



AAP eNews

The online Newsletter of the Association for the Advancement of Psychosynthesis

September

2011

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On Becoming a Cocreative Community

By Judi White, AAP Cochair

Many people today are becoming aware of the need to learn how to interact creatively with each other. “Cocreative partnerships” is a popular phrase, as is the word “sustainable.” They both hold an essence of vision for belonging to communities who operate with “right relations,” another phrase gaining popularity. In fact, there appears to be a groundswell of passion for improving interpersonal relationships.

In the workplace, many of us have experienced intensely what Martin Buber termed the “I-It” relationship. We, as employees, have felt used for the work we have been able to do—and get paid for. The same has been true in many organizations—belonging as long as there is work that is needed that

we are willing to do. Burnout, given this type of relationship, is a sure thing.

Many psychosynthesis colleagues have chosen social psychosynthesis as their life’s work, including, but not limited to conflict resolution, marriage and family therapy, intercultural relationships, and psychosynthesis in the classroom. Tom Yeomans wrote *The Corona Process*. The Steering Committee has an extensive explanation of group life rubrics available. The Society of Friends (Quakers) has been increasing in popularity. Thich Naht Han’s movement to teach meditation draws masses worldwide.

Two of the most successful prototypes within our psychosynthesis community for how to be a group are 1, the Professional Development Committee and their journey to

create the foundations course and 2, the AAP Newsletter Team. I would like to request that both these teams write about what they have learned about how to be successful as a group with a common purpose and with very diverse perspectives. They need to document what they are learning about relating to each other, using another of Buber’s terms, as meeting I-thou. Buber’s philosophy is based on right relationships.

As psychosynthesisists, we do our self-work. We get our subpersonalities singing in harmony to support our Wills. We know that when we are feeling conflict or drawn to another in some way, there is a subpersonality within our own psyche which needs attention. In group life, we need to spend

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AAP eNews

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Send Ideas, Art, Photos, and letters; tell what has helped your life and work; send poems, book reviews, articles. Show psychosynthesis theory in action. We request **Goings On** notes be 75 words or less and **articles** 500 words or less. Send to

aap.input@gmail.com

This is an experimental issue of AAP eNews, a hybrid between the old AAP News format and the more recent e-News issues. Tell us what you think at aap.input@gmail.com

The Association for the Advancement of Psychosynthesis:

Founded in 1995, AAP is a non-profit association with tax exemption in the United States. It is dedicated to advocating on behalf of psychosynthesis and conducting psychosynthesis educational programs. Donations are tax deductible.

AAP membership is \$75 (US) per year, with a sliding-scale fee of \$45 to \$75 for those who need it. Go to <http://www.aap-psychosynthesis.org/renew.htm> or contact us at (646) 320-3914 or info@aap-psychosynthesis.org.

Views expressed in AAP eNews are not necessarily those of the editors or of AAP. We may edit submissions for grammar, syntax, and length.■

This eNews goes out to all current AAP members. Our membership list is never sold.

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GOINGS ON

North American centers

Montreal center

Olga Denisko did a "Luminous Self" workshop on July 29, 30, 31 in Tatamagouche, Nova Scotia.

Olga will co-lead a two-weekend "Basic Principles of Psychosynthesis" intensive in Montreal Sept 30, Oct 1 & 2, AND Oct 14, 15, 16.

olgajay20@yahoo.ca

Synthesis Center, Amherst, MA

A new Level I of Professional Training begins in the Fall of 2011.

Didi Firman has a blog on the Psychology Today Web site.

The Center (synthesiscenter.org) and Clare Goodwin, artist, mandala maker and former member, have produced a set of 20 Evocative Word cards, which are for sale on Clare's site:

abgoodwin.com/mandala/market-evocative-words.shtml

CALL FOR PROPOSALS

Rome International Conference

psychosynthesis in the world

Thursday, June 21 – Sunday, June 24, 2012

The Italian psychosynthesis centers want you to start now co-creating, with them, an **important event for connection and reciprocal acknowledgment in the Psychosynthesis community**, an event that offers an opportunity to exchange experiences and get together to address the inevitable issues of the time: Your questions will be the core of the co-creative groups, and they want us all to work together during the Conference in order to develop and synthesize our ideas.

They invite you to send your proposals for **workshops, presentations, and co-creative groups** in three fascinating, pivotal areas.

What areas? To learn more, go to their Conference Web page:

<http://www.psicosintesi.it/it/psychosynthesis-world>

For proposal forms:

<http://www.psicosintesi.it/it/call-proposals>

FROM OUR COCHAIRS

IT'S HERE!

