

I N T E R N A T I O N A L

PRIMAL

A S S O C I A T I O N

Supporting Growth and Healing Through Deep Feeling Process

SPRING NEWSLETTER • MARCH 2007

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By *Karuna O'Donnell*

It is my pleasure to invite you all to attend the 2007 IPA Spring Retreat. We will be gathering Thursday through Sunday, April 19 - 22, at Kirkridge Retreat Center in Bangor, Pennsylvania, for the fifth year in a row. Following my own continuum of using the retreat as a safe space to grow, I am happy to step forward as the chair for this treasured IPA event. It was at the spring retreat that I began taking many personal leaps, such as letting people get to know me, leading a workshop, and being in the Cabaret, first as a page turner in Sharon and Daniel's piano and spoken word piece, and later as a singer.

The IPA Spring Retreat is a three-day event for those interested in primal-

Join Us for the Spring Retreat 2007

April 19 - 22
Kirkridge Center

style process to experience community, have fun together, and practice. Its structure follows the IPA's traditional schedule of men's and women's groups, a daily primal group (Mat Track), and therapeutic workshops on such diverse topics as psychodrama, non-violent communication, art, poetry, massage and the world famous Monologues from the Mat. The evenings and free time are filled with jam sessions, singing, dancing, cabaret presentations, games, and community sharing.

This is a wonderful opportunity to meet with each other and rejuvenate ourselves in the breathtaking beauty of the Pocono Mountains. Because the size of the group is smaller than at the convention and we are at a familiar venue, the spring retreat has an intimacy and ease

"Spring Retreat" continued on page 2

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Next deadline: June 1, 2007

"Spring Retreat 2007" continued from page 1

that I have come to cherish. We will have the chance to explore and express ourselves in many ways, individually and as a group. I can't speak personally about the men's, but the women's group generates a powerful, empathic space for sharing, listening and being together. There is also a daily peer group, which is a chance to check in each day with four or five people.

The ease and personal touch of the retreat is influenced by both the natural surroundings and the way in which we create the workshop schedule. At the evening community meeting we plan the workshops for the next day, or sometimes two days, from the offerings and needs that come from the participants. In this way, a lot of creativity and energy is brought forward to begin the formation of the container that we make for ourselves to retreat in. I have found this to be an empowering and bonding collaborative process.

Each year, the newcomers are a vital and welcome part of the community. Many

times they have remarked at having found something very special, and the rest of us nod and say, "Yes, we know." It can be a big risk to enter a new community, and I always feel respectful and appreciative of the newcomers – and old timers alike – who come to create a safe place for the purpose of sharing love, healing, rejuvenation, and fun.

There is ample time for participants to walk in the woods, visit the labyrinth and sculpture garden, or connect with the peepers and pond creatures that remind us of our watery origins. So many memories have been made at the IPA retreats, and I look forward to making more with you all this April. Please look for our flyer in the mail or download a copy from primals.org/ activities, and make your reservation as soon as you can, as space is limited. Feel free to contact me if you have any questions or concerns.

For more information contact:

karunapaints@hotmail.com

1-617-435-1749



Remembering Spring Retreat 2006

Sitting: Walter Gambin, Valerie Pate, Gerrit Geerligs, Warren Davis, Alex Tadeskung, Denise Kline

Standing: Harriet Geller, Esta Powell, Kelly Hopkins, Diane Kohl, Mickey Judkovics, Bob Holmes, Alice Rose, Bill Whitesell, Leonard Rosenbaum, Bill Owen, Sandy Weymouth, Jean Rashkind

IPA Summer Convention 2007

Finding the Authentic Self

August 6 - 12, 2007 ☺ New Date ☺

By Mickey Judkovics

All of us yearn to reconnect to the sense of wonder and joy we felt as children. This year's convention theme, "Finding the Authentic Self," offers the possibility of having that experience once again in an atmosphere emphasizing deep-feeling expression as the keystone for self-reconnection.

We are proud to have as our keynote speaker, Richard E. Felder, M.D., one of the architects of experiential psychotherapy and a pioneer in bringing the authentic self into the therapy room. Dick is a founder of the Atlanta Psychiatric Clinic, and now supervises and consults with therapists in Atlanta. His book, *Experiential Psychotherapy: A Symphony of Selves*, was co-written with Avrum Weiss, Ph.D. In Dick's therapeutic paradigm his primary focus is on the unconscious. He values silence because it allows the full development of thoughts and fantasies, and patience as the therapist's tool for facilitating the process at the client's own pace. He says that the most effective focus is at the locus where the client is trying to grow.

Our workshop program will be a balance between experiential and theoretical presentations focused on our theme. Some of the issues and healing modalities, in addition to Primal, that we will be working with are Psychodrama, Re-Evaluation Co-Counseling, Nonviolent Communication, Bonding Psychotherapy, Enneagrams, Primal Theater, Shock vs. Trauma Processing, Psychomotor, EMDR, and Art Therapy. Two workshops that combine related modalities with Primal and that will help lead us to our elusive authentic selves are "Needs as the Pathway to the Authentic Self" and "Supporting the Hurt Child." Other eclectic workshops are "Mini Psychodramas," and "You are the Difference," combining movement, touch and music.

