



# AAP News

The Newsletter of the Association for the Advancement of Psychosynthesis

November

2006

## 2007 AAP Conference Coming in July to San Francisco Bay Area (with Cast of Stars)

Mark your calendars: the 2007 Association for the Advancement of Psychosynthesis Conference is scheduled for **July 13, 14, and 15** in the San Francisco Bay Area. John F. Kennedy University's light-filled Pleasant Hill Campus will be the site of what planners think may be your AAP organization's largest conference to date. Our theme will be **"Bridging Spirit and Action."** The keynote speaker will be #1 best-selling author Debbie Ford, a former student of AAP member Susanne West. Debbie plans to speak on one of her favorite topics—one near and dear to psychosynthesis—disidentification.

Other interesting pieces that are coming together: Phillip Brooks has offered to share his psychosynthesis journey, and Tom Yeomans will speak on the history of psychosynthesis in this country and point to new directions in a talk tentatively titled "Psychosynthesis: the Unfinished Cathedral." Other presenters may include Jeremy Taylor, Huston Smith, John Firman, Ann Gila, Carla Peterson, Mary Kelso and Debbie Onken. The JFK University faculty will likely be adding new ideas to our program, drawing from interesting programs in the Schools of Psychology, Education and Liberal Arts, and Holistic Studies.

And there is more . . . and the AAP hopes the "more" will include *you*—presenting and/or attending. And don't forget the possibility of adding more time to your visit. The JFK campus is about an hour from wine country, and public transportation can take you to San Francisco to the Museum of Modern Art, the Asian Art Museum, and much, much more! ■



### **CALL FOR WORKSHOP PROPOSALS**

We invite you to submit proposals to present a workshop at the 2007 AAP Conference, "Bridging Spirit and Action." Please contact Mary Kelso at (805) 379-9600, at [MKelso0627@aol.com](mailto:MKelso0627@aol.com), or visit the AAP Website at [www.aap-psychosynthesis.org](http://www.aap-psychosynthesis.org) for more information and proposal submittal forms—

All proposals must be received before January 15, 2007.

## From Mirror Neurons to Psychosynthesis

*By Carla Peterson*

Having presented on mirror neurons, the growing brain, and attachment in the development of love and compassion at the June AAP conference, I was excited to read in the August AAP newsletter Joann Anderson's article on mirror neurons and empathy. There are many implications of this new information.

Here I would like to make a connection between mirror neurons, brain structures and attachment, and some basics of psychosynthesis. Mirror neurons allow for empathy, learning from observation, understanding of intent, and the ability to perceive others' physical states. These all affect attachment interactions between caregivers and small children. For example, a severely depressed caregiver will not talk to the child enough, may not notice her much, nor display empathy toward her. A child does not then have the experience of being known and felt, nor does he or she have a model for being able to empathize, communicate, and be aware of himself or herself.

Early attachment experiences that shape the growing brain and the individual's capacities for empathy and emotional self-regulation are reflected in adult attachment as well. Researchers Mary Main and Erik Hesse developed a powerful way of measuring adult attachment, using the Adult Attachment

*Turn to Neurons, Page 8*

# AAP News

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## Yes, Send Ideas, Art, Photos, and Letters:

Send ideas helpful in your life and work, your poems, book reviews, art work, articles—especially about your use of psychosynthesis.

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

## Help Your Editors Edit

We're volunteers, so if possible please make submissions "camera-ready," **Goings On** notes 75 words or less, and **articles** 500 words or less.

## Submission Deadlines

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

Send to:

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

[info@aap-psychoanalysis.org](mailto:info@aap-psychoanalysis.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

## Molly Young Brown Mt. Shasta, Calif.

Molly Brown has written an essay on the Spiritual Challenges of Peak Oil and Global Climate Change. Read it on her website: [www.mollyyoungbrown.com/essays.htm](http://www.mollyyoungbrown.com/essays.htm).

## The Connecticut Institute in Stratford, Conn. (Convenient to N.Y. & N.J. too!)

We are inviting folks to sign up for psychosynthesis training (continuing education units possible); Feldenkrais energy work, Eidetic Imagery, and other classes; coaching, counseling, etc. We also maintain a chamber music network.

Third Sundays we are open from 10:30 on; the first hour and a half is for sharing, guided imagery, meditation, prayer basket, and networking. Those who bring a sandwich join us around the table for lunch; we serve drinks and desserts. All the above is free.

From 12:30 p.m. to 2:30 p.m. there is a seminar each month on a topic related to psychosynthesis. Suggested fee, \$20 but sliding scale for those who need it. This fall we will also offer Feldenkrais from 3:00 p.m. to 4:00 p.m. at \$10.

Please reserve a space if you'd like to join our community of more than 40 loving men and women—and consider coming to our parties and retreats as well!

