



# AAP News

The Newsletter of the Association for the Advancement of Psychosynthesis

Spring

2011

## ***Psychosynthesis Today***

Psychosynthesis Community Retreat

June 10-12, 2011

And Foundations Course, June 12-16, 2011

*By Molly Young Brown*

**T**he Retreat (Friday afternoon through Sunday morning) is a gathering of the Psychosynthesis Community - AAP members and others - in guided individual and group processing. AAP members and colleagues of psychosynthesis have already been invited to plan the event by email. We look forward to the input from all in the community.

**T**he Foundations Course. (Sunday afternoon through Thursday morning).

This initial intensive is designed for three groups of people:

- 1) Advanced students of psychosynthesis who want to consider starting their own training programs (the intensive will offer a model curriculum or template for planning);
- 2) Professionals who want to incorporate psychosynthesis into their work with people;
- 3) Anyone wanting an introductory or refresher experience with psychosynthesis.

This course is designed to help you:

- Summarize seven core concepts of psychosynthesis as described by founder Roberto Assagioli, MD.
- Utilize these core concepts of psychosynthesis to assess and enhance your own mental/emotional/spiritual health.
- Practice basic psychosynthesis techniques, and apply them appropriately to your own men-

tal/emotional/spiritual growth and healing.

- Articulate your responses to psychosynthesis exercises in terms of the principles and concepts involved.
- Apply core psychosynthesis theories and techniques to your work as teacher, counselor, therapist, life coach, health professional, organizational consultant, etc.
- Compare psychosynthesis core concepts and techniques to other psychological approaches to mental/emotional health.
- (*For advanced students of psychosynthesis*) Design an introductory course in

*Please turn to **RETREAT**, page 5*



Ellen Faith, Dori Smith, Sharon Mandt, Nancy Rowe, Audrey McMorrow and Judi White at the 2010 Steering Committee Retreat

# AAP News

**Editor:**

Joann Anderson

**Copy Editors:**

Walter Polt, Marilyn Wedberg,  
Abbie Loomis, and Dori Smith

**Design and Production:**

Jan Kuniholm

---

---

**This is the final print issue of AAP News. To opt-in or opt-out of the electronic AAP News or order printable versions, etc. email us at [aap.input@gmail.com](mailto:aap.input@gmail.com) or send a note to:**

AAP  
P.O. Box 414  
Somerset, KY 42502

---

---

**The Association  
for the Advancement  
of Psychosynthesis:**

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

**AAP membership** is \$75 (US) per year, with a sliding-scale fee of \$45 to \$75 for those who need it.

Go to <http://www.aap-psychosynthesis.org/renew.htm> or contact us at (646) 320-3914 or [info@aap-psychosynthesis.org](mailto:info@aap-psychosynthesis.org).

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

# GOINGS ON

**A Psychosynthesis Weekend:**

**The Synthesis Center in Amherst, MA**  
will host its Annual Presenters Conference

**Transformation and Synthesis of Polarities:**

*Meeting the Challenges of Our Times*

A full day of enjoyable and informative Workshops  
**Saturday, April 16, 2011**

Followed by

**A Full Day Post-Conference Seminar:****Trauma and Transformation from the Inside Out  
with Wendy Webber & Jan Kuniholm**

A seminar that invites us as facilitators or guides to enter the transformative field into which trauma is often the gateway and presents an evolving partnership approach to the therapeutic relationship that empowers the client in new ways.

**Sunday, April 17, 2011**

For information

call 413-256-0772 or visit  
[www.SynthesisCenter.org](http://www.SynthesisCenter.org) ■

**International Psychosynthesis Conference  
Rome — June 21-24, 2012**

*To see a world in a grain of sand  
and a heaven in a wild flower  
hold infinity in the palm of your hand  
and eternity in an hour.*

—William Blake

Dear Friends and Colleagues,

I am happy to announce the International Psychosynthesis Conference in Rome, Italy, June 21-24, 2012. The theme is:

**Psychosynthesis In The World**

Soon we'll have a conference Web site. I am looking forward to seeing you there.

