



AAP News

The Newsletter of the Association for the Advancement of Psychosynthesis

February

Winter

2006



South Americans Embrace Psychosynthesis

Judith Broadus and Vincent Dummer bring Psychosynthesis to Ecuador (above) and Chile —By Judith Broadus

Psychosynthesis made new friends in South America in 2005. In April, I was invited to present psychosynthesis to about 150 mental health professionals and students at the Universidad del Pacifico in Santiago, Chile. The PowerPoint presentation, by Vincent Dummer, was an overview of psychosynthesis in the context of transpersonal psychology. The response was enthusiastic.

In October Vincent and I returned to Santiago to an audience of more than 200 participants to give an hour-long presentation of how the view and practice of psychosynthesis could come together to help suffering people. A case example was used to help illustrate how most people view their

suffering when they enter therapy, and how, over time, they can learn new ways of seeing the world and themselves through the process of therapy. After rousing applause, hugs, and words of appreciation, our hosts whisked us off to the airport in time to make our flight to Ecuador.

The week-long conference in Quito, Ecuador, cosponsored by UNICEF and two National Health Service agencies, had more than 400 health care workers in attendance. By the end of the week, we all agreed that this was the most attentive and engaged audience any of us had ever encountered.

Our group consisted of four psychologists, one marriage and family therapist, and one psychiatrist. The topics we presented related to the theme of the conference, "Emotional

Resilience for Victims of Violence and Disaster, Families, Children, and Health Care Workers," and included Resilience following Natural Disasters; Pain Management; Hypnosis; Meditation; Burnout; Countertransference in Substance Abuse Work; Psychosynthesis: Suffering

Continued : see "South Americans" on page 6

Ode to the Edge

This death is no thing
But a raging waterfall
Furiously tumbling into an
abyss
No choice but to surrender
into emptiness.

The once meandering river
Now free of memory and past
Particles seemingly suspended
in space
Becoming rainbow light in this
in-between life.

No form, nor future
No loss, no desire
Only Shiva's Dance demanding
The simple truth of No Thing
All illusion be gone!

This river remains steadfast
In her return to the sea.

—Kay Brownfield
Aug 05, Norway

The Growing Edge was a center in Big Sur, Calif., from 1993 to 2005.

AAP News

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Yes, Send Your Ideas, Art, Photos

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, 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. We prefer **Goings On** notes to be 75 words or less and **articles** 500 words or less.

Submission Deadlines

Mar. 15, June 15, Sept. 15, Dec. 15

Send to:

AAP
PO Box 6287
Albany, CA 94706
(646) 320-3914

www.aap-psychosynthesis.org

Email: info@aap-psychosynthesis.org

The Association for the Advancement of Psychosynthesis

Founded in 1995, AAP is a nonprofit association with tax exemption in the United States. It is dedicated to advancing and advocating on behalf of synthesis and conducting psychosynthesis educational programs. Donations are welcome.

GOINGS ON

Connecticut Center for Psychosynthesis

The center presents "Creative Retirement with Psychosynthesis"—a group series; an Open Sunday once a month with circle; lunch around the table; a seminar related to PS; Feldenkrais & community networking.

Ongoing are coaching, counseling, and a chamber music network. Current fundraising is for returning wounded vets.

In late spring a new Beginner's training starts (CEUs available) and we will continue with students now in process.
Stratford, Ct.

Cynthia Russell, Ph.D. 203 377-2421 or psynnjie@aol.com

Psychosynthesis Center of Wisconsin

Carla Peterson presents "Growing Further: An Intermediate Course in Personal Psychosynthesis." The course consists of three all-day workshops on three consecutive Saturdays: April 29, May 6, and May 13, 2006.

Workshops include Psychosynthesis as a Life Practice; Perennial Questions of Self-Knowledge; and A Subpersonality Intensive.

All workshops in rural Chippewa Falls, Wis.

Carla Peterson, Joy Farm - SoulWork Studio, PO Box 773, Chippewa Falls, WI, 54729.

carlapeterson@clearwire.net or call her at 715 723-1537.

