

PRIMAL

Inside

News from the IPA Infomaven
By Harriet Geller page 2

IPA Spring Retreat 2004
By Shelly Beach
IPA Elections page 3

Member News pages 4-5
Appel Farm to Wisdom House
By Sam Turton

An English Branch of the IPA?
By Jan Armitage page 4

IPA Winter Retreat in Mexico
By Dan Miller

IPA Member e-News
By Ray Martin page 5

Smashing Glass Breaks Anger
By Karen Kendall page 6

Review: Diane Kohl's *EVOL*
By Joe Dunn page 7

Tasting The Fruits of Feeling
By Maja Zilih

Funky Boss Funky Boss
By Karuna O'Donnell page 8

Caesareans are Ethical?
By Michael Trout

IPA Events page 9

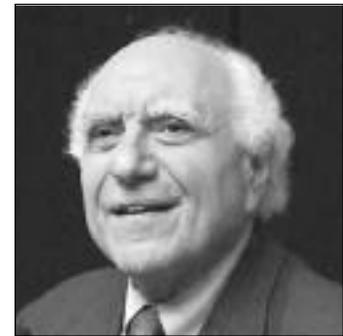
The Needs of Primal Buddies
By Pat Tömgren

IPA History
Larry Schumer page 10

Charitable Giving to the IPA
By Joe Dunn page 11



valuing intellect
and emotion



Keynoter Al Pessó

32nd IPA Convention
August 31 to September 6, 2004

Appel Farm Arts & Music Center
Elmer, New Jersey, USA
www.primals.org/convention.html

By Harriet Geller and Jane Lewis

The annual Summer Convention is only a few short weeks away, and everything is in place for you and your friends, families, colleagues and neighbors to experience dazzling workshops and warm encounters in a relaxed bucolic setting. Our theme emphasizes thinking as well as feeling, so be prepared for your minds to be stimulated as well as your hearts.

The exciting lineup of events is spearheaded by Al Pessó's plenary keynote on Thursday afternoon. Entitled "Holes in Roles," it will focus on the consequences of a well-known primal situation in which the child takes on caretaking roles for the parent. Al will discuss and demonstrate how he has dealt with clients confronted by the resulting dysfunctional patterns in their adult lives using the therapy he has co-developed, Pessó Boyden System Psychomotor (PBSP). Al is a fascinating

speaker and an inspired therapist. We hope you will make it a point to be there for this earlier-than-usual keynote presentation.

To follow up on Al's address, we are pleased that Gus Kaufman, a senior PBSP trainer who is also familiar with Primal Therapy, will be on hand to teach us more about Psychomotor in a three-hour experiential workshop on Friday. Another highlight of our six-day get-together is a full-scale Holotropic Breathwork™ workshop led by Grof-certified facilitator, Ted Riskin, and assisted by Jane Martin. It will extend over three sessions (Wednesday morning and afternoon and Thursday morning) and carries a small surcharge.

These are just the icing on a very rich torte of workshops by IPA veterans including Dianne Arman and Barbara Bryan with a sequel to their very popular Imago workshop; Barbara and Sam Turton leading a

Continued on page 12

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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: October 1, 2004

Change of address?

Contact info@primals.org

News from the IPA Infomaven

By Harriet Geller

At our May Board meeting, we were housed in high style at a Bed & Breakfast nestled in the Berkshire Mountains of Massachusetts run by Jim Pullaro's wife's family. It was a pleasure to work with IPAs in such a beautiful setting on one of the loveliest weekends of the spring, and we managed to complete a very long and intense agenda. To boot, we got to see the new IPA trailer stocked with sandplay items and other IPA materials on custom-made shelves built by Bob Holmes and Jim.

The Spring Retreat in April, organized by Bob with his much-appreciated competence and cordiality, was a success on all counts. Nineteen participants enjoyed the early spring warmth at Kirkridge Center and contributed to a hefty profit in the IPA coffers. Dan Miller talked about the center he is building on the Mexican gulf coast, and before we knew it, we were planning an IPA retreat there for January 2005. Olé! We also have Kirkridge booked for next year, May 12-15, and we are considering possibilities for regional gatherings at Jim's B&B and at Barbara Findeisen's new facility in Arizona.

My co-chair Jane Lewis and I can report that plans for this summer's Convention, July 31 – September 6 (see article on page 1), are moving along very well. If you have not yet received a brochure, please contact us. For Convention 2005, co-chairs Patricia Poulin and Jim are brainstorming themes and keynoters around new developments in trauma therapy. We also have co-chairs for the 2006 Convention in the works, but I don't want to out them quite yet.

On page three you will find the Slate of Officers for the elections at the end of the Convention in September. We are excited that there are new Board Members, Carol and Jim, stepping up to become officers, and grateful to those stepping down after long service: Barbara Bryan, whose dedication as president is unmatched, and Sharon Kane as treasurer par excellence. We also thank retiring Board Members Denise Kline, who chaired a Convention and a regional Conference while serving on the Board for many years, and Linda Ellinor for bringing her visioning skills to the Board. With these changes and only three current Board

Members up for re-election, there are three slots open for fresh faces.

Larry Schumer continues to add more archival newsletters to our web site at primals.org/archives/Newsletters/newsletters.html. He has posted scans of 33 issues from Fall 1977 through Fall 1989, but he is missing a few. If you have copies of these, please let Larry know. We also plan to use our web site for more up-to-date member news items than the newsletter can provide. They will be posted monthly and sent by email as well.

In response to painful concerns brought up by one of our members, the Board has resurrected the Ethics Committee, chaired by Barbara, to revisit the Ethics Guidelines, and has established the position of Member Advocate. Jim, who is the current advocate, is available as a first contact. He will guide individuals to appropriate outside agencies or to other bodies within the IPA.

Other news worth mentioning:

- Our presence at the World Unity Festival, September 25-26 at Randall's Island in New York City, hosted by 2003 IPA Keynote Michael DiMartino. We plan to include workshops, sandplay facilities, and additional outreach activities. Sam Turton is leading this effort and will keep us posted with the details.
- The Endangered Book Project is under way with donations from John Speyrer and Mickey Judkovics.
- Following up on the membership survey, we narrowed down the suggestions for tag lines. At the Convention, Linda will ask the membership for feedback on the Board's choices. My favorite, sadly not on the list, is "A place where Sam can be himself."
- We are moving to resurrect the Regional Contact network. Jean Rashkind is developing expanded guidelines and a training program for the contacts.

