Keeping in Touch with our Members


Psychosynthesis Today:
A successful Turn to the Future and the World as it is Today
by Judi White

Thirty colleagues participated in making the great turn to the future and the world we live in today. We all experienced a renewed sense of being in community and of belonging to a higher purpose. In one sense, we were encased in a hologram of psychosynthesis colleagues in all of North America, and perhaps even world-wide.

One of the highlights of the Retreat was linking up virtually through anymeeting.com, both audio and visual, as well as texting. Several not present participated in this. In a similar mode, the entire Course was recorded for future use.

Twenty colleagues journeyed through the weekend, beginning Friday evening, “Sacred Circle of Reality”. Participants answered the question, “Given what is happening in the world today, both creative and destructive, how can psychosynthesis contribute to a healthy future for the planet and its inhabitants?” The visual drawings and accompanying poetic descriptions were a well-spring of Spirit flowing in and through each heart. Each creation reflected that we have many ways – methods, techniques, processes – to facilitate an evolution of self and Self conscious decision-making that clearly demonstrated a development of the “me to we” theme, born during the 2010 Conference in Chicago. An important theme which was woven in and through the images was the empathic heart to heart connection in the style which is particularly unique to psychosynthesis. Social responsibility came through the images such as a need to respond to environmental crises, male/female co-creative relationships, and honoring of the diversity of cultures. These “seeds” of social responsibility “sprouted” Saturday afternoon in informal reflections on how to package psychosynthesis for audiences other than the psychotherapy community, such as environmentalists and corporation leadership.
Saturday morning, “Realizing the Possibility of Renewed Community”, all participated in a Constellation process. Because it was the highlight event of the retreat, results are presented separately below. Briefly, the constellation unfolded to reveal deep needs for renewed common purpose by (a) staying connected to our roots as we contribute to a wider public audience, and (b) explore ways to acknowledge Roberto Assagioli as we do. A more detailed Constellation report by Inessa Mil’berg can be found on the next page this Newsletter.

Saturday afternoon, “Imaging the Future of Psychosynthesis Community”, three groups rolled up their sleeves, to create strategies in response to these needs. They worked on three strategic directions: simplifying language to convey the uniqueness of psychosynthesis; bridging psychosynthesis and right relations in group work, and course training accreditation. Peter Stonefield’s write up can be found on page 5.

At the end of the day, everyone was sent out to reflect on the experience and to form the promise they individually would claim for the future of psychosynthesis community.

Saturday evening, “A Ritual of Beginning Anew”, most participated in the ritual of claiming their promises, followed by a circle dance to reflect non-verbally on the experience of the retreat. We all left with a renewed sense of being a purposeful community, carrying on the advancement of psychosynthesis – one that began in 1995 with the beginning of AAP.

The new Basic Psychosynthesis Foundations Course was an overwhelming success. Twenty participants learned or reviewed basic psychosynthesis principles. Presented by the Professional Development Team (PDC) who have been working on it for some years now, the course also included perspectives that have grown from psychosynthesis. It was presented masterfully through brief explanations and experiential exercises by those pictured below.

Back row: Brad Roth, Deborah Onken, Janet Messer, Vincent Dummer
Front row: Molly Young Brown, Judith Broadus, Mary Kelso

The Course is a major strategic direction, related to the practical vision and underlying contradictions that have been created from the input from members and colleagues of AAP. There will be an article dedicated to this course in next month’s Enews.

Everything is not happening in chronological order, a clear reminder that AAP has made great progress in taking psychosynthesis to North America and staying connected to its growth world-wide.

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**Quote of the Month & July Meditation Keyword**

**Listening**

Whoever has learned how to listen to trees no longer wants to be a tree. He wants to be nothing except what he is. That is home. That is happiness.

– Hermann Hesse, *Wanderings* (1917)

AAP invites you to participate in monthly meditations on the first of each month. You choose the duration of the meditation, and how long to meditate, and how to meditate. Know that others will be with you in space/time.

