



AAP eNews

The online Newsletter of the Association for the Advancement of Psychosynthesis

November

2011

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AAP ADVISORY BOARD

Meet the AAP Advisory Board:

This month, we continue our highlighting of the four new Advisory Board members elected to serve in 2010. Last month, we read about Jean Guenther and Dennis Wynne. This month, we present stories about Betty Bosdell and Didi Firman. Enjoy!

"...to listen for the call of Self — and then to answer."

Didi Firman

by Yonti Kelly

Dorothy ("Didi") Firman, Ed.D, LMHC, was a founder and past co-chair of the Association for the Advancement of Psychosynthesis and now serves on the Board of Advisors. Didi, as she is known to her friends, colleagues and students, is also a

founder of The Synthesis Center* in Amherst, MA, where she has directed its Professional Training Program for more than thirty years. Her teaching style is masterful, evoking powerful in-



sights and expanding personal capacities - accompanied by notably irreverent humor. Her students have gone on to become psychotherapists in their own

right, as well as making contributions in a variety of other fields. She is also involved in the other activities of the Center – counseling, affiliates, publishing and the popular Spring Presenters' Conference.

Didi's first introduction to psychosynthesis was through her cousin, John Firman. She continued studies with a number of psychosynthesists including Tom and Anne Yeomans, Mark Horowotiz, Marilyn Kriegel, Jane Dermon Liefer and her primary teacher, Martha Crampton, with whom she worked for many years.

Some of Dorothy Firman's other roles include: psychotherapist, workshop presenter, author, editor, publisher, lecturer, keynote speaker, professor, organizational

Please turn to **ADVISORY**, page 5

AAP eNews

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Judi White, Dirk Kelder

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Jan Kuniholm

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 **500** words or less and **articles** be **1500** words or less. Send to aap.input@gmail.com

This is an experimental issue of AAP eNews, a hybrid between the old AAP News format and the more recent e-News issues.

Tell us what you think at aap.input@gmail.com

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.

Views expressed in AAP eNews are not necessarily those of the editors or of AAP. We may edit submissions for grammar, syntax, and length.▣

This eNews goes out to all current AAP members. Our membership list is never sold.

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JOURNEYS

A Journey to the Self

(Walking with St Francis in the landscape of Assisi, Italy)

by Audrey McMorrow, MA, CAGS

An opportunity arose recently to spend a time of reflection in Assisi, Italy, and I gratefully took it. I had just recently completed a very long journey of formal education, and the time seemed right to gather my resources and think about the future.

This was a facilitated journey led by Phyllis Clay, Ph.D., and when I arrived in Assisi that first day I discovered that she and I would be taking this passage alone together due to the last minute cancellations of others. Phyllis explained that we would embark on a journey of the Self using Roberto

View from my window



Please turn to **JOURNEY**, page 6

CALL FOR PROPOSALS

Rome International Conference

psychosynthesis in the world
Thursday, June 21 – Sunday, June 24, 2012

Psychosynthesis Practitioners are invited to send your proposals for **workshops, presentations, and co-creative groups** in three fascinating, pivotal areas. What areas?

To learn more, go to their Conference Web page:

<http://www.psicosintesi.it/it/psychosynthesis-world>

Proposal Deadline has been extended to

November 30, 2011

For proposal forms:

<http://www.psicosintesi.it/it/call-proposals>



psychosynthesis in the world

INTERNATIONAL CONFERENCE Rome (Italy), June 21-24, 2012

psicosintesi nel mondo

CONGRESSO INTERNAZIONALE Roma, 21-24 giugno 2012

FROM OUR COCHAIRS

Many comments have arrived in response to reading **Psychosynthesis in North America**. It is obvious from these comments that others are sharing our perspective – that this book is a valuable gift to the healing and renewed energy within the psychosynthesis community and a most worthwhile endeavor. The book may be ordered through the website, www.aap-psychosynthesis.org or by contacting Sharon at melindaj.cook@gmail.com.

