



*Friends Conference*

*on Religion and Psychology*

## CONFERENCE PROGRAMS

1943-2014

**Originally Compiled by  
Richard A. (Dick) Bellin**

**June 2011**

Added to by  
Susan Brown,  
FCRP Webmaster,  
after Dick left

## **Acknowledgment**

Several people helped to collect and review past Conference brochures, including Lucy Eddinger, Dorothy Reichard, and Penelope Yungblut. I particularly want to thank George Sinnott, who accompanied me to the Friends Historical Library at Swarthmore College to copy much of the early material from the Conference archives.

Information from the early years is still incomplete. If additional material becomes available it will be added.

## Topics and Speakers

- 1943 *Nature and Laws of Our Spiritual Life* Howard Brinton, Douglas Steere, Panel discussion
- 1944 *Psychiatry and Religion* Anton Boisen, Gilbert Kilpack, Panel discussion
- 1945 *Prayer and Modern Man* Hornell Hart, Panel discussion led by Robert Clark
- 1946 *The Search for Inner Life and Peace* Dryden Phelps, Mary Stein, Elined Kotschnig, Henry Cadbury
- 1947 *Symbols as Tools of Spiritual Growth* Martha Jaeger, James Forsythe, Werner Heider
- 1948 *Growth Toward Wholeness* Thayer Smith MD, Gerardina Van Daltsen, Gilbert Kilpack, J. Calvin Keene, Jesse Holmes
- 1949 *The Child Within: Discovery, Acceptance, and Nurture* Dora Willson, Elizabeth Anthony, Joseph Myers, Martha Jaeger, Derek Kitchin
- 1950 *Our Eternal Ground and Estrangement & Reunion* Gerald Heard, Paul Tillich, Howard Brinton
- 1951 *Creation from Conflict* Riwkah Schaerf, J. Calvin Keene, Elined Kotschnig
- 1952 *The Choice Is Ours* Clarence Pickett, Izette deForest, Thomas Bighan, Margret Ostrowski, Katherine Paton
- 1953 *Religion, Psychology and Education* Fritz Kunkel
- 1954 *Intimations of Immortality* Daisetz Suzuki, Calvin Keene, Elined Kotschnig
- 1955 *Living in Relationship, or The Conflict of Cooperation* Elizabeth Howes, Sheila Moon, Luella Sibbald
- 1956 *Male and Female Created He Them: Sexual Difference in Relation to Wholeness* Irene Pickard, Albert T. Mollegen
- 1957 *The Roots and Fruits of Hostility* Leon Saul, MD, Robert Clark, MD
- 1958 *The Life of the Spirit Today: Spiritual Growth Through Group Search* Ira Progoff
- 1959 *The Authority of the Spirit in Quakerism* Howard Brinton, Joseph & Teresina Havens
- 1960 *Religious Experience and Its Communication —In Christian Tradition & Eastern Religion* Arthur W. Hummel, J. Calvin Keene
- 1961 *Paradoxes of Life and Death* Harmon Bro
- 1962 *Paradoxes of Rebirth* Harmon Bro
- 1963 *The Search Will Make You Free* Bernard Phillips
- 1964 *Wholeness and Prayer* Thomas Hora, M.D.
- 1965 *Psychological Aspects of the Negro-White Revolution* James Whitney, M.D.
- 1966 *Creative Encounter* William Stewart Nelson
- 1967 *Male & Female: Journey to Self Through Meeting, Myth & Dream* Christine Downing, Richard Underwood
- 1968 *The Essence of Manhood and Womanhood* Elined Kotschnig, John Yungblut
- 1969 *Anger and Personal Growth* Ira Progoff
- 1970 *Touchstones of Reality: Beyond Psychologism and "Self-Realization"* Maurice Friedman
- 1971 *Wrestling with the Daimonic* Mary Carol Richards, Dorothea Blom
- 1972 *Beyond Autonomy* Edith Wallace, Robert Scholz
- 1973 *Survival in a Mad Society* Douglas Heath
- 1974 *Separating and Connecting* Christine Downing, Jan Clanton, Diedrick & Barbara Snoek, Joseph & Teresina Havens, Helen Bonny, Christopher Beck
- 1975 *Healing* June Yungblut, Nancy Kline, Amy Kurkjian, Estelle & Jean Burroughs, Frank Culley, Michael Projenski
- 1976 *Exploring Myths We Live By* Joseph Campbell

1977 <i>The Child Within</i>	Clare Keller, David Hart, Douglas Hitchings
1978 <i>The Mysteries of Change</i>	Edith Sullwold
1979 <i>In Darkness and in Light</i>	Taylor Oughton, Herta Joslin, Diedrich Snoek
1980 <i>The Path of the Heart: Aspects of Love</i>	Louis Savary
1981 <i>In the Service of Divinity</i>	Rachel Hillel, Silvio Fittipaldi, Joe & Teresina Havens
1982 <i>Engaging the Feminine</i>	Silvio Fittipaldi, Herta Joslin
1983 <i>Opening the Way of the Spirit in the World</i>	Robert Johnson
1984 <i>Walls into Doorways</i>	Elise Boulding
1985 <i>Meeting the Stranger</i>	Mimesis with Samuel And Evelyn Rothchild Laeuchli
1986 <i>Chrysalis: No Longer Who We Were , We Know Not Who We May Become</i>	Marion Woodman
1987 <i>The Wounding and Healing of Men</i>	Robert Bly
1988 <i>Befriending Creativity, Befriending Our Divinity</i>	Matthew Fox
1989 <i>Witnessing the Fire: Addiction and Transformation</i>	Linda Leonard
1990 <i>Power and Grace in a World of Shards: Gathering the Fragments to Heal Earth and Self</i>	James A. Hall M.D.
1991 <i>A Natural Fire: Patience and Passion on the Spiritual Journey</i>	David Whyte
1992 <i>Meeting the Holy Shadow: Our Role as Incarnators of the Divine</i>	Janet Dallett
1993 <i>Leaving My Father's House: Finding My Own Voice</i>	Marion Woodman
1994 <i>"Renaming the World:" Seeking Anew, Afresh, Again</i>	Elizabeth Watson
1995 <i>"Forced into Its Nature:" Masculine Aggression as a Path to the Soul</i>	Eugene Monick
1996 <i>Deeper into the Heart: Opening through Meditation</i>	Mary Orr
1997 <i>Embracing the Mystery of Change</i>	Carol Pearson
1998 <i>The Truth about Adulthood: Tales from Around the World</i>	Allan Chinen
1999 <i>Patterns in Mind, Nature and Psyche</i>	Michael Conforti
2000 <i>Change, Language and Healing: Challenging Our Cherished Assumptions</i>	Robert Duggan
2001 <i>Understanding Patterns of Denial</i>	Michael Conforti
2002 <i>Taking the Celtic Bull by the Horns</i>	Sylvia Brinton Perera
2003 <i>Sparks of the Divine: Finding God in Unexpected Places</i>	Drew Leder
2004 <i>Trauma and the Soul</i>	Donald Kalsched
2005 <i>The Path Outward from the Deepest Place: Toward Ecological, Cultural, and Psychological Healing in Community</i>	Mary Watkins
2006 <i>A Deeper Vision of Spirituality and Evil</i>	Lionel Corbett
2007 <i>Eco-Centric Development Crossing into the Mysteries of Nature and Psyche</i>	Bill Plotkin
2008 <i>Collective Wisdom: Group Alchemy for a New Consciousness</i>	Alan Briskin
2009 <i>Healing Through the Dark Emotions</i>	Miriam Greenspan
2010 <i>Towards a Radical Democracy of Spirit The Mystical Roots of America</i>	Jeff Kripal

