

PRIMAL

Fall Newsletter - December 2003

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Convention co-chairs Jean Rashkind and Larry Schumer



Keynoter Michael DiMartino

Coming From the Convention

By Jan Armitage

So, the conference has come and gone. The bare bones of it, the structure, are there quite plainly in the timetable published in the leaflet and on the web: experiential spaces and workshops, seminars, demonstrations, discussions, some down time. The impact of these days on me has been way beyond those matter-of-fact descriptions, however: the community, the inclusiveness and humour and creativity that I found there were wonderful. What I brought to the mix, I think and I hope, was openness, and an increasing sense of fantastic excitement.

The excitement was about what I found, of what that community consisted of.

—It was multigenerational, for a start; a spread of maybe fifty years altogether, which made for a really natural basis for that community. Somehow that just opened me up completely, it felt so free and easy.

—It was completely open about feelings, in talking about them and feeling them when they were around, whether at a social event or in a spontaneous one-to-one; never intrusive though, never made a big deal of.

—It was thoughtful and creative, too, not just taking received wisdom but running with it and applying it to everyday life and to ideas, seeing where it would go.

—And it was fun, and funny: I split my sides at the cabaret, which had some wonderfully insightful, hysterically funny sketches in it, but there was everyday laughter too, all the time. The laughter was incredibly helpful when I came up against—and lost to—the American telephone system one Sunday. It needed a Canadian with a phonecard (my saviour, Carol). Go Carol!

Continued on page 6

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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, 2004

Change of address?

Contact info@primals.org

IPA Visioning

By Linda Ellinor

In February 2003, the Board of Directors undertook a visioning process. In the first exercise, we looked at what brought us back to the IPA conventions. In the next exercise we imagined ourselves in the year 2023 explaining how we had created such a successful organization. The summary of what we envisioned is presented below.

It is important to get the whole community's input on how we can work together to help the IPA develop. Because the Board feel that your input is critical at this time, we have developed a survey that is enclosed with the current newsletter. Please take the time to fill it out. We greatly appreciate your help with this.

Summary of 2003 Visioning Process

1) What keeps us coming back to the IPA annual conventions and retreats?

- Ability to be all of who we are at the convention - full acceptance
- Family atmosphere
- Opportunities to do personal work in a safe environment
- Vacation-like quality of the convention
- Creative opportunities, such as Cabaret and some of the workshops
- Openness of the members
- Being able to talk about primal process with others
- Opportunities for safe touch
- Dancing
- Swimming
- Community
- Friendship
- Being part of something that might make a difference in the world

2) How did the IPA become the large and successful organization that it is in 2023?

The following ideas were those mentioned by more than one board member:

- Workbook/video for peer primalling (#1 idea of the exercise)
- Large fundraising efforts (#2)
- A primal residential facility (#3)
- Giving talks about primal in local areas
- Therapist training program and certification improvements
- Expanding regionally

3) Other ideas that the board had included:

- Creation of a more sophisticated structure:
 - Publishing wing
 - Training and certification wing
 - Educational wing
 - Events wing
 - Personal support wing
 - Professional wing
 - International co-coordination wing
 - Media wing
- Community/institute
- Getting endorsements of the primal process by influential people
- Making connections within the holistic health arena
- Taking out ads in national newspapers and television commercials
- Publishing multiple books on the primal process
- Promoting birthing practices that are more humane

Being Me

By Judy Lucrezia

I'm loved and free
and allowed to be.
The IPA has helped me see,
I'm good enough just being me.

The restraints are off,
there's no holding me back,
It's even okay
when I run off the track.

I know what to do
whenever I get stuck.
I don't have to stay
in all of the muck.

I just stay connected
to what I feel,
That's what it takes,
it keeps me real.

There's one small ingredient
that has helped me through
And that is the love I have
for me and for you.

Letter to the Editor

Dear Sam;

I am writing to express my thanks for the IPA Newsletter. It is a lifeline to me. I experienced Primal Therapy with Peter and Barbara Dawson and also took part in the 1996 Ark. These opened up for me new possibilities of who I am, and in living. I have been enabled to experience my own emotional and psychic pains, take them back to their source, and become more truly me after years of denial.

I feel affirmed and enlightened by what the authors of the various articles in the newsletter have written. For the most part I don't meet people in everyday life who understand. When I am with people, and they have a primal in one form or another, I am helped to accept what is happening. I am married to someone who accepts when I go into one, for which I am grateful. Carole is a blessing to me. I felt affirmed by the letter "Non-primalling Buddies." We can be there for people even if we are not professionals.

Just to know that there are people "out there" who are allowing their pain to be, working through their issues, becoming more truly who they are, helps. So for me the transpersonal is important. This is true in both "horizontal" and "vertical" dimensions.

I consider that IPA is making a great contribution toward global sanity. The primal community may be small in numbers, but it is big in impact. I am reminded of a statement by Carl Jung in a book by Jolande Jacobi entitled *The Psychology of C.G. Jung*. It is about becoming conscious of our shadow side. It is about withdrawing projections and transferences onto others.

