



# AAP News

The Newsletter of the Association for the Advancement of Psychosynthesis

August-September

2010

## Yeomans Challenge to Chicago Conference: "Let Go"

*Keynote Text Selections by Walter Polt*

Here are quotes from an electrifying AAP Conference keynote in June. Tom Yeomans reviewed our North America history and highlighted the context, pitfalls, and perfect positioning of psychosynthesis in Century II.

On all sides, in all countries, old systems are breaking down, chaos and uncertainty grows, and suffering among all ages, in all countries, rich and poor, is rampant. . . . [E]vents and conditions. . . stretch from personal sorrows, depression, and loss of meaning and direction to social ills of unemployment, homelessness, population displacement, crime, war, and exploitation, to the environmental conditions of climate change, species extinction, resource depletion, and increasingly violent weather conditions. . .

[A]s we see that we are on our own in this, and that the big systems are no longer working, we begin to consider more seriously what our responsibilities and opportunities are at this time of crisis. . . .

Knowing what we know about the process of psychosynthesis, the life cycle, the dimensions of consciousness, the will, transpersonal qualities, and the Higher Self, we are in a position to . . . respond. . . .

*Ways to respond:*

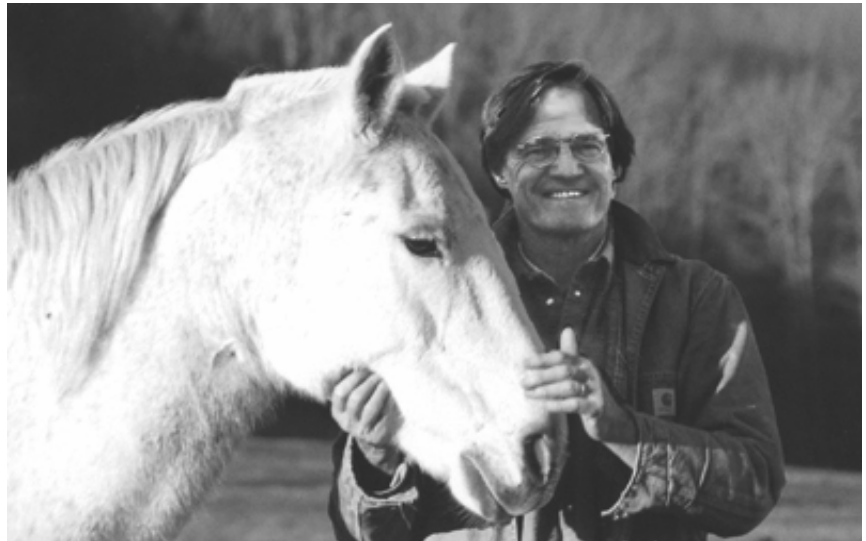
- responsibility . . . to our own soul, psyche, and personality, to work out the blocks, distortions, and projections that keep us from our own maturity and capacities. . . .
- take steps to heal and develop trust, harmony, and love in our immediate social lives. . . .
- examine and change our relationship to other species, both plant and animal, and change our collective and individual behavior so that these beings with whom we share the planet do not suffer. . . .
- think of the planet Earth as a living whole organism of which we are a living part, and . . . cherish and sustain, rather than exploit and destroy the many gifts she provides us. . . .

- re-examine our relationship to the Divine. . . . become "the co-creators of the world we want," . . . responsible . . . for the health of the whole. . . .

*A sweep of psychosynthesis history in its first 100 years began with a quote from Roberto Assagioli:*

"I make a cordial appeal to all therapists, psychologists, and educators to actively engage in the needed work of research, experimentation, and application. Let us feel and obey the urge aroused by the great need of healing the serious ills which at present are affecting humanity. Let us

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**Tom Yeomans and Friend**

# AAP News

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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

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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 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.■

## Let Go, from page 1

realize the contribution we can make to a new civilization characterized by an harmonious integration and co-operation, pervaded by the spirit of synthesis” (*Psychosynthesis*, page 8).