2011 *Eastern Light: Quaker Spirituality  
Viewed Through the Lens of Buddhist  
Practice*

**Steve Smith**

2012 *The Inseparable Body and Soul:  
Complexes, Dreams and Shadows*

**Barbara Goodrich-Dunn**

2013 *Trauma and the Soul: Part II*

**Donald Kalsched**

2014 *The Journey of Healing: From  
Jung to Neurofeedback*

**Stephen and Robin Larsen**

FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY

Early Programs

1943

*Nature and Laws of Our Spiritual Life*

*The Heritage of the Society of Friends in its Group Religious Life* **Douglas Steere**

*The Development of the Individual Inner Life*

Panel with **Robert English, Joseph Myers, Teresina Rowell, Dora Willson, Rachel Cadbury**

*The Pastoral Function of the Friends Meetings* **Howard Brinton**

*Training in Pastoral Psychology* **Dr. Martha Jaeger, Dr. Robert Clark, Dr. Eva Lewis Smith**

1944

*Psychiatry and Religion*

*Religion and Crises Experiences* **Anton T. Boisen**

**Discussion Commissions**

- *Inner Life of the Individual*
- *Spiritual Development of the Group*
- *Pastor Care*
- *Religion and Psychiatry.*

*The Discipline of the Group, A Quaker Contribution to the Nurture of the Spiritual Life*  
**Gilbert Kilpack**

*George Fox Among the Doctors* **Anton T. Boisen**

1945

*Prayer and Modern Man* **Hornell Hart**

Panel Discussion led by **Dr. Robert Clark**

1946

*The Search for Inner Life and Peace*

*The Religious Way to Inner Life and Peace* **Dr. Dryden Phelps**

*Religious Psychology, a search for understanding the human nature as a means of releasing the divine nature* **Mrs. Mary Stein**

*Deepening of Spiritual Life through Fellowship Groups* **Elined Kotschnig**

*George Fox's "Book of Miracles"* **Henry J. Cadbury**

1947

*Symbols as Tools of Spiritual Growth*

*Functions of Symbols*            **Dr. Martha Jaeger**

*Living Symbols in Literature* **Dr. Werner Heider**

*Quakers and Symbolism*        **James Forsythe**

**Resource people**

**Teresina Havens, Elizabeth Yarnell, Dora Willson, William Cleveland, Elined Kotschnig**

1948

*Growth Toward Wholeness*

*Interrelatedness of All Life*            **Dr. Thayer Smith**

*Contribution of Psychology to Wholeness of Life*            **Gererdina L. van Dalfsen**

*Contribution of Religion to Wholeness of Life*            **Gilbert Kilpack**

Summary and review            **J. Calvin Keene, Jesse Holmes**

1949

*The Child Within: Discovery, Acceptance, and Nurture*

*Self-Discovery*            **Dora Willson**

- *Writing as a means of self-discovery*            **Elizabeth Anthony**
- *The Use of Dreams for Self-Discovery*            **Joseph Myers**
- *Neurosis as a Means of Self-Discovery*            **Dr. Martha Jaeger**

*Acceptance*        **Dr. Martha Jaeger**

*Nurture*            **Derek Kitchin** (London Guild of Pastoral Psychology)

1950

*Our Eternal Ground and Estrangement & Reunion*            **Gerald Heard and Paul Tillich**

Resume by **Howard Brinton**

1951

*Creation from Conflict*

*How to Meet Conflicts*                      **Elined Kotschnig**

*Satan—The Adversary in the Old Testament*                      **Riwkah Schaerf** (Jung Institute, Zurich, Sw.)

*Individuals in a World of Conflict*                      **J. Calvin Keene**

1952

*The Choice Is Ours*                      Clarence E. Pickett

*The Final Step: Reconciliation*                      **Izette de Forest**

*Limitation and Freedom*

- *Paintings*                      **Margret Ostrowski**
- *Films*                      **Katharine Paton**

*Creative Use of Freedom and Imagination*                      **Group activities**

- *Breathing Therapy*                      **Ruth Hart**
- *Creative Prayer for Inward Healing*
- *Creative Writing*                      **Mildred Brown**
- *Dish Gardens*                      **Sally Dirks**
- *Group Creative Experience*                      **Rachel DuBois**
- *Painting and Clay*                      **Martha Jaeger**
- *Psycho-Drama*                      **Dorothy Davison**

*The Next Ten Years*                      **Thomas. Bighan**

1953

*Religion, Psychology, and Education*

*Contribution of Religious Psychology to Our Spiritual Growth,  
Religious Psychology as a Tool for Education*                      **Fritz Kunkel**

**Creative Activity groups:**

- *Role-Playing*
- *Breathing Therapy*
- *Creative Activity for the Hands*
- *Creative Counseling*
- *Creative Group Conversation*
- *Creative Prayer and Bodily Healing*
- *Creative Writing.*



1954

*Intimations of Immortality*

*Living in the Light of Eternity*      **Dr. Daisetz Suzuki** (Oriental Scholar and Zen Buddhist)

(Method and mood set for leaders prior to the Conference)

**Creative Activities**

- *Painting*      **Rudolph Ray**
- *Writing*      **Mildred Tongo**
- *Creative Conversation*      **Mew Li**
- *Tao*      **Chao-li Chi** (Chinese Dancer)
- *The I Ching*      **Martha Jaeger**
- *Relaxation*      **Beth Bolling**
- *Breathing Therapy*      **Ruth Hart**

1955

*Living in Relationship, or The Conflict of Cooperation*

*The God-Man Community*      **Elizabeth Howes**

**Seminars**

- *A Navajo Myth*      **Sheila Moon**
- *Passages from the Gospels*      **Elizabeth Howes**
- *Two Fairy Tales*      **Louella Sibbald**

(all from The Guild for Psychological Studies, California) .

