate, *The Biology of Love* is offered as the “first unified theory of psychology and brain chemistry” even though, earlier this year, another book, *A General Theory of Love* by Lewis, Amini and Lannon, covered the same basic ground.

To Janov's credit, the new material is a valuable, biology-based presentation of what primal people intuitively know. It is intended to connect the new, measurable, “science of feeling” with its human, primal application. Such a worthwhile and daunting challenge, however, requires balanced, unprejudiced communication, and a willingness to share, as an equal, with the community at large. To accomplish that, Arthur Janov would need to come down from his castle and yield to the ruthless direction of a serious editor.

Love and affection during this early critical period help the nervous system to develop properly.

My Two Cents (Canadian!)

By Sam Turton

Actors need directors, musicians need conductors and writers need editors. Why? To make sure their expression is arranged and presented in a way that allows the idea to be clearly received by the audience. If this is not done, you get books like *The Biology of Love*.

Janov covers fascinating subject matter, but isn't sure to whom he's speaking - the novice, the scientist or the experienced primaller. The writing jumps erratically from confusing clusters of advanced concepts to long passages of the same basic theory he fills every “new” book with. The style is likely too technical for first time lay readers and yet too unscholarly and “pop” for scientists.

Janov still has a habit of speaking in absolutes and extremes, which traditionally come across in

Spring Retreat May 17-20, 2001



It's on! Michele Del Gesso and Linda Marks have stepped forward to coordinate the “2nd Annual” IPA Spring Retreat, Thursday, May 17 to Sunday May 20, at the rustic Grow II Lodge in the Catskill Mountains. Michele and Linda's initiative is a great example of how non-board members can get involved and make a difference. Harriet Geller, who assisted Jean Rashkind last year, will be the Board liaison.

The retreat will follow the same basic format as last year, with the group creating it's own activities in a peer process. Mark off the dates in your calendar for a beautiful spring weekend in the mountains.

For more information, contact Michele at Byedoll@aol.com and Harriet at gelleh01@library.med.nyu.edu

Regional Retreats

The IPA Spring Retreat is a prototype for small, self-supporting, regional community gatherings and proves that we can meet close to home in an affordable way. To strengthen our international community, the IPA Board of Directors encourages members from other regions in the United States, Canada, and around the world to put on small, self-supporting IPA retreats using our existing guidelines.

If you're interested in more information, please contact the President, Vice President, or Secretary.

What IPA Means to Me

Women's Group, complete with multi-member sandwich
 Peer groups - wow, the love never ends
 Community Meeting, "let's try to get serious now"
 Very little evidence of cliques
 Little to no phoniness
 The old timers, thanks for keeping it together, you are far from "old"
 The primal room, my home for a couple of hours
 Linda's poetry
 Shelly's sweet smell of perfume
 Life at the pool á la nude
 Lovingly, lovable, depth evoking sandplay
 Authentic, caring, funloving, hard working, passionate members
 Leonard's willingness to wear several hats
 Denise's smile even in the thick of it
 The book I borrowed from Sam for the week, with the Alice Miller introduction
 Group hugs, hug hugs (self proclaimed Hug Slut)
 Harriet's sense of humor and warm, smiling eyes
 The very original, very creative talent show
 Marlene's winning performance as hostess
 Larry's luminous lighting
 Always being able to share our ups and downs
 Late night jam sessions
 Hanging with Mandy - I love you, girlfriend
 Helping Freddie with her homework, thanks for cheering me on at softball
 Larry's softball workshop
 Linda's and Mary Taylor's NIP workshop
 Tess's massage, really helped the pinched nerve
 Yvonne's Drama workshop - loved it
 A consistently warm, safe, and nonjudgemental environment
 The wonderful practice of being able to nominate yourself to be on the Board
 A wide variety of workshops and seminars
 Guided mat work available every morning
 Noah's dance party
 And last but not least, the closing meeting, it provided closure for me.

I am truly home.

Michele Del Gesso

Cabaret Finale with the quintessential primal anthem - "Twist & Shout"!



Larry Schumer playing his secret rendition of "Rain" by Feliciano & Schumer.

IPA 28th Healing 2000 Visions



Convention co-chairs Wayne Carr and Denise Kline. Take a bow!



Noah Zidel announces the day's menu with his patented "cookie mike".

Marlene Schiller, the delightful host of Cabaret - without her glasses!



Annual Convention

Walter Cambin demonstrates one of his peerless "cliche high-kicks".