Vida Groman presents "Personal Psychosynthesis: A Road Map for Understanding Yourself,"

February through August, 2006
Madison, Wis.

vida@vidagroman.com

Note new submission deadlines on this page: For next issue please submit by March 15.

The Synthesis Center Amherst, MA

Want a Master's degree and Psychosynthesis Training? Vermont College, in the college's non-residential developmental psychology track, allows psychosynthesis training at the Synthesis Center to be a part of your graduate degree—and it allows you to work with a psychosynthesis teacher as a field faculty.

Didi Firman (dfirman@comcast.net) at The Synthesis Center, (www.synthesiscenter.org) or

Christine Michael (ChristineMichael@starband.net)

at Vermont College, Brattleboro VT
Tel. (802)257-9411.

The Synthesis Center's **Sixth Annual Reunion and Presenters Conference** will be held **Saturday April 1, 2006**.

Stimulating workshops, food, and good cheer. Didi Firman will follow up the conference on Sunday April 2 with a one-day seminar titled "Where the Heck Does Sex Fit In?"

(www.synthesiscenter.org)

Molly Young Brown Mt. Shasta, CA

Molly Young Brown has a consultation/counseling/coaching practice with people across the United States and in Europe. She is expanding her phone practice and requests referrals.

www.mollyyoungbrown.com
Tel. (530)-926-0986.



2006 AAP Conference in Lexington, Ky.

New Speakers, Community Outreach

The 2006 Conference in Lexington, Ky., is the year's major activity for both AAP and the Kentucky Network of Psychosynthesis.

The conference, titled **Diversity in Unity; Unity in Diversity**, will reach out to the larger community and seek persons who resonate with inclusive psychosynthesis values and our quest for professional excellence. The conference committee is planning to invite as

guests over 100 professionals from Ky. and surrounding states to represent diverse world views and cultural backgrounds, in line with our conference title. Some will present conference workshops.

We are fortunate to have two internationally known teachers and scholars for the conference. **Huston Smith** will be the keynote speaker, and recently **Jeremy Taylor**, internationally known author and teacher on the subject of dreams, agreed to participate in the

conference also. Information is available at their web sites: Huston-Smith.net and jeremytaylor.com

Please mark your calendars for Fri., June 16, through Sun., June 18, and plan to join us for an enlivening, informative, fun conference. Brochures will be coming soon.

Scholarships may be available to assist those needing financial help.

For registration and information:

www.aap-psychosynthesis.org. ☉

Anoche cuando dormía **Last night, as I slept**

Antonio Machado

Anoche cuando dormía
soñé ¡bendita ilusión!
que una fontana fluía
dentro de mi corazón.

Dí: ¿por qué acequia escondida,
agua, vienes hasta mí,
manantial de nueva vida
en donde nunca bebí?

Anoche cuando dormía
soñé ¡bendita ilusión!
que una colmena tenía
dentro de mi corazón;
y las doradas abejas
iban fabricando en él,
con las amarguras viejas,
blanca cera y dulce miel.

Anoche cuando dormía
soñé ¡bendita ilusión!
que un ardiente sol lucía
dentro de mi corazón.
Era ardiente porque daba
calores de rojo hogar,
y era sol porque alumbraba
y porque hacía llorar.

Anoche cuando dormía
soñé ¡bendita ilusión!
que era Dios lo que tenía
dentro de mi corazón.

Last night, as I was sleeping,
I dreamt—marvellous error!—
that a spring was breaking
out in my heart.

I said: Along which secret aqueduct,
Oh water, are you coming to me,
water of a new life
that I have never drunk?

Last night, as I was sleeping,
I dreamt—marvellous error!—
that I had a beehive
here inside my heart.
And the golden bees
were making white combs
and sweet honey
from my old failures.

Last night, as I was sleeping,
I dreamt—marvellous error!—
that a fiery sun was giving
light inside my heart.
It was fiery because I felt
warmth as from a hearth,
and sun because it gave light
and brought tears to my eyes.