Once again I urge you to drop in at the annual membership meeting on Monday at the Convention. Being involved in this way is a means of staying connected, giving back a bit, and learning organizational skills. See you soon!

IPA Spring Retreat 2004

By Shelly Beach

I'm writing this before the memory of the laughter, the tears, the rage, and the pain leave me, before the idyllic community of the IPA at Kirkridge in the Spring of 2004 gets swallowed up by my day-to-day life.

Driving up to the retreat with three other seasoned primallers I wondered, "Will it be as good as the last or as good as the summer convention of 2003? I hope the weather is good—we certainly deserve it—since last year at Kirkridge it rained all weekend and we were like 'Primallers in the Mist' for four days."

But on this beautiful spring afternoon, the four of us, giddy with excitement, drove to PA from NYC, with the sun shining brightly, the soft spring breeze blowing and in full anticipation of meeting old friends—and maybe some new ones. We arrived and were greeted warmly by Bob Holmes, the man who took on coordinating this retreat for the second time!

It was a mini-convention, with a more intimate tone set by nineteen people who came together to share (and be our beautiful authentic selves) in the cozy Pocono Mountains. We were all gearing up for our weekend journey.

There was women's group (as powerful as ever); and our men's group (sorry I couldn't have been a fly on that wall); our Mat

Track primal group (a wonderful staple) and various workshops—Poetry in the Woods, Group Presence, Past Life Regressions, Monologues From the Mat, Primal Painting, Psychodrama—to further our healing and growth, all spontaneously put together by our creative team of participants.

Highlights: hearing Sam Turton playing music in a pub in nearby Stroudsburg; the painting workshop (materials provided by Karuna O'Donnell and I with wonderful music provided by our host Bob); a silent nature walk led by Harriet Geller, finishing with our small group all writing poems; Cabaret and singing with Sam; my own private magical mystery tour to the Monolith park with its trails, ponds (one w/gold fish!), labyrinth, wildflowers, and Springtime(!); our dance party—what fun—especially when I danced with the fruit tray on my head! (What?!?!)

Sounds like a resort vacation? Well, how many places can you go to enjoy, love and support one another, and—icing on the cake—get into deep feeling work? (And I'm excited to say that I found a new piece of work on my quest to healing.)

So thanks to you all—especially to Bob Holmes for making it happen.

Speaking of cake . . . there's the mystery of the lost Tiramisu. I still think we have to consider the firm of Trashcan & Duff as the major culprits.

Love and hugs to all. 'Til next time.

IPA Elections for 2004-2005

The IPA Annual General Meeting and Election of Officers and the Board of Directors is held on Monday, September 6, 2004, the last day of the annual convention.

The IPA Board of Directors, serving as the nominating committee, presents the following officers slate for 2004–2005:

President: **Sam Turton**
Vice President: **Jim Pullaro**
Secretary: **Jane Lewis**
Treasurer: **Carol Holmes**

The IPA Board has recommended, for fiscal and organizational efficiency, that the

number of Directors be maintained at ten. Four of those positions are held by out-going president Barbara Bryan and returning directors Joe Dunn, Jean Rashkind, and Larry Schumer. Six positions are open, with three present directors—Bob Holmes, Harriet Geller, and Bill Whitesell—choosing to run for reelection.

Serving on the Board of Directors is a way to develop the Association and requires a considerable weekly volunteer commitment to the business of the IPA. For more information on responsibilities and requirements please visit our website at: www.primals.org/boardreq.html.

New Members

Welcome to the new members of our growing IPA community!

Sieglinde Alexander
California, USA

Phil Bard
Oregon, USA

Claire Fielding
British Columbia, Canada

Leigh Harris
New York, USA

Vanessa Heffernan
British Columbia, Canada

Gabriela Luft
Niedersachsen, Germany

Rebekah Murdock
Massachusetts, USA

Suzanne Weinberg
Vermont, USA

IPA Directory

IPA members have been sent a membership directory supplement with this mailing. Please note that members' contact information is to be kept confidential, and that our mailing list and email list is for personal use only. If you have a primal-related announcement that you would like distributed to our mailing list, please contact carolrhomes@yahoo.ca for inclusion in the new monthly e-newsletter *Primal Voice: IPA Member e-News*. Thank you!

Pullaro receives Certification

At last summer's convention, Jim Pullaro received the first IPA Certification as a Primal Integration Educator. The certification involves an intensive exploration by the IPA Review Panel into one's personal and professional life in Primal Integration, both as a client and a therapist. He, and others who qualify, will be placed at the top of the IPA referral list. Congratulations, Jim!

For information about certification, go to: www.primals.org.

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.

August 6-7, 2004

October 1-2, 2004

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.

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

Call 248-478-5559 or visit
primalworks.com/events.html

Sam Turton

www.primalworks.com

Sam Turton's Primal Integration practice, primal history, theory, book reviews, events and training, questions, and an extensive archive of over 100 articles.

Contact Sam at:

519-763-5881

sam@primalworks.com

Sam Turton & Jane Lewis

Sam and Jane will be performing original primal/political music in New York City at these clubs:

The Baggot Inn - July 30

CB's 313 Gallery - August 1

Please come out and bring your friends! For details go to:

www.samturton.com/gigs.html

They will also be promoting and performing Sam's new pro-democracy anthem *Patriot*. Check out the cover art, lyrics, and listen to the mp3:

samturton.com/patriot.html

It's FREE, so pass on the link. We need a safer, saner world, and every bit beats Bush.

Appel Farm to Wisdom House

By Sam Turton

After what seemed like an endless search, Bill Whitesell, chair of the New Convention Site committee, finally found a suitable facility. A demanding process of research and critique followed, and the Board booked Wisdom House, in Litchfield, Connecticut, for IPA Convention 2005! In response to members' requests, it will be held earlier than usual, Monday to Sunday, August 22-28, 2005.

