



AAP News

The Newsletter of the Association for the Advancement of Psychosynthesis

November

2008

SC Leaders: Finances Are Solid, a New *Conversations* Coming, Improvements Begun

Regional Gatherings an '09 Opportunity

Dear AAP Members,
By the time you read this the presidential election will be over, and as our country looks forward to changes in leadership we on the Steering Committee are also looking into the future. We will have finished our four-day Steering Committee planning retreat and are excited about the projects we are undertaking for the coming year. We are happy to report that, having made a profit on our Vermont conference, the AAP's financial standing is strong. We also have hired a new professional bookkeeping service. Our 2009 budget will enable us to support the publication of a new issue of *Conversations* (about psychosynthesis and religions); to make ongoing improvements to our Web site, archival and research projects; and to take on other initiatives to advance psychosynthesis.

2009 Gatherings

As you will read elsewhere in this newsletter, we are hoping that in 2009 there will be many psychosynthesis gatherings throughout the country and hope all of you will be involved in planning or attending gatherings. Although we all practice psychosynthesis in our own lives privately, sharing with our community is vital. We can teach and learn with one another,



Steering Committee Cochairs, Janet Messer (left) and Hedi Weiler

we can meditate together, we can create beauty, we can perform acts of service, and we can enjoy each other's company. Please ask yourself how you can contribute to the growth of psychosynthesis in your town or area. Gather with your colleagues and friends to organize or attend a gathering in your area, making it whatever you will find most inspiring and useful. The AAP Task Force for 2009 Gatherings will offer assistance and coordination to create a network of grassroots activity. This is a time to create what you need to enhance your experience of psychosynthesis for yourself and in your community. We are excited about this and are eager to see what we create together.

Many thanks to our new newsletter staff, Joann Anderson, Walter Polt, Marilyn Wedberg, and Abbie Loomis, for the wonderful newsletter published in August and for this second one.

We appreciate and value all of your contributions in supporting the AAP and advancing psychosynthesis. The Steering Committee sends you our warmest wishes for a beautiful holiday season and a creative, fulfilling 2009.

With Blessings of Love and Light,
Janet and Hedi
AAP Cochairs
cochairs@aap-psychosynthesis.org

AAP News

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Send Ideas, Art, Photos,

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

AAP

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Submission Deadlines:

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

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 psychosynthesis and conducting psychosynthesis educational programs. Donations are tax deductible.

AAP membership is

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

Views expressed in

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

Goings On

Harmony Institute: Russia Conference

The Harmony Institute and Sasha Badkhen, Mark Pevzner, Sergey Valyukhov, and Anna Rodina will present a conference, "Self & Other: the Sacred Space for Dialogue," in St. Petersburg, Russia, April 29 to May 3, 2009.

Information: Anna and Sergey at harmonyconference@rambler.ru. For more information on Harmony Institute, visit their Web site at www.inharmony.ru

Synthesis Center, Amherst, Mass., Hosts Tom Yeomans, Others

Tom Yeomans will facilitate the Graduate Seminar in Spiritual Process Work, Oct. 2008 to April 2009, which focuses on work with the spiritual dimension and the energies of the soul. The overall purpose is to help advanced practitioners continue to learn how to work more effectively with this realm, as well as to build a supportive community of practitioners. Contact the Center (info below) or Tom Yeomans at tyeomans@concordinstitute.org.

The Center's second season of experiential workshops and talks related to physical, mental, and emotional health has begun. These

are held on the third Thursday of each month.

To register or for more information, call the Synthesis Center at 413-256-0772 or write to programs@synthesiscenter.org.

To receive the Center's e-mail newsletter, contact news@synthesiscenter.org

New Zealand Events, Distance Learning

We still have the Psychosynthesis Trust going strong and give a two-day workshop every April plus three or four afternoon sessions throughout the year.

Dr. Mary Fairbrother, who has now sadly made her transition, and I created a psychosynthesis program by correspondence, which we called Psychosynthesis Distance Education. We have students here and in Australia. It was lovely to see in Mary Kelso's article in the latest *AAP News* that Psychosynthesis International is still going. I had thought it had stopped when Edith [Stauffer] passed on.

