

PRIMAL

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Spring Retreat 2004

Kirkridge
Retreat Center
Bangor
Pennsylvania



Thursday, April 29 - Sunday, May 2

By Bob Holmes
2004 Spring Retreat Co-ordinator
link.2.holmes@sympatico.ca
Toll-free: 1-877-258-9315

It is my great pleasure to wish you all a Happy New Year. Writing this greeting late in January perhaps seems a little late; yet it appears to be an appropriate wish for myself as I dig out from all the snow we have had in the last couple of days. It was so bad I had to shovel my way into a parking spot on the street . . . but a lot of fun watching the antics of drivers and pedestrians alike, as they attempted to negotiate this recent blast of northeastern winter weather.

What gives me cause to be even happier is to announce that our plans for Spring Retreat 2004 are well under way. We have booked Kirkridge <www.kirkridge.org> once again, and J.Defranco & Daughters <www.jdefrancoanddaughters.com> will be catering the event as they did last year.

Kirkridge Retreat Center is a warm and inviting facility nestled in the Pocono Mountains of northeastern Pennsylvania, with comfortable rooms and great dining and workshop facilities. Nearby there are

winding trails, scenic lookouts, a pond and a labyrinth. It's really easy to relax in this place. A neighbouring property called Columcille has forest and a meadow of "standing stones," in the presence of which one cannot help but pause in quiet awe. This spring, I predict that we'll have SUN.

Part of the joy of a long weekend away in the company of our primal friends is having the kind of food one raves about. Sometimes, just getting our special needs met around food is what makes us happy. Last year, our caterer was very accommodating in this regard—even accepting Leonard's offer to supply organic eggs!

Another part of this joy is the growing trust that develops among friends when trying to make transportation connections. So for those who will be coming by bus, rest assured I now know exactly where the station is located!

We would love to see you at the Spring Retreat this year. Space is limited, so mark the weekend of April 29—May 2, and book your spot as early as you can. Please call or write if you have any questions or concerns. In the meantime, I invite you all to think warm thoughts as we say goodbye to winter.

International Primal Association

Mailing address:
18 Cedar Hill Road
Ashland, MA 01721, USA

Toll-Free: 1-877-PRIMALS
(US & Canada only)

Telephone: 248-478-5559

Email: info@primals.org

Website: www.primals.org

OFFICERS

President

Barbara Bryan
23011 Middlebelt Road
Farmington Hills, MI, USA 48336
babryan@twmi.rr.com

Vice President

Sam Turton
238 Kathleen Street
Guelph, ON, Canada, N1H 4Y5
sam@primalworks.com

Secretary

Jane Lewis
238 Kathleen Street
Guelph, ON, Canada, N1H 4Y5
info@primals.org

Treasurer

Sharon Kane
18 Cedar Hill Road
Ashland, MA, USA 01721
treasurer@primals.org

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IPA Newsletter Editor

Sam Turton (contact info above)
Tel/Fax: 519-763-5881

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: June 1, 2004

Change of address?

Contact info@primals.org

News from the IPA Infomaven

By Harriet Geller

This is my first report since I saw many of you at the 2003 Summer Convention, and I have a great deal to tell you about. The Board met in the fall at Sam Turton and Jane Lewis' home in Guelph, Ontario and in the winter at Barbara Bryan's near Detroit, Michigan. We planned, hashed out, envisioned, grappled with, celebrated, and collaborated on new and on-going projects for the organization. We welcomed two newcomers to the Board, Joe Dunn and Carol Holmes, who have already made major contributions.

The Convention was a stimulating success for those who attended. Unfortunately, not enough of us did, and the profits that we count on for our yearly expenses were somewhat less than expected. Nonetheless, the IPA is in such good financial shape overall that we can weather small dips and remain strong, and it spurs us on to look for new ways to invigorate the organization.

That is why we asked for your help this winter with a rather lengthy questionnaire to which a large number of members have responded. Linda Ellinor and Joe Dunn are compiling the results for our next meeting.

One of our goals is to increase participation. Although just how much and how fast is a question we are debating, we are already seeing a steady rise in membership—from 93 to 135 over 2001-2003 and a whopping 116 as 2004 begins. A step towards this objective is to reach out to like-minded associations who may be interested in knowing more about us.

We have exchanged newsletter articles with APPPAH (Association for Pre- & Perinatal Psychology and Health), and Linda Ellinor and Lucas Plumb staffed an IPA table at their last Congress in December. The table drew a lot of interest and generated several additions to our mailing lists.

Denise Kline and Linda Marks are strengthening our connection to ASBP (American Society for Bonding Psychotherapy, formerly NIP) through their extensive personal contacts. They are considering possibilities of local events that will appeal to ASBP members. This summer, we plan to have a booth at the

World Unity Festival run by the Global Alliance for Intelligent Arts, the organization founded by our 2003 Convention keynoter, Michael DiMartino.

Another goal is fund-raising. We are always on the lookout for means to supplement our primary sources of income. The Fundraiser Drawing (raffle), a popular and lucrative tradition at the Convention, will be continued this year. It is not too early to start putting your best castoffs aside for a tax-deductible contribution.

If you have wanted to help someone you know participate in the IPA, you can now do that more easily by buying an IPA Gift Certificate, also deductible. We are marketing certificates in any denomination for dues, referral list and event fees, or any other goods or services we offer.

The sale of primal books, which at first seemed like a cost-effective idea, turned out to be so complicated and labor-intensive that we dropped it as a major initiative. Still, we are happy to take advantage of occasional windfall deals and of donations of books suitable for sale.

While investigating this venture, we learned that many of our favorites are no longer in print and may become unavailable. As a remedy, we have created a new committee—Primal Book Archives—and are launching an "Endangered Book Campaign," enlisting primal book lovers to search for these volumes and donate them (or funds to purchase them) for safekeeping in the IPA Archives.