Warmest wishes,

*Yoav Dattilo* ■

# FROM OUR COCHAIR

## Change and Growth Are Emerging in AAP

*Sharon Mandt*

*As individuals and as an organization, we are always changing. The opportunities and challenges emerge and the patterns begin to become healthier in time. The purpose of this article is to examine what is emerging, with the hope that the emerging energy will attract sufficient support to sustain our organization.*

### Conference

The Steering Committee, following the recommendation of the Conference Committee, canceled the conference scheduled for July 15-17 at Santa Cruz, California. We greatly appreciate the work of this committee and the difficulty in making this recommendation. Our sincere appreciation to the Conference Committee members, Peter Stonefield, Audrey McMorrow, Therese Caveney, Ruth Carter, and David Shirley.

### Open Retreat

This is the year for members to voice their views for the future direction of AAP. Judi White, new AAP Co-chair, is planning a retreat for this purpose later in 2011. With gratitude for the foundation of past endeavors, we turn our attention to the future and begin a new legacy.



AAP Cochair Sharon Mandt  
and former CoChair Nancy Rowe

### Educational Project Being Launched

The Professional Development Committee members are offering a Fundamentals of Psychosynthesis Course this year in conjunction with the retreat. This is a wonderful opportunity for members to participate in a five-day experiential course and receive continuing education credit. Members of this committee include Judith Broadus, Molly Brown, Vincent Dummer, Mary Kelso, Janet Messer, Deborah Onken, and Brad Roth.

### Publications Streamlining in Process

Both the book, *Psychosynthesis in North America: Discovering Our History, 1957 to 2010*, and *Conversations in Trauma*, will be shipped in April. This effort has not been without intense labor, setbacks, and long-distance collaboration on the part of numerous writers and editors. We celebrate everyone involved for their perseverance and determination to complete these two publications.

The shift to electronic publications, recommended by the Steering Committee, is receiving careful consideration by our cadre of skilled editors. There are many reasons for this decision; however, the Steering Committee is focusing on two goals. We want a streamlined process with less stress on the editorial staff and more opportunities for engaging the membership.

After testing the electronic newsletter, *AAP E-News*, we have found the benefits to be more than expected. Getting news of AAP and member activities to you faster, especially to international members, has been a key factor in the decision to send the news items to members electronically. With additional help, we should be able to be on a regular schedule.

We propose replacing the printed *AAP News* with *AAP E-News* and a proposed electronic journal. Members will have the option to receive these publications electronically as a printable PDF. Free software for printing PDFs is available on the Web for all computer models. Those who prefer may receive a printed copy by request. We are asking members with visual impairment or other needs to contact the editor or call 606-678-5751 to discuss appropriate accommodations.

Turn to **CoChair** p. 4

# FROM OUR COCHAIR

**CoChair** *cont'd from p. 3*

The AAP team of editors intends to collaborate, after a well-deserved break, on a vision for an interactive, electronic journal founded on member participation and focused on members' main interests. The journal will include in-depth articles, book reviews, interviews, and poetry, and it will be dependent on member response and involvement.

## Thank You! To the AAP News Staff

We wish to thank and applaud Joann Anderson, AAP News Editor, and the team of editors (Walter Polt, Abbie Loomis, Marilyn Wedberg, and Jan Kuniholm) who have helped keep us connected for the past two and a half years through the *AAP News*. We are grateful for the collaboration and the efficient process by this outstanding news team.

## Program Initiatives

The Steering Committee offered a mini-grant and a seed loan for program initiatives that advance the practice of psychosynthesis or support the sustainability of AAP. Results of the application process will be announced after the deadline, March 15.

## Web Site Upgrade Cannot Wait

The Web site is the container for all of our outreach programs and reflects our efficiency and effectiveness. The upgrade will also enhance our engagement with members and psychosynthesis community at large. Patrick Dufour has generously offered his technical skills to begin the process. We invite others to be involved in planning, writing, editing, design, evaluation and testing.