In addition, this year we have arranged for three workshop tracks, which we hope will meet the needs of

all the participants. The first track is for newcomers and will emphasize the basics of Primal and how to go gently and safely into the primal process. The second track, for more experienced primalers, will focus on deepening the primal process and processing "difficult states." Finally, there will be support sessions and on-going discussions for primal therapists led by our esteemed past president, Barbara Bryan, a primal therapist for over 25 years.

Also, each day there will be early morning stretching at the pavilion, a primal group, men's and women's groups, and small peer groups. We will have our traditional Cabaret and Dance Party and plenty of opportunities for jam sessions, sing-alongs, and schmoozing on the patio. A sand play facility will again be available 24 hours a day for a tactile and visual exploration of our hidden stories. And, please remember to bring your cast-off treasures for the raffle and auction, our annual IPA fund and fun raiser.

The Country Place Retreat and Conference Center (www.retreatpa.com) is nestled into 450 acres of woodlands and meadows. The buildings are modern, elegant and comfortable. A special treat is the massage building for our on-site body workers that features two infrared saunas and a sound and light-healing chamber. They also have a charming pond for swimming or paddle boating, a secluded labyrinth for quiet contemplation, and hiking trails galore. There are several accommodation options, from tenting and dorms to shared rooms or private rooms with baths. We think the Country Place will be a delight for everyone. It even has free internet service.

We hope you will come to learn, heal, explore, express, teach, and bond with like-minded people in a joyous celebration of the preciousness of who you are. Let us join together to walk the path of deep feeling expressive work and to reclaim that which we have always been - the Authentic Self.



IPA Calendar

Spring Board Meeting

Friday, March 16 –
Sunday, March 18, 2007

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

Spring Retreat 2007

Thursday, April 19 –
Sunday, April 22

Kirkridge Retreat Center
Bangor, Pennsylvania, USA

For more information
[www.primals.org/
activities.html#retreat](http://www.primals.org/activities.html#retreat)

Or contact Retreat Chair
Karuna O'Donnell
karunapaints@hotmail.com

IPA Summer Convention 2007 *Finding the Authentic Self*

☺ New Date ☺

Monday, August 6–
Sunday, August 12

The Country Place Retreat
& Conference Center
White Haven,
Pennsylvania, USA
www.retreatpa.com

Details announced at:
www.primals.org

Please send workshop
proposals to the Co-chairs:

Dr. Alice Rose
alicerosephd@yahoo.com

Mickey Judkovic
mjudd@stny.rr.com

Music from Shoshannah: *Soul Journey*

The following are excerpts from two rave reviews of a new CD of improvised piano solos by our own Shoshannah Sarah. The album is dedicated to the memory of her Primal mentor Alec Rubin. To hear music clips or to purchase *Soul Journey*, go to www.cdbaby.com/shoshannah2 or thehealingpiano@yahoo.com. *Soul Journey 2*, in which Grammy-nominated cellist David Darling improvises to Shoshannah's piano music, will be released very soon.

*Review by Kathy Parsons, Solo Piano
Publications*

Soul Journey is a gorgeous collection of nine solo piano improvisations by Shoshannah, a composer, pianist, educator and therapist. Classically-trained from a young age, Shoshannah won a variety of major piano competitions in her youth, and appeared to have a very promising career as a concert pianist ahead of her. However, she had never stopped composing or improvising her own music, and her creativity and interest in diverse musical forms lead her in other directions. When she moved to Jerusalem, Shoshannah experienced a profound spiritual transformation that changed her life and music, making her a vessel through which divine love flowed as music. Shoshannah's playing is effortless and fluid, and the music on this CD is versatile in mood, style, and ethnicity. Each track depicts a different aspect of a soul's journey, and the album as a whole creates a warm invitation to look inward and experience life's many joys and gifts.

Soul Journey is truly a journey for the mind as well as the soul that leaves you feeling spiritually refreshed and inspired. Recommended!

Review by Bill Binkelman, New Age Repo

An example of not judging a book by its cover, *Soul Journey* is not what one might expect given the CD's title and cover art. Anticipating a "typical" serene new-age piano recording, I was blown away by the CD's diversity, complexity and depth, as it explored assorted nooks and crannies of mood and tone via the artist's approach to improvisational piano. If you only buy one solo piano CD this year, and you are hungry for something unconventional yet wholly accessible, I highly recommend you consider this album.

Soul Journey is not experimental or disorienting, but it is refreshingly different, especially given the presentation of the album. Of course, some tracks follow the formula of this music, such as "Eternal Love" which is a gentle, soothing number with a slowly flowing melody and only a brief speed up of tempo and elevation of energy during the last third of the seven-plus minute track. Cuts like the opening "Emanah" and the near-epic length "Aliyah" (clocking in at a whopping thirteen minutes!) are the ones that made me sit up and take notice. The former is a moody introspective piece yet is also dramatic and fast-paced at times with plenty of minor key notes and chords. Shoshannah displays mastery of both the piano keys and the pedals. Her use of subtlety and nuance is a highlight, especially as she shifts gears loud to soft or fast to slow. In lesser hands, these changes of direction could be distractingly obvious and forced, but she manages to make the numerous transitions as natural as rain. "Aliyah" is simply stunning, opening with a burst of neo-Celtic melody and morphing into a jump boogie, but so quiet and restrained that it sneaks up on you, rather than shakes you.