Cynthia Pincus Russell, PhD  
Tel.: 203-377-2421  
E-mail: [psynn timer@aol.com](mailto:psynn timer@aol.com)

## The Synthesis Center Amherst, Mass.

### Psychosynthesis: the Unfinished Cathedral

with Thomas Yeomans

An evening presentation and dialogue on the unfinished cathedral of psychosynthesis from its foundation in European Depth Psychology in 1910 and its growth throughout the twentieth century.

Friday Evening Talk: November 10, 2006, 7:00 to 9:00 p.m. \$10.00

### Advanced Topics in Spiritual Psychosynthesis

(for those with previous psychosynthesis experience)

with Thomas Yeomans

This is the first of a series of training days on the dynamics of spiritual psychosynthesis and how to work directly and effectively with the spiritual dimension and the energies of the soul, both within individuals and groups.

The topic of this day will be "spiritual presence and the force field of the soul." The day will include conceptual and experiential work, demonstration, practicum, and time for dialogue, both on this specific topic and, more generally, on work with the spiritual dimension within the frame of psychosynthesis.

Saturday Training: November 11, 2006, 10:00 a.m. to 5:00 p.m. \$140 to \$100 sliding fee.

### Exploring Next Steps: Utilizing the Creative Process to Enhance Awareness and Potential

with Jane Katz

Participants will have the opportunity to use multiple creative processes to visualize future

*Continued on Page 3*

## Goings On

goals, work with current blocks, and clarify their path to full potential. Come to any or all sessions. An ongoing group will form for those interested.

Thursday, Oct. 11, 6:00 p.m. to 8:30 p.m.

Saturday, Nov. 18, 10:00 a.m. to 12:30 p.m. and

Friday, Dec. 1, 6:00 p.m. to 8:30 p.m.

\$30-\$15 per session, sliding fee

The Synthesis Center

274 North Pleasant Street,

Amherst MA 01002

Tel.: 413-256-0772

www.synthesiscenter.org

E-mail:

admin@synthesiscenter.org

## Wisconsin Center

### The Personal Self, Love, Will, and Co-creation

Presented by Carla Peterson

The workshop begins Friday at 4:00 p.m. and ends Sunday at

1:00 p.m. and explores the development of love and compassion and their foundation in the body and the structure of the mind. Participants will have opportunities to explore the will and learn how to balance and unite love and will in repairing relationships, restoring inner harmony and bringing healing into outer circumstances. We will discuss the worldwide shift in consciousness that is now occurring and identify skillful means of co-creating our future and becoming the "possible human," living out our highest human potential.

February 23-25, 2007 at the

Christine Center

W8303 Mann Road

Willard, WI 54493

Tel. (866) 333-7507

www.christinecenter.org

## Steering Committee Service Like an "Advanced Course" in Psychosynthesis

### Tales from People Who Have Had the SC Experience

If you have wanted a more advanced level of psychosynthesis work and experience, you might consider one option that has worked for many: joining the AAP Steering Committee.

Consider what Phyllis Clay of Kansas had to say: "I had been struck by Assagioli's emphasis in *Act of Will*, on the importance of group work—tying together the two threads of the interpersonal and will. For me, reading this felt like a call at the time, but it was a call to I did not know what—until I was asked to join the Steering Committee. Here was a way to follow Assagioli's invitation to join with others and in an effort so dear to my heart—advancing psychosynthesis."

Another perspective from David Shirley of California: "The Professional Development Committee has been discussing the need for a psychosynthesis workshop to meet the needs of those who have had three years of training and want more depth. For me the Steering Committee is that institute in action, affording an opportunity to work with others in group psychosynthesis, to expand my understanding and reading of psychosynthesis, to meet psychosynthesis people that I wouldn't have had contact with, and to experience psychosynthesis in action."

If you think you may be ready for **your** experience as a Steering Committee member, please contact a current member or someone on the Nominating Search Committee:

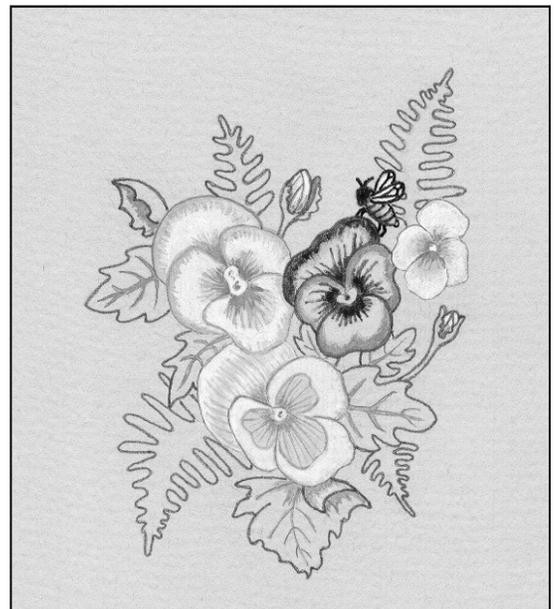
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We need to hear from  
you by December 1,  
2006. ■