## Rotation of Leadership

Nancy Rowe has regrettably resigned from the Steering Committee and Jan Kuniholm, AAP Clerk, is filling in until June. Nancy has made many valuable contributions to AAP including developing the AAP brochure, the mini-grant and seed loan application, guiding the group life of the Steering Committee, and serving as a liaison on the Open Dialog Task Force.

Patrick Dufour and Inessa Mil'berg are the new candidates for the Steering Committee. This is an exciting time to be on the Steering Committee. Anyone interested in serving or recruiting for next year, please contact Judi White or [aap.input@gmail.com](mailto:aap.input@gmail.com). ■

## **Across the Doorsill**

The breeze at dawn has secrets to tell you. Don't go back to sleep!

You must ask for what you really want. Don't go back to sleep!

People are going back and forth across the doorsill where the two worlds touch.

The door is round and open. Don't go back to sleep!

*Rumi* ■

## **Praising Manners**

We should ask God  
to help us toward manners. Inner gifts  
do not find their way  
to creatures without just respect.

If a man or woman flails about, he not only  
smashes his house,  
he burns the world down.

Your depression is connected to your insolence  
and refusal to praise. Whoever feels himself walking  
on the path, and refuses to praise—that man or woman  
steals from others every day—is a shoplifter!

The sun became full of light when it got hold of itself.  
Angels only began shining when they achieved to discipline.  
The sun goes out whenever the cloud of not-praising comes near.  
The moment the foolish Angel felt insolent, he heard the door close.

*Rumi* ■

### ***Retreat cont'd from p. 1***

psychosynthesis covering core concepts, with experiential learning activities. These events will be held at the **Mercy Retreat Center, Burlingame, California.**

The Mercy Retreat Center is located 10 minutes from San Francisco International Airport, 5 minutes from BART, accessible to Hwy 280 and Hwy 101. Shuttle service from nearest BART stop. The Center's 40-acre campus is surrounded by oak trees, gardens and trails. The Mercy Center has 90 single bedrooms, 5 of which are handicap equipped. Conference rooms and dining areas are wheelchair accessible.

Web site: [www.mercy-center.org](http://www.mercy-center.org)

To register and for more information, contact Judi White: 386-698-4256, or email her at [sophiacircle@gmail.com](mailto:sophiacircle@gmail.com)

For questions regarding the Foundations course, contact Molly Brown:  
[psychosynthesiseducation@gmail.com](mailto:psychosynthesiseducation@gmail.com).

Register as soon as possible! Early registration ends April 25, 2011.■

# Polarization No! Polarities Yes!

## A Call for Sharing Our Keys to Interpersonal Synthesis

By Walter Polt

Got conflict down pat? Has anyone?

Because our world is so wonderfully diverse and disconcertingly imperfect, conflicts (including misunderstandings) are everywhere and natural—not just the result of “disorders.”

But of course ordinary polarities can easily become distorted and toxic: we see friends estranged by mistakes, even unintended ones—suddenly and often forever. We see factions even trying to eliminate the other pole. Friends, too, think, “We disagree. One of us is wrong. Guess who!”

No wonder bereft, devastated Palestinians and Israelis are banding together and pleading for “no more taking sides”: they want us to embrace both sides and find solutions. No wonder Democrats, Republicans, and Independents in the “No Labels” movement want to combine the best from all sides—and move forward.

How can we help? Well, we know a lot about synthesis: 1, How important it is to embody our powerful synthesis principles when we have differences; 2, How natural—even essential—it is to carefully preserve the best parts of opposites; and 3, How mysterious and surprising the benefits are that come from putting together “opposite good things” (a phrase from former Supreme Court Justice David Souter talking about opposites, the Constitution promises, such as liberty and order).

There are so many varieties of conflicts in daily life that we need to be focusing, maximizing our chances of success. Instead of waiting for major, entrenched polarizations to get resolved, we can be transforming some of our many day-to-day polarities into “power polarities”—the raw material of synthesis. Highlighting opposed good things can replace alternatives such as escalation or “going weak” on worthwhile options by only compromising or “agreeing to disagree.”

The first step might be to make an explicit agreement with a friend or colleague on how to make use of polarities. For example: “When differences arise, we agree to practice identifying pairs of good things we *both* want,” or “We agree to get to ‘the heart of the matter’ on *both* sides of issues.”

