

PRIMAL

Supporting Growth and Healing Through Deep Feeling Process

FALL NEWSLETTER • NOVEMBER 2007

Inside

Spring Retreat 2008

By Bob Holmes

Training in Primal Integration
page 2

Who Is Me? by Todd Lemire

Poems by Pink

Primal Groups
page 3

Adoption and Beyond
page 4

IPA Calendar
page 5

The Responsibility of Pain
By Ray Martin

Member News
page 6

About My World
By Pat Tömgren
page 7

My New Greenhouse
By Clare Gill
page 10

Virginia Tech Terror
By John A. Speyrer

Why I didn't love myself then
By Anna Puleo
page 11

Convention 2008
IPA Roses, Membership Dues
page 12



**Summer Convention 2007:
What They Said on Email**

Photographs by Jennifer "JJ" Jackson

Dear Family,

I simply cannot say an appropriate thank you to all of you for the three golden days I spent with you. Having said that; I will carry each of you in my heart forever—and I'm not kidding!

B., my heart simply melts when I think of you, you are my soul sister. H., we have our short, quiet tussles that are so meaningfully deep for me. You remind me of my need to be nothing, so I can be everything—thank you! S., you were there so lovingly so I could let go of what I've been carrying around as the worst in me for a lifetime—and I felt nothing but love from you—how

amazing is that!

W., it was only a moment, and I will always remember it, when you stamped your foot, saying "no" to rules that can deaden our spirit. B., thank you for acknowledging and honoring the small as well as big losses in our lives, when so often we are told to "forget about it—just get on with your life!" D., briefly I heard you play the drum and was electrified—I want more—I didn't get to know you enough! B., you were the epitome of the "dance of life"—I had to get up and join you! S., you are a very talented therapist and I want to be your twin sister! J., I adore the glimpse of your four-year-old with the fish—play is so

"Convention 2007" continued on page 8

International Primal Association

Toll-Free: 1-877-PRIMALS
(US & Canada only)
Telephone: 248-478-5559
Email: info@primals.org
Website: www.primals.org

President

Bob Holmes
5 Olive Avenue
Toronto, ON, Canada M6G 1T7
president@primals.org

Vice-President

Denise Kline
P.O. Box 602
Hagerstown, MD, USA 21741
vicepresident@primals.org

Secretary

Harriet Geller
77 E. 12th Street #14H
New York, NY, USA 10003
info@primals.org

Treasurer

Bill Whitesell
811 Whann Ave.
McLean, VA, USA 22101
treasurer@primals.org

Board of Directors

Barbara Bryan
John Cogswell
Karuna O'Donnell
Esta Powell
Jean Rashkind (Deputy Treasurer)
Leonard Rosenbaum
Larry Schumer

Member Advocate

Jim Pullaro
advocate@primals.org

Council of Elders

Linda Marks Terry Larimore
Larry Schumer (Schumer is inactive while on Board)

Newsletter Editor

Esta Powell
editor@primals.org

Contributing Editor

Harriet Geller

The International Primal Association, Inc. publishes the IPA Newsletter. Opinions expressed by the authors are their own and not necessarily those of the IPA. Unless otherwise directed by the IPA Board, the Editor reserves the right to make final judgment as to the publication of all materials received. Unless specifically requested otherwise, the Editor reserves the right to edit contributions.

Next deadline: February 1, 2008

2008 Spring Retreat



Dear IPA members and friends,

Due to rising costs at Kirkridge, the Board felt that it was time to bid that mountain sanctuary "adieu" for now and find a new venue which could meet our needs and still be within our budget. After a lot of looking, we have found a lovely setting which is sure to please both the senses and the pocketbook.

Located in the forested hills of the Hudson Valley, this property is a completely renovated 5,000 sq. ft. rental vacation home on 56.6 private acres. There are woods, trails, lawns and a two-acre pond stocked with bass. In case you don't want to swim in the pond in May, there is a heated, indoor pool to be enjoyed. There are a couple of large rooms that can be used for mat

track and workshops, seven bedrooms, six and one-half bathrooms, two cedar decks, and more. Plenty of room to roam!

This place is so inviting and affordable that we decided to extend the retreat for an extra day: Wednesday to Sunday, May 14 - 18. More information will be available later, but please mark your calendars now, as space is limited. We hope you can join us for some or all of this time.

Warmly,

Bob Holmes
2008 Spring Retreat Coordinator

For more information about the site, please visit: www.greatrentals.com/rental-property/p168720i#property

Training in Primal Integration

Led by Esta Powell and Bob Holmes • April 7 - 11, 2008 • Columbus, Ohio

Designed for Primal Integration facilitators, those who want to enhance their skills as a "buddy," therapists interested in trauma treatment, or anyone who wishes to expand their experience in feeling-focused, regressive psychotherapies, the training includes:

- Demonstration/therapy sessions with Esta and Bob.
- Daily co-therapy sessions in safe, supervised dyads.
- Post-session discussion with supportive, constructive feedback.
- Structured discussion on important aspects of Primal Integration: safety and containment, working with first-line trauma; transference issues, etc.