History of Psychosynthesis in North America

Greetings, AAP Colleagues,

Psychosynthesis in North America, Discovering our History 1957-2010 is now available! This first book published by AAP can now be ordered on the AAP Web site, www.aap-psychosynthesis.org.

Inside the USA, the cost is \$36, which includes postage and handling. Multiple copies and orders from outside the USA will cost a bit more because of the difference in postage costs. The directions for ordering from outside the USA are on the Web site.

The book is on an 8 1/2" x 11" format, with 266 pages on 30% recycled paper. The printing was electrically powered by wind. A forward by Dr. John Parks, an introduction by Tom Yeomans, and a "Future of Psychosynthesis" by Betty Bosdell are followed by 38 chapters. The book includes a graphic timeline of centers and organizations in the United States and Canada.

From the beginning of the editing process in early 2010, Dori Smith, Coordinating Editor, has held the dream of Founding Editor, John Parks, for a publication to document the history of psychosynthesis in North America. We who will soon hold the book in our hands are deeply indebted to John and Dori plus sixteen other editors and consultants for their perseverance.

We cannot begin to thank the nearly forty contributors for their dedicated research, commitment, and patience. Without the labor of each of these writers, there would be no book to celebrate.

We are also grateful to those who donated nearly \$4,000 toward the publication process and those willing to purchase the book prior to printing. Thank you for believing in the project.

All of us celebrate with gratitude and joy the documentation of our legacy and the people who made it possible. We hope that the reading of this book provides each of us with the inspiration to carry on in whatever way we can best demonstrate the principles of psychosynthesis.

Grateful for our Common Purpose,

Judi White and Sharon Mandt on behalf of the Steering Committee

To Change your address with AAP, please go to our website and fill out the form at aap-psychosynthesis.org/formcoa.htm

GOINGS ON

Autumn Offerings from Abby Seixas

The Deep River Within: Taming the To-Do List and Finding Depth in Everyday Life.

A 7-week distance course (via phone & Internet) in the art of slowing down.

October 9 – December 4, 2011. For more information:

<http://www.deepriverwithin.com/Resources/Distance%20course%20flyer%20'11.pdf>

Finding Balance and Calm in a 24/7 World: Self-Care for the Caregiver and Her Clients.

A One-Day Workshop for Helping Professionals at the BU School of Social Work (Boston, MA)

October 21, 2011. For more information:

[http://www.bu.edu/ssw-pep/registration-](http://www.bu.edu/ssw-pep/registration-manager/app/catalog.php?action=section&course_section_id=2415)

[manager/app/catalog.php?action=section&course_section_id=2415](http://www.bu.edu/ssw-pep/registration-manager/app/catalog.php?action=section&course_section_id=2415)

6 CEC's for Social Workers

Deep River Workshop and Facilitator Training for women at

The Women's Well, West Concord, MA.

November 5: 1-day introduction to the Deep River process.

(This, or another Deep River group, is a prerequisite for the Facilitator Training day.)

November 6: 1-day Facilitator Training, for women wanting to lead Deep River groups.

Registration available in September: <http://www.womenswell.org/courses.html> or contact Abby@deepriverwithin.com to reserve a place.

12 CE's for LMHC's pending

Please contact Abby with questions about any of the above. Thank you!

ABBY SEIXAS, Licensed Mental Health Counselor

<http://www.deepriverwithin.com> Linked In: <http://tinyurl.com/lhs78w>

Facebook: <http://tinyurl.com/n3kura> Twitter: <http://twitter.com/deepriverwithin>

We regretted the rain,
Until we saw the mists
Floating the mountains
On their dragon tails.

— May Sarton
from her *Selected Poems*

***BECOMING* cont'd from p. 1**

time learning how to address that which is within and then address it in the group life. Sometimes this is initially offensive and sometimes it leads to healing the wound and a creative solution to the problem at hand. There are no rules to hide behind. There is I and there is Thou and each is valuable.

We need to begin writing our experiences of success in resolving conflict in groups experiencing burnout, conflict, resentment, even anger and withdrawal at not being heard. How we operate can be a model to offer a world in crisis, a suffering world that is fed up with and being overtaken by negativity caused by I-It relationships. Our whole lives and a healthy future depend on cultivating the protocol of an I-Thou relationship—Right Relationship. ■



Got an idea for a new AAP Logo?