I do so enjoy having the *AAP* newsletter to keep the connection with psychosynthesis overseas. Best wishes and blessings,

Anne [Verity]

anne.verity@xtra.co.nz

Connecticut Institute Praises Conference, Starts Events

The CT Institute for Psychosynthesis thoroughly enjoyed the June *AAP* conference in Vermont, where Brad Roth, Anne Schalet, Mariya Rivera, Cynthia Russell, and Carol Ann Lucia represented us!

Our monthly "Open Sundays," including circles, guided imagery, bring-a-sandwich lunches around the table, and seminars, started in Oct., as did our training & classes. For details: Cynthia Russell, PhD, psynn timer@aol.com (203) 377-2421.

Art by Bonney Kuniholm



Online Journal Invites Articles on Whole-Human Education

AAP members are invited to submit articles for a special issue of the *Journal of Pedagogy, Pluralism, and Practice*, an online refereed journal published out of Lesley University, Cambridge, MA.

We are dedicating an issue to the topic of “**Higher Education and the Task of Educating the Whole Human Being.**”

If you're interested in submitting an article send an email to Dr. Neal Klein, nklein@lesley.edu, by December 1, 2008 with a brief description of your topic. Final articles are due by January 31, 2009. ■

AAP Steering Committee Nominations Due December 1

By Shamaï Currim

Have you ever wondered how you can give back? Can you still tap into the enthusiasm you feel every time you deepen your lessons of growth and process? Then maybe it's time to consider serving on the AAP Steering Committee. Become a part of the organization's direction while following your own passion. If you. . .

- Experience enthusiasm for psychosynthesis
- Have access to a telephone and computer
- Can devote 10 to 20 hours a month
- Are willing to listen and work cooperatively
- Can attend retreats/meetings twice a year

. . . we will provide you with the training and the possibilities to grow in ways beyond your dreams.

For further information or to nominate yourself or someone else you know, please contact Nominating Committee Chair Shamaï Currim, PhD, at shamai@hourglass.net or at 203-845-0089. Looking forward to hearing from you! ■

Money Matters!

By Sharon Mandt

The Finance Committee is recruiting members with experience, skills, and a passion for financial integrity. This is a newly formed committee slated to have quarterly meetings. The Steering Committee members have worked long and hard to create a financially viable organization. A competent Finance Committee will help maintain the financial health of AAP.

If you are interested in more information or have issues you would like to see this committee address, please contact us at AAP, PO Box 414, Somerset, KY 42502. If you prefer e-mail, contact the treasurer, Sharon Mandt, at sharonmandt@gmail.com. ■

“New Energy” Cited Steering Committee Encourages 2009 Regional Gatherings

Winter Gathering Planned in Florida

With the help of AAP members, regional events to advance Psychosynthesis will be the focus for 2009 instead of an annual conference.

Edwin Miller is spearheading this effort. He and others are recruiting members to share ideas and offer to help, since the success of regional events depends on local member response. New members are most welcome.

If you are already planning an event during 2009, the Steering Committee is offering its support. If you are not already planning an event, would you be willing to offer a symposium, a retreat, an intensive workshop or some other event to increase the awareness and practice of psychosynthesis?

You may be more comfortable with something on a smaller scale for the purpose of connecting with other members in your area. Please contact Edwin at speople@sbcglobal.net, or any other member of the Steering Committee. Regular mail is welcome at AAP, PO Box 414, Somerset, KY, 42502.

Creativity abounds in AAP, so it will be interesting to see what emerges. If you want AAP to include your event in a brochure or on the Web site, let us know so we can get back to you with deadlines for any publication.

There are several reasons for this decision by the Steering Committee. We did not have a group offer for a site to host a conference in 2009. We also wanted to have time to plan a celebration for the 100th Anniversary of Psychosynthesis in 2010.

This turned our thinking toward encouraging psychosynthesis gatherings in all regions instead. This idea immediately brought a refreshing new energy into the Steering Committee. Later at the conference the idea of 2009 Gatherings seemed to be well-received by many members.