Last night, as I slept,
I dreamt—marvellous error!—
that it was God I had
here inside my heart.

—Translated by Robert Bly

LETTER TO THE EDITORS

A New Earth Reads Like Psychosynthesis

Eckhart Tolle's newest book, *A New Earth*, reads like a psychosynthesis teaching book. I'm recommending it highly to clients and friends. Tolle emphasizes again and again the power of disidentification, which I have come to see as the heart of psychosynthesis. I am reading it a little at a time, before bed and in the morning, like scripture.

The subtitle is "Awakening to Your Life's Purpose," another psychosynthetic concept. Tolle's first book, *The Power of Now*, is also a must-read, but I am finding this book even more specific and helpful.

Blessings to you all!

—Molly Young Brown

Send Letters

AAP News invites readers to state values, exchange ideas, and share information related to the psychosynthesis community in the "Letters to Editors" section. 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.

'RESOUNDING' SUBPERSONALITIES

A music therapist tells how “toning” to our own body with our own sounds in conjunction with psychosynthesis methods can free crystallized energies—and help feelings and subpersonalities find a new place in our lives. *By Pamela Harris*

This is a story about combining sound and psychosynthesis. The two blend well, forming a unified system which can help a person release inner blocks, express core feelings, and increase self-understanding.

One way of using sound is toning, which is simply expressing ourselves or something in us through a sustained sound. The use of different pitches and vowels can bring about changes in physical, emotional, mental, and spiritual aspects of ourselves. Toning spans many cultures and centuries and continues to be seen as a force for balancing and healing.

Toning causes body cells to resonate, which can help bring unconscious identifications and memories into consciousness, connecting us with traumas and feelings locked in the body. These feelings are at the heart of individual subpersonalities, which when repressed may give rise to physical problems.

There are a number of ways to use sound with subpersonalities. The following technique is useful with a shy or resistant subpersonality: very gently tone to it, invite it to feel safe and express itself in sound if it wishes. It seems toning to the subpersonality gives it a safe space to emerge and change.

In one session using toning, a client noticed that while she made certain sounds her heart felt very sensitive and emotional and she became aware of a subpersonality. It appeared as a deep royal blue image with hazy, undefined edges; it seemed very fragile and sensitive, unsure it even had a right to exist.

As my client gently toned, it began to feel acknowledged. This was a part that had prompted a suicide attempt as a child.

As she continued toning, the client realized that without this part she would not be complete: it held important qualities of love expressed in gentleness, nurturing, and empathy. When my client toned a sound to express appreciation for it, the part heard and felt relieved. It now knew it

“The subpersonality appeared as a deep royal blue image with hazy, undefined edges; it seemed very fragile and sensitive, unsure it even had a right to exist.”

had a voice and a right to exist.

Through sound we bypass our verbal censor and speak directly from the body. Using sound, it is hard to hide from ourselves. A feeling, a quality, a subpersonality can simply appear through tones, and openly and innocently emerge, bypassing judgment.

Let me sum up with an illustration: In gripping tightly a musical instrument such as a triangle,

Tibetan bowl, or gong, we cut off the flow of energy; so when struck the instrument will just “clunk.” By holding it lightly while striking it, we let the instrument vibrate freely with its unique sound.

This illustrates in sound what happens when we hold feelings and traumas tightly in our bodies: our breathing apparatus and muscles, like the musical instrument, are vibrating objects, so as we cut off the free flow of life energy we lose self-awareness, our feelings crystallize, and our bodies become tense. Toning to our body with our own sounds in conjunction with psychosynthesis methods helps loosen the grip of crystallized patterns, lets the energy vibrate freely, and allows the feelings to be expressed in sound. We give our feelings a voice. ■

Pam Harris is a board certified music therapist in Albuquerque, N.M.. She is a pianist, piano teacher, accompanist, world traveler, and author of the psychosynthesis book Music and Self: Living Your Inner Sound.