If you can imagine someone who is brave enough to withdraw these projections, all and sundry, then you get an individual conscious of a pretty thick shadow. Such a man has saddled himself with new problems and conflicts. He has become a serious problem to himself, for he is now unable to say that "They" do this, or that "They" are wrong and "They" must be fought against. He lives in the "House of Self-collection." Such a man knows that whatever is wrong in the world is in himself, and if he learns to deal with his own shadow then he has done something real for the world. He has succeeded in removing an infinitesimal part at least of the unsolved gigantic, social problems of our day.

I am unhappy about using the word "man" so often. "Person" would be better. I guess the writer lived in a time when "man" meant more "human being" rather than "male."

Thank you again,

John Serjeantson

South Bolton
Quebec, Canada

The Council of Elders

By Barbara Bryan

The Council of Elders will begin a five-year term in January 2004. The Elders are appointed by the Board. They are long-time members of the IPA chosen for their experience, integrity, and wisdom.

The Council of Elders are: Larry King, Linda Marks, Alec Rubin, and Larry Schumer, with Steve Austill joining in January.

The purpose of the Council is to arbitrate disputes or complaints that cannot be resolved by the IPA Board of Directors or other means. All members of the IPA are welcome to contact an Elder whenever their assistance is needed.

The New Board

At the Annual Meeting elections, Officers and Directors were selected. All officers running were accepted by acclamation: Barbara Bryan as President, Sam Turton as Vice President, Jane Lewis as Secretary, and Sharon Kane as Treasurer.

Directors elected for a two-year term were Joe Dunn, Carol Holmes, Denise Kline, Jean Rashkind, and Larry Schumer.

Continuing on the Board of Directors were Linda Ellinor, Harriet Geller, Bob Holmes, Jim Pullaro, and Bill Whitesell. Thank you to all Board members for your volunteer efforts.

IPA Receives \$500.00 Grant

IPA Board member Denise Kline recently presented the IPA with a \$500.00 grant from Citigroup Foundation. The grant was awarded through the Citigroup Volunteer Incentive Program, which is designed to recognize the employees of Citigroup businesses who volunteer their personal time to non-profit organizations. Thank you Denise!

Spring Retreat

April 29 – May 2, 2004
Kirkridge Retreat Center
Bangor, Pennsylvania

The 5th Annual IPA Spring Retreat will be held at Kirkridge Retreat Center, 75 miles directly west of New York City in the beautiful Pocono Mountains region of eastern Pennsylvania.

The three-day retreat offers men's and women's groups, small group sharing, daily primal group, workshops on a variety of topics, and much more. Mark your calendar and watch for details—space is limited and you don't want to miss out! For more information, contact:

Bob Holmes (*Retreat Chair*)
link.2.holmes@sympatico.ca
Toll-free: 877-258-9315

Member News

Primal Integration Center of Michigan Intensives

\$150.00 fee includes food, lodging, and airport pick-up. Friday 7:30 p.m.–Sat. 5:00 pm. Led by Barbara Bryan and staff.

December 12–13, 2003

January 9–10, 2004

February 6–7, 2004

Reservations and info, contact
Barbara Bryan
248-478-5559
babryan@twmi.rr.com

Training in Primal Integration

Sponsored by the Primal Integration Center of Michigan. Intensive training to develop facilitation skills for primal-style or deep feeling work.

Leaders: Barbara Bryan, MA, CSW; Sam Turton, BA, B.Ed.

Intermediate: July 11–17, 2004
Farmington Hills, Michigan

Initial: October 24–30, 2004
Guelph, Ontario, Canada

For reservations and info, call
248-478-5559 or visit
primalworks.com/events.html

Sharon Kane

Sharon Kane's Energy Healing Practice in the Boston area includes Spirit Guided and Intuitive Energetic Healing to assist in Clearing, Balancing, Deep Relaxation, Inner Vision Work, Shamanic Journeying, and Cathartic Release Work.

For information contact Sharon:
508-881-5678
gpath2003@yahoo.com

Sam Turton—primal CD

Sam's songs are finally available on his new CD entitled "feel." The 12 original songs, ranging from folk ballads to blues and R&B, were performed at the 2003 Convention and include the IPA favourite "I Am My Wilderness." Visit Sam's music website for sound clips, photos, lyrics, commentary, ordering information and much more.

www.samturton.com

Poetry: The Music of Words

By Harriet Geller

At Appel Farm in August, an intrepid group of poets came together to put the Convention's music theme into lilting words. One of our exercises, Ten Lines in Ten Minutes, yielded the startling and accomplished poems below. If you sense a mysterious kinship among them, it is because they all make unique use of the following ten words: grass, row, gulp, seesaw, surf, reach, playback, hum, bend, and clay.

Happy Unbirthday Diane

by Diane Kohl

A big gulp, to make it all about me.
To bend a space big as a sycamore tree.
So wide am I, the ocean has no surf,
all these decades, told I have no turf.
My grass never to be walked on,
my heart, known like eyes of a fawn.
Playback my life, let me see-SAW -
Hmmm. Happy Birthday without a flaw
because I am meant-to-Be here -- to reach
"I love you more," my birthday speech.

The Flash

by Judy Lucrezia

I hear the hum of the surf
As I see it gulp against the grass.

Row by row of beachroses
reach out of their cluster
And bend toward the sun.

The birds seesaw through the air,
While children mold sand clay
in odd shapes.

In a flash, my mind is in playback
to a happier time.