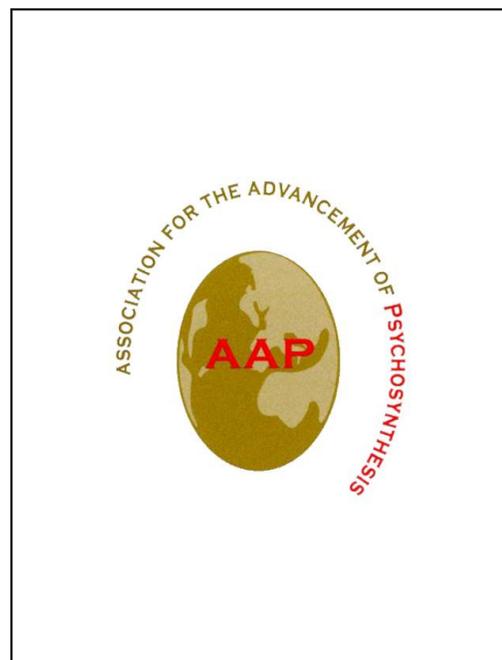
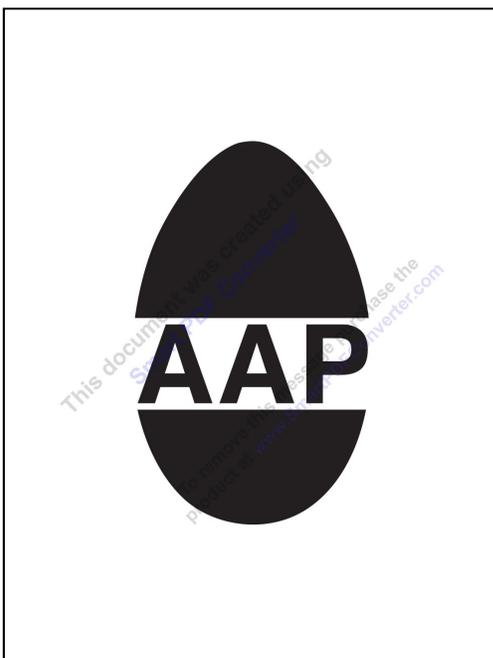
Once upon a time there was an AAP logo — a circle representing the earth. When it was reshaped into an egg (below right), it has been said the symbol looked like a fetus and that this symbolic transformation has been a source of great contemplations. Still, the consensus appears to be that we need a new logo. You can participate in its creation.

The 2010 conference used the logo above left which was purchased for \$10. It has served in several "positions": as logo for that conference, for Psychosynthesis Today, for the AAP Web site and Facebook page, and as the present AAP letterhead. It has possibilities as the AAP logo, but no attempt has been made at a consensus to give it a permanent role in AAP's life.

Sharon Mandt met a graphic designer last year who referred her to a colleague in Kentucky. The latter designer presented Sharon with a logo mock-up to present to the membership, and it too has great possibilities for becoming the AAP logo. See logo mock-up below left.

We would like to invite you to submit a graphic of a logo for consideration by AAP. We are hoping there are many artists among us who would like to offer an idea with an explanation of what it represents. Then as a community we can arrive at a consensus on a logo that embraces who we are today — as we move into the future. ■

Please submit your logo or ideas to membership@aap-psychoanalysis.org.

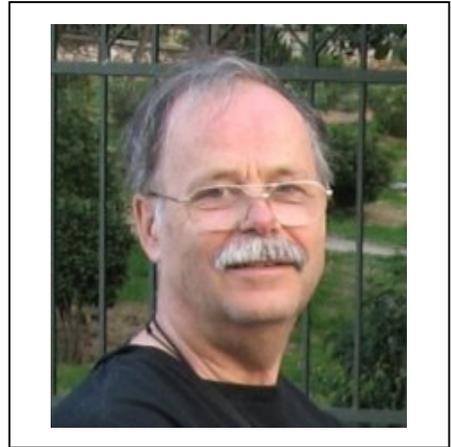


Invitation to Individual Members of AAP: Send Events and Ideas to the E-newsletter

*We invite individual members to send news of your latest ventures, food for thought, reflections, and research.
This month, we begin with:*

News From an Individual AAP Member:

Dirk Kelder



After a long break, I am getting back into my practice. I experienced a serious head injury some twelve years ago, and in the interim my work has been recovery and renewal on the inner level. With my brain out of commission, I had been thrown into another world and in the process discovered the existence of an inner life much deeper than I had ever experienced. At this level my name, my identity, my interests, my priorities all had little or no significance. It was for me a Buddhist nirvana of emptiness and completeness which forms the foundation of our external reality.