Five full-day group will run from Monday, 9 am to Friday, 6 pm. Group size limited to 8 participants. Some experience in Primal or other experiential modalities is desirable. However, anyone interested is welcome to apply. The \$980 cost includes meals and dorm style accommodations; \$920 if paid in full by March 1, 2008.

This is the first in a series of training modules that are currently being developed. More information will be available soon on www.primalmatters.com, or please contact

Esta: primalesta@yahoo.com (614-893-3527) or

Bob: link.2.holmes@sympatico.ca (1-877-258-9315).

Little Girl

By Pink

Little girl, little girl
left all alone,
abused and abandoned
in a place they called "home?"
Stranded, forsaken
Locked up in your shell,
great terrors and fears
you were forced to quell.

What could you do but seek to be loved
by a tyrant called "mother"
who never could.
So you slaved and you served
desperate to please
forced to take care of everyone's needs.

Little girl, little girl
I see you now
and weep for the loss
that you dared not show.
I tremble and shake
with an aching so deep
for the lifetime of secrets
you've had to keep.

I'm taking time out to let you unfold
to comfort and nurture
your wounds yet untold.
To love you and cherish all that you are,
my honey princess
my golden star.

Come, let's go to bed
and snuggle up warm
protected at last
from any harm.

Who Is Me

By Todd Lemire

To wonder what you are inside
To hear the little children cry
In loneliness they cannot hide
The hurt the pain it won't subside

I Love you so much more my child
If only you'd let me come inside
To care and hold you tight with trust
To show you Love instead of lust

You've been alone for far too long
In a place where there is no song
Where silence is the only breeze
My child, you were left to freeze

The thaw of Love is so strange to you
You simply know not what to do
I hold you hoping my love will warm
Yet your fear braces for impending harm

Hold me child for I Love you so
Let me into you're beautiful soul
You've kept from us for far too long
I long to sing your soul a song

Of Love to truly warm your heart
To let you know you are a part
Of me I abandoned long ago
Return to me my long lost soul

Return to me my forgotten heart
And truly become a loving part
Of the united soul we long to be
The two that make up Who is Me

Primal Groups

Barbara Bryan

Farmington Hills, Michigan
Thursdays from 7:00 - 9:30 pm
Some primal experience
required
babryan@twmi.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 through Saturday.
esko.rintala@pp.inet.fi
358-9-611184

Primal Theatre Group

a la Alec Rubin
New York City
Peer facilitated, nominal cost
Harriet Geller, 212-263-5134

Welcome

New Members!

Pat Jackson, Maryland
Gene Long, Virginia
Alex McMillan, Massachusetts
David Nickel, Ohio
Daryn White, Pennsylvania
DJ Webster, Maryland

IPA Code of Ethics Revised

The IPA's Board of Directors recently revised the organization's Code of Ethics, in part to include a paragraph on the responsibilities of the Board when safety is undermined at IPA events and in relationships among IPA members. The Code of Ethics may be viewed on the IPA website at <http://www.primals.org/CodeofEthicsOct2007.pdf>

Her lover's rejection

By Pink

So I'm not beautiful enough to get the role
of your leading lady.
My love is not enough to open up your
heart.
Fire upon stone
I walk in your shadow
behind you.

I can't reach you
I look into the mirror and I see a beautiful
woman
In your presence I feel ugly.

Now I defend myself against the cold,
now I'm angry enough to refuse your touch.

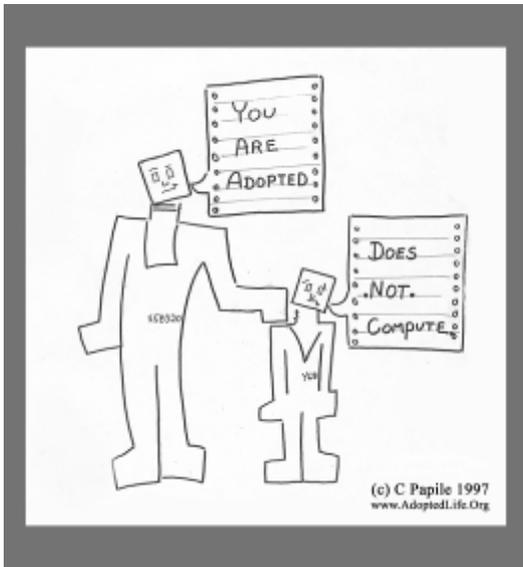
Adoption and Beyond

By Christopher Papile

Adoption is a unique life-situation with origins primarily in the pre-verbal time period of childhood development. The experience of being adopted as an infant or toddler has similarities to later adoption (out of foster care), but there are significant differences related to pre-verbal development.

The pre-verbal in childhood is just one aspect of all that is “before words” in every stage of life. Significantly, the spiritual has its home before words;

for example, in the beauty of nature, in scientific amazement with the Universe, and the feeling of love in our hearts. Full human intelligence does not neglect our feelings, our hearts, and our search for the deepest meaning.



When logic and love are pointed in the same direction, the results can be wonderful.

Each adopted person places different significance on the events of adoption in their life, i.e., how they speak about their adoption. Yet what is pre-verbal by definition cannot be effectively spoken about, it plays out in our health and behavior; therefore it adds value to our lives to address what is before words.