Art by Bonney Kuniholm

# REVIEW

## FINDING THE DEEP RIVER WITHIN

### *A Woman's Guide to Recovering Balance and Meaning in Everyday Life*

ISBN: 0-7879-8097-8  
Hardcover 256 pages  
September 2006, Jossey-Bass  
**by Abby Seixas**

#### Reviewed by Mary Eileen Kiniry

This is a book that is written in water. It has the feel of a Celtic tale: shape-shifting, archetypal and powerful in the simplicity of its language and its exercises. An actual old Celtic tale in the book tells of the Seal Woman and captures the essence of where this book takes the reader—into the Other-world of the lost feminine. In this 2006 environment of overbusyness that seems to emanate from hidden emotions of loneliness and separation, the journey into water brings comfort, support and excellent tools for the journey. Abby gives us tools with simple directions and powerful functions.

(See diagram and description at right.)

The rest of the book then takes these deceptively simple words and gives examples and exercises and victory logs (What are these? Read the book!) to continue to develop the muscles of our commitment to change.

I would encourage all of us—male and female—to **buy this book** as a first step in bringing peace to the world—bringing home the peace within us. ■

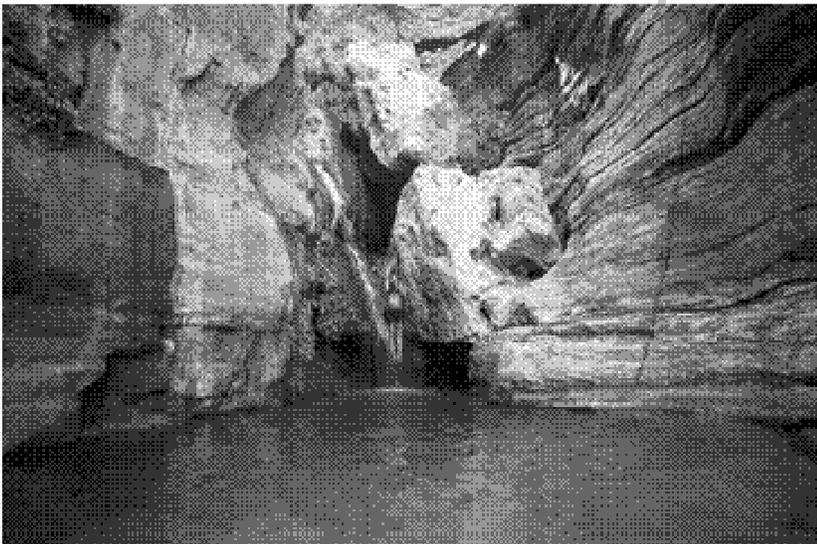
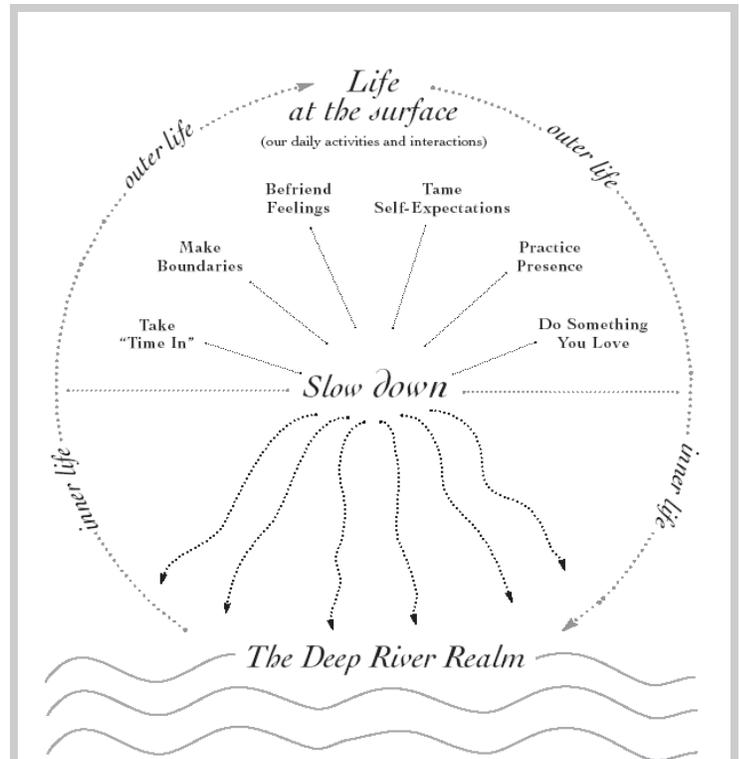


Photo submitted by Mary Eileen Kiniry



**This diagram** appears at first as a simple circle of life: life at the surface (top half) and inner life (bottom half) with a message of “Slow down” in the center. Water arrow symbols flow down in the Deep River Realm. A second look, and there they are: the mother waters birthing new/old practices:

- 1) Take time in: learn to gather energy and find balance, taking uninterrupted alone time to drop below the surface of daily activity.
- 2) Make boundaries: learn the primary skill for heading off the feeling of being overwhelmed—saying “no.”
- 3) Befriend feelings: learn to accept and make friends with uncomfortable feelings that you may be trying to avoid by keeping busy.
- 1) Tame self-expectations: Learn to lighten up and take the self-critical voice of perfectionism less seriously.
- 2) Practice presence: Learn to address the mental busyness by cultivating the mindfulness of the present moment.
- 3) Do something you love: Learn to create time to experience the renewing power of doing something simply for the enjoyment of doing it.