*Praise for Assagioli’s breadth of view:*

It is so striking that Assagioli, from the very beginning, takes humanity and the planet as the context for his and our work. . . . [The purpose of] Psychosynthesis . . . is to contribute to what I have been calling “species maturity,” what Molly Brown calls “Gaia Mind.” . . . Everything we do needs to be done within this context of this global crisis and awakening.

*Ways we might still get in our own way:*

- hold on to some aspect of its past and claim that this is the true Psychosynthesis. . . . We need to let go of the past and trust that the soul of Psychosynthesis will guide us. We have been preparing a long time for this moment, and, if we can let go, the future will unfold well. . . .

- stay private and separate from other work going on in the larger field of psycho-spiritual development. . . . [W]e need to step forward and join the many people, from many disciplines, who are at work on “the Great Turning” and “the Supreme Synthesis”. . . .

- fail to discern where the greatest human suffering is now and bring Psychosynthesis to bear on it. . . .

- not ground fully and make public the work we are doing through writing, research, publication, conferences, trainings, the Internet, in faith that its time is still coming. . . .

- fail to recognize that Psychosynthesis stands on its own, as Assagioli initially envisioned. Certainly Esoteric Psychology nurtured it as a child, the Human Potential Movement fed it as an adolescent, and Buddhism and Transpersonal Psychology contributed to it as a youth, but none of these can claim authority over Psychosynthesis theory and practice and its further development.

*How the psychosynthesis process can be liberated and nourished:*

Perhaps this process of psychosynthesis with a small “p” could be the common focus for our future work. . . . If we can shift our focus . . . to natural process, and learn to support that skillfully, using whatever works, I think it will open up the whole field to new energy, creativity, and usefulness. . . .

*A striking mandate:*

[G]o where the work is most alive for you and trust this, even if it does not seem to fit with what has gone before. . . . [T]rust where the vitality and creativity is for you and make your contribution from there. . . .

*Full video, complements of Vincent Dummer, on the AAP Web site: <http://aap-psychosynthesis.org/resources/keynotes/htm> ■*



**Yoav Dattilo, Luceanna Ramorino from Italy attended the Chicago conference in June.**

# FROM OUR CHAIR

## Letter from Steering Committee Chair, Sharon Mandt

Each summer is rotation time for the Steering Committee. June was a time of saying hello to newly elected members and farewell to those who have completed their terms or resigned at the end of the year. This article will highlight those who have served over the past two to six years and update the current situation.

We said hello to Judi White of Florida and Heather Perkins of Colorado, two of our newest elected members. Unfortunately, our other new member, Judith Bach, resigned in July and we are currently seeking to fill this three-year vacancy. I am happy to announce that Ellen Faith of Tennessee has agreed to fill the one-year vacancy left by the resignation of Gwin Stewart. Ellen will be joining us in October.

The members not rotating this year and thus remaining on the Steering Committee are Audrey McMorrow from Rhode Island, Nancy Rowe from New York, Dori Smith from Massachusetts, and Sharon Mandt from Kentucky. Jan Kuniholm serves as AAP Clerk.

Rotation off the Steering Committee is always an adjustment. We have worked together on many AAP issues and have been in close contact each month. While we are happy to have new members, there is a sadness with the loss of each of the five members leaving. This article is dedicated to the five members leaving the Steering Committee. AAP is most fortunate to have been served by **Janet Messer, John Parks, Eileen Stephens, Richard Martin, and Gwin Stewart.**

Janet Messer and John Parks have completed two terms each for a total of six years. Eileen Stephens has served for three years. Richard Martin filled a two-year vacancy and Gwin Stewart has served two years of her term.

### Janet Messer

During her first years on the Steering Committee, Janet served on the Membership Committee and later on the Executive Committee when she became Secretary. For the past two years, Janet has served as co-chair, first with Hedwig Weiler and this past year with Sharon Mandt.