I remember, as a teenager, reading research on the correlation of personality type with birth experience. At the time, I was unaware that my interest in the topic was related to my adoption; I just found it fascinating. I thought, I was reading behavioral theory; but I was also taking first steps in trying to understand adoption, and, in so doing, beginning my relationship with truth.

I have searched for truth in words and books and in what is before words, including through painting. Music, dance, meditation, and higher mathematics are also significant approaches to the pre-verbal, depending on one's inclination. Yet painting is particularly instructive because it contains specific information without using words. I have often seen in my painting messages to myself that I was not aware of, until my own painting told me. Painting also brings comfort with the ins-and-outs of what is before words, basking in beauty, and a heightened sense of awe.

The truth resides before words, since there stands facts perhaps not ready to be summed up in conventional wisdom nor known theory, but existing just the same. Truth also makes our personal relationships strong. Truth as any scientist knows is what takes the lead; the scientist conforms his or her theories to the truth, and not the other way around. Truth in adoption often takes the form of understanding all the events of your life, not the convenient events. A search for adoption truth can be the opening to more generally embracing and being compelled toward truth in our lives.

We as humans need to share human love, and we also yearn to live and work in our uniqueness. Those lucky enough to find love based on truth, and work based on meaning, receive a great gift of this world. Then our hearts open with peace, and our action contains harmony with the greater good.

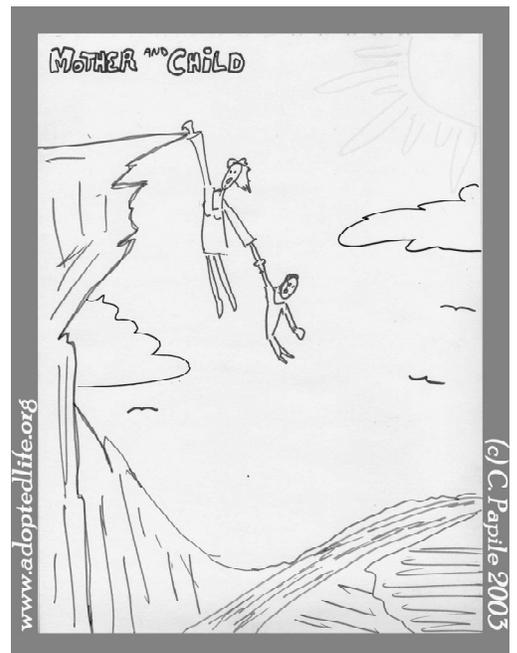
Primal is also an access to the pre-verbal and fuller truth. Primal is not meant to be a repetition of sensations or a continued recounting of how we were wronged; that is a contraction of Being. Rather Primal, like painting, is a way towards our inner best and finding the lion inside to engage the world with our best.

The Good is not an abstract concept; the Good is made actual by our actions. We cannot wait for it; we must be it.

To find a feeling of belonging we only need to look to nature, where we are born to belong. The angst of not belonging is pervasive in our society, not only in adoptees. It is not surprising that this angst grew in the Industrial Age as humans veered away from the beauty and peace of nature. As we destroy the environment to which we inherently belong, we wage war on belonging, while we complain of emptiness.

Beyond waiting to be accepted is to take leadership and create belonging for yourself and others, based on our best nature.

It is not that we become immune to sadness or loneliness. For adoptees it is poignant to be abandoned, since it touches a pre-verbal memory of actual abandonment. Many people were abandoned in the pre-verbal time period; for example, a parent may not physically leave,





but they may emotionally leave. We all know the pain of aloneness, and we perhaps sometimes seek aloneness to preempt abandonment.

Yet instead of abandonment, we can purposefully band together in the joy of shared purpose, to advance the Good.

Anyone who paints nature knows one does not paint a tree, one paints light, shadow and color, with patience and receptivity. When you start out thinking you are painting a tree, you end up with

some strained concept of a tree on paper. Sometimes I would hike through the woods and come to a place after much trekking, in front of a tree or hills and valleys and start painting. In those moments, with my body warm from hiking, and color flowing on material, with the cool wind, and perhaps the smell of flowers or apples in the trees, I felt alive—and painted life, not stilted symbols.

The bravest identity that one can have withstands the temptation to construct oneself for the sake of safe feelings or that which makes the Other safe. Each adoptee, each person, is a unique being, neither summed-up by nature nor nurture; neither by adoptive parent nor Zeitgeist; neither by DNA nor instinct. We are some fabulous sum, beyond worded explanation. We can look at all that tried to form us, and partially succeeded in forming us, and say: I see it! I see my patterns of behavior, but I am more than that. To me this expanded sense of being is wonderful.

© C. Papile, 2007 All rights reserved.

Christopher has been through every stage of adoption, including finding his birthparents, developing a relationship with his birth mother, and fairly working-out adoption themes with his adoptive parents. His Ph.D. is in chemical engineering and he is currently seeking investors for a new invention aimed at creating a sustainable and environmentally respectful world. He is the co-illustrator of a new book on adoption, entitled *Adopted: The Ultimate Teen Guide (It Happened to Me)*; the book covers different topics than this article. His cartoons and paintings have appeared in numerous publications, on-line and in art exhibitions. He will offer a workshop, [Finding Your Inner Power](#), with Esta Powell, M.A., M.S.

