



AAP News

The Newsletter of the Association for the Advancement of Psychosynthesis

November

2010

AAP Action: View From the Top

by Sharon Mandt, AAP Steering Committee Chair

I am writing with a heart filled with gratitude for the amazing progress made this year by so many dedicated and involved members. For an organization with less than 200 members, we are productive, committed, and living our mission. The focus of this article is to note the productivity and commitment in this final quarter of 2010.

Nominations

Currently we are seeking nominees to serve on the Steering Committee. At this writing we are in need of additional members to serve on a Nomination Committee to coordinate this process.

SC Retreat

The Steering Committee is preparing for an annual business retreat (November 18-22) to reflect

on 2010 goals, consider the needs and requests, and prepare a budget for 2011. This year we would be grateful for your meditation and focus, especially during the retreat.

Membership Renewal

It is time to consider renewing your membership and updating your contact information. The information for renewal is on the Web site. We want to include everyone.

Member Directory

We can thank Shamai Currim for assembling and producing our membership directory with the help of Judi White and Dirk Kelder. Dirk put the directory on the Web site. Printed copies are by request to Melinda.Cook@gmail.com with a small charge for shipping and handling.

Open Dialog

A small group of members is currently planning a process for opening a dialog on the theory of Psychosynthesis. This promises to be a wonderful opportunity to deepen our awareness and our respect for each other.

Celebrating our History

This quarter we can celebrate the printing of our first book, *Psychosynthesis in North America: Discovering Our History, 1957 to 2010*. The publication brings to a conclusion endless hours of planning, researching, writing, editing, rewriting, and refining this printed legacy for the psychosynthesis community. The printing of this book is our way of celebrating 100 years of psychosynthesis.

Dori Smith and John Parks have taken the lead in this project. We thank Dori for coordinating the editing, publication, and marketing of this publication and a heartfelt appreciation to John for the vision, initiation, framework, and much of the funding.

We have ordered a few extra copies to have available for those who were unable to take advantage of the presale option.

Fundamentals of Psychosynthesis

Eight members of the Professional Development Committee are involved in developing a course on the fundamentals of psychosynthesis, which they will offer for five days following

See **View from the Top**, page 3

2010 Conference Revisited

Postconference Story page 6, Awards Corrections page 4, and . . .

More Photos



Janet Messer, Hedwig Weiler, and Carla Peterson



Magdalena Lehman (left) at play with Jean Guenther

AAP News

Editor:

Joann Anderson

Copy Editors:

Walter Polt, Marilyn Wedberg,
Abbie Loomis, and Jan Kuniholm

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Send Ideas, Art, Photos,
and letters; tell what has helped your
life and work; send poems; book re-
views, articles. Show psychosynthe-
sis theory in action.

Goings On: 75 words or less.

Articles: 500 words or less. Send to
newsletter@aap-psychoanalysis.org

or
AAP

614 Daniels Drive NE
Wenatchee, WA 98802
509.881.2000

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 advo-
cating on behalf of psychosynthesis
and conducting psychosynthesis
educational programs. Donations are
tax deductible.

AAP Membership

is \$75 (US) per year. Sliding scale fee of
\$45-\$75 for those who need it. Go to
[http://www.aap-psychoanalysis.org/
renew.htm](http://www.aap-psychoanalysis.org/renew.htm) or contact us at 646
-320-6914.

Views expressed in *AAP
News* are not necessarily those of the
Editors or of AAP. We may edit any
submissions for grammar, syntax,
and length.

GOINGS ON

10th Annual Amherst, MA, Synthesis Center Presenters' Conference

Save the Date!