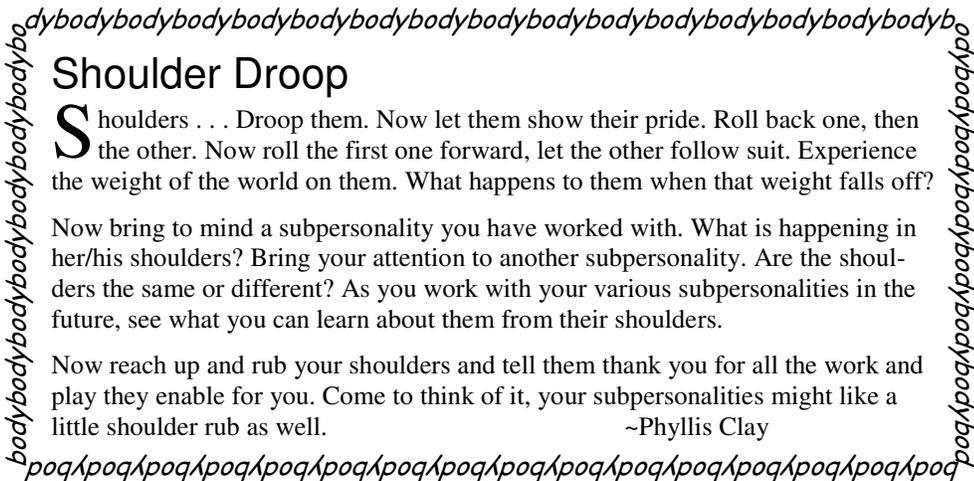
Shoulder Droop

Shoulders . . . Droop them. Now let them show their pride. Roll back one, then the other. Now roll the first one forward, let the other follow suit. Experience the weight of the world on them. What happens to them when that weight falls off?

Now bring to mind a subpersonality you have worked with. What is happening in her/his shoulders? Bring your attention to another subpersonality. Are the shoulders the same or different? As you work with your various subpersonalities in the future, see what you can learn about them from their shoulders.

Now reach up and rub your shoulders and tell them thank you for all the work and play they enable for you. Come to think of it, your subpersonalities might like a little shoulder rub as well.

~Phyllis Clay



Beneficent Obsession

Excerpts from the Synthesis Center Web Newsletter
—by Didi Firman

Take a moment to read this excerpt from Roberto Assagioli's 1967 article, "The Technique of Evocative Words." So much that he said, so many years ago, rings as true today as it did then. And here, in a simple exercise, is a way for us to take **responsibility for our own psychological well being** in the face of so much that pulls us away from mental health. The implications of this article are more far-reaching than just the use of words, which in itself is a profound and powerful method for encouraging the best, truest, most soulful aspects of our being. Let's consider some other ideas as well. How much do the visual images that bombard us and our children every day serve us, and how do they limit us? Only you will know what's true for you. How do we, in general, create the environment that we live and work in?

What music do we listen to, foods do we eat, art do we hang on our walls? What words do we use in conversation and in self-talk? How do we support our well being through the very simple practice of creating external stimuli that are harmonious rather than unsettling?

Creating our environment as a reflection of our soul's intention **can become a beneficent obsession** as the good doctor states in this article:

"Words are symbols that not only indicate or point out objects or psychic facts, but that also possess the power of stimulating and arousing activity associated with them. They 'evoke' and make operative the meanings and *idées-forces* that they signify." ■

To read Assagioli's full article go to www.synthesiscenter.org

Cochairs Detail Goals Reached in Membership and Communications

As you read this it is well into the New Year; we wish you all a happy and productive year as you define and strive toward your personal and professional goals.

AAP reached goals set up last year. The **Goings On** e-mail called **Constant Contact** has improved member services, and members are using the convenient links to articles. The Web site continues to improve in offering information and support to members. We are pleased to have an updated membership list and ask you to **send any corrections in your mailing or email**

address by using the form on the Web page or notifying the administrator at the AAP address (see notice on last page).