Meanwhile, even if ongoing failures make us a little sheepish, maybe we can help by pooling our *strengths* in a couple of especially challenging areas:

### 1. Comparing effective strategies for *responding* instead of *reacting* at moments of irritation.

Together we can change the whole conflict landscape: we can pool the successful ways we come up with responses in place of those “normal,” counterproductive, knee-jerk *reactions*.

What reactions? Of course not things *we* do. It’s the other guy. Like when friends ignore what is valuable in our ideas and have to convince us of something they’re sure of! Do they prefer contests of opposites to synthesis of opposites? Sometimes their pronouncements, denials, or criticisms seem defensive (even offensive). Or they feel hurt and end up distant or gone—without even discussing why.

Why can’t other people enjoy the differences? If they could catch themselves precisely *at the moment the anger flashes* and relax just a little, they could get past that juicy reptilian urge to pounce. (“Being frank” is fun for them but painful for us.) They especially need to check their reactions when sleep deprived or hungry or sick: we want respect—for us and them. Even when our idea or action is wrong, couldn’t they—besides offering their suggestions—also explore what is worthwhile in our thinking and include it in theirs?

Ah, yes, don’t mistakes like the ones above seem normal enough to us when *we* make them?

Still, we (and others we admire) often respond well. When we do, how do we do it? How do we keep the heart connection? How have we managed to restate what we see of value in the other person’s comment before responding? In those moments, what strategies keep us from impulsively *reacting* (or *retracting* into silence)?

*Continued on next page*

Is it spiritual focus? Love? Long-cultivated patience? Respect and manners?(See Rumi poem on p. 4.) A passion for diversity? Is it counting to 10? Fear of reactions—such as getting fired? Is it being too in love (with life or the other person) for argumentation? Have we tasted enough bitterness or bickering or the loss of a friend? Is it knowing the friendship is worth more than the “issue”? Is it successes with synthesis—as in Tom Yeomans’ Corona process or Kate Cohen-Posey’s creative ways of “making hostile words harmless,” or the resilience of nature and the compassion in Molly Brown’s thoughts on consensus or Gaia Mind? Have years of meditation boosted our frontal lobes’ ability to restrain impulses? Have mindfulness and disidentification built new neural pathways to integration?

One thing that helps me is my passion for learning about interpersonal synthesis. Which leads to the other set of “strengths” we can pool:

## 2. Comparing successes at finding the good in both opposites.

We need to pool our experiences finding power polarities, combining the gifts buried in two “positions” even when a discussion starts out confused or thoughtless.

Say in your daily life an issue comes up: someone you know and trust wants to correct you, give you a different or “better” idea, maybe about your jaywalking—and your hackles go up. What happens from there? Suppose instead of insisting, turning silent, or compromising, the person starts probing in an excited and compassionate way for the *valid element* in what you’re both saying.

It’s hard at first, but you join the search—not for one right answer, *not* for a quick resolution, but simply to find each other's different-colored sparks of good energy. Whether in this case it’s “efficiency and safety” or some other pair, you succeed: you *juxtapose two good opposites*. That’s it: though not full synthesis, it is a valuable polarity that begs the synthesis miracle to unfold. And with that process come mysterious benefits, be they quiet changes or lightning-bolt surprises or previously unimagined ways of being. No longer stuck on opposite sides, you are at a higher level “equidistant from both poles” (Assagioli, 1974/1999, p. 187).

Plus, instead of feeling hurt, guilty, and wary, you feel relieved and trustful—and satisfied. This is a framework for change.

Still, old habits die hard.

Yes, but mistakes too are natural and okay, worth replaying in our heads—not to triumph, but to keep improving our skills in finding good polarities (and perhaps healing wounds). So maybe our built-in hair triggers *are* hard to change—but so what? We hang in there: *Synthesis is fundamental, inevitable. It is not optional. Synthesis is our life.*

Roberto Assagioli shared a vision of collaborating in the “construction of the new civilization.” Every time we seek synthesis in a day-to-day difference with someone we know, we cross Rumi’s “doorsill”—past instinctual reactions, hard logic, and cool reason *into* the new civilization, the level of soul, Self, heart, *mutual* pleasure at the core (see poem p. 5). We alter our daily lives! Think of the benefits of synthesis in your life—and its far-reaching possibilities. We present an exciting and generative world to our intimates, neighbors, colleagues, grandchildren.