APRIL 16, 2011

Contact www.SynthesisCenter.org

to submit proposals and register. ■

Starting January 2011 Mindfulness-Based Psychosynthesis Training Program

Lexington, KY, and LIVE Online Broadcast

The mindfulness-based psychosynthesis training program is a two-
year professional training program designed to develop competency in
the core principles and practices of psychosynthesis from a mindfulness
perspective. During the first year, an experiential and conceptual under-
standing of psychosynthesis will be offered, emphasizing the exploration
and development of the personal process of the trainee. During the second
year, special attention will be given to the therapeutic application of psy-
chosynthesis in individual and group settings. Trainees are invited to en-
gage in a regular meditation or other contemplative practice through-
out the training. Integration of the learning is fostered through personal
mentoring while deepening of understanding is facilitated through indi-
vidual sessions with an experienced psychosynthesis guide.

For more information check www.kycenterofpsychoanalysis.org. ■

ABBY SEIXAS

will lead a Deep River retreat

at Kripalu Center for Yoga & Health in Lenox, MA.

"Living a Soulful Life in a 24/7 World"

January 9-12, 2011

13.5 CEs for social workers and certified counselors.

For more information or to register, go to www.kripalu.org or
contact Abby@depriverwithin.com. ■

Marrying Well

Anne Ziff Announces a New Book

I've coauthored a book, *Marrying Well: The Clinician's Guide
to Premarital Counseling*, with Elena Lesser Bruun, to be published by
Norton Professional Books on April 13, 2011. Check Amazon for prepub-
lication discount. This book is relevant to psychosynthesis and includes
an exercise called "Ideal Model Marriage."

For individual sessions, gifts to young couples, and information,
go to www.anneziff.com. Telephone: 203-226-9397 and 212-874-4760.
Anne says, "I'm the best engagement gift you can give!" ■

View From the Top from page 1

the 2011 annual conference. The members of this committee include Betty Bosdell, Judith Broadus, Molly Brown, Vincent Dummer, Mary Kelso, Janet Messer, Deborah Onken, and Brad Roth.

Conversations on Trauma

The next issue of *Conversations* will be on trauma and will be available as a member service next year. Judith Broadus and Gwin Stewart are serving as co-editors of this issue and several others have written articles. Joann Anderson is coordinating the editing process.

Hospitality

Chair of the Membership Committee, Judi White, has recruited members to welcome new and returning members in each region: Shamai Currim (Canada), Carol Blanchard (International) and in the U.S., Frank Davis (Midwest); Ilene Val Essen (West); Cecily 'Sam' Legg (Northeast), and Judi White (South).

2011 Conference

Ruth Carter and Audrey McMorrow (conference cochairs) along with Therese Caveney and Peter Stonefield are meeting several times each month to plan the 2011 Annual Conference to be held in Santa Cruz, CA, next July. Jan Kuniholm will coordinate the call for proposals again this year and the Continuing Education Committee (Deborah Onken, Judith Broadus, and Janet Messer) will implement the standards of APA and NBCC to maintain AAP as a CE provider.

Communities of Practice

Formed at the 2010 conference, several communities of practice are meeting and developing purposes related to their interests. We can look forward to hearing of their accomplishments at the next annual conference.

Communications

On a regular basis, there are printed and digital communications

that keep us a connected and informed organization. Judi White is inviting members to join Ning and has AAP information on Facebook; David Shirley continues to produce the public relations outreach through *Goings On*; and Dori Smith continues to send the E-News.

The *AAP News* team consistently serves to produce the newsletter and assist with copyediting other publications. We all appreciate Abbie Loomis, Marilyn Wedberg, Walter Polt, and Joann Anderson for their dedication and support. ■

2011 ANNUAL AAP CONFERENCE (Additional details coming in; see page 8)

2011 Annual AAP Conference to be held

July 15—17, 2011

University of California, Santa Cruz, CA

SAVE THE DATE!!!

"The Great Turning"

Molly Young Brown to Teach In New Zealand

Molly Brown will explore "Psychosynthesis and the Great Turning" in presentations in Auckland and Nelson, New Zealand, in February, 2011. She will speak at the February 11-13 Psychosynthesis Gathering in Auckland. Then The Psychosynthesis Trust in Nelson will sponsor her talk and workshop February 18 and 19 as well as a conversation with psychosynthesis students on February 20. Molly will share "The Work that Reconnects" with Awakening the Dreamer and Transition Town groups in the Auckland region February 26 and 27. Her focus throughout will be the global crises we face, sharing of how we feel about this, and what we can do individually

and collectively to transform ourselves and our society into a life-sustaining culture.