# Co-chair Report

## ***Endowment Policy to Fund AAP***

*Betty Bosdell and David Shirley*

*Art by Bonney Kuniholm*

What's up at the Steering Committee?

We are taking the steps to develop an endowment policy for AAP. Our intention is to build a permanent fund to provide regular, predictable income to sup-



port the AAP's annual operations and its advancement of psychosynthesis. In addition, we believe an endowment will provide a sense of permanence in continuing the work of Roberto Assagioli.

Why now? Some members and contributors have suggested they would give more if AAP had a more solid financial container,

with built-in safeguards, for funding the organization. Thanks to all the hard work of our past and present Steering Committee members, we are now in a position to take the next steps.

The first step is to continue to improve the business container. This involves improved periodic reporting to the membership, increasing fiscal transparency and improving our budgeting procedure—all steps on the journey. We have begun this process and will report to you on the results in the coming year.

The second step is to develop a growth plan with long-term goals and strategies for reaching these goals. Our intention is that the goals and strategies connect the purpose of the AAP with the programs your organization delivers, "*furthering the discipline of psychosynthesis in North America and internationally as a means of facilitating conscious evolution and interconnectedness,*" as written in the AAP bylaws.

These steps are the groundwork for the endowment policy. We are fortunate in having several people familiar with the development of endowment policies and are consulting with them as we develop the policy. Considerations include how the money may be designated for use (for example: an Archives Fund; a Scholarship Fund; a Publications Fund), how it will be invested, and how the program will be audited. With an administrator who has already devel-

oped an endowment policy for another organization, members who have volunteered to participate on the endowment committee to set policies, and members who have agreed to review the work of the endowment committee, your organization is well on its way.

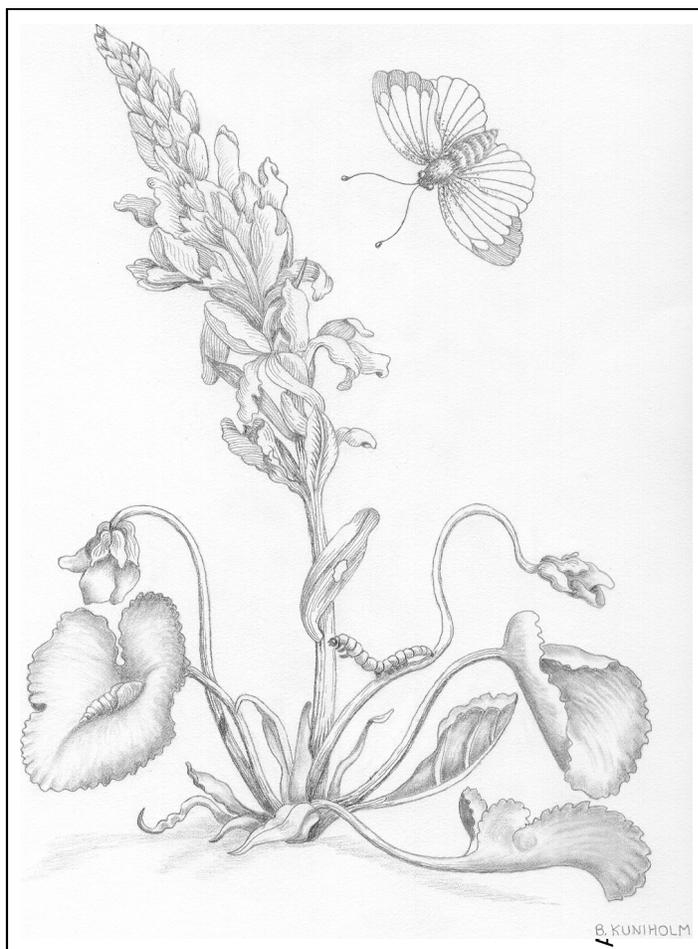
Having this policy in place may take a year. We wanted you—our members—to know that the first steps are being taken. Our commitment will continue to evolve, and with your help and support AAP will be an organization that continues to nurture psychosynthesis. Thank you for what you have done and are doing in achieving our common goals.

We welcome any input or responses you wish to make. Please contact us at

David.A.Shirley@gmail.com or

bbosd@peoplepc.com

This is an exciting time! ■



# NEWS HEADLINES

## Try New Wisconsin Web Sites

The Psychosynthesis Center of Wisconsin proudly announces it has a brand-new web site.

Look for upcoming trainings and

Visit us at  
[www.psychosynthesiswis.org](http://www.psychosynthesiswis.org)

seminars offered by PSCW affiliates, which will be updated on a monthly basis.