Seesaw

by Harriet Geller

Bite the open air, rows of ancient
flyers humming,
built by their genes on mechanical
principles we bend around
the grass to comprehend.

Our curious species reaches
into the clay, gulps
mouthfuls of surf,
and trips into dreams that
play back our story.

Summer Idyll

by Bob Holmes

When I got to the beach
I walked through the marsh grass
And began to hum a tune which I had
been playing on my boom-box.

There was no surf in this quiet row of
see-saw waves,
And I wanted to reach the bend in the
shoreline

Where some lovely molding clay
Lay waiting a few inches beneath the sand.
With the sound fading from my throat,
I took a gulp of cold water
And pressed the playback button.

Ten Words, Ten Lines

by Bill Whitesell

How can I **bend** myself to these foreign words?
I hate this **playback** mode!
I want to **grow** from within,
Reach to the source of upwelling meanings.
Hum, hmm, ah, h, h.
All that I can do is **seesaw** here
Between ten impositions
And the churning **surf** of my own raucous soul.
The **grass** is greener without the need
To **gulp** down this hardening external **clay!**

Untitled

by Rainey

Hum . . . playback.
To be a little girl,
lying in tall grass.
Reach, reach, reach,
feel the earth's clay.

Gulp . . . a salty wave.
A row of salty waves.
A surf, a seesaw – high, low, up, & down
in the salty waves.
I bend, I float, among the salty waves.
Gulp . . . yum.

APPPAH Alive!

By David Chamberlain, Ph.D.

Editor's Note: This article is the first in a series of friendly exchanges between the newsletter of IPA and the APPPAH Newsletter, arranged by the editors. By request, the first short article is a brief portrait of each organization.

APPPAH and IPA have many members in common, which should be no surprise since both brave bodies focus on the primal period of human development. At our International Congress in San Francisco Dec 3-7, 2003, it will be the 20th anniversary of the first congress held in Toronto in 1983. Biennial congresses have been a core activity since then and the pattern has been similar in offering pre- and post-conference workshops, about 50 speakers in plenary and breakout sessions, and time to socialize and network.

"A big goal is to educate each other and the world about the new science of prenatal and perinatal psychology"

Since a big goal is to educate each other and the world about the new science of prenatal and perinatal psychology, we have developed an ambitious publication program including the quarterly *Journal of Prenatal and Perinatal Psychology and Health*, now in 17 volumes, the APPPAH Newsletter that reaches 2400 people, a *Directory of Practitioners*, and an annual review of books, *One Hundred Books (and Videos Too) in Prenatal and Perinatal Psychology and Health*. In addition, since 1996, we have offered the website <birthpsychology.com>, an electronic textbook to the world which receives about 6,000 hits per day from over fifty countries.

Since 1993, we have benefited from having at first part-time and then full-time executive assistance in what is otherwise an all-volunteer effort. We think our Association, through its 450 members, executive director, and the constant effort of ten strong board members, has had a positive influence on what people think today about babies in the womb and at birth. We especially celebrate the founding of the Santa Barbara Graduate Institute—a milestone in establishing the science of prenatal and perinatal psychology—which we have fully supported since its birth in 2001.

Founder of the Association and current Board member is Toronto psychiatrist and psychologist Thomas R. Verny, and the current President is psychotherapist Barbara Findeisen. You can reach our Executive Director, Maureen Wolfe, C.N.M. in Forestville, CA at T/F 707-887-2838.

David Chamberlain, Ph.D.
Psychologist
Author, *The Mind of Your Newborn Baby* (3rd edition) 1998
Editor, *Birthpsychology.com*
10745 Red Dog Road
Nevada City, CA 95959
USA
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Haiku IPA

By Warren Davis

Appel Farm Morning

Sun shines on wet grass.
I hurry off to breakfast.
Wow, organic rice!

On the Mat

Churning inside me,
A voice demands to come out.
My heart wracked in pain.

A New Connection

I reach out for help.
You understand, it's OK.
My friend forever.

Softball

Waiting for the pitch . . .
Steady, steady, here it comes . . .
POW!!! Quick, run like hell!

Member News

EVOLution of an Orgasm

This book by Diane Kohl integrates sexuality with spirituality by opening up to tears, especially at orgasm. It is remarkable that the first four letters of EVOLution reflects LOVE when seen backwards. So, isn't the purpose of evolution to learn to love in a profound way?

Diane's vulnerable love story will show how sex meets spirit, and hopefully encourage you on your journey. Can be ordered in bookstores for \$13 (use independents if you can for book exposure), or from Diane at dianeako@yahoo.com.

DC Metro to Avalon

Contact **Denise Kline** at 301-791-9237 for info on metro DC peer group, massage, workshops for couples and peer emotional processing skills with Chris Wright, and workshop weekend at Avalon with Mary Taylor and Walter Loeb. We organize and facilitate to meet your needs, naturally.

Monthly NYC therapy group

Linda Marks is presently forming a monthly Primal Bonding therapy group in New York City through May 2004. For information, contact Linda at 212-924-6918.

IPA Therapist Referral List

Published in print and on our website, the IPA Therapist Referral List is an invaluable, continually growing directory of members who represent themselves as offering primal-related therapy and growth opportunities. It is the most up-to-date directory of primal facilitators and therapists in the world. If you wish to join, contact: Barbara Bryan at babryan@twmi.rr.com or visit the IPA website: www.primals.org/referral.html.