We purchased **new equipment** to assist with formatting and printing the newsletter. Members responsible for the next **monograph on Body**

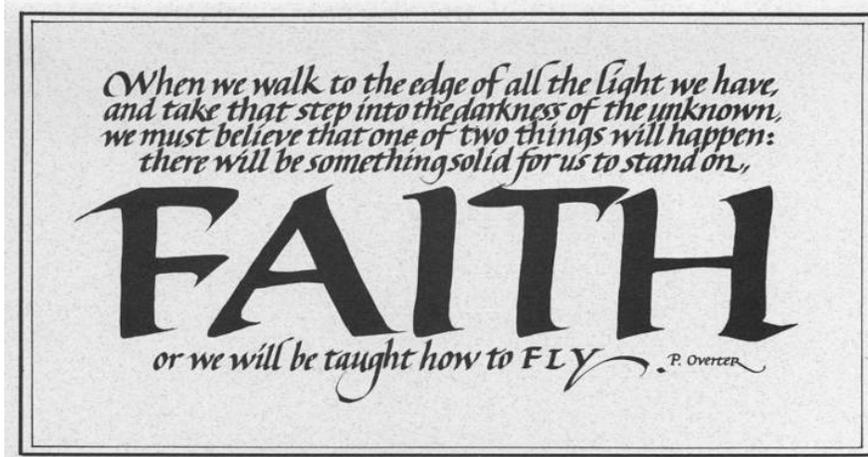
and Psychosynthesis are moving toward their goal of production and distribution prior to the 2006 conference. The **plans for the annual meeting in Kentucky** are proceeding well; it promises to be an exceptional **conference**—a welcoming place to make and renew friendships.

We could not have made the progress we did this past year without the dedication of the Steering Committee members; they enthusiastically take on the tasks of the organization. **We also applaud the support from our members** who have renewed their memberships and continue their support of AAP in a great variety of other ways. These include making financial contributions; serving as members of committees; contributing to the newsletter with articles, information and copyediting; and continuing the work of spreading the message of psychosynthesis through teaching and multiple ministries.

We appreciate hearing from you; **let us know how we can be of service to you** so the coming year can be even more productive and successful for the AAP and for you.

— Betty Bosdell and David Shirley
Cochairs, AAP Steering Committee

Art Work by
Abby Seixas



“South Americans” Cont’d from Page 1

and Awakening; and Emotional Growth. On the last morning, we did a panel session.

Each morning, one of us gave the morning plenary session using PowerPoint, while the audience

had headphones for simultaneous translations into Spanish. When it was question-and-answer time, we had headphones for translations into English.

This same process continued during the three workshops offered each afternoon, so for four days Vincent and I presented psychosynthesis concepts and experiential methods to groups of between 150 and 160 participants. Many people opted to follow the entire psychosynthesis track, and they all warmed to the process and became more open, curious, lively and spontaneous as

the week progressed.

At the end of the conference, we received a long standing ovation (which, we are told, seldom happens in Ecuador), gifts, hugs and kisses—enough to feel like movie stars. If readers of this article have the chance to teach in South America, don't miss the op-

“If [you] have the chance to teach in South America, don't miss the opportunity. A ripe, eager group there is hungry to learn and interested in knowing how to bring spiritual realities into healing and psychotherapeutic work.”

portunity. There is a ripe, eager group there hungry to learn and especially interested in knowing how to bring spiritual realities into healing and psychotherapeutic work. There are also mountains, cloud forests, volcanoes,

jungles, deserts and beaches to visit, as well as the exotic Galapagos Islands off the coast!

There is a great need for Spanish translations of psychosynthesis literature, better networking among the few and scattered Spanish-speaking groups of people interested in training in psychosynthe-

sis, and establishing ways of teaching through distance learning methods.

If you have an interest in helping to take the gifts of psychosynthesis to Latin America, contact Judith Broadus, (jbroadus99@aol.com), or Vincent Dummer, (vincentdummer@cs.com). ■

Strategic Giving: Scholarship Fund

One function of our organization is to provide assistance for those who desire to be a part of our organization but whose economic situation would prohibit that. We offer a sliding scale for membership, and we have a scholarship fund for other contingencies.