Wisdom House is an internationally renowned retreat center that hosts programs and conferences of all kinds, from the spiritual to the secular, the artistic to the therapeutic. It is situated on 54 acres of meadows and woods in the beautiful Northwest Hills 100 miles north of New York City and 150 miles west of Boston. Facilities include a swimming pool and a labyrinth, an 18th-century farmhouse, and a large colonial style



main building with comfortable bedrooms, bathrooms, and meeting rooms that will host our entire group. Topsmead State Park, with 500 acres of state forest and walking trails, is a fifteen-minute walk away.

Wisdom House is rated "excellent" by the New York Times, and hosts many influential groups and presenters, including Julia Cameron, author of *The Artist's Way*, and Buddhist actor Richard Gere. Julia Cameron considers

Wisdom House her "spiritual home" and includes it in a short list of highly notable centers—along with Esalen, the Omega Institute, and the Open Center.

This summer's IPA Convention will be an opportunity to celebrate our many years at Appel Farm and share memories and feelings as one era ends and another era begins. A ceremony will be organized during the convention, so be sure to tell IPA alumni—and be sure to join us.

An English Branch of the IPA?

By Jan Armitage

Well, not yet anyway—but we had our first meeting in March—and another one is planned for October. It's a good step forward.

Flashback to the August 2003 convention. I was the international guest attendee and fired up with enthusiasm for the IPA. So I took a suggestion from Board members to look at establishing something in the UK.

As I got back to England, everyday concerns and everyday emergencies took hold. Suddenly it was Christmas, which seemed a make-or-break time to do something, so I sent a Christmas card and a letter to IPA members in England.

Several of us agreed to meet in March, so the roll of honour for the first meeting, in reverse alphabetical order (otherwise I'd be first, and in my own article that wouldn't do!) is John Rowan, Bernadette McGregor, Sue Jenssen, and Jan Armitage. Others couldn't make it, but were there in spirit.

Any first meeting is bound to be a testing of the waters, and this one was too—it was actually a great success in connecting us all, our journeys away from the dogmatism of the early days to today. We work actively and positively with clients' spirituality, with whatever expression of their sexuality they feel appropriate, and with whatever level of catharsis our clients are comfortable with.

We also looked at ways to further primal knowledge in this country: a seminar tour, a master class on a live video feed, an internet site, a conference? I've been in touch with everyone since, and have gone to some seminars at the London Association of Primal Psychotherapists, a wonderful opportunity to connect to others—as friendly and as open as Appel Farm was.

So, we're on our way! I was so relieved and so pleased at how well our first meeting went. Its not all there yet, of course, but give us time, and some good things could happen. Watch this space . . .

IPA Winter Retreat in Mexico

Dan Miller

A mid-January winter retreat sponsored by the IPA will be held in Mexico just forty miles south of Cancun along the Mayan Riviera. This new Mexican therapy center which I am developing is called *Casa del Coqui Cantando: Home of the Society for Consciousness in Therapy, Spirituality, and the Healing Arts*. It is set in the palm-fringed paradise of Playa del Carmen, Playacar, Mexico along the Mayan Riviera. The center is a newly built villa with a lovely swimming pool, hot tub, and a large, separate group therapy room. There are no neighbors to be concerned about our presence—despite a large, unlivd-in mansion next door. The therapy room can take a paired group of thirty primallers, but for now we are limiting the retreat to the first fifteen applicants.

Why choose such a popular, “highly desirable” vacation area for an IPA retreat? To me, it’s really simple. Life, at least as we understand it, is full of deep emotions to be shared with others, including pleasure, friendship, and joy—as well as pain, fear, and rage. Unfortunately, sometimes we skip the pleasure, friendship and joy. As an



originating member and long-time IPA contributor, I have conceived the Center as a means of facilitating this great variety of emotions in addition to the release of primal pain. A location in Mexico offers the opportunity for amazing group trips to Mayan ruins, water parks, and undersea sites. There are people in the local community involved in therapy and spirituality with whom we can share and grow.

Casa del Coqui Cantando has a team of IPAers working with me to make this retreat happen. Jean Rashkind is liaison with the Board of Directors, Alex Tadeskung is our chief organizer, Leonard Rosenbaum is our travel cost expert, and Joe Dunn is watching everything to see that nothing falls between the cracks! We are working on convenient dates

and reasonable costs, and will be announcing this information before the end of August—with more details available at the summer convention.

Interested, but unsure? Don't lose out on the chance to go deeper into your process during a special time in a special place. You can make a reservation—with no obligation—by contacting Alex at: alextadeskung@hotmail.com 508-879-8235

Primal Voice: IPA Member e-News

By Ray Martin

The International Primal Association Newsletter takes pleasure in extending an invitation and warm welcome to all those who have primal news to share.

We are introducing a monthly news email for members who wish to advertise local primal activities and events. It's a forum where any members can send their news items including dates for group intensives, workshops, retreats, gatherings, primal group meetings, or whatever news you want to share and spread—monthly or weekly—all good fuel for the e-news engine.

We want to hear what's going on in your neck o' the woods.

Please send news items, in 75 words or less, to carolrhomes@yahoo.ca, no later than the 25th of the month. This will ensure your important news is included in the next month's news email. We are looking forward to seeing your postings.

The first IPA Member e-News will be emailed to members and non members the beginning of August 2004. If you have member news in our regular summer newsletter, it will automatically be included in the member news email.

Happy primalling!

Member News

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. Distance healing is available by phone.

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

Suzanne Weinberg

Suzanne Weinberg provides consultation, seminars, and individual sessions in prenatal & birth shock resolution, for which she received training from William Emerson, Ph.D. and Karlton Terry. She sees babies, children, and adults. She also has an academic tutoring and counseling practice for students age 9 – adult. A four-weekend Foundation Course in Prenatal and Birth Dynamics begins in October 2004 (SE Vermont), with other groups offered by arrangement.