You may choose to meditate on Listening as a deepening practice throughout the month.
The systemic constellation method, developed by German psychotherapist Bert Hellinger, offers a tool that can depict complex interconnections within systems in a clear and simple way. Groups have unconsciousness. During the constellation process, the unconsciousness becomes visible.

In the words of Bert Hellinger: “An awareness of the basic orders of life helps us to support love and help that love to grow and thrive. These orders are not invented, or imposed, but rather discovered... When I speak of orders of love here, it is essential to look as carefully as possible to see whether these things are actually true, and this examination must be made even when it seems to offend our sense of how things are. Reality doesn’t always match our wishes and hopes... Our knowledge and awareness are like life itself, a flowing, changing experience that grows bit by bit”.

I chose Molly Brown as a “client” to represent the psychosynthesis community. When asked, what is not going well with psychosynthesis today, Molly stated that there is not much interest in PS in the general population, the centers are closing and she would like to see PS alive and vital. This was an original point of departure – how do we move from Psychosynthesis today to the Psychosynthesis of Molly’s vision, and what can we discover along the way? What would help? What are the obstacles?

In the initial set up of PS Today, PS of the Future, and Public, the whole group saw very clearly what we probably already know – PS Today looked at the Public but was reporting feeling very weak, lost and confused and needing support. It also wanted to move toward the Public, but couldn’t – it felt stuck. PS of the Future was looking into wide open Space. And the Public was looking at PSToday but was generally unsatisfied, something was not right.

This was a picture presented to us – and doesn’t it sound familiar?

I will not describe the process of the constellation itself, for it is almost impossible to describe – those present in the room experienced for themselves the palpable and powerful field that we operated in. As representatives of different concepts entered the field, we all saw – frame by frame – the truth unfolding right before our eyes.

I would like to summarize an important finding of the constellation which points the way from PS of Today to PS of the Future:

1. A connection to our ancestral roots. It became very clear and explicit that honoring our lineage and connection to Roberto Assagioli is an important movement toward PS feeling strength and vitality again. It was expressed by a deep bow from PS Today in the constellation, as well as by introducing the Public to Roberto and Roberto to the Public. That allowed PS to turn around and say, “Now I... continued next page
can look forward. And Roberto always has to be with me”.

2. Deep suffering of the Public needs to be acknowledged and addressed.

3. Public is reached by making a conscious connection, where PS clearly states that it sees its suffering and explicitly points to how it can address its needs.

4. Hope/Spirit connection is very important in bringing it all together.

Here are few comments from participants:

“I found the entire constellation process quite powerful and dramatic, somewhat like the ancient Greek theater where the actors become their part once their mask is on. It was a stretch for me... I nominally accepted the premise that any individual could “receive” the energy of the concept or role they played. This became poignantly apparent when Value [what Public needed] sank to his knees then sat cross-legged on the floor, looking down, voicing pain, suffering and aloneness. The message: what Public needed was an end to suffering even though he didn’t know much about that... I was so impressed with the openness of the players to the energies of their role, as sometimes they had to express what could be construed as uncomfortable ideas. They did it anyway, remaining true to their experience... While this process seemed so slow, in actuality within two hours a fundamental need was uncovered that we in psychosynthesis have the tools to meet... I’m glad I stretched.”

“...When Roberto was added, the energetic shift was tangible. There was an electricity in the air, and the sense that his presence had been missing, particularly for Old PS, was amazing”.

“He [Needs of People] faced New PS and said “I’m suffering and don’t know what to do.” She says “I hear you ... you have a place here”.

“Public was looking for the added value of PS to have more interest in PS. Representing the “Added Value” changed into the state of suffering and pain, that the public was not in touch with, just the need to survive. Totally disconnected from everything, no hope, self-contained to survive”.

