

PRIMAL

Supporting Growth and Healing Through Deep Feeling Process

WINTER NEWSLETTER • DECEMBER 2011

Inside

Summer Convention Redux
*Marianne Littlejohn, Robert Clover
Johnson, Denise Kline* page 2

IPA Calendar & Announcements
page 3

Member News

More Summer Convention
Mickey Judkovics page 4

More Summer Convention Photos

New Members & Primal Groups
page 5

Convention Group Photo

IPA Board Notices page 6

John Speyrer 1931–2011 page 7

Joseph Sanders 1923–2011

Primal Weekend

E. Sea page 8

2012 Convention Chair Report
Sandy Weymouth page 9

Sam Turton's CD
Sam Turton page 10

Three Approaches
Gene Long page 11

Four Phases of Primal
David Freundlich

IPA Roses & Dues page 12

Don't miss...

Spring Retreat 2012—Awakening!

Kirkridge Retreat Center, Bangor, PA
Wednesday, May 16 – Sunday, May 20, 2012

*"in just spring... when the world is mud-
luscious..."*

As the flowers bloom and the earth is reborn, come join us for our annual Spring Retreat at the lovely Kirkridge Retreat Center in the breathtaking Pocono Mountains and awaken the child within.

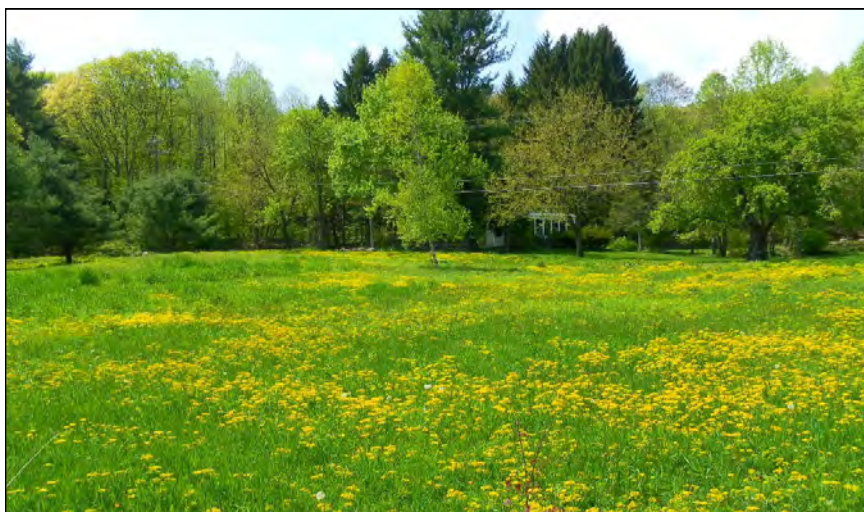
Expect the following: Deep feeling work, Cabaret, Dance Party, Men's and Women's Groups, Spontaneous Hugs, Friendship, Growth, Frisbee, Poetry, Fresh Air, Sunshine, Moonlight, Stars, Healthy Food, Joy, Tears, Connection and Life.

So what's not to like?

What to bring: Yourself, All Your Friends and Relations, Your Creativity, Musical Instruments, Willingness to Explore and Share Authentically, Your Vulnerability, Dancing Shoes, Fun.

Look for a flyer in the mail towards the end of March. Limited scholarships are available. We'll leave the light on for ya.

For more info, contact Jean Rashkind at JRashkind@gmail.com or Art Brown at Art@ArtBrownArt.biz.



*Nature
awakening at
Kirkridge*

International Primal Association

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

President

Larry Schumer
759 Roberta St.
Salt Lake City, UT USA 84111
president@primals.org

Vice-President

(Vacant)

Secretary

Diane Kohl
4 Gray Rd.
Ithaca, NY USA 14850
info@primals.org

Treasurer (interim)

Warren Davis
5539 Columbia Pike, #816
Arlington, VA USA 22204
treasurer@primals.org

Board of Directors

Claude Breault	Jean Rashkind
Gary Bradley	Alice Rose
Art Brown	Leonard
Barbara Bryan	Rosenbaum
Harriet Geller	Sandy Weymouth

Council of Elders

Linda Marks
Alex Tadeskung
Larry Schumer (inactive)

Newsletter Editor

Harriet Geller, editor@primals.org

The International Primal Association, Inc. publishes the IPA Newsletter and reserves the right to reuse all material as they see fit. 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 judgments as to the publication of all materials received. Unless specifically requested otherwise, the editor reserves the right to edit material, which must be sent electronically.

Next deadline: May 15, 2012

2011 Summer Convention Redux

From South Africa

Holotropic Breathwork

By Marianne Littlejohn

After living here in South Africa for 20 years as a primal person with only one oasis to drink from, Patricia Törngren, I felt as if I had come to primal heaven and I certainly did not wish to return to my real world here. I embraced all the activities, the early morning yoga, the mealtimes for sharing, the workshops for learning, the peer group for feeling support, and I allowed myself to *be* totally who I am. I never felt criticised, chose to do what interested me, found caring buddies to be there for me when I needed to access my stuff and shared my room with a wonderful woman called Barbara Bryan.