We are beginning to focus on the **new website** as the major priority at this time. A skeleton team met to discuss the general design of the home page and consider the overall content. They are considering a section for committees' activities and a blog for dialogue. There is a huge brainstorm of input from members to consider as well. A major advantage with the new website plan is its capacity for several members to serve as webmasters to replace our dependency on a paid webmaster.

Input from past co-chairs is being solicited to pull together a **full procedural manual**. As we move into the future of AAP, these guidelines will be very helpful to keep us centered as we experience a systems transformation.

Even though no one has submitted a design for an **AAP logo**, we are keeping open the invitation to you to create a logo design. At the December retreat, we will make a decision about a logo for AAP, creating one as a workshop if that is needed. We are abandoning the last official logo because what was to be a map of North America within an egg does not resemble any known land mass and has created confusion.

Hold the date of November 6, 2011! This is the date of our annual membership meeting to be held as a teleconference this year. Those who founded AAP believed it was important enough to have an annual membership meeting to include such a meeting in our by-laws (and it is required by law in Massachusetts, the state in which AAP is incorporated —*ed.*). Since 1995, we have come together and for that hour connected as a whole. We promise to have an agenda that includes the voices of many of our members who are serving in various ways on projects and committees.

By 'showing up' over the phone, we will make a stronger connection as members with a common bond in psychosynthesis. The synergy will empower us to forge ahead into 2012. We need and welcome every member to attend. You will receive instructions and additional information on the membership meeting from Judi as we come closer to November 6.

October through December is the time to **renew your membership dues**. Our membership number is down and this coming year we need to know our members are renewing and returning. In addition, please check the list of current members to make certain your information is correct in the member listing. You can access the Member Only section on our website, www.aap-psychosynthesis.org by entering the word, **vision**, as the user name and **gratitude** as the password.

It is an exciting time of transition and your participation is vital to AAP. If you would consider serving on the Steering Committee and wish to speak to someone about this, please email Inessa Mil'berg at aap.input@gmail.com.

In gratitude and appreciation for our common vision,

Judi White and Sharon Mandt on behalf of the Steering Committee

To Change your address with AAP, please go to our website and fill out the form at aap-psychosynthesis.org/formcoa.htm

AAP ADVISORY BOARD



and business consultant, TV guest, wife, mother, grandmother, potter, and practitioner of Iaido, a Japanese martial art aka “the way of presence.”

Psychotherapy

As a licensed mental health counselor, Didi is certified in psychosynthesis and hypnotherapy, with extensive training in Gestalt therapy, Transactional Analysis, family therapy and transpersonal psychology. She maintains a private psychotherapy practice, specializing in working with the process of transitions in people's lives.

Mothers & Daughters, Fathers & Sons

She is well known for her explorations of the mother/daughter relationship. She and her mother Julia presented workshops nationwide and co-authored *Daughters and Mothers: Making It Work* in 2003. They, along with her sister and the Chicken Soup co-authors, wrote *Chicken Soup for the Mother/Daughter Soul* - on the New York Times Bestsellers List for nine weeks. A second volume followed. With her husband of 37 years, Ted Slawski, she co-wrote *Chicken Soup for the Father and Son Soul*.

Author, Writer

Her most recent book, co-authored with Kevin Quirk, is *Brace for Impact: Miracle on the Hudson Survivors Share their Stories of Near Death and Hope for New Life*. It celebrates the call to living lives of meaning and purpose that passengers and first responders have experienced after this near death experience on flight 1549. Her scholarly writing has appeared in *Counseling in a Complex Society* and *Counseling With Confidence*, among other publications.

Professor

A professional stretch brought her to Vermont College of Union Institute. As Dr. Firman, she is part of the core faculty of their Master of Arts program in counseling psychology. She has incorporated psychosynthesis and other transpersonal concepts in her teaching.