Finding Your Inner Power

Workshops designed for adult adoptees, persons who experienced parental loss/separation at a young age, or anyone interested in the issues related to adoption.

International and transracial adoptees are warmly welcome.

March 28-30, 2008 • Columbus, Ohio

We will explore the overall adoption experience, encompassing Identity, Belonging, Feeling Loved, Feeling Welcomed, Grounding and other issues that stand in the way of your life's work, love and joy. Through structured exercises and feeling-release in a safe and confidential group environment we will work on:

- unlocking grief and shame
- getting in touch with your inner truth
- knowing fear of rejection
- leading instead of waiting to be welcomed
- finding the source of love within instead of love addiction
- creating your own ideal parent inside and finally
- accessing your un-sabotaged inner power living from your expansive self.

Group will run Friday 6 pm to Sunday 3 pm. Group size limited to 12 participants. Cost is \$290, 2 breakfasts and 2 lunches included. Dorm style accommodations are available for extra \$25 per night. To apply or for more details please contact

Esta: primalesta@yahoo.com (www.primalmatters.com) or

Christopher: AdoptedLife@yahoo.com.

IPA Calendar

IPA Board Meeting

March 7 - 9 2008

Esta Powell's home

Columbus, Ohio

Spring Retreat 2008

Wednesday, May 14 -
Sunday, May 18

Private estate in Germantown, NY

www.greatrentals.com/rental-property/p168720i#property

Summer Convention 2008

Monday, August 4-
Sunday, August 9

Sevenoaks Pathwork Center
Madison, VA USA
www.sevenoakspathwork.org/

IPA Board of Directors for 2007/2008

The new board was elected at the convention and had its first meeting there.

Returning officers are Bob Holmes as President, Denise Kline as Vice-President, Bill Whitesell as Treasurer and Harriet Geller as Secretary.

Returning directors are Barbara Bryan, Karuna O'Donnell, Esta Powell, Jean Rashkind, Leonard Rosenbaum, and Larry Schumer.

A special welcome to Dr. John Cogswell, a new boarder!

Member News

Primal Integration Center of Michigan Presents:

- Intensives

Nov. 30 - Dec, 1, 2007 (\$160)

January 18 - 19, 2008 (\$160)

February 22 - 4, 2008 (\$290)

March 21 - 22, 2008 (\$160)

Led by Barbara Bryan and staff.

Food and lodging are included in the fees.

- A Training Workshop for Facilitating Deep-Feeling Primal Expression

February 8 - 10, 2008 (Friday thru Sunday, with arrival on Thursday and departure on Monday).

Cost: \$600 will cover meals and lodging. Pick-up at the airport also may be provided.

This workshop is for therapists (from any modality), Primal facilitators, those who want to be able to "buddy" and anyone else who wishes to expand their knowledge and experience of Primal work. The focus will be "hands on" with demonstrations, co-therapy under supervision, and discussion of relevant issues for being a facilitator.

Leaders: Barbara A. Bryan, ALLP, LMSW and Bill Russell, MME
Phone: 248-478-5559

Email: bbryan@twmi.rr.com

Website: www.primalcenter.com

Primal Psychodrama Weekends in Columbus, OH Led by Esta Powell

November 2 - 4, 2007

February 1 - 3, 2008

Cost \$175, breakfast and dorm-style accommodations included.

Group size limited to eight participants.

For more information visit:
www.primalmatters.com
or call 614-893-3527.

The Responsibility of Pain

By Ray Martin

One day I decided to grab a bite of cholesterol at a local fast food joint and, while I was there, I observed something phenomenal. In the course of daily life in a business-as-usual world, it was nothing that would ordinarily attract much attention, but, having been privy to this little scene, I can tell you that rarely have I had the privilege of witnessing something so touching, so sweet, so angelically delightful as this one moment, set in bold relief against a lifetime of moments. It's one of those things that feeling-conscious people would probably notice but would completely escape the attention of most other people. This piquant little drama spiced up my meal and set the rest of my day on a lively, positive course. Here's what happened...

I was gorging on my double-meat burger and washing it down with a pull from my diet cola when a rather bourgeois-looking family - man and wife in Sunday-go-to-meetin' clothes, an eight-year-old boy and a three-year-old daughter - sat down at a booth, proceeded to unwrap their meals and were just about to back their ears and dive in when I spied the little girl tugging on Mommy's arm. I couldn't hear what they were saying, but I could pretty well make out the gist of what was going on. The mother looked down at the little girl, the father adjusted his attention to them and I could read a little of what Mommy said: "You want to go upstairs (the restaurant had a second floor for a scenic view)?" The little girl grinned and enthusiastically bobbed her head up and down. Without any visible sign of protest, the entire family immediately rewrapped their meals, placed them back on the delivery tray, got up from the booth, and headed upstairs to honor their daughter's wish, happy to do so.

This whole scene, which took maybe thirty seconds, touched me in ways that few things ordinarily do and I was suddenly glad I had decided to be in just that place at just that time. I could feel my soul glowing as I floated back to my apartment to dig into some homework. I decided to procrastinate for a while in order to just wallow in my feelings and spend some time cogitating on what had just happened.