Speaking of the Archives, we are in the process of moving and organizing our papers, journals, newsletters, audio- and videotapes, and other items worthy of long-term storage in a new location provided by Larry Schumer. Larry has been scanning our backlog of newsletters and posting them to the website at www.primals.org/archives/Newsletters/newsletters.html. For a jolt of nostalgia or for the edification of curious newer members, it is a wonderful resource.

Upcoming events include a gathering in Kelowna, British Columbia April 16-18 (see page 4 for details) organized by and for members and friends, and the annual east coast Spring Retreat sponsored by the IPA and coordinated by Bob Holmes (see cover).

It is slated for Thursday evening, April 29 through Sunday, May 2, our second year at Kirkridge Retreat Center in Pennsylvania, two hours from New York City.

Rooms are booked for 26 participants, so register soon to secure your place. First come, first served! Be sure to look over the flyer. We are also intending to reserve Kirkridge for 2005 soon so that we are sure to get our preferred dates and facilities.

In my other role as 2004 Convention co-chair (with Jane Lewis), there are a few innovations for our annual six-day gathering that the Board has approved.

As requested by a growing number of members, the clothing-required time at the pool has been extended to a half-day. Bring a suit if you might crave a swim before lunch.

Program schedule modifications include: the keynote presentation on Thursday afternoon (with a follow-up workshop on Friday), a slightly longer Mat Track every day, and Peer Groups before dinner on Saturday so that Cabaret can begin and end at more comfortable times.

We would like to re-establish the Convention children's program if there is a need. Please let the co-chairs know as soon as you can if you anticipate bringing children who would participate in such an endeavor. We continue to improve the newcomer Buddy Program. If you are coming to the Convention for the first time, we hope that you will take advantage of this benefit to enrich your experience.

One additional development to note: we are instituting a 10% fee on members' merchandise sold at the Convention to offset the services provided by the volunteers at the Registration Table.

We have been discussing themes and keynoters for the Summer Convention in 2005 co-chaired by Jim Pullaro and Patricia Poulin. Bill Whitesell and his team have taken up the perennial search for a new site—which they aspire to accomplish for the 2005 Convention. If anyone can do it, Bill can! He welcomes your suggestions.

The problems that prevented us from offering a sandplay room last summer are a thing of the past. The IPA has purchased a trailer that will store sandplay materials and other Convention supplies year-round and

can be towed to wherever it is needed. Enormous thanks to Jim Pullaro and Barbara Bryan for their efforts to make this happen. We are also indebted to Mary Thompson for her years of hauling, packing, and unpacking that allowed this popular activity to become an integral part of our Conventions.

On the cyber front, Larry Schumer and Jane Lewis are relentlessly enhancing and updating our website. The Referral List page has been revamped to allow searching by country and to highlight practitioners who have been certified by the IPA. Is that why

Sam Turton and Barbara Bryan each announced that they will apply for certification? The Board is also talking about setting up a professional email support group that will be for Referral List members only.

For Ewail (our IPA member email group) the moderator team now consists of

Larry Schumer, Sam Turton, and Maja Zilih. The moderators help ensure that the group is a safe place for people to share their feelings and thoughts. Please review the Ewail Guidelines on the website for further clarification, <www.primals.org/ewail.html>.

All of these projects are realized by the hard work of volunteers, mostly Board members. However, an increasing number of IPAers who choose not to make a commitment to two years as "Boardies" are offering their services. Carol Holmes is keeping track of these individuals and helping to match them to appropriate tasks. In support of this effort, an up-to-date list of IPA Committees and their functions is posted on the website <www.primals.org/committees.html>. Carol is also gathering suggestions from feedback forms, surveys, and other communications and forwarding them to the proper committee chairs. We want you to know that your input and participation are valuable to us and we are grateful for your assistance.

For further information on the Board's activities or to contact individuals, check the website <www.primals.org> and your Membership Directory. You can also email <info@primals.org> or call our toll-free number, 877-PRIMALS (877-774-6257) or call 248-478-5559. The next Board meeting is at Jim Pullaro's family "estate" in the Berkshires May 15-16, 2004, and all IPA members are invited to sit in on the sessions.

"All of these projects are realized by the hard work of volunteers."

Convention Scholarships

For the 2004 Convention, we have scholarships available for two individuals who demonstrate financial need. The scholarships cover the program portion of the Convention fee only. Recipients must still pay for the room-and-board portion, approximately \$70 per day.

The scholarships will be awarded to qualified individuals (who have not received a scholarship previously) based on the order in which the applications are received. Applicants who miss out this year will be put on next year's waiting list. Although the award is without qualification, we would appreciate recipients being available to help out at the Convention on occasion if asked.

Applications are available from the IPA Secretary, and our website <www.primals.org/conventionscholarship.html>. Please fill out all pertinent information and return it as soon as possible to:

IPA Scholarship Committee
c/o Jim Pullaro
369 Crane Avenue
Pittsfield, MA, USA, 01201

New Members

Welcome (or welcome back) to our growing IPA community!

Dianne Arman
Michigan, USA

Michael Hoyland-Young
Ontario, Canada

Marilyn Kleiman
Ontario, Canada

Raymond Martin
Texas, USA

Bernadette McGregor
London, England

Kim Mellor
Ontario, Canada

Russell Stull
Ohio, USA

Franklin Wenham
Brighton, England

Chris Wright
Virginia, USA

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.

April 2-3, 2004 (\$150.00)

May 28-31, 2004 (\$360.00)
Memorial Day weekend from Friday 7:30 pm through Monday 4:00 pm. Led by Barbara Bryan, Sam Turton, and Michael Hoyland-Young.

June 25-26, 2004 (\$150.00)

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

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

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

Volunteering: getting involved

By Carol Holmes
Volunteer Coordinator
carolrholmes@yahoo.ca

The IPA operates through the efforts of many volunteers and volunteer teams. These dedicated people offer their time, as well as a wide range of skills and abilities.

Volunteer projects are directed toward two main goals—fostering close community contact within the membership (e.g. the Newsletter, Email, and Annual Convention) and connecting with other primal and deep-feeling groups around the world (e.g. the Website, World Wide Contact List, and Therapist Referral List).