We are grateful to have the support and sponsorship of graduates who have made this web site possible.

And . . .

Carla Peterson announces that her new web site is up and running. Check out the scenery from Joy

Visit Carla at  
[www.soulworkstudio.com](http://www.soulworkstudio.com)

Farm, a bucolic and charming location in west central Wisconsin.

## Molly Young Brown Teaches in Sweden and Finland

Recently Molly Young Brown and husband Jim, of Mt. Shasta, Calif., enjoyed an 18-day trip to Stockholm, Sweden, and Nagu Island in the Finnish archipelago. Molly gave a two-day

workshop in Stockholm for the teaching staff of HumaNova, and two three-day workshops on Nagu Island for advanced psychosynthesis students and teachers from Sweden and Finland. She introduced some of the new perspectives that John Firman and Ann Gila have shared in their recent books, as well as the interface of psychosynthesis with systems thinking and ecopsychology. More on her trip in the next issue!

## Kentucky Center Thanks and News

The Conference Host Committee wishes to thank all the AAP participants of the Pre-Conference Trainer Development Program and the 2006 AAP Conference for their contributions to all the wonderful happenings June 15 to 18, 2006.

**Huston Smith Address on DVD:** We are happy to announce the availability of a DVD of Dr. Huston Smith's keynote address. The DVD taped on the evening of June 16, as well as another DVD of an interview that includes portions of the address, is available through the Fons Vitae Press:  
Tel. 1-502-897-3641  
E-mail: [fonsvitaeKY@aol.com](mailto:fonsvitaeKY@aol.com).

Magdalena and Garth Lehman, longtime members of the Kentucky Center, are now living in Lexington, Kentucky. They moved to Lexington from Danville, Ill., where Garth was a Chaplain at the VA Hospital for

many years. In November 2005, Magdalena moved to Lexington, taking a full-time job as bereavement counselor with Hospice of the Blue Grass. Garth is in the middle of a three-month visit to Peru. He is now staying in Cusco, the capital city, where his main focus is an intensive course in Spanish. Magdalena joined him in Cusco, for her three weeks vacation during September.

## YOU ARE INVITED TO JOIN THE CONVERSATIONS

The topic of AAP's 2007 issue of *Conversations in Psychosynthesis* will be "Psychosynthesis and Spiritual Traditions."

We are inviting members who would like to submit vignettes for consideration for this issue to write a short (300 words or less) statement as to how they have interfaced psychosynthesis and their own personal spiritual tradition or belief system.

An editorial committee will select representative statements from those submitted.

Please submit your writing by December 15 to

Carla Peterson  
[carlapeterson@clearwire.net](mailto:carlapeterson@clearwire.net)  
or  
Betty Bosdell  
[bbosd@peoplepc.com](mailto:bbosd@peoplepc.com)

We are excited about this issue and encourage you to participate.  
Thanks!

The goal is to move from a self-centered interest in transformation and enlightenment to one that ultimately transcends it completely. To where one's interest is really no longer for one's own liberation but [in] becoming a catalyst [for] the evolution of consciousness itself.  
—Andrew Cohen

# REVIEW

## MINDFULNESS by Ellen J. Langer

Reviewed by Joann M. Anderson

Published in 1989, this book is filled with easily-understood descriptions of psychologist Ellen J. Langer's extensive research into both *mindlessness* and *mindfulness* conducted at Yale, City University of New York, and Harvard.

Langer states that "mindfulness and mindlessness are so common that few people appreciate their importance or make use [of the power of mindfulness] to change their lives. This book is about the psychological and physical costs of pervasive mindlessness and, more important, about the benefits of greater control, richer options, and transcended limits that mindfulness can make possible."

Her opening study tells about a nursing home in Connecticut where some elderly residents were given a choice of houseplants to care for and asked to make a number of small decisions about daily routines. A year and a half later, "not only were these people more cheerful, active, and alert than a similar group in the same institution . . . but many more of them were still alive." She and her colleagues were surprised at this finding.

In the first half of her book, Langer cites the extensive costs of *mindlessness*. This was frustrating to read, yet I became fascinated with her brilliant examples and studies. She even explored roots of mindlessness in schools where children are mainstreamed into producing a finished product (for example, the letter "A") rather than mindfully experiencing the color of a crayon, the feel of the paper and a variety of possible shapes. The costs of mindlessness are significant: accidents, shorter life, increased time and money spent doing small tasks, and, not least, stunted potential.

Although Langer first studied mindlessness, or the automatic nonaware functioning of humans, after ten years, the flip side of mindlessness attracted her attention and she began researching *mindfulness*. She cautions about equating her mindfulness work in the Western tradition with the mindfulness resulting from Eastern traditions, primarily because she knows little about the phi-

losophy that lies behind the Eastern approach.