Here's another story: Same restaurant (no kidding - it's just down the street from me so I have easy access for frequent visitations), but much different scene...

A woman, thirtyish, and her son, about eight or nine, having burgers and Cokes (what else?) in a booth just kitty-cornered from me. The boy wasn't overtly misbehaving, just having a little exuberant fun. The restaurant was virtually empty, so he was causing no harm from his light-hearted antics.

"I found that I could still be affected by the injustice ... but I didn't have to hurt because of it."

However, the woman vehemently disapproved and began to smack the boy on his head from time to time in order to subdue him. At first, it was just a mild tap, but her attitude seemed almost perniciously sour and the more the boy played the harsher and more sour she got until she was hitting him in the head hard enough to actually hurt him, whereupon he ceased his play, sat down and solemnly ate his lunch. My knee-jerk reaction to this was imagining myself approaching the woman and reading her a riot act for her unconscionable behavior. I wanted to say something like, "You stupid bitch! Don't you have any idea of the possible irreparable harm you're doing to this child?" Then several things raced through my mind: One, if I were to approach her it would do no good since she would probably get even more defensive, tell me to mind my own business and remind me that she would raise her own son the way she damn well saw fit. Two, even if I were

to have caused her pause for the time being, it could have made it worse in the long run if she decided to take it out on the boy after they were out of my sight. Following that, I got to wondering if these weren't just excuses for not standing up and doing what I "knew was right." Then something dawned on me.

As I was sitting there contemplating a litany of things I should or shouldn't do, the murky waters of hopeless indecision and agitated confusion began to clear. Suddenly the answer was obvious and oh, so simple. An epiphany settled over me, the sensation being that of one who is playing a game of chess: the prospects look hopeless, the opponent is about to win in just a few moves, and suddenly, there before your eyes, you see a four-move checkmate that is absolutely inescapable. In that moment, a whole new world of primal understanding opened up to me like the waters of the Red Sea as they parted before Moses. It concerned the whole idea of what Primal Therapy is all about - getting rid of pain.

A familiar, almost standard, scene in a primal sitting goes like this: "There is so much injustice in the world today I ache whenever I see a baby being mistreated by its mother (or any of a thousand scenarios)." Then I say, "You're being caught up in the victim's struggle. How might you react if that scenario didn't hurt you at all?" Response: "What? Not hurt?! I *have* to hurt! I can't just sit here and be a non-feeling animal and watch this happen without feeling the pain of the moment! I don't *want* to be so cold and turned off to my feelings as to not hurt when I see something like that! I can't just sit idly by and be a dead fish, with no feelings whatsoever! What kind of life is it without *any* feelings!?"

Does anybody see the hole in this?

This presupposes that without pain, there is no feeling, or that pain is the only feeling there is. Actually, in a way, it makes some sort of sense;

through the reliving of our own pain we learn to be able to resonate and empathize with the pain of others. We understand their misery and can have "sympathy pain" as a means of intimately understanding the plight of suffering humanity. So hurting "for them" becomes an all-consuming responsibility to suffer along with them in order to not be a turned-off, heartless automaton. After all, this is a much nobler stance than the "dead fish" attitude of cold, unfeeling, inhumane people. And, even if it hurts, it's feeling turned on instead of feeling turned off. But there's something beyond this. For even if we console ourselves with the nobility of "feeling their pain", it still leaves us with our own misery to deal with. In reality, their misery isn't our misery. We're still getting caught in the trap of taking on the struggle of others as a way of restaging our own early struggle. Our pain is still our own pain and theirs is theirs. We can't take theirs away by exacerbating our own. Once we see that we can disengage from theirs, we can finally begin to disengage from ours. Putting it in early, Primal terms, once we can disengage from our *parents'* struggles we can finally live life on our terms, free from the responsibility of hurting "for them."

As I sat there in the fast food restaurant all the energy of my righteous indignation just seemed to melt right out of me. I found that I could still be affected by the injustice I was seeing, still could feel the impact of the wrongness, but I didn't have to *hurt* because of it. That's what I do Primal Therapy for - to get rid of my Pain so I don't *have* to hurt.

This insight has made untold changes in my life, opening up avenues of enjoyment I never thought possible. It has also shown me that I don't have to maintain a self image (but that's another article). The truth is that the present time is not intrinsically painful! As a venerable old passage goes, "Know the truth and the truth shall set ye free."

About My World

By Pat Törngren

I am little...
My world is made up
Of arms and legs
And hands and laps
Of faces and voices
Of smiles and frowns

There are words that are big
So I don't understand what they mean
There are voices
Sometimes they are kind
But mostly they are angry

There are faces that smile
And eyes that look
And faces that frown
And eyes that scare me
There are hands that touch me
Mostly they hurt

There are dangers all over
And I have to listen
Very carefully
And make sure I understand
What the faces
And voices mean

When I don't understand
Then I get into trouble
I want to ask them why
But nobody will talk about it

I must stay away from the hands
But I wish they would love me
There was a lap that was kind
And then it became a bad place

It made the hands
Do horrible things to me
And then they all said
It was me who was bad
And I felt so much shame
I wanted to die

I am little...
And all I want
Is to be loved and to be heard
To be held and to be safe
To be understood
To be allowed to love
And for it to be okay
For me just to be me.