“Convention” *continued from cover*

Most people seemed to have another string to their bow—art, tantra, couple work, music (which was the focus of the keynote presenter, Michael DiMartino), past life work, dance, even comedy—and to be both working at and enjoying the integration of their “other” passion with primal. Many of the workshops were based around these passions, and they were all the more enjoyable for that. I found this tremendously liberating: it made me remember why I wanted to become involved in primal therapy in the first place—the excitement when you run up against an idea and a way of thinking that just makes sense: “stars have planets,” “water is wet,” “feelings are important.” And there are particularly personal resonances of this for me. I work with a co-therapist, and we’re looking at working with couples—straight away the Imago workshop jumped off the page at me (I never got to it, or to its follow up, but that’s another story, about jetlag, general doiness and a need to slope off to the pool). And one workshop I did get to, which wasn’t scheduled but was held twice by popular demand, was on remote



Jan’s multicoloured primal toenails!

viewing, a powerful extrasensory process that can be learnt, which brings about a sense of connection to something or someone distant. This is a pre-existing fascination of mine, and now I’ve found the means to follow it up in person, not just on the net, and maybe integrate it into primal work too. That’s life-changing, no question.

Jean Rashkind and Larry Schumer, the Convention Chairs, brought together a wonderful mix that worked brilliantly well. I’ll definitely be back. And I only ever got to experience this because of the generosity of the IPA as a whole, in setting up a scholarship for an international attendee. So all I can say to others who receive this newsletter in countries outside of North America is, try as hard as you can to get there—it’s wonderful. And to the IPA—a big, big thank you.

Jan Armitage offers therapy in London and Brighton in partnership with Franklin Wenham. They are both registered practitioners of the British Association for Counselling and Psychotherapy.
<http://www.primalengland.co.uk>



Convention Portrait 2003

Photo by Larry "The Cheese" Schumer

It's a tradition. The gong rings. Swimmers saunter across the grass. Workshoppers mosey over. Friends laugh. Chairs are maneuvered. A semblance of order appears. Snap!

Left to right—Grounded: Lauren Spiro, Hal Geddes, Judy Kinsey, Larry Schumer, Sam Turton, Marlene Schiller, Joe Dunn, Jean Rashkind, Joe Sanders, Ricardo Barrett, Freddie Cope

Sitting up: Tony Daggett, Shoshannah Sarah, Jana Smith, Warren Davis, Linda Ellinor, Larry King, Alex Tadeskung, Shelly Beach, Barbara Bryan, Linda Marks, Michele DelGesso, David Cope, Patricia Poulin, Mandi Cope

Standing up: Tim Price, Ken LaRoche, Adriaan van der Plas, Daniel Miller, Stu Lefkowitz, Mary Thompson, John Quick, Yvonne Parma, Jim Pullaro, Jan Armitage, Harriet Geller, Lucas Plumb, Bob Holmes, Sharon Kane, Carol Holmes, Lisa Gayle, Mike Ehmann, Jacob Ehmann, Mary Taylor, Denise Kline, Karuna O'Donnell

Way, way up: Michael DiMartino, Jim Macken, Rainey Iacopucci, Judy Lucrezia, Jerry Lucrezia, Bill Whitesell, Dianne Arman, Jane Lewis, Karl Reis, Pauliann Long, Lynn Turner, Wayne Carr, Fred Zielke, Dianea Kohl, Steve Austill, Devon Middleton

Pool Poll

This fall, we asked IPA members for feedback regarding the clothing-optional and clothing-required times at the pool during our annual convention at Appel Farm. All members were sent a brief survey either by email or by post.

If you have not yet responded and you would like your feedback to be considered by the convention organizers and the Board, please send us your comments before the end of the year. If you have not received a survey, please contact the Secretary at:

info@primals.org
519-763-5881

Thank you!

The Primal-Homeodynamic Connection

Daniel W. Miller, Ph.D.

My ideas come from two major streams of experience: one is from doing psychotherapy—for over forty years, the last thirty of which include primal; and the other is from reading avidly in many areas of science. I should add a third, the domain of the spiritual, which is hard to pin down to a time frame. These three (psychology, science, and spirituality) are vitally important parts of most people's lives with varying degrees of emphasis on each, but they remain irreconcilable as thought systems in today's culture. Their separation is legitimized through institutionalized barriers of scientific and non-scientific specialization, and by fragmentation into many opposing disciplines. The result is inner conflict for many people concerning which one has the more important values. For myself, it became important to understand what might constitute an inner core of humanity that connected these fragmented systems as equals in consciousness.

In the 1970s there were others who were dedicated to a similar search, and hearing renowned physicist Fritjof Capra lecture in New York about the relationship between science and spirituality, then reading his book *The Tao of Physics* (1975) helped me to start putting the pieces into place. Here was a scientist who had seen a scientific connection in spirituality, and was thereafter ostracized by the physics community. A second seminal point was the book *Birth Without Violence* by Frederick Leboyer (1975) whom I interviewed for the IPA Newsletter (summer 1980) while I was in France. His work as an obstetrician confirmed much of what we then knew about birth primals with their initiation into primal pain, and he was defrocked as an MD by the French medical society for his brilliant insights. These were just a couple of the courageous researchers whose pioneering work helped me formulate the *Homeodynamic* concept during the 1980s and 90s.