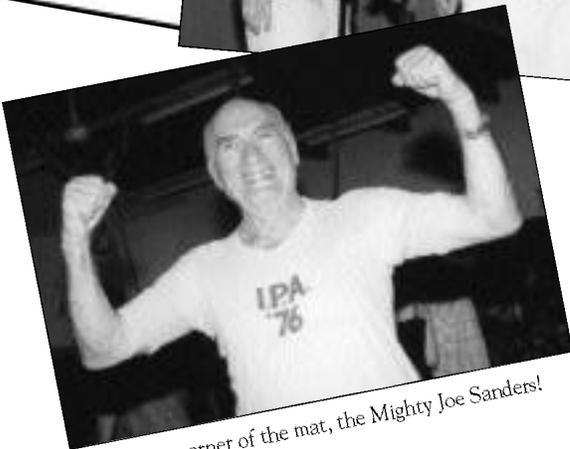
Bill Whitesell lectures on the primal significance of the Spring Retreat menu.



Tom Lundrigan, Pauliann Lister, Susan Aaron and Mair Ellis in a psychodramatic bodyworkout.



Sam Turton and Alec Rubin (Happy 80th!) in a wild moment of sound and movement.



And in this corner of the mat, the Mighty Joe Sanders!

Late Night at IPA

I have fallen in love with the spirit of night
That ancient angelic goddess whose exquisite refinement
Transfigures every shadowy impression of darkness
Into Venus' romantic potion of reverie.

On cool, misty nights like tonight
Far and away beyond the point of late
I am enchanted at the mystical merging of early & late
So far inward that there's no longer
Any hint of identification with every day.

Ardently longing to tap the secret storehouse of deep night,
Somehow already there. . . . I am willing to be re-formed
Infinitely patient and impressionable
In that innocent vulnerability of receiving blessing—
In that childlike state of wonder,

I surrender all the controls to love
To deliciously melt into her transcendent grace
To commune with her most feminine presence. . . .
Lost. . . . and found.

All I have to do is close my eyes
Sink into the feelings
And I'm back here—at IPA—
In some ways I never left . . .
Some images indelible, especially of the sharing.

In my fantasy, everyone is there,
Together again, faces of love, all. . . .
I can see it so easily,
A place outside of ordinary time,

Such richness and variety of experiences
That I lose myself in the intensity,
Feeling 'swept away', grateful to be alive,
And satisfied that there is no better place to be
Lost and Found.

Michael Schlosser

Editor's note: Michael Schlosser was a presenter at the annual convention two years ago. His experience at the time made such an impression that he was moved to write this poem and forward it to me at this convention.



Feel Different.

Calling all members! *Wherever you are.*



Give a gift to yourself!

Our annual membership fee scale is only a guideline for payment. Our dues are much lower than many other associations because it has always been our guiding principle to make the IPA available to everyone. However, the IPA needs funds to operate, and membership dues are essential income. Remember that it's always possible to give a little more than the scale suggests if you can afford it. This is your community. Give a gift to yourself.

IPA Membership Dues

	<u>Single</u>	<u>Joint</u>
Lifetime Membership	\$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	

- Low-income membership for \$30 per year is available to individuals who are either full-time students or who support themselves exclusively with public assistance.

- All dues cover the fiscal year from August to July. To qualify for joint membership, both members must live at the same address and pool resources. Joint members will receive one mailing per household.

- While we are developing a better credit card payment system, please make out your check to the IPA, and send with your complete name and contact info (including email) to

IPA, c/o Sharon Kane, 18 Cedar Hill Road, Ashland, MA 01721, USA

IPA Board member Barbara Bryan regularly travels to the "ends of the earth" to find new members. Emperor penguins await her arrival in Antarctica this winter.



Who we are.

In March of this year, Harriet Geller's following description of the IPA (for the members of another email list) was posted on Ewail by Leonard Rosenbaum.

We are alive and very well, thank you. In addition to the 6-day conventions held every year in NJ the week before Labor Day, the IPA has held shorter conferences in the winter or spring in Miami, Washington, DC and San Francisco over the last few years. And, as was posted yesterday by John, we will be getting together for three days in NY State in April.

We are a small (membership 100-150) all-volunteer organization which means that any conferences or publications that we produce come from the energies of a couple of dozen people who have full-time jobs and other obligations. We would love to do more (expand our web site, publish the newsletter more often, liaise with like-minded organizations, re-activate the journal, and, in general, spread the primal word to more people) but we are doing as much as we can with what we have.

(Continued on next page sidebar)

So, what exactly do we get as members?

- the IPA Newsletter
- the IPA Membership List
- discounts for IPA conventions, events and retreats
- access to Process Days & Board Meetings
- opportunity to be listed on our therapist Referral List (IPA website and print)
- admission to the IPA Group, an email support group
- membership in a vital community that supports a primal way of life

But more than these things, we get to be involved in developing the primal process, a means of self-discovery and growth that for many of us has significantly changed and even saved our lives.

