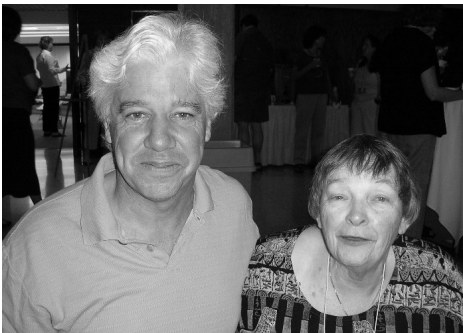


## New CoChairs Laud 2005 Minnesota Conference “Weather” Cite New Goals

Ah, Minnesota! Participants were greeted (including your new Californian cochairs) by great spring weather at the **June 2005 AAP conference and trainer development program** in Minneapolis/St. Paul.

Dennis Wynne and his very able assistants, Sandy Swanson, David Nelson,



AAP baton passed to new Cochairs Betty Bosdell and David Shirley

and the rest of the conference committee who made the conference possible, created a container where a wonderful group of presenters could shine.

The **keynote addresses** afforded a lens for attendees—including the new cochairs and the steering committee of AAP—to view the future. On Friday night, Ann Gila and John Firman shared their **psychosynthesis journey**. They skillfully wove their personal and professional lives into an entertaining, heartwarming, and inspiring journey to Italy—a journey that reminded us how much the AAP is indebted to the work of its members and all who have served to advance psychosynthesis.

Martha Crampton provided the second conference keynote. Martha’s presentation on **energy work** provided a

glimpse of one of the leading edges of psychosynthesis development. This reminder that psychosynthesis is an open system that Assagioli predicted would continue to grow is particularly important as we look to the future.

The keynotes reminded us that advancing psychosynthesis involves building on the old while creating the new . . . perhaps in a different form. Organizationally this means building on the foundation of last year’s Steering Committee while embracing the considerable energy of the **new steering committee members**: Jan Kuniholm, Karen Pesavento, and Jae Way.

We also want to formally acknowledge and appreciate our **departing co-chairs, Mary Eileen Kiniry and Scott Thompson**, and a **departing SC member, Shamaï Currim**. Their energy, enthusiasm, and humanity are already missed. The Member’s Directory is but one legacy of Shamaï’s hard work. As

(CoChair on page 3)



Martha Crampton delivers second keynote at 2005 Conference

## Understanding Strong-Willed Children

*Joann Anderson notes that the strong will doesn’t always invite appropriate responses; that in Psychosynthesis the strong will is a valuable tool; that we all can learn to help strong-willed children develop. Here she offers a brief vignette about a strong-willed four-year-old.*

Understanding strong-willed children comes from extensive observation—and experience with children of all ages. For example, there was a strong-willed four-year-old boy we’ll call Derek, whose mother told him to pick up his toys. Derek planted his feet well apart, put both hands on his hips and said, “I don’t come from the same place you do, Mother, and where I come from I don’t have to pick up my toys.”

His mother replied, “You are right. You and I don’t come from the same place. But you are here now and in this place you have to pick up your toys.” They stared at each other for a long minute before Derek’s mother returned to having coffee with her friend. Derek

(Strong-Willed on page 3)

### Explore This Issue:

- Learn New Cochairs’ Goals
- Reflect on Minn. Conference ‘05
- Come to Ky. Conference ‘06
- Read New AAP News Sections: Day-to-Day Psychosynthesis Focus on the Centers
- Consider New Methods—from New Zealand!

And Much More

# AAP News

## Coeditors

Mary Eileen Kiniry and Walter Polt

## Copy Editors

Jan Kuniholm, Karen Pesavento, and Janet Messer

## Design

David Parks-Ramage

## Yes, Send Your Ideas

Please send ideas that have been helpful to you in your life and work. We're glad to have your poems, book reviews, art work, your articles—especially about your use of psychosynthesis

## Help Your Editors Edit

The volunteer editors ask for all submissions to the newsletter to be as "camera-ready" as possible. Tip: Get another person to review your copy carefully before you submit it. **Goings On** notes are to be 75 words or less and **articles** 500 words or less.

## Submission Deadlines

Oct. 1, Jan. 1, April 1, July 1

## Letter Guidelines

The "Letters to Editors" page is for readers to state their views and exchange ideas and information related to the psychosynthesis community. Views expressed on the letter page (and in the newsletter generally) are not necessarily those of the editors or the AAP. *AAP News* may edit submissions for grammar, syntax, and size.