One member from Florida, Susan Arneson, Sunnyvilla@cfl.rr.com, is putting together a collection of ideas for a winter event. It will be a directed retreat to provide care for caregivers and will be held on February 20 to 22, 2009, at the Amelia Hotel at the Beach (on the Atlantic Ocean, near Jacksonville).

We hope others will also keep this new energy moving as we continue to build up for the 2010 conference. In 2010 we will celebrate the 100th anniversary of Roberto Assagioli's formation of the theory we now know as Psychosynthesis. ■

Reviews

Abbie Loomis* on

The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life By Piero Ferrucci

“Kindness is an $E = mc^2$ of the spirit.” So writes Piero Ferrucci in his profound new book, *The Power of Kindness*. He goes on to explain that it transforms each of us individually and it transforms the often wounded communities—large and small—to which we are connected.

This book is a rich meditation on the “universal principle” of kindness—what it isn’t as well as what it is. Kindness, for example, is *not* “self-interested politeness, calculated generosity, superficial etiquette.” Nor is it a camouflage for anger or a masquerade for weakness. Rather, kindness is “a strong, genuine, warm way of being” that is the result of the “interplay” of several qualities, each of which is the focus of the book’s 18 chapters. While some of these qualities are predictable, others seem less readily apparent: memory, loyalty, honesty, flexibility, and forgiveness, for example. But as Ferrucci’s exploration of each unfolds, the reader finds herself saying “Ah! Of course . . .”

Ferrucci teaches eloquently through stories harvested from a richly eclectic range of sources: gently digested scientific studies, children’s literature, world literature, the great wisdom traditions, history, art, and cartoons, as well as, of course, Ferrucci’s own life experiences and work as a psychotherapist and student of psychosynthesis. The teaching stories reflect

nuanced understandings that emerge slowly, sometimes gently, sometimes painfully.

Ferrucci does not content himself with commonplace definitions of any of the qualities that define kindness. Instead he keeps asking questions whose answers peel away what we think we know until we reach a clear, brilliant core. For example, he begins his exploration of honesty by tackling the thorny question of how the warm, comfortable nature of kindness can coexist with truth telling, which often is discomfiting and distressing. He resolves this question (I’ll leave it to you to discover how), but rather than end the chapter there, he digs deeper

to look at the role honesty plays in life’s “creative and beautiful” aspects which we tend to hide and protect. In so doing “we separate from the most spiritual and beautiful part of ourselves—and prevent others from seeing it.” This far more nuanced understanding of honesty makes its ties to kindness startlingly clear: “[Honesty] is the very basis of kindness.” For kindness “cannot exist in a world of masks and phantoms,” no matter why they were created.

Ferrucci does not sugarcoat the demands kindness makes of the spirit. He is insistently honest, willing to follow a question wherever it may lead. But he also brings to his questioning a gentle compassion and sensitivity. And a sense of urgency. For Ferrucci sees kindness as a vital

tool for global as well as individual transformation. In this “exciting, but dangerous moment of human history, kindness is not a luxury, it is a necessity,” he writes. The “opportunities for kindness are all around us,” Ferrucci jubilantly adds. This book can help us discover *and* act on them. ■

*Originally published in the *Center for Awakening’s* Soul Weavings, from *Wisconsin (Summer 2008)*: <http://www.centerforawakening.org>

Mary Ondov on

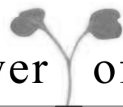
Empowering Dialogues Within: A Workbook for Helping Professionals and Their Clients By Kate Cohen-Posey

As a working therapist/counselor, have you found yourself reading new books on various psychological theories that are all explained in a scholarly fashion but your inquiring mind asks the questions, “Just *how* do I do this? How would I put this theory to practical use?”

If this has been a frustration in your efforts to keep abreast of new theories and ultimately to apply these ideas to your counseling work, Kate Cohen-Posey’s new book, *Empowering Dialogues Within* may be the answer to your prayers (or to your questions to your Higher Self).

There are several things I especially liked about this book. It’s definitely a workbook, containing specifics as to what kind of questions to ask, as well as direct quotes from sessions with clients. Both of the above offer helpful hints on working with clients. The author also includes short descriptions of various psychological approaches, such as Gestalt, Transactional Analysis, etc. She then describes how these approaches can be combined with one another and also with psychosynthesis to facilitate the healing process. I felt her primary approach was psychosynthetic, especially when working with subpersonalities and the Higher Self. The incorporation of psychosynthesis with other approaches adds another di-

the power of kindness



Reviews

mension to her work.