**Creative Workshops**

- *Creative Forms of Expression*      **Dr. Martha Jaeger**
- *Body in Motion*      **Beth Bolling**
- *Group Conversation*      **Dr. Rachel Davis Dubois**

1956

*Male and Female Created He Them: Sexual Differences in Relation to Wholeness:*

**Lectures**

- *Sexual Differences in Relation to Wholeness* Irene Pickard
- *Male and Female Created He Them* Albert T. Mollegen

**Interest Groups**

- *Creative Writing*
- *Dish Gardens*
- *Music and Movement*
- *Creative Painting*
- *Breathing and Meditation*

**Discussion Groups**

- *Experiment in Depth*
- *Parent-Child Relationships*
- *Growth in Marriage*
- *Unmarried Adults, The Interrupted Marriage*

**Final Discussion**

- *Relation of findings to the Society of Friends in its attitudes regarding sexual problems of our day*

1957

*The Roots and Fruits of Hostility*

Lecture Leon Saul, M.D. (Professor of Clinical Psychiatry, University of Pennsylvania)

**Creative Techniques**

- *Meeting Hostility in Others* Robert Greenleaf
- *Painting* Esther Greenleaf
- *Writing* Elizabeth Swayzee
- *Role Playing* Garda Bowman
- *Group Conversation* Mew Li
- *Music and Movement* Beth Bolling
- *Records of Jesus* Mary Morrison
- *Meditation* Martha Jaeger

**Application of Theme to Friends Meeting**

**1958**

***The Life of the Spirit Today: Spiritual Growth through Group Search***

Text: *The Cloud of Unknowing*

**Lectures      Ira Progoff**

- *Spiritual Dilemma of Modern Man*
- *The Cloud of Unknowing*

**Round Table**      *Experiment in Depth*

**Small Groups**      *Discussion of The Cloud of Unknowing*

**1959**

***The Authority of the Spirit in Quakerism***

**Lecture**      *The Authority of the Inner Light in Quakerism*      **Howard Brinton**

**Seminars**      *Toward a Pastoral Theology of the Holy Spirit*  
[From *Pilgrims of Yesterday and Today*, .by **Joseph and Teresina Havens**]

**Small Group Discussion**

**FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY  
Haverford College      Haverford, PA      June 10 - 12, 1960**

***Religious Experience and Its Communication  
—In the Christian Tradition and in Eastern Religions***

**Lectures**

*Communication of Religious Experience*      **Arthur W. Hummel,**  
formerly Chief of Division of Orientalia, Library of Congress [Friday evening]

*Communication of Religious Experiences*      **J. Calvin Keene,**  
Professor of Religion, St. Lawrence University [Saturday morning]

**Discussion In Small Groups** [Saturday morning]

**Creative Activities** [Saturday afternoon]

- |  |                       |
|--|-----------------------|
| • <i>Quaker Dialogue</i>                       | <b>Rachel DuBois</b>  |
| • <i>Eastern Techniques For Centering Down</i> | <b>Martha Jaeger</b>  |
| • <i>Painting</i>                              | <b>Caroline Kelly</b> |
| • <i>Clay Modeling</i>                         | <b>Wallace Kelly</b>  |
| • <i>Self-Knowledge</i>                        | <b>Mew-soong Li</b>   |
| • <i>Religious Communication In Music</i>      | <b>Charles Perry</b>  |

**Seminar On Religious Experience and Its Communication** [Saturday evening]

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**FCRP 1961**

**FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY**  
**Haverford College                      Haverford, PA                      June 16 - 18, 1961**

*Paradoxes of Life and Death*

**Lectures by Dr. Harmon H. Bro**

*Death In Life*

*Life In Death*

**Small Group Discussion**

**Creative Activities**

**Seminar with Dr. Bro**

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*Paradoxes of Rebirth*

**Lectures by Dr. Harmon H. Bro**

*Social Renewal — Loosing To Bind*

*Individual Renewal —Losing To Find*

**Discussion in Small Groups [Saturday morning]**

**Creative Activities [Saturday afternoon]**

- *Painting And Clay*                      **Wallace and Caroline Kelly**
- *Renewal in Music*                      **Charles Perry**
- *A Fairy Tale*                              **Gladys Taylor**
- *Ideas Of Renewal In Poetry*              **Helen Stark**
- *Finding A New Form*                      **Anna S. Morris**
- The Woolman Nature Walk

**Film Saturday 7:15 PM**

*Face To Face* — A filmed interview with Dr. Carl Jung



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*The Search Will Make You Free*

**Theme**

All attempts to spell out the way to Life result in the limiting of Life. Yet, without guidance how shall man proceed? Is there a third alternative offering a “wayless way” to spiritual freedom?

**Speaker**

**Dr. Bernard Phillips**, Chairman of the Department of Religion at Temple University, has served as a Fulbright Professor in both India and Japan and has been a member of the faculty in the University of Minnesota, University of Delaware, and the New School for Social Research in New York. He received his Doctorate from Yale University.

**Lectures**

*Gospels That Confine The Human Spirit*

*The Unending Search For Freedom, And Its Fruits*

**Discussion in Small Groups**

- Friday Evening 9:00PM
- Saturday Morning 11:00AM(?)

**Other Creative Activities**

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*Wholeness and Prayer*

**Thomas Hora, M.D.** will lead the group considerations with two lectures on *Wholeness and Prayer*.

**Dr. Hora** was born in Czechoslovakia where he received his medical education at Prague. He achieved his psychiatric training in Budapest, Hungary, and his psychoanalytic training in this country. Dr. Hora is in private psychiatric practice in New York City. He also lectures and teaches and is the author of numerous articles and papers published in various scientific journals in this country and in Europe. He has been especially helpful in stimulating Friends' groups and individuals to explore more deeply their relationship to God-being.