## How to Reach Us

AAP  
PO Box 6287  
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(646) 320-3914

[www.aap-psychosynthesis.org](http://www.aap-psychosynthesis.org)

Email: [info@aap-psychosynthesis.org](mailto:info@aap-psychosynthesis.org)

The Association for the Advancement of Psychosynthesis, founded in 1995, is incorporated as a nonprofit association with tax exemption in the United States. It is dedicated to advancing and advocating on behalf of Psycho-synthesis and conducting educational programs in Psychosynthesis.

## GOINGS ON

### The Synthesis Center, Amherst, Mass.

**Synthesis Distribution** has a large selection of psychosynthesis books and monographs along with tapes and CD's for sale. Check us out online at [www.synthesiscenter.org](http://www.synthesiscenter.org). We now have the collected monographs of Martha Crampton available on CD.

**Professional Psychosynthesis Training Program:** The next Level I training will begin in the fall of 2005, meeting on nine weekends each year for two consecutive years. Leads to certification as a psychosynthesis practitioner. CEUs are available.

**Free Informational Evenings:** Thursday, July 21 in Northampton, Mass. Sunday, September 11 in Amherst Mass.

Experiential and informational.

(413) 256-0772  
[emily@synthesiscenter.org](mailto:emily@synthesiscenter.org)  
[www.synthesiscenter.org](http://www.synthesiscenter.org)

### Psychosynthesis in the Chippewa Valley!

Carla Peterson, MS, is offering the first introductory class in psychosynthesis in the Chippewa Valley (the greater Eau Claire, Wis., area), beginning September 7, 2005. The class will meet weekly for 12 two-hour sessions. The course is for adults from all walks of life who wish to know about psychosynthesis and themselves.

[peterston@discover-net.net](mailto:peterston@discover-net.net)  
(715) 723-1537

### Center for Awakening and Psychosynthesis Center of Wisconsin Annual Retreat

This annual retreat is being held for the Psychosynthesis Community as well as for like-minded people who are comfortable with meditation and silence.

## GOINGS ON

**Where:** Glenn Valley Lodge, Baraboo, Wis., about 30 miles from Madison, Wis.

**When:** Thursday, Sept. 29, 2005, 5 PM to Sunday, Oct. 2, 2005, noon.

**Cost:** \$300 covers everything.

**Facilitators:** Hedwig Weiler, MSN, RN, BC, LCSW, and Casandra May, MS, LCSW, CAEH

Casandra May  
[Casandra@merr.com](mailto:Casandra@merr.com)  
608-643-0218

### PS Manhattan: Fall Opportunities

#### Public Offerings

**Free Introduction to Psychosynthesis**  
Friday evening, Sept. 23, 2005, 6:00 p.m. – 8:00 p.m.

#### Clinical Training

**Foundations in Psychosynthesis: Clinical Training Program**  
9 Saturdays, 9:30 a.m. – 4:00 p.m., Beginning Oct. 15, 2005 through June 2006.

#### Personal Development

- ◆ **Fundamentals of Psychosynthesis: Integrating our Personal and Spiritual Nature** — 1<sup>st</sup> & 3<sup>rd</sup> Wednesday evenings, ongoing, Sept. 7, 2005, 7:45 p.m. – 9:30 p.m.
- ◆ **Psychosynthesis and Higher Self Development: Meditation and the Experience of Wisdom** Saturday, Oct. 29, 2005, 10:00 a.m. – 4:00 p.m.
- ◆ **Psychosynthesis and Subpersonalities: Feelings Have People Too** Sunday, Oct. 30, 2005, 10:00 a.m. – 4:00 p.m.
- ◆ **The Inner Lives of Men: A Men's Group for Psychological and Spiritual Development** Monday evenings, ongoing, 7:45 p.m. – 9:30 p.m.

Contact: Scott Thompson, M.Div., M.S., NCC, Director

[www.PsychosynthesisManhattan.com](http://www.PsychosynthesisManhattan.com)  
[Scott@PsychosynthesisManhattan.com](mailto:Scott@PsychosynthesisManhattan.com)

(917) 279-9960

## GOINGS ON

### Kentucky Center (Network) of Psychosynthesis

The Kentucky Center plans to reopen its continued training program this fall.