I loved the sandtray session, the creative activities, the drama and cabaret, and most of all the wonderfully unique and feeling people who participated. I learnt how to set up a programme that feeds peoples' souls, how to organise and utilise "mat track." I *loved* the dancing where I didn't have to set foot in a nightclub or expose myself to music that was too loud. The Puppy Pile Party was the cherry on the top, and I am still trying to recreate that experience here, but to no avail!! Thank you to all for welcoming me with open arms, for listening to my talks, for caring and sharing, for loving.

Amandla!

By Robert Clover Johnson

As soon as I arrived at Virden Center and dropped my luggage in B201, I found my way to a holotropic breathwork workshop developed by Bill Whitesell. There were about eight participants. Bill played a music track he had assembled that began with fierce, guttural, African sounds mixed with pounding drumbeats. Over the next hour-and-a-half, these sounds gradually evolved into beautiful, soprano arias.

We were urged to breathe deeply and rapidly, but before long I wobbled off the prescribed track into maternity-ward primals and feelings of being abandoned in a crib. (In real life, at 3:45 a.m. on Feb. 14, 1945, my mother was anesthetized, and I never saw her face-to-face until about 3:45 p.m. — 12 hours later.) My suffering got worse, accentuated by the fierce drumming and humanoid musicality, as I was circumcised (hands over crotch here with lots of crying and pain in that area). After about 50 minutes of isolation anguish, circumcision pain, and screaming I started a spontaneous mama-quest, turning over, crying out for mama, crawling, crying "Where are you?" sometimes, but mostly just being a baby with inarticulate cries. I used up a whole Kleenex box.

Eventually, as the music evolved into ecstatic soprano sounds I found the mommy I needed and sucked my hand for 20 or so minutes, saying "mama" as if I'd found her in the hospital on my own initiative. This was fantasy but seemed to match

my needs better than they had been matched after my real birth. When Bill turned the lights on, participants talked, but each person's experience seemed unique. I guess I was well-prepared by previous primalling to get down to first-line material, but this was not the case for everyone. I definitely felt that my first hour-and-a-half of the 2011 IPA Summer Convention was a terrific beginning!



The Sunday night "puppy pile."

Continued on next page

Grateful for Newcomers

By Denise Kline,
Convention Co-Chair

Convention 2011, focusing on Transformation, was designed by Dr. Alice Rose and myself in order to invite and welcome newcomers to the IPA. We also hoped to instill new ideas in those who participated in Dr. William Emerson's programs, as well as other aspects of the IPA Convention.

Gratitude is a spiritual concept among Native Americans, causing an energy to spread in a good way. South African guest and newcomer Marianne Littlejohn exemplified this with her beautiful gifts to the Convention and to the IPA. In addition to contributing her presence and participation, she brought a beautiful native fabric that became the backdrop of this year's group photo as well as South African salts whose energies all in the IPA can share.

Newcomers invited by Dr. William Emerson were Laurie Schwartz and Stuart Friedman whose musical performances and sharing at the Friday night Presidents Reception just hours after their arrival was magnificent. We also are grateful to them for supporting some newly formed peer groups, for becoming IPA members the very next day!

Gratitude also to Don Eshbach who, in his new role as registrar, kept phoning Laurie and Stuart until we could

assure them of space. He worked alongside the relatively new and graceful Claire Turner who also quietly attended to writing up the program changes nightly. Gratitude to Claire and her brother Jerry, one of whose volunteer duties was putting up the name labels on each doorway, an action that facilitated important connections later in the week, including Robert Johnson obtaining excellent computer help from Mickey Judkovics. Gratitude to both of them for unique presentations, and especially to Robert who also contributed to ensuring sufficient funds for Marianne's transportation. Randy Goldberg, we are also grateful to you for facilitating the last leg of Marianne's trip to the Convention and for providing more of an IPA presence at the Bio-dynamic Cranial Sacral conference and APPPAH Regional meeting held in Washington, DC, prior to the IPA Convention.

Gratitude to the president of Bio-dynamic Cranial-Sacral who organized their conference and then came on Sunday to contribute his presentation on how these biodynamics effect and enhance primal work. We are grateful also to APPPAH's nurse-midwife Jill Chassee who brought much of the essence of APPPAH psychology while nursing her new baby. What a model of love for us all!

Gratitude also to those in the background such as newcomer Greg Watts of Georgia, assisting relative newcomer Gary Bradley, who efficiently handled our settings from chairs to technical issues. The volunteers in the background were a tremendously dedicated group this year for which we are very thankful.