We start small: Today, success with polarities in our lives. Tomorrow, success with polarities worldwide.

## References

- Assagioli, R. (1972). *The balancing and synthesis of the opposites*. Pamphlet. New York. At [http://aap-psychoanalysis.org/resources/articles/synthesis\\_of\\_opposites.pdf](http://aap-psychoanalysis.org/resources/articles/synthesis_of_opposites.pdf)
- Assagioli, R. (1974/1999). *The act of will*. Woking, England: David Platts Publishing Company
- Brown, M. (2010). Opening the doors to Gaia Mind. In <http://mollyyoungbrown.com/writings/mollys-musings/opening-the-doors-to-gaia-mind/>
- Cohen-Posey, K. (2008). *Making hostile words harmless: A guide to the power of positive speaking for helping professionals and their clients*. Hoboken, NJ: John Wiley & Sons

Please turn to **Polarization** on page 8

No Labels Web site. (2010). <http://nolabels.org/>

Polt, W. (2009). Two Heads. In *AAP News*, May

Rumi poems. Across the doorsill and Praising Manners. In (Eds.) Barks, C. & Bly, R. (1981). *Night and sleep*. Brighton, MA: Yellow Moon Press

Sartor, L. & Brown, M. (2004). *Consensus in the classroom*. Mt. Shasta, CA: Psychosynthesis Press

Souter, D. H. Speech discussed in [politicsdaily.com/2010/06/01/david-souters-harvard-commencement-speech-one-for-the-books/](http://politicsdaily.com/2010/06/01/david-souters-harvard-commencement-speech-one-for-the-books/) (retrieved 1-31-2011)

Tippett, K. (2010). No more taking sides. Audio segment in <http://being.publicradio.org/programs/nomore/>

Yeomans, T. (1996) *The corona process: group working in a spiritual context*. Self-published monograph.

Available from [tyeomans@concordinstitute.org](mailto:tyeomans@concordinstitute.org) or

<http://www.aap-psychosynthesis.org/materials.htm> ■

## Letter from New Zealand

The Christchurch earthquake [December] has been the focus of our attention for over a week. We did not feel it here [Nelson and Motueka on the South Island]. We have been following it on the radio and the pain and trauma is incredible. However, in all of that, the amount of goodwill and people helping people in large and small ways is enormous. Students from all over bussed in with spades and shovels to help clean up. Of course we have had wonderful help from overseas including America with specialist rescue teams. Just today they changed it from rescue to recovery of bodies. Seventy people were rescued but there are about 200 people still missing. Central Christchurch is devastated and thousands of people have lost their homes.

Isabelle, writing to me from Switzerland, says that natural catastrophies are liberating, evolution-promoting powers! The earthquake is surely promoting the best in people.

With love and blessings,

Anne Verity ■

## Thank You to News Staff

*from AAP Steering Committee*

We are most fortunate to have highly creative and dedicated members in AAP serving in various capacities. At this point, we want to recognize the news staff of *AAP News* for their perseverance in producing a quarterly newsletter over several years.

The qualities of loyalty, dependability, orderliness, wisdom, discernment, and efficiency come immediately to mind in describing the news staff. They work well as a team and have sustained us with their willingness to produce a well-designed quarterly newsletter. As if this is not a huge contribution, this group has also provided editing support for both *Conversations on Trauma* and the book, *Psychosynthesis in North America: Discovering Our History, 1957 to 2010*.

For their time, energy, and qualities, it is fitting to recognize and thank Joann Anderson, Editor, Walter Polt, Assistant Editor, and two most capable copy editors, Abbie Loomis and Marilyn Wedberg. Jan Kuni-holm has also contributed to the layout and production when requested.