Between these teaching engagements, Molly and her sister-in-law, who will be traveling with her, plan to enjoy some of the natural beauty of New Zealand.

Living in Mt. Shasta, CA, Molly combines ecopsychology,

psychosynthesis, and systems thinking in her work. She teaches online courses, has written and published many books, and gives workshops nationally and internationally. Her collection of short quotations, *Lighting A Candle: Quotations on*

the Spiritual Life, will be republished this fall. ■



Conference Awards (Corrected) and Editors Honored

Dori Smith corrected the newsletter editors on the **Recipients of the Conference Awards Lanterns** reported in the last newsletter. The correct recipients (past and present) were these:

1996 Life Achievement Award given to the late Dr. Edith Stauffer. Lantern received by PSI board members.

2000 Life Achievement Award given to Dr. John Parks. He was present to receive it.

2010 Life Achievement Award given to the late Martha Crampton, MA, received by her daughter, Catherine Lazure.

2010 Life Achievement Award given to Thomas Yeomans, PhD. He was present to receive it.

2010 Original Contribution to Women's Wisdom given to Anne Yeomans. She was present to receive it.

2010 North American Founding Organization given to PS Research Foundation. Received by Sharon Mandt and Janet Messer.

2010 Social Psychosynthesis Award given to the late Naomi Emmerling, MA. Received by Dori Smith.

2010 Continuing Education and Group Endeavor given to Audrey Beste and Nancy Stuart of Hill Center. Received by Carol Blanchard.

2010 Distinguished Contribution of Psychosynthesis in Holistic Medicine given to Robert Anderson, MD. He was present to receive it.

Editors of the **History Project** were honored at the conference with a pen and/or pencil set, personalized with their initials. These were: **John Parks**, Founding editor; **Dori Smith**, Coordinating editor; Joann Anderson, Carol Blanchard, Mary Kelso, Walter Polt, Abbie Loomis, Marilyn Wedberg, and Jan Kuniholm. ☐

Conference Awards—A Fuller Picture!



Left to right, back row: Mary Kelso holding the late Edith Stauffer's lantern; John Parks; Bob Anderson; Dori Smith holding the late Naomi Emmerling's lantern; Catherine Lazure holding the late Martha Crampton's lantern; Anne Yeomans; Tom Yeomans.

Left to right, front row: Sharon Mandt holding the PRF lantern; Carol Blanchard holding the Hill Center Lantern; and Janet Messer, then cochair with Sharon Mandt of the Steering Committee.

QUESTIONS FOR A TRAVELER

by Paula Sayword

There is a plain, wooden door,
a name carved deeply in it.

The name is yours
but it is not what you call yourself.

It is a curious language,
familiar to tongue but not to mind.

Did you find it as you hiked a forest trail,
life greening in early summer?

Was there a song in the back of your throat
as you climbed up the hillside?

A flush of sunlight washing through
your eyes,
the entry in front of you?

Would you simply open it,
or knock first, standing

in the middle of everything, of nothing,
wind whispering high in the leaves?

Open. Your breath will catch
in a light you never imagined.

Like walking inside the daytime sky,
stars scattered inside you.

Paula Sayword is a psychosynthesis alumna, past board member, and always-friend to the Synthesis Center, Amherst, MA.

See her new chapbook, What Sleeps Inside, a collection of her poems. psayword@yahoo.com

Courtesy of Ted Slawski and Didi Firman, publishers of the Synthesis Center newsletter.

GUEST EDITORIAL

*Cynthia Pincus Russell, PhD
Publisher, Psychosynthesis Lifeline*

How absurd it could seem to others around the world, that many in North America are drowning in things. TV reality programs show people “hoarding” so much they hardly can live in their homes!