For the IPA to continue to grow and offer more to its members and the society at large, it will take involvement, effort and the money to fund new and important projects. In addition to the efforts of the new Fundraising Team, all members can help out in the following simple ways.

Member-Get-A-Member

If each of us reaches out to only one other family member, friend or interested person to become a new member, our membership will double and so will our ability to create new and exciting projects, publications, and events. Extend the gift of a primal life.

One Memorable Men's Group

By Bill Whitesell

Throughout the Convention, our men's group had been charged with heart-felt communications amidst the sharing of fundamental personal concerns. The last men's group, which took place just before the IPA Annual Meeting, began living up to that promise. But one man had walked out without a word in the middle of the meeting, and as we approached the end, some of us saw him pacing on the grass just outside. We decided to coax him back in.

He entered the room and then immediately threw himself onto the floor and began howling with anger and hurt.

He used no words, so we couldn't guess what had provoked the intense feelings. We just gave him space and listened. However, the man who had been speaking just before the other returned to the room, now got up and left. A moment later, while still witnessing the howls of the first man on the floor, we could hear the second one also begin raging in the small room adjoining ours.

"Our time's up," someone said. "The Annual Meeting's about to start." Several of us wanted to attend the Annual Meeting. "It's important that we support the organization that makes this possible," said another.

But how could we possibly bring this men's group to a graceful end? We had expressed such care and love for each other throughout the week that we had spent together. Would it now all come to an end with any closure? Without any validation of what it had meant to us? Would we leave in such a disturbed state, with feelings of anger, rejection, and despair left unresolved?

Suddenly, the man raging in the next room returned. He said his feelings had been hurt and he now wanted us to leave him alone. He curled up by himself in a corner.

The man who had been howling on the floor now began to speak and told us what had upset him. He had been disappointed when he saw the expression of feeling in our group become undermined by intellectual diversions. He felt that we would get into some emotional sharing from the heart, but then just let it become shunted away by more trivial communications from the head.

Another man then spoke up to defend the expression of intellectual thoughts as well as emotions. "Are we just going to rule out a whole area of life? Are we going to have a rule that some things can be said here but others cannot? I for one wouldn't care for a group organized like that."

"The Annual Meeting has now started," another said. "We really have to end."

How could we? We appeared to be more divided than ever. Some of us looked at each other, wondering how to escape the prospect of a sour farewell. This men's group had been so good, caring and supportive.

But it seemed to me that we were now splintered by our separate hurts, our divergent views. Did it have to end in this acrimony?

In that pause, the moment turned. The man who had withdrawn decided to return to the group, saying he wanted to reestablish harmony. The man on the floor confessed that he felt better, having expressed his anger, the truth of his feelings; now, he wanted to be closer to us. And the defender of intellectual communications said he felt satisfied at having been able to express his views. We were ready to move on.

"Group hug?"

We looked at each other a moment, and then all stood up, stepped closer, and locked arms around each other's shoulders and backs. We began swaying back and forth, looking into each others eyes without any words. It seemed to me that we were of one mind, sensing the miracle of our coming together. We felt the freedom we had shared in expressing our inner truths. We had allowed ourselves and each other to be different, unique, even disruptive. And we knew the binding power of our tolerance of emotional distances and divergent points-of-view. We were all accepted. It had indeed been a healing process. And now I saw the care and warmth we felt for one another in the relaxed, unforced smiles on our faces. Over just a few days, we had received so much of each other. And we could at last depart knowing that those precious shared moments would continue working their healing powers within us.

Suddenly, the man raging in the next room returned.

(from previous page sidebar)

To me, our vitality is not measured by quantity, but quality. The depth of my connections and the opportunities for growth that I have experienced within the IPA have not been available to me anywhere else.

The IPA is not "them" but "us." As an organization that operates (for over 25 years) without one charismatic leader, but with many wonderful people taking the reins as their energies dictate, it is up to the membership to create the IPA over and over again to ensure its survival. This is a difficult challenge, but is not unlike what we are up against in our personal primal work. My (inner) little girl still wants Daddy and Mommy to finally take care of her the way she needs to be cared for, but, if I am to be fulfilled as an adult, I must heal that longing and realize the deep joy of taking care of myself.

This issue is actually my latest work, so I may be skewing my view of the IPA to fit where I am at right now. I hope some other IPAers in this group will (or possibly already have) offer their perspective as well. In any case, I loooooove the IPA, and my experiences at conventions and my participating in the organizational work have been more therapeutic over the last 22 years than the formal therapy I have done.