The explicit use of Eye Movement Desensitization Reprocessing (EMDR) could be especially helpful in one's work. Toward the end of the book, the author includes a chapter on "Forerunners to Therapies of Parts and Selves" which I found most enlightening.

We have all probably used stuffed animals, dolls, pictures, etc., as triggers in therapy sessions, but the author explains in some detail how she also uses Tarot cards for the same purpose. Very imaginative.

The appendices and glossary are pertinent to the process she is describ-

ing. Reading Appendices A (Terminologies for Parts and Selves) and B (Development of Higher Faculties), I was mindful of my own basic psychosynthesis training.

Even though the reader's basic approach to therapy might *not* be psychosynthesis, I felt the author did an excellent job of including psychosynthesis with other ideologies. There also is an appropriate balance of theory and application.

I would highly recommend this book to any practicing therapist/counselor. For those of us who are "a bit over the hill," reading this book might make you wish you were "back

in the saddle again." I had a moment or two of such a reaction, but promptly called upon my own subpersonality, *Rational Ruth*, who came to my rescue, suggesting I apply whatever ideas I could to the elderly community here in Santa Fe.

I have only one minor criticism of the book: the page-numbering system starts with the chapter first, then the page: 1-1, 1-2, etc. The next chapter starts with 2-1, 2-2, etc. It did take some focus to make sense of it. Other than that, I loved this book.

Thank you, Kate! ■

ASSOCIATION FOR THE ADVANCEMENT OF PSYCHOSYNTHESIS ACCOMPLISHMENTS OF 2007 TO 2008

Presented at 2008 Membership Meeting, Brattleboro, VT

Hedwig Weiler and Carla Peterson, Cochairs

1. Changed Administrative Consultant in an effort to reduce cost.
 2. Moved to Annual Membership renewal instead of quarterly to simplify and reduce cost.
 3. Consolidated all banking at First and Farmers National Bank, Somerset, Kentucky, in order to simplify, reduce fees, and ease access for the new treasurer, Sharon Mandt.
 4. Developed a new treasurer report procedure.
 5. Developed job descriptions for Membership Assistant and Bookkeeper.
 6. Transitioned to a Membership Assistant to reduce costs. Dave Nelson is serving as volunteer.
 7. Hired new CPA.
 8. Found a new printing company at reduced cost for printing and mailing newsletter.
 9. Transferred AAP Web site to a paid professional Web master, Susan Hanley.
 10. Transitioned to Susan Hanley for laying out the newsletter.
 11. Transitioned to a new newsletter editor, Joann Anderson.
 12. Established practitioners list on Web site.
 13. Updated membership list and made it available on Web site.
 14. Placed archives at University of Santa Barbara, Santa Barbara, California.
 15. Held elections and have two new SC members and one continuing.
 16. Held an Annual Conference, thanks to Jan Kuniholm, Shama Currim, Didi Firman, and others.
 17. Clarified copyrights for the archives of PRF (Psychosynthesis Research Foundation) materials, including *Psychosynthesis* and *Act of Will*. AAP now owns these copyrights.
 18. Developed release forms for videotaping at Conference and implemented them this year.
 19. Established a process for obtaining continuing education units or credits for Conference attendees.
 20. Established a procedure for processing program submissions for AAP conference. Thanks to the Professional Development Committee.
 21. Established the Research Committee.
 22. Professional Development Committee led a two-day exploration of psychosynthesis theory.
- More details on the committees can be found in the annual report notebook or on request.

Education

Psychosynthesis and the Teacher

Mary Greene, PhD

There are many things to say about psychosynthesis and education; one topic would be psychosynthesis and the educator. I have worked with a group of Montessori teachers for about 25 years. (Interestingly, Maria Montessori knew Assagioli, and they referred to each other in their writings.) The teachers originally took a psychosynthesis workshop with me at the Kentucky Center of Psychosynthesis and have stayed together as a group ever since. They meet weekly and have invited me to meet with them about once a month over the years.