Contact Suzanne at:
802-254-3903
suzanne@sover.net

Andy Bernay-Roman

Andy Bernay-Roman moves into his 14th year as mind/body psychotherapist at the world-renowned alternative healing center, the Hippocrates Health Institute in West Palm Beach, Florida. His book, *Deep Feeling, Deep Healing: the Heart, Mind, and Soul of Getting Well*, makes a strong case for deep feeling work as a key trigger for the healing response in the body. John A. Speyrer, editor of *The Primal Psychotherapy Page*, calls Andy's book “one of the most eminently quotable books on regressive type therapies that I have ever read.” Check it out/order it at:

www@deepfeeling.com

Contact Andy at:
andy@deepfeeling.com

Smashing Glass Breaks Through Anger

By Karen Kendall

Recently the ruling came down in Canada supporting parents' right to hit children as a means of discipline. This was the information I needed to get past my resistance to the terror around my deep core anger at being hit nonstop while growing up. One parent did the hitting, while the other parent stood by and watched, sanctioning instead of protecting. All it took was the wrong look, the wrong tone, moving too slow, defending myself—or just not anticipating my mother's wants and needs! It's hard to know which was worse. Was it the pain, the shock, her success in "breaking my will", or my father's lack of protection?

I learned early, for other reasons as well, to turn off myself—and my body—to the pain and shame. I literally didn't feel my body, and am still working on that one. Unfortunately, neither could I feel life: not the sun, the rain, the breeze, or the joy. No small wonder that I was one of the few who preferred to be at school and live in my head.

After being in primal therapy for a few years, I still resisted using the infamous bat. Maybe the direct hitting was too close to what happened to me. Maybe it was the "old" scare of how much worse it would be if anger (or any feelings) were expressed. Maybe it was something else entirely. I just knew it felt too violent, and I couldn't make it work for me.

I spent many sessions releasing a lot of infant terror, anger, and rage within the safe and caring arms of containment that I learned to trust. The time to take my power back was getting close. But how? I wouldn't/couldn't be like my mother and hit. However, flashes of anger were surfacing more and more, so I had to find a way. Twenty-five years ago, someone suggested that it might feel good to throw a few bottles. That was *way* too scary for this self-taught "Pollyanna!" I totally dismissed and forgot the idea.

Recently, however, I started noticing when movies or TV scenes showed someone throwing dishes against a wall, my internal response was, "YES!" I wished I could do that. For over six months, I curiously watched myself saving bottles and glass jars. I became more and more aware of an impulse to throw things when my anger surfaced. I made small attempts, saying that I wanted to find a dumpsite to throw and break glass, but didn't work too hard to find one.

A dear friend, knowing I needed to throw something, and knowing you can't be breaking glass in a primal room, made me sixty hacky sack bean bags for my sixtieth birthday. There's a lot of anger at still having to work this hard and for this many years to get through this "stuff." Little did I know that those hacky sacks would be the entrance I needed.

Eventually, the time finally arrived. As I packed up the car with bags and bags of bottles for a three day intensive, I

was in awe as my body and soul quietly and persistently moved forward with something that my mind and emotions vehemently resisted. I even had a script ready, in the event that Canada customs questioned my "collection" of bottles: "Why, I forgot to take them to the recycling site." But what if they confiscated them? I probably would have felt a mixture of relief and disappointment.

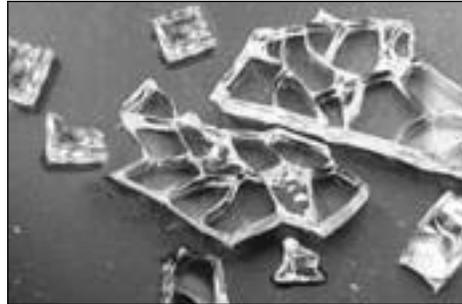
Halfway through the intensive, within the protection, safety, and trust of Sam, my therapist, I started the ball rolling with the hacky sacks. I might add that this was only after getting through several enormous layers of fear first. (It's never that easy, is it?) It took what seemed forever to get unstuck. As a matter of fact, while sitting in that stuck feeling, he removed any and all breakables or obstructions! I needed him to start (again, the needed support I never had) but it didn't take me too long to join him and throw the sacks against the wall.

That led us to the next day's journey. Honestly, I had been relieved when Sam said, upon my arrival, that he hadn't found a location to do the bottle breaking. Then, true to his nature, he suggested we could just start driving until "the place" presented itself. He said, "If it's supposed to happen it will." A large part of me (but not all) thought and hoped it wouldn't happen.

It was a beautiful sunny day, and as we drove, pure white snow stretched out on all sides of us. The farther we went, the more it seemed that we were out there to enjoy the day and the beauty of nature. Just as I was relaxing into that mood, Sam slowly pulled the car over to the side of the road. There it was, "presenting itself" to us—the perfect, abandoned, boarded-up building. It was in a huge empty field, with nothing around it for a mile or more on either side. (Uh-oh!) He asked me to stay put while he checked it out. (No problem, I wasn't in any hurry!) After a few minutes, on his way back to the car, I saw him packing down the deep snow with his steps, to make an easier path for me. (Did anyone ever make my path easier?) My response was very normal: "OH SHIT!!"

When Sam opened the trunk, he was surprised to see that there were easily over a hundred bottles. (We agreed later that I could have used triple that number!). Then we began the long trek carrying bags of bottles through the deep snow. I had to stop a number of times to catch my breath. The inside of the building was spacious, with a concrete floor (great for noisy smashing) and a few barrels for throwing higher against. There were no little creatures to freak me out, and even a 2x4 put across the door to shut out intruders—another significant feature. For an abandoned building it was reasonably clean—almost as if no one but us knew it existed.

We took time to get used to the place and set everything up. We decided the direction to throw, where to sit the bottles, and just how I wanted to do this—and of course, the



reminder that I didn't *have* to do this if I didn't want to!

As I stood there, my throat started closing up. I had to get through more of the gut-wrenching fear—and I got through that with Sam helping me to *stay on my feet*. Once again, I needed his help to get started throwing the bottles. Feeling and hearing his congruent, supportive expression of anger helped validate my own anger. That was very important, as I hadn't had anyone protecting or advocating for me while I was growing up.