So what has the *Homeodynamic Process* got to do with it? There is no way at present to claim that it is a scientific concept because, like consciousness, it is an ongoing, unmeasurable, changing process that is not definable in material, reductionist terms. Unlike homeostasis, which is popularly considered the attainment of an ideal static state of balance, its dominant characteristic is the **management of change** so that the system in question, organic or otherwise, improves through changes that optimize its survival. Survival is a key motivation for systemic operations in a universe that seems often on the brink of chaos. Human beings can be viewed as a singular system composed of innumerable subsystems from the brain, nervous system, digestive tract and related organs down to the cells. Cells are tangible, scientifically definable systems subject to organization by the homeodynamic process.

They have self-organized through eons of evolution to combine and recombine into larger, more complex structures that eventually became the form of human beings, like waves from a pebble growing by adding waves from the same pebble. Each subsystem, or wave-circle, is subject to messages received as information from the other subsystems regarding their needs in relation to the system's total state of functioning, allowing each subset to adapt itself to meet the survival requirements of the whole system. The Homeodynamic Process effectively guides messaging, conductivity, and part-to-whole balancing in complex adaptive systems under the inner mandate of systemic survival. In dysfunctional states these messages are either not transmitted or occur in a distorted form that stressfully harms the system: i.e., illness becomes a warning signal about an inner *dehomeotic* trend.

Consciousness is a complex adaptive system (CAS) that is intangible. However, like the physiological system, it is primarily concerned with survival, and it operates by receiving information from all possible sources, including the spiritual domain. Communication of information between physical and mental structures is at the core of the Homeodynamic Process. So the physical psychoneuroimmunological system receives information about internal threats to the body proper (toxins, viruses, wounds) and sets up its array of defense mechanisms to protect itself from current and similar future dangers and also forwards information to consciousness through feelings. The system of consciousness receives information about interpersonal, social and national threats, sets up an appropriate array of defense mechanisms and sends its information to the body. However, when our physical and mental processes receive inappropriate information, or become damaged on either level, survival suffers.

At the extremes, a vegetative state is the body functioning without the mind, therefore it becomes unable to meet its own needs and tends toward death, unless external means of survival such as hospitalization is provided. A mind without a body to represent it also has no means of communication and can't be said to be alive. Body and mind are symbiotic partners in the preservation of life. Therefore, an active relationship between body and mind that I call *unifunctional consciousness* is always in effect. Internal and external communication pathways for the transmission of new and relevant information are critical for its effectiveness; therefore when these pathways become blocked or damaged, they become dysfunctional and dehomeotic. The Homeodynamic Process can be betrayed and thrown off course by misinformation, or bad, self-destructive information given to the organism at any time during its life space. This betrayal of the survival mandate causes stress, which is a warning signal that may progress if untreated into severe physical and/or mental

“Communication of information between physical and mental structures is at the core of the Homeodynamic Process.”

illness. The warning signs may be as simple as a stomach ache or as complicated as Alzheimer's disease, Parkinson's, and schizophrenia.

Restitutive measures such as appropriate medical and/or psychological treatment may lead to recovery of fully effective communication pathways that will again transmit appropriate homeodynamic communications. The Homeodynamic Process, then, provides body and mind with a guidance system within which the organism is afforded a kind of internal intelligence that is needed to sort out and transmit valuable information. Though innate, it can also learn from experience since body and mind provide it with ample unused neural space in the brain and nervous system to create its own connections from its own growth experiences. Once corrected, the new internal connections it makes are supported by positive experiences, and are destroyed again by negative ones.

Regressive psychotherapy, in which I include both primal and past life therapies, offer a person under stress the means of returning to earlier, unresolved issues by means of feelings. The information provided the individual through feelings and emotions under regression will guide him/her to the stressful situation that needs to be resolved. Because the homeodynamic process is an innate guidance system that operates on mental as well as physical levels of function, it provides information to consciousness about stress on either or both levels. It is up to the consciousness system (in which I include the unconscious functions) to decide which steps are appropriate to reinforce survival operations. Contrary to popular medical dictum, neither sickness nor wellness are solely caused by random accidents of genetics. Decisions that lead to one or the other are not coincidental but are related to a complexity of interactive precipitating factors that have many developmental, unconscious and genetic antecedents.

The Range of Homeodynamic Efficiency (RHE-graphic above) is an abstract summation of the relationship between stress, the state of communication pathways, and homeodynamic effectiveness whose interactions determine potential outcomes. With a unified evaluation method such as this, it is unnecessary to rely on the Manual of the American Psychiatric Association (DSM) for diagnoses that split body and mind problems into separate categories. With the homeodynamic formulation, all physical and mental illnesses can be placed appropriately on the RHE continuum following evaluation. Though tests have not been specifically developed, there are stress tests, interviews, and medical reports available that provide substantial information to rate a person's placement in the RHE. However, critical stress and neural psychophysiological communication indicators as well as behavioral indices still need to be developed if a precise evaluation is desired.