As our conference in Kentucky approaches, we'd like to expand our fund to be able to provide scholarships for young people and others to attend the conference, with the help of generous members who can donate to this cause. If you can provide such assistance, please send a check in any amount to

AAP/Scholarship Fund
PO Box 6287
Albany, CA 94706

Focus on the Centers

Recently the AAP Professional Development Committee began a series of interviews with Psychosynthesis centers around North America. The interviews focus on the orientation and distinguishing characteristics of psychosynthesis training and look to ways the AAP can support it.

We are eagerly awaiting the results and hope to publish them in a future issue of *AAP News*.

News Headlines News Headlines

The second issue of **The Synthesist**, on-line journal of Psychosynthesis, includes articles which explore the contribution of Psychosynthesis to a deeper understanding of world harmony. Plus explorations of myths, travel tales, poetry, reviews, a special astrology section, and much more—200 pages, all lavishly illustrated in full color.

A Sample of Issue 2 CONTENTS:

“**Leaving The Punch and Judy Show**” by Mike Stillwell (an insightful critique of methods used in therapy, supervision and training)

“**Authenticity and Relationship: Conflict or Synthesis**” by Alan Robinson (exploring the conflict between different states of being)

“**The Transpersonal: Reaching Beyond the Self**” by Shamaï Currim (working with the sublime as well as the mundane with the seriously abused)

...And more. You can see Issue 1 also. Free download as a pdf file:
www.psavalon.com (You also can explore **PS Avalon Publishing**.)

Will Parfitt: will@willparfitt.com

Members Sharing Circle

How Psychosynthesis Found Me

The Feb. '05 AAP News invited readers to tell how they found Psychosynthesis—or vice versa. Here are two more of your Stories.

An Inner Voice

One day in 2001, I heard a little voice say, "I have to do something, or I'm gonna die!!"

A free magazine advertised a "Whole Health Expo," and the following Saturday at the expo in a crowded, noisy hotel atrium, I heard a woman give a short talk on something called "psychosynthesis." I remember very little except that it excited something within me.

The next day I took out the two books by Roberto Assagioli, and it all began. In the free magazine the next week was an ad for the Synthesis Center's training program [in Amherst, Mass.]. I signed up!

I had called out to God and the universe that I needed something, and psychosynthesis has been what I needed. Not just *it*, but *you* and all those who are making a difference in our world with this work. The walk continues, and I am very grateful for the work, the fellowship, the growth, and the love!

—Jan Kuniholm
Cheshire, Mass.

Multiple Benefits

I encountered psychosynthesis at a weekend workshop with Poldi Orlando at The Center for World Servers in Arden, N.C. Soon after, I met Veronica Fisher, who was using psychosynthesis in her psychotherapy practice in Asheville, N.C. She was returning to Lexington, Ky., to complete her third year of Psychosynthesis training.

Not a counselor, I was not sure I could use psychosynthesis other

than as a personal growth experience. But, I had felt connected with the process at the workshop and traveled with Veronica from Asheville to Lexington one weekend each month for my first year of Psychosynthesis training. It was a great experience, plus Veronica and I have maintained our friendship. I did not continue training but still go to weekend workshops and

participate in a once-a-month Psychosynthesis group Veronica leads.

I have become an ordained minister and find the [psychosynthesis] guiding process invaluable personally and professionally. I know as I continue to explore ministry as a late-life avocation and possible career path, I will benefit from the exceptional experiential Psychosynthesis training and the people I have met during the past decade.

—Janice Stevenson
Ashville, N.C.

I can imagine that someday we will regard our children not as creatures to manipulate or to change but rather as messengers from a world we once deeply knew, but which we have long since forgotten, who can reveal to us more about the true secrets of life than our parents were ever able to do.

—Alice Miller

Did you notice the **EGGS** in Clare Goodwin's mandala on the back cover???