It's hard and impossible at this writing to explain all the cycles and nuances of this experience. The loud noise of the exploding anger/bottles; the force behind the throwing/releasing; the specific anger directed toward the specific people; and the mess—oh yes, the mess! It was just like the horrible mess they made of my life, a life I continued because I didn't have any cellular or experiential knowledge of how to “do” life any differently. But oh, how I had tried! All those years I tried putting those “broken pieces” together for everyone else in my family—and I didn't even feel the pain that no one was there to help *me* put together the pieces of my broken self! The unbelievable *weight* of all that broken glass and mess equalled the weight of released anger stored in my body. There were so many metaphors, and so many waves of feelings released; and the whole time, I could feel that I was safe, protected, and *not alone* (This was BIG! BIG! BIG!).

It's hard to describe the visual effect of all that smashed glass. It was tangible evidence of the anger that I have been storing for years! There were literally *millions* of tiny pieces

that made a massive pile—another appropriate metaphor.

The experience proved, once again, the wisdom of trusting my inner “knowing” (even when terrified), because it felt so right—and it *was* so right! I also felt so very cared for, (not an easy thing for me) when Sam asked me to allow *him* to take care of the mess. He said that this was one mess that I didn't have to clean up. There was someone to help—and hey, I even accepted it!

Sam said that it was like an opera—a magnum opus. I agreed! It was a phenomenal orchestration composed of the planning, the moving forward, the Zen-like exploring, the “allowing,” the primalling with all its cycles, the clean-up, the constant metaphors—all of it. *And the glass DID sing!*

If my experience speaks to your inner “knowing,” you might want to try this for yourself. However, I do vote for taking a caring, protective, and supportive friend with you. I feel so blessed and appreciative to finally have people in my life who “see” me, and have provided the safety I've needed to be able to come out of hiding. This has allowed me to take the many difficult steps to reclaim myself and my power.

I don't pretend that I'm finished with this—don't I wish. I've already started collecting more bottles! I know there's a lot more anger, but I “broke” through a huge block and released a big chunk. I got through this with the caring protection, support, and patience this turtle needed to get there at my own speed and in my own unique way. Now maybe I can look forward to feeling more of life—my body, the sun, the rain, the breeze, and the JOY!

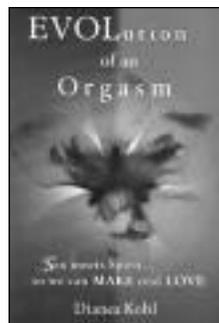
Diane Kohl's *EVOLution of an Orgasm*

A Review by Joe Dunn

The sexual juiciness of the cover is quite alluring, and the title of the book held great promise when I saw it. Nuggets of truth concerning sexuality, spirituality, religion, and numerous other topics are scattered throughout the book in the riverbed of Diane's experience. I found the reading quite thought provoking but sometimes difficult. I finished the book with some of my questions unanswered.

EVOLution of an Orgasm: Sex meets Spirit so we can MAKE real LOVE is essentially an autobiography of Diane Kohl as related to her religious upbringing and how her sexuality in particular was influenced by her “born-again Christian” parents. It reads like a diary and is at times blatantly revealing. In its simplest form, Diane relates how, through tears and sexuality, a true healing of these religious emotional chains takes place. She evolves in her life to experience spirituality as distinct from religion.

Throughout the book there is a play on words—simple at first and often poignant—such as the word *EVOLution* in which the first four letters reversed spell *LOVE*. The feeling “love me” permeates the book.



It comes through loud and clear that Diane is someone constantly “doing her inner soul work of deep emotional release and self-analysis.” One can easily see that over the years she has experienced breakthroughs in many areas. In fact, my sense is that the writing of this book is part of Diane's continued healing process. At the end we are left with obvious growth areas for Diane to uncover in the future. Being an advocate of primal and personal growth, I applaud her efforts.

Regarding relationships, this reader is left wondering why Diane wishes to pursue a polyamorous path (open to more than one sexual/romantic relationship even if not currently involved in more than one) rather than a monogamous one, which she says, “functions to help us not easily flee intimacy, the expression of vulnerable feelings, the key to Love.” The tension between these two paths left me with some unanswered questions: who would Diane be if she pursued a path of monogamy? How will her continued personal work affect her polyamory?

In conclusion, *EVOLution of an Orgasm* explores sexuality and religion from one person's personal primal perspective. If you wish to know Diane at a very deep level and experience a fellow traveller on the path, this is a book for you.

Tasting the Fruits of Feeling Work

By Maja Zilih

After more than a year of primal healing, I feel quite fortunate that I had come across a therapy that exactly suited my needs, and allowed me to feel and express early pain and consequently experience positive changes in a psychological and spiritual sense. Extending beyond the resolution of many early traumas, these changes include developing my creativity and establishing valuable connections with people, nature, and myself. These changes also embody a growing desire to help others learn healthy ways of cleansing themselves of poisonous imprints—something that sparks an interest in becoming a therapist myself one day.

Whenever I see newcomers to primal wondering what it's all about, I remember thinking that it was some kind of a special, unique set of techniques used by professional, well-trained therapists that would rid me of my irrational fears and depressive episodes. However, my experience has been such that, apart from my therapist, I primalled with my mother, my friends (Patricia, Igor, and Alan), with others at the Primal Integration Training—and by myself. Therefore, it is possible with non-professionals as long as they are attuned to our needs. This, for me, meant helping me feel safe, free, and understood—as well as cared for enough to get the nurture I needed when the storm was out of the way. The only reason I think this is possible is that it is, above all, a *natural* process. Being such, I am in no doubt that it is the process itself that allowed me to connect with *nature* all over again.

My primal journey went hand in hand with my long trips to parks and lakes, where I experienced new discoveries about the world. New, because they used to be out of sight of my fear-blurred vision. I allowed clarity to take the place of the old tension. Opening up in this non-religious, what I can only call *spiritual* sense, was a significant, awakening, part of my inner-process. Hours spent underneath the trees, feeling the real meaning of inner silence, would have had a weaker impact was I not becoming more “natural” myself. Suddenly, I could listen to the life around me like never before, and meet with the awareness that I was as protected as I had always been. It was an awareness of freedom and belonging that made me feel deep, outlandish joy. This contact with nature meant breathing life in for what felt like the first time. Yet it was strangely familiar experiencing the wonders and the marvels of all living beings, being mesmerized by their beauty and the grace of our connectedness to the universe. It meant getting to know a whole new world of unconditional love and divinity.