**Small Discussion Groups**

- Friday Evening 9:00PM
- Saturday Morning 11:00AM

**Other Creative Activities**

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**FCRP 1965**

**FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY**  
**Haverford College                      Haverford, PA                      June 11 - 13, 1965**

***Psychological Aspects of the Negro – White Revolution***

Lectures by **James G. Whitney, M.D.** a Jungian Analyst from Berkeley, CA

*Jung: A Dissenting Voice in Contemporary Thought*

*Our Responsibilities to Understand the Collective American Dream*

**Small Discussion Groups**

- Friday Evening 9:00PM
- Saturday Morning 10:30AM

**Interest Groups              Saturday 1:30 PM**

- *Old Testament Responses To Light And Dark*                      **Katherine Paton**
- *The Collective Aspect of Dream in Relation To Racial Differences*                      **Florence Walker**
- *Insights From Literature*                      **William H. Cleveland**

**Panel Discussion              Saturday 4:15 PM**

*Achievements Challenges, And Opportunities In The Present Crisis*

**William A Coates, Chairman, Helen Baker, Bainbridge Davis, Dr. Whitney**

**Film              Saturday 7:15 PM**

*Nobody Asks What Side You Are On*

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**FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY**  
**Haverford College**                      **Haverford, PA**                      **June 10 - 12, 1966**

*Creative Encounter*

The idea for this conference evolved from our conference last year when we explored *The Roots of Prejudice*. This year we want to venture into the feeling side of our Being and will spend the major part of our common search in creative interest groups.

**Dr. William Stuart Nelson**, Vice-President (and formerly Dean of the School of Religion) of Howard University, Washington, DC, will introduce the subject. Dr. Nelson has degrees from both Howard and Yale Universities and many honorary degrees. He has represented the American Friends Service Committee at conferences in India and in France; was a research Fulbright Scholar in New Delhi in 1958-59, studying the continuing influence of Gandhi upon the thought and life of India; and has visited eleven countries of Africa exploring the view of African leaders on non-violence.

The creative interest groups will meet three times. We will be searching through drama, music, dance, prayer and other activities to experience new insights; into the creative center in ourselves, with our neighbor and with the creative force in the universe (God). Thus it will be important for each participant to remain with the group he starts with and for each registrant to stay for the entire conference. There will be; time for concerns and ideas of individuals and groups to be shared as the conference develops. This open approach will permit the widest possible interplay in creative encounter.



## Leaders in the Creative Encounter Interest Groups

*Choral Speaking*     **Mrs. Flossie Dedmond**, Associate Professor of English, Coppin State College, Baltimore, Md., has degrees from Fisk and Columbia Universities. She has recently returned from a World Festival of Fine Arts in Dakar, Senegal, Africa.

*Clay*     **Selma Burke**, sculptress, studied in New York and Paris for two years, has won various medals and awards in this country. Miss Burke has shared her skill with students in many Friends schools. She has made her home in Bucks Co., for 18 years.

*Creative Rhythms*     **Mrs. Jean T. White**, professor of modern dance at Cheyney University, has degrees from Boston and Temple Universities, has studied at the New England Conservatory under Quan Ven and been active in Creative Dance at *Camp Farthest Out*.

*Creative Symbols In Literature*     **Mrs. Helen Stark**, teaches composition at the University of Delaware, has taught at Brigham Young University in Utah, and some of her poetry has been published. She is the former Librarian of FCRP and served on the Executive Committee for several years.

*Drama*     **William H. Cleveland. Jr.** has degrees from Swarthmore College and the University of Texas, teaches dramatics and religion at George School, and has recently been appointed to serve on a Commission to develop a curriculum on Integrated Arts for High School students in the Commonwealth of Pennsylvania. He is a former editor of *Inward Light* and served on the first Executive Committee of FCRP

*Haiku*     **Herta Rosenblatt** has published a great many poems in the Japanese manner and is considered one of the foremost American artists in this field, A former member of the Executive Committee of FCRP.

*Prayer—Meditation*     **Bhikkhu Vinita** and **William G. Schlecht** Co-leaders.(Bhikkhu is the Buddhist word for a yellow-robed ascetic monk). **Bhikkhu Vinita**, a member of *Vajirarama Monastery*, a world famous Buddhist teaching center in Ceylon, has studied and taught extensively in Western countries. He has founded *Viharas* (retreat and teaching centers) in London, Berlin and Washington, D.C. **William G. Schlecht**, a government scientist, studied chemistry at the University of Minnesota and George Washington University. He is a past President of Washington Friends of Buddhism and Editor of their Bulletin and has been leader of their beginning Zen Meditation Group. He practiced Zen Meditation under Yasulani Hakuun Roshi, Tokyo Zen Master at Pendle Hill.

*Role Playing*     **Katharine Whiteside Taylor**, a specialist in Human Development and Group Dynamics, spent a year in Zurlok, Switzerland, at the *Jung Institute* and has recently returned from a trip around the world beginning with six months in New Zealand, where she was a Fulbright Lecturer on Family Living. She is a member of the Executive Committee of FCRP.

*Rumor Clinic*     **Ruth Conrow**, member of the Executive Committee of FCRP, librarian of the Dora Willson Library, on the Board of the Burlington Co., NJ Human Relations Council.

*Yoga*     **Anadi Naik**, born a Hindu, a writer, practices Yoga as part of his daily meditations. He has been associated with Vinoba Bhave and his Land Gift Mission. A disciple of Gandhi and his principles of non-violence. Anadi is working on ways of putting these convictions into practice. He is now at Pendle Hill.

*Male & Female: Journey to Self through Meeting, Myth, & Dream*

**Plenary**

This will be an. exploration into the journey that leads to wholeness, particularly seeking to understand the mythic, transpersonal dimensions of our encounters not only with others, but with our own inner animus/anima as we struggle to achieve the marriage of the masculine and feminine principles within our own being.

**Speakers**

**Dr. Christine Downing**, a Friend, who is Assistant Professor of Religion at Douglass College, Rutgers University. Her writings reflect her interest in metaphor and myth.