Janet, a full-time psychologist in a private practice, has served, and plans to continue serving, on the Professional Development Committee and the Continuing Education Committee. She has skillfully served on the editorial staff for AAP publications and has offered to continue as needed. Janet has also been a conference presenter. We hope to see more of her in this role as well.



### John Parks

John Parks has contributed many hours to AAP over the past six years. He is primarily responsible for some of the changes during this time, including the development of the Endowment Committee, which he will continue to chair.

John's focus for the first three years on the SC was devoted to the coordination of psychosynthesis trainers to collaborate for planning future training. He chaired the first Training Task Force meeting in 2004 at Nazareth, KY, which led to the development of the Training Development Program.

In 2006, John coordinated the hosting of our annual conference in Lexington, Kentucky. He initiated the involvement of the local community at the conference for a free all day workshop on diversity and an evening keynote address by the noted scholar, Huston Smith.

John also served on the Research Task Force, which later became an official committee in 2007. He became Chair of the Archive Committee in 2009 and



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## Chair from page 3

initiated the enormous task of planning and coordinating the publication of the History of Psychosynthesis in North America.

John, retired psychiatrist and a director of the Kentucky Center of Psychosynthesis, will continue his service to AAP by remaining Chair of the Endowment Committee, chair of the Archive Committee, and advisor on the distribution and final publication of our first book, *Discovering the History of Psychosynthesis, 1957-2010*.

### Eileen Stephens

Eileen has served as a loyal and competent Secretary for the past two years and been actively involved on the Executive Committee. Eileen has also coordinated the Group Life activities for the Steering Committee and coordinated the arrangements for the SC retreats.



Eileen has recorded the minutes at the annual membership meetings in Brattleboro and offered to do the same in Chicago. A full-time practitioner in a private practice, Eileen is currently involved in the revision of the Procedural Manual.

### Richard Martin

Richard Martin, known to us as Rick, has filled a vacancy on the Steering Committee for the past two years beginning with the SC Retreat in Brattleboro. Rick is a practitioner in private practice in Massachusetts.



Rick offered to help in any way needed and began coordinating the Group Life activities when Eileen became Secretary. He lifted the morale at the SC Retreats with his music and began a process of feedback at the end of each meeting.

Rick presented a workshop in both the 2008 and 2010 annual conference. This year Rick assisted with the hospitality and coordinated musical activities at the conference in Chicago. He even developed a songbook and provided a copy for each participant at the conference. Careful observation of this songbook may lead you to some of the songs Rick has written with a psychosynthesis theme.

### Gwin Stewart

Gwin Stewart was a conference presenter in Brattleboro in 2008, the same year she began her duties as a newly elected SC member. Before joining the SC, Gwin had been an active member of the Membership Committee.

In 2008, she chaired the Membership Committee through the difficult transition from quarterly payment of dues to the annual renewal program. During this time, the Membership Committee also established a student fee and clarified the sliding scale option.

Gwin and the Membership Committee also provided AAP with an online directory, Ning. Members can now update their information and have an opportunity for welcoming and connecting with other members. At the 2010 Conference, Gwin assisted interested members in signing up for Ning.



In May of 2009, Gwin offered to coordinate and host the SC Spring Retreat at her Wellness Center in St. Louis, MO. We saw first hand the amazing amount of 'hands on' work she has accomplished in a short time. Gwin resigned from the Steering Committee in June to pursue other priorities and because of the demanding schedule in her private practice as a psychologist and director of the St. Louis Wellness Center.

Over the past two years, Gwin has co-edited the 2010 *Conversations on Trauma* with Judith Broadus. Members can look forward to the publication of this issue sometime later this year. ■

*You can always find the time.*

— Roberto Assagioli

# Book Reviews

## ***Living an Authentic Life***, by Thomas Legere

Review by Dave Nelson

There are so many good books these days; it's probably not good to single out just one of them. But I will—calling your attention to *Living an Authentic Life* by Thomas Legere. It's the best I've seen combining spirituality and psychology.