Other songs include the title track, a lovely number that may not be adventurous, but its quietness and serenity allows the listener to catch her/his breath, "Into the Light" a cheery up-tempo affair (over nine minutes long) on which the artist plays around with refrains and recurring motifs but maintains an overall laughter-filled mood, "Immersion" which echoes the classical Romanticists interrupted by a brief flurry of darker dissonance before winding down with gentility and grace, and the warm and friendly closing song, "Sweet Return" reminiscent of Robin Spielberg's music. Also of note is the eleven-minute long "Gathering Sparks," a challenging examination of shadow and mystery, colored at times by Middle Eastern/North African melodic motifs.

Snailwail: Miracles on 28th Street

By Linda Marks

A peer-led primal theatre group has arisen in Manhattan modeled on the famous workshop originated by Alec Rubin. Alec's format was carried on by Joe Raiola, who mingled performers of various stripes with experienced primalers, encouraging us all to get in touch with feelings and stay in touch with them in front of an audience. Recently, Harriet, Jean and Walter formed an alternative primal theatre workshop with rotating leadership, allowing us hard-core primalers to do our thing without having to focus on periodic performances.

Roughly six to eight participants meet each week. We trickle in, plop down on mats in semi-darkness and babble, scream, cry, moan, and otherwise emote into the primal ether. Sometimes we creep over to another mat to buddy-up for support. After an hour or so, we usually do "monologues (or duologues) from the mat," three to five minutes each of undivided attention while still on the mat in the dark.

After a short break, we each take a longer, more mobile, time (ten minutes or so) in spontaneous self-expression in front of the group in the light. Occasionally, we work in pairs, and we have even stood up as a group in free improvisation. I've watched each of us share evolving issues and performance styles. We often inspire each other, and find ourselves referring to one another's words or actions.

We can get feedback from the group - never harsh. Inspired by Mary, some of us have been asking the "audience" for call-and-response repetitions of positive affirmations - great fun for the audience as well as healing for the performer.

Physical movement, theatrical or otherwise, is encouraged along with words and emotional release. Some of us prance around, lie down, use props, twirl or do calisthenics. Some sit on chairs or on the floor, dance or sing or read something they wrote. Some crawl or make animal noises, cry or get angry. Anything is allowed in the name of self-expression - the more spontaneous, the better! Since the audience consists of fellow primalers, we are comfortable together, which seems to

increase our authenticity and depth of feeling.

In the past few months, lots of wonderful little innovations have been creeping into our work. It seems to me that people have not only been sharing more, but also, people have been feeling better. It is certainly true for me. In my monologues, I have been deliberately exploring feelings and parts of myself with which I'm not so comfortable - everything from petty anger, to power, to love and joy, to superiority. I'm becoming more at ease with all of these, and with my fellow group members who have been touchingly supportive.

As time goes on, I've been witnessing small miracles among the current members, and I couldn't resist sharing some of them (with permission, of course). A. has been working to curb his tendencies to self-judgment while building his self-confidence through a positive spin in his monologues. Not only does he seem to be happier, but he has gotten a better job and an acting call-back, and written a publishable book. Harriet, who is an accomplished primal improviser, has been speaking more intimately about her personal relationships. She is letting us see her softer side without losing her considerable power and wit. Walter, who has also been doing primal theatre for a long time, has become much more focused, and delights us with his revelations about his new relationship.

Z. has pulled out all the stops on her feelings and has been asking very poignant questions about herself. She has the courage not to try to force the answers and, in the process, is making us think while endearing herself to us. Mary Taylor is the most recent person to join the group and her comments are: "Using the techniques that I have learned there, I have heightened my self-love and have become more positive about the work and challenges that I face; I am a better writer and a happier person. I am most grateful to those who have carried on the work of Alec Rubin."

We're all impressed with how much progress we can make with a weekly opportunity to have our feelings, get creative, and share with a supportive group. Good for us!

Primal Groups

Barbara Bryan
Farmington Hills, Michigan
Thursdays from 7:00-9:30 pm
Some primal experience required
babryan@twmi.rr.com
248-478-5559

Bill Whitesell
McLean, Virginia
No charge to participate
wmwhitesell@yahoo.com
703-734-1405

Esko and Marja Rintala
Helsinki, Finland
Weekend groups Friday evening
and Saturday.
esko.rintala@pp.inet.fi
358-9-611184

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

5-Day Primal Group Intensive

April 23 - 27, 2007
9:30 am - 5:00 pm,
Monday to Friday
Guelph, Ontario, Canada

- \$250 US (\$295 CAN) (food and accommodations not included)
- biography and some emotional release experience recommended
- 8 participants, 4 facilitators
- each participant will receive at least 2 individual sessions a day
- Facilitators: trainees of the Advanced Training in Primal Integration
- Leaders: Sam Turton and Esta Powell, M.A., M.S.

For more information visit:
[www.primalworks.com/
intensive2007.html](http://www.primalworks.com/intensive2007.html)

Member News

Primal Integration Center of Michigan Intensives

March 9 - 10, 2007 (\$160 US)
April 7, 2007 (\$80 US)
May 25 - 28, 2007 (\$380 US)
June 29 - 30, 2007 (\$160 US)
Sept. 21 - 22, 2007 (\$160 US)

Led by Barbara Bryan and staff.
Food and lodging are included
in the fees. Please call Barbara
at 248-478-5559 to reserve your
space.