**Dr. Richard A. Underwood**, Associate Professor of Philosophy of Religion at Hartford Seminary Foundation. His more recent papers focus on the necessity of a return to the inward quest.

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FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY  
Haverford College                      Haverford, PA                      May 31 - June 2, 1968

*The Essence of Manhood and of Womanhood*

**Plenary**

How do we relate to and integrate the powerful images that evolve for us maleness and femaleness and that determine, more than we know, the creativeness or destructiveness of our conduct and our relationships? “Only that which is lived attains reality”.

**Speakers**

**Elined Kotschnig**, a Friend, is a member of Friends Meeting of Washington, D. C. She is an Analyst, having had her training under Dr. Carl Jung. She is one of the founders of our Conference and also Editor of *Inward Light*.

**John Yungblut** A Friend, is Director of *Quaker House* in Atlanta, During twenty years in the Episcopal ministry he was deeply interested in the relationship between religion and psychology. He has recently served as Chairman of the National Conference of Friends on Race Relations, and is a member of the working Party for the Future of the Quaker Movement. He and his wife, June, spent some months in Africa for Friends World Committee in 1966.

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*Anger and Personal Growth*

**Plenary**

Many relationships today are exploding in anger and conflict—between students and the Administration, blacks and whites, activist and conservative. If we are not dealing with our anger consciously and constructively we will be dealing with it unconsciously and destructively. Consequently we need all available insight to make creative use of our inner forces.

**Speaker**

**Dr. Ira Progoff** is a well-known psychotherapist, author, lecturer and group leader. He has been on the faculty of the Graduate School of Drew University as the Director of the Institute for Research in Depth Psychology and has conducted direct experience workshops at study centers across the country.

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FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY  
Haverford College                      Haverford, PA                      June 5 - 7, 1970

*Touchstones of Reality: Beyond Psychologism and “Self-Realization”*

**Plenary**

A meeting on equal terms between religion and psychiatry poses the question of the limits of the psyche as a touchstone of reality. By “touchstone of reality” **Maurice Friedman** means neither a metaphysical absolute nor a subjective experience or feeling but a genuine contact with an otherness known only in concrete events and meetings. Beginning with an autobiographical journey, *Maurice Friedman* will point beyond self-realization as a goal in itself to the courage to address and respond.

**Speaker**

**Dr. Maurice Friedman** is an outstanding speaker and the primary scholar-interpreter of Martin Buber. He is the author of numerous books including *Martin Buber: The Life of Dialogue*; *Problematic Rebel*; *To Deny our Nothingness: Contemporary Images of Man*; *Martin Buber: The Road to “I and Thou”*; *The Worlds of Existentialism*, etc. He has taught at the Washington, D.C. School of Psychiatry as well as at numerous other colleges and institutes in the U.S. At present he is Professor of Religion at Temple University and on the teaching staff at Pendle Hill.



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**FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY**  
**Haverford College                      Haverford, PA                      June 4 - 6, 1971**

*Wrestling with the Daimonic*

**Plenary**

Our concern this year will be to explore together the dimension of the daimonic, the realm of inner impulse which is the source of creativity as well as destructiveness. We are too often afraid of the instinctual drives of sex, aggression, and lust for power, which if unchecked can take over and deform the personality, and thus we fail to recognize that they are the source of our creativity. Our cultural and especially our religious ideals have tended to instill in us a static ideal of goodness which strangles and impoverishes life and has left us with a fear of contending with the daimonic realm. We will therefore wrestle with the problem of redefining good and evil, to free ourselves of the stereotypes that bind us to apathy and blandness, that we may be in touch again with the creative source that allows us to live out our potentialities. We will explore the lives of artists, particularly William Blake, which help to bring alive the inner process whereby contact with the daimonic becomes a transforming experience. The relationship of the spiritual life to the daimonic will be our concern also. Resources will be drawn from primitive wisdom and myths as well as from contemporary depth psychology. As one of our speakers has said: "I live in the heart of paradox. What has nearly ruined me has blessed me."

**Speakers**

**Mary Carol Richards** has taught English at the University level, is both skilled poet and potter, and author of the sensitive, imaginative book, *Centering*. **Dorothea Blom** is also teacher, writer, artist. Her emphasis is on art as a visual language, capable of educating where reason never reaches. She is the author of two excellent Pendle Hill pamphlets on art and is at present on the Pendle Hill teaching staff.

**Elective Personal Interest Groups This Year**

With repetition any approach, however once vital, tends toward a certain heaviness. Consequently we want to try something innovative this year. Just as there are diversified but equally valid ways to be in life, so are there varied and different ways to experience the Conference and work within oneself with its theme. So this year we are combining the former "small group" approach with the "interest group" approach of the past, offering you an opportunity, through various emphases,—body movement, crafts, encounter groups, etc.—to become involved, in your way, with the theme, therefore you will be able to indicate the particular group you would like to be in. As space in many groups will be limited to a specific number we cannot promise first choices, but will do our very best. Please also indicate 2nd and 3rd choices. We feel this new group approach, more oriented to personal temperament may be a very much more vital and even exciting way to participate this year. If we can be both tender and daring with ourselves—and with one another—new forms allow new ways of perceiving. "Consciousness is intensified when reality is experienced most boldly."

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**FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY**  
**Haverford College**                      **Haverford, PA**                      **May 26 - 29, 1972**

*Beyond Autonomy*

**Plenary**

This thought-provoking title was the outcome of long deliberation and search by the Executive Committee and our speakers. Our concern this year will be to explore the individual's quest for "authentic" authority in a new era such as ours. The relationship between inner and outer authority, the authority of the individual and that of outer authority figures and symbols such as the parent and the teacher, the group and the state, will be wrestled with.

Our speakers, **Edith Wallace**, Jungian analyst, and **Robert Scholz**, Director-designate of Pendle Hill, will help us explore our theme in related if different terms. They each feel that what is sought is access to a creative source and ways of getting in touch with this source. **Edith Wallace** will aim to make the creative process an actual experience for the participating audience. **Robert Scholz** will delve into the relationship between authority and creative expression, especially as it is to be found in the lives of centered persons. Each speaker will point us toward our own inner search. The growth process involves moving from the tyranny of outer authority and its many voices which we have internalized to the freedom of autonomy; but beyond an individualistic autonomy lies the discovery of a Center towards which the free individual gladly accepts responsibility and through which he comes to authentic being.