Using the RHE Diagram

The range of efficiency in internal and external levels of relationship may vary considerably from person to person and varies in each person from day to day. Normally, there can be a fairly wide range of levels of communications even with dampened connectivity that organisms can effectively tolerate while the overall system remains relatively effective, but there are also danger points that put a system in jeopardy. RHE is also therefore a gauge of how effectively connectivity is maintained in the face of stress, which, in turn, determines how physically and mentally healthy a person is.

A. Peak Performance: Not the daily state of affairs, the highest level of spiritual, mental, and physical integration, S1-2, FC5-6.

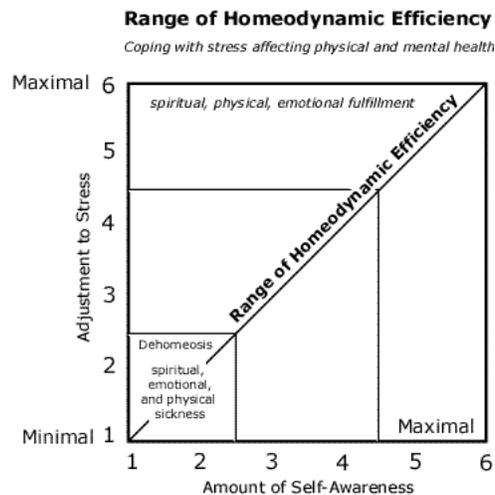
B. Average Functioning: Makes allowance for stresses and some disconnection that don't cause dysfunctionality within minor illnesses. Spontaneous recovery is due to unconscious care-taking in a homeodynamically effective mind-body system, S3-4, FC3-4.

C. Dehomeosis: The most stress and the least connectivity among the elements constituting a mind-body system, high moderate to severe illness, S5-6, FC1-2

Unifunctional consciousness, as the aware unifying function between mind and body, is a crucial participant in the efficiency of the system. This is a relative statement that depends on the level of development of the psychology and physiology of the organism, and is specific to the milieu within which it functions (compare cells, animals, and fish). The milieu is constituted not only of the material environment such as air, water, and earth but consists of trillions of other like and unlike organisms. If the environment itself is destructive or toxic to its locale then the adjustments demanded of an organism will be harsher, and if adjustments are not possible the system itself may take a dehomeotic course. This imperiled state is the current condition of a toxic, polluted ecology and of increasingly toxic interactions among societies.

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Daniel is a licensed psychologist practicing in Brooklyn and is one of the original members of the IPA. He has recently published The Web and the Cloth: Science Consciousness and Homeodynamics: What they are and what they do, has contributed many articles to IPA and other journals, and introduced Primal Therapy internationally. Currently he is the Vice President of the Association for Spirituality and Psychotherapy and member of the UN/NGO Committee for Mental Health.



Primal Integration In Finland

By Esko Rintala with Marja Rintala

The following are excerpts from an article by Esko Rintala and Marja Rintala, who do primal regression work in Finland. It gives a fascinating sense of the history and lineage from which Primal Integration has evolved in Europe. The full article, Healing Deep Pain, written in 2002, will soon be available in its entirety on the IPA website, and gives a fuller description of the way the Rintalas practice. Their work is informed by those such as Frank Lake, William Swartley, Stanislav Grof, and Eric Berne. Esko was first introduced to primal regression by Lake in 1979, and he and Marja have run a total of 43 weekend groups since the 80s.

I first discovered a trauma chain in myself during a five-day psychodrama marathon in 1978. The continuing storm of emotions evoked in me a deep distress concerning my family relationships, and I started to cry. My psychodrama was staged as an imaginary family counselling session. I changed roles with my daughters, represented by group members. I realized I was a despicable sissy, and I was thrown into a state of strange stupefaction.

On the bus home, early situations of being subjected to ridicule by my peers emerged from the depths of my being. Then I had a symbolic vision: I was diving submerged through a filthy ditch behind the railroad yard of the small town of my childhood. Sensations of nausea emerged in waves and lasted for the following fortnight. Only later I realized that my psychodrama had brought me into contact with my birth trauma. My psyche had expressed this in a symbolic vision. Next year I was able to attend a primal integration seminar conducted by British psychiatrist, Frank Lake, in Helsinki and later one in Nottingham.

The trauma of birth had originally been postulated by Otto Rank, a pupil and early follower of Sigmund Freud. In his book *Das Geburtstrauma* (1923), Rank had proposed his hypothesis that birth experience is often heavily traumatic and that many neuroses have their origin in birth trauma. Rank assumed, incorrectly, that the main traumatic factor is the experience of abandonment, the expulsion from the maternal womb. However, he predicted sagaciously that it would once be possible to relive and integrate the birth trauma under the assistance of an experienced “midwife”. By using this term instead of “doctor”, Rank wanted to emphasize “the purely human and practical factor of the process.”

Sigmund Freud was at first positively interested in these ideas of his young protégé and wrote to Ferenczi that Rank’s idea was “the most important progress since the discovery of psychoanalysis.” Unfortunately, Freud yielded to the protests

of Abraham and Jones and rejected Rank’s important discovery in 1924, as it threatened the key position of the *Oedipus complex and patricidal wishes* as the earliest source of neurosis.