Internet & Social Media

This biography was gleaned from Didi's internet presence and her most recent foray, a blog at the *Psychology Today* web site. You may even find her and the Center on Facebook! ◻

<http://dorothyfirman.com/>

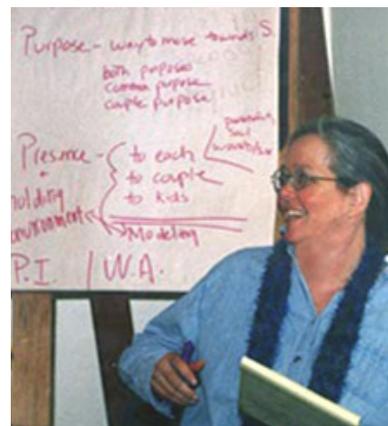
<http://www.synthesiscenter.org/>

<http://www.motherdaughterrelations.com/>

<http://braceforimpact.hcibooks.com/dorothy-firman/>

<http://www.psychologytoday.com/blog/living-life-purpose>

<http://www.facebook.com/SynthesisCenter>



*Of note to AAP members: The Synthesis Center currently publishes both of Dr. Roberto Assagioli's seminal works in the Western Hemisphere; *Psychosynthesis: A Collection of Basic Writings* and *The Act of Will* as well as *Counseling in a Complex Society* and *Counseling With Confidence*.

AAP ADVISORY BOARD

Betty Bosdell

By Karen Pesavento

Those who know Betty from her years at Northern Illinois University, or through her various roles with AAP, may find it difficult to reconcile their view of her today with the events of her early life. As she lived through many difficult experiences, she began to appreciate what she calls “the most important psychological principal” learned in these life experiences” – the principle of **disidentification**.

Ultimately, through her ability to not allow the difficulties to define her sense of Self, she uncovered the secret, contained in her favorite myth, "The Bluebird of Happiness." The secret is revealed, not through a search in the outer world, but by the gradual discovery that happiness is to be found within.

Betty’s early years were spent in Mobile, Alabama. She describes this time as, “Pretty much like most kids growing up in the depression – our joy was found in simple pleasures.” However, for Betty, health issues were a dominating factor in her life. The effect of pneumonia in infancy was the cause of the most dramatic change. The disease required surgical removal of part of her larynx which made it difficult for her to make certain sounds. As a result, she didn’t speak for years. This circumstance led to major problems in school. It was recommended that she be transferred to a school for the “feeble minded” as such places were called then. Her parents refused this suggestion and requested an IQ test. At that time these tests required verbal answers, so predictably, the results confirmed the school’s diagnosis. Undeterred, her parents hired the third grade teacher to work with her in what she describes as “an early version of speech therapy”, helping her form the sounds she found difficult.



Fourth grade achievement tests revealed that Betty was one of two students who scored at the eleventh grade level across the board. The teacher heaped praise on the other student, a male, while ignoring Betty’s equal accomplishment. When Betty said “I did that too!” the teacher replied to all present, “Betty has not yet learned that girls are not as bright as boys.” These difficulties in school dampened her love of learning, and she concluded that being outstanding in any way led to pain. So, using her best nine-year-old reasoning, she was determined to be average, deciding that her life would be better if she did not stand out.

Throughout her high school years, she kept to her plan by focusing more on the classes she enjoyed and disregarding those she disliked. This dislike was often rooted as much in the attitudes of the teachers as it was in the subject matter. She focused on the subjects she loved most: drawing, reading and writing.

Her father had the view that age seventeen was too young for her to go the University of Alabama. Instead, she attended Montevallo, Alabama State College for Women. There, she majored in English with minors in Spanish and Math. She remembers that she had problems with her first psychology class, and a complete dislike for her education methods classes. She described them as: “So bad that to endure them I entertained myself by learning to write upside-down and backward.”

Following graduation, Betty began teaching. Soon she became interested in counseling because of some of the problems she encountered in the lives of her students. She began extension courses at the University of Alabama. She transferred to the University of Illinois and, in

*See **BOSDELL**, page 10*

JOURNEY, Cont'd from page 2

Assagioli's map of human consciousness overlaid with the ancient Inca concepts of the Ukhupacha (the lower world), the Kaypacha (the middle world), and the Hanaqpacha (the upper world).