Gratitude also to Nancy Andrews, Emerson trainee from Quebec, who came to assist at her first IPA. Another graceful and sensitive gift to us all. We need to note and appreciate the return after more than a decade of Karen Buck (with her sensitive dog, Charlie) who also spent much time recording for Dr. Emerson, and kudos to Alice Rose who assisted him with a large group. We are indeed grateful for all . . . of which so much more could be said . . . and from which so much more may come, in our continued connections.



Marianne and Robert at the convention

IPA Calendar

Board Of Directors Mtg

Feb. 25 – Feb. 26, 2012
Sandy Weymouth's The Woods Place, Rising Sun, MD

Board Of Directors Mtg

Spring 2012
Barbara Bryan's home,
Farmington Hills, MI

2012 Spring Retreat

Wednesday, May 16 –
Sunday, May 20

Kirkridge Retreat Center,
Bangor, PA

40th Summer Convention

Welcome Home to Feelings

Monday, August 20 –
Sunday August 26, 2012

Concord Retreat Center
Yellow Spring, W. Va.

Visit the IPA web site
primals.org/convention for
further information

Member News

Primal Integration Center of Michigan

Led by Barbara Bryan

Farmington Hills, Michigan

Phone; 248-478-5559

Email: babryan@mi.rr.com

Website: www.primalcenter.com

Long-term Primal Intensives

A unique opportunity to be in a safe, supportive environment, away from everyday concerns and able to focus completely on your own emotional issues.

Includes airport pick-up, food and lodging, 24-hour supervision, and 3 hours of one-on-ones in the therapy room each day. Intensives can vary from 5 to 17 days.

More from the Summer Convention

It's Caught, Not Taught

By Mickey Judkovics

The statement, "It's caught not taught" is meant to convey the idea that the essence of what a teacher is attempting to teach is transmitted non-verbally. Our keynote speaker this year, Dr. William Emerson, certainly transmitted for me the essence of who he was. I experienced him as a compassionate, knowledgeable and skilled practitioner in healing and transformation, who gave us two and half days for a keynote address and training/experiential workshops in dealing with prenatal and perinatal traumas and shock.

Ah, if only he could be all thing to each of us. Some of us, myself included, were triggered by various interventions he did and did not do. My thanks to the men's group for holding the space as I expressed some of my reactivity around this practitioner who was not giving me exactly what I wanted in exactly the way I wanted it. Dr. Emerson did say he had a clearing process to handle such events and unfortunately did not teach his process to us.

At the 2009 IPA Convention, our keynoter John Lee presented his clearing process, which he called the Detour Method. John's clearing process consisted of six questions:

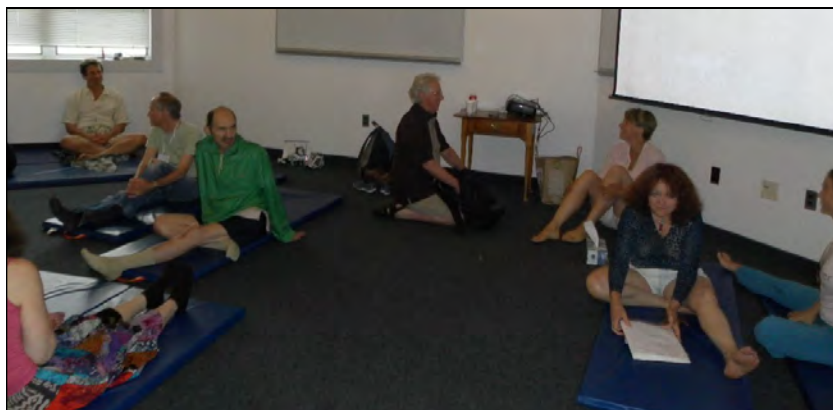
1. Tell me what happened and how you are feeling about it right now?
2. Does what happened remind

you of anything or anyone from your past?

3. What would you like to have said or done back then, but couldn't for any reason? If so, say it now.
4. What would you liked to have seen happen or have said to you?
5. How are you feeling and thinking right now?
6. Do you still need to speak to the person who triggered these feelings?

As I didn't remember this process during the convention, I finally was able to get to deep core issues by receiving empathy from a Nonviolent Communication buddy. In the session one of my deep core desires surfaced: it is to be an empathic presence and to have people around me model and teach me this. As I write this I feel anger and sadness about my parents who never modeled or taught me how to be a considerate loving partner in a love relationship. On the other hand, I experienced Dr Emerson as a compassionate presence.

Dr. Emerson had responded to my comment, "It's caught, not taught." by saying it is a 50/50 proposition, so I still had hopes of the taught part. And he did say he intended to come to next year's IPA convention and he did invite me to his training in which he said he would train me in some of his processes. So I'm grateful for what I got and am anticipating getting more. Stay tuned.



A workshop with William Emerson getting started.