Primal Psychodrama Weekends in Columbus, OH Lead by Esta Powell

March 30 - April 1, 2007
May 11 - 13, 2007
June 15 - 17, 2007

Cost \$175, breakfast and dorm
style accommodations included.
Group size limited to 8
participants.
For more information visit:
www.primalmatters.com
or call 614-893-3527

Trainings

Sam Turton and Esta Powell
offer 5 - 6 day trainings/primal
intensives locally and interna-
tionally. If you would like to
organize a workshop in your
area, please contact Sam or
Esta.

- Group size 6 - 12 participants
- Demonstration/therapy ses-
sions with Sam and Esta
- Daily co-therapy sessions in
safe, supervised dyads
- Post-session discussion with
supportive, constructive feed-
back.

Contact:
www.primalmatters.com
primalesta@ahoo.com
www.primalworks.com
sam@primalworks.com

Finding Our True Selves

By Pat Törngren

In childhood we suffer from many different kinds of trauma, and in therapy we heal from them in different ways. Some areas are easier to heal than others. For example, many of my very physical traumas came up as night terrors, and, as soon as I had relived those, they never returned. That was a very good part of the therapy for me and resulted in big changes. Other childhood pain was relative easy to feel and resolve as well.

But a really tricky area seemed to be the verbal abuse and negative attitudes that I received from a very young age, affecting the way I felt about myself and sabotaging my life in many different areas. As children we believe quite literally what our parents tell us by their words and attitudes, and those beliefs often become negative life scripts that we seem to carry out in spite of every effort not to.

I have known this intellectually for a long time, but it is only in the last few months that I realised the extent of the problem and took it to therapy. Previously my primals had consisted mostly of grieving about the early hurts and the cruel words, but there was never much anger or sense of entitlement. Then for the first time I broke through the barrier into genuine childhood anger and realised that just grieving about the past was not enough. I began to see that I need to change the way I feel about myself completely, and replace the 'bad programming' with a new set of beliefs. The problem was how?

Soon after making this connection I had a very intense primal. I hit the full realization of the extent of all the verbal abuse and negative conditioning as a small child, and how powerless it had left me. With very heartbroken, little girl cries, I heard myself begging, "Please, please someone help me to break all the 'curses' that my mommy put onto me. Please, please help me someone, I can't do it all by myself."

I cried for only a few minutes but it was very powerful and I felt a rush of energy go right through my body. I knew I

had connected with something new, and clearly saw that somehow I had to get behind the cruel angry words I had believed and find out who I would have been if my real self had not been murdered.

In the past I have been greatly helped by Ernst Oslander when he said, "Try to go back to who you were 'just before the pain happened,'" but, in this case, I found it very hard to do. Going back in time I could find only a conception that left me with the feeling, "I was never supposed to exist." After that there was my mother's difficult and traumatic pregnancy, then my dying at birth, a lonely, deprived babyhood, and finally an abused childhood. I tried to find a picture of a 'me' who hadn't been damaged and crushed, but couldn't.

I learned an important lesson - when we are ready for the next step and open to finding out how to take it, it just seems to 'come' to us. I would like to thank the person who brought me this small miracle, Alexander from Germany, who I met on the Primal Support Group. He sent me two mp3 files by a Dutch singer I didn't know, Herman van Veen. One was a song in German called "Wer?" or "Who?" Not being able to understand much German, I had no idea what this song might be about, just that Alexander said that van Veen wrote very feeling music.

From the first time I listened to the music, it resonated with me in an unusual way. On Saturday the feelings for the music were even stronger, and I left it playing most of the day. By the evening, I realized it was taking me into a slightly altered state of consciousness, and on Sunday morning, I woke with the melody going through my mind.

By Sunday evening a huge compulsion was driving me to find out more, so I started to search the internet for the lyrics. After several hours I was about to give up, when I accidentally found the original version of "Wer?" - in Dutch.

The moment I saw the words, they jumped right off the page at me, and after reading just the first line (with the melody

still in my head), I burst into little girl crying. The next line had the same effect, and the next... and the next. Almost every line was a primal on its own. The feeling was strange, because it was painful, but it was also very empowering – I knew this song held part of the key to what I had been looking for. I want to share some of the words here, because I think they speak for themselves. The Dutch lyrics are the most powerful, but I have translated them into English so that most IPA readers will understand.

WHO?

Who took the sunshine from your face
Destroyed the light inside your soul
Who made your rosy cheeks turn pale
Who killed the dreams inside your head
Who broke your tiny heart
Colored your bright eyes dark
Who never gave you what was promised would be yours?
Who choked the laughter in your throat
Who made your hands become tight fists
Who murdered the spontaneous child
That tried to stand in spite of falls
Who filled your heart with shame

Who bowed your upright back
Who broke your wings before they knew the joy of flight?
What have you left, if you were never ever loved enough?

What was happening to me, in the very deep crying and as I read the words over and over, was that I was seeing the child I was, before those terrible things happened. I could see her clearly in my mind, and realized “this is who I was meant to be, and this is the ‘me’ I lost and have been searching for ever since.”

I saw a happy child with sunshine in her face, light inside her, rosy cheeks, bright eyes, and a trusting heart. I saw a child who was spontaneous, unselfconscious, relaxed, full of life, unashamed, able to stand up straight, and just ‘learning to fly.’ In the crying, I not only grieved that she was destroyed, but also felt joy that she is inside me somewhere still... I think I can find her again.