What stands out about this group of teachers is their thorough respect for and dedication to the students. They pose one question about any problem a student is presenting in class or on the playground, from being withdrawn or disinterested, to being disruptive or aggressive, or having trouble learning: “Why is this child having this problem?” They always show

respect, love, and knowledge. And the teacher does not stop working on the matter until the problem is resolved.

One aspect of these teachers’ problem solving is taking a look at their own behavior in relation to the problem. Are they somehow contributing to it or prolonging it? If they see something in their personality, attitudes, or emotions that is contributing to the problem, they first work on it in the group. Then, if they need more help, they come in for individual sessions. This attitude—that their own behavior could be contributing to a problem a child is having—is refreshing to me as a therapist, since over the years I have had to help many people work through problems as adults that they were still needing to deal with as a result of things one of their teachers did or did not do. People are sometimes afraid to look at their responsibility in a problem because their inner “judge” can devastate them with shame, guilt, or fear when they discover a mistake. The group helps the teachers with this, because all of the teachers know how powerful and how destructive the inner “judge” can be, and they respect each other as persons and as teachers.

We are all complicit in problems we have with other individuals or problems we see in individuals for or to whom we are responsible. If we are willing to look at ourselves, see how we are contributing to the problem, and discover the origin of our behavior, we will discover what we needed from others at the time of the behavior’s origin and now need from ourselves. We will have the understanding, compassion, and strength to meet that need and thereby change our behavior.

If we in psychosynthesis have an opportunity to influence education, let part of our influence be an attitude like that of these Montessori teachers. ■

Sports, Parenting, Life Success



Psychosynthesis

Hits the Gym Floor Running

Psychosynthesis Is Spreading! The *Quality Parenting* program, based on psychosynthesis, is now being taught at the gym!

How is this happening?

Dr. Ilene Val-Essen, an AAP member, is on the board of the Los Angeles Sports Foundation (LASF), a nonprofit organization. Its mission is: *to empower at-risk youth to achieve success in life through sports.*

Here’s how this dynamic new organization works:

1. At-risk youngsters in the inner city participate in free summer basketball leagues; in exchange, their parents enroll in free *Quality Parenting* classes!
2. High school basketball players are trained to coach the young athletes, modeling the principles of mutual respect.
3. Soon this nonprofit will provide volunteer tutors to support the athletes’ academic success.

You can learn more about the organization by visiting its Web site: www.LASportsFoundation.org. Or you’re welcome to e-mail Ilene at info@QualityParenting.com or call her at 866-LUV-KIDS.

If you wish to support LASF’s programs—and a very effective way to bring psychosynthesis into the real world—you can make checks payable to Los Angeles Sports Foundation. Mail donations to Ilene Val-Essen, 4909 St. Louis Court, Culver City, CA 90230. ■

Statement by Molly Young Brown Read to European Psychosynthesists

Abstract of a statement from Molly Brown read at the 2008 Summer School of the European Federation of Psychosynthesis Psychotherapists (EFPP).

The Soul's Challenge

Radical change is upon us, along with the suffering such change can bring. Joanna Macy, ecophilosopher and social change activist, writes that it also is bringing three gifts.

First, faced with **uncertainty**, we can become more alive in the moment, more open to wonder and beauty, responding with creativity and ingenuity. Second, **intention**—our motivation, our vision, the path we choose to follow—the will of psychosynthesis, can save us from despair. We can choose to live according to our deepest moral values. Third, **devotion** can sustain and guide us. Dark times invite us to go within and find the light, so it can illuminate our inner path—and often our outer path as well.

I would like to add to Joanna's list the gifts of **service** and **community**. We will be called upon to serve in ways we never thought possible. Such service may not be "fun," but it will prove to be fulfilling, meaningful, and rewarding. By helping each other, sharing, and planning together, we will create more-friendly, vibrant, sustainable communities.

We walk into the unknown together, as into an initiation, a collective encounter with the human soul. This is the end of our collective adolescence; it is time now to move into true, responsible adulthood. Global climate change can be a rite of passage for humanity, armed with the gifts of uncertainty, intention, devotion, service, and community.

May all our endeavors in psychosynthesis contribute to a Great Turning towards a life-sustaining civilization.