And a Few More Photos



From left, JJ Jackson, Diancea Kohl, Spiritt Taylor, and Alice Rose after lunch



Larry Schumer, standing tall, and Marianne Littlejohn pose in front of Marianne's gift from South Africa



William Emerson schmoozes the dining room. Harriet Geller and Joe Dunn seated.



JJ Jackson and Jean Rashkind lookin' good!



Laurie Schwartz at her first IPA convention



Enjoying the show!

Welcome New Members!

Karen Buck, New York, NY
Kasia Hazij, Brooklyn, NY
Stuart Friedman
Jan Owens, Newark, DE
Laurie Schwartz
Carl Stone, Beverly Hills, CA

Primal Groups

Bill Whitesell
McLean, Virginia

No charge to participate
wmwhitesell@gmail.com
703-734-1405

NY Primal Group

Primal group in Manhattan, every Monday, 7-10 pm. Peer-facilitated, non-profit, nominal charge for space.

The New York Core Center
115 E. 23rd St., 12th fl, Rm 6/8
(bet. Park and Lexington Aves.)

For more info, and to let them know you are coming, contact:

Art Brown
Art@ArtBrownArt.biz

Sandy Weymouth
302-530-1535
sandyweymouth@me.com

Expressive Meditation Group

For beginning meditators who find it difficult to still the mind or body.

Every Friday, 6 pm
520 Emory Circle, Atlanta GA

For more info, contact:
Alice Rose, 678-886-8680

Summer Convention Group



From bottom, l. to r.: Jean Rashkind, Karen Buck, Gene Long, William Emerson, Alice Rose, Stuart Friedman, Marlene Schiller, Randy Goldberg, Kasia Hazij, Alex Tadeskung, Sheila Turner, Barbara Bryan, Larry Schumer, Laurie Schwartz, Denise Kline, Warren Davis, Leonard Rosenbaum, Kathy Rae, Mickey Judkovics, Bill Gronwald, Jan Owens, Harriet Geller, Robert Clover Johnson, Dianea Kohl, Jill Chassee, Nell Corry, David Gorsky, Marie Regis, Claude Breault, Gary Bradley, Art Brown

IPA Board Notices

2011 Election Results

Elections for the Board of Directors were held at the annual membership meeting in August. Larry Schumer, president, Denise Kline, vice-president, and Bill Whitesell, treasurer, were all re-elected. Secretary Dianea Kohl is serving the second year of her two-year term.

For the four open director slots, Barbara Bryan and Harriet Geller were re-elected, and Claude Breault and Gary Bradley were added. Art Brown, Warren Davis, Jean Rashkind, Alice Rose, Leonard Rosenbaum, and Sandy Weymouth are in the second year of their two-year terms.

Subsequent Changes to the Board

Bill Whitesell has resigned as treasurer, and Warren Davis has been designated the interim treasurer (until the elections in August 2012) by the remaining board. Denise Kline

was removed from her position as vice-president by a two-thirds vote of the remaining board. She was then named to fill the director position vacated by Warren Davis until elections in August.

Changes to the By-Laws

As the board worked to reconfigure the board, it became clear that the first three articles of the by-laws are unclear and even self-contradictory. Harriet Geller will look into revising the wording and then present any changes for the membership to approve at the general meeting in August.

Primal Success Stories

Bill Gronwald's public relations project to gather primal success stories is on hold. If this initiative or something similar interests you, please let us know. It can still happen.

John Speyrer 1931–2011

John died at the age of 79 in Opelousas, LA, where he had lived for many years. In addition to what Pat Torngren tells us (below) about John, he was a Korean War veteran and had a Masters Degree in Economics. He worked as a sales tax collector for a local school board, but, as we know, spent a good deal of his time writing about primal therapy and maintaining the Primal Psychotherapy Page (<http://primal-page.com>).

When he first became ill several years ago, John asked that the IPA maintain the PPP when he was incapacitated. We will now be doing that, so please send any contributions for the site to webmaster@primals.org. John also asked that donations in his memory be made to the IPA. Thank you, John, for your many years of support of primal and the IPA.

John was a quiet and unassuming person, but he turned my life around, and I am so sad that this very special man is no longer there running his amazing site, which is a mammoth legacy he has left to us and to the world. I hope his site can be sponsored to serve many generations to come.

Around 1999 I got a computer and started to look for primal information online. I had been back here in South Africa for 20 years after going through therapy at the Primal Institute and was feeling very lonely. As soon as I started searching, John's name came up and I knew my long, lonely search was over. I wrote to him and he published my first letter straight away, which gave me the courage to write my first article on primal therapy in 20 years. He published it and asked for more, and more and more. Soon he was also sending me CDs, DVDs, books, journals—you name it!

He also introduced me to the IPA (it was before Ewail started), and I contacted you folks and became a member. At that time there was no support group on the internet, so John and I together started the Primal Support Group on Yahoo, which grew so fast (he ad-



vertised it on the PPP) that for the first few years, running it was a full time job.