Frank Lake, taking Rank’s work even further, discovered the means to heal the deep wounds inflicted on us before we were actually born. Lake, a missionary doctor working in India, was commissioned by his mission society to specialize in psychiatry. During his studies he adopted the psychodynamic theory, according to which most psychic problems have their origin in traumatic experiences inflicted in earliest infancy. In 1954, Lake began treating some of his patients tentatively by using the psychoactive drug LSD invented by Albert Hofmann in the Sandoz Laboratories.

Two years later Stanislav Grof, a young psychoanalyst, began similar experiments in the psychiatric department of the Charles University School of Medicine in Prague, Czechoslovakia. Grof himself became one of the early experimental subjects and later wrote: “I was hit by a radiance that was comparable to the epicentre of an atomic explosion, or possibly to the light of supernatural brilliance that according to Oriental scriptures appears to us at the moment of death. This thunderbolt catapulted me out of my body. I lost first the awareness of the research assistant and the laboratory, then the psychiatric clinic, then Prague, and finally the planet. My consciousness expanded at an inconceivable speed and reached cosmic dimensions.”

Soon the patients prepared a surprise for both Frank Lake and Stanislav Grof. They began reliving their actual birth experience in vivid detail. The therapists did not give credence to these statements, as their neurologist colleagues had stated that it is impossible for anyone to remember one’s birth, because the nerve sheaths have not yet been myelinated at this early stage of development. But, irrespective of what neurologists said, patients went on describing their sensations of gliding through the birth passage, and sometimes of being almost strangled by their own umbilical cord, or being extracted from the channel by means of a forceps.

Lake admitted that he was not prepared for such frequent abreaction of birth trauma. He wrote later that he resisted for three years the realization that these were in fact reminiscences of the actual birth experience of the patients. Finally he decided to contact people who had been assisting in the delivery. They confirmed the veracity of the statements. In an international conference, some psychiatrists working with LSD also reported on cases of abreacted birth trauma. “This left me free to allow my patients to continue my education,” wrote Lake.



In the late 60s emotional and legal reaction against the wild and unrestrained use of LSD rendered even the medical applications of this agent impossible. In 1969, Frank Lake began using *hyperventilation*—deep, intensive breathing, adopted from the bioenergetic therapy of Wilhelm Reich and Alexander Lowen. He also gave a verbal induction in the form of a *fantasy journey*. Using this new method gave the steering wheel into the hands of the experiencer, who was now able to regulate the depth of his experience himself.

By induction and hyperventilation it became possible for the client to regress to the event of his conception. Lake postulated that the foetus receives the worst traumas during the first trimester of the gestation period. He also probably regressed his patients to this early event so that he could research this important phase of development. Amethyst Resource in Ireland, following Lake, lays much emphasis to these earliest experiences. Primal therapist William Swartley and others have in fact discovered a number of traumas inflicted in various phases of development: *conception traumas, fallopian tube traumas, implantation traumas, embryological traumas, uterine traumas, birth traumas, and bonding traumas* (<http://www.primal-page.com/bills-2.htm>)

Stanislav Grof, who had moved to the United States, relinquished using LSD as well, and developed an alternate method in which hyperventilation, music, and focused bodywork were used. This new method he called Holonomic Integration, and later Holotropic Breathwork (Grof: *Beyond the Brain* [1985], *The Adventure of Self-Discovery* [1987], *Psychology of the Future* [2000]).

Also the pioneering work of William Swartley must be mentioned. He co-founded the International Primal Association in 1962, and the term Primal Integration was coined by him. Swartley had been influenced by the encounter group movement, by Gestalt Therapy, Roberto Assagioli's Psychosynthesis, and Carl Gustav Jung. He worked in Britain from 1976 until his death in 1979.

Since the adoption of hyperventilation instead of LSD, these integrative methods have been open for lay people to use, that is, for people who do not have professional psychiatric training, just as Rank had predicted. Frank Lake hoped that primal integration would be accepted in local churches as a method of mutual pastoral care in depth. The Clinical Theology Association, originally founded by Lake in 1962, which had trained thousands of parish workers and lay members in methods of clinical pastoral care, became in the late 1970s a centre of deep healing. CTA established contacts to various groups, among them several Protestant and Catholic charismatic groups. From the Nottingham headquarters of CTA, primal integration began spreading to a number of countries, to Scotland, Ireland, Germany, France, the United States, Brazil, Hong Kong, Finland, and Sweden.

Frank Lake died in 1982, and after his death CTA succumbed to the pressure of frightened local churches and

the psychiatric institution, and decided to discontinue primal integration. The medical and psychiatric convictions based on the materialistic scientific paradigm and view of the human being are still obstructing the use of the important discoveries of Frank Lake, Stanislav Grof, and other prenatal therapists.

In 1983, Dr. Thomas Verny, author of *The Secret Life of the Unborn Child* (1981), together with some of his colleagues, founded the Association of Pre- and Perinatal Psychology and Health (APPPAH) after having met with difficulties when trying to publish their research articles in scientific journals. APPPAH is working to further the study of this early period of human development and to disseminate information.

Through its Internet pages, APPPAH is contacting daily some 4500 people in about 50 countries. Its past president, David Chamberlain, Ph.D., is still working as the Editor of its Internet site <www.birthpsychology.com> which contains a wealth of information on conception, birth, and early life—this vitally important formative phase of our psychological development.