I do believe that there are many ways for people to heal, and I cannot claim that primal is the only right path that one has to take in order to get better. To me however, primal was this good because it initially allowed me to free myself from the guilt and worry *over* bad feelings. Later I was free to let them be to their full potential and express them in whichever way appropriate, until their real cause and meaning would come to light. Eventually, they would either vanish

or dissipate significantly, indicating that the old wounds were closing.

The feeling expression, combined with my precious new friendships, the sharing circle with women in Ontario, and my family support, gave me a gift of knowing myself on a much deeper level. This knowledge allows me to understand others better too, and to be a much better listener than before. My friendship with Patricia Poulin is one of the deepest, most honest I have ever had. I am delighted to see that it is not obscured by the physical distance, and that I can continue cherishing it, and learning from every interaction we have.

All this is not to say that I feel satisfied with myself and my life at all times. I do however feel grounded and confident to the extent of not needing therapy sessions any more. I like keeping in touch with my therapists, but I am now capable of dealing with everyday life, with new and old feelings alike, on my own or with non-professional, attuned, support. It was important for me to see that I was equipped to be independent from my therapist, and that I could continue to let myself feel and act in a way that is healthy for my body and mind.

Art by Karuna



funky boss funky boss—get off my back

Caesareans are Ethical?

THE APPPAH REPORT by Michael Trout

The ethics committee of the American College of Obstetricians and Gynecologists issued a report in October last year, signalling its members that they were ethically sanctioned to perform caesarean sections with or without medical necessity. This appears to be a reversal for ACOG which, for years campaigned to reduce the number of surgical deliveries.

On the face of it, this action appears to be a response to consumer pressure for elective caesareans, whether for convenience, fear of the pain of childbirth, or parental concerns about complications from the physical “trauma” of labour and delivery. Whatever the reason, this is not an innocuous shift in childbirth practices in the USA.

What does it mean for babies, for parents, and for our culture if we officially sanction birth as a surgical procedure? The National Vital Statistics Report states that c-sections are already at an all-time high of 26.1% in the USA with a high of 44.7% in Puerto Rico and a low of 19.1% in Utah and New Mexico. If the ACOG ruling, as some have suggested, is likely to increase the number of caesareans, so what? Does it matter to women? Does it matter to babies? Does it matter to men? Mary Axness, APPPAH member from California, wonders “. . . if women would see c-sections as the ‘neat and clean, easy way out’ if. . . we called it what it is: childbirth by major abdominal surgery. . . I do think something in many women is indeed either dead or deeply asleep, lulled into anesthetized torpor by the din of the hyper-technological status quo, and into ignorance by books like *Just Take It Out!*, which unapologetically touts caesareans as optimum.”

In an era in which, unquestionably, we—as a culture—are turning toward technology more and more, what is the responsibility of the physician to inform parents of the risks associated with caesarean delivery? What is the responsibility of both the physician and the “consumer” to regulate their own use of technology? What is the responsibility of the culture to attend to the impact of our automatic “yes” to any method that is new and more convenient? We protested medical practices in the 60s and 70s that limited parents' control of their own births. Now many parents protest that they want the medical world to take the control back, often making demands for as much medication as possible, as little pain as possible, and as much predictability as possible. APPPAH member Joann O'Leary from Minnesota reports that a recent announcement at the World Congress on Women's Mental Health (March 2004 in Washington, D.C.) that women should have a right to ask for caesarean birth evoked a huge positive response from the clapping audience!

Is there a responsibility to the baby (whom Jane English, author of *Different Doorway: Adventures of a Caesarean Born*, says is most assuredly affected) to acquire informed consent before such an elective surgical procedure is begun?

Where do you stand on this issue? Let me know at: mtrout@infant-parent.com.

IPA Events

Drums Around The World

Friday, August 27 - Sunday, August 29
Greenfield, Massachusetts, USA
Hosted by Michael DiMartino, past IPA Keynote
IPA will host a table and workshops
Performance by Sam Turton & Jane Lewis
Details TBA at www.primals.org
Sam Turton: sam@primalworks.com

Summer Convention 2004

Tuesday August 31 - Monday, September 6
Appel Farm Arts & Music Center
Elmer, New Jersey, USA
www.primals.org/convention.html
Harriet Geller: gelleh01@library.med.nyu.edu
Jane Lewis: info@primals.org

Convention Fundraising Draw!

Bring all your valuable cast-offs to the 2003 Convention to raise money for important IPA initiatives—household goods, books, CDs, jewelry, appliances, artwork, “white elephants,” clothing items, gift certificates for services—anything you think might be interesting. Donations to the IPA are tax-deductible. Receipts will be available.

World Unity Festival

Saturday, September 25 - Sunday, September 26
Randall's Island, New York City, USA
Hosted by Michael DiMartino, past IPA Keynote
IPA will host a table and workshops
Performance by Sam Turton
Details TBA at www.primals.org
Sam Turton: sam@primalworks.com

Winter Retreat in Mexico

Mid-January, 2005
Casa del Coqui Cantando Retreat Center
Playa del Carmen, Playacar, Mexico
For reservations and details, contact:
Alex Tadeskung: 508-879-8235
alextadeskung@hotmail.com

Spring Retreat 2005

Thursday, May 12 - Sunday, May 15
Kirkridge Retreat Center
Bangor, Pennsylvania, USA
www.primals.org/activities.html#retreat
Bob Holmes 1-877-258-9315
link.2.holmes@sympatico.ca

Summer Convention 2005

Monday, August 22 - Sunday, August 28
Wisdom House Retreat Center
Litchfield, Connecticut, USA
Details to be announced at www.primals.org/convention.html
Jim Pullaro: jnpullaro@msn.com
Patricia Poulin: ppoulin@oise.utoronto.ca

Genuine Needs in the Primal Buddy Situation

By Pat Törngren

A discussion on the needs of both partners in the buddy situation recently came up on the internet support groups. Here is an edited version of a message I posted on the Primal Support Group (PSG) and IPA E-mail in October 2003.