For the last few months I have been working on different approaches to the topic "Awakening to Oneness." That's the subtitle of a book a friend of mine has written. Tom's book is one of the resources I have been using.

Tom's process has mirrored my own and I'm sure many of ours; you may sense this in the table of contents below. Life produces a situation, in my case a divorce, that feels like a near-death experience. It touches all aspects of who I think I am; it reduces me to a pin head; the shame is overwhelming; it feels like I am hanging on by a thread and I am forced to let go. Suicide is a real possibility. But then, with the assistance of my therapist, instead of continuing to fall I feel supported . . . synchronicity and/or grace kicks in. The Universe works, I begin to grow and can contribute to my own growth. I become aware of my subpersonalities, my center, my I; and ever so slowly I begin to discover who I really Am.

It's the energy of Life. The Higher Self or Soul takes over. The letting go and being supported is what counts. We are connected to something greater than ourselves and to one an-

other. The desperation is replaced by gratitude, and more.

The maps of psychosynthesis are invaluable; and we are not alone.

Tom Legere is up to the task of bringing this journey to life. He has been a university professor, author and psychotherapist for more than 35 years, a member of the American Psychological Association, a Fellow in the American Association of Pastoral Counselors, etc. For our purposes he has also studied psychosynthesis.

The book is in four parts:

**The Creation of the Inauthentic Self**  
**Living an Inauthentic Life**  
**The Death of the Inauthentic Self**  
**Discovering the Authentic Self**

These are the chapter titles:

**1.Paradise Lost**

**2.What About the Ego?**

**3.I Will Survive: The Creation of the Survival Personality**

**4.Money, Sex, and Power**

**5.Addiction**

**6.The Illness of Our Times**

**7.The Body Never Lies**

**8.Suicide**

**9.The Breakdown Leading to a Breakthrough**

**10.The Self Behind the Ego**

**11.Forgiveness**

**12.The Shadow Knows**

**13.Anger and Sexuality: Allies on the Journey**

**14.Higher Ground**

I hope this sampling leads you to find out for yourself that *Living an Authentic Life* is a good read for both practitioners and clients. ■

*Publisher: AuthorHouse, Bloomington, IN, 2007*

## ***Spontaneous Evolution: Our Positive Future (and a Way to Get There From Here)***,

by Bruce Lipton and Steve Bhaerman

Review by Molly Young Brown

I highly recommend this book, which I consider to be a *tour de force*, exploring all aspects of humanity's life-or-death dilemmas today, as well as the evolutionary and social history that brought us to this point, and our prospects for a Great Turning. Lipton offers his understanding of biology, neuroscience, and their effects on behavior, while Bhaerman (a.k.a. Swami Beyondananda) contributes his perspectives on social structure, politics, and economics, as well as his comic sense of word play.

Every now and then while reading, I had to set the book down and let my mind reverberate with the implications of what I'd just read. Sometimes, those reverberations were difficult to put into words, but I can almost tangibly *feel* them working in my subconscious. In writing this short review, I needed to keep rereading key passages, because the information is so mind-blowing it's a bit hard to retain! The old paradigms and assumptions keep reasserting themselves.

And the book explains why this happens, how belief shapes so many aspects of our lives. "The battle we face now is not against some external king, but rather against our own internal conscious and unconscious limitations, against our distorted misperception of human nature and human potential" (p. 65).

The authors discuss in depth four key "myth-perceptions of the Apocalypse": *Only Matter Matters*,

Please see **Spontaneous**, page 7

# GOINGS ON

## Annual Retreat in Wisconsin

Led by Hedwig Weiler and CaSandra May

The annual retreat for the Psychosynthesis Community as well as for like-minded people who are comfortable with meditation and silence is scheduled for Thursday September 30, 2010, 4 p.m., until Sunday noon, October 3, 2010, at The Holy Wisdom Monastery, Middleton (near Madison), WI.