Committees have been created to support, develop and implement our special projects. The most recent committee list is in the column opposite. Current committee volunteers can be seen on our website:

www.primals.org/committees.html

If you would like to be an IPA volunteer, please contact me and indicate your interests and skills. Whether you choose to

help with one project or many, your contribution is important and appreciated. Best wishes for a healthy, peaceful 2004.

Archives
Certification and Training
Convention 2004
Convention 2005
Email
Fundraising
Information Liaison
New Convention Site
Newsletter
Outreach
Primal Book Archives
Primal Startup Kit
Publications
Referral List
Scholarship
Secretary
Spring Retreat 2004
Treasurer
Visioning
Volunteer Coordination
Website

West Coast Primal Gathering



April 16–18, Kelowna, BC, Canada

By Patricia Poulin

It's an opportunity for primal people to meet out west, connect, share, have fun, practice, learn, and of course, to plan for future west-coast gatherings and events!

Optional group mat tracks will be facilitated by two experienced therapists, Ernst and Agnes Oslender, from the Primal Centre of British Columbia. A few workshops are scheduled on the Saturday, but there is still room for other workshops, and ample time for informal activities.

Interested participants are to arrange for their food, transportation and accommodation—but there are no other costs for participating in any of the activities of the weekend. A donation box will be available for those who can/wish to contribute toward the cost of utilities of the Primal Centre.

We have a limited number of spaces available, so if you're interested in attending please contact us. We meet on-line at <http://health.groups.yahoo.com/group/Primal-Weekend/>.

For more information about the weekend, we invite you to visit our website: <http://www.geocities.com/derekacameron/weekend.html>. Hope to see you there!

Editor's note: Like the Winter 2003 Retreat, this is an event created by members and friends, but not officially sponsored or funded by the IPA. The IPA Board of Directors encourages members to organize retreats on their own, or with the official assistance of the IPA. Official retreats require four to five months of preparation. Please contact: info@primals.org

IPA Primal Gatherings

By Maja Zilih

In a Members Survey about a month ago I was asked to think of the possible ways the IPA might reach out and attract new members. The first thing that came to my mind was: "Gatherings! More gatherings!"

In between conventions and retreats, the primal community has repeatedly shown how much it loves to keep in touch, and many IPA members now meet on a regular basis. Given the value of in-person contact, and the joy and warmth often experienced at such events, it doesn't surprise me that the two IPA gatherings (at the home of Sam Turton and Jane Lewis in Guelph, Ontario, on August 2nd and November 22nd, 2003), were such a success. Here is what our members, Carol, Patricia, Jane, and Sam have shared about the experience:

The primal gatherings provided me with an opportunity to touch bases with like-minded, feeling people in a warm, accepting atmosphere. The added bonuses of good food, music and facilitated mat track sessions made me feel part of a healthy, loving family where everything is okay just the way it is. I did use the primal space again, later one afternoon, to express feelings triggered by this family-like scene! What makes the gatherings unique is the chance to express myself in whatever way I need to—socially, primally—or musically!

- Carol Holmes

In a nutshell, having the opportunity to meet more people involved in deep feeling/primal work was affirming, and the afternoon mat track was a great opportunity for me to work on an important personal piece connected with my best friend's departure (Maja, the author!). I believe supporting the growth of feeling communities is necessary for deep healing to happen at the individual and collective level. This was a great example!

- Patricia Poulin

I enjoy the chance to spend social time with people who are being real. That's what the

IPA is about for me, and a small regional gathering allows me to connect with people this way. It feels good to know so many people in southern Ontario (and Detroit!) who are on "the feeling path," and it feels great to see the circle expanding.

- Jane Lewis

"I enjoy the chance to spend social time with people who are being real."

Primal "family gatherings" at the Lewis-Turton homestead just seemed like a good, old-fashioned thing to do. We decided to keep it simple and informal—an afternoon primal group, a potluck dinner, and an evening of conversation, music, and fun. The house was humming, the food was superb, and the company was

great! I think we've started a tradition. It's so easy—I hope others do the same.

- Sam Turton

To me too, it was a lovely combination of deepening my existing friendships, meeting new primally-oriented people, talking unreservedly about stages of our feeling process, experiencing deep-feeling group-work, and enjoying the time immensely, with shared tears and laughter. Music, conversation on different ways of healing, and discussions on upcoming events (such as trainings and IPA conventions) all had their part.

Since the friendships I have made play a huge role in my personal healing and growth, I strongly believe that giving primal people a chance to find one another and connect, is of exceptional importance.

As others have said above, these gatherings are indeed a good opportunity for the primal community to expand. Half of the people there were not IPA members, but they seemed highly interested in the activities of our community. Exchanges between our members about matters ranging from E-mail correspondence to convention workshops and activities, appeared, in my opinion, to be quite intriguing.

Therefore, for both the expansion of the IPA, and the deepening of its existing connections, may the future hold many more gatherings!

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

Daniel Miller in Mexico

Daniel Miller is constructing a house near Playa del Carmen in Mexico that will also be useful as a therapy center. It is accessible to nearby hotels (at 50% discount) with beachfront, pools, and activities—making therapy retreats combined with vacation fun a reality. Daniel currently is looking for persons interested in becoming staff to help organize lectures and workshops and promote the center.

Contact Daniel at:
danielwmiller@earthlink.net

Joe Sanders Web Site

In January, 2004, Joe Sanders launched a web site which offers licensed Psychologists psychological measures, particularly those called Life Transition Measures (LTMs), for those who do not have access to a computer. Those who do can download the LTMs from another site: <www.psychtests.com>. The LTMs include one that was used for pre and post testing of all ARK 1998 & 2000 participants, and is now called the Self Assessment Relationship Inventory (SARI).

<www.hep-publications.com>

Sam Turton

www.primalworks.com

Sam Turton's Primal Integration practice, primal history, theory, book reviews, events and training, articles, questions, and a new "Thought of the Week" article every Monday.