Over the years, John was always there—to encourage me when I needed it, to sit for me on Skype when I needed a buddy, to help me with technical questions when I needed help with my own site, which he encouraged me to build. Then came the sad message that he had cancer.

John fought a long, hard and sometimes painful battle at the end. I am happy for him that his suffering is over, but I would like to say to him, "Bless you John, it is due to you that I am where I am today. I am sure you did the same for many other people. You are someone I and many others will never forget. May you rest in peace."

—Pat Torngren

I met John Speyrer at an IPA convention quite a few years ago. I remember him as a big, warm, laid-back guy with a floppy hat who laughed easily and offered his views and feelings when he felt compelled to speak. We kept in contact over the years, sharing our perspectives, and he was always happy to publish what I had to offer. Until the IPA developed an articles archive, John's massive Primal Psychotherapy Page was the only place you could find a healthy variety of in-depth information about primal therapy. I'm relieved that the IPA

will be hosting the PPP, John's labour of love. If there's a next time, John, may you have a great birth!

—Sam Turton

More than anyone, John provided an open-minded, friendly forum for articles on primal therapy and related feeling-based healing modalities. I've been reading the PPP for well over a decade. He will be sorely missed.

—Bruce Wilson

For me the PPP was my original introduction to Primal type therapy; I devoured every article on the site when I first began to do this therapy for myself, and I remember well the heated discussions on his forum.

He and I had been emailing each other in the past couple of months, particularly around my gratitude to him for all he contributed to this deeply healing process.

—Clare Gill

Who do we write notes of thanks to? I have been living in South Africa for the last 40 years with Pat and myself being the only primallers around. John Speyrer's page has been and is a great source of comfort, encouragement and affirmation that I was and am on the right path when it comes to understanding primal theory and practice.

Much thanks and appreciation

—Marianne Littlejohn

I am very sad to learn we have lost John Speyrer. He was very dedicated to promoting deep feeling work.

We can honor him by continuing to primal ourselves and help others learn about primaling.

—Michael Gottlieb



The Primal Psychotherapy Page

Joseph Sanders, 1923–2011

Joseph Sanders died unexpectedly of a heart attack on August 28 at the age of 88. An eternal optimist, ideas man and enthusiastic lover of family, friends, the IPA, the Ark, and life, Joe will be deeply missed.

Born as an only child in the Bronx, NY in 1923, Joe's education was interrupted by service in the army during World War II. After the war, he obtained an M.A. in School Psychology and a Ph.D. in Clinical Psychology. He worked as a psychologist for various agencies, maintained a private practice, was a professor of psychology, and served as the Ethics Officer for the American Psychological Association.

Joe was a lifetime member of the IPA and sought in recent years to involve the IPA and primal modalities in

his work with veterans with PTSD. We hope that this may still come about, as Joe's son Mark has offered us his father's computer files on this worthy project. Joe was also a leader on several Noah's Arks, the 40-day live-in training intensives originated by Bill Smuckler.

Denise Kline and Sandy Weymouth attended Joe's memorial. Denise reports that the people who got to know Joe more recently at the Richmond Virginia Imperial Manor Retirement Community spoke of his boundless enthusiasm and energy for new ideas as well as old favorites like primal therapy. Both Denise and Barbara Bryan, Joe's co-leader on the Arks in the 1990s, particularly remember Joe for his many unique presentations at IPA conventions, and as the best ballroom dancer on the floor

come party time.

Joe sent the following paper to be read at the 2011 Convention and published in the newsletter. Our pleasure to do so, Joe! You are thought of with love.



Joe and friends at the 2009 IPA Summer Convention

We Have Become an Evil Nation

By Joseph R. Sanders, PH.D., Diplomat,
American Board of Professional Psychology

There is no other way to describe us. Our leaders decry the ways other nations treat their citizens. Yet, according to *The National Psychologist* (July/August 2011), "A federal appeals court ruled May 10 that treatment the Department of Veterans Affairs provides returning veterans from Middle East war zones is so inadequate that it is unconstitutional." They go on to cite "long delays in treatment for Post-Traumatic Stress Disorder (PTSD) and other men-

tal problems and the high suicide rate among returning veterans as evidence that veterans are denied the care guaranteed by the Constitution and federal law."

I am a veteran of World War II who, during and after that war, served for ten years as a psychologist in the Army Air Corps and then in Veterans Administration hospitals and clinics, diagnosing and treating soldiers for "battle fatigue," what is now known as PTSD. On the one hand, our leaders praise and award medals to soldiers of our current wars. On the other hand, all

during those wars, our leaders have denied them the care they are guaranteed by the Constitution and federal law.

To quote a French soldier of World War I, Captain Richard Dreyfus: *J'accuse!* I accuse our leaders and demand that they immediately stop fighting wars and begin using the money saved by that act to diagnose, treat, compensate, and beg forgiveness of the thousands of soldiers they have harmed. If they refuse, I ask our soldiers to lay down their arms and add their names to this accusation.

