



AAP News

The Newsletter of the Association for the Advancement of Psychosyn-

February

2010

Anticipating the AAP Conference Chicago, June 25 to 27

By Audrey McMorrow

Peeping into the planning sessions of the 2010 conference has been exciting. The planners want to honor the past 100 years of psychosynthesis while examining the current shift in consciousness—and the opportunities it provides to the psychosynthesis community.

This conference will allow time and space for community building, for visiting old friends and meeting new ones. Techny Towers Retreat Center's comfortable lounges, beautiful campus, and large dining hall will enhance the many opportunities to connect with other conference participants.

We can anticipate excellent workshops on a variety of topics related to the application of psychosynthesis. Proposals are in and those selected will soon be on the Web site. Continuing Education credits will be available for many of the workshops.

In addition to familiar activities, the program design includes new activities:

- The planners are developing a resource room to demonstrate technological advances and educational materials and to provide consultation.
- At the bookstore this year, participants will hear from several authors.
- The "tool kit" workshop will offer the opportunity to demonstrate innovative techniques. *See the Web*

site to submit demonstrations. Building "Communities of Practice" is an effort to foster networking among participants with similar interests so they can support each other throughout the year.

If you want to offer comments on the program design or volunteer for any aspect of the conference, please send an email to aap.input@gmail.com.

We are also encouraging donations for the scholarship fund.

I look forward to seeing you at



Roberto Assagioli

Born, Venice, Italy, February 27, 1888; died Capolona d/ Arezzo, Italy, August 23, 1974.

"YOU" to "ME" to "WE"

By Peter Stonefield

"In the history of the collective as in the history of the individual, everything depends on the development of consciousness." —Carl Jung

To solve the extraordinary challenges facing the world today we need to accelerate the evolution of consciousness—especially the transition from "ME" to "WE" thinking and values. War, financial greed, hunger, environmental degradation, and unproductive conflict are widespread and on the rise. At the root of all these issues is a lack of consciousness resulting in "ME" thinking—excessive, self-centered independence and ego-driven competitiveness. Issues born of "ME" thinking are the major source of problems in couples, groups, and organizations; classrooms, communities, and cultures; and among nations.

Jane Loevinger, Bill Torbert, and Robert Kegan have all postulated somewhat comparable models of stages of development in adults that illustrate the evolution of consciousness—from "YOU" to "ME" to "WE" thinking or worldviews.

Torbert's terms are in parenthesis:

- 1. Conformist-(Diplomat): "YOU"**
Strong need to fit in and get along. Tends to conform with or rely on decisions of others.
- 2. Conscientious Conformist Expert/(Technician):**
"YOU" to "ME" Conforms and exhibits self-discipline, self-control and reliance on own

(Continued on page 8)

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**

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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
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exemption in the United States. It
is dedicated to advocating on
behalf of psychosynthesis and
conducting psychosynthesis
educational programs. Donations
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AAP membership is

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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

Fall Retreat in Wisconsin

By Abbie Loomis

Surrounded by the lovely restored prairies and oak savannahs of Holy Wisdom Monastery in Middleton, WI, the Psychosynthesis Center of Wisconsin and the Center for Awakening held their annual, three-day retreat in October. Guided by Hedwig Weiler (former AAP co-chair) and CaSandra May, thirteen participants explored the theme of "Participating in the Soul's Awakening" through discussion, meditation, chanting, long periods of silence, and art work. As the weekend unfolded so, too, did a radiant group consciousness—one of the many blessings of the Soul's Awakening. ■

Molly's Musings about Greed

Molly Brown publishes an occasional e-newsletter called "Molly's Musings." The most recent came out in November and focused on the rampant greed in the world today. Molly used subpersonality theory to examine a possible collective greedy subpersonality and how it might be transformed. You can request a copy of this newsletter by sending an email to molly@mollyyoungbrown.com. Sign up to receive future Musings on her Web site: MollyYoungBrown.com. ■

Help Build a Toolkit of Psychosynthesis Techniques!