Member News

Chris Wright & Linda Marks

Chris and Linda are planning a workshop in Primal Facilitation Techniques in New York City. They are looking to hold it in May or June on a Saturday, from 9:30 am-5:30 am, with a possible additional hour for an introduction if many new people are involved. Dates and locations will be considered depending on interest. \$100, or \$75 for IPA members. Limited availability; arrangements and pre-registration required. Call Chris 703-560-1520 or Linda 212-924-6918 for info and reservations.

Create Events!

To continue our outreach activities, we need interested people to commit to one-day workshops; organizations interested in hosting seminars through the Speakers' Bureau; volunteers to help coordinate logistics, mailing, and phone calls for workshops, retreats, or peer primalling sessions.

IPA member and author Diane Kohl in the Cornell University area of upstate NY has agreed to host a workshop on Introductory Emotional Processing/Primal Facilitation. This workshop will outreach to future therapists and educators in psychology and related departments, and open up the area for primal activities. The workshop will run dependent on interest. Call Diane at 607-277-6440 if you'd like to attend.

A Fall 2004 Retreat on the theme of "Primal Movement" is developing in the Metropolitan DC and VA area. Other deep therapy, massage, and body psychotherapy organizations and individuals are invited since Trager Movement Therapy and former New Identity Process practitioners will be involved. A weekend retreat at Avalon with Walter Loeb is also in the works.

For info or to assist, contact IPA Outreach Coordinator **Denise Kline: 310-791-9237.**

IPA Professional Profile

The Pocket Sanctuary

By Barbara Findeisen

There are times in life when we need a sanctuary, a place away from the pushes and pulls, responsibilities and expectations of daily life. As a therapist in practice for over 25 years, I recognized the need for such a place, not limited by the constraints of office hours and tight schedules.

In 2003 we bought an old dude ranch in Southern Arizona. Pocket Sanctuary, at Kenyon Ranch, is on 92 acres of high desert, and consists of 19 casitas, a large ranch house, a swimming pool, koi pond and spaces to hike, sit, talk or simply enjoy the views of the nearby mountains as the sun moves across the valley. Since purchasing the property we have been making necessary repairs and now have rooms for clients, therapy, massage, sand tray and art. The buildings were built in 1936 out of stone quarried from the property and add a feeling of strength and serenity.

At Pocket Sanctuary we respect the unique needs of each client. Therefore, we offer a rich blend of therapeutic modalities including bodywork, sand tray, coaching, journaling, guided imagery, and holotropic breathwork. We have developed skills to release deeply held feelings from early trauma including pre- and perinatal experiences and family of origin patterns of attachment disorders. Our goal is to clear away and transform the ways these early wounds limit



and damage our lives in present time.

In clearing old pain and transforming imprinted and conditioned survival messages, we discover the clarity to see our futures and ourselves in a positive light. We discover our essential self buried under the debris of our history and wounds. The environment and the staff at Pocket Sanctuary are skillfully trained and dedicated to the healing of body, mind and spirit. We believe it is a journey well worth taking.

Our vision at Pocket Sanctuary is to live and work together in a healing community. We seek to be a resource for those needing a sanctuary and therapy during difficult times.

Please visit our website or contact us by phone to learn more information about the Pocket Sanctuary.

Pocket Sanctuary at Kenyon Ranch
HC 65 Box 278
Tumacacori, Arizona, 85640, USA
520-398-8073, Fax: 520-398-8072
Email: bfscrabble@earthlink.net
Web: www.pocketsanctuary.com

Be on the Lookout!

By Bob Holmes

Be on the lookout for any books related to primal therapy or deep feeling work. The IPA has begun a long-term project to rescue from obscurity or extinction any and all books relating to our field. If you have any books on primal or other deep feeling, regressive psychotherapies, please consider donating any you no longer wish to keep. Our intent is to eventually have two good copies of everything (!) for our archive.

Psychotherapy books in general, and primal books in particular, are usually

produced in small numbers, have limited sales appeal to the public, and go out-of-print very quickly. Not surprisingly, almost all books written on deep feeling therapies are currently out-of-print. The places to find them are in used book stores, library dump bins, garage sales, on-line sellers, and venues such as eBay.

As a spin-off, the fundraising committee would like to offer any donated books (above and beyond our archival needs) for sale at conventions or by mail. And remember, any donation to the IPA is tax deductible.

Stumbling Onto Cellular Consciousness

By Graham Farrant, M.D.
Selected by Terry Larimore

Ed's note: These five paragraphs are from the text of Graham Farrant's manuscript, From Soul to Cell. Graham was a charismatic man and an innovative primal pioneer. He passed away in December 1993. This material and other writings of Graham's—about his life, career and personal therapeutic odyssey—will be part of Terry Larimore's reading, "Graham Farrant: In His Own Words," at the 2004 IPA Convention.

When I graduated in medicine in 1956, I chose to do my residency in the Royal Perth Hospital (Australia) because it was as far away from my mother as I could get and still be in the country. Although I could not wait to get away from what I felt to be her smothering clutches, I still remember the rush of anxiety in my throat about leaving home that matched the ecstasy of the separation. Little did I know that this duality of opposite feelings would dog my life for the next ten years.

In Perth, I succeeded in being appointed to the prized position of resident to the professor of surgery. Fired up by his encouragement and enthusiasm, I went to his alma mater hospital in Wales to embark on a career as a surgeon. My first appointment was on the neurology ward and I can remember clearly how this petrified me, not only because of the extraordinary anatomical intricacies of the brain, but also my inexplicable fear of actually operating on a brain.

Shortly after my arrival there was an historical day in Welsh history. Not only was it the Empire Games, but Queen Elizabeth took the opportunity, in the atmosphere of national

fever, to announce that her eldest son, Charles, was henceforth to be the Prince of Wales. The crowd went wild. Everyone stood up and cheered, including the Welshman in front of me, who, in his own burst of excited nationalism, threw his arms in the air, knocking me unconscious with the beer bottle in his hand. I ended up in my own ward, with one hell of a headache and a tremor of the right hand. Operating was now impossible. I went to London to convalesce for several weeks under the care of the delightful head nurse in the ward. Despite her affectionate ministrations, the tremor, although lessened, persisted. I plunged into a serious depression.