Contact John Parks at [drjhparks@alltel.net](mailto:drjhparks@alltel.net)

### The AAP Steering Committee Needs You!

**W**e are looking for you (or one of your friends):

*Are you interested in furthering Psychosynthesis?*

*Would you enjoy working with a group of people who share this common cause?*

*Do you have abilities that can be of service?*

*Do you have about three hours a week to give (sometimes more)?*

If you answered “yes” to these questions, perhaps you would consider joining the AAP steering committee. The AAP elects several new SC members every year, and this new energy keeps our organization fresh.

We would like to hear from you! Or if you know of someone who could be an asset to our organization, please send us a name and your thoughts.

For more information, please contact Karen Pesavento at [kpesave@mchsi.com](mailto:kpesave@mchsi.com) or any member of the steering committee.

(**Strong-Willed** continued from page 1) finally picked up all of his toys without further comment.

This incident was one I observed personally while visiting Derek’s mother. Strong-willed children often demonstrate a clear sense of who they are and what they “know” to be right. It takes a clear-thinking adult to allow them to develop well. Derek’s mother modeled this well.

You can see Joann’s full article, “Living With Strong-Willed Children,” at [www.aap-psychosynthesis.org/jma25@nwi.net](http://www.aap-psychosynthesis.org/jma25@nwi.net)

(**Cochair** continued from page 1)

cochairs, Scott and Mary Eileen helped organize the conference and achieved many other goals during their term of office. Their holding of the potential of the AAP gave birth to a vision of a world conference to be held in New York.

After the close of a very successful conference, we appreciated the potentials and perils of psychosynthesis as we listened to two presenters during the **trainer development program**. The first, Mary Greene, provided her experience and view of spiritual psychosynthesis. What ensued was a lively (dare we say spirited) discussion of how these methods worked for people in attendance. The next day Didi Firman and Ted Slawski delivered an informative, entertaining, and self-revealing view of their journey in starting a center. Presentations by **trainer-mentor pairs** were exciting and dynamic and illustrated how cooperative learning experiences genuinely move us forward.

**Our goal** is the **growth** of the AAP. To accomplish this growth other goals include **strengthening the business container** of the association, significantly **increasing membership**, and **expanding the relationship between our members and other service professionals** whose work embraces, or is compatible with, the principles of psychosynthesis.

Our ideal model of the future also includes **member participation** in our shared desire to advance psychosynthesis. This model means enjoying the sunny weather such as we had for the Minn. conference, and embracing potential energy such as we experienced in the trainer development program during a beautiful and violent thunder storm, which left a freshness in the air.

We invite all of you to let us know of your **dreams and goals for AAP** and the ways in which you would like to **be of service**.

*AAP Steering Committee Cochairs  
David Shirley and Betty Bosdell*

*[The June conference] felt like a gathering together of energy and ideas and people, enriched by the experiences and insights of intervening years. . . .*

— Jean McElhaney in *Soul Weavings*, Wisconsin Psychosynthesis community, [mwed@chorus.net](mailto:mwed@chorus.net)

## Day-to-Day Psychosynthesis

The newsletter is pleased to feature a new section which will highlight ways that individuals have used Psychosynthesis in transformational experiences. We believe that it will provide a venue for teaching through story, and a way to ground psychosynthesis theory in day-to-day experiences.

### A Mother Learns to Take Care of Her ‘Inner Child’

By Karen Pesavento

**D**uring a personal-growth Psychosynthesis class, a student became very sad while doing an inner child exercise. She said that she would be willing to work with her sadness. Using the Voice Dialogue process developed by Drs. Hal and Sidra Stone, we spoke with her “inner child”—who was very relieved to finally have some attention. Afterwards, when the student returned to the “ego” position, she was able to connect with the mother energies she uses so well with her own children, and discovered how to use them with her inner child.

Noticing a dramatic change in her during that and subsequent classes, I asked her to write about her experience. This is some of what she wrote:

“Meeting the Inner Child for the first time was an idea so simple, yet an ‘ah-ha’ moment. Many years of spinning my wheels emotionally fell away, leaving ‘me’ at center. . . .