Do you have an innovative technique that helps in disidentification, guided imagery, subpersonality work or other psychosynthesis concepts? We are looking for persons to share their methods in a 10-15 minute demonstration at the conference.

More information and an application form is available on the conference web page, www.aap-psychosynthesis.org/2010Conference/Conference2010.html.

Please submit the application as a Word document before March 15, 2010 to aaptoolkit@gmail.com. See *You to Me to We* article, page 1. ■

9TH ANNUAL PRESENTERS CONFERENCE April 17, the Synthesis Center, Amherst, MA

The 9th Annual Presenters Conference is scheduled for Saturday, April 17, at the Synthesis Center in Amherst, MA. The theme, **Sustainability: Nurturing Psychosynthesis Practice and Theory**, focuses on supporting and evolving psychosynthesis in the many ways it is practiced, integrated and lived.

Registration is at 8:30 a.m. Workshops start at 9:00 a.m. and run concurrently throughout the day, ending at 5:30 p.m. **Lunch is provided.** The conference is a fundraising event for the Synthesis Center. A donation of \$120 to \$60 (sliding scale) at the door covers the full day event and lunch. **Save by preregistering for \$100 to \$50.** There will also be an all-day Post Conference Workshop with Didi Firman on Sunday, April 18.

Details will be posted at www.SynthesisCenter.org when available. ■

FROM OUR COCHAIRS

Dear AAP Members,

2010 is here and excitement is building for the Annual Conference, as online registration opens this month on the Web site. This conference is unique, because representatives from so many regions have been involved in the planning. Along with a wide range of workshops, there will be opportunities for small-group sharing and building communities of practice.

The Membership Committee is publishing a membership directory this year. Many of you have renewed and joined the AAP social network online directory, and others have mailed in the membership directory form with your membership renewal check. If you have not submitted your information for the directory, please do so. You may request the form from aap.input@gmail.com.

Both of us want to say how much we enjoyed the annual membership meeting conducted by teleconference on December 6, 2009. We liked the participation and appreciated 21 members attending for what felt like an hour of true connection.

At the annual meeting, we reported that the AAP is financially on good footing, with a balance of about \$37,000 in our accounts. We also reported on some of the highlights of programs and services to members. On behalf of the total membership, we thank all of the members who gave countless hours to this work.

Highlights of 2009 Made Possible by Members:

- Quarterly newsletters of 8 to 12 pages, *AAP News*, edited by Joann Anderson. Editorial staff: Walter Polt, Abbie Loomis, Marilyn Wedberg, Jan Kuniholm, and many writers
- Monograph honoring Martha Crampton, edited by Audrey McMorro and produced by Edwin Miller. We also thank all the writers for the monograph and other publications
- New monthly electronic newsletter edited by Dori Smith and Joann Anderson
- Beginning the first phase of an upgrade of the AAP Web site
- Public relations news bulletin, *Goings On*, sent regularly to mailing list of 800 interested persons by David Shirley
- Becoming a Continuing Education provider approved by American Psychology Association and National Board of Certified Counselors, thanks to Debby Onken, Judith Broadus, and Janet Messer
- Research grants with guidance offered by Roxanne Vandermause and Vincent Dummer
- Experimenting with training using new digital



Cochairs Sharon Mandt and Janet Messer

technology. The training was by Tom Yeomans and the technology was by Vincent Dummer

- Regional events offered to promote psychosynthesis by Susan Arneson, Judi White, Patrick Williams, and Kate Posey
- Monthly meditation theme for collective meditation, thanks to Brad Roth
- Teleconferences on technical skills to navigate Web sites by Vincent Dummer
- Teleconference on the impact of the Great Turning by Molly Brown
- AAP Social Network by invitation to AAP members by David Shirley
- Receiving and cataloging new collection of archival documents, thanks to Tom Yeomans, John Parks, and Sharon Mandt
- ♦ Preparation in 2009 for the 2010 annual conference and preconference by Susan Arneson, Betty Bosdell, Judith Broadus, Molly Brown, Vincent Dummer, Jean Guenther, Mary Kelso, Jan Kuniholm, Sharon Mandt, Janet Messer, Debby Onken, Brad Roth, and Peter Stonefield