Weekends at the Primal Integration Center

By E. Sea

Primal weekend intensives at Barbara Bryan's Primal Center in the Detroit area are a priceless opportunity to immerse oneself in deep, deep healing. The weekends are run by highly skilled therapists, Barbara Bryan and Bob Holmes. Though usually a skeptic, I have found that these amazing weekends are worth every penny as well as the hassle of traveling to Detroit.

Barbara welcomes weekend attendees into her home and devotes herself to their process with professionalism and caring. She provides us with a place to call home for the weekend, including meals and a structured program of individual and group therapy. She accommodates everyone, whatever their need.

The group work on these weekends is absolutely profound. Barbara and Bob work hard to create a safe environment so that attendees can take risks

and intensify the healing process with the help of the group. The results can be life-changing.

Whether one is a long-time primaler or a newcomer, primal weekends at Barbara's center are a powerful impetus for one's primal journey. Given the high-quality personal attention from power-therapists like Barbara and Bob, I can't imagine that this kind of opportunity exists anywhere else.

2012 Convention Chair Reaches Out

By Sandy Weymouth

Yeah, you know how it goes: you plan (on the spur of the moment) some elaborate project and it's a total flop for what it was supposed to do and sublimely transcendent in ways that never occurred to you. Such was my car trip to Boston and Toronto and environs. I wanted to see why people who were once so deeply invested in the IPA aren't now. My real intent, of course, was to draw them back to the IPA and especially to our 40th Anniversary Summer Convention and Retreat slated for Monday, August 20 to Sunday, August 26, with yours truly chairing.

First of all, Alex Tadeskung, who hosted me in Boston (she doesn't have to be enticed; we're already working hard together on the Convention); the enchanting and enthusiastic Steve Austill; the ever-effervescent Fred Zielke (I couldn't talk to his spouse Yvonne Parma, but hope to shortly); Sharon Kane, who showed me her just-out book on gluten-free baking; my serious buddy of several years from northern British Columbia—and what a sculptor!—Mary Dell; the ever solid and deeply missed Bob Holmes and his unstoppable partner Kim Mellor; the very sharp and lively Rebecca Murdock; the truly amaz-

ing Sam Turton, who may return for at least for a convention presentation or two; the consummately kind and easy Carol Holmes; and, the utterly fascinating and possibly maligned Paul Vereshack.

So why aren't these folks joining or rejoining our ranks?

Some might, but some have busy lives that simply crowd out our convention and other activities. Some, however, have issues. Some therapists feel professionally endangered by the involvement of both therapists and clients in the organization, and, because of confidentiality requirements, feel unable to defend themselves. Some find it disturbing for clients to see therapists, for whom they may have transference issues, relaxing outside the therapeutic environment and possibly even doing their own feelings work.

Some were driven away by infighting in the IPA, which had become personal and pain-inducing. They felt that disputes with and within the organization were handled much less properly than they could have been. And finally, clothing optional swimming, which had

once been a venerated tradition in the IPA, can be deeply disturbing to new members and to members with a history of sexual abuse.

But the thing that blazed through

this journey was the passion for primal integration work, for appropriately-managed regressive work taking individuals back to traumatic and destructive

events in early life, for processing cathartically unprocessed feelings involved in those events, and for simply helping people overcome age-old conditioning to suppress feelings. This passion really moved me, and it was present in every single person I met or spoke to on the phone. They supported my feeling that this work is a fundamental gift this organization and the community of individuals involved in primal and like modalities have to offer the world. But they did bring up the question whether we need a community in order optimally to offer this gift, particularly given the multi-millennial history and depth of conditioned resistance to it. My conviction is we do.

...I met or re-met only absolutely fabulous people...



2012 convention venue: Concord Retreat Center—the pool (with Rick Benson and lifeguard in 2009)

A New Sam Turton CD

By Sam Turton

It seems like a long time since I recorded “feel,” my first primal-centered album. A pre-release performance at the 2003 IPA convention was the first time my partner Jane Lewis—IPA secretary at the time—ever sang in public and she was extremely nervous. It makes me smile to think that, thanks to the primal process, she now makes her living at music and steps onto the stage without a worry!

In the eight years since that recording, many things in my life have changed. I’m still dedicated to being a therapist and living a feeling way of life, but my focus has shifted from the international to the local. The foundation is my feeling relationships with Jane and my son Jesse, and that extends to a circle of sensitive and creative artists, musicians, and activists with whom I can authentically be myself. We grow food together, make music together, work on projects together, tackle community issues together, and have rollicking good times together.

If primal pain separates us from ourselves and blows us apart across the world, primal resolution has the power to return us to a life of profound personal and community intimacy. And so my new CD is called “AT HOME.”