In this time of global agitation, it is critical to remember that most or probably all of our repositories of malignant aggression and violence are unconscious and originally caused by very early painful experiences of violence, abandonment, and neglect. The early repositories of these horrible experiences are our gestation period and our birth experience. Later similar experiences just increase their painful and vicious strength, because traumatic experiences interact.

In primal regression, the primalist's consciousness is *elliptical*. By this term, regression therapists mean that the consciousness is divided into *foetal consciousness*, which experiences, and *adult consciousness*, which is aware of the objective of the workout and is directing it. In close mutual cooperation, these two centres of consciousness are able to discharge the painful contents of old traumas encountered, to integrate them, and to undo the negative influences on the emotional life and human relations of the primalist. Deep capsules of pain are opened and emptied; the positive experiences are freed and activated.

If we succeed in primal regressions to bring our life script into our consciousness and make constructive decisions to change it, the inner enemy which most of us harbour deep in our being, will be integrated. And we shall, in a variety of situations, send unconscious script signals which are different from the past. **Our world will be different.**

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“Only later I realised that my psychodrama had brought me into contact with my birth trauma.”

Deep Feeling, Deep Healing

A Review by Sam Turton

Deep Feeling, Deep Healing: The Heart, Mind, and Soul of Getting Well is more than a book, it's a personal visit with author Andy Bernay-Roman from Jupiter, Florida. Reading this book is like sitting on the porch listening to Andy tell his experience, his ideas, and his stories. He doesn't mince words, he just calls it as he sees it—and leaves it up to us to agree or disagree. He often puts an unusual spin on familiar material, which I found interesting.

Andy's enthusiasm for what he does is palpable. He seems like the Patch Adams of Primal! He is inspired by the spontaneous, creative side of therapy and by charismatic facilitators such as Fritz Perls, Erik Erikson, Wilhelm Reich, and Arthur Janov. He reminds me of the stories I've heard of Bill Swartley and Bill Smukler. Although he speaks eloquently about client-centered safety and natural process, he takes delight in skillful interventions.

Andy's eclecticism reflects his diverse background as a nursery school teacher, intensive care nurse, hospice counselor, hypnotherapist, bodyworker, and psychotherapist. His way of being as a person and a practitioner seem identical. The

many case histories and stories (especially his primal experiences with his daughter) define this better than anything else.

This book covers a lot of ground—maybe too quickly for newcomers—and includes primal theory, therapy techniques, Centropic Integration (primal acupuncture), psychoneuroimmunology, developmental maps, archetypes, and even nutrition.

Andy Bernay-Roman is a member of the IPA, and is presently the Director of Psychological Support at the Hippocrates Health Institute in West Palm Beach. His website is www.deepfeeling.com.

Renewal Time

By this time, all IPA members should have their membership renewal notices in the mail. Your support is appreciated, as our numbers continue to grow, our vision continues to expand, and our projects continue to develop. Sending in your renewal form before December 31st will ensure your listing in the 2004 Membership Directory, your continued membership on E-mail, and of course, a tax deduction for the 2003 year. For any questions, contact the Secretary at info@primals.org or 519-763-5881.

New Members

The following members have joined since the Summer newsletter. Welcome to our growing IPA community!

Erica Feininger
Massachusetts, USA

Karen Kendall
Michigan, USA

Jim Macken
Massachusetts, USA

Reinhold W. Rausch
Baden-Württemberg, Germany

Esko Rintala
Helsinki, Finland

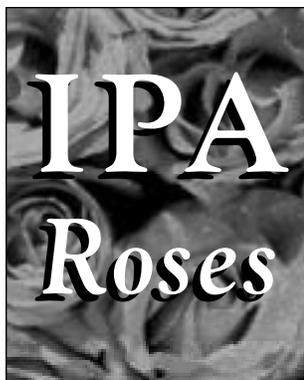
Judith Schmidt
New York, USA

Lauren Spiro
Virginia, USA

Jacqueline Summers
Pennsylvania, USA

Adriaan van der Plas
New York, USA

Brenda K. Woodlock
Massachusetts, USA



- to co-chairs Jean Rashkind and Larry Schumer for a Convention of music, meaning, and fun.
- to David, Freddie, and Mandi Cope for helping us honour the memory of your mother at the Convention.
- to ALL Convention volunteers—and Denise Kline and Hal Geddes for jump-starting Warren's car!
- to Carol Holmes and Joe Dunn for joining the Board and sharing your expertise, efficiency, and effort.
- to Lucas Plumb for developing our new connection with APPPAH.
- to Maja Zilih and Patricia Poulin for web archive assistance.
- to outgoing Board members Leonard Rosenbaum and Mary Thompson for many years of service.
- to Jane Lewis and Sam Turton for hosting the October Board meeting and two IPA Ontario gatherings!
- to this issue's contributors—Jan Armitage, Barbara Bryan, David Chamberlain, Warren Davis, Linda Ellinor, Harriet Geller, Bob Holmes, Rainey Iacopucci, Diane Kohl, Jane Lewis, Judy Lucrezia, Daniel Miller, Esko Rintala, Marja Rintala, John Serjeantson, Sam Turton, and Bill Whitesell.

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. Send with your complete name and contact info (including email) to:

IPA, 18 Cedar Hill Road, Ashland, MA 01721, USA