“The Constellation Work was for me the most important and powerful time and energy of the Retreat... It is not such an easy task to uncover unconscious dynamics, but given the premises under which Constellations form, this form gave AAP and psychosynthesis the gifts of bringing to light that which needs our attention. First of all, it was masterfully led, sensitively and respectfully, not as a mere exercise, but as a ritual of calling on the Ancestors for help in identifying what PS is needing to make more conscious at this time. This intention elevated the energy of the entire group to open to the superconscious qualities needed”.

“What JOY when RA came into the scene, bringing with him the confidence, dignity, directness, and Presence that PS Today so much needed – to be able to move.”

“This work still needs to be grounded in AAP – we need the qualities of courage, fearlessness, and the recognition of possibilities to go forward into the future serving the common good, and recognizing the Living Reality that drives theory!”

“As we came into circle it felt complete, healing, wholeness was happening!”

The main purpose of constellation work is to reveal what is already true. We learned a lot from it. And now it is up to us to carry these insights forward.

A blog was created at http://futureofpsychosynthesisinnorthamerica.blogspot.com/ for the specific purpose of sharing, among our community, how we can carry the insights from the Constellation forward. The blog also has a more detail description of the Retreat. Please visit the blog and participate in the discussion. See the specific constellation findings above and offer a comment: what does it mean to you? how do you see us as a community implementing what was learned?
Holding the Vision draft, Contribution to World products, underlying contradictions draft, 2010 priorities, and constellation work in a creative tension we then self-organized co-creative groups to address some of the issues.

After considerable discussion attendees were asked to brainstorm and then prioritize ideas or strategies to assure a bright future for Psychosynthesis in North America. Higher numbers equal higher priority. The list included:

1. Bridge Social Psychosynthesis and Personal Psychosynthesis. 1
2. Identify requirements for website, including blogs, social networking tools. 13
3. Yoda – direct the force and empathic presence. 4
4. Understand and empathize with suffering of the public – learn how to encounter and respond to the needs. 13
5. Collaboration among Psychosynthesis thinkers. 3
6. Nourish AAP. 1
7. Maintain rootedness to Assagioli. 4
8. Focus on accreditation regarding the core concepts, experiences. Sort out and enhance the relationships between the centers, 14
9. Share Psychosynthesis techniques and best practices amongst the community. 7
10. Walking the walk – Living it. Create an example.
11. AAP – remain with same name or change? 13
12. Simplify message of Psychosynthesis – love. 12

Three groups then self-organized around three of the items:
Group 1 – Understand and empathize with the suffering of the public. The emphasis was on learning how to identify, encounter and respond to the needs of the public in a way that would draw the public to Psychosynthesis.
Group 2 Yoda – direct the force and empathic presence.
Group 3 – Focus on accreditation regarding the core concepts, experiences. Sort out and enhance the relationships between the centers.

The overarching theme of Strategic Directions session evolved into the need to reach out and empathically connect with the public using elevator pitches, stories, articles etc. via the website and social media to attract people to Psychosynthesis. Several people indicated their intention to begin drafting these items after the retreat. Others were planning to engage the website development group.

**Group 1 Summary**
**The Simplify Message / Love Group**
Our feeling was that to simplify our message would make psychosynthesis more readily available to individuals, groups and ultimately to society, and that the core message is Love. We believe the some of the core messages to be mindful of are:
1. Connect with heart
2. Respond from heart
3. Participation invited
4. We are here for service to the world

To do this we propose:
1. Identify needs of individuals, groups and society
   A. Suffering of various types: addictions (alcohol, drugs, food, sex, work, etc.), parenting issues, relationship issues, general stress, food & body issues (bulimia, anorexia, etc.), financial issues, health stress
2. Identify simple but specific and concrete words to describe what psychosynthesis offers
   A. To the general community/individuals.

