



# AAP News

The Newsletter of the Association for the Advancement of Psychosynthesis

August

2009

## About My Life

By Martha Crampton

*(Edited excerpts from the biographical summary of Martha's life story written before she died. For the complete paper with more on Martha's later studies and work, see the AAP Web site.)*

Looking back over my life, the thread that emerges as a constant is my passion for the journey of self-transformation—the evolution of consciousness. This seems to be embedded in my “soul’s code.”

When I was 12 years old I had a revelatory moment that shook me up and is a touchstone I sometimes return to. I had just stepped out of the car my mother had been driving when the epiphany came upon me like a bolt of lightning. It was about life purpose and free will: **that we are free to create whatever kind of life we want, even if it is totally different from what our parents or society would approve of.** Moreover, we have a sacred responsibility to be true to this inner sense of who we are and what our lives are about. This was a shocking and heretical thought for me, given the conventional way I was raised. But it was also exhilarating. (Of course I didn't tell my mother.) Eventually this expanded state receded and the veils of illusion came down again. For this 12-year-old to handle so much freedom was too much.

Over the years I have come to appreciate the deeper meaning of this experience and to claim it as

my own. The vision inherent in it has informed my work as a therapist and a life coach.

I received degrees in psychology from Vassar and Bryn Mawr Colleges and spent a year at the Sorbonne in Paris studying Art, Music, and Literature. I was licensed as a Clinical Psychologist in Montreal, Canada, where I lived for twenty years. Currently, I am living in New



Martha Crampton

York, where I am licensed as a Mental Health Counselor.

My training in life coaching was primarily through the Institute for Life Coach Training and Coach for Life, a spiritually based program where I also completed the Masters Coaching Program. I am a member of Coachville and have taken many of the courses offered through their Graduate School of Coaching.

My career path began in academia, doing research at McGill University and teaching in the Graduate School of Education at Concordia University, where I was an Assistant Professor. I maintained a small practice of psychotherapy as well, attempting to find ways of working that were truly helpful to people.

Not until I came across Assagioli's work, *Psychosynthesis*, was I moved to make a fuller commitment to the field of psychotherapy.

**See Crampton on page 6**

## AAP CONFERENCE COMMITTEE ANNOUNCES: IT IS DEFINITE! 2010 Conference To Be Held in Chicago

JUNE 25 TO 27

Our reservation for the 2010 AAP conference has been confirmed: It's Techny Towers Conference and Retreat Center in Chicago the weekend of June 25 to 27, 2010. We think you will like the easy access to workshops and food, all under one roof. If we fill the Techny rooms, we will have access to nearby motels at discounted prices.

The Steering Committee has held its business retreats at Techny for the past two years. We

feel this is the best place in the Midwestern region to celebrate 100 years of psychosynthesis.

Although registration will not begin for many months, we encourage you to visit the Techny Towers Web site [www.technytowers.org](http://www.technytowers.org) to get a feel for this beautiful place.

Then, please mark your calendar and begin watching for airline specials to either O'Hare or Midway airport in Chicago. If you drive, you will be happy to know Techny is close to an Interstate. ■

# AAP News

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## Send Ideas, Art, Photos,

and letters; tell what has helped your life and work; send poems, book reviews, 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](mailto: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 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 send to [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

## New Book by Bonney and Richard Schaub

### "A Masterpiece" from NY Psychosynthesis Institute

Bonney and Richard Schaub of the New York Psychosynthesis Institute have a new book out, *The End of Fear: A Spiritual Path for Realists*, published by Hay House. Larry Dossey, M.D., the leading voice of integrative medicine, calls the book "a masterpiece." The Schaub's will be presenting at the National Institute for the Clinical Applications of Behavioral Medicine Conference, the largest mental health conference in the country, in December 2009, Hilton Head, SC.