Convention 2007: What They Said on Email

"Convention 2007" continued from page 1



creative—it comes from the divine in us—thank you! K., I want to play a lot with your five-year-old who is so open and unabashedly free!

D., I want to hear more of your story some time—I know horror is the last thing we want to talk about, and I want to know about it. K., I love your creative spirit and also want sometime to know the story of the pain I hear in mat track, though sound says it all. M., thank you for the interminable wrapping and unwrapping of sacred objects touched by so many kindred spirits through the years. It changes lives, perhaps imperceptibly, as it did when I put a title to my sand tray (inspired by H's) : "If I could turn my heart into a cow stall, Christ would be born again on earth"! D., how imperceptibly you change us all as you arrange for our coming together in such a soulful way!

W., you kept our focus on the fact that life is about relationship!!! M., you kept my focus on what I most wanted from the conference—to express the worst in me so I could own the best. I love you. A., I love you forever for giving me the opportunity to talk about visions—my own and others—the best in us! Dear J., Thanks for being you and being "here" —and for sharing your visions! M., I watched you come into the group, speak your truth, leave, and come back more often in the three days I was there. Thank you for such courage in one so young. I do wish I could have started at your age when I felt SO desperate!

G., I really did miss doing the "dance of life" with you like two years ago, but it was a special moment when you put your head in J.'s lap while we talked and you were just there! J., I felt like I failed theatre 101, but that was a very special time. Later with my sister, I told her about that time when I thought my father was killing my brother. She didn't want to hear it—in fact she claims she didn't know he was so violent, but for the first time she said "I opted out of the family," which explained so much about her and my relationship!

Sweet A.! I loved our time together—I felt like sisters in the best sense of the word—and shared so many of your feelings

and experiences! B., I will always love you; whether we have contact or not doesn't matter to me! The same is true of you too, L.; I am happy just to see you there and feel safer because you're you!

I know there are a couple of people I didn't have that special moment with—as I might have had if I'd stayed for the week. Next time I certainly will! N., dear heart, thank you for coming—what a thrill to spend some time with you! E., can I be a polar bear with you forever? And can I sometimes "mommy" you in your baby place? The only regret I have is that I missed meeting some of the people on email who have deeply touched me with their sharing-like D. —I brought my baby pictures in anticipation—however it's good to look forward to the "hereafter" or the next time I see you all!!!

Mary (Dell)

To Mary (Dell)

I loved being with you in women's group and primal theater and mat tracks, as well as just hanging out around the convention and was so sorry to see you leave early. Your incredible bravery and honesty in primal theater and women's group touched me so much. I just love your energy. Not to mention your cool hair and those rockin' jeans! And thanks so much for saying that playing comes from the divine in us —what a wonderful concept!!!

Me and Nema (my current name for the [stuffed] fish) are still playing and making faces. I love having her because she reminds me of everyone at the convention. Maybe next year John Q could bring 50 fish and we can all have one as a souvenir! HA!

Thanks for this post Mary, it takes me right back to the convention. I miss everyone so much!
Love,
JJ (Jackson)

Hi Michele (DelGesso Singer)!

I have been thinking about you and our awesome peer group so much. And also women's group. I really enjoyed connected with you too because last year we met but didn't really get to connect as much, so I'm so glad to have done that this year.



It was also so fun dancing with everyone after that last peer group!

I wanted to say also that I'm really thinking about what we all talked about in peer group as far as concrete things to help with daily depression, etc. I really value the ideas and support that you and everyone else gave me.

Love and miss you!

JJ (Jackson)

Coming home from the conference has been difficult. I am transitioning back into a sensory reality that I am not comfortable in. I prefer the reality that we shared last week, where we all honor and respect our humanity— in all its quirky, needy, compassionate, soulful and unique ways. Genuine thanks to everyone who was there. I feel extremely grateful to have been a part of the cast in our theatre divine.

DJ (Webster)

Hi Sandy (Weymouth),

I am certainly in your camp! Most of the workshops are too intellectual and don't help me much. I wish John Lee would come. Someone please ask him. He's into the emotional and is funny!!!

With love,

Dianea (Kohl)

Hi Sandy (Weymouth), and all who missed the Convention

I'm with you Sandy, although I would modify your prescription for mental health towards having—owning, accepting, experiencing—feelings, rather than getting them out. I had a wonderful time at the Convention, mostly doing that, and I was eventually in an altered state. I think I actually found my authenticity!

Love

Harriet (Geller)



On the ground: Daryn White (reclining), Karuna O'Donnell, Jennifer "JJ" Jackson, Marlene Schiller, Michele DelGesso Singer, Anne De Nada, Gene Long.

Sitting on the bench: John Cogswell, Harriet Geller, Pat Jackson, Barbara Bryan, Spirit (Mary) Taylor, Mandy Cope, John Quick.

Standing first row: Marie Regis, Bill Whitesell, Alex Tadeskung, Walter Gambin, Kim Mellor, Warren Davis, Denise Kline, Dianea Kohl, Larry Shummer.