Impulsively, I resigned from the hospital, took a job as a doctor on a cargo vessel and survived the monotony and drunken debauchery of the officers and crew on an increasingly lonely journey back home.

It is interesting that I still remember the intensity of the opposing emotions of my mother and father to my coming back home so precipitously after having bid me farewell for what they thought would be four years. My mother was almost incestuously ecstatic and my father's blunt, cold, always-to-the-point retort was "There's not enough room for two shaving brushes in this small bathroom." I had always overreacted to my father's sarcasm and, coupled with a tremulous anxiety about my mother's engulfing seduction, I made a hasty retreat back to the ship docked in the bay. I remember to this day lying in the bunk almost paralyzed by the intensity of the opposing forces of seduction and rejection. Little did I realize then that it would take me ten years to understand that this was an exquisite sophistication of the nuances of the gametes at my conception.

Working Our Way Back Home

By Belden Johnson

I wandered for 40 years in the desert with Moses and Aaron. At the starkest places, where there was no manna, we would stop and play softball. The Queen of Sheba was our pitcher. She fed me slow balls so I could get good hits. If I didn't smack a home run, she'd let me hit again from whatever base I'd achieved until I worked

my way home. When her white arm flashed in the sun of each pitch, her seven veils floated like butterflies in a breeze that crawled down from the slopes of Jehovah-jirah, out of the land of Moriah, to wet our hot faces with cool tears.

IPA Events

Spring Retreat

Thursday, April 29 - Sunday, May 2

Kirkridge Retreat Center

Bangor, Pennsylvania, USA

www.primals.org/retreat04.pdf

Bob Holmes 1-877-258-9315 link.2.holmes@sympatico.ca

Board Meeting

Saturday, May 15 - Sunday, May 16

Pittsfield, Massachusetts, USA

Jim Pullaro: 413-448-2719 jnpullaro@msn.com

Summer Convention

Tuesday August 31 - Monday, September 6

Appel Farm Arts & Music Center

Elmer, New Jersey, USA

www.primals.org/conv2003.html

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

Jane Lewis: info@primals.org

Healing a Different Kind of Split

By Pat Törngren

A basic concept of Primal Therapy, and one that has been much debated, is that of “the split.” This refers to the time when an individual is confronted by a painful realization that is too traumatic to be integrated, and he or she splits reality in order to survive. This split can take many forms, from the extreme of being “split in two” where a greater part of the personality becomes repressed, to the less severe splitting where a painful incident becomes blocked from consciousness.

Quite early in my therapy, I had a primal in which I discovered a different way of splitting—that of splitting someone external to myself into two separate people. The incident that I will describe here occurred during my first year in therapy at the Primal Institute. In this primal I discovered that I had I unconsciously split my mother into two people, because to acknowledge that “good mommy” and “bad mommy” were the same person would have totally devastated me as a child.

“Good mommy” was the mother who breastfed me (albeit only once every four hours) and who picked me up and walked the floor with me when I cried. When I was bigger, she played games with me, read me stories every day, let me lick the spoon when she baked cakes, showed me how to color, sang nursery rhymes with me, and played the piano. I loved her totally and believed that she was perfect in every way.

But there was another mommy who also lived in our house. She often got angry and impatient and would shout at me and hit me. Nothing I did seemed good enough for her, especially after my brother (her favorite) was born. She made me deny my own childhood needs and forced me to grow up far too early so that I could be “big for her” and be on her side against my father. In addition, she frequently vented onto me all the rage she felt towards my father, but was afraid to express towards him. She was my “bad mommy” and in order to survive, I had to deny the fact that she existed at all.

I was totally unaware of this split until I discovered it in a highly symbolic, nightmare-like primal, which I had with a buddy sitting for me. It began with me reliving the day of my mother’s funeral. In the primal, I seemed to be standing in the church next to her coffin, feeling a vague sense of uneasiness and dread. Then I noticed a dark, shadowy form hovering about the coffin. I identified it at once as being “evil” and “demonic.” To my absolute horror, the realization gradually dawned on me that this sinister being wanted to get into my mother’s coffin with her. For what seemed like eternity, I fought with it, struggling to keep it at bay, screaming, “No! No! Stay away from my mother. Leave my mother alone!”

But I was powerless. Finally, to my growing horror, the sinister, black form descended into the coffin and finally into the body of my mother lying there. Suddenly the realization hit me—and somehow I managed to half scream, half choke out the words, “No! No! . . . Oh God! . . . No! . . . Don't make me see . . . THAT IS MY MOTHER!” For the next half hour

I cried very deeply as I went through the funeral again, this time with “bad mommy” in the coffin. But the crisis had been reached with the words, “That is my mother.”

Afterwards I felt strangely at peace. I “knew” that the split had occurred when I was about six years old. I had developed the fantasy that it was not my mother who said and did those bad things that hurt me, but a black “demon” that sometimes possessed her.

Immediately I had blotted the black demon out of consciousness as well, since it too was threatening. But it had served its purpose—it had allowed me to split off from my mother the part of her that didn't love me, so that I could still feel loved and believe that everything was okay. Interestingly, it was only after putting her back together into one person that the direction of my therapy changed and I was able to start expressing in my primals some of the childhood anger and rage that I had buried so deeply.

Today, I have the memory of just one mother, who was neither wholly good nor wholly bad. She is the person who hurt me as a child. She is also the person who stood by me when I had a breakdown and was hospitalized after reading “The Primal Scream.” In fact she read all the primal literature that she could get her hands on and was devastated when she understood what she had done to her children. Before her death, which occurred later that year, she encouraged me to try to get into Primal Therapy.

It was also my mother who sat for me during my early primals before I got to the Primal Institute. She hugged me, held me while I cried, said how desperately sorry she was that she had hurt me, and promised that no effort would be too great in helping me get well. So today I can remember the good and the bad times, the happy and the sad—which means I have healed the splitting of my mother. I can remember her the way she was—just another fallible human being who had pain of her own—and at the end was honest enough to say, “I'm sorry.” I love her for that. It's given me the encouragement to deal with all the pain and anger of my childhood, and thus begin to heal.