Day-to-Day Psychosynthesis

"I gots choices!"

I was feeling boxed in. A recently married mother of three, trying to balance everything in my life, I couldn't do the things that were important to me, or even say the things I really felt. Completely absorbed by issues between husband and children, I was beginning to feel I didn't know who I was.

Hoping to learn more about myself, I enrolled in a Psychosynthesis class. As we discussed the benefits of inner exploration—especially the opportunity to live a more creative life with more options—I recalled a situation between my boys when they were smaller. Both wanted to go with me to the grocery store, and the older was teasing the younger saying *he* was going to the store with me and his younger brother couldn't go. The younger thought a minute, then said: "I gots choices!"

Remembering the incident, I thought, "This three-year-old was smarter than I." I realized he had known something I had forgotten. As a result of my Psychosynthesis classes, I reconnected with many disowned and forgotten parts, each adding richness to my life. I can now say that in each situation of life, I too have choices.

— Kathy, Ill.

Do you have an example of how Psychosynthesis has made an impact on daily life?

We encourage you to send your story to Karen Pesavento at kpesave@mchsi.com.

Members Update

Two Minutes, Tops

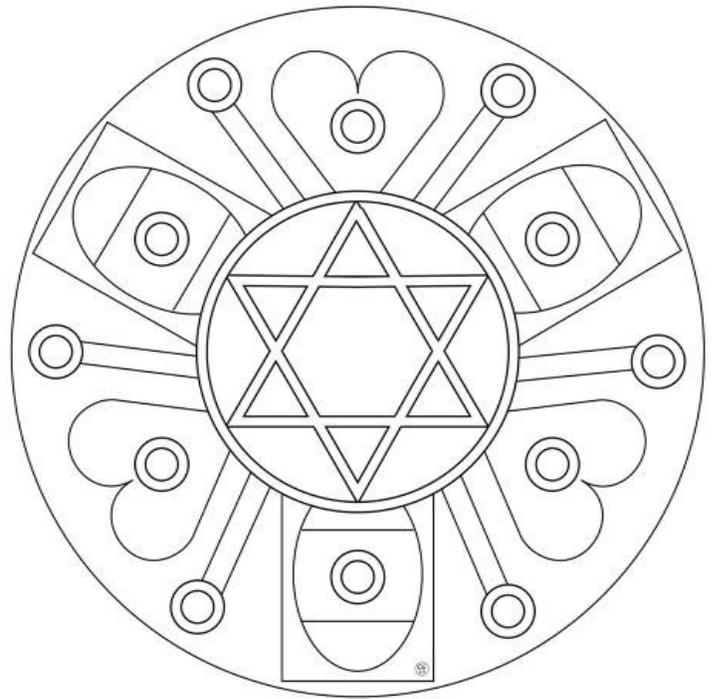
We need to make sure our database has our members' latest, accurate information. If you have moved, *or if you are not sure* that our information about you is current or complete, please

- Go to our Web site:
www.aap-psychoanalysis.org
- Open up the "Members" section.

You will find a "Change of Address" form for updating your information on line. Give us your address, e-mail address, and telephone number. Or if you prefer, send it to our administrator at

AAP
P.O. Box 6287
Albany, CA 94706

Thanks!



You can see more of Clare Goodwin's work in *Wisdom* magazine and in the 2005 & 2006 *Mandala Page-A-Day Calendars* by Workman Publishing. Visit her Web site at www.abgoodwin.com

Jest in Fun

Just what is *psychoanalysis*? Does it mean you need light *and* darkness to grow?
... or is that *photosynthesis*??



PO Box 6287
Albany, CA 94706

Explore This Issue:

- Discover the new dream addition to the **Kentucky Conference**
- Take a Psychoanalysis trip to South America—without leaving home
- Try **"toning up"** your subpersonalities—they'll be grateful
- Find out how you too "gots choices"
- Check out a book recommendation
- Learn about your steering committee candidates
- Remove **ballot insert** and **send it back!**
... And find **much more** ...