Interior garden of San Damiano

On our first full day together, following some delightful expressive movement and art, we ventured into the land of the lower unconscious, our prepersonal selves, the Ukhupacha. This brought us to San Damiano, the sanctuary where the cross spoke to St. Francis, calling him into his own future to rebuild the church. This led to the question: What is my own San Damiano, my call to Self?

In the afternoon we once again returned to the lower world, this time to the Temple of Minerva, which was covered over and claimed for Santa Maria Sopra. With the help of expressive movement and art, we pondered the question: What place of power within myself has been covered up?

The following day we began our journey to the middle world, the Kaypacha, the place of our middle unconscious as well as our conscious selves. This led us first to the Basilica of San Francesco, built in honor of St. Francis, and in the afternoon to the Basilica of Santa Clara. I was instructed to pay attention to what distracts me, what pulls me away from Self, and what pulls me to Self.



Basilica of San Francesco

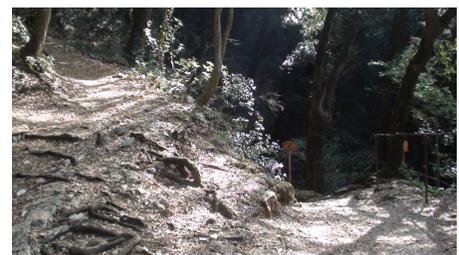


Rocca Maggiore

On the third day of our sojourn we climbed to Rocca Maggiore, a fortress rising far above the city dating back to 1174. Thus began our journey to the upper world, the transpersonal self, the Hanaqpacha. Overlooking the landscape below us, we thought about what imperial internal domination within ourselves we may be called to overthrow. What interior orphan do we have to rescue and protect? What crumbling edifice do we feel an urgency to restore?

Our final day brought us outside the city of Assisi to the forested hillside of Eremo. This peaceful and beautiful sanctuary was the place where St. Francis and his followers often came to meditate and contemplate. It seemed the perfect place to assimilate all that had transpired in the preceding days. Phyllis and I took separate journeys that day, and I found myself following a path of solitude rising far up and into the forest. I eventually found myself in front of a cave that St. Francis often came to meditate, and I felt beckoned in. There was a small rock ledge that offered some seating and as I sat to meditate, time seemed to slip away. As I gazed from my vantage point to the forested hillside beyond, I understood why he chose this place.

This journey, together with the amazing efforts and support of Phyllis Clay, brought me many gifts. It helped get me back in touch with my creative side and the necessity to feed and nurture that part of me. More importantly, it taught me to listen and trust that small, still voice inside in a way that I have never experienced before. For that and so much more, I am eternally grateful. ■



The road not taken?

ANNUAL MEETING

The Association for the Advancement of Psychosynthesis



2011 ANNUAL MEMBERSHIP MEETING

Sunday, November 6, 2011

Teleconference
218 936 7988
Code 578 13 578#

5:00 p.m. Pacific
6:00 p.m. Mountain
7:00 p.m. Central
8:00 p.m. Eastern

2011-12 AAP Steering Committee

Judi White, Co-Chair (2013)
Sharon Mandt, Co-Chair (2011)
Audrey McMorrow, Treasurer (2012)
Ellen Faith, Secretary (2012)
Dirk Kelder (2013)

Dori Smith (2012)
Patrick Dufour (2014)
Inessa Mil'berg (2014)
PDC Liaison
Vincent Dummer (KY)

The AAP Board of Advisors

Robert Anderson
Betty Bosdell
Molly Brown
Didi Firman

Jean Guenther
John Parks
Ann Weiser

Hedwig Weiler
Dennis Wynne
Anne Yeomans
Thomas Yeomans

AAP ANNUAL PROGRESS REPORT

June 2010 - November 2011

* indicates projects in process

Membership - Hospitality

System of regional representatives

* Creating a newcomers orientation packet

Membership - Collection

Cumulative records of membership

Membership renewal campaign

Membership - Services

On-line directory and address/phone book

Final Quarterly newsletter, AAP News

Monthly electronic newsletter, E-News

Regional Retreat in Burlingame, CA

Monthly meditation on first day of month

Participatory decision-making policy

Vision and Contradiction Surveys

Seed Loan and Mini Grant

2012 Events Survey using Constant Contact

* Initiation of new Intranet Services

Programs - Public Communications

AAP's first book published, *Psychosynthesis in North America, Discovering our History 1957-2010*