There have been many theories put forward about why people split reality in different ways. But even if we don't know what the predisposing factors are, we certainly do know what the precipitating factor is for many kinds of “splits” in consciousness—overwhelming pain—and the need to defend against it. The advantage of Primal Therapy is that it gets behind these defenses and helps us to put the split ends back together again. To do so is not for the faint-hearted. But for those with the courage to follow it through, there is an increased awareness of healing our inner and outer splits and becoming whole again!

This article was published as “Healing The Split” in the “Primal Institute Newsletter” April/May/June 2003. It is reproduced here with the permission of the author, who went through therapy at the Primal Institute in Los Angeles in 1977.

Is There A Hole In Your Soul?

A Beginner's Guide to Primal Neurology

By Paul J. Hannig, Ph.D.

It doesn't matter if you have found the ideal mate and are deeply in love with the most magnificent and wonderful person in the world. Deep inside of you there may be a colossal awareness that love in the world is missing inside of your soul.

You may love your partner with all of your heart, soul, mind, passion, body, and strength and still feel something slipping inside of you. Could it be that love is at the core of the matter? Do you feel from time to time that love is missing from the world? Well . . . the pain has to break through the barriers in your brain and be released from that center of your feeling universe called the Limbic System.

You're thinking, "I've heard of the Solar system . . . but what is the Limbic System?"

I'm glad you asked! The limbic system is part of the old mammalian brain, inherited by our ancestors as we evolved from reptilian creatures into warm-blooded, feeling, social, furry creatures. It is also the central relay center responsible for conveying neurotransmission messages from the old reptilian/hindbrain through the mid brain and into the higher cortical centers.

I'm sure that you don't want a long science lesson, so I'll get to the point. The limbic system stores highly charged/primal feelings and memories. It is also involved in sleep and appetite cycles—and we should never forget the all important regions of mood, bonding, sexuality, and love. For emotional-limbic health, the all powerful therapeutic, deep emotional release method is unsurpassed in its healing abilities. (See Deep Feeling Therapy on my web site www.psychotherapyhelp.com).

The health of the limbic brain is critical in determining your behavior and survival as a vital and integral human being. It gives the capability of experiencing experience itself along with the emotions and feelings that you associate with those experiences. It is the existential core and center of your physical, social, spiritual and emotional life. Without the full, healthy functioning of your limbic brain you would be unable to experience passion, feelings, and the desire to make things happen in your world. It provides you with the emotional juices, both positive and negative, for living life itself!

Your limbic system is so important that without it, your higher brain centers could not adequately engage in effective problem solving, rational thinking, planning and hierarchical organization. Your limbic system sets the emotional tone for every experience that you have ever had, from before physical conception into the afterlife. So, have I got your attention?

When you over-activate your limbic system, you inflame this part of your brain and negativity takes over. Needless to

say, love may go out the window and you will feel a certain lack, a hole, or a vacuum in your gut, heart and soul; this can happen when everything in your life is going perfectly. (I'm sorry! I forgot to mention depression and all the negative thoughts and physical problems associated with it).

So, how do you keep your limbic system running smoothly? The answer is: you monitor and patrol your thoughts, moods, and feelings. At the slightest drop in your healthy, normal feeling state, you can assume that your limbic system is getting overheated and negativity is on the rise. Basically, you feel like hell! So now you run to your doctor to get the latest brain-soothing medication that will put your limbic brain on steady idle.

That's OK, but it's only one aspect of treating your limbic system with love, admiration and respect. It may also make you less of a problem to other people. But, do not kid yourself. If you do not know how to work the health of your limbic system, medication will be only partially helpful. You need to take a direct and proactive approach to effectively deal with your Feeling System.

Now, here is where the trouble starts. I have been doing therapy for over 35 years and have researched, applied, and explored just about every system known. I have to state unequivocally, that the most powerful method and most effective approach for creating emotional, spiritual and limbic system health is the Deep Feeling Method. I don't care what anyone says or thinks. I must tell the absolute and complete truth. If the problem and the pain exists in your limbic system, there is only one way to release it from your system—and that's the deep feeling method.

If you are resistant to, defended against, or unable to willingly lie down on the floor and scream, cry, talk, verbalize, yell, gyrate, beat, roll around and fully express/exorcise/blowout/fully explode the pain from your system then you are unwilling to fully connect to your brain and body's need to eliminate the toxins (cortisol, negative thoughts/feelings etc.) from your system. It means that you are not really interested in or committed to your full resurrection and the overthrow of everything in your system that holds you back and holds you down.

If you are resistant, it means that you are unwilling to correct aberrant and abnormal neurological transmission processes. It means that you are unwilling to experience a healthy, unlimited, robust and expanded love life. It also means that you have reduced your life to limited, or even nonexistent emotional bonding to other people.

"I'm sure that you don't want a long science lesson, so I'll get to the point."

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feel: A Review of Sam Turton's primal CD

By Patricia Poulin

On Wednesday, December 10th, Sam officially released his CD—*feel*—in a great concert at the Bookshelf, in Guelph, Ontario, Canada.

The turnout at the club was excellent (over 120 people!), and the audience was attentive. Sam and his band, including his partner Jane and his son Jesse, kept hearts and souls full of touching, fun, heart-wrenching, inspiring, and catalyzing lyrics and melodies.

Sam's music, from his bio, is a "unique distillation of all the styles and artists he has been influenced by—Delta and Chicago blues, traditional folk, New Orleans soul, classic R&B, Motown, and The Beatles." From a primal perspective, each piece is a unique journey. Masterfully woven together, they reflect various facets of a primal way of life, fully feeling, engaged, and genuine, and they map various paths towards freedom and health.

Sam's background in primal as well as his orientation towards zen and conscious living manifest right from the beginning in *More Than Anything* and *You're My Friend*. In these songs he shares his experience of being present, embracing his feelings, and honoring connected relationships. In *Nobody Sees Her* and *Without Love*, he does not shy away from the painful, and conveys the depth of his understanding of suffering. Here he illustrates the impact of neglect and loveless upbringing and the damaging patterns people adopt in a frantic effort to get what they most need(ed).