Instead of defining mindfulness in one phrase, she describes its characteristics. Her findings indicate that people who are mindful create new categories to fit their experience; welcome new information; seek more than one viewpoint; take control over their life situations and allow themselves to process information before arriving at an outcome. Further descriptions include creative *uncertainty*. In other words, when people are uncertain of a solution or outcome, allowing the uncertainty to exist makes it possible for them to use their intuition. Langer reports studies in which mindfulness training of children reduced prejudice against people who are "different." She also includes studies of mindfulness and health, concluding that peoples' bodies respond to their perceptions and their interpretations of the way their bodies should be—whether it is based on their parents' lives or expectations, societal standards (such as about aging), or some other influence. After reading her book, I realized that *her studies show that many changes that have traditionally been attributed to aging are in fact the results of mindlessness!* I highly recommend this well-documented book. ■

People who are mindful create new categories to fit their experience; welcome new information; seek more than one viewpoint; take control over their life situations and allow themselves to process information before arriving at an outcome.

## Day-to-Day Psychosynthesis

### And The Children Shall Lead Us

During a parenting class based on Ilene Val-Essen's *Quality Parenting* material, a student shared a story about her eight-year-old daughter who apparently had found the class workbook and read the entire book.

Without the mother's knowledge, the daughter learned the concept of the Higher Self. One morning the daughter announced: "I'm having trouble today, Mom. My Higher Self must be asleep and I'm making unwise decisions today." The mother hadn't read that part of the book, didn't realize her daughter had, and didn't know what the daughter was talking about. Exasperated, the daughter said, "Mom, I sure will be glad when you get to that part of the book."

—Mary, Calif.

## Neurons *cont'd from Page 1*

Interview. Scoring the transcripts of verbal interviews for what they called “coherence” indicated the attachment style of the person responding to interview questions.

One of Assagioli’s methods of assessing psychosynthesis clients was to have them write autobiographies. We now see that this technique helps the person assimilate and organize experience. According to Daniel Siegel, writing autobiographical material has the effect of increasing brain coherence and integrating the brain hemispheres. Further, bringing remembered material into consciousness helps the person construct a coherent story, allows for the material to be considered in new ways, and allows for the release of emotional energy embedded in the stories.

Likewise the classic “Who Am I?” exercise enhances personal growth. Repeated over time, this exercise prompts a multitude of associations from the autobiographical memory of the client. It

allows for the development of a stable sense of self beneath the shifting experiences and perceptions of daily life.

Assagioli’s assessment questionnaires asked clients whom they admired and why. Assagioli could then build on models chosen by the

*Writing autobiographical material has the effect of increasing brain coherence and integrating the brain hemispheres.*

clients for the mental and emotional resonance these models produced in the client. We now know that mirror neurons fire even when a person is thinking about actions or objects of perception. So, whenever clients think about admired others, they are making it marginally more likely that they will act as that admired person did.

Assagioli’s Ten Psychological

Laws describe the interplay between image, desire, action, and thought. Mirror neurons involved in motor behavior fire when images of motor actions are presented to the mind because of observing actual motor behavior or through the imagination. Over a period of time, “neurons that fire together, wire together,” creating strong pathways of associations and making it more likely that the action will, in fact, be performed.

Many classic psychosynthesis exercises involve imagery and use of symbols that probably fire mirror neurons, further “wire” neural pathways, and increase brain and mind coherence. Thus, the discovery of mirror neurons underscores the innate value of psychosynthesis. ■

*Carla Peterson, MS, LPC, CADC, can be reached at Joy Farm SoulWork Studio in west central Wisconsin. Her Web site is [www.soulworkstudio.com](http://www.soulworkstudio.com)*

### **Vastness:**

I stare upward at the vastness of the heaven, the stars twinkling their presence, like some faint echo. Who am I and what am I surface once more across the screen of my mind.

Am I in some cognitive prison, a tiny speck of clay? A bio suit with a sell by date of three score years and ten? Maybe I am a subatomic particle pulsating all of my own?

These thoughts, transient and swift, dart like mischievous monkeys swinging with great agility from tendril to tendril.

When I learn to disidentify and observe, the age-old question rises again, who is doing the observing?

Slowly I realize that we are looking for what is looking!

The vast, unconditioned cosmic mirror.

This is the father's house, perfect unbroken union.

—joseph geraghty

(submitted by Shamai Currim and used with permission of the author)

### **Join— and Rejoin— AAP!**

Your **membership** makes possible a wide variety of educational activities which **support** psychosynthesis.

Please go to “Membership” at our website:

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

## PSYCHOSYNTHESIS ALIGNMENT— UNIFICATION DISIDENTIFICATION/IDENTIFICATION

*If some of these comments don't feel comfortable,  
just let them go and keep moving on with the process.*

**I HAVE a physical body.** I love my physical body. I feel my physical body.  
I am willing to feel my physical body more. I depend on my physical body. I rely on my physical body. I trust my physical body. I accept my body. It was created especially for me and my work on the physical plane.  
I love my body. I **HAVE** a physical body.