**Date & Cost**

It has been a dream of the Executive Committee to have a longer weekend some year, feeling that having an extra day would give us a richer, more meaningful time together. This year we are going to do it! While the 4-day conference means a bit higher cost than our usual 3 day conference we shall also be getting more! And while the cost to us to put on the conference has gone up considerably, we feel we still offer an excellent "experience in living" for only \$45. Compare it to other similar offerings and we shine!

**Elective Personal Interest Groups Again This Year**

Last year's innovation was a success, to be repeated again this year. Just as there are diversified but equally valid ways to be in life, so are there varied and different ways to experience the Conference and work within oneself with its theme. We want your small group to be a vital and even exciting way to participate. The groups will offer you an opportunity, through various emphases, such as body movement, painting, creative writing etc., to become involved, in your way, with the theme. It's not the leader that should determine your choice of a group but your involvement with the method of approach. Therefore you will be able to indicate the particular group you prefer. As space in many groups will be limited we cannot promise first choices, but we will do our best. Please also indicate 2nd and 3rd choices.

**Interest Group Leaders**

**Richard Bamer, Christopher Beck, Dorothea Blom, Eleanor Bond, Ellen Edelston, Homer Hansen, David Hart, Joe Havens, Jere Knight, Eleanor Perry, Diedrick Snoek, Gordon Tice, John Yungblut**

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*Survival in a Mad Society*

**Plenary**

This year our speaker, **Douglas Heath**, Chairman of the Psychology Department of Haverford College, will explore with us the implications of *Survival in a Mad Society*. We will seek to discover the forces that alienate and divide us—both within and without. Special emphasis will be given to what the Quaker Tradition has to offer as a symbol of wholeness in attempting to heal the divisions.

**Douglas Heath** has a particularly rich background as a teacher, a research consultant, and a clinician working especially with young people in the fields of psychology, religion, and education.

This year in order to foster a spirit of warm informality, we are experimenting with meeting in a more casual environment where we are not separated into speaker and audience. Our sessions with Douglas Heath will provide an opportunity for learning through dialogue and group sharing. Casual, comfortable clothing is appropriate, especially for those who participate in movement groups or for those who choose to sit on the floor during the sessions with Douglas Heath.

We hope you will find that the Conference provides a background of corporate support against which we may test our confrontations with the daemonic and the divine.

**Interest Groups**

*Exploring Movement, A Dance Workshop* **Nancy Brock**

Movement will be experienced as a medium for discovering the inner self, allowing the energy of life to flow freely through our bodies. We will seek the creative inner source where spontaneous motion arises, then follow our impulses to expression in movement which liberates the individual to interact meaningfully with others.

*Workshop on Body-Awareness* **Margaret Blood**

We will express our feelings in movement and explore further the new feelings evoked by this. There can be excitement and wonder in this. This method can help to heal the mind-body split and release new insight and energy.

*Painting Workshop* **Richard Barner**

We will create reflections of ourselves and perceptions of the conference through an organic process of quick charcoal sketches, a color drawing, and a final painting (or its beginning). This will be done in relative silence, finishing the workshop with discussion and sharing, then displaying our work, if willing, for the entire conference.

*Awareness and Communication Workshop —“Madness in a Small Group”* **Joe Havens**

We shall try to make some contact with the “madness” or “craziness” in ourselves (possible through fantasy, chanting, bioenergetics exercises) and then discuss its meaning, how to make use of it, etc.

*Awareness and Communication Workshop - “Sharing Ways of Survival”*

**Ellen Edelston and Christopher Beck**

Participants will be sharing verbally, non-verbally and through movement.

*Awareness and Communication Workshop*

**Diedrick Snoek**

The goal of this group is to heighten awareness of our own and other persons' responses to the issues raised in the conference as these relate to our own lives. To facilitate this, modest use will be made of fantasy, body awareness, and interpersonal communication techniques.

*Intensive Journal Workshop*

**Eleanor Bond**

Self knowledge and spiritual growth realized through the use of a structured journal. (Each person should bring a loose leaf notebook and pen.)

*Family Communication Workshop*

**Louise deLeeuw**

We will practice the skill of attentive listening to one another and explore the ways in which listening can free up and deepen communication with our children, parents, and spouses. There will be an opportunity to share our experiences of daily family life as both devouring our spiritual energy and as nourishing growth toward inner wholeness.

*Surviving in the Family*

**Eleanor Perry**

What are the enduring human qualities that help us to resist manipulation, remain intact in the face of aggression, discover and maintain the courage required when the crises of life would plunge us into anxiety and despair? Either of Jules Henry's two books would be helpful advance reading.

*Use of Dreams in Personal Growth*

**Chris Downing and Jan Clanton**

Exploring together what our dreams can reveal to us, enabling us to open up new dimensions of our being, new possibilities for life and growth.

*Exploring Mandalas as a Way of Centering*

**Terry Havens**

Through drawing, visualizing and dancing we hope to connect with the archetypal focusing power of the squared-circle pattern in many cultures. Prior acquaintance with the book *Mandala* (Shambala press) by Jose and Miriam Arguellas would be helpful.

*Music, a New Way to Use the Rhythms of Life*

**Alice Ayres**

This workshop will be concerned with new uses of music to capture the inner images aroused in our consciousness and adapting them in order to renew, relax, and restore.

*The Last of Life, for which the First Was Made*

**Elined Kotschnig**

We shall explore what Browning meant by this line and whether it expresses our own feelings about age and death. In a small and intimate group we shall try to shed our inhibitions against speaking simply about these things, sharing both our questioning and anxiety and also our hope and faith in a very personal way with one another. Recommended reading: *The Measure of My Days* by Florida Scott-Maxwell, Knopf. and *The Valley of The Shadow* by Carol Murphy, Pendle Hill Pamphlet 184

*Parapsychology and Mysticism*

**Ina Hicks**

An attempt to remember the forgotten language and to explore the undeveloped sense. An opportunity to share individual experiences, seek the meaning of what we know and are learning, in terms of life, here and now.