Harriet

To Debby.

Long-time IPA member Debby Caplan passed away Sunday, October 8, 2000 in New York City.

Debby was an author, noted Alexander teacher, mother of two, and beloved wife of IPA past-president Larry King. She is warmly remembered and deeply missed by her many friends throughout the world. Our condolences to her family and loved ones.

Stories of Joy & Pain

Of the various books published on primal, not one has captured the voice of the primal community—the people who “walk the walk.” Jean Rashkind describes the overall theme of Convention 2001 as a way to “bring ourselves forth into the circle through the sharing of our stories” and I believe it’s time to share them with the world.

The first step is to submit your stories for initial publication in the newsletter. If there are enough submissions, perhaps the IPA can publish “Joy and Pain: Stories From the Primal Community”—a book that will tell the real story of primal.

Submission requirements:

- Stories of 250–500 words or less are ideal for the newsletter. Selections up to 2000 words would be saved for the website or a book. Keep in mind that very short selections are often the most inspirational. Think “*Primal Soup For the Soul*” !!

- Express from your personal perspective, and refrain from using names unless you have written permission from the individuals mentioned.

- Choose subject matter that has deep personal meaning to you. Sample topics:

- how you were introduced to the primal process
- key primals and their effect
- group and peer experiences
- summary of your primal experience and its effect on your life
- your present primal lifestyle
- dangers, from your experience, to be aware of
- primal peak experiences
- anecdotes, humorous to painful, from your primal life
- your view of primal process - benefits and limitations

- Please submit contributions pasted into your email to turton@vaxxine.com

IPA Convention 2001

By Jean Rashkind
IPA Convention 2001 Chair

Plans are coming along for next summer's convention entitled “Primal Circle, Primal Heart.” The convention will encompass the many different aspects of ourselves, as individuals, in relationship to ourselves, and as a group. It will be the ways we bring ourselves forth into the circle through the sharing of our stories, whether in words, song, movement, poetry, painting, screams, or silence. It will be the group as container, as healer, as audience, as community, as family. It will be the group we create through the interplay of all of our stories, essences, desires, and dreams.



At the site of Convention 2001, Appel Farm's newest facility - the “IPA Diner.”

I invite you all to participate in the creation of this event. If there's something in particular you would like to contribute, or if you would like to do something but don't know what, please feel free to contact me. If you know of any outstanding presenters whose work addresses the theme, I welcome suggestions as soon as possible.

If you would like to present a workshop, preferably around the theme, please send me the following preliminary information:

- Name (with credentials, if desired)
- Full Address
- Telephone, Fax, E-mail
- Workshop Idea
- Brief Biography

Email to jrashkind@aol.com

Or mail written or typed submissions to:

Jean Rashkind
226 W. Rittenhouse Sq.,
Apt. 705, Philadelphia, PA
19103, USA

Tel.: (215) 732-1659

IPA Events

Board of Directors' Meeting & Process Day

February 3 & 4, 2001 in Boston

Board of Directors' Meeting & Process Day

April 21 & 22, 2001 in Washington, D.C.

IPA Spring Retreat

May 17–20, 2001 at Grow II Lodge, New York State. (See page 5 for details)

29th Annual Convention

August 28 – September 3, 2001, Appel Farm, New Jersey. (See above article for details)

All members of the IPA are invited to the IPA Board of Directors' Meetings and Process Days. Although Process Days were created to deal with the emotional aspects of difficult IPA issues *prior* to doing Board work, in reality there is a *continuum* of business and process throughout these weekends.

Since the business of the IPA is conducted at these meetings, IPA members are invited in order to learn about the organizational aspects of the IPA and contribute to its functioning. As much as we love to be together and recreate the spirit of primal community, these meetings are primarily practical rather than social. To cut down on the cost of travel for a far-flung group, we meet only three times a year and need to use that time as efficiently as we can. Please keep these provisos in mind if you plan to join us.

For further details on these IPA events, consult the contact numbers in the sidebar on page 2.



Treasurer's Letter

Editor's note: the following is a letter written by Sharon Kane prior to her election as IPA Treasurer. It is not only an inspiring testimony to Sharon's dedication, but to a new, mature era of responsible, effective IPA activity and growth. As of this printing, the efforts she has spearheaded are already underway.

August 22, 2000

IPA Members and Friends

To my surprise, I became Acting Treasurer a few months ago, and I'm now on the slate to become elected as Treasurer. So far, I like the challenge of handling the finances. I'm really glad to have discovered a way to give back to the IPA after all these years of receiving from the IPA community.