## Molly Brown Invites Conversation Adds Blog to "Musings"

Molly Brown sends out a quarterly letter/essay, addressing various concerns and challenges through the lenses of psychosynthesis and ecopsychology. Anyone interested in receiving "Molly's Musings" by e-mail can sign up on her Web site: [www.MollyYoungBrown.com](http://www.MollyYoungBrown.com). Previous essays are available there as well. Molly has also started a blog at <http://mollyyoungbrown.blogspot.com>

## Jump in the Editorial Pool!

### By Dori Smith

Do you have a knack for the English language? Would you like to serve AAP but don't have a lot of time to give?

AAP offers its membership a variety of publications, which include this newsletter, the *Conversations* monograph, an email news brief, and a Web site. Each one needs copy editors that can shape articles into interesting, readable pieces. Each task can take as little as an hour or

and invites anyone interested in responding to her Musings to join the conversation there.

## London Workshop by Will Parfitt

### Sexuality, Psychosynthesis and the Tree of Life

Psychosynthesis, like Kabbalah, teaches us that we do well not to suppress or repress any aspect of our sexual energy, but instead are to learn to regulate it and appropriately express it. Then, rather than sexuality "having us" we can learn to "have it."

This course, to be held at Psychosynthesis and Education Trust, London, November 14 and 15, will focus on bringing out the potential in sexuality both for ourselves and our clients. It will also look at the contrasexual complex, participation mystique, yearning for wholeness, and use of sexual energy to support spiritual practice. Parfitt will create a safe and supportive space for this work. For details and booking: [www.psychosynthesis.edu](http://www.psychosynthesis.edu).

*Will Parfitt, a Kabbalah teacher and registered psychosynthesis therapist, leads courses in England and Europe and is the author of Kabbalah For Life, Psychosynthesis: The Elements and Beyond, and The Something and Nothing of Death. www.willparfitt.com*

less and you will be given editorial standards to follow. This is a great way to get an early scoop on some of what's going on in our association.

I will coordinate the volunteer editors, so that no one gets overburdened. If you are interested, send me a bit of your background, time schedule and a writing sample.

Contact Dori Smith, MEd, Chair of the Communications Committee: [dsmith@newview.org](mailto:dsmith@newview.org) or 978-635-1145. ☐

**Hold grand expectations beyond any of the shadows you see. Do not incorporate the shadows you see into any future creation. Create grandly, not from your present, but from your soul's remembering—from your soul's ability to dream. Copyright 2008, Jonette Crowley and the Center for Creative Consciousness**

# From Our Cochairs

## What You Say and Do . . .

**D**ear Members,  
It is such an honor and joy to serve this organization and work among so many dedicated members. We are in awe of the many accomplishments currently taking place in the various committees and small groups.

Our vision for AAP this year is to offer opportunities for more members to become involved. We are ready to match any willing member with a service opportunity that fits his or her interest and time constraints.

Another aspect of our vision is to build connections within the membership. It is essential that we have a membership directory. All the steps are prepared and waiting for members to sign up. (See page 7 for instructions.)

We want to encourage members to financially support their own vision for advancing psychosynthesis by helping to fund committee projects. It is not uncommon for members who are serving on a project to actually pay for that project—giving unselfishly of both time and money. John Parks, MD, who is seeking additional members to serve on the Endowment Committee, has taken a step in this direction.

The quality and quantity of unconditional service has been remarkable for an organization our size. Still, there are gaps in our efficiency and effectiveness as an organization that additional involvement by members could reduce. Currently we especially need volunteers with expertise in fundraising, editing, bookkeeping, and/or Web site technology.

Ideas for improving our efficiency or effectiveness are most welcome and can be addressed directly to the AAP (AAP, PO Box 414, Somerset, KY 42502, or [aap.input@gmail.com](mailto:aap.input@gmail.com)) or to either cochair. No idea or comment is insignificant.

If I (Sharon) may give a personal story to illustrate the importance of both involvement and connection: As a child I remember coming out of the church one day walking and talking with the minister about an idea in response to his sermon. He did not laugh or discount my childlike perception. He stopped and pointed to the brick wall of the church and said: "Every brick in this wall makes up this church. You are like one of those bricks and you are an important part of this church. What you say and do makes us who we are, the same as any other."