As I watch my clients and friends caught up in the culture, their minds are swamped with Face Book, U-Tube, Google, Instant Messaging, and the like. Recent research shows that multi-tasking actually is *not* good for the brain; but what is one to do?

Consultants now carve out careers of just going through things! Organizing, . . .tossing out, and giving to charity. These Personal Organizers focus on the fact that so many are completely overwhelmed.

Every day more comes our way. I buy a few things at the pharmacy and the young man insists on preparing the “Discount Card” for me to take. I fill up my gas tank and they are selling toy trucks! Is this what sprouts when everyone is hurting for more money?

The reality is that we have more than we can handle both mentally and physically—kitchen supplies, mementoes, our grown children’s things—and the older we get the worse it becomes.

Last year, I went to a seminar on this topic for my required Continuing Education credits. The stories were heart-wrenching: elderly widows and widowers surrounded by things instead of people and stuck in their depression.

As the day wore on, the seminar leaders asked how many of the audience (psychologists and social workers) felt they were suffering from this syndrome and most of the hands went up!

I decided to create a “Simplicity Day” for myself: no car, no appointments, no guests. As I walked in the garden, my thoughts smoothed out like ribbons. My trips to a Bas Mitzva in Jerusalem, a graduation in Southern Virginia . . . I could feel my body letting go of the accumulated tensions of the spring. The birds chattered continuously, and for a change, I could actually appreciate their songs! As Sam Keen has said, we can remember that we have choices. ■



Imagine . . . 



A World of Loving



Kindness



Postconference Experience

Our Higher Self and the Call for Symbolic Sight Post AAP Conference Reflections

by Abigail DeSoto

The 2010 June AAP Conference has come and gone. That's hard to believe when you see the amount of planning, work, and organization that was necessary to bring it to life, not to mention the participants' efforts to come from far and wide.

I came from France. It was my first experience of the AAP "family" and it was amazing: so much happening, so many people to meet, so many connections to make. A recurrent overtone and aspiration I felt in my encounters was the yearning for experience, understanding, and connection with the guidance of the "Higher Self."

"Co-creating Our Future" was the theme of the conference, and in order to co-create our world in a responsible way, we need to be open and in tune with information from something bigger than our small egos caught in fear, projection, blame, and guilt. How do we tune in to the language of High Self who sees a bigger picture, who lives in the world of imagery, metaphor, and symbolism? We explored these questions in and out of workshops, through celebration, sharing, and being.

As suddenly as it all began, the conference was over—but not the questioning. After saying goodbye, I found myself at the O'Hare airport flying to Washington. At least that's what I thought. The airport was packed with summer travellers. My flight was listed as delayed. I made my way slowly through security, and sat in the crowded gate area to wait, read, and reflect on my recent experiences. Then, the announcement came: my flight was cancelled. Full stop. Weather was given as the explanation. Drove of people moved to the already-mile-long line for customer service. I was tired and a bit stunned. Coming from Europe, I was not used to travel authorities making blanket statements about cancelled air travel without information to assist travelers, apologies, or attempts to ease the disruption. And, I was low on money. I had already gone deep into my budget to make this trip and had little provision for unforeseen expenses such as an added night in a hotel with meals. I was supposed to be leaving the following day with my sister to visit aging parents in South Carolina, had no cell phone to contact her, and felt a bit panicked.

Feeling total desperation at the length of the Customer Service line, I stopped at a small booth entitled, "Travellers' Aid" to ask if there were another Customer Service area. The older, serene little lady with a trace of an accent behind the counter informed me there was *not*. Her nametag said "Alice." And then my peevish, scared subpersonality reared its head in annoyance. The "older, serene little lady with the accent" looked me straight in the eyes and said, "*We have people come here shouting about things, and I promise you I don't help them. I've been in your position and I learned there is no point in taking your frustration out on people who are not responsible.*"

She was absolutely right, but I was tired and focused on an end result that I thought "important" or "necessary," i.e., returning to my sister's home. Well, life had decided otherwise, because I was soon to learn *all* United flights were cancelled until the next day! That meant masses of people grounded at O'Hare, and I was among them, with little money (no credit card, only debit cards) and no phone to call my sister. It was at this point that the little woman named Alice responded to another traveler looking for a gate and they spoke Dutch. Then I recognized the accent.