“In the past years I had over and over forgiven my parents for all the hurts, but I have discovered that I was only forgiving them intellectually. Interactions would go well for awhile, as I successfully played the role of the mature daughter. But then something would happen and ‘BAM,’ I was right back with the raw emotions of emptiness and hurt. During all those years I had never once had the thought of taking care of my inner child myself. I continued to expect my

(**Day-to-Day** continued on page 6)

## Calling All Psychosynthesis Centers!

**New AAP steering committee member Jan Kuniholm will serve as the liaison between the steering committee and psychosynthesis centers.** The SC is looking for ways for AAP and the centers to be more actively supportive of each other. He's asking: how can we help each other and advance psychosynthesis?

As we are a member-supported organization, we would like the centers to consider becoming Sustaining Members of AAP, since it is the centers which do the work of training new people. And AAP has much to offer the centers. We want to explore how such a relationship might emerge for each center-how we can help each other in practical ways.

We invite all directors, teachers, members or affiliates of Psychosynthesis centers to suggest ways AAP can actively support your work, and ways you can actively support AAP. In the coming months Jan will be contacting you to brainstorm how we might work together to support the larger work we all share. In the meantime, send your suggestions, thoughts, offers, needs, to [jkuniholm@adelphia.net](mailto:jkuniholm@adelphia.net).

## Psychosynthesis

### Way Down South in New Zealand!

*Here's a look at Psychosynthesis work in New Zealand—it includes radio broadcasts and a distance learning program we missed in our roundup last issue—from Jay Ray (who signs herself as "Sparrowhawk")*

As I read the recent edition of the newsletter (see May *AAP News*), I was sad to see that the Distance Education facility in Nelson, New Zealand was not listed. It must feel like New Zealand is a long way away from the hub of U.S.-based Psychosynthesis. I thought it might be nice to give you all a small update from us down here in the 'Deep South.' The Psychosynthesis Trust in Nelson was the first Psychosynthesis group to operate here in Aotearoa. The Trust was well established in the South Island (before the Auckland Institute came into operation on the North Island) with people like Anne Verity, Liz Conroy, Guy Pettit and others as the mainstays of a thriving Psychosynthesis internet-based distance learning center. Some have a private practice also, and Guy periodically runs workshops on Unconditional Love and Forgiveness and Transformation of Anger throughout the island, as they have been his specialty. Each February the Trust has a Gathering where a particular aspect of Psychosynthesis work is explored. This allows students and graduates throughout the Island to come together for a weekend of connection and like-mindedness. See their website at

<http://www.psychosynthesis.net.nz/>

If you do 'google around' the net, in the second place on the first page of a Psychosynthesis search, you will also see the website of the Southern Psychosynthesis Community Network ("SPCN"). This is an organization that has established itself in Dunedin, right at the southern end of the South Island, and is getting some good traffic on the web, indicated by their place in the google classifications. This group came out of the work of Jay Ray, who ran a 3-year professional training from 1999 to 2003, after moving here from Australia in 1996. The graduates of this course, the Focus Transpersonal Psychosynthesis Training, are working hard to promote Psychosynthesis throughout the South Island also. Jay and Carolyn Vincent, a graduate of Jay's course, ran a series of 10 radio interviews last year, covering such topics as the Will, Beliefs, Choice, The Higher Self, and The Relationship with the Self, to name but a few. These are to be rebroadcast in Christchurch (halfway up the island, and our largest city) later this year. Ongoing experiential programs now being offered by the SPCN include 12-week courses for the general public in Psychosynthesis

basics, as well as private practices being run by some. We also have people working in the public mental health area using as much Psychosynthesis as they are able. Since Jay semi-retired to concentrate on writing her own Psychosynthesis workbook and to explore the connection between Psychosynthesis, indigenous thought and shamanism, other graduates have taken on men's groups and a one-year course for the general public, rather than the professional training offered by Jay with her 20 years of experience in Sydney Australia.

So a great deal is happening down here. We work quietly at promoting Psychosynthesis as a philosophy and as a valuable way of healing. Please visit our website at [www.psychosynthesis.org.nz](http://www.psychosynthesis.org.nz) and get to know us. You can also visit Jay's own website on [www.spiritflight.co.nz](http://www.spiritflight.co.nz) where she has extracts of her upcoming books as well as radio interviews and a wide selection of her articles.

And if anyone feels like visiting, we'll put out the welcome mat! ☺

[sparrowhawk@spiritflight.co.nz](mailto:sparrowhawk@spiritflight.co.nz)

# Creating and Sustaining a Psychosynthesis Center

Mary Eileen Kiniry reviews a presentation given in Minnesota at the June Trainer Development Program by Didi Firman and Ted Slawski of the Synthesis Center, Amherst, Mass.