His work goes beyond the personal. In *More to Life*, he speaks of our current schooling system, its function in society and its impact on young people's spirit. In *Somebody*, he presents his insights about the roots of our modern day plights, linking early trauma to the horrific reality of the slaughter of early tribes, invasions, colonization, religious wars, the growing investment in security and the rise of corporate ruling. And *Empires Fall*, another window into history, or perhaps a Taoist insight, just speaks for itself. The commentaries posted on his website unpack his messages and are a worthwhile read.

Throughout the CD, Sam articulates the antidote primallers know well. In *Feel*, he encourages people to be in touch with all their experiences and to express themselves through moving, crying, yelling, laughing, and singing. In *My Children* and *Little Tayler*, a tribute to his children and his first grandchild, he shares what one can learn from the younger ones. In *Love of Freedom* he highlights that while one's true nature might be veiled or seemingly out of reach, it is never completely lost and can be reclaimed. And in *I Am My Wilderness*, the IPA conventioners' favorite, he

acknowledges that while it is not an easy path, when we merge with and become our feelings, we find our treasure . . . ourselves.

Before 8 to 4 schooling and our reliance on written media, important knowledge was passed from generations to generations and between groups through the spoken word, music, and rhythms. This way, knowledge was kept alive, and transformed, and at times healed those who received it. This was virtually lost with colonization, industrialization and the rise of corporate capitalism. Sam's CD is timely and ties into that tradition. His work goes beyond the evocative. It is both primal theory—made palatable for a wide audience—and great music. It may invite some to start or deepen their feeling work. People engaged in primal will recognize or resonate with the various "feeling realms" presented, and it may inspire veterans to continue sharing their knowledge of the primal process with others.

Sam is living his bliss, à la Joseph Campbell, and clearing his own path. In doing so, he is making a priceless contribution to the field. The lyrics and commentaries for each piece, as well as information about live gigs and how to order his CD, are available on Sam's website: <www.samturton.com>.

Primallers Respond:

I consider myself one of Sam's number one fans—have been since I first met him several years ago. I think his talent, depth of feeling and intuition all contributed to this beautiful, emotional CD. I love singing with him and always look forward to our cabaret performances.

I feel that all of us have been there in the conception, pregnancy and birth of his "baby"—the CD—and I feel privileged to have been a part of his process. My absolute favorite tune on the CD is Nobody Sees Her. The song blows me away every time I play it (which may be several times a day!) I don't know any other performer who has incorporated—so purely—his primal process with his music as Sam has.

Shelly Beach
Manhattan, New York, USA

I especially liked the first song, More than Anything, although so many were so very validating because the lyrics are in the first person! And, I did take the CD to my swing dance (weekly) and played it, and danced west-coast swing to that first song!!—because it sounds like rhythm and blues. Very cool! and warm all at once. :)

Diane Kohl
Ithaca, New York, USA



"While the songs sometimes bring me to tears, Sam's CD 'feel' makes me smile."

The album Feel made me: cry with Nobody Sees Her, smile with Little Taylor, Feel, and More to Life. It made me happy about my true, recently discovered freedom with I Am My Wilderness, and made me bitter about the ills of the world with Empires Fall and Somebody. In other words, the album made me . . . FEEL! Many thanks to Sam, Jane, Jesse and other members of the group for making these easy listening, very real songs!

Maja Zilih
Athens, Greece

While the songs sometimes bring me to tears, Sam's CD Feel makes me smile—in recognition of a common path, in resonance with the feelings, in joy for finding songs that express what I would have but didn't know how, and in appreciation for the life force so beautifully captured and generously shared with the world.

Terry Larimore
Larkspur, California, USA

Coming Home to Nature Through The Body

A Review by Stephen Khamsi, Ph.D.

Coming Home to Nature Through the Body: An Intuitive Inquiry into Experiences of Grief, Weeping and other Deep Emotions in Response to Nature by Jay P. Dufrechou (2002)
UMI #3047959

Coming Home is the very personal story (and doctoral dissertation) by Jay Dufrechou, the attorney and psychologist. Dufrechou employed intuitive inquiry to examine experiences of grief, weeping, and other deep emotions in response to nature (his own, as well as those of forty others). Most of us in industrialized societies have developed ego structures that suppress our intimate contacts with nature. But what actually happens when people connect deeply with nature?

Like a French Impressionist, Dufrechou looks beyond the confines and catharses of the clinic—to lived-experiences of being-in-nature. “Have you ever wept or felt grief or other deep emotions when feeling deeply connected to nature?” From this simple question, Dufrechou documents how connecting with nature can be deeply meaningful (p. 8), and is often a source of healing and creativity (p. 9). His emphasis is on developing embodied descriptions of experience, and conveying—through concrete details of sensation and emotion—how it feels to have such experiences (p. iii).

Dufrechou's personal story began with a profound felt-connection with rain during meditation. He wept and felt a range of emotions, including a great sense of longing. The feelings were at once physical, transcendent and mystical—full of excitement, bliss and awe. He was drawn into a sphere seemingly beyond the physical world that possessed infinite compassion, knowledge, and potential for healing. His eventual transformation energized him to move his family of five from suburban silicon San Jose to faraway Helena, Montana.

“*Is There A Hole in Your Soul?*” continued from page 9

A healthy, robust and fully functioning limbic system allows you to experience the limbic high IQ and love skills that could make your life absolutely fantastic.

Are you willing to settle for a half or three-quarter life and miss out on your total potential for all that life wants to offer you? Remember: if you keep a close eye on your limbic health and do everything you can to keep this system healthy, you can restore your life to full joy!