Public relations news bulletin, Goings-On

New brochure and business cards

* New website planning

* Conversations on Trauma in final edit

Programs - Continuing Education

APA- and NBCC-approved AAP courses and workshops

BSSE-approved AAP courses for certification in California

Programs - Professional Development

First collaborative Basic Foundations Course Intensive

* On-line Videos of the Course (available soon for training)

Programs - North American Conference

2010 Conference in Chicago

* 2012 Regional Gatherings planned

* Decision to hold 2013 Conference

Programs - Research

Membership research initiatives:

Phyllis Clay led two trips to Italy to the Assagioli archives,

Center for Awakening study on Assagioli's *Psychosynthesis* and * *Act Of Will*.

* Carol Blanchard organizing research effort in Europe

Open Dialogue task force

Nomination & Election

Four new Steering Committee members

SC election conducted by electronic and printed ballot

Awards & Recognition

2010 AAP AWARDS presented at Conference in Chicago:

Lifetime Achievement Awards

Edith Stauffer, Ph.D.

Martha Crampton, M.A.

John Parks, M.D.

Thomas Yeomans, Ph.D.

Continued on Page 9

Outstanding, Original Achievement Awards

- Psychosynthesis Research Foundation: North America Founding Center
- Hill Center for Psychosynthesis in Education: Audrey Beste & Nancy Stuart, et al.
- Naomi Emmerling, M. A., Cross Cultural, Elder Studies, Created First PS Directory
- Dr. Robert Anderson: Co-Founded Holistic Medicine Association in North America
- Anne Yeomans, M.A., Contribution to Womens' Wisdom

Member Survey Results in New AAP Systems Model

During the Spring of 2011, a survey of the membership was conducted to gather input on the direction of AAP. Over 100 members responded with elements of a renewed and practical vision for AAP. These elements were clustered into groups of a similar nature and titled accordingly. When published, several responded with alternative titles, and changes were made from that input. A visual image was then created from the final product. Each category lists numerous ideas, projects and programs as well as plans already in motion. A revised representation of the visual image is attached to this emailing, of vision and underlying contradictions.

This same process was repeated to address the obstacles to creating this renewed and practical vision. Again, clusters were formed according to their similar meanings and titled. When published, several responded. These responses, together with consultation of professional strategic planners, helped to name four major underlying contradictions which prevent us from moving into the future as a community: 1) *Resistance to the use of new technologies...*; 2) *Outdated organizational structures...*; 3) *Fear of diverse perspectives...*; and 4) *Inability to let go of established patterns of relating...* Although each of these contradictions is not necessarily true personally for each of us, they apply to the whole system – the way we operate now – and they represent what needs to be transformed fully in order to be an effective organization and fulfill the purposes of AAP.

Next Steps for AAP Committees

The next step is to formulate strategies for changing the current reality, allowing us to move towards our shared vision. Our retreat "Psychosynthesis Today" this summer in Burlingame, California included a session on strategies. Participants voiced the need to expand our audience, reframe how we present psychosynthesis, and be able to respond to the trauma we all experience in environmental, political, and cultural crises.

The Steering Committee has formed a new committee to create a new and interactive website. The Professional Development Committee held its first collaborative course which will be available in video form for a large audience, allowing continued dialogue with other trainers toward the final product. The Awards and Recognition committee will be working on procedures for and selection of new candidates.

Several members have been doing the ongoing research with psychosynthesis archives. Other members have offered innovative and collaborative ways of presenting psychosynthesis. New psychosynthesis publications are being produced. More strategies are in the works and will emerge when the time is right for them.

*Please turn to **AAP**, page 10*

Our Collective Experience of AAP's Transformation

"We are impatient of being on the way to something new, and yet it is the law of all progress that it is made by passing through some stages of instability, and that may take a very long time."