For 25 years I've wanted to start a center—a safe place for women, called Echoes, a holistic environment staffed by women for women—and never did it. I came to Didi and Ted's presentation to fuel my purpose and commitment once again. Didi and Ted demonstrated that creating and maintaining a synthesis center is not so different from the process of individual inner integration that Assagioli calls psychosynthesis.

## What we need:

1. Thorough knowledge of what we want to do
2. Control of its various elements
3. Realization and discovery of the unifying center—the idea transformed into physical reality
4. The formation or reconstruction of all the individuals—working simultaneously on their own personal integration around the new center. Assagioli too said that "the search can be undertaken by one self but it is accomplished more easily with the help of another." (*Psychosynthesis*, pp.18&19: 1965, republished by Synthesis Center, 2000.) As Didi and Ted danced after their presentation, I was again reminded how much I need comradeship to accomplish any goal. It can be via e-mail, workshops, visits, or one-on-one: just remembering that I'm not alone

Audience members had ideas about tailoring your center to your style and circumstances (see box at right).

## How Ted and Didi use Assagioli's six phases of the act of will:

**Purpose, Aim, or Goal:** based on evaluation, motivation, and intention—qualitative—unformed.

**Deliberation:** passion and service

**Choice and Decision:** choose one door and not others—sometimes very difficult.

**Affirmation:** the Command, or "Fiat," of the Will—Right relationship to Purpose—use quick, easy and memorable sentences. And deal with the sweep back of the inner voices that will attempt to sabotage the choice.

**Planning and Working out a program:** test run, "Make it so!" (Jean Luc-Picard from Star Trek), going in and out, creative ways to make a group when functioning in isolation from other psychosynthesists—use the internet—communicate

**Direction of the Execution:** constant reassessing in a feedback loop—Accepting that in spite of all of the above "Sometimes the magic works and sometimes it doesn't."

## Three Workshop High Points:

**Didi and Ted didn't begin their center doing zero to 60 in five seconds.** They inherited an already functioning nonprofit center with a core staff from Jack Canfield (author of *Chicken Soup for the Soul*) in 1976. Somehow, that gave me a positive feeling, knowing that this will take time and organizational groundwork in a systematic way as first steps.

**They provide a venue for individual therapists and trainers to hold client sessions and ongoing introductory groups and trainings.** Both functions help keep the Center viable. Each trainer functions independently and

interdependently with the center. It seems it would be vital to have a secure, consistent touchstone of leaders and place for both clients and otherwise isolated therapists.

**"Go with your strengths."** They have a very traditional center in many ways—a 501(C)3 nonprofit organization, a beautiful building, many like-minded souls who have graduated from the Synthesis Center's trainings, a passionate sales person and a very practical manager of the day-to-day fiduciary and functional responsibilities—the "nuts and bolts." They go out into the community by offering free introductory workshops and fully participate in town and business life, even joining the Chamber of Commerce! They have obtained funding through Mass. Rehab to train folks for alternative careers. Didi and Ted recommended ongoing grant-writing and fundraising, and close attachment to a local university so students can receive work-study stipends. And they stated clearly that they are still in touch with the truth of their call even in the midst of this "conforming" life.

## Final words from this great presentation:

"Keep going back to the original intention—what is most resonant in me? This center will work with vision, group support, resources of all sorts, skill, hard work, intention/investment, organization, and follow-through—and coming back to my own path." ☺

## Creating and Sustaining Centers: Audience Reflections

- Remembering the many different ways of doing a center to fit the individual
- Renting buildings as needed or funding housing and space from individual participants' fees
- Doing center work in a home office
- Being successful even as a for-profit entity
- Having your own website (this seemed to be regarded a big plus)

# Interest Groups Forming!

## Find Out Who Shares Your Interests

**W**ant to connect your daily work more explicitly with psychosynthesis? Need ideas of how to express psychosynthesis principles in your daily world? The AAP and the Trainer Development Program are looking towards better ways of keeping conversations going in between conferences. Specific examples here might be Yahoo list servers (already in use by the Training Task Force), Google groups (being explored by one of the interest groups), email lists, etc.