*Janet Messer and Sharon Mandt, Cochairs*  
Phones (606) 678-5751, (646) 320-3914  
[aap.input@gmail.com](mailto:aap.input@gmail.com)



**Cochairs Janet Messer and Sharon Mandt**

## OPPORTUNITIES TO SERVE: **Nominations Committee, Steering Committee**

### *FROM THE COCHAIRS*

The Nominations Committee, chaired by Shamai Currim, needs two more volunteers, since it has the responsibility of seeking candidates to run for the Steering Committee (SC) and the AAP bylaws call for three members to serve on the committee.

If you are willing to make phone calls to recruit candidates interested in running to serve as members of the SC or if you have suggestions for possible candidates, please contact Shamai at [shamai@hourglass.net](mailto:shamai@hourglass.net) and volunteer for the Nominations Committee.

We will also need three members to serve as candidates for the SC. Nominations are needed by December 15, 2009, for elections early in 2010. If you have never served on the SC you might want to consider contacting Shamai for more information. If you have served and want an update on leadership opportunities or current activities; please contact either of the cochairs, Janet Messer and Sharon Mandt, or any of the SC members.

Current SC members are John Parks, Janet Messer, Rick Martin, Eileen Stephens, Audrey McMorrow, Gwin Stewart, Dori Smith, Nancy Rowe, Sharon Mandt, and newly appointed Patricia Breen. John Parks and Janet Messer will be rotating off the SC in June of 2010.

To maintain diversity on the SC we would like especially to have candidates from Canada and the Western region of the U.S. For balance of gender we are also looking for male candidates. We look forward to hearing from you! ■

## Listening to Our Members

By Dori Smith

The AAP needs to make sure that its activities continue to meet the ever-evolving needs of its members and that its goal-setting is guided strongly by an understanding of those needs. It's easy to get into a guessing game, but better to have good data for our work.

The Steering Committee, at our spring retreat, took a serious look at results from a questionnaire handed out to participants at the conference in June 2008. The number of respondents was 31. The survey turned up intriguing results.

For example:

**84% answered Yes, they would like to receive the AAP newsletter electronically** (either on the Web site or as an e-mail attachment); 6% said Maybe and 13% said No.

**42% answered Yes, they would participate in an online discussion of a book or article;** 23% Maybe, and 26% No.

**55% check the AAP Web site periodically;** 45% do not.

**65% do not know how to find the password to the members-**

**only section of the Web site** (if they forget it); 35% can find it.

The Steering Committee will ensure that each of these items is addressed. In particular, the Communications Committee needs to look at Questions 1 and 3 in terms of the online and print communications strategy. How can we preserve the richness of the diverse materials we produce, and provide it in forms that our members will use best? And which forms are most cost-effective in terms of budget and volunteer effort?

Open-ended questions on the survey elicited a wide variety of tantalizing peeks into individual members' priorities and hopes. All of this data needs to be followed up with more precise questioning that involves a wider slice of our members.

Stay tuned. Meanwhile, we welcome your feedback and suggestions. Go to the "Contact AAP" section of the Web site at <http://aap-psychoanalysis.org/contact.htm> and e-mail the committee or function you wish to reach. ■

*Dori Smith is a new member of the AAP Steering Committee and Chair of the Public Communications Committee.*



### SC Members

Two Steering Committee members, Dori Smith (left) and Audrey McMorrow, came onto the Steering Committee in May.

## PHOTOS WANTED FOR CONVERSATIONS SPECIAL EDITION

*By John Parks, Editor, Special Edition of Conversations*

John Parks is now editing a Special Centenary Anniversary Edition of *Conversations* slated for publication in December, 2009, focused on The History of the North American PS Centers (1957-2009).