For me there is nothing better than being in this old house full of family and friends feasting, laughing, and singing our hearts out. So I decided to simply get us all together and record it! For three weekends in April, May, and June we wired up the house, set up the

guitar and piano in the living room, the drums in the dining room, the bass in the front hall, the accordion in the kitchen, the tube compressors in the office, and the singers in the upstairs hallway. We proceeded to do something very rare in the modern music world—record at home and record live without separate tracks. We even did a work song outside in our backyard!

I had no intention of making a primal album—I just wanted to capture the joy and energy of family and friends making music. It wasn’t until listeners commented on the lyrics that I realized the songs were steeped in the feeling life.

The first song on the album, “Next Time,” starts with:

My mama died too early
And my daddy lived too long
My mama got some things right
My daddy got ‘em wrong

Oh Jesus, next time make it easy
Give me a cold, cold heart of
stone
Or Mama, next time
Don’t you leave me on my own

My mother had a “nervous breakdown” after I was born and left for an excruciating period of time. My father was an incorrigible narcissist. I had all the primal ingredients necessary for a modern blues song!

The second song, “Yes Indeed,” is a Zydeco barnburner with Jane on accordion that starts with the lines, “For the baby in the belly/Junkie in the alley,” and goes through a list of situations from “urchin on a curbstone,” to the “vet with the flashbacks,” that all require love—yes indeed—for resolution and healing.



The swampy blues song, “Ain’t Gonna,” is about personal expression on many levels:

Ain’t gonna deny anymore
Let it all hang out
I’m gonna scream and shout
Ain’t gonna deny anymore

As a therapist, I have assisted the grown children of criminals who have suffered not from the hands of the criminal parent but from the separation, family destruction, and monumental shame that follows the crime. After a media frenzy that accompanied another shooting, I wrote the song, “Sinner’s Child.”

We love to hate the outlaw
We even know his middle name
But tell me more about his
youngest son
In the shackles of his shame

The camera’s on the killer
The whole world is at his trial
Oh, enough about the sinner
What about the sinner’s child?

The eighth track on the CD, “Walk With Me” is a power-gospel song that came to me in a dream:

Walk with me down this road of
tears
Touch the face of your deepest
fears
Hallelujah!



Sam conducting in his backyard.

Continued on next page

When I was in the deepest part of my therapy process, it felt like my original pain had separated me from myself—cast me out of The Garden—and that by crying and feeling I was returning after a long, long journey. The Garden was neglected and overgrown, but it was mine. I was sobbing with pain, but the feelings and tears were mine. The final song on the CD, "Right Here," is a little anthem sung very simply with seven of us around the piano.

We travelled long
We travelled far
To be right here
Where we are
Reach out a hand
No need to fear
'Cause all we need
Is right here

There are many more references to the feeling life on this recording. For song clips and more information, go to samturton.com.



Jane Lewis on the accordion

Three Approaches to Healing and Life Satisfaction

By Gene Long

In my self-healing work, I have looked into a lot of methodologies. I have puzzled for years over some of the seemingly conflicting directions that they take. Lately I have found myself integrating them much more.

The first approach could be called "the feeling approach." People process their feelings, try to work things out emotionally, and look at their childhood and any trauma in their life to help them understand themselves as they are today. They find talking about their feelings rich and deep, and tend to look at people in terms of what motivates them to do what they do. Primarily obviously falls into this camp, as well as most regressive, analytic and emotional release therapies. I have found tremendous value in using this approach, and without it, I would have never understood my past and how I came to be the person I am.

The second I call "the engineering approach." Engineers, as I am using the word, are people who primarily relate to the world through cognitive thought. They work hard to make sense out of things, to put things in logical order, to understand, to make things clear and remove them from the "gray area" of foginess that makes it difficult to draw conclusions. They watch out for logical

inconsistencies, pursue anomalies, and are keen on intellectual integrity. Despite all the jokes at their expense, these behaviors are invaluable in helping us cope with the world and avoid pain.

I have been the engineering type since I was a small child. I was fascinated with numbers and became a math major in college. My 38-year career has been in software engineering. While I have learned the profound value of emotional and spiritual work, down deep inside, I still tend to think like an engineer.

The principal therapy that appeals to this type is Cognitive Behavioral Therapy (CBT), which is focused on correcting one's thoughts for better living and is now the most highly recommended therapy for depression. Some people who have promoted what I see as CBT are David Burns (*Feeling Good*), Dr. Wayne Dwyer (*Change Your Thoughts, Change Your Life*), and Byron Katie (*Loving What Is*).

The third modality I would call "the mindfulness approach." Those who gravitate towards mindfulness tend to see emotions and thoughts as not particularly conducive to living a life of acceptance and peace. Most mindfulness approaches focus on being aware of what is, independent of the meaning we put to it or the emotions we carry about it. Our interpretations of reality, or of what we experience, tends to take us

away from the reality itself, and cause us to distort what is real to the point of creating illusions that harm us and others. Buddhism is a source of mindfulness thought, and modern writers such as Eckhart Tolle (*The Power of Now*) fall into this line of thinking.