I know this isn't the end of the road yet, but it feels like the beginning of something important. I want to share it to encourage others. It has taught me that no matter how damaged and abused we were, and no matter how early that happened, there is still a way to get in touch with the person we were meant to be, and that the knowledge and experience of that is still pristine pure inside each of us somewhere, waiting to be found again.

Nap

By Harriet Geller

In that moment of slow
awakening
from the cloud-cushioned chamber
already out of memory,

a crossing over
as unexpected and
irreversible as Lot's escape
from Sodom

or a newborn's
head crowning the world,
was it wickedness
I was forsaking

or the enveloping refuge
that is sin's aspiration?

Space, Sound, Silence

By Anne de Nada

Internal space devoid of interruptions is expansion;
Space containing gentle, minute atoms of vibrations
Is Peace, harmony, clarity and connectedness –
Always a moment's breath away when possessing inner balance.

In the beginning there was sound.
Sound traveled across the space of nothingness
Universal vibrations created a medium of communication.
Vibration patterns were given meanings, recognition and acceptance
From the macro to the micro, numbers and names had rhythms.

The greater the silence, the wider the space and the clearer the vision.

In the galaxy of vibrations the lower the frequency
the less the competition between the senses.
In silence one learns to surrender parts to the whole.
Unification of parts opens the path home
Along the vibrational highway to stillness.

All is complete, identities surrendered upon entering
The oneness of the sea, all knowing – past, present and future.
Crossing over occurs through desire – the desire to be pain free.
Then all cells are grounded in life's vital force.
One chooses to carry the light for the betterment of humanity.

Personal Reflections on Creativity

By Ray Martin

"There is nothing new under the sun..." has been a philosophical credo since time began. Unfortunately, this credo bears the implication that nothing new can be created. Surely, all the elements – the raw materials of which concrete reality is composed – have been around for many billions of years, but the diverse complexity of these raw materials allows for a kind of "newness" to emerge from the imaginative rearrangement of the ingredients to create something fresh, something the world has never seen before. And even if it has, it may still be entirely new to the one who creates it from a virgin inspiration and idea.

Creativity is a quality that is usually relegated to the talents of special people who have a gift for this imaginative rearrangement such as artists, including sculptors, painters, architects, musicians, etc. However, I believe creativity can manifest itself in everyone, regardless of the nature or direction of one's talents. Creativity is not the exclusive property or domain of the highly talented. If a person is real and feeling, it can be manifested in every word of conversation, the way one dresses or styles her hair. It's in the ability to constantly create a new present, devoid of the excess baggage, repetition and restaging of a traumatized past. It's in the ability to configure one's personal space and environment in a way that is designed and tailor-made to reflect the desires and real needs of an individual.

Let's divide the concept into two major categories: inner change and outer change. It can be argued that inner change must precede the outer change. In the beginning this must be true. Defenses are so crystallized that it can be difficult for a person to realize much change until he has wedged some space for himself, and creativity is all about change. Once the process has begun, I believe that a certain degree of attention to the nature and understanding of creativity can be an important element in one's progress. The very decision to begin the feeling journey is evidence of inner change, which paves the way for outer change to take place; the process of creating a new world for oneself has begun. Once we work with our feelings for a little while, significant inner change begins to take place. In order to augment and facilitate that change, the deliberate rearranging of one's outer

environment into something that is more palatable to one's tastes and preferences can feed off of and feed into inner change that is taking place. Interior and exterior harmony begins to evolve.

Of course, the whole experience is going to be somewhat – maybe even very – painful, as volcanic pain is gushing and all those old feelings are becoming more and more conscious. But exercising deliberate and conscious influence over one's personal space is a way to provide a line of demarcation between the past and the present, little by little severing the past/present umbilical and taking authority over one's own life, relegating the pain to the past where it belongs. Decorate your apartment the way you want it; buy the style of clothes you would like to wear rather than styles you've been condemned to wear all your life (subjugating yourself to your parents' demands); go for the major you want, the job you want, etc. Yes, there will be setbacks and mistakes along the way, but those setbacks are not failures – they're landmarks that help you to constantly redirect yourself on a

path that is more truly you than the "you" that you're leaving behind. If you get discouraged, recognize it as old pain and take it to the mat.

So, amid all the misery and gushing torment of having to deal with the constantly emerging pain of the primal process, things can still continue to change toward a more satisfying and agreeable set of conditions than what had previously

been the norm throughout the course of a person's life.

Creativity, inasmuch as it is about inner and outer evolution, is also about constantly re-creating oneself; one's body, one's personal image or appearance and even health. Health is a matter of creativity as is slimming down or toning up. Exercise and diet can be matters of creativity – one can create a regimen for oneself that reflects one's tastes, interests and preferences as well as abilities, talents and limitations.

Creativity is simply the present constantly evolving into itself as something fresh and new, forever changing and moving. That doesn't mean we must force it in an erratic jumble of meaningless contortions, but rather simply accept the change as it comes about and make changes where we see fit; where we can enjoy the change that is fostered in the process of enhancing our lives, adjusting things "out there" to reflect the way things are changing internally as time passes.

"I love my life; I honor my creation!" –Bev Edelman

Here's to a creative life through deep feeling!



"Untitled" by Karuna O'Donnell

Finding a Place to Cry: My Path into Primal

By Norm Cohen

I recently celebrated my one-year anniversary in primal therapy. I say “celebrate” because my birth into primal therapy has become a milestone in my life. It was a long time in coming and needlessly so. I spent 17 years in psychotherapy, but my panic attacks that started when I was 11 kept re-emerging in various forms. In the final three years, they came back with a vengeance, as often as twice a week.