We are grateful to all the volunteers who contributed in some way to the activities of AAP in 2009. ■

Janet Messer and Sharon Mandt, CochaIRS

Reviews

Beauty and the Soul: the Extraordinary Power of Everyday Beauty to Heal Your Life

Piero Ferrucci

Reviewed by Dori Smith

A major theme of Piero Ferrucci's life and teaching has been beauty. So it is perfect that he has written a whole volume on the many facets of beauty: as a transpersonal quality, a way of perception, a healing power. He asks us to consider beauty as “a preventive cure as well as a *way of life* ... What would happen if beauty were a guiding principle, a reference point in our actions and choices?”

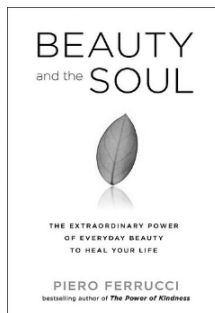
Ferrucci, a student and associate of Roberto Assagioli, explains how he gathered his impressions for this book: “In my forty-odd years of work as a psychotherapist, I have seen how much beauty at all levels can be a source of strength that helps us regenerate and rediscover ourselves. I have also done a series of interviews with people of different countries and backgrounds, and have asked each one: 'What are the effects of beauty on you?' ”

In his Web site devoted to beauty, on the page devoted to psychosynthesis, Ferrucci explains that Assagioli regarded beauty as a basic human experience. “For him it was a central theme. He spoke of a Way of beauty, which leads to the realization of the Self, and whose basic ingredient is the sense of revelation and fullness that beauty can offer. But in psychosynthesis beauty in all its forms is considered worthy of attention, because it is formative. When meeting a psychotherapy client, Assagioli would want to know what were his favourite films, paintings, books, music. Beauty heals us, changes us, teaches us. This view of Assagioli's is behind the book I have written on beauty, and I am grateful to him for having shown me this new and essential perspective.”

(piero ferrucci.it/inglese/home.asp)

Ferrucci ties together “the good and the beautiful,” giving this example: “The Navaho language uses the word *hozho*, which means: health, beauty, goodness, harmony and happiness, all at once ... Beautiful and good are the same thing ... The prefix *ho* means whole and infinite, and thus gives the idea of harmony with the environment and the universe. Navaho thought does not make any distinction between humans and nature. In this culture people are encouraged continually to walk amid beauty, speak in beauty, act in beauty, and live in beauty.”

He finds beauty has practical uses, as well. He cites a UCLA study of 25,000 secondary school students which found that students in schools with more time devoted to artistic activity as part of the academic curriculum (drama, music, dance, painting, sculpture, choir, etc.), on average had better results in all subjects. The



students spent less time watching television, reported less boredom at school, and took part in community service more than the average.

I first encountered Ferrucci in a workshop on Beauty in the late '80s. I clearly remember his exercise of spreading out postcards depicting great art from museums, and having us each choose the one to which we were drawn. He then suggested we go within to find out the particular meaning of the images we chose. I'm sure he influenced my awareness in later years, that beauty is the purpose of my life. Reading this wise book, slowly, has enabled me to experience beauty more deeply . . . and encouraged me to attempt the practice of seeing beauty in everything. It has been easy for me to envision the beauty in nature and the unfolding of a soul. With “practicing the presence of beauty,” it is now a bit easier for me to see the beauty in the unfolding sweep of human history, embracing as it does the terrible as well as the transcendent.

And so beauty, as a lens through which to view the world, seems to be working magic in me, bringing greater appreciation of my life – and life itself.

I offer you this wish, as Ferrucci expresses it, “May your life be pervaded by beauty.” ■

Review and Announcement

The End of Fear: A Spiritual Path for Realists

Richard Schaub, PhD, with Bonney Gulino Schaub, RN

Hay House 2009

Review by Cynthia Lashley

I was struck by the title: *The End of Fear*. I usually don't like books that make promises, but I must admit this book had a significant impact on my occasional but persistent waking up in the middle of the night.