*Separating and Connecting***Plenary**

The conference theme this year is *Separating and Connecting*. It speaks to us of the ever-changing rhythms — the coming together and moving apart -that characterize all of our vital human relationships. We will explore the shifting patterns encountered in relating to ourselves, to our social roles, to others, and to the transcendent, and how the women's movement has opened new ways of thinking and relating that enhance and challenge our daily psychic growth. Using the age-old structure of rites of passage, we will focus on the dynamics of separation, the experience of finding ourselves alone, and the energies called forth in the movement toward return, reconnection, and rebirth.

The theme will be presented by a panel of speakers, each of whom has been a conference speaker or discussion leader in previous years. They have planned a thoughtful program of six brief plenary sessions which will utilize dialogues, discussions, and informal lectures. These sessions will then expand into group sharing through music, dance and dialogue drawing.

The panel is led by **Christine Downing** who was the co-leader of the 1967 Conference on *Journey to Self through Meeting, Myth and Dream*. She is currently teaching at Rutgers University where she is Associate Professor of Religion and also at Temple University as Adjunct Graduate Professor of Religion and Psychology.

Other speakers include **Jan Clanton** who is in training at the C. G. Jung Institute in New York and has been in private practice as a psychotherapist since 1972. She was trained in personality theory and research at the New School for Social Research.

**Diedrick Snoek** is a social psychologist interested in growth groups and the study of lives. He teaches at Smith College.

**Barbara Snoek** pursues her interests in weaving and music in addition to childrearing and homemaking. She works as Activities Director in a retirement home. Both are members of the Mt. Toby meeting of Friends.

**Joseph Havens** was formerly in psychotherapy and mental health work at the University of Massachusetts. He has recently "taken to the woods" to discover the truths of a contemplative life.

**Teresina Havens** is currently teaching a course on Paradoxes of the Sacred and is coordinator of the Center for the Integration of Meditative and Academic Disciplines at the University. She is with Joe in the forest the rest of the time.

On Saturday afternoon, **Helen Bonny** of the Institute for Consciousness and Music in Baltimore will share her techniques and experiences in consciousness expansion through music on Saturday afternoon. And **Christopher Beck** will lead the worship service on Sunday with a gently guided meditation using simple spontaneous movement.



**Interest Groups**

*Reexamining Faithfulness & Commitment*

**Bob & Margaret Blood**

For persons involved in a primary relationship (preferably with the partner also participating). We will explore how the individuation of both the man and the woman intensifies the need for continually renegotiating the ongoing relationship between growing and changing persons, giving special attention to ways in which individual friendships outside the primary relationship may stimulate creative struggle and revitalized commitment. The key process will be dialogue between real and simulated partners in dyadic and triangular situations.

*Developing Awareness of One's Family Situation*

**Ellen Edelston**

We will focus on the family constellation and the problem of achieving psychological distance from one's family of origin. We will try to become more conscious of the present family situation and the projection of our fantasies about our family into the future, using various techniques of family therapy in the group.

*Awareness*

**Diedrick Snoek**

This group is intended especially for men to explore our reactions to the Conference theme as it affects our lives and feelings about ourselves. My method of approach will be to suggest various "experiments" in guided fantasy, role-play, or person-to-person encounter designed to heighten awareness of our own reactions and facilitate meaningful dialogue.

*Relationship*

**Christopher Beck and Rhonda Brenton**

Sharing our own relationship as groundwork, we will explore related issues of separating and connecting, using body movement and gestalt techniques.

*An Awareness Workshop*

**Jean Feinberg**

Developing an awareness of our inner world through writing and of our outer world through exploring encounter with others.

*Poetry Workshop*

**Herta Rosenblatt**

Experiencing identification with, separation from, and connection with a poem (or poems) through reading and writing. Please bring some of your own work if you have any, but this is not necessary. If you never wrote one poem you are not only welcome but may/will/have a valid experience.

*Self Expression & Communication: A Writing Workshop*

**Jen Knight**

*Exploring Movement, A Dance Workshop*

**Nancy Brock**

Movement will be experienced as a medium for discovering some of the separations and connections within ourselves. As we allow our bodies to express freely our responses to development of the Conference theme, we may find new perceptions and new ways of relating to others.

*Painting Workshop*

**Alice Ayres**

We will explore our feelings of separateness and re-connection through color, rhythm, and fun experiments.

*Exploring Your Creative Potential through Music*

**Helen Bonny**

An in-depth exploration of Guided Imagery with Music (GIM) for personal self awareness, as a therapeutic agent, and as an enhancement of transpersonal experience. For the experienced practitioner who wishes to learn a new and effective mind expansion technique.

*Exploring & Learning through Clay*      **Amy Hart**

This is an imaginative approach allowing us to come in touch with our inner feelings and give them visual form through clay. The unconscious can speak to us as we give the clay the freedom to take shape, thus opening up new and creative possibilities for our lives.

*A Workshop in Sensory Awareness*      **Alice Smith**

Sensory Awareness (as taught by Charlotte Selver) is unusual in that it emphasizes direct experiencing rather than fantasy or theorizing. After working in quiet concentration on how we sense ourselves during a given activity, there is time to share reactions and be enriched by the experience of others. Slacks and/or comfortable clothing is important.

*Making Mandalas as a Way of Centering*      **Terry Havens**

Using color and line and perhaps clay and dance, we explore polarities in our inner and outer lives through creating “magic circles, “ squares and other shapes. These help us to find a center and a larger totality which include and integrate the opposites.

*Dream Sharing*      **Lucy Eddinger and Louise deLeeuw**

We will each bring to the group dreams we feel we want to share. Creative listening and response may open us to new insights. For background and ideas about working with dreams read *Dream Power* by Ann Faraday (available in paperback)

*Meditation: the Inward Search*      **Louise Ulrich**

Group discussion and practice of techniques of both East and West in pursuing the fourfold inner life of Relaxation, Concentration, Meditation and Contemplation with special emphasis on the usefulness of this inner search in the problems of separating and connecting in daily life.

*Death and Dying*      **Ellie Yeatman**

We want to deeply focus on our mortality so that we can understand our ancient human responses of despair and joy and uncover our images of survival; and by exploring the polarities of separation and connection we want to learn whatever they can teach us about death and dying. Suggested reading: *Creative Mythology* by Joseph Campbell (Viking/Compass, 1959), *The Image* by Kenneth Boulding (Univ. of Mich. Press, 1956), *On Death & Dying* by Elisabeth Kubler-Ross (Mac-Millan, 1969). *The Meaning of Death*, edited by Herman Feifel (McGraw Hill 1965).

