

## **Dear AAP Members and Friends,**

Each day and each moment can be the beginning of something new, so each day could be considered New Year's Day! HAPPY NEW YEAR 2024 and HAPPY LUNAR NEW YEAR (Year of the Dragon).

Speaking of the moon, looking through the [Assagioli Archives](#) with a keyword search 'moon' revealed 11 instances, one of which Assagioli wrote on a piece of paper: "Retreats - Every Full Moon a partial retreat as preparation and training"

As we reflect and celebrate the passing of another year and the beginning of a new one, we share with you our Joy and Optimism for 2024!

This New Year's newsletter is to keep our members informed about some important events coming up this year, and also some new initiatives and directions in what we offer. We welcome your support in these.

## **AAP Annual Members Meeting: May 5<sup>th</sup>, 2024**

This year, we plan to hold the annual AAP members meeting on *May 5th, 2024*. This will continue to be held in the spring in subsequent years.

For now, please mark your calendars, as we will discuss and answer your questions, comments, and more. The meeting offers an opportunity to set actions and intentions for the rest of the year and to celebrate yet another transition time in our lives.

### **ANNOUNCEMENTS:**

## **AAP Conference Summer 2025: July 25-28 The Garrison Institute**

Psychosynthesis Community – In Person, At Last

The AAP 2025 Conference.... Will be at the Garrison Institute in New York. Garrison is a beautiful, large, sprawling ex-monastery, set in quiet, meditative grounds, 50 miles upstream from the Big Apple, on the banks of the Hudson River.

We selected Garrison because its not the usual anonymous conference centre and hotel. As with Psychosynthesis, Garrison seeks to empower the flow between inner reflection and appropriate action in the world, observing how perspective shifts "from the illusion of a separate self to an

awareness of our profound interconnectedness with each other and the planet. Grounded in that awareness, we can often put disparate elements together in new, illuminating ways, generating innovative insights into our most daunting challenges.” We think we’d call that synthesis!

For inspiration, please see Roberto Assagioli’s opening remarks as the chair of the Psychosynthesis Research Foundations 1958 conference:

[https://drive.google.com/file/d/1i8xLoc5p1FINHzHS3ceQliVZcCWd65S1/view?usp=share\\_link](https://drive.google.com/file/d/1i8xLoc5p1FINHzHS3ceQliVZcCWd65S1/view?usp=share_link)

If you are interested in assisting us in developing content for the conference, giving a presentation or workshop, or contributing in some way, **please contact the conference committee at: [solidair@zoho.com](mailto:solidair@zoho.com)**

## Wisdom Forum: steering in a wise direction

November 6, 2023, was our first effort in a gathering of elders, shakers, and leaders in the PS community. We will be holding our next Wisdom Forum meeting in March/April as we continue moving towards the next AAP 2025 Conference and beyond.

Please feel free to watch, and hopefully to be inspired by, our gathering:

📎 [WF1\\_2023\\_Nov6.mp4](#)

Here are just a couple of takeaways:

Tom and Anne Yeomans emphasized how psychosynthesis provides something at the level of what is necessary to save humanity. Gillian added further that we must not only live from our souls, as pointed out, but that it is our soul that lives *through* our personalities here on this planet. At this point, when the world is in the state it is in, the ability of psychosynthesis to provide context, meaning, and purpose stands out even more.

As we focus on paths forward, the need to ground ourselves becomes evident. Everyone seemed to converge on a need to provide some level of ‘basics of psychosynthesis’, which when we can come back to the basics it will be a very grounding action. The educational component in the work of advancing psychosynthesis is related to this set of ‘basics’, but it was pointed out how Assagioli believed in sharing information in an open way – some would therefore stringently approach this in a pro bono manner. In moving forward, the balance needs to be struck as we explore ways to develop both psychosynthesis and education.

The larger sphere of psychosynthesis must include a radical departure from traditional norms in the community. This means not only including other communities and sharing psychosynthesis but also transforming our understanding of psychosynthesis and the unfolding process of it by learning from these other communities. Only then can the true potential of this outstanding framework, aimed at synthesis in our lives, be reached.

# AAP launches Psychosynthesis creativity contest on the theme of “Connection”

To mark the 50<sup>th</sup> anniversary year of Roberto Assagioli’s death, AAP has launched what we believe to be the first-ever Psychosynthesis Creativity contest. The theme of this inaugural contest is “**Connection**”.