Eight topical **interest groups** have formed and a few more are beginning to take shape after the Minnesota conference:

- Psychosynthesis in **education, credentialing, research**
- **Women's issues** in psychosynthesis
- **Trauma and addiction work** and psychosynthesis
- **Buddhism** and psychosynthesis
- **Body** and psychosynthesis
- **Ecopsychosynthesis**
- **Psychoenergetics** and psychosynthesis
- **Evil, shadow** in psychosynthesis work
- **Esoteric theory** and psychosynthesis
- **Men's Issues**

Curious? Want to know more? Want to add your interest to the list? Sign Up and the chair of the group(s) will contact you with more information.

(646) 320-3914

[info@aap-psychosynthesis.org](mailto:info@aap-psychosynthesis.org)

AAP, PO Box 6287, Albany, CA 94706

or ([www.aap-psychosynthesis.org](http://www.aap-psychosynthesis.org)) in late September

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## Join the AAP!

**I**f you are not a member of the AAP, please join. Membership fees are put to use each year in sponsoring important works to advance psychosynthesis and create a better world: publishing monographs on current topics of interest, maintaining the Web site, and producing a quarterly newsletter. A highlight is the yearly conference, where people learn, network, and meet with others who share their interests. Your membership helps make this happen.

Please visit our Web site at [aap-psychosynthesis.org](http://aap-psychosynthesis.org); go to the "Members" section, and join. Current members, please consider an additional gift to help finance our work. Thank you!

*The conference was WONDERFUL. . . . I hope more will join us next year in Kentucky.*

—Debby Onken, Mo.

## Have a LOOK at Your Articles Web Page

<http://www.aap-psychosynthesis.org/articles/index.htm>

## AAP Invites Submissions

### *Conversations: Psychosynthesis and the Body*

**T**he next edition of the AAP Conversations in Psychosynthesis series will feature articles on the interrelation between body awareness and movement and the practice of PS. We hope to include an article by Assagioli or another piece of historical influence and several current items from members. The current work will be the emphasis. The latter might include an exercise, sketches of movements, an article sharing experience, poetry or something else relevant and useful.

Please mail or e-mail your submission to:

Edwin Miller

[speople@ionet.net](mailto:speople@ionet.net)

AAP Publications Chair

3300 N. Vermont Av

Oklahoma City OK 73112 USA

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(Day-to-Day continued from page 3)

parents to do this even though they did not, would not, and could not. . . .

"During this exercise I could view the sadness of my inner child, and then see her as a part of myself. I saw that I had everything I needed to care for her, as I did my own children. Since that day I am at a place where with confidence I can let go of that expectation from my parents and take care of my own inner child."

Debby, Naperville, Ill..

*We encourage anyone with an example of how psychosynthesis has made an impact on daily life, to send your story to Karen Pesavento, at [kpesave@mchsi.com](mailto:kpesave@mchsi.com).*

*"My practical repertoire as well as my conceptual understanding expanded a great deal.[at the Minn. conference]. . . great people, great undertaking!*

—Trond Overland, Norway

# Requesting Experiences

## Topic: Inspiration

Many attendees at a workshop Jan Kuniholm presented at the Trainer Development Program in Minneapolis in June wanted to continue the dialogue. Here Jan discusses (and asks you to answer questions about) inspiration.

The workshop focused on inspiration: an inflowing whose source seems to be other than our usual means of acquiring mental content, and whose power, clarity, or perspective seems greater than our ordinary experience. Examples of inspiration:

- ◆ Ideas that seem to just “drop in” to our minds and are not the result of our usual thinking
- ◆ Emotions that emerge seemingly “from nowhere”
- ◆ Images, music, designs, purposes that just appear in the mind, sometimes fully matured and crafted
- ◆ Impulses that “grab” us in a profound way
- ◆ Sensations that seem to have a kind of knowing attached to them
- ◆ Directives or imperatives, that seem full-grown and irresistibly “right,” coming from inside or outside ourselves but not from the usual level of wish, desire, or choice
- ◆ Full-blown experiential encounters of an unusual kind, that seem to arise from a deeper, or “other” source than our usual level of consciousness

I brought several workshop questions to explore our experience of inspiration. There wasn't time for all of them, so participants asked if I would share all the questions after the conference. Here are the questions:

- ◆ Do you experience inspiration as coming *from* somewhere? If so, where? Do you invite it, or prepare for it? Does it come uninvited?
- ◆ What are some of the *qualities* of these experiences for you?