Being in a relatively new job (even one that I love) offers not only new joys but also new stressors and challenges. I found myself occasionally waking up at three in the morning worrying. Although my husband and I have developed a range of strategies that work for periods of time, I seemed to need something else. So, I decided to make reading this book an ongoing activity for early morning sleeplessness.

I'm thankful for this book!

The first chapter produced a real sense of relief: my concerns about my job were not an illness. Instead, the authors helped me reframe what I was experiencing by sharing their own perspectives about their and others' experiences and journeys related to anxiety and worry. The authors helped me relax. In this time of economic uncertainty, worrying about one's job is not unusual after all. The authors didn't say, "Don't worry," or "You worry too much." They suggested that perhaps my concerns were examples of my heightened awareness about an array of possible but also imaginary and scary consequences of living. What I came to realize, thanks to this book, was that being sensitive and intuitive is part of who I am, and it's okay to be worried about things sometimes. However, it is also okay to simply reassure that worrying part of me. I can say to "her," "Thank you for flagging me about that concern. Maybe I missed something. I'll check into it." I'm learning to give that worrying part an active voice rather than trying to eliminate or ignore her.

After reading the book, I found myself letting go of the nighttime nightmarish concerns. Instead, I identify and examine such concerns during the day. For the most part, the 3 a.m. waking up is gone.

Some might argue that the relief wasn't because of the book: that my job probably just settled down considerably. It doesn't feel that way. Of course, this is not a research study; there were no controls, and we can't go back in time to try it out some other way. Rather, it feels like things are just as busy if not busier now, but that something shifted because of this book. It seems as if I've adopted a healthier, more self-accepting way of being.

I really love the book: the chapters are doable—short and sweet. My work requires a lot of reading—all interesting to me but some materials "thicker" than others—so my eyes and heart appreciate something I can pop into my pocketbook and read during my busy commute. The chapter lead-ins (brief sayings by different philosophers and masters that help the reader prepare for each chapter) offer little "bites" of wisdom to store for later savoring. I still revisit the chapters. The book stays by my bedside. I highly recommend it for the mildly anxious, the perpetual worrier, and the realist—in all of us. ■

"CREATING THE WORLD WE WANT"

April 24th and 25th, 2010

Nelson, New Zealand

Presenters: Anne Verity, Lizz Conroy, Amanda Jack and Kindra Douglas QSM

For further information: ann.verity@xtra.co.nz

COMMITTEE REPORTS

Election of New Steering Committee Members for 2010 From the Nominating Committee

By Shamai Currim , Ph. D. (chair) and Hedwig M. Weiler, MSN, APRN-BC, LCSW

Annually, the AAP elects new Steering Committee members for three-year terms to replace those who are retiring. John Parks and Janet Messer have served our organization for six years, a double term, and Eileen Stephens has completed three years, one term. Also, Gwin Stewart is leaving having served two years and Richard Martin has completed a two-year term to fill a vacancy. These five outstanding members have been diligent in their roles on the Steering Committee and their service is greatly appreciated. The vitality of our organization depends on the commitment of people such as these, who served with great dedication. Being on the Steering Committee involves many hours of volunteer service and expense. It is with deep gratitude that we see these five members rotate off the Steering Committee and three others willing to be candidates.

This year Judith Bach, Heather Perkins, and Judi White are new Steering Committee candidates. After reviewing their statements, training in psychosynthesis, and participation, the Nominating Committee presents these candidates to the membership. Their statements appear on the next page.

Note: This year, we are offering the option of voting by e-mail. An e-mail ballot will be sent to all members with e-mail accounts. It is an easy process. If you do not use e-mail, or prefer hard copy, see instructions at the end of this article.