*From Loneliness to Solitude*      **Emma Conroy**

Through deeper self-awareness and by searching together we will try to find the ways in which loneliness can be a gateway to solitude, and thereby learn the difference between being alone and being lonely. Solitude can bring a sense of authenticity and identity that nothing else can.

*Personal Growth*      **Eleanor Perry**

*Discussion Group for Book Lovers & Book Haters*      **Chris Downing and Jan Clanton**

Each meeting of this small group will focus on particular books included in the Conference bibliography. I: van Gennep and Eliade; on the subject of separating and connecting; II: Harding and Hillman; concerning in-oneness. III: Piercy, some views on female consciousness. IV: Nicholson and H. Tillich: insights into open marriage. We -want to see how these books deepen our appreciation of the theme addressed by this year’s Conference and, more importantly, what they have to tell us about us.

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FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY  
Haverford College                      Haverford, PA                      May 23 -26, 1975

*Healing*

**Plenary**

This year we are concerned with *Healing*—a shared exploration of inner responsibility for mental and physical disease and health, where there are no answers but individual ones. We will attempt to discuss the bridge between the physical and the spiritual from a wholistic approach. The light and shadow will be equally respected as we journey together. Healing, we feel, is the reunion of our divided selves.

As we did last year, we will rely upon leaders from our own Executive Committee and Conference membership, plus some invited guests, to offer different aspects of our topic in a series of presentations throughout the weekend. There will be three panels consisting of seven speakers.

Currently on the faculty of Pendle Hill, **June Yungblut**, with her husband **John**, has served Friends in tension areas in the South and in South Africa. She will speak of her experience promoting healing in the social, spiritual and physical realms. June teaches and is also editing the letters of Thomas Merton.

**Nancy Kline** comes to us from her teaching position at Sandy Spring Friends School. She will share with us her remarkable experience in overcoming terminal cancer.

**Amy Kurkjian** has long been active in Friends meeting in the Philadelphia area where her special concern is healing. She will discuss her experiences with Zen Buddhism as its healing force turned her “from death toward life.”

**Estelle** and **Gene Burroughs** are members of Radnor meeting. Since 1965 they have been holding, in their home, a weekly prayer and meditation group which has been helpful to many people. They have both lectured on the importance and value of the religious aspects of healing.

**Frank Culley** is a Trappist monk whose words on solitude were a highpoint for many at last year’s conference. He will speak on his own insights and reflections of the healing process which he experiences as “a deep unification taking place within my heart.”

**Michael Projenski** is a practicing psychologist as well as an accomplished carpenter. This summer he and his family will move to Boulder, Colorado where he will join the staff of the Naropa Institute.

The Conference schedule in recent years has had few spaces for purely optional activities: a quiet talk with a friend, an impromptu discussion group, or a solitary walk among the majestic trees. Sunday afternoon will be open to afford us time to pursue our special interests. Those who play recorders, or other instruments, may want to bring them and form a musical ensemble.

**Interest Groups**

*Exploring Movement, A Dance Workshop*

**Nancy Brock**

Through physical movement of our bodies we will seek awareness of our deepest feelings. Allowing them free expression in movement will enable us to experience that creative power which heals the split between mind and body and leads toward wholeness.

*Music as an Expression of the Inner State*

**Judith Duerk**

Exploring ways of using music in our daily lives as a channel for healing, including not only music we listen to, music we practice and perfect for others, but also ways of elemental improvising with our voices, hands, and each other to express what is within. Members may bring records or instruments if they wish.

*Family Relationships*

**Ellen Edleston**

Healing through examining our family relationships—those of the past, the present and our wishes for changes in the future, We will use a technique called “family sculpting” as part of our experience.

*Sharing through Story*

**Silvio Fittipaldi**

An anthology of very brief stories from various sources (e.g., Hasidic tales, Zen stories, Taoist stories, Sufi tales) will be available to all participants in this group at the first meeting. The meetings will involve the sharing of stories which speak to a person, how they speak to the person sharing the story and hopefully responses to these stories from other members of the group.

*Clay Journey*

**Amy Hart**

This group provides a listening atmosphere in which to do one’s own personal work in a concentrated way and also to share together some of the unfolding insight and playfulness that moves through clay. Our source materials will be our feelings and responses evoked by the conference, images from American Indian myths and rituals, and the flow of forms from nature. No art experience is necessary. Please bring a warm sweater as the art room is very air-conditioned.

*Healing Environments and Lay-Outs*

**Teresina Havens**

An exploration of the healing influence of orientation in space. Illness as disorientation. Orientation to compass points and to geometric patterns, as exemplified especially in Navaho sandpainting rituals and the Japanese tea-ceremony. Implications for our own use of space (e.g., in architecture and gardens) will be discussed and possibly enacted according to the experiences and interests of the group, with materials such as blocks and sand.

*Personal Color*

**Herta Joslin**

Using the colors of textiles, paints and lights, we will work toward deepening our awareness of ourselves and others. (Please bring a smock or shirt to wear for painting.)

*Guilt And Healing: Journeying Inward, Journeying Outward*

**Tony LoGiudice**

The sources of troubles are often (always?) inward. Likewise, there are inward sources of healing. Various approaches to be used in the group and on your own are intended to create “space” and “quiet”; silence, fasting, meditating, fantasy, breathing exercises, and deep relaxation. We also recognize that moving outward can be healing. Keeping random talk to a minimum, we will nonetheless acknowledge that “confession,” I-Thou dialog, and action are sometimes healing of oneself and others.

*Collecting the Center—Forming the Base*

**Marilyn McCann**

Rootedness, space and/or energy awareness, centering, relaxing, sinking. We’ll explore some Eastern methods of bringing physical/mental into harmony. Basically a movement group. Wear comfortable clothing.

*Personal Growth*      **Eleanor Perry**

*Dreams and Healing*      **Helen Pierce**

Can Dreams heal? We shall explore whether dreams can promote healing when we are experiencing loneliness, anxiety, confusion and other feelings that cause us to feel broken, crippled or disconnected from ourselves. Paintings of dream images will be of central importance in this group.

*A Men's Group—A Gestalt Experience of Healing*      **Brad Sheeks**

Through increased self awareness we experience healing as an organic natural process. As men together we'll explore our experience of being sons, brothers, lovers and fathers. It is preferred that participants have had previous experience in an intense