We salute this team with heartfelt gratitude for their outstanding service to AAP. ■

## Books

### **Wabi-sabi: The Beauty of Imperfection**

by Marilyn Wedberg

Wabi-sabi is a Japanese aesthetic based on finding beauty in imperfection, incompleteness and impermanence. “Wabi” refers to freshness or simplicity, while “sabi” is about appreciation of things that are old and well-loved. Together, the words bring a heightened sense of appreciation to certain objects or events. Things wabi-sabi have an “ah-ness” about them that moves the viewer’s heart.

Wabi-sabi is the patina of a grandmother’s worn rocking chair, the earthiness of a crumbling brick wall covered with vines, or the simple beauty of an orchid on a sunny windowsill. A wabi-sabi response is often evoked by nature: a plant when it first emerges from the soil in the spring, and again when its leaves turn red in the fall.

Imperfection, impermanence and incompleteness seem to describe our changing society. Most of us have been affected by the changes of the last few years. Systems that once seemed stable are showing their imperfections. Everything seems to be shifting, and we’re not sure what will come tomorrow.

How can we cope with this uncertainty? Perhaps we can find serenity by noticing wabi-sabi moments of simplicity and naturalness in our lives. Many people have found they don’t need so many possessions (and the debt incurred to own them) to be happy. Instead of going out, a night at home with a movie and a

bowl of popcorn is a simple pleasure when shared with family or friends. Peace can be found by remembering to breathe deeply and be in the moment, perhaps enjoying a walk outside after a snowfall instead of complaining about the cold. We can greet each person we encounter with respect and see their inner light, even if we disagree with them. No matter how imperfect life appears, beauty can be found when we are fully aware in each moment.

*To learn more about wabi-sabi, you can see a book Marilyn has recently published called **Wabi-Sabi: The Beauty of Imperfection**. It is filled with her photographs of examples of wabi-sabi, and more description. It is available for viewing and can be purchased at [www.blurb.com/bookstore/detail/1770381](http://www.blurb.com/bookstore/detail/1770381). (Click on preview and then find a small box on the far right side to enlarge the images.)* ■

---

### **Lighting a Candle**

#### **Collected Reflections on a Spiritual Life**

*Compiled and edited by  
Molly Young Brown*

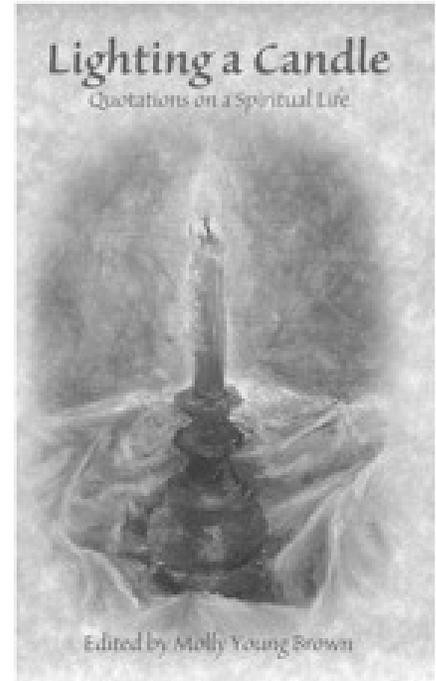
*Lighting A Candle* offers a vivid mix of inspirational thoughts and imagery on the life of the spirit—from celebrated and lesser-known writers and thinkers, ancient and modern—to inspire and guide all those seeking to deepen their spiritual lives. The collection includes reflections from Rainer Maria Rilke, Thich Nhat Hahn, His Holiness the Dalai Lama, Charlotte Joko Beck, Gary Snyder, Joanna Macy, Ram Dass, Deena Metzger, Jack Kornfield, Thomas Merton, Rumi, and many others.

The quotations are arranged in four sections: Awakening; Embracing the Darkness; Love, Joy, and Interbeing; and Action and Service. Psychosynthesis Press, 2010.

ISBN 978-09611444-8-7. \$15.

Special introductory price: \$14.