Pierre Teilhard de Chardin

During changing times, chaos reigns and there is a feeling that things are falling apart. In the process of moving Toward a Practical Vision of Psychosynthesis in North America, we became aware of that feeling of transition and chaos – not because there is nothing left, but rather because psychosynthesis in North America has expanded way beyond the wildest dreams of AAP's founders.

BOSDELL cont'd from page 5

1954, earned a Masters degree in Counseling. That same year, she began her study of Counseling, Guidance, and Psychology. "There," she said, "I recaptured my love of learning." In 1958, she received her Ph.D.

At Northern Illinois University, her final university teaching position, she was an extremely popular teacher. Her classes were always filled, her syllabi packed and interesting. Her Advanced Theories classes in Gestalt, Psychosynthesis, and Jungian Psychology were especially popular. The classes always included exercises and assignments focusing on personal growth with many demonstrations which centered on issues or problems in the students' lives.

Ordinary communications during class periods, as well as outside the classroom, were also fertile ground for teaching and learning. On one occasion, a graduate student began to expound, phrasing his beliefs in the form of a question which he addressed to her. Not missing a beat, she said, "Mr. Smith, is that a question or a statement?" As twenty-five sets of eyes focused on him and his dilemma, he paused, then said, "It's a statement," to which she calmly replied, "That's fine, Mr. Smith, go ahead and make your statement." He did, and everyone learned from the experience.

In a Gestalt class where the subject was projection, each student was asked to make a list of one positive and one negative quality for each member of the class. This was then communicated to each person by stating, "What I like about you is..." and "What I dislike about you is...". This was followed by owning the quality in oneself by stating, "I also have..." After this rather gut-wrenching experience, she addressed one student saying that she noted that the student had neglected to include herself in the exercise. Betty waited while the student completed the exercise.

All of Betty's classes were based on the assumption that students were there to learn. One Saturday of each month, Betty offered all of her students the opportunity to come to her home to practice counseling skills with each other. Additionally, she sponsored workshops on Voice Dialogue which provided students and therapists an opportunity to be trained in a very exciting new therapeutic method, beginning with an introduction to the theoretical model of the Psychology of Selves created by Drs. Hal and Sidra Stone.

Reflecting on her life, the recurrent theme of her being the recipient of such poor educational experiences, with some positive experiences woven in, makes it remarkable that Betty became such a supportive teacher and mentor to others. She communicated the love of learning that she had recaptured many years before. Equally impressive is that through the struggles, whatever measure others used to define her, whether sex bias, test results, diagnoses, or anything else, was not the measure by which she defined herself.

Betty has been active in AAP since its inception serving in a variety of capacities. During her tenure as AAP Co-chair, her calm, focused energy was appreciated by those who served on the committee, and her collegial approach to leadership served the organization well. She has also served as Training Director and as a member of the Board of Directors of Psychosynthesis International.

AAP is fortunate to have such a gifted, skilled and dedicated person to serve on our advisory board. We are grateful and deeply appreciate her willingness to do that. ■

GOINGS ON

The Deep River Within

Taming the To-do List and Finding Depth in Everyday Life

A day-long workshop for women

led by Abby Seixas, M.Ed.,LMHC

Beneath the busyness of our daily lives flows a deep river of creativity, passion, silence, and, among other things, a place of contact with ourselves and what matters to us. Although 'the deep river' is a powerful source of nurturance, the fragmentation and sheer pace of life in 21st century America often buries this deeper dimension under the perpetual-motion surface of our days.

This workshop is about slowing down. Based on the her book, *Finding the Deep River Within: A Woman's Guide to Recovering Balance and Meaning in Everyday Life*, Abby will introduce the three preliminary doorways and six core practices that can support us in allowing our own deeper currents to flow through daily life.

With the help of experiential exercises, discussion, journaling, creative expression, humor, and each other, we will explore ways to free ourselves from the tyranny of our "to-do's," and so to rest more in our deeper selves and in the gift of life itself.

SATURDAY, NOVEMBER 5, 2011, 9 a.m. to 4:30 p.m.

The Women's Well, West Concord, MA.