**I HAVE emotions—an emotional body.** I love my emotions. I feel my emotions.  
I trust my emotions. I delight in the color and texture my emotions bring to daily life.  
I choose my emotions as a gateway to rich experiences.  
I love my emotions. I **HAVE** emotions.

**I HAVE a mind—a mental body—an intellect.** I love my mind. I depend on my mind.  
I rely on my mind. I trust my mind. I choose my mind.  
I cherish my mind, which provides travel into many worlds.  
I love my mind. I **HAVE** a mind.

**I AM a center of consciousness and will—the personal self—the I—**that part of me which I project to the physical plane to direct the mind, emotions, body, and day-to-day life.  
I love the personal self. I depend on the personal self.  
I rely on the personal self. I trust the personal self.  
I delight in the experiences of this outpost of my self on the physical plane.  
I love the personal self—the center of consciousness and will.  
**I AM** a center of consciousness and will—the personal self.

**I AM the Transpersonal Self—the Soul.** I am united—aligned with all these aspects.  
I, on my plane, am at ONE with ALL THAT IS.  
I am a bridge between the personal self and Spirit.  
I am aligned with the personal self, the mind, the emotions, the body.  
We love each other.  
We feel each other. We are willing to feel each other more.  
We depend on each other.  
We rely on each other.  
We trust each other.  
We believe in each other.  
We support each other.  
We enjoy each other.  
We are committed to each other.  
We cooperate with each other.  
We love each other.  
We are UNITED.

**I AM THE TRANSPERSONAL SELF—THE SOUL—AND MORE.**



Art by Bonney Kuniholm

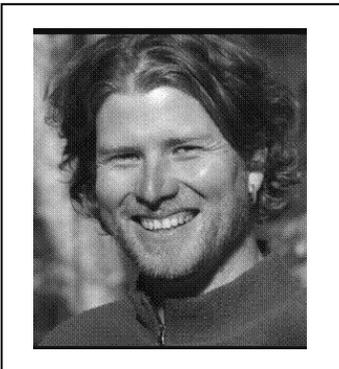
*This expanded portion of the disidentification/identification process is influenced in part by the teaching of Dr. Gregory Antyuhin, a Russian intuitive physician living in Florida, and was contributed by Hedwig Weiler.*

## ***WYSE participant looks to future with close international associates***

# **PSYCHOSYNTHESIS: The Next Generation**

*WYSE (World Youth Service & Enterprise) [www.wyse-ngo.org/un/education.shtml](http://www.wyse-ngo.org/un/education.shtml) is an educational program consistent with psychosynthesis principles. Begun by Marilyn Feldberg, a psychosynthesis leader based in London, WYSE ranges the globe with programs for potential world leaders. It became affiliated with the United Nations in 1988.*

*Walter Polt of AAP News caught up with Tom Shelstad by phone in his Oregon home. Shelstad, who completed the WYSE program near Lucca, Italy, in July and August of 2005, is a life coach, mentor, and guide; has specialized in work with youth at risk from all over the United States; and leads wilderness trips “to help clients gain perspective.” His Web site is [www.innerguidecoaching.com](http://www.innerguidecoaching.com)*



### **Excerpts from a conversation with Tom Shelstad**

**News:** What was WYSE like?

**Shelstad:** I was really impressed by [Marilyn Feldberg’s] presence. There are few people [who] seek to achieve what she has achieved and continues . . . to create.

This year it was 30 [students] from 25 different countries around the world—powerful people. Individually, their presence was moving; and combined, I think a group of people of this caliber would be able to move mountains.

The goal of the whole experience is to really know yourself and know what your mission is in life—and then take the amazing power and presence that you have and focus it like a laser beam. . . .

She used the subpersonality-awareness model . . . and visuals like the two-dimensional model of growth (the personal dimension and the transpersonal dimension), and a training on “What Is the UN?” . . . from its original intent to what it has become.

There’s introspective time, there’s journaling, it’s structured. There were things stretching our comfort limits, from singing in a group, no matter how (chuckle) wonderful or how horrible your voice could be, and performing, and sharing your own . . . beliefs, emotions, vulnerabilities. And it also incorporated coaching. A prominent coach from the UK helped to really guide me in a positive direction with my coaching business.

**News:** Is the group still connected?

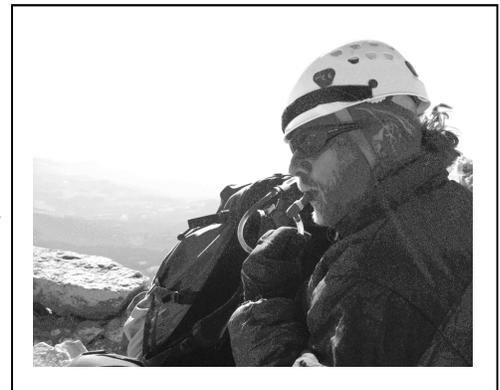
**Shelstad:** There’s probably five to ten e-mails a week from individuals to the group—updates on what they’re doing and what’s going on, and requests for support or input into ideas. . . . There’s also a Web site—we connect with all of the others who have ever gone through a WYSE program.