Hi Everyone,

Today I have been busy sorting out some stuff with one of my primal buddies regarding our use of the word "needy." I thought the groups might find it helpful, as it is a very tricky area to work with. When I was at the Primal Institute, if a patient strongly expressed a need for a therapist or buddy, they were quickly branded as being a "needy person." I believe that the PI and Primal Center have both changed their policy on this over the years and don't use these words now. Unfortunately, the terminology still seems to be hanging around in therapy circles, especially among buddies, and often causes a lot of pain to the person who is most vulnerable.

In her book, *Facing the Wolf*, Theresa Sheppard Alexander discusses this phenomenon in some detail. She suggests that if such a label is used in therapy, it may be a reaction from the therapist who is afraid to enter into a transference relationship with the patient. Since neurosis is caused by never having our childhood needs met, being allowed to "need" support from a therapist, friend or buddy, and getting that need appropriately met, is probably one of the most important elements in the healing process.

Sadly, some of the old negative primal jargon is still around today and often emerges in buddy situations, where one buddy might accuse the other of being "needy" if they ask for frequent sessions or extra time. The paradox is that if a person's genuine needs are unconditionally met, they will probably be able to resolve the pain of never having had their needs met in childhood, and will be well on the road to healing and having a sense of entitlement as well.

This is a problem we need to address though it seems that the word "needy" is no longer being bandied about as much. But the problem is still there, even if it is more heavily disguised under terms like "setting boundaries," wanting others to "be there," getting "cut off," "not being heard," "needing more space," and other phrases which speak of the needs of both partners in a buddy situation.

Below is part of a letter I recently wrote to a primal buddy of mine as we were both seeking the means to be there for each other in a healthy way, without one of us feeling swamped and the other feeling afraid to express their needs for fear of being labeled "needy."

In the last 24 hours we have both used the word "neediness" or "being needy." That is a bad habit we learned in the 1970s <groan>. When we say that, we are giving ourselves or the other person a label and telling them what we think they "are" instead of

how "we" feel. It tends to make the situation worse, as it hurts the other person and they get into a desperate struggle for the reassurance that they are not being rejected.

I would feel much safer if we could share with each other like this: "It sounds to me like you are hurting (or in pain) and 'needing' to be heard. Am I right? Would it help you to talk about it?" That describes a transient state that one of us is in. It doesn't label or brand us "needy," and it makes space for us to resolve the feelings and to change (which will usually happen if we give each other that kind of support).

If either of us is feeling swamped, we can tell the other person how we feel. For e.g., "It feels to me like you 'need' more from me than I can give you right now," or, "At the moment I am feeling overloaded (busy, tired, etc.) and I 'need' some space, and to be allowed to get a break." (Both people's real needs are legitimate, and I appreciate that you are very good at expressing yours). If one of us is overloaded, maybe our "friend" can find another buddy in the meanwhile, and just share the connection afterwards to clear the air. Do you find that helpful? I do.

Thanks so much for understanding.

IPA History

Submitted by archivist Larry Schumer from the IPA Newsletter, September-October, 1978.

IPA Wins!

U.S. Patent Office Cancels Janov's "Primal Therapy" Trademark

by Joe Sanders

IPA has received notice from its legal counsel that the U.S. Department of Commerce's Patent and Trademark Office has cancelled Arthur Janov's registration of the trademark "Primal Therapy." It had been issued in May 1972 and was subsequently challenged by IPA and the Primal Feeling Center of New England. Members of the Patent Office's Trademark Trial and Appeal Board held a hearing on IPA's challenge on October 11, 1977 and ten months later issued the order cancelling Janov's trademark.

IPA's lawyer states, "I do not believe that Janov can overturn the decision." However, "if Janov does appeal, we will continue to challenge him," declared new IPA President Bill Goss.

Editor's Note: Joe Sanders and Bill Swartley have contributed a great input of time and energy to the IPA suit. They have attended hearings in Washington and worked closely with our legal counsel. Many thanks to both. H. L. K.

Charitable Giving to the IPA

By Joseph A. Dunn, Jr., MBA, LUTCF

If you would like to see more of your money going to a charity in which you believe, and less to taxes, please consider giving to IPA [a 501(c)(3) charity]. This article will review how trusts can be used to make your gifts to IPA work even harder. Some of the issues are quite technical, so if you want to explore the use of trusts, I'll be happy to walk you through the process over the phone.

Outright gifts of cash, checks, or assets (stocks, bonds, real estate, etc.) to the general fund are always welcome and can be tax deductible. You may also wish to consider designating an amount to IPA in your will. In addition, two types of trusts can be used to help leverage the value of your charitable gifts and reduce certain types of taxes.

Following are some examples of estate planning techniques that may be beneficial to both you and the IPA.

Charitable Lead Trust

When your assets, such as stocks, mutual funds, or property are transferred to a properly structured charitable lead trust (CLT) any income generated by the trust goes to IPA. Upon your death, the assets in the trust revert to your beneficiaries. It is especially useful if the assets placed in the trust have appreciated because there are no capital gains taxes to be paid by you. In addition, there are appropriate current tax deductions that apply.

Charitable Remainder Trust

When assets are transferred to a properly structured charitable remainder trust (CRT) the trust pays an income to you (and, if applicable, your spouse or beneficiary) during the donor(s) lifetime(s). After the death of the donor(s), assets in the trust go to the IPA.

- Assets placed in the trust may be partially deductible for income tax purposes
- Appreciated assets become exempt from capital gains
- Trust assets are not considered part of the donor's estate for estate tax purposes.

The tax advantages of CRTs make them well suited for highly appreciated assets like

stocks, real estate, and mutual fund shares. This allows the charity to receive a larger gift than if the donor sold the asset, paid capital gains taxes and then donated the after-tax proceeds to the IPA.

Depending upon your circumstances, you might wish to place your personal residence into a trust, while retaining a life interest. In this scenario, you would irrevocably deed your home to IPA, but retain the right to live in it for the rest of your life or for a specified period of years. In addition, you could rent all or part of the property to someone else or sell it and proportionately share in the proceeds with the IPA. At the time you establish your retained life estate agreement, you qualify for an appropriate, immediate tax charitable deduction.

Donations to CRTs and CLTs are irrevocable, and can not be taken back once made.