It was painful to be in my body. Something was shaking most of the time. My skin was crawling. My chest was aching. My heart was beating strangely. I felt that I was going to die a slow, painful death.

Each time I had a panic attack, it took a day or two for my body to recuperate. I was becoming a zombie, constantly trying to restore some balance after my last attack. No sooner had I recovered from one, but a new one would begin. It was a vicious cycle: it took less and less to trigger attacks, and they were growing more and more intense.

I knew that talk therapy was over for me. If 17 years, once or twice a week, had not finished off my panic attacks, then talk therapy simply was not capable of doing so. I had given it my all. What I learned was certainly useful in adult life, but not effective in treating trauma. I did not just need a different therapist, I needed a different therapy.

I had suspected from early on that the feebleness of words was the problem. If I was ever to get better, I needed something far more powerful, something non-verbal and visceral. But what? After many Google searches, I stumbled upon primal therapy. Since I did not know what I was looking for, it was only by luck that I finally found what I needed.

I was searching under post-traumatic stress, which was the best way I had to describe my problem, and I came across Barbara Bryan’s listing, where the words “post-traumatic stress” and “primal therapy” were put together for me for the first time. I had some vague notion that primal therapy’s practitioners remember their birth. This I dismissed as improbable and not at all related to the panic attacks that beset me.

I began the therapy skeptically, as it all seemed rather vague to me. I kept waiting to hear my therapists explain “the technique.” The whole process felt contrived, but I lay on the mat each week and let myself go. I have the privilege to work with Barbara Bryan, Bill Russell, and Karen Kendall, who have given me three gifts – safety, permission, and acceptance. From these I have evolved a primal process for myself that seems to be working.

In my previous therapy, I would cry once or twice a year.

Maybe. Since the start of my primal therapy, I cry every week. My body was enlisted to bring out feelings, but my non-verbal development emerged slowly and tentatively. It was a starkly physical process that I did not understand, but obviously it was coming from somewhere in me. I played along with it. I learned how to start it up, stand back, and let it rip. I would not know how it would end until the session itself had ended.

At some point I realized that I was not just playing. I was becoming a live puppet for my unconscious, spontaneously grinding out rage, fear, and sadness in front of my stunned self. “Where the hell did that come from?” I asked at the end of each session. I had finally met the power responsible for my panic attacks. We were communicating now for the very first time.

My therapists and I were able to reconstruct my panic attacks in the laboratory of the primal room. I played the victim, then the perpetrator, and then the rescuer. I have been inside my mother, been suffocated, been born, been spanked, and been killed. I have been my mother, been pregnant, given birth, and beaten my baby. My mother has spoken to me, and I have spoken to my mother.

I have crawled around the room with a face full of snot. I

have choked, drooled, and slobbered. I have barfed into a bucket. I have primaled with a baby doll, a baby bottle, a pacifier, and a plastic bag over my head. I have been crushed in a corner. I have raged like a lunatic.

At my request, my “deviant” therapists hug me, cradle me, lie on top of me, and crush me. They play every part of my mother and every part of me.

They watch when I beat my baby doll to death, tearing him to pieces. They sandwich a pillow between my body and my bat when I hit myself. They watch and listen.

I watch and listen. Once the process begins, it takes on a life of its own. I am in a dream. Consciousness suddenly runs in parallel. The voyeur, the participant, and the perpetrator are simultaneously in the primal room. My childhood feelings and my feelings about those feelings go bouncing off the walls of the room like boomerangs. My body gets hit, and I am crying and screaming.

Questions that I could never really answer in talk therapy are now being answered clearly in primal therapy. It’s as if I have learned how to use a supercomputer, and now I can put it to work on large, perplexing questions. Sure enough, the primal process shows me the answers that explain my symptoms in a surprising and profound way.

My way forward is primal therapy. The process is taking me where I need to go. My panic attacks have become less frequent and less intense. As the IPA slogan goes, I “Feel Different.”

“Sure enough, the primal process shows me the answers that explain my symptoms in a surprising and profound way.”

The Way of Life

By Mickey Judkovics

*Dedicated to all of Us on Our journey of Healing and Realization
And to All those who supported me on My Healing Journey*

Words

“Good” words point the Way.
Some words lead us Astray.
Words are not the way.

Breath

Breath is the Way of Life.
Breathe In.
Breathe Out.
Exhale and Let Go.
Be With What is.
Breath is the Way of Life.

Awareness

Awareness is the Way of Life.
The Issues are in Our tissues.
Present Persistent focused awareness on
our tissues will dissolve our issues.
Further persistent awareness leads to
Our Realization of Connection and Oneness.
Awareness is the Way of Life.

Time

Time is the Way of Life
All we have is Now.
The results of the past are here Now.
The seeds of the future are here Now.
The anticipation of the future is here Now.
Be Here Now.
Time is the Way of life.

Sound

Sound is the Way of Life
Inarticulate Sound is the Way of Life.
Moan, Groan, Shriek, Wail, Scream
Articulate Sound is the Way of Life
Speak Out.
Ask for what you want.
Say “No” to injustice, violence, cruelty and hatred.
Say “Yes” to life, joy, community and relationship.
Sound is the Way of Life.