My work these past years has been threefold. I needed first of all to find a place of stability in this world. Assagioli's disidentification process was helpful to some extent, but I found the exercise to be basically a mental process that tries to get beyond the mental as well as the body, feelings, etc., and I needed something that went deeper. I was already in the transpersonal world and needed to disidentify even from that in order to get my bearings.

I now have a sense that there are different interpretations of the transpersonal. The more common one is that it is beyond the personal. This is certainly true, but most people get hung up on the contrast between the two with the end result being that the transpersonal has to some degree taken on the quality of the impersonal. I have found the feelings to be a more direct line to the transpersonal. The mental is linear and cannot embrace opposites or paradox, whereas the feelings can.

Some claim—as does the stroke victim Jill Bolte Taylor, who wrote the book *My Stroke of Insight: A Brain Scientist's Personal Journey*—that the right-brain offers us a sense of the whole, which is certainly true. But to say that it gives a complete picture is a blind spot and a self-contradiction, for the left-brain is completely left out. This rationalization is caught in a paradox where the left-brain gives its interpretation of the whole picture as if it is all-inclusive. But in doing so it competes with the right-brain, which it claims is aware of the whole. Not only that, but in saying the right-brain is holistic, it is saying that it itself is not part of the whole.

While I found the mind helpful in sorting out what was untrue or unreliable, I discovered it could not offer me any guidance as to what was valid and true. When I turned to the mind for guidance, I found myself in an endless hall of mirrors which kept me going in circles without end.

Since they exclude the mental, the feelings are also partial; but in my experience they are the gateway to the whole. When the feelings are refined and transformed, as they can be with a good psychosynthesis

Continued on next page

Continued from previous page guide, and experienced in their fullness, they help us get in touch with and come to know experientially the paradoxes and mysteries of life. This can then be passed on to, and interpreted by, the mind.

The second part of my work was to get oriented in this new world. But if that was not enough, there was also a desperate need to bridge that world with the outer or consensus world. This was the third part, which turned out to be the most challenging. The new world was self-validating in many ways and to stay there was certainly very enticing, but I also knew if I succumbed to that I would be cut off from the normal world, which would certainly lead to a lonely existence. Nevertheless I couldn't deny this new world either, for it was more real to me than anything else. But it was also so remote from the normal world that there was an unbridgeable chasm between them. You can perhaps get a sense of the struggle I experienced.

This is why so many brain-injured people never make it back to this world. What makes it worse is that so many so-called "supportive" people, including family as well as professionals, try to get these people back to the normal world as quickly as possible so that they will be able to function effectively. This unfortunately is counter-productive and leaves a person in a state where they are neither in their world nor the normal one.

In any case, I somehow knew I needed to resist external pressures and follow my own inner guidance. In doing so I eventually got my bearings in this new inner world and could start to bridge the gap to the so-called real world. What this helped me to understand about the transpersonal, is that the true transpersonal is not only the world beyond the personal, but also the one that transcends or bridges the transpersonal and the personal. This may sound like an oxymoron but the true transpersonal is beyond opposites and cannot be reduced to the level of linear thinking.

When we can find the place that bridges the inner and the outer, we will have come to the true transpersonal. In my opinion transpersonal psychology, including psychosynthesis, cannot be learned academically and can only be gained by being personally guided by someone who has learned to navigate the realm of the true transpersonal. I can now definitely understand the sayings that speak about the oral teachings as being the only true way. The wise guide acts as a catalyst, an essential component of the transformational process. The competent psychosynthesis guide is a powerful part of the community, having the ability to bring people to the level needed to begin meeting the challenges we face in our time.

This is true to the extent that these people have been helped to find a way to honor the transpersonal without sacrificing the personal. Here we return again to our consideration of the transpersonal. What has helped me to understand about how to hold opposites together is the work I have done on polarity that I have named Quantum Polarity. More on that can be found at www.quantumpolarity.net. This polarity work was also instrumental in helping me bridge the gap between the world I was experiencing and the consensus world.

I have just put up a Web site for my new work, which you can find at www.soulcoach.org. There you can see how my journey has taken on a practical dimension in terms of what I offer and how I offer it.

Dirk Kelder <dirkkelder@yahoo.com>

PRAYERS AND BEST WISHES

Our thoughts and concerns are sent to any of our many members and their families who may have been impacted with the recent flooding and wind damage from Hurricane Irene. Once again we are reminded how deeply we are connected.