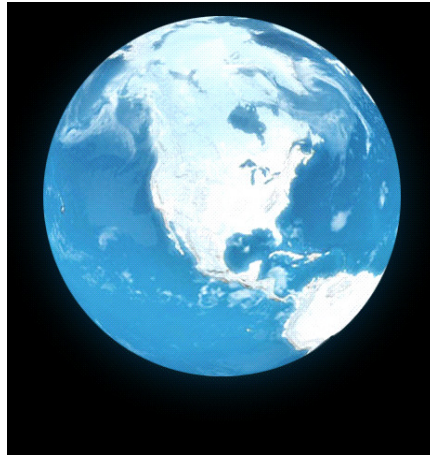
The theme this year is "Serving; the Natural Expression of our Being." We will discuss questions such as these: What is Service? Who Serves? Why serve? What are the ways to serve? What is the value of reflecting on this topic? How do these concepts fit into the Psychosynthesis framework? And as always, there will be questions and concepts which emerge from the group.

The fee of \$375 covers everything (lodging, food, materials, program). Scholarships are available.

Retreat facilitators: are Hedwig Weiler and CaSandra May.

## CaSandra May Intensive Course Starts in September *Awakening into Love and Light*

CaSandra May is offering again her 9-month intensive course, *Awakening Into Love&Light*, beginning in September 2010. This course will integrate the study of selected wisdom teachings and practices taken from Psychosynthesis, Buddhism, Mystical Christianity, the Aramaic teachings of Jesus, Sufism and various healing disciplines. If you are interested in learning more, please contact her at 608-393-2799 or [casadram@centurytel.net](mailto:casadram@centurytel.net)



## AAP on Facebook Includes Chicago Conference Photos

Facebook users can now "like" AAP. Judi White initially created the page to advertise the 2010 conference. It contains many photos of that event, and now appears to have potential for continuing the dialogue on "Co-Creating the World We Want."

## Beginning October 2 Clinical Meditation and Imagery Certification Program on Long Island

Bonney and Richard Schaub said **Registration is now open**. For full details, log on to the Professional Development page at [www.huntingtonmeditation.com](http://www.huntingtonmeditation.com)

## Bring Out the Best in Your Child

Eileen Val Essen's book is available on her Web site: [www.BringOutTheBest.com](http://www.BringOutTheBest.com) or [www.QualityParenting.com](http://www.QualityParenting.com). The book sellers at the June Conference sold out of them in the blink of an eye! ☐

## Teleconference Debut at 2010 AAP Conference

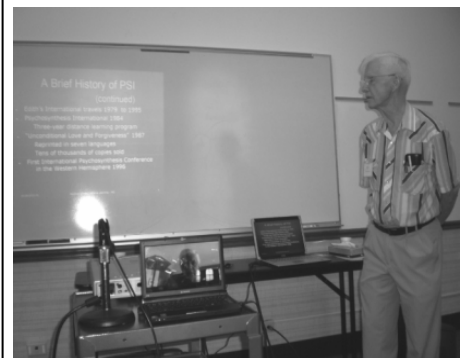
By Mary Kelso

Sunday, June 27 2010, marked an historical event in psychosynthesis history. As part of a presentation on Distance Learning, Psychosynthesis International (PSI) held a panel discussion by teleconference highlighting the history and format of its program.

PSI has provided psychosynthesis training internationally since its inception in 1984.

As part of a panel discussion, one board member, David Shirley, who was located in California, joined the workshop virtually to assist Bob Anderson, Joann Anderson, and Mary Kelso with the presentation in Chicago.

Kudos go to Vincent Dummer and Peter Stonefield for providing technical assistance. This process increases the possibilities of sharing psychosynthesis in new ways. For more information about this program follow the link from the APP Web site or go to [www.psi.intl.org](http://www.psi.intl.org). ☐



**Robert Anderson speaks at Chicago teleconference on distance learning and Psychosynthesis International**

## Something to look for in next issue

**Post AAP Conference Reflections** by presenter of the June conference workshop "Guilt to Quilt," Abigail DeSoto,

## Spontaneous, from page 5

*Survival of the Fittest, It's in Your Genes, and Evolution is Random* (pp. 85-204). I found that I already “know” that these ain't necessarily so, but because such beliefs are widely held in our society, they no doubt influence me. I often wondered, “Do people *really* believe these things?” but then I see the effects in the world around me—especially in the greedy behavior of corporations.