Standing second row: Sandy Weymouth, DJ Webster, Skipp Ellis, Jean Rashkind, Bob Holmes, Norm Cohen, Wayne Carr, Esta Powell.

Standing last row: Alex McMillan, Alice Rose, Joe Dunn, Mickey Judkovics, Rick Benson, Ed Durkin, Leonard Rosenbaum.

My New Greenhouse

By Clare Gill

Alexander Graham Bell once said, “When one door closes, another opens; but we often look so long and so regretfully upon the closed door that we do not see the one which has opened for us.” Well, this year, one door closed for me (with definitely no regrets), and another opened – one which I had secretly pined for, for a number of years.

Last year my husband decided to take his well-earned rest from 45 years service to the business community as a chartered surveyor. He has now chosen to work in the city for just one day a week as a consultant. So, for the rest of the time, he is at home.

So, what has all this got to do with primal you might well ask?

Well, I have been very fortunate in my life, to have had my whole house all to myself, all day, every day, other than weekends, since my children first began to attend national school (they are now in their thirties, both married and living away from home). And during those blissful days when I had the “free house,” I could see my clients in my tiny little office in a dormer space, in peace, privacy, and total freedom with no distractions from either husband or children.

But not anymore! Gordon, my poor forsaken husband who is not primarily oriented and who jokingly refers to my primal friends as my primates, first began to hear rather strange sounds emanating from my office a couple of years ago. This was when he had taken time off work to spend relaxing around the house. And, as a result of that initial “decibelly” enlightening day, unbeknownst to me, he began plotting to evict me and my clients from the safety of my little garret, to a mere shed in the garden!!!



However, Christmas came early for me this year, because on Passion Sunday (Interestingly the word passion comes from the Latin word *passio*, which means to suffer!) Gordon, Julia (my friend and colleague) unveiled my new primal space with champagne glasses raised; a beautiful dense log cabin 20ft by 12ft, with a little porch and en suite loo, soft lights, pure wool carpet, all natural fabrics, complete with mattresses, pillows, bats et al...a thoughtful eviction gift from Gordon.

He had arranged with the builders to situate this new primal cabin a safe distance from our home, so that he could now happily potter around in his slippers, drink his morning coffee, and not be agitated by the wails of what he had previously imagined as sirens calling from the deep! But more importantly than that, in this new space, now all my clients would feel safe enough to be anything they wanted to be, sirens or otherwise, without fear of upsetting the local wildlife!

So, why the title Greenhouse? Well, when I knew that the cabin was about to be built, my initial idea was to choose a beautiful shade of bottle green to stain the exterior wood so that it would blend into the country landscape around us and, at the same time, not draw unwanted attention from our neighbours.



Clients and friends kept asking me, “What have you called your new primal space – does it have a name?” And, for the life of me, I just couldn’t put a name on it, until one of my clients said “Clare, why don’t you call it the ‘Green House’ because of its colour?” This sounded just the ticket. And, later as I reflected on this, I realised, that it’s not about my choice of the colour green, which I adore; it’s much more than that. It’s a greenhouse in the best sense of the word; a place of propagation where many primal seeds previously long buried in dark dank soil, have the space to be gently unearthed, tended to with care, thinned out, pruned, fed, watered and warmed. Replanted in these optimum conditions, the seeds can now grow into strong healthy plants – yes, a small oasis of growth in a little patch in the hills of County Wicklow. So, this primal gardener is happy to share (in black and white ©) with my IPA friends, my new primal GREENHOUSE, and hope you will come and visit one day.



Virginia Tech Terror

By John A. Speyrer

A CNN interview of the dorm mates of the Virginia Tech mass killer, Cho Seung-Sui, provided evidence that could point to his having suffered a severely traumatic birth. In the interview, students recounted Cho's bedtime habits, mentioning that he "...would leave the [dorm-room] door open and the lights on . . . and we had lofted beds, too, so the light was right next to his head."

These revelations were signs of Cho's claustrophobia, and to an even greater degree, a severe fear of the dark, both symptoms of extremely distressful birth trauma. In *Imprints: The Lifelong Effects of the Birth Experience* (p. 152), Dr. Arthur Janov observes, "Children who must have the light on in order to sleep are suffering acutely from that dark period just before they saw their first light of day. In a conditioning paradigm, it seems that dark represents agony and light represents respite – for it was in the light that the agony stopped."

Cho's class assignment writings, filled with themes of profound anger, and his self videos, featuring attack weapons, show, I think, an obsession with violence that indicates that at birth he had come close to death. The need for light in order to sleep reveals that his birth trauma had been severe enough to elicit a behavioral pattern which atypically continued after childhood. This showed the strength of the conditioning event.

Perhaps, the next stage of this particular phobic behavior would have entailed keeping the dorm light lit for longer periods of time –even when Cho was not occupying his room.

Light, which at birth had offered symbolic solace to Cho by being paired with the unconscious memory of relief from his agonies, might continue to be regarded as a perpetual beacon of hope, a talisman.

Dr. Stanislav Grof believes that a traumatic birth can play an important role in establishing a tendency of anger and violence both towards oneself in suicide and towards others in cases of mass murder. He writes,

“...a traumatic birth can play an important role in establishing a tendency of anger and violence both towards oneself in suicide and towards others in cases of mass murder.”