LETTERS

Response to Inessa Mil'berg's Article on Suffering in Last Month's E-Newsletter

From Judith Broadus

Good morning, Inessa,

I'm sending you a short quote from an article in a quarterly that I have been getting for years, **Parabola** Vol 36 #1 Spring, 2011, the theme of this issue is "Suffering", and it is very good and would be a good follow-up for people who attended the Retreat and want to deepen their understanding of working with suffering. So, I do recommend that people try to find a copy of this journal [see <http://www.parabola.org> — ed.]. The quote I am sending happens to be from the Jewish tradition, and this journal covers all religions and points of view.

" A central idea in the Jewish mystical tradition is that everything in the world, animate and inanimate, is sustained by the Divine Presence; this includes every living creature, every star, every planet, every particle, but also events and even states, like joy and pain, life and death, everything. When we buffer ourselves from any part of the world, we are also veiling the Divine presence that resides within it. The corollary is also true. When we veil ourselves from the Divine presence within the world, we veil ourselves from the Source, the All, the One, the Infinite. This is wretchedness: being totally bereft and alone in the world."

There is much more of course, and many articles pertinent to suffering, which Roberto Assagioli emphasized in his writing as so very important for us to learn how to relate to—this pervasive fact of human existence. Since this came through so clearly in our constellation work, it seems a good time for us to educate ourselves more on working with this truth that co-exists in our world along with Joy.

Love,

Judith



Books, etc.

Will Parfitt at PS Avalon in the UK has just published a new book of poetry, *The Inheritance* by William Ayot. He says, “We all have an inheritance and many of us struggle to speak out truth. Some never get to say a word, still less receive a hearing. This book charts one journey from silence to self-expression, when sometimes just speaking is a victory.

William Ayot’s poetry is like the man himself: intelligent, unpretentious, accessible. His concerns are immediately recognizable, and his verse’s energy and sustained focus consistently bring his subject matter to a satisfactory conclusion. There is little inconsequentiality and much passion, though the emotion is kept sensitively under control. — Paul Groves

Available at Amazon or other internet bookstores.



Act of Will Book Study Plus: New Times Announced

from **Carla Peterson** and the **Center for Awakening** www.centerforawakening.org in Wisconsin:

New times for book study telephone conference calls:

2 pm Eastern, 1 pm Central, 12 noon Mountain, and 11 am Pacific Time.

Dates are the same: Weekly for 10 weeks: September 13 to November 15th, 2011.

For more information: carla@centerforawakening.org or 715-379-1839.

TOOLS FOR THE JOURNEY

Try chair yoga psychosynthesis

Here are yoga-psychosynthesis exercises you can do at your chair.

You can read a heartfelt note below from Achalan Gene Barnett, who put together these exercises. He is a certified Kripalu and Integral Yoga Instructor and Phoenix Rising Yoga Therapist in San Francisco and the greater Bay Area. He studied Psychosynthesis with Ann Gila and is currently studying at the Kentucky Center for Psychosynthesis with Vincent Dummer and Judith Broadus. He was inspired this summer to create a chair yoga practice synthesizing various Hatha Yoga styles and therapies with core principles of Psychosynthesis. At the time he was attending the AAP Basic Foundations Course in Burlingame, CA.



Note from Achalan:

**The purpose of this practice is to promote cumulative health and ease in the body, mind, and spirit while receiving and expanding into the organic wholeness that is continually emerging as "I reflecting SELF." I would like to dedicate this practice to Roberto Assagioli and to the ever-unfolding joy of being and becoming.
Enjoy!**

— Achalan

AchalanGene@Yahoo.com
AdventuresinSelf-Healing.com
415-242-1384

To read Achalan's Chair Yoga Exercise, see the September 2011 AAP eNews Supplement which is being sent out along with this issue — ed.

AAP GATHERED LIFE

Results of Gathered Life Survey

Approximately 80 people of a possible 800+ responded to the survey. About 40 so far are going to attend the World Conference in Italy in 2012. Most people are interested in more local gatherings, either retreats or presenter's conferences, attending the one closest to home base. How these would happen will depend on the initiative of members in organizing and inviting, as happens annually with centers such as the Center for Awakening, the Synthesis Center, The Kentucky Center of Psychosynthesis, (the Canadian Center — Psychosynthesis Pathways of Montréal? Tatamagouche Center, Nova Scotia?), and Connecticut Institute for Psychosynthesis. Reporting the event by video recording or written reports would be the preferred way of sharing.