Lipton and Bhaerman explore how belief shapes our lives on a cellular, even genetic level—it's really amazing! They explain how the new science of “epigenetics” is transforming biomedical science, with the discovery that “environmental signals control gene activity” (p. 132). And these environmental signals, in turn, come from a whole complex of neurological/biochemical/physiological responses to—guess what!—beliefs held in the “mind” and their correlates in the nervous system and brain. The description of all these interactions

doesn't seem the slightest bit reductionistic to me; on the contrary, I find the whole business rather spiritual, demonstrating the Intelligence at work in all life.

One concept that probably blew my mind more than any other in this book arises out of the insights of fractal geometry applied to cellular biology. Quite a leap, huh? It has to do, among other things, with the surface area of cell membranes, and the “perception proteins” that form a monolayer in the membrane. I really can't find any way to summarize this concept, so I can only suggest you read pages 228-229 for just one example of the authors' ability to bring apparently disparate branches of knowledge together into a paradigm-shifting gestalt.

Early in the book, Lipton and Bhaerman declare, “Becoming conscious of our subconscious beliefs and programming is the gateway to spontaneous evolution.” This book certainly helped me in that direction, and leaves me with a well-

grounded hope that the Intelligence that got us this far *can* prevail, especially if we humans take responsibility for our belief systems and their effects on our own lives and the living systems of Earth. The authors suggest that we “embrace our power with all due humility,” reminding us that “everything we do individually to become more coherent and compassionate will reverberate in the field like ripples on a pond. Like begets like. As you sow, so shall you reap.”

Read the book for some refreshing evidence of our capacity to evolve and transform individually and collectively, and some indicators of how we can more actively do so. ■

*Publisher: Hay House Inc, 2009.*

We have more than we can handle both mentally and physically . . . and the older we get the worse it becomes . . . .

Don't forget that life can be simple, and it's delicious when it is.

— Cynthia Pincus Russell

## Awards at Chicago Conference



Jean Guenther (above right) presided over a ceremony at the June Conference honoring a variety of AAP members with lanterns/award for distinguished achievements. John Parks (from left, above), Robert Anderson, Anne and Tom Yeomans, and Dori Smith (not pictured) were among the recipients.



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### **Explore This Issue:**

- ◆ *Keynote from the Chicago Conference*
- ◆ *Steering Committee News*
- ◆ *Book Reviews by Dave Nelson and Molly Brown*
- ◆ *Photos from the Conference*

*. . . AND MUCH MORE . . .*

## **REMEMBERING LAURIE**

*By Jean A. Rhea, MFTI, MA, MS*

Laurie Grotheer Moran passed away at 6:30 a.m. on July 4, 2010, in Sonoma, Arizona, after a short illness with cancer. She is very deeply missed by her colleagues, students, and family.

Laurie was born in San Francisco, April 7, 1933. A native of San Francisco who grew up in Noe Valley, Laurie was a retired teacher and college professor who taught Psychosynthesis at Antioch, as well as being an accomplished artist. She was known and admired for her enormous capacity for her unparalleled artistic skills, her spiritual connection, love of life, nature, and especially her love of friends and family. She was thrilled to be a docent at the di Rosa Art Preserve of Sonoma Congregational Church. Her smile was contagious. She was well loved. (*Selected text from the Sonoma Index Tribune*).

Laurie Moran (mostly known as Laurie Grotheer) learned Psychosynthesis in San Francisco during the 1970s and continued to practice it throughout her lifetime. Through one engaging, simple and transformational chance visit, I met her in Sonoma where she taught me so much about joy and empathy, as well as about being an authentic unifying center to the very end. I wish I had had more time to know her better but am sure she's quite happy right where she landed. ■