John is collecting digital photographs (color if possible with 1600 x 1200 pixels, 4"x 6" to be sent as a JPEG File) which best express the distinctive quality of each psychoanalysis center: photographs of early staff members and students, pictures of center headquarters and its surrounding landscaping. John is also collecting anything else that could be copied onto a CD disc that will be enclosed inside the back cover of this Anniversary Edition of *Conversations*.

Using a fine line marking pen (not ballpoint), please write your

**Photos next page**



### Current AAP Steering Committee Met in Person in May

**Front Row:** Eileen Stephens and Dori Smith. **Back Row:** Gwin Stewart, Audrey McMorrow, Rick Martin, and Cochairs Janet Messer and Sharon Mandt. **Not Pictured:** Nancy Rowe and John Parks.

## Appreciation to Dave Nelson Welcome to his Replacement, Melinda Cook

*By Sharon Mandt*

**Dave Nelson:** Dave is a familiar presence to many AAP members. Some may have known him from his work with the Minnesota Center or other aspects of psychosynthesis. I first became acquainted with Dave during my term as treasurer while Dave was serving as a volunteer membership assistant. We often emailed and spoke over the phone to make certain our records were synchronized and in order. From this experience I became aware of the many strengths Dave's presence brings to AAP. Regardless of a demanding job with long hours and other obligations, Dave's faithful attention to detail, consistent pleasantness, and persistent patience has been a true gift to AAP. From all of us to you, Dave, "Thank you!"

**Melinda Cook:** When the 2010 membership renewal rolls around again sometime near late November and early December, we can expect a new voice to assist members in collecting dues. Melinda Cook is an executive assistant working full time in the health education department of a district health department in Kentucky. She has contracted to work as AAP's new General Assistant and will collect and process the membership dues, replacing the ever faithful, gentle, and calm Dave Nelson, and handling donations and other AAP clerical responsibilities. ■



**Melinda Cook Welcomed**  
Melinda has contracted to serve as the AAP General Assistant.

## Congratulations! AAP a CE Provider

*By Deborah Onken, Judith Broadus, and Janet Messer*

The Continuing Education (CE) Committee of AAP announced that both the American Psychological Association (APA) and the National Board of Certified Counselors (NBCC) have approved AAP as a provider of continuing education credits for psychologists and counselors. The CE committee applied to these two organizations first since most AAP members belong to one or the other. The licensing boards for Social Workers and Marriage and Family and other Counselors generally accept CE credits which have been approved by APA and NBCC. The CE committee is currently compiling all the requirements for CE-credit workshops and conferences and will post them on the Web site. ■

## From Abbie Siexas

"All you 'down east-ers'....I'm coming to Maine in October for a day-long workshop at True North Health Center. Registration is already open .... hope to see you there, then. -A."

More of Abbie's fall events at [www.deepriverwithin.com](http://www.deepriverwithin.com)

## Photos from previous page

name and address and the name of your PS center on the back of the material you send. Also write the date the photograph was taken and brief information about the content of the photograph and/or other material you may have sent. It may help if you place a large label on the back before writing on it to prevent ink from leaking through to the photo.

Indicate if you want the material returned. If you do not want the material returned, it will be placed in the AAP Archive set aside for your particular center. Send the material to [rjhparks@windstream.net](mailto:rjhparks@windstream.net) or AAP, PO Box 414, Somerset, KY 42502. Thank you! ■



## Enjoying Steering Committee Gathering

Gwin Stewart and Eileen Stephens share a light moment at the May SC meeting.

## **Crampton (from page 1)**

In *Psychosynthesis* I found a framework that encompassed the whole person—the spiritual dimensions as well as the parts of our nature that need healing. The therapeutic relationship was respectful, based in a humanistic and existential model. The psychosynthesis therapist was viewed as a facilitator of the client's journey rather than an authority figure.

When Assagioli invited me to study with him in Italy, I was ecstatic and felt that I was "coming home." Later, when he asked me to set up a center in Canada, I listened to my heart and knew I was feeling called to do this.