We welcome submissions on this theme from AAP members and the wider Psychosynthesis community in all creative media including visual arts, poetry, music, paintings, prose, stories, film, photos, ceramics, multimedia, and digital. Submissions can be made on an individual basis and as part of a group or collective. *Please stay tuned for our official press release and subsequent announcements with more information!*

## Quarterlies and Webinars

In keeping with the March 2024 Quarterly theme of “Psychedelic Experience Without Psychedelic Drugs: A New Role for Psychosynthesis” with guest editor Richard Schaub, Founder of the New York Psychosynthesis Institute and co-director of the Huntington Meditation and Imagery Center, Richard will be presenting a webinar **The Higher Unconscious: Assagioli’s Unique Contribution to Modern Healthcare** Sunday, April 14, 2024, @ 1pm ET - 2pm [Click here to register](#)

The theme for the **2024 Quarterly with Guest Editor Didi Firman is: Following the Path: Psychosynthesis as a life-long practice for personal and spiritual growth.**

With a focus on personal development, we invite essays, etc. from folks who have devoted many years to using PS as a personal path, whether teaching or practicing in the field. How does it become a daily practice, formally and informally? How do its principles remind us of how to live? What have we used from our psychosynthesis guidebook in daily life, in crises, and the ongoing search for personal change or spiritual realization?

Focusing on Assagioli's 7 core experiences, we invite articles that note how these core theories and practices have served us as individuals, in families, in groups, at work, and as global citizens.

*These experiences are*

- 1. Disidentification*
- 2. The personal self*
- 3. The will: good, strong, skillful*
- 4. The ideal model*
- 5. Synthesis (in its various aspects)*
- 6. The superconscious*
- 7. The transpersonal Self (it is not possible in the majority of cases to have a complete experience of this, but it is good to have some theoretical knowledge*

Look for more information on how to contribute in the March quarterly.

## **AAP Steering Committee: thank you's / welcomes / special requests**

The Steering Committee has welcomed several new members over the past few months, and given the building momentum, we chose to wait for things to develop a bit more as we organize ourselves as a new working team.

Thank you and Welcome:

- In November 2023, Christina Gustafson resigned from the steering committee after serving 2 years (2021-2023). She was involved in our in-person steering committee retreat when we organized the AAP documents over the past 10-12 years, provided instrumental input for ideas to take forward, initial work for our upcoming conference, assisted in the AAP archives, and was a leader in our sub-committee for advancing PS coaching.
- The AAP would like to thank you, Richard Lamb, for your continued support and involvement as a steering committee member since 2016. Your contribution to our committee and membership in taking on the Zoom webinars was instrumental in their continuing success. Your presence, energy, and enthusiasm will be missed!
- Welcome to Ruchira Chakravarty! After a few members of the steering committee have left we needed to fill in some spots, so we are thrilled to have Ruchira join our team. Here's what she has to say:

- *Joining the AAP SC will allow me to manifest my purpose with more focus and alongside like-minded people with similar purpose and values. I believe in the hedonistic and power-hungry era that we live in, folks across the world need a way to find their way back home. Spirituality is one way but when aided with more tools of self-awareness, a piece of knowledge and knowing of their own Will, and experiencing self as will has the potential and power to heal souls. I would love to see Psychosynthesis expand across regions and continents, with more people learning and practicing it and finding love and will back in their lives. I have a lot of agency for doing this work and skills that can help bring the collective ideas of the SC to life. To this effect I can effectively contribute beyond ideas, make the initiatives real and truly push the collective agenda of AAP. — Warm Regards, Ruchira*

**We are looking for a member(s) who would like to be involved in our volunteer-based steering committee as either a treasurer, grant writer, and/or fundraiser (particularly for the AAP 2025 conference and beyond)**

This would entail the following:

### **Open position: Treasurer (needs to be filled before May, 2024)**

- Key executive branch member of SC
- Implements the financial policy set by the Steering Committee
- Accounting of financial needs/transactions
- Create and disseminate a monthly financial report to the Steering Committee
- Compiles a yearly report and ensures all tax reports are prepared and submitted
- Stores accounting information in coordination with the Archive Manager(s)
- Ensures that there is consistency in all organization costs based on history
- Attends Monthly Steering Committee Meetings via Zoom

### **Open position: Grant writer**

- Assists in finding suitable grants and funding opportunities based on desired activities
- Leads in writing grant funding requests with the help of Steering Committee members' input
- Attends Monthly Steering Committee meetings via Zoom

\* If you have experience with grant writing and have any information to share with us, please let us know. Even if you cannot join as an SC member, we welcome your insight and willingness to point us in some positive directions!

### **Open position: Fundraiser (increasingly more important as the conference approaches)**

- Assists in finding new and creative ways to fundraise to sustain AAP activities and broader goals to advance psychosynthesis
- Works to collaborate with different sponsors, e.g. for the conference planning
- Coordinates ways to deepen resources for the AAP with a sustainable approach
- Collaborates with the Grant Writer(s) and rest of the Steering Committee
- Attends Monthly meetings

## Looking ahead:

In our upcoming newsletter, we will be announcing more ideas and soliciting more of your input for the following:

- Strengthening the AAP research focus
- Sharing archives material from years of Jan Kuniholm's digitization efforts
- Developments in AAP coaching and healing/therapeutic activities
- Building and promoting the AAP archives
- Reading and Writing group ideas
- And more!

We are eager to hear any voices and opinions! Share your ideas, questions, comments, and/or concerns by emailing us at [communication@aap-psychoanalysis.org](mailto:communication@aap-psychoanalysis.org)