Life Insurance

Life insurance can also be used to benefit IPA. You may wish to consider taking out a life insurance policy: you are the insured, you pay the life insurance premiums, and IPA owns the policy and is beneficiary. In this scenario the life insurance premiums are tax deductible to you.

Summary

When you donate, think how you and your heirs can benefit by reducing your income or estate taxes. A recent story I heard was of someone who had inherited money and realized upon her mother's death that while the heirs received 50%, the government took the other 50% for estate taxes. With proper planning (and possibly up-front tax deductions) the government's "share" of 50% could have gone to a favorite charity. However, this can only be accomplished with appropriate financial planning prior to the person's death.

Donating in a way that maximizes the benefit to IPA and to you may seem complex. However, when leaving a substantial legacy to any charity, you may wish to consult with either your attorney, tax accountant, or financial advisor to determine if any of these strategies could work well for you. If you need further information, please call me at 301-897-9611.

Notice of Intent

Barbara Ann Bryan, M.A., C.S.W., is in process to be certified as a Primal Integration Educator by the IPA.

Barbara Ann Bryan

23011 Middlebelt Road
Farmington Hills, MI 48336 USA
248-478-5559
babryan@twmi.rr.com

Barbara Bryan's support group includes Cynthia Robinson, Sam Addington, Sam Turton, Sheryl Pulley, and Lori Proctor. If anyone has any comments on the applicant, please contact the Review Panel members:

Larry Schumer: 801-257-0433

larry@larryschumer.com

Steve Austill: 781-233-1339

stevegin@gis.net

Jean Rashkind: 718-609-1941

jrashkind@aol.com

The Panel and Training Committee will hold responses in the strictest confidence.

IPA Committees

The IPA exists through the volunteer efforts of its members in the following committees:

Archives

Certification and Training

Convention 2004

Convention 2005

Elders

Ethics

E-mail

Fundraising

Information Liaison

New Convention Site

Newsletter

Outreach

Primal Book Archives

Publications

Referral List

Scholarship

Secretary

Spring Retreat 2005

Treasurer

Visioning

Volunteer

Website

Volunteer and make the IPA even better! Contact Volunteer Coordinator Carol Holmes at: carolrholmes@yahoo.ca

“Primal Mind” continued from page 1

therapist peer group and a Q&A on their training program; Steve Austill offering two workshops, one on sex and the other on politics (traditional bedfellows!); Yvonne Parma, our resident art therapist; Larry King slated for two workshops on Primal basics; Dan Miller, who knows what consciousness is all about; Mary Thompson playing with Sandplay; Larry Schumer encouraging us to exert brain and body for softball; and Lynn Turner, who will describe pertinent scientific research as well as get us down on the mat.

We are fortunate to have Terry Larimore return to help us understand more about a hot topic—shock—in addition to reading from Graham Farrant’s papers; and Chris Wright will show us once again (and we really need it!) how to get along with one another—the Primal way.

We can’t wait to experience what our first-time presenters have lined up: Laurie Handlers, a highly recommended Tantra practitioner from the DC area; Diane Kohl exploring being “in love;” Patricia Poulin on the therapeutic uses of storytelling; and Linda Ellinor and Lucas Plumb creating Family Constellations.

All the usual Convention activities—massage and mind/bodywork, Mat Track, women’s/men’s groups, peer groups, swimming, tennis and other sports, sandplay, hiking, sing-alongs and jams—will be available every day for you to enjoy. In addition, there will be a games area where mental

challenges will provide some of the balance between the rational and the emotional that we are investigating this year. If you really want to know how logic and Primal fit together, get involved in the organization by attending the annual membership meeting on Monday. A special Community Meeting on Friday is also scheduled to allow extra time for feedback to the organization.

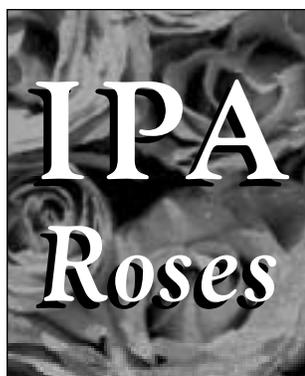
Karuna O’Donnell is again curating a gallery of art works by convention participants, so don’t forget to bring your pieces. Also bring your castoff treasures for the fund-raising draw and receive a tax deduction. This event not only provides much-needed revenue for IPA special projects, but is always a hoot. And, of course, you will have the unique opportunity to show off your intellect and emotions, not to mention your voice, humor, grace, and silliness, at Cabaret on Saturday night and to dance your feet off Sunday night.

Our Overseas Scholarship, which we offer each year to a Primal enthusiast from afar, has been accepted by Heide Druecke from Heidelberg, Germany. We hope that you will be with Heide and us at Appel Farm, Aug. 31 – Sept. 6, as we learn about our hidden strengths and move another step closer to wholeness.

For additional Convention information, contact:
Harriet Geller gelleh01@library.med.nyu.edu
Jane Lewis info@primals.org



Co-chairs Harriet Geller and Jane Lewis



- to Sharon Kane for your vision, direction, and fierce dedication as Treasurer. You can take a break now!
- to Barbara Bryan, Rick Benson, Bob Holmes, Jim Pullaro, Marie Regis, and Joe Sanders for travelling to Pennsylvania and rescuing Bill Smukler’s massive sandplay collection—where there’s a will there’s a way.
- to Bill Whitesell for finding a new convention site. You will no longer have to read, “Great, Bill. But . . .”
- to Jim Pullaro for hosting the Board at Frog Hollow, home of the Massachusetts Spring Peeper Chorus.
- to Denise Kline for your donations to the IPA and years of service on the Board. You will be missed.
- to Linda Ellinor for making the IPA Vision an active reality. It was great having you on the Board.
- to John Speyrer and Mickey Judkovics for donating to our fledgling Primal Book Archive.
- to this issue’s contributors—Jan Armitage, Shelly Beach, Joe Dunn, Harriet Geller, Karen Kendall, Jane Lewis, Ray Martin, Dan Miller, Karuna O’Donnell, Pat Törngren, Sam Turton, Larry Schumer, Michael Trout, and Maja Zilih.

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