Ballots are due by March 15. We will total the results from both e-mail and hard copy ballots. Be sure you do not vote twice. Those with more “yes” than “no” votes will be elected. Those elected will be joining the Steering Committee at the June business retreat following the conference in Chicago. We hope you will recognize the importance of taking part in this process. See nominee statements next page. ■



*“... Be the Change
you want to see in
the world.”*

—Mahatma Gandhi

AAP Annual Membership Meeting by Teleconference

By Sharon Mandt

Twenty-one members participated in the December 6, 2009, Annual Membership Teleconference. The feedback has been positive and everyone’s participation greatly appreciated.

Following a welcome and brief meditation, the co-chairs, Janet Messer and Sharon Mandt, informed the membership of the goals accomplished this year. Appreciation was given for the dedication of committee chairs and the 50 members who have served on a committee or written for a publication this year. The list of the accomplishments and financial report given is on page 3 of this *AAP News*.

The 2010 Annual Conference plans were presented by Jean Guenther, Audrey McMorro, Molly Brown, Peter Stonefield, and Jan Kuniholm. Chairs of other committees reported what they needed from the membership. These needs ranged from fundraising for special projects to the need for more volunteers.

The minutes of this meeting, taken by Eileen Stephens, AAP Secretary, will be available by request to aap.input@gmail.com and on the Web site next month. ■

The Deep River in Deep Winter

By Abbie Seixas

You are invited (unless you've got a Y chromosome—sorry, guys) to join me for a 3-day Deep River retreat at Kripalu Center for Yoga and Health in beautiful Lenox, MA Feb. 21-24, 2010. If you have a sister, mother, daughter, or friend you'd enjoy, consider coming together for some mid-winter renewal.

www.deepriverwithin.com. ■

STATEMENTS OF AAP STEERING COMMITTEE NOMINEES

Judith Bach, Ph.D.

As one who has established a psychosynthesis center in the Berkshires, MA, and in New York City with my husband, David Bach and my son, Will Friedman, I am deeply concerned with the future of psychosynthesis in this country. This therapeutic approach has been the bulwark of my practice for over 30 years.

I would like to be on the steering committee in order to manifest my experience as a participant in shaping the future of psychosynthesis in this New Age. Now that I am mostly retired, although very involved in writing, I would love to contribute what I have learned through the practice of this powerful and beautiful therapeutic approach.

Heather Perkins

I am a new resident of Boulder, CO, just having moved from Western MA. Six years ago I took a hiatus from my established life to figure out what I really wanted to do with my life. At the end of that time, I knew. I wanted to run creativity circles for scientists! I had no idea how to do this, or if anyone was doing it already...but I just knew this was how I would contribute the most to my world. Another six months went by and I started my psychosynthesis training at The Synthesis Center in Amherst, MA in 2005 with Didi Firman and other wonderful teachers. When I decided to start my training in psychosynthesis, I didn't know why exactly, but only that I knew absolutely that I needed to be there. It turned out to be a great hunch!

Now I am merging my psychosynthesis perspective with my previous experience in a variety of fields and am a creativity consultant. The thread common to all these experiences has been my exploration of creativity; how to maximize our potential and create vibrant lives and work, particularly on a strategic and global scale.

The rich tradition of psychosynthesis is at once staggeringly useful and underutilized in the wider world, and I hope to change that. I love building community and connecting people and projects, and I do feel like strategic planning is one of my strengths. Already I am acting as a advocate for psychosynthesis in the broader community, and I would love to be a part of the amazing team of dedicated and inspiring people shaping the future of this great work in the United States. I am perpetually humbled by the gifts this work has brought to me, and I only hope to repay the favor!

Judi White

I have been a dedicated student of psychosynthesis since 1982 when a colleague brought the book, *Psychosynthesis Typologies*, to Kenya. I was introduced to Psychosynthesis by Edith Stauffer in a workshop during a global research assembly of the Institute of Cultural Affairs in 1985. In 1986, I met Martha Crampton whose latest pioneering probe at the time was Psychosynthesis with groups. She was interested in the work of the ICA and invited two of us to participate, on a scholarship, in her first three-year program in Integrative Therapies. I was also trained in Edith Stauffer's Unconditional Love and Forgiveness. I am not "certified" in either of them, although I have held workshops incorporating both. I have been working on the notion presented to me by my original context for collaboration with Martha Crampton, that of Group Psychosynthesis. As an AAP steering committee member, I would want to explore that more deeply, as it would involve the synthesis of the various emerging perspectives on psychosynthesis and its interface with social and psyche changes and the wellspring of creativity occurring with increasing intensity in the world today.