COST: \$ 125 early / \$135 regular

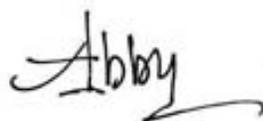
Abby Seixas, L.M.H.C., M.Ed., is an author and psychotherapist in private practice. Since 1994, her popular "Touching the Deep River"™ groups have helped countless women reclaim their life-balance and bring more sanity and soul back into daily life. She has appeared on NBC's "The Today Show" and the Hallmark channel, and her work has been featured in national and local print media, including "O" The Oprah Magazine, Self, Body+Soul, Woman's Day and The Boston Globe. Abby has been in the mental health field for more than twenty-five years and has been a consultant and clinical psychotherapy supervisor at training centers in the United States, England, the Netherlands and Russia. She is the mother of two grown children and lives with her husband near Boston, Massachusetts.

TO REGISTER:

www.womenswell.org

QUESTIONS: abby@deepriverwithin.com or 781-647-4404

A day-long Deep River facilitator training follows this workshop on 11/06/11. Please see www.deepriverwithin.com for more information



AAP eNews submission guidelines have changed. We now accept longer announcements and articles: 500 words (about 1 page) maximum for announcements, and 1500 words for articles. We'd love to hear from you. Send your submittal to aap.input@gmail.com.

GOINGS ON

The Center for Awakening Book Study Plus is Re-scheduled

The Center for Awakening announces the re-scheduled start date for **Book Study Plus**, Roberto Assagioli's *The Act of Will*, plus a Real Life Application. It will begin on January 24, 2012 and end on April 3, 2012. Participants in the Book Study Plus will study the book and carry out a self-chosen real life application over 10 weeks. There will be weekly telephone conference calls on Tuesdays at 2 p.m. Eastern Time, 1 p.m. Central, Noon Mountain Time and 11 a.m. Pacific Time.

Each of the 10 weekly sessions will consist of readings, the conference calls, emails, and use of our blog (www.psychosynthesiswis.blogspot.com) on which participants may comment. All the telephone conference calls will be recorded and made available. Weekly emails from the facilitators will pose questions and/or comments to promote discussion and sharing. Facilitators for the Book Study Plus are Hedwig Weiler, MSN, APRN-BC, LCSW and Carla Peterson, MS, LPC, SAC.

Anyone interested in understanding the Will and how it works is invited to participate. We ask that each person make a commitment to participate in the entire book study. We aim to have 20 participants, and will go forward with the Book Study Plus if we have 10 participants. This should be an exciting and worthwhile project for those who want to explore and develop their capacity for effective use of their will to make wise decisions and achieve goals.

To register, send an email to carla@centerforawakening.org, or email carlapeterson@clearwire.net. Please include your name, address and telephone number, and indicate what draws your interest to the book study at this time. We will send more specific information on conference calls, reading schedule, etc. to those who register.

For more information about the Center for Awakening, see our website at <http://www.centerforawakening.org>.



TOOLS FOR THE JOURNEY

A New Resource for Naming Subpersonalities

A community development consultant in Canada for many years uses psychosynthesis subpersonality work with her clients. She stated that she prefers to remain anonymous when she sent this array of Native American names. The purpose for her sending this list came from her successful experience with the use of subpersonality work with Native Americans. Her work is solely with groups which are interested in renewing their traditions while relating as equals to mainstream society. When she does subpersonality work with her clients, she encourages personification of subpersonalities. She has found these names to be a good balance between naming them just as the raw energy they are and mythological names from Celtic, Greek, Roman, or other major traditions. She hopes that you may find this be a resource for subpersonality names in your self-work and work with clients.

Wild Face
Shadow Wrestler
Kiss Genius
Goal Thwacker
Fizzy Nectar
Thrill Witch
Rowdy Gusto
Bliss Mutator
Phoenix Nectar
Mucho Gusto Coco Loco
Mango Sucker

Pain Killer
Fire Keeper
Wobble Binder
Earth Shaker
Wish Canyon
Pearly Thunder
Thumper
Gut Stormer
Storm Tamer
Free Sigh