This was not an easy step to take, as I had three children to support. It meant letting go of an academic appointment and a regular paycheck. But I took the plunge and founded the Canadian Institute of Psychosynthesis. For many years this was a deeply fulfilling experience. . . .

I have been nourished by the great wisdom teachings, especially

the mystical and esoteric core at the heart of all traditions. I have studied with a Sufi sheikh in Morocco, a Peruvian shaman in the Amazon, TM with Maharishi, and various Buddhist and Hindu teachers. I appreciate the teachings that have come through the *Course in Miracles*, Rudolf Steiner, Alice Bailey, and Eckhart Tolle. I have studied Kabbalistic healing, in the Jewish tradition, with Jason Shulman. My early roots are in the Christian tradition. I feel a special kinship with the Divine Mother energies.

My search is to experience Oneness more deeply, to be open to the divine in every moment of Life, to continue my healing journey, and to play my part in the evolution of our world. ■

*You can continue Martha's work (education via the Web and AAP Conference Scholarships) by sending gifts to the Martha Crampton Educational Fund: MC Fund Administrator, Jean Guenther, 62 East Avenue, Burlington, VT 05401. For more information and applications to receive funds: jeanvcp@gmail.com or 802-598-6014.*

### **Last Poems 10**

I'm lost in the middle of my birthday.  
I want my friends,  
their touch,  
with the earth's last love.  
I will take life's final offering,  
I will take the human's last blessing.  
Today my sack is empty.  
I have given completely  
whatever I had to give.  
In return if I receive anything—  
some love, some forgiveness—  
then I will take it with me  
when I step on the boat that crosses  
to the festival of the wordless end.

—Tagore

*Martha Crampton's daughter Catherine sent this poem on July 7, 2009, which would have been Martha's 76th birthday. Tagore dictated the poem from his deathbed.*

## **LIFE**

Between the morning memory  
and evening dream,  
I walk, and sing, and grieve,  
and play  
the substance of my being  
in the moment of my day.

—rtclark

## **Go Wild**

*By Brad Roth*

The Wildcard Summer of '09 has held online and in-person events with Molly Brown on "The Great Turning," Tom Yeomans on Psychosynthesis/psychosynthesis, Vincent Dummer on PS Web sites, and a real-time national meditation. For more to come, see the AAP Web site and your e-announcements.

Send ideas for other events to Brad Roth at [dancingday@earthlink.net](mailto:dancingday@earthlink.net). Go Wild! Anything is possible when you think outside the box. ■

## **Florida Connection**

*By Susan Arneson*

Three Florida AAP members, Kate Cohen-Posey, Judi White, and I, met in June in Lakeland, FL. We shared our recent practices, and used the Corona Process to image how psychosynthesis wants to express itself in our lives. We plan to meet in February or March, create a blog, and do presentations—also to provide more gatherings for colleagues to share, demonstrate, receive feedback, consult, and find ways to share psychosynthesis with people in the community.

Kate Posey-Cohen shared from the draft of her next book and demonstrated using artistic images to identify aspects of the Self and a bevy of toy characters to discover subpersonalities.

Susan Arneson brings the holistic framework of psychosynthesis to her

**Florida next page**

## AAP Accomplishments From Oct. 2008 to May 2009

*Hedwig Weiler and Janet Messer,  
Steering Committee Cochairs at That Time*

- ♦ Hired a bookkeeping service in Nashville.
- ♦ Hired a General Assistant, Melinda Cook.
- ♦ Developed a detailed budget.
- ♦ Transitioned to annual membership renewal.
- ♦ Published the first Treasurer's Report to membership.
- ♦ Transferred Membership Assistant functions from volunteer extraordinaire Dave Nelson to General Assistant.
- ♦ Experimented with regional, small events, alternating with annual conference every two years.
- ♦ Recruited a new newsletter editor and editorial assistants.
- ♦ Made AAP a Continuing Education accrediting organization for APA and NBCC (Counselors).
- ♦ Established a Communications Committee, which coordinates work of the newsletter, Web site, electronic news (Goings On), *Conversations*.
- ♦ Established AAP as the copyright holder of Roberto Assagioli PRF materials and books.
- ♦ Granted permission to Synthesis Center in MA to reprint Assagioli's *The Act of Will*.
- ♦ Received permission to place Assagioli film on AAP Web site.
- ♦ Established a clear policy and goal to fund Steering Committee expenses related to official SC business meetings held twice a year.
- ♦ Established AAP Research Committee.
- ♦ Acquired nonprofit mailing permit for *Conversations*.
- ♦ Began the process of establishing an Awards Committee.