There tends to be a lot of prejudice among these three approaches. Engineers are faulted for not having feelings or being fully human, not having heart, being too much in their heads, and sometimes being so caught up in theory they ignore the obvious. The feeling-approach people have been criticised for just talking and never getting anything done, for being off the wall, anti-scientific, woo-woo, or otherwise mentally challenged. And the mindfulness approach has been criticized for ignoring the influence and positive effects of emotion and passion in life, and for persuading people to become so non-attached that they do not get involved in the real world of human interaction. Yet all three approaches have critical strengths and insights that we would all be much poorer without.

I am now teaching classes on an approach I call Awareness Practice, which combines all three methodologies. If you have an interest in knowing more about it, please contact me at gene-freeheart@gmail.com.

Four Phases of Primal

By David Freundlich, M.D. (from a 1970s paper)

Submitted by Barbara Bryan

I would like to briefly conceptualize four concurrent and equally important processes which can facilitate primal exploration and personality growth.

Reliving Primal Experiences: Primals help us to abreact pain from the past, to complete unfinished childhood business, and to release tension. Primals also show us decisions we made earlier in life at a time we felt helpless and dependent. Basically, these early decisions took the form of, "In order to be loved and to have my needs fulfilled, I will not be myself."

Feeling-Connections: The liberation of repressed feelings helps us to make feeling-connections between early primal experiences and our current compulsive behavior, acting out, destructive patterns, and emotional symptoms. These connections help to reduce the split between present and past and between the real and unreal selves.

Counter-Action: While primals and feeling-connections are mainly related to the exploratory process in therapy sessions, counter-action and pro-action pertain more to everyday living. The feeling-connections we make concerning our primal experiences in therapy are used to counter act destructive habits and roles, to stop compulsive behavior, and to prevent the acting out of old defensive patterns in the world outside therapy. Counter-action also keeps us from shutting down

against feeling so that tension does not build again.

Pro-Action: As adults we are no longer helpless and dependent but fully responsible for our behavior. To change our lives we can make new decisions in place of the ones made during childhood. Pro-action and re-decision mean going out into the world and asserting our choices and decisions, and taking appropriate emotional risks to make our lives more fulfilling. We cannot decide not to be afraid, but we can decide to take action which is important to us *despite* being fearful.

Summary: Primal experiences help us resolve historical feelings but may or may not change behavior. Conversely, altering our *behavior* without resolving the underlying primal feelings may result in a pseudo-adult facade. The transition between primal feelings and behavioral pro-action are the feeling-connections we make and the counter-actions we take. *Thinking* and cognition are obviously important for these intermediary phases.

I believe in the importance of integrating primal experiences with our everyday lives. Experiences in therapy concurrent with those in everyday life enhance each other and help to integrate present and past. The four phases of primal are not sequential but simultaneous processes which reinforce each other. During the summary-part of group and in succeeding days try to integrate these four phases by putting them to use. Remember: life goes on while you are in therapy, so test your wings during that time and do not wait until the final primal!

IPA ROSES to . . .

- ◆ Summer Convention Chairs Denise Kline and Alice Rose, who went the extra mile for an extra-special event.
- ◆ William Emerson for keynoting the summer convention and leading us in two days of deep process workshops.
- ◆ All the summer convention helpers. See Denise's gratitudes on p. 3.
- ◆ Marianne Littlejohn, our overseas convention guest, who gave us a stunning native fabric and salts from South Africa.
- ◆ Sandy Weymouth, who is becoming an expert at hosting our board meetings. Thanks for the latest in October.
- ◆ Jean Rashkind for stepping up to proofread, print and mail this issue.
- ◆ Newsletter contributors Barbara Ann Bryan, Michael Gottlieb, Robert Johnson, Mickey Judkovics, Denise Kline, Marianne Littlejohn, Gene Long, E. Sea, Pat Torngren, Sam Turton, Sandy Weymouth, Bruce Wilson, and convention photos from Marianne Littlejohn and Harriet Geller (attribution of other photos unknown).

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	\$50	\$75
\$15,000-24,000 or overseas resident	\$25	\$37
Less than \$15,000	\$15	\$22

- All dues cover the fiscal year from January 1 to December 31 and are tax deductible.
- To qualify for joint membership, both members must live at the same address and pool resources. Joint members will receive one mailing per household.
- You may pay by check or money order, payable to IPA in US funds. Please add \$20 if paying through non-US banks.
- You may pay by credit card: Mastercharge or VISA.

To contact the IPA Treasurer, please call (301) 763-6080 or email treasurer@primals.org.

Fill in the membership application form at primals.org/membership and email or snail mail to: IPA, 5539 Columbia Pike, #816, Arlington, VA 22204 USA