A 2013 North American Conference is definitely highly recommended. Time to begin working on it is during this upcoming year,

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Continued from previous page with the formation of a team of about ten members, including a representative from the Steering Committee.

Participants were asked to recommend themes, issues, planning to do in preparation for a gathered life event.

If you would like to browse through them and intuit a consensus, your feedback will be most welcome.

For 2012, this may best be up to the local preferences. But, for a North American Conference, these were the responses:

Psychosynthesis and the Future
Spiritual Change that Accompanies Global Change
Healing Soul of the Earth through Forgiveness
Healing, Diversity, and Synthesis Among Us
Dialogue
Transformative Power of Empathy
Willing the Great Turn into Gear
Psychosynthesis and Contemplation
The Decline of Nations
Re-Visioning Psychosynthesis
Face Time – Not Cyber space
Balance Between Our Inner Processes and the Big Picture
Trauma
Preparing to Leap
Psychosynthesis Response to the World's Cry:

Honoring RA – Addressing Needs of the Public
Systems for Actualizing Supreme Synthesis
Open Dialogue on Theory and Personal Application
Connecting Needs with Loving Synthesis
The Gifts of PsySyn in a Turbulent World
Finding Humor in Session
Common Interest Direction with Transpersonal Theory
Strategies for Responding to Human Suffering

Conversations in Psychosynthesis
A New Jerusalem Defined in a Life Event Experience
Assagioli's Italy?
Continue Building on the Richness of Psychosynthesis
Involving All Levels
Fulfilling Our Purpose Individually and as a Community
Psychosynthesis for the New Generations
Psychosynthesis –Assisting a World in Crisis
Balancing Esoteric and Exoteric Orientations
Integration of Psychosynthesis into Different Working Environments
How to make Psychosynthesis Fun and Children-Friendly
Listening and Hearing our Hearts Speak
Why the small “s”
The 2011 theme



RESOURCES

Know Noosphere?

Ramsay Raymond sent the following to brief note with a roundup of reports (meditations?) related to the noosphere, variously defined as (for example) "our mental environment," "a greater synthesis of life," and "Earth's mental sheath." We at AAP E-news thought Ramsay's note and links to the articles worth passing on for discussion.

Note from Ramsay Raymond:

What we envision for the future of our earth is mega-important.

While needing to stay open to the reality of suffering with great-hearted compassion, we also need to convert the awareness to its opposite—may all children be protected, may all seas be healthy, may all congresses be wise, etc., thus channeling the fervor of despair and outrage into clarity of vision and strength of purpose.

**Blessed be,
Ramsay Raymond
ramsaydw@verizon.net**



Articles Ramsay passed on that "have thus far come from the Noosphere II Experiment" stating we are not in a biospheric but a noospheric emergency:

Prelude to the Noosphere: Report and a Vision

<http://www.lawoftime.org/noosphere/nooarticles/preludetonososphere.html> . Whole system report and vision of the current state of life on Earth at the final stages before the descent of the supermind—the noosphere (2010)

It's not a Biospheric crisis but a Noospheric Emergency

<http://www.lawoftime.org/noosphere/nooarticles/noosphericemergency.html> . Very informative article explaining how the quality of our thoughts is effecting our environment—the biosphere and our mental environment—the noosphere. Also offers excellent background on the noosphere (2008)

Place of the Noosphere in Cosmic Evolution <http://www.lawoftime.org/pdfs/CosmicNoosphere.pdf> (PDF) (2008)

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Galactic Culture and Cosmic Civilization

<http://www.lawoftime.org/noosphere/nooarticles/galacticculture.html> . This article anticipates the coming of cosmic civilization and explores the current Earth culture from a galactic esoteric viewpoint (2006)

ISRICA Project <http://www.lawoftime.org/noosphere/nooarticles/isrica.html> . Global telepathic experiment "Pakal Votan Project" held by Russian Academy of sciences, Novosibirsk, Siberia (2005)

Noosphere, Sri Aurobindo and the Overmind

<http://www.lawoftime.org/noosphere/nooarticles/sriaurobindo.html> . Explores the origin of the noosphere and relates the noosphere with the Overmind as clearly articulated in the teachings of Indian mystic Sri Aurobindo (2005)

The Absolute is Already Complete in Itself

<http://www.lawoftime.org/noosphere/nooarticles/theabsoluteisalreadycomplete.html> . This article explores Dzogchen, Intrinsic Awareness and the Noosphere (200