Order from local or on-line bookstores, or from *PsychosynthesisPress.com*. ■



### **Got Interpersonal Synthesis Tips?**

Yes, you have ideas for responding instead of reacting at tough moments and for pursuing interpersonal synthesis. Please send them with any illustrative examples to [angertopower@aol.com](mailto:angertopower@aol.com) or 914-363-9302.

Walter Polt, the author of the "Polarization No! Polarities Yes!" article on pages 6-8, would love to collect your secrets and pass them on. ■

## BOOKS

### **History of Psychosynthesis in North America 1957-2010**

by Carol Blanchard

**History of Psychosynthesis in North America 1957-2010**, co-edited by John Parks, Dori Smith, Joann Anderson, Mary Kelso, myself, and several others in AAP, will be published by April. It is a deeply meaningful story for everyone connected with psychosynthesis and interested in doing research about it. You will find information nearer that time on the website of the Association for the Advancement of Psychosynthesis: [www.aap-psychosynthesis.org](http://www.aap-psychosynthesis.org). ■



Dori Smith, Martha Rounds, and Sharon Mandt

### ***Nature as Mirror and Psychosynthesis***

by Stephanie Sorrell

**P** psychosynthesis entered my life about the same time as my conception of *Nature as Mirror*. I was working as editor for *New Vision* (formerly *Science of Thought Review*) which had been in existence since 1921. It was a psychospiritual magazine, interestingly enough founded by an optician, Henry Thomas Hamblin, who experienced a breakthrough in consciousness through the death of his son. His transpersonal experience caused him to become a ‘change agent’ for people’s inner vision. His motto was “Change your thinking and you change your life.” Ironically, the previous editor had left because he had trained in Psychosynthesis Psychology and, later, was offered a job as a trainer at the London Psychosynthesis Trust.

Enveloped in the West Sussex landscape near Chichester, I moved into the editor’s residence, set on six acres of beautiful land which was where the vision and the magazine had been conceived. Living and working there heightened my perception of nature and I began to see how the cycles of nature juxtaposed with those same cycles of our soul. Training in the Applied Programme, my deepening insight of nature became the project I used throughout the training. *Nature as Mirror, an Ecology of Body, Mind and Soul*, was embedded within the template of psychosynthesis.

This is illustrated in an excerpt below:

“I have found my tree model fits in very well with Assagioli’s egg diagram. Here, the upper branches correspond with the higher consciousness, and the fitly named ‘crown’ becomes the point where contact with super consciousness can be made. The ‘I’ who symbolizes the part of us that relates to the world is moveable, up and down the axon of the tree. It takes up a position with whatever it identifies with; from middle everyday consciousness to the upper world and lower world. The roots of the tree are embedded in the lower strata of consciousness, that which we are basically unaware of. As Assagioli demonstrated in his work, the lower and higher unconscious are not independent of each other, they are inter-related. What happens on one level, affects the other level. In fact, it is the identification with one level of being and the exclusion of the other which causes a split between upper and lower. Those who are spiritually polarized, denying material on the ground level, become unbalanced by their denial of lower, less palatable, ingredients of their make-up, the compost of life which feeds and sustains our roots. To compensate for this imbalance, the ego becomes inflated by feelings of being special and self-importance. Jung referred to this as the ‘shadow.’ Within the polarity where identification is only made with the mundane everyday world and there is a persistent exorcism of the upper consciousness, the incarnated self feels that something is hugely missing and will compensate by acquiring a wealth of possessions to fill the hole. The life becomes spiritually impoverished which has profound repercussions on all levels.”

*After all, both nature and soul work are organic.*

This book is distributed by [www.o-books.com](http://www.o-books.com) and is 172 pages long. ■

## AAP Social Networking Research Intensifies

*Judi White and friends*

Social Networking is bringing the world together. According to [www.socialnetworking.com](http://www.socialnetworking.com), this is the way the 21st century communicates. Most networking is group interaction with common interests and goals. The AAP Steering Committee hopes that this year members will explore NING and other social networking options for group conversation and psychosynthesis research dialogue.

Many AAP members participate actively and as observers in [www.yahogroups.com/psychosynthesis](http://www.yahogroups.com/psychosynthesis). It was formed in 1993 by Dr. John Cullen, now deceased, to explore social psychosynthesis. With more than 425 international members, it has evolved into a general psychosynthesis conversation site.