Preliminary simplified messages identified:

continued next page
Strategic Directions (continued)

a. You are more than you know
b. A part of you is radiant and perfect
c. Even though there are parts of you that feel lonely/unwanted/unloved/undeserving, please know that all of you/your parts belong and can be welcomed
d. There’s a way you can come to accept all of your parts. The first step is to find and discover who those parts are
e. Challenges and what seem like bad choices indicate underlying needs and an attempt at solution

B. To the psychosynthesis community
   a. support for each other
   b. support for each other’s psychosynthesis outreach
   c. to make psychosynthesis accessible: each of us accessible to each other as comrades on the road

3. Develop an ‘elevator speech’, a short (25 words or less) sentence to describe what psychosynthesis offers.
   A. Each of us to come up with our own personal sentence
   B. Develop a general sentence that could be on the website

We imagined that as we simplify and solidify the messages, infused with love and an offering of healing possibility, this organized messages could be used for:
1. Theme, information or articles for the AAP website, blog, and social media sites
2. Each of us could consider how our own personal website and media exposure offers simple solutions to the challenges facing individuals, groups and society
3. We would be aware of the gifts psychosynthesis offers in our supportive interactions with each other

Group 2 Summary
The Yoda Power/ Empathic to Human Suffering Group

Our discussion began with Molly wanting to “get” human suffering from the viewpoint of those experiencing it, by going to a local family center and simply asking them about it for example. The following points emerged:
1. Need to be empathically present to suffering in self and others.
2. We are capable of dealing with suffering through psychosynthesis conceptual background.
3. Creatively offering a safe space using language they understand, where people feel accepted and free to be themselves.
4. We have to do our own work ALL THE TIME.
5. Sharing knowledge about processes for working with suffering.
6. Therese Caveney shared her work. The diagram on the board represents the polarity between an individual’s need to be distinct [a triangle] and connected [a circle], an arrow representing the tension between the two, both contained within the Self [a yin/yang style image], and the cause of that dichotomy which is the primal wound.
7. Public venues – family service centers, workshops.

Group 3 Summary

The team presented their report with a blank page. The focus of accreditation at this time in history is to collaborate with other training centers to compile an agreed upon set of standards for formal accreditation. The blank page appeared to signify that there will be ongoing dialogue among those who do training in order to move in the direction of realizing the vision element of formal accreditation in North America.

— Peter Stonefield

2012 Psychosynthesis Conference in Italy
July 21 - 24
http://www.psicosintesi.it/en/psychosynthesis-world

Let the beauty of what we love be what we do.
There are thousands of ways to kneel and kiss the ground.
- Rumi
Hedwig Weiler Becomes a Member of AAP Advisory Board

Hedwig Weiler has become a member of the AAP Advisory Board. She was added to the Board by a unanimous vote of the AAP Steering Committee during the May 2011 meeting. Her bio, which follows here, can be found on her website: www.centerforawakening.org

Hedwig (Hedi) M. Weiler, MSN, APRN-BC, LCSW has been a practitioner and teacher in health care, mental health, healing, personal transformation and active in community building most of her life. She founded the Psychosynthesis Center of Wisconsin and was one of the founders of the Center for Awakening (CFA). Along with Carla Peterson she now coordinates the CFA Psychosynthesis Program. She teaches psychosynthesis courses on all levels and advanced seminars for mental health practitioners. She conducts retreats and teaches reflective, receptive and creative meditation.

A member of AAP since its inception, Hedi served, for six years, from 2003 to 2009, on the Steering Committee as Group Life Chair, Secretary and for the last two years as Co-chair. She has presented at AAP conferences and continues to be involved in the organization.

Although she finds inspiration from a wide range of traditions and philosophies, for over 30 years Hedi has been a student of the Ancient Wisdom Teachings written by Alice Bailey. Most recently she felt called to join the Religious Society of Friends (Quakers).

After living in Madison, WI for 33 years, Hedi moved to Charlotte, North Carolina in 2005. She delights in learning about living in such a beautiful part of the country. The exotic fragrances of flowers like the magnolia, gardenia and mimosa drifting through the air still feels magical to her.