The role of the birth trauma as a source of violence and self-destructive tendencies has been confirmed by many clinical studies. . . . aggression directed inward, in particular, suicide, seems to be psychogenetically linked to difficult birth. According to a recent article published in *Lancet*, resuscitation at birth is conducive to a higher risk of committing suicide after puberty. The Scandinavian researcher Bertil Jacobsen found a close correlation between the form of self-destructive behavior and the nature of

birth. Suicides involving asphyxiation were associated with suffocation at birth; violent suicides, with mechanical birth trauma; and drug addiction leading to suicide, with opiate and/or barbiturate administration during labor... The circumstances of birth thus play an important role in creating a disposition to violence and self-destructive tendencies or to loving behavior and healthy interpersonal relationships.

[*Primal Renaissance, Psychological Roots of Human Violence and Greed*, p. 8 - Bertil Jacobson, et. al. (1987) *Perinatal origin of adult self-destructive behavior. Acta psychiat. Scand.* 76, 364-371].

Why didn't I love myself then?

By Anna Puleo

At 14, I thought I looked “fat” in that bathing suit.
Now I look back and laugh at that attitude!
I was so slim that my arms could have passed as toothpicks.
But why didn't I love myself then?

Childhood photos got looked at
And I bitched again, “look at that poufy hair!
Was that hair ever tame?”
Gosh darn, at least I HAD hair!
In her 50's my mom started losing her hair
At the same age my aunt had chemotherapy and lost it all too.
Then she lost her life.
So why didn't I love myself then?

More pictures to view:

I picked on my widening hips
And love handles
But did I even let anyone love me?
Did I love me?
Why didn't I love myself then?

Pick pick pick until the sun went down
But now that I'm 90, wrinkled and worn,
I look back at that pretty young girl, that maturing woman:
Soft naturally tan skin
Not really too fat nor thin
And I don't pick anymore
I love her! She was beautiful
From with-out and from within.

2008 Summer Convention

Madison, VA • August 4 - 10

By Denise Kline, 2008 Convention Chair

Paths to self-acceptance and opening the heart are opportunities to be found at the 2008 Convention. For our inspiration, we are pleased to have Roger Tolle as our featured presenter. He is an International Trager massage and movement therapy trainer, offering courses in "Living Your Fullness," "Opening the Heart" and "Freeing the Voice," as well as a charismatic and kind individual who delights with touch and presents joyful workshops with the grace of the ballet dancer that he is. (You can see more about what to expect at Convention 2008 at these websites: robertolle.net and sevenoakspathwork.org)

The Sevenoaks location is new for us but not to emotional release work. It is the home of Pathwork Transformational Programs which help to find one's truth through Core Energetics, process groups, trainings and more. It features both a pond and river for swimming, woods, sweat lodges, ample meeting spaces with beautiful mountain views, and comfortable beds. It is near Charlottesville, VA and Thomas Jefferson's Monticello, and is about an hour and a half from Dulles International Airport and metropolitan Washington, DC.

We are looking forward to new presentations by Spirit (Mary) Taylor, who can facilitate from any direction, with her background in New Identity Process/Bonding Psychotherapy; Sandy Weymouth, who will present his first workshop at the IPA, sure to be experiential; and Thayer White, fresh from completing his new book on personality systems to get us through many mazes. We hope to feature Nutritional Psychology and a range of Emotional Release Techniques workshops too. And... Larry Shumer returns to host informative, fast and fun community meetings!

This year's location will bring new opportunities and challenges. We welcome volunteers of all kinds and may have some additional scholarships available for kitchen cleanup work. This may make the Convention more affordable for students, seniors, and younger people whom we would like to welcome in greater numbers. Please contact Denise Kline, Convention chairperson, at (301)791-9237 or messagearts@aol.com to express your needs and desires.

You can also begin sending your presentation proposals to me, and put 2008 in the title and copy sandyw@iximd.com. That's Sandy Weymouth, who I want to thank in advance for helping with this year's brochure and program.

IPA ROSES to . . .

- Alice Rose and Mickey Judkovics, Summer Convention Chairs, for creating a wonderfully authentic experience for all.
- Special contributors to the Summer Convention: Denise Kline for registration; Bob Holmes for on-site coordination; Jennifer "JJ" Jackson for great pictures.
- Denise Kline for her hard work on finding a new site for the 2008 Summer Convention.
- Jean Rashkind for advanced Googling to come up with a new location for the Spring Retreat.
- Bill Whitesell for expertly gathering consensus on our new and improved IPA Code of Ethics.
- Esta Powell for her gracious hosting of the IPA fall Board meeting. The hot tub was just icing on the cake.
- This issue's many contributors— Clare Gill, Bob Holmes, Jennifer "JJ" Jackson, Denise Kline, Todd Lemire, Ray Martin, Pink, Anna Puleo, John A. Speyrer, Pat Törngren.

IPA Membership Dues

	<u>Single</u>	<u>Joint</u>
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 3-digit code on back. Mail to the address below, or pay by calling (703) 734-1405.
- Mail your complete name and contact info (including email) to:

IPA, 811 Whann Ave., McLean, VA, USA 22101