Movement

Movement is the Way of Life.
Conscious Voluntary movement is the Way of Life.
Walk, Run, Exercise.
Involuntary Conscious movement is the Way of life.
Be Present and allow your body to Move.
Conscious Involuntary movement is the Way of Life.
Surrender to deep laughter, unbearable grief and
joyous sexual pleasure.
Movement is the Way of Life.

Emotions

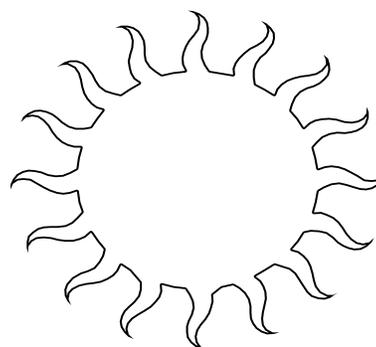
Emotions are the Way of Life
Emotions are the juices of life,
sometimes sweet and sometimes bitter.
Emotions are expressed as joy, bliss, agony, terror,
longing and fear.
Unexpressed emotions sink into the vastness of who we are.
Unexpressed emotions lay dormant at the
bottom of the sea of ourselves,
the sea of our consciousness.
Unexpressed, these emotions resurface triggered by the worms
of similarity. Emerging like some mythic sea monster they
frighten and control us. And in this controlling, they deaden
us to the joys of living and loving.
However, once brought forth and faced in the fearful expres-
sion of unspeakable horror, deepest longing, and rageful hat-
red unexpressed emotions dissolve
in the sea of ourselves, a sea of compassion and love.
Once they are dissolved one is free to live and love and to be.
May you love, live and be who you have always been.
Emotions are the Way of Life

Love

Love is the Way of Life
Love yourself as you are.
Love one another as they are.
We are all of the One
Love is the way of life.

You

You are the Way of Life



The Sun

The Sun is covered by a Cloud
You are the Cloud
You are the Sun
One Cloud goes. Another comes.
Between the Clouds See the Sun
Become the Sun
You are the Sun
You are the Way of Life

Mind the Gap: A Review of A. Janov's *Primal Healing*

By Stephen Khamsi

Primal Healing is Dr. Arthur Janov's most recent of his 11 books on psychology. This book, like the rest, is about the primacy of early needs, and about the process of liberation through feeling. Janov – a depth psychologist, as well as a witness to deep human experiences for some 40 years – succeeds in articulating his current perspective on personal pain and therapeutic redemption. Primal Healing is also about the facts of life and death. While Janov looks primarily at personal problems, and only rarely and indirectly at our most troublesome social problems – violence, greed, global warming, genocide, imperialism – this is still a very important book. And it is his best in many years.

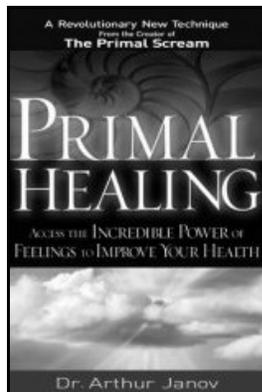
In the world of psychology, Janov has been a maverick – for better *and* for worse: for better, because he has reminded us that suffering exists, and that it can be felt, shared, and ameliorated; for worse, because he has withdrawn from – and been all but excommunicated by – the mainstream. The truth of his message – and the messenger's ego – has been too difficult to take.

More than ever before, Janov hammers on the shortcomings of one-dimensional cognitive approaches. The paradox, the conundrum, the dilemma is that Janov is required to make a rational argument about a non-rational process to an unconscious and largely unfeeling populace. This is not an easy task, especially for Janov – the wannabe neurologist and former psychoanalytic talk therapist. The crazy thing is that he succeeds – at least partly.

For Janov, profound personality change is only possible when connections are made between the deep unconscious and higher thoughts, or, in JanovSpeak – which randomly mixes psychology and anatomy – between the brainstem and the cortex. Words are not enough. Only Janov-certified Primal Therapy can lead one to the promised land of lasting change – while employing mostly verbal interventions and psychological methods – purportedly on neurological processes. Got whiplash? Mind the gap.

Janov does not want us to “lose track of the overarching truth – feelings are their own validation” (p. 15). But while it is accurate to say that feelings are self-validating in a personal sense, it is not right to insist that feelings form the basis of a single overarching Ubertruth. This is nonsense, and everyone who is not part of a cult – including Janov – knows it. Feelings are one very important aspect of our multidimensional human experience. There are others. When someone starts talking about truth, and calls it science – well, it's not so good.

Janov includes something old and something new. Something old? Yes, even decades later, Janov continues to



talk about a “cure,” which is still opprobrious, as even he anticipates. Worse than that, it is also false and misleading. Janov speaking of a cure for neurosis sounds almost like Bush talking about victory in Iraq. So should we, or should we not, “misunderestimate?” For something new Janov presents three ideas: “Primal Cosmology,” the “Janovian gap,” and “proper therapy.”

Janov introduces readers to the idea that primal psychology is part of a larger Primal Cosmology. But do we really need to relate our own personal big bang to the original big bang from 14 billion years ago? Even if we acquiesce to Janov's Darwinian plea that we identify with the plight of the salamander – which for some of us is quite a stretch – we are asked to cosmically connect with our inner stardust. Can't we all explore our own “inner universe” without getting symbolic and cosmological about it? Luckily Janov, unlike Reich before him, seems otherwise grounded.