My goal as Treasurer is to see the IPA become a financially professional and successful organization.

My plan to enable this to happen is to set up systems and guidelines to make us financially more than solvent.

I have already begun to establish a financial system for the IPA that will make it easy for us to track our income and expenses. I've put our new (and completely tangle free) bank account on a Quickbooks account in my computer. I have already begun compiling information to get an accurate overview of what our yearly operational expenses are. I am also interested in creating a yearly budget so we can have clear guidelines for what we can spend on convention and board related expenses. At the moment that I write this letter, it is one week away from the conference. I am looking at a bank account that reads barely enough to cover the onsite convention expenses that were in the convention report from last year's convention. I'm taking a leap of faith that it will all work out but I am setting a goal, in my mind, that next year, at this time, our bank account will have a cushion that will insure that we can afford our own convention, easily, without question. My second goal is that I would like for us to be able to generate funds to begin new projects that will ultimately "grow" the IPA. The goals and some ideas for projects are outlined in Sam's IPA Vision Paper. We may decide to pursue Non Profit Status with the IRS. This would enable us to receive tax deductible donations. To get this status we need detailed and accurate information about our financial transactions.

I may request a small committee to help me keep a clear perspective and good judgment about financially related matters.

I'm looking forward to a financially productive year as Treasurer. Thanks to all of you who have already supported me as Acting Treasurer.

Thank You,

Sharon Kane

Join the fun!

Mixing work and play keeps primal from being a dull life. The teams and committees of the association are the IPA's best kept secrets, and it's time to join the fun. If you're interested in finding out more, contact any of the chairs listed below. You'll be glad you did.

IPA Committees & Teams with Chairs

2001 Convention

Jean Rashkind - jrashkind@aol.com

2001 Spring Retreat

Linda Marks, Michele Del Gesso - Byedoll@aol.com

Archives Maintenance

Leonard Rosenbaum - leonardleonard1@cs.com

Barbara Kay Cope - bkcope@bellatlantic.net

Convention 2002 Site Search

Leonard Rosenbaum - leonardleonard1@cs.com

Denise Kline - DKline43@aol.com

Financial & Business Affairs

Fred Zielke - fredzk@aol.com

Sharon Kane - skmg@juno.com

Fundraising

Sharon Kane - skmg@juno.com

Information Liaison to the Membership

Harriet Geller - gelleh01@library.med.nyu.edu

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Sam Turton - turton@vaxxine.com

Photography

Marshall Zidel - contact bkcope@bellatlantic.net

Publications

Sam Turton - turton@vaxxine.com

Referral List

Barbara Bryan - babryan@concentric.net

Speakers Bureau

Denise Kline - DKline43@aol.com

Training & Accreditation

Barbara Bryan - babryan@concentric.net

Volunteer Coordination

Sharon Kane - skmg@juno.com

Website

Wayne Carr - waynecarr@remoterviewers.com



A Field of Roses to:

- Denise Kline and Wayne Carr (“Healing Visions 2000” Co-chairs) for feats of bravery beyond the call of duty! Great Convention!!
- Teresa “Tess” Smelzer and Leonard Rosenbaum who joined Wayne and Denise for an early day of moving mattresses.
- The Teens: Peter, Kevin, Freddie, Rygel, and David, for decorating and party food shopping, and for always helping out.
- Marshall Zidel for being the “wedding photographer” while we were having fun, and for the Cabaret tape.
- Sam Turton for designing the Convention brochure, program, and T-shirt.
- To Sharon Kane (Treasurer) and Fred Zielke (Financial & Business Affairs) for winning the first three rounds of their mythic grudge match with the remorseless, mind-numbing, many-columned Beast of the Budget.
- Wayne Carr for kick-starting our website and keeping it rolling.
- Fred Zielke and Yvonne Parma for hosting the October Board Meeting/weekend sleep-over. What a service! From wake-up calls to catering, personal taxis to mat transport, they do it all!!
- Earl Klotz for his new Process Day vision and general pot-stirring.
- Barbara Bryan for sacrificing many years of her life as IPA Newsletter Editor.
- Barbara Kay Cope for successfully subduing the Digital Label Monster.
- Newsletter contributors Michele Del Gesso, Harriet Geller, Sharon Kane, Stephen Khamsi, Jean Rashkind, Michael Schlosser, and Bill Whitesell for their deft wordsmithing.
- Leonard Rosenbaum for being on every committee (*almost!*).

International Primal Association

c/o Sharon Kane
18 Cedar Hill Road
Ashland, MA 01721
USA

Address correction requested



Feel Different.