### **Florida from previous page**

daily interactions with chronically and/or seriously ill patients.

Judi White is viewing the post-career stage of life as an opportunity and a challenge for continual unfolding. She demonstrated the unconditional love and forgive-

ness process and EFT (emotional freedom technique).

At another gathering in February, Susan Arneson, Judi White, and Patrick Williams had met to



**Susan Arneson** presents at Florida regional conference



**Kate Cohen-Posey** relishing a Florida presentation

## THE AAP PRINT DIRECTORY: HOW TO GET IN Sign Up This Month!!

BY THE MEMBERSHIP COMMITTEE

**In order to have a full entry in the AAP print directory, please join the online Psychosynthesis Directory this month. It is as easy as 1-2-3.**

1. Send an e-mail to [directory@aap-psychosynthesis](mailto:directory@aap-psychosynthesis). When we send you the "Join me on Psychosynthesis Directory" e-mail, follow these next steps:
2. Move the mouse over "Click to Join," then click "Join"
3. Answer a few short questions. Examples:
  - ♦ What areas or applications of psychosynthesis are of most interest today?
  - ♦ Where (or how) did you discover psychosynthesis?

### **Benefits you will receive:**

- Access to all the AAP Online Directory members
- The ability to add to or change your profile as you wish
- Information about AAP members' psychosynthesis interests and backgrounds
- Easy communication with other members (even when you don't know their e-mail address)
- A listing in the AAP print directory

**For full inclusion in the print directory, please sign up now!**



### **Florida Initiative**

Kate Cohen-Posey (left to right), Susan Arneson, and Judi White met in Florida in June

discuss how AAP's southern region could become more directly connected. The result was two teleconference calls. On one call, Molly Brown shared her latest thinking on The Great Turning. Perhaps another teleconference call will include the entire AAP network. ◼

## IMAGINE IT

# The Chicago Conference

Dear Psychosynthesis Colleagues and Friends,

The Psychosynthesis community will gather in Chicago June 25-27, 2010, to celebrate the 100 years since Roberto Assagioli's initial articulation of Psychosynthesis. We propose to carry this work forward into the next 100 years by energizing our group life through collaboration in the areas of our greatest interest—our passion.

We are reaching out for your input because we want this to be a group endeavor. Please share your thoughts, desires, and needs for this significant gathering in 2010 as we honor the past, own the present, and prepare for the future.

Let us hear from you *soon* by answering these questions and adding comments.

Send your input to [aap.input@gmail.com](mailto:aap.input@gmail.com) or AAP, P.O. Box 414, Somerset, KY 42502. Send requests for the electronic version to [aap.input@gmail.com](mailto:aap.input@gmail.com).

1. What do you value most about AAP Conferences?
2. What topics would best describe your greatest interest and passion?
3. What would make this conference most helpful to you?
4. How would you suggest we focus on entering the next 100 years of Psychosynthesis?
5. On what topic would you like to join together with others to share and generate new ideas and action?
6. What speakers and topics would you most like to hear?

—Jean Guenther and Sharon Mandt

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



PO Box 414  
Somerset KY 42502

### Explore This Issue:

- ◆ *Martha Crampton speaks*
- ◆ *2010 AAP Conference set for Chicago*
- ◆ *Community input needed for the conference*
- ◆ *Pictures show Florida event*
- ◆ *SC has openings for service . . .*

. . . AND MUCH MORE . . .