*The full statement is available on the AAP Website at
<http://www.aap-psychosynthesis.org/resources/articles.htm>*

THE HIGHER SELF IN DIALOGUE: IF MARTIN BUBER HAD MET ASSAGIOLI

Abstract of an Article by Kate Cohen-Posey

Martin Buber (1878-1965) and Roberto Assagioli (1888-1974) were contemporaries. Each man injected spirituality into his respective field (philosophy and psychology), had a Jewish background, and lived in fascist regimes. It seemed they were destined for deep discussions, but there is little evidence that any such conversations took place. Two factors intervened.

First, Buber was interested in social realities and had a distrust of the analytical community, where doctors sat behind their patients making passive interpretations. This was the antithesis of his I-Thou meetings, where people encountered each other as equals without agendas. While he

accepted the unconscious as a hidden sphere, he preferred to deal with people as whole beings. Since Assagioli was an analyst, he and Buber worked in different arenas. Second, the political climate impinged on a fruitful exchange of ideas between the two men. In 1938 Buber fled Germany for Palestine, and Assagioli was held captive in an Italian prison for a month because his mother was Jewish.

Yet, had these two men met, they would have had much to offer each other. Buber's *inborn Thou*, the innate proclivity in every person to seek genuine relationships, is a prototype for the Higher Self. Assagioli valued the idea of dialogue between the spiritual Self

and the personality, which could be mental and not mystical. The fine nuances of Buber's I-Thou communication might have added another dimension to psychosynthesis. ■

The above-titled article appears on the AAP Web site (www.aap-psychosynthesis.org) in order to elaborate how the theories of these two giants might have enriched each other.

Kate Cohen-Posey, MS, LMHC, LMFT, is the author of Empowering Dialogues Within, a book which aspires to bring both Buber's and Assagioli's ideas into the mainstream of psychotherapy.

"We have concentrated on the successful appearance of things—to the starvation of the roots of who we are." —Jean Houston

What does "Advance Psychosynthesis" Mean to You?

Audio of Annual Meeting on Web Site

Announcement by Hedi Weiler, Steering Committee Cochair: For those of you who did not have a chance to attend the AAP Membership meeting in Brattleboro, VT, during our [July] convention, here is good news. Vincent Dummer made an audio tape of that meeting and you can now listen to it on the AAP Web site. Click on *Members Only Section*, then scroll to the bottom of the page. Hope you take a few minutes and send the cochairs any response you may wish to make. We still would

like to hear about what it means to you personally to "advance psychosynthesis." In this way, even if you were not there, you can contribute to the conversation. ■

How to Donate to the John Firman–Ann Gila Fund

Supports Assagioli Library

You can send your check to AAP, PO Box 414, Somerset, KY 42502 or pay online through Pay Pal, with a notation designating the donation for the Firman-Gila Fund. Persons wishing to donate are asked to do so by Dec. 15. A letter acknowledging this and other donations will be sent to the donor in early January.

Sharon Mandt, AAP Treasurer, said AAP has been collecting for the John Firman-Ann Gila Fund since June. All funds will support the Assagioli Library in honor of John Firman and Ann Gila. ■

Didi Firman Adds to Training Materials

Didi Firman of the Synthesis Center, Amherst, MA, has written a significant addition to the psychosynthesis training materials in her recently published article, "A Transpersonal Orientation: Psychosynthesis In The Counselor's Office." The article was first published in *Counseling in a complex society: Contemporary challenges to professional practice*, edited by N. Young, & C. Michael (2007) and published by Synthesis Center Press. It is now available on the AAP Web site, <http://www.aap-psychoanalysis.org/resources/articles/A-Transpersonal-Orientation.pdf>. ■

If you are not a member of AAP, this is a complimentary copy! Please consider joining and supporting AAP work.



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Explore This Issue:

- **REGIONAL GATHERINGS IN 2009**
- **AAP ACCOMPLISHMENTS**
- **PSYCHOSYNTHESIS AND THE TEACHER**
- **GOINGS ON AT PSYCHOSYNTHESIS CENTERS & WEB SITES . . .**

. . . AND MUCH MORE . . .