Hedi Studied with Tom Yeomans, Robert Gerard, Pierro Ferrucci, and in England the Trust and the Institute. She is widely respected, in Europe and in North America.

Since 1990, as a way to get psychosynthesis “out there”, Hedi has developed and taught courses on personal and transpersonal psychosynthesis, as well as led seminars for Licensed Professional Mental Health practitioners. She has conducted ongoing introductory programs in all kinds of settings – including University of WI - Madison, Edgewood College in Madison WI, and more. She has been instrumental in community building.

Hedi’s most recent project was a reading group on Roberto assagioli’s psychosynthesis, using the internet and phone discussion mode. She is presently getting a conversation going on the International Psychosynthesis Dialogue on ideas for short presentations on psychosynthesis.

Welcome to the AAP Advisory Board, Hedi. Your unique contribution is of great value to the future of psychosynthesis.

Welcome to new and returning members

New Members:
Achalan Gene Bennett  San Francisco, CA
Alan Steinberg  Brattleboro, VT

Returning Member:
Sheldon Kramer  San Diego, CA

2011-12 Steering Committee

Judi White, Co-chair
Sharon Mandt, Membership
Ellen Faith, Secretary
Audrey McMorrow, Treasurer
Patrick Dufour
Dirk Kelder
Inessa Mil'berg
Dori Smith
Psychosynthesis Made Easy, a psychospiritual psychology for today, by Stephanie Sorrell, published by O Books, June, 2011 $12.95

This is an introduction to psychosynthesis as a complete psychology for anyone who is interested in gaining an insight into Roberto's Assagioli's work with a view to having counseling themselves or considering training as a therapist. It begins with where psychosynthesis stands in the historical arena of analytical, cognitive, humanistic and transpersonal psychology, together with the influences which shaped Assagioli's ideas and pushed him into developing a psychology that embraced both soul and spirit. For example, his mother was a theosophist and, being brought up in the Jewish mystical tradition, he was influenced by the Kabbalah as well as receiving the mandatory schooling in Dante's 'Divine Comedy'. Chapters include subpersonalities, the egg as a model of consciousness, the Will, the power of relationship and the use of symbols and imagery. There is the inclusion of a hypotheticical counseling session to demonstrate how psychosynthesis translates into the client/therapist relationship.

Additionally, the end chapter describes Assagioli's unique inclusion of the natural world and his respect for the natural environment which is gaining more credibility today. He writes:

Altruistic love is not limited to the members of the human family. It can also embrace all living things in the animal and vegetable kingdoms of nature. . . . . . . . . . One might say an increasingly conscious sense of this universal brotherhood is behind the growing trend toward the cultivation of harmonious relations with the environment. This is the higher and broader aspect of ecology.

Events

Two-weekend

Basic Principles Intensive

September 30, October 1 and 2 & October 14, 15 and 16, 2011 Montreal, Quebec

Emphasis is on experiential learning. Methods include imagery, art, journaling, movement. Topics include subpersonalities, false self-models & the authentic self, the observer & the centered “I”, choice & the Will, the higher Self, transpersonal qualities. Inner process work and learnings will be complemented and supported by short theoretical presentations and small- and large-group sharings and discussion.

Complete as a transformational experience in itself, this Intensive is also the prerequisite for those wishing to apply for a Foundation Year in psychosynthesis.

Leadership: Olga Denisko, Founding director/head trainer of Psychosynthesis Pathways of Montreal (PPM), has been a psychosynthesis practitioner since 1978. She has conducted professional training programs in Nova Scotia as well as in Montreal and also offers workshops for the general public.

Libby Parker, a graduate of Psychosynthesis Pathways, has been in private practice since 1996. She is also founder of “Solutions from Within,” which offers psychosynthesis-based courses and programs dealing with personal development for women, and co-founder (with Suzanne Pretten) of Psychosynthesis Renaissance, a new school being established in affiliation with Psychosynthesis Pathways of Montreal.