Alice looked at me again straight in the eyes and said: "*Listen to Alice.*" She began calling United, rebooking my flight, and organizing a hotel at an amazing price. She went so far as to tell me to call my sister, which I did, then told me how to get to the shuttle area for the bus to my hotel. She detailed a simple exit path that went *against* the masses of people, thus allowing me to slip easily to my overnight security.

Continued on next page

Continued from page 6

Still dazed, but reassured, I arrived at a wonderful hotel with a swimming pool before the masses of humanity flooded in, busload after busload. Since I had only carry-on luggage, I had all my belongings, including a swimsuit. I went to the pool, swam alone, took time to meditate and center myself, and realized how completely taken care of I had been! I spent a quiet, wonderful evening, slept the best I had in four nights, and was able to reflect, assimilate, and digest my conference experiences without dashing into what I feared would be a tiring and trying experience with parents I had not seen in many years.

The following day, I walked through a still-crowded, rushed airport to my gate, and (by chance) walked past the same little “Travellers’ Aid” booth. It was tidy and empty, the one chair carefully pushed under the counter, as if no one had ever manned it. Strange. Unlike yesterday, today I felt rested, cared for, and vividly aware that things are not what they appear to be, that lessons come our way, and if we pay attention, guidance and help is always available! ■

Abigail DeSoto presented a workshop at the conference titled “Guilt to Quilt.” And, for an inspiring interior adventure, Abigail invites readers to go to Amazon and check out her first book, l’Amour Deraisonné: Reclaiming Self, Transformational Teachings from Psychosynthesis and A Course in Miracles.

New Book

The Way of the Mangrove Seed—Living a Balanced Lifestyle. By Dan Kapica

Dan Kapica recently moved from Sarasota, FL, to Olympia, WA, and self-published an autobiographical book, *The Way of the Mangrove Seed—Living a Balanced Lifestyle*. He describes it as follows:

“The book is both a memoir and a monograph about how I came to discover the answers to deep questions:

1. What does it mean to be fully human?
2. What is life really all about?

“The book resulted from my personal ‘identity quest’ of 22 years, and incorporated many ideas from psychosynthesis. The book also describes the personal development theory underlying the creation of the Mangrove Seed, Inc., a not-for-profit holistic education center.”

Dan’s Web site is www.mangroveseed.org.

Books are available at www.shop.wayofthemangroveseed.com.

If you are interested in writing a review of any or all of Dan’s books, contact the *AAP News* editor through www.aap-psychosynthesis.org to obtain a review copy. ■

New e-Book

A newsletter is available at *PsykosyntesForum*:

psykosyntesforum.se/Newsletters/Newsletter_101005_Spelling.html

Lars Gimstedt of PsykosyntesForum also offers an e-book related to dyslexia,

You Can Spell

Learn how to use your memory access in an optimal way in order to find your ability [to] spell correctly. PDF format, ten pages. ■



AAP
P. O. BOX 414
Somerset, KY 42502

Explore This Issue:

- *View from the Top*
- *Post 2010 Conference Experience*
- *Goings On*
- *Fuller Picture of Awards at Chicago Conference*
- *2011 Conference Dates*

And More

2011 AAP CONFERENCE

“Psychosynthesis: Creating Unity in Human Systems”

July 15-17, 2011

University of California at Santa Cruz, California

Apartments on campus will be available for \$119 per person per night;
\$106 per person double per night. These prices include meals.
Dorm style rooms are available for approximately \$75 and do not include meals.

More information will be available soon.