And what, exactly, is the Janovian Gap? It is the self-named “gap between feelings/sensations and their psychologic counterpart” (p. 30). An interesting concept. But naming something after a pioneer ordinarily occurs posthumously, and should arrive as an accolade by scientifically significant others. Luckily – and in spite of this most recent faux pas – Janov continues his glacial transformation from hubris to humility. Humility is most befitting for a person of his stature, but there is still a way to go. Is there ever a reason to quote oneself at the beginning of one's own book? On the same page as Shakespeare?

Janov's proper therapy must use nonverbal language, and even crying and screaming are not enough (p. 16). Proper therapy is actually presented as eight principles of how to conduct primal therapy. Most of this can be translated into: feeling, connection, integration, and resolution. Even more simply, one might say that a therapist should assist clients to feel their feelings, and to allow them to make connections with what they know ... and then things will resolve. While this is purported by Janov to be evolutionary science, it is apparently not rocket science.

Primal Healing is not a magnum opus, it is not about a new science, and it is not even a definitive statement. It is a greatest hits album and is excellent in many ways. He reminds us that deep feelings are primary, and that real people – not just “the experts” – must retain power in psychotherapy. More importantly, Janov should long be remembered for introducing the term “primal,” which refers to a deep, feeling, healing, and usually regressive event. Prior to this contribution, the Western world had no idea of – let alone a word for – such an experience and such an event. Primal pain is, after all, and in the words of Alice Miller (1990), the untouched key that both causes and explains many of our personal and social problems. When we transcend the “feeling rules” of our society (Hochschild, 1983), both individually and collectively, we may finally be free to resolve the hurting and to connect with banished knowledge.

APPPAH Conference Review

By Erik Tootell

This past November, Gabriela Ortiz Monasterio and I attended a conference of the Association for Pre- and Perinatal Psychology and Health (APPPAH) in Phoenix, Arizona on the theme of The Baby Summit: Ancient Wisdom Meets Modern Science. There were various speakers discussing how different cultures around the globe view birth and baby care. Other notable speakers included William Emerson, whose workshop I attended. He taught us how birth trauma tends to be evident in the body, and then skillfully diagnosed a baby whose mother had brought him to the workshop.

Joseph Chilton Pierce was there also. I did not attend his workshop, but Gabriela did, so you can ask her about it if you are on that list. Gaby was elated with the workshop given by David Chamberlain, a psychologist who discovered the reality of early pain through his work with hypnosis. He has written a book, which you can also ask Gaby about.

We both loved the talk given by Dr. Gladys Taylor McGarey, an octogenarian and retired physician who has practiced in different parts of the world. She has a very spiritual view of conception and birth. Another physician, Dr. Joel Evans, gave an engaging talk on Blending Science and Psyche to Create a Conscious and Healthy Pregnancy. Last, but not least, we had the pleasure of listening to Dr. William Tiller, a retired Stanford physicist, one of the commentators in the movie, "What the \$#! Do We Know?"

There was beautiful music performed by Sammi Whytecap, LCSW, and fascinating books and CDs available on trauma, gestation, birth, and baby care. There were no forests to walk through and yell in, but we had a great time and met a lot of warmhearted people.

Visit APPPAH's website if you would like more information about them. As of this writing, I am hoping to attend their next event in Los Angeles, February 21-26, 2007. It is an international congress entitled Birth and the Human Family: Embracing the Power of Prenatal Life. Perhaps I'll see you there!

IPA ROSES to . . .

- Sandy Weymouth for persevering to register the IPA trailer as well as taking charge of its well-being.
- Harriet Geller for designing and printing the Membership Directory and Spring Retreat flyer.
- Leonard Rosenbaum and Barbara Bryan for effectively transferring the IPA's toll-free phone number. Thank you, Barb, for your years of managing and paying for this service, and our appreciation to Leonard for stepping up.
- Harriet Geller and her New York City Communications Team – Shelly Beach, Linda Marks, Michele Singer, and Marlene Schiller – for folding, stuffing, and stamping (no, that's not holding, sniffing and stomping) for the IPA mailings.
- Carol Holmes, Bill Whitesell, Harriet Geller, and the entire Board of Directors for making the 2007 membership renewal process a success.
- Barbara Bryan for her accomplished administration of the IPA Referral List, especially during the 2007 renewal.
- Bill Whitesell for hosting the Cherry Blossom Board Meeting.
- This issue's many contributors—Harriet Geller, Mickey Judkovics, Norm, Cohen, Stephen Khamsi, Anne de Nada, Linda Marks, Ray Martin, Karuna O'Donnell, Erik Tootell and Pat Törngren

IPA Membership Dues

	Single	Joint
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 for \$30 per year is available to overseas residents, full-time students, and individuals who support themselves exclusively with public assistance.
- All dues cover the fiscal year from January 1 to December 31. To qualify for joint membership, both members must live at the same address and pool resources.
- Joint members will receive one mailing per household.
- Please make out your check to the IPA in US funds. Canadian checks (in US Funds) are accepted with an additional \$5 service fee.
- International money orders are accepted with additional \$7 service fee.
- Pay by credit card (MC or VISA). Indicate credit card type, number, exp. date, and 3-digit code on back. Mail to the address below, or pay by calling (703) 734-1405.
- Mail your complete name and contact info (including email) to:
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