Cost: $450. Place: Central Montreal

A brochure with an application form is available to send out to interested people.

To register or for more information, please contact: Olga Denisko at (514) 484-5383 or olgajay20@yahoo.ca -or- Libby Parker (514) 222-1471 (cell) or info@solutionsfromwithin.ca

For an extensive listing of Psychosynthesis and related books, visit http://two.not2.org/psychosynthesis/
We are now living in such fear. It is a kind of prison... We have to be the change we want to see in the world...

We must first do introspection.”

Arun Gandhi, grandson of India’s legendary leader Mohatma Gandhi
Speaking in Mason City, Iowa on Sunday, April 3, 2011

MEDITATION WORKSHOP

More and more of us are searching for ways to maintain inner calm and steadfastness as the world tumbles around us. Meditation is one avenue for helping us to wind our way to that inner place where all is possible.

In this workshop we will explore meditation generally, reasons for meditating, some ways to meditate, obstructions to meditating and ways to overcome them. It will all be done within the framework of Psychosynthesis*. By the end of the workshop, you will have had the opportunity to practice and determine from your own experience how you wish to proceed.

6-9 p.m. Friday, July 29th and
9:30 a.m. to 5 p.m. July 30th
Lakeside at Knorr Lodge in Bell Harbor
Clear Lake, Iowa

Instructor Hedwig M. (Hedi) Weiler
$75 includes lunch Saturday and materials
Space is limited.
Register by e-mailing
awakeningwkshop@gmail.com
or calling 641-357-6333

Hedwig Weiler MSN, APR-BC, LCSW, founded the Psychosynthesis Center of Wisconsin, helped found the Center for Awakening and is currently one of the coordinators of the Psychosynthesis Program of the Center for Awakening. For more than forty-five years, she has been a practitioner and teacher in health care, mental health, healing, personal transformation, and community building. She has developed and teaches all levels of Psychosynthesis courses as well meditation and conducts workshops and retreats.

*Psychosynthesis is a psycho-spiritual framework for understanding and working with self and others in the ongoing process of growth and change. It was first formulated in 1910 by the Italian psychiatrist and wise being, Roberto Assagioli. See centerforawakening.org for more information about Psychosynthesis.
History Book Update

To all who have pre-ordered the History Book the AAP Steering Committee apologizes for the inconvenience of the unexpected, lengthy delay in the publication of this important document. Presently all chapters are being compiled and transferred to a pdf, and the design and graphics are being finalized. A printer has been found who can do the job at a reasonable price and with the high quality specifications desired. Hopefully, everything will go smoothly now and the book will be published very soon.

The Deep River Within:
Living a Soulful Life in a Speed-Obsessed World

Saturday, July 9 from 9:30 a.m. to 4:00 p.m.
Naugatuck, Connecticut.

for more info / flyer
Abby Seixas <abby@deepriverwithin.com>
http://www.deepriverwithin.com/eventsdeepriverw.html

News from Montreal, Canada

Olga Denisko, director & head trainer of Psychosynthesis Pathways in Montreal announces that Libby Parker and Suzanne Pretten, have established a new training centre, Psychosynthesis Renaissance. She now feels she can go ahead with semi-retirement, knowing that the training conducted by Psychosynthesis Pathways for many years will be continued by two solid and skilled trainers.

Olga will lead a Basic Principles workshop with Libby (see announcement in the EVENTS section of previous page). Then, Psychosynthesis Renaissance will gradually be taking over the three-year training program, with Olga’s role shifting to occasional guest leader of weekends and mainly a consultant, as Libby and Suzanne require.

Olga Denisko
(514) 484-5383 or olgajay20@yahoo.ca

Thank you to Dirk Kelder and Judi White for putting together this issue of the E-News.

Editor’s note: We look forward to your contributions and suggestions for our next issue. The deadline is July 17. Please send to aap.input@gmail.com. Thank you!