**News:** What did you take with you?

**Shelstad:** I got a *lot* more confidence in what I bring and my ability to speak with a group—you know, speak my mind and speak my heart. I’ve felt like I’ve been called to serve, to simply help people be conscious of their choices—whatever their choices are.

And I’m choosing not to play small any more. . . . I see myself working in government in some way. . . . The WYSE program has supported me in my own belief that I can stand up and do it differently and effectively and with more compassion and dignity, authenticity, and integrity than I have yet seen so far.

I have a huge sense of gratitude. Marilyn had the vision to support tomorrow’s leaders of the world and to bring in a multicultural aspect to personal discovery and personal awareness and getting a global sense of what is possible. ■



**Tom Shelstad (at top and above) leads wilderness trips to help clients gain perspective.**

*Full interview at <http://www.aap-psychosynthesis.org/articles/index.htm>*

## Our Psychosynthesis Heritage Journey

by Sharon Mandt

### Historic Assagioli, Psychosynthesis Research Foundation Papers Transferred to AAP

On August 19, 2006, John Parks and I traveled to Asheville, N.C., to pick up materials related to the heritage of Psychosynthesis in this country. Four boxes of papers, including letters from Roberto Assagioli as well as numerous publications by the Psychosynthesis Research Foundation (PRF) were being transferred to AAP by the School of Esoteric Studies (SES). Former Steering Committee member Veronica Fisher helped arrange the transfer.

Veronica met us at the SES office in a residential section of Asheville. She introduced us to

John Cobb, President of SES, and he invited us into his office. Above John Cobb's desk hung framed photographs of Roberto Assagioli, Alice Bailey, and Frank Hilton. It felt as if all three were welcoming us.

We can thank John Cobb for caring for the materials, and PRF Director Frank Hilton for his organizational skills and his focus on details. The records of the PRF are from its beginning in 1957 to its close in 1976, two years after the death of Dr. Assagioli. The four boxes we brought back for safekeeping include the PRF

minutes, correspondence, transcripts of presentations, and publications of that exciting time period.

The Steering Committee has voted to preserve these materials with utmost care. They are currently developing a process to share the materials with the AAP membership. For now they will be stored in Lexington, Kentucky.

A paraphrase of Frank Hilton's words in 1976 seems to have a message for us today: Don't think of this as an ending, but as the close of a season that has prepared for the next. ■

## Where No Psychosynthesis Trainer Has Gone Before

By Judith Broadus, PhD

### Professional Development Committee Members Witness Success of Experiment

For a day-long intensive training in psychosynthesis, John Parks, MD, Deborah Onken, PhD, and Judith Broadus, PhD, traveled to Cleveland, Ohio, to the St. Joseph Christian Life Center, on the banks of Lake Erie. Dr. Pat Masterson, who received her training from the Kentucky Center, titled the workshop "Psychology of the Soul," calling it "a transpersonal, contemplative model of human growth and healing."

The workshop opened with a PowerPoint overview that touched on the core concepts that make a psychosynthesis workshop unique. Special emphasis was given to biopsychosynthesis, as each lesson and exercise grounded the



Art by Bonney Kuniholm

transpersonal dimension in the present in the body.

Twelve new psychosynthesis initiates shared breakfast, lunch, and continuing education units, as the various dimensions and applications of psychosynthesis emerged into their field of awareness and will. This experiment in bringing psychosynthesis to areas where there are no trainers and training opportunities gave the Professional Development Committee of the AAP an opportunity to see how it would work to travel to a new area to present.

The group said they loved the day and asked for more training, so apparently it was a successful experiment. It's likely that more work will be done in this way in the future. ■

## Give the Gift of Psychosynthesis

As you are thinking about giving during this holiday season . . . and as you think of your income taxes, please remember that AAP is a 501(c)(3) corporation and is happy to provide you with a tax break!

Through your contribution you help advance psychosynthesis through the sponsorship of

- Publication of the AAP members directory.
- Scholarships to the 2007 AAP Conference.
- Publication of the 2007 *Conversations in Psychosynthesis* monograph "Psychosynthesis and Spiritual Traditions."
- Ongoing activities of the AAP.

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### Thanks!

The AAP Steering Committee would like to gratefully acknowledge individuals who have generously made donations of funds for scholarships and the association's work.

We also acknowledge and thank individuals who have donated both time and talents to the work of the association. Many committed people have generously given their skills to the newsletter, conference, conversations, nominations, archives and other work that supports psychosynthesis.

A heartfelt thanks from all of us to all of you.



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### Explore This Issue:

- **2007 AAP Conference for next July**
- More on **Mirror Neurons**
- **PS Alignment**—an exercise
- **Psychosynthesis: The Next Generation**
- Reviews of **Mindfulness** and **Finding the Deep River Within**
- **Goings On** at psychosynthesis centers

. . . And find **much more** . . .