- ◆ Have some particular *values* been associated with this experience for you?
- ◆ What does inspiration do to your sense of your identity? Does it make you feel larger? smaller? Does an inspiration make you feel that you have “found yourself”? “Lost yourself”?
- ◆ What does inspiration do to your sense of your own freedom, your will? Does inspiration empower your will, or obliterate it?
- ◆ How do you respond to inspiration? What does it “do” to you? How does it affect you and your life?
- ◆ How do you make “deeper” experiences a part of your everyday experience? What is the relationship between inspiration and daily life?
- ◆ Are “inspired” experiences something we *want* every day? If not, when do we want them? What do we do to invite them? Is it up to us whether we have them?
- ◆ What would life be like if we experienced inspiration daily?
- ◆ As Bill Cosby's Noah said to the Lord, “Who is this, really?” Can your inspiration be deluded, false, or evil? How do you know? What is the difference between true and false “inspirations?” What do you do to distinguish them?

I invite you to share your responses to these questions and others you may add, to begin a dialogue exploring the dimensions of the spirit. I will gather your thoughts, even lengthy accounts if you will share them, and present the findings in a future report. We may take them to the AAP membership at large.

Please send your responses to me at [jku-niholm@adelphia.net](mailto:jku-niholm@adelphia.net) or Jan Kuniholm, 61 East Main Street, Cheshire MA 01225-9627

*“I brought a friend who was new to the group and to psychosynthesis. A highlight for me was seeing her feeling at home and enjoying the unique learning experience [of the Minn. conference].”*  
—Eileen Stephens, Illinois

## Minnesotans Give Thanks Welcome Suggestions

Here are post-conference comments from the Minnesota group—who wanted to “give thanks to all the attendees, presenters and people who worked behind the scenes to create such a wonderful 2005 conference.”

For many of us, this was a new experience connecting with other psychosynthesis people on a national and international level. **It was heartwarming** to be a part of something that many of you have experienced over the years.

It has been difficult to let go of the conference and the many new connections while re-entering our everyday world. Many of the evaluations have pointed towards making **community a priority** at our conferences. **Recommendations have been coming in and are being passed on to our Kentucky friends** who are planning for their conference in 2006. It's not too late to **add your voice** as to what you would like to see.

The conference not only gives us a chance to meet friends, old and new, and to gain insights from one another, but also to **practice living in accordance with our principles**. It was sure a wonderful energy that was created. We thank you all for being a part of it.

Love,  
Dennis Wynne, Sandy Swanson, Kerry Bunkers, and Dave Nelson

*One concept in particular seemed to reverberate throughout [conference] weekend: “spiritual empathy.” As I understand it, it’s empathy (or “unconditional positive regard”) that springs from one’s Higher Self, a way of being fully present with another person without a personal agenda or judgment. —Jean McElhaney in Soul Weavings*

AAP and Kentucky Center  
(Network) of Psychosynthesis

## Annual Conference and Trainer Development Program

June 13-20, 2006

Social Psychosynthesis:  
Spirit Flowing Into Community



Keynote Speaker: Huston Smith,  
professor, and author of *The World's Re-  
ligions* and *Why Religion Matters*

Plan to come and bring your friends and  
colleagues. More information will be in  
the November AAP News.

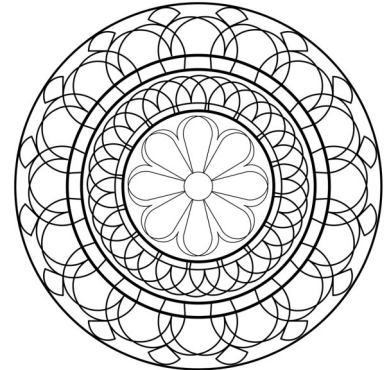
We are hoping to offer a scholarship program for  
those needing assistance to participate in the whole  
conference.



Mark and Sasha from Harmony Insti-  
tute in Russia, who presented a  
workshop on "The Other" at the  
recent AAP Conference, enjoying a  
minute of relaxation.

## The Mandala Page-a-Day Calendar

Compiled by Clare Goodwin



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mandalas by Clare and many other art-  
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Clare is a psychosynthesis counselor  
and educator using mandalas as an im-  
portant component of her practice. When  
Clare found out that many of Assagioli's  
psychological maps were a form of the  
mandala, she knew she was home.

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