Hard Copy Ballot Option

If you are a Member of AAP and prefer to vote by regular mail, *please clip out this ballot, mark an X for either "Yes" or "No" before each of the candidates' names, and return it to AAP, PO Box 414, Somerset, KY 42502.*

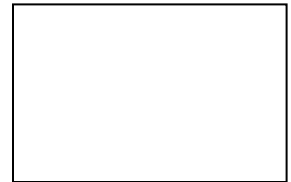
Yes No Judith Bach (Massachusetts)

Yes No Heather Perkins (Colorado)

Yes No Judi White (Florida)



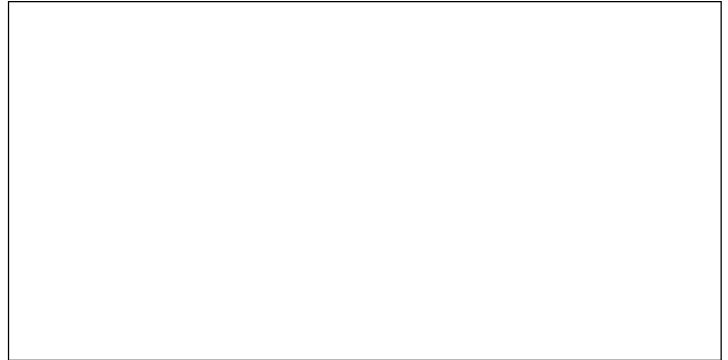
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Explore This Issue:

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- ◆ *INVITATION TO THE 2010 AAP CONFERENCE*
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- ◆ *Review of new book by the Schaub*
- ◆ *Goings On at Psychosynthesis Centers & Web sites*

... AND MUCH MORE ...



(Continued from page 1)

experience and judgment.

3. Conscientious (Achiever): “ME”

Independence, strong intention to succeed, be the best. Low mutuality; projects problems onto others.

4. Inter-individualistic (Strategist): “ME” to “WE”

Shift toward concern for interpersonal relations, strategic systemic thinking, and shared goals. Growing self-knowledge leads to less projection and greater mutuality.

5. Autonomist-Magician (Alchemist): “WE”

Autonomy of self and others; true interdependent relationships; spontaneity, generosity, creativity, uniqueness and diversity; synthesizes opposites and provides transformative events for others. Sense of purpose.

Torbert’s model also has a second “ME” stage, the Individualist, following the Achiever. Roberto Assagioli, Abe Maslow and Ken Wilber have also formulated stages. Martha Crampton’s favorite model was Robert Kegan’s. Studies have shown that less than 15% of the general population and less than 5% of managers have achieved the Strategist level of development. Yet a rapidly growing number of managers today that formerly competed for power and resources now

recognize that they share responsibility for one another's success. What used to be "ME" is heading toward “WE.”

The practice fields for developing “WE” thinking are individuals, couples, groups and organizations, classrooms and communities. All of these are contexts in which psychosynthesis training can be applied. Disidentification and recognizing individual uniqueness enables people to situationally suspend ego-based competitiveness and work, live, and collaborate with others, not only with respect for differences, but with authentic appreciation, complementarity, mutuality, and collective knowing. Ken Wilber cites numerous studies that show that techniques like meditation, which result in witnessing or disidentification, are great facilitators of the evolution of consciousness.

We in the psychosynthesis community are potentially Magicians or modern day Alchemists, and our role/purpose is to catalyze the development and evolution of ourselves and others. Now more than ever, there is a need to bring the tools and techniques of psychosynthesis, and a readiness to accept them, to the world around us. Do you hear the calling? ■

See “Toolkit” Invitation on Page 2