Paul J. Hannig, Ph.D., MFCC is a licensed California marriage-and-family therapist in private practice in Chatsworth, California. He specializes in (but is not limited to) mood, anxiety and personality disorders, depression, phobias, relationships, psychosis, spiritual psychotherapy, and core identity work. His deep feeling therapy model is integrative, combining an individual and multi-generational approach. Author of *Feeling People*, Paul's other books and articles can be found on his web site:

<www.psychotherapyhelp.com>

While his treatise is not about primal therapy, it at once radically supports and challenges the very foundations of primal theory. In support, these stories are, after all, about real people having real feelings in real situations, who frequently experience major transformations. As a challenge, not all deep feelings must singularly arise from, nor singularly connect to, primal pain. Still, it seems likely that several of these participants may have been further served by connecting with, dropping into, and feeling through multiple layers of personal—as well as ecological—pain and suffering.

This work, and others like it, could well provide a new beginning in the primal movement, because not all pain, it appears, is entirely personal or entirely ecological. Can we accept that pleasure and pain originate from the earth as well as from other sources? Can we keep our hearts and minds open and avoid both primal and ecological reductionism?

The bottom line? Sensory contact with nature is sometimes experienced as spiritual, sustaining, and healing. Connecting deeply with nature can restore personal equilibrium, and may simultaneously help to transform our culture (p. iii). This process seems to repair the split between mind and body, as well as the split between humanity and nature—both of which are prevalent in industrialized countries (p. iv).

In conclusion, it is my opinion that deep feelings arise from personal experiences, and also from experiences with nature. Primal pain can be resolved by re-living and re-feeling personal trauma and also, to some extent, by simply being-in-nature. Let us applaud Dr. Dufrechou for his fine work, and hope that he finds the time, inspiration, and stamina to continue to present these ideas to the world. While there are no quick or simple fixes for the problems of humanity, Dufrechou's essential insights provide a ray of real hope—one with revolutionary possibilities for individual and cultural transformation.

The Primal Mind: Valuing Intellect and Emotion

IPA Convention 2004, August 31 - September 6

By Harriet Geller and Jane Lewis, Co-chairs

What a radical idea for Primallers! Learning to embrace what our rational minds offer us, something our culture takes for granted, is often a final step in a circuitous process for us. As we struggle to let go of our thoughts to open the pathways to feelings and heal our early wounds, we can lose our appreciation for the aspect of our psyche that excels at analysis, common sense, discrimination, productivity, understanding, and bringing the bloom of creative imagination to fruition. At this summer's Annual Convention, we will find ways to come back to a fondness for the intellect, but with our emotional intelligence intact.

We are delighted that our keynote presenter exemplifies the confluence of mind and body that we wish to investigate. Al Pessa, the co-founder of Pessa-Boyden System/Psychomotor (Psychomotor Therapy), developed a brilliant theory and methodology for healing and growth that was inspired by his years as a dancer. He works in a group with one person at a time in a session called a structure. He identifies where energy is held in the body and brings about its release and healing by enrolling group members as archetypal and familial introjects who interact with the subject.

You can visit Al's website <www.pbsp.org> to learn more about him and his therapy. Al's keynote on Thursday

afternoon, which will include a lively didactic presentation and a structure, promises to be a compelling impetus to our theme. A follow-up workshop on Friday will be presented by Gus Kaufman, who has trained with Al and has connections to our primal friends in Atlanta.

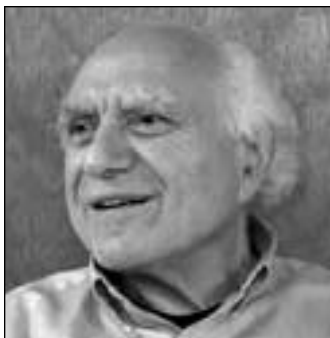
We will be gathering again at Appel Farm, our exclusive retreat that keeps expanding and improving every year.

As the frigid temperatures in our part of the world moderate, we imagine the end of summer in southern New Jersey: attending inspiring workshops, savoring Tony's food among old and new friends, bonding with our peer groups, applauding comrades and overcoming stage fright at Cabaret, romping with our deepest feelings in Mat Track, cooling in the Appel Farm pool, and enjoying all the small encounters and special moments that make each day sparkle.

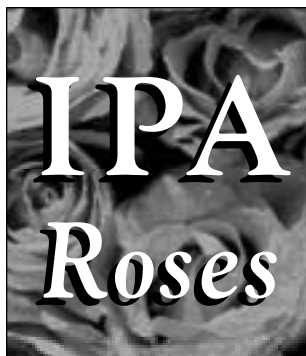
Be sure to check the IPA website

<www.primals.org> for program updates and details, and watch for a brochure in the mail in June. The brochure will give you the full story, but consider reserving space in your schedule now! Contact us with any questions or concerns you may have. We look forward to connecting with all of you again in August.

Harriet Geller <gelleh01@library.med.nyu.edu>
Jane Lewis <info@primals.org>



Keynote Al Pessa



- to Harriet Geller for your phenomenal and essential attention to detail. Not bad at crosswords, either.
- to Jane Lewis, for expanding the position of Secretary and transforming the IPA Website.
- to Jim Pullaro and Patricia Poulin for stepping up to chair IPA Convention 2005.
- to Leonard Rosenbaum for being an E-mail moderator. Now you can select the "no mail" option!
- to Maja Zilih for joining the E-mail moderation team. We'll try not to cause trouble.
- to everyone on the IPA Board for hours and hours of dedicated volunteer work. Whew.
- to our fearless President, Barbara Bryan, for hosting the Winter Board meeting with style and grace!
- to this issue's contributors—Barbara Findeisen, Harriet Geller, Paul Hannig, Stephen Khamsi, Denise Kline, Bob Holmes, Carol Holmes, Belden Johnson, Terry Larimore, Jane Lewis, Patricia Poulin, Pat Törngren, and Maja Zilih.

IPA Membership Dues

	<u>Single</u>	<u>Joint</u>
Lifetime Membership (payable over five years)	\$1000	\$1500
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\$100,000 or more	\$110	\$165
\$50,000–99,999	\$75	\$112
\$25,000–49,999	\$60	\$90
Less than \$25,000	\$50	\$75

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- 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:

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