Dirk Kelder is director of AAP social networking research. He says the realm of social psychosynthesis [his main interest] can provide a container to hold both the personal and the community dimensions in such a way that each supports the other rather than competes with it. "If it is effective in doing this," he said, "it can then generate an environment that transcends both. . . . This subsequently supports and engenders (as in a feedback loop or snowball effect) a greater level of spirituality. I suspect this is the realm of the true transpersonal dimension."

Peter Stonefield, AAP member and professional training and coaching consultant in the San Francisco Bay area, recommends that AAP consider the many options available on the internet, including LinkedIn, Yahoo, and Google groups. He further adds, "AAP, at each of these sites, would be able to create its own group, interface with others, and have the option of requiring permission of a moderator to join."

Peter also has been using Dimdim, <http://www.dimdim.com>, a virtual Web conferencing program. This may be suitable for the AAP membership in the future. It is a tool for online collaboration in real time using visual, auditory (via the phone conference line), and texting. He is hoping the Communities of Practice (COP) that were started at the conference use it. The Synthesis Coaching COP has already conferenced using Dimdim.

AAP has a group on LinkedIn, a worldwide networking tool, to develop a public outreach and to interface with other individuals and groups and discuss the application of psychosynthesis in psychology, organizations, leadership, coaching, education, etc.

Many AAP members have Facebook pages connecting them to other psychosynthesis colleagues worldwide. The 2011 Conference has one. And on the 2010 AAP Conference page, approximately 115 faces show up as supporters. Several have posted their Web sites on the page, and there are about 300 visitors a month. There are pages for Psychosynthesis Practitioners Worldwide, Psychosynthesis Counselors and Psychotherapists Worldwide, Roberto Assagioli, Psychosynthesis, and psychosynthesis centers in Australia, Norway, and Italy—and there may be others. David Shirley, AAP member and Director of Operations at Essential Software in the San Francisco Bay area, searched the hundreds of options for social networking and proposed NING for AAP. He says Social Networking can increase the sense of being a community with a common purpose. "So little has been done," says David, "to take psychosynthesis beyond the personal level. Some work has been done on the organizational level but, to my understanding, this has largely been done within a business context."

AAP will continue researching social networking this year, looking for many perspectives and opinions about the use of on-line technology in AAP. There is a growing interest in and concern for how we integrate and synthesize this inevitable use of technology into AAP goals. The Membership Committee encourages members to explore the many options available for connecting and interacting with psychosynthesis colleagues.

While online distance learning has not been discussed in detail as yet, AAP conducted an experiment, telecasting part of the 2010 conference. And practitioners have had success with online therapy. A whole world of cyberspace options have yet to be discovered and created. In the meantime, here's a question for AAP members: What might be the best social networking option(s) for a small nonprofit group like ours? ■



**AAP**  
**PO Box 414**  
**Somerset, KY 42502**

### **Explore This Issue:**

- ◆ *Retreat and Foundations Course in SF*
  - ◆ *Change and Growth in AAP*
  - ◆ *Polarities YES! Polarization NO!*
  - ◆ *New books*
  - ◆ *AAP Social Networking*
  - ◆ *Conference and Seminar in Amherst, MA, in April*
- ... AND MUCH MORE ...*

## **This is the Final Print Issue of AAP News**

### **We invite you to Opt In or Opt Out of E-News Format**

After considerable time and thought, the Steering Committee has decided that the cost and slowness of the printed newsletter is not effective. All future news will be by electronic communication. However, if you want to receive the news of AAP activities in an **electronic newsletter format that is printable**, notify AAP of your choice by sending an email to [aap.input@gmail.com](mailto:aap.input@gmail.com). Feel free to make comments.

And still another option is available for all members: If you prefer to have a **printed version (PDF) of the AAP activities mailed to you**, notify AAP of your choice by email, by sending a note or calling:

AAP  
PO Box 414  
Somerset KY 42502  
(606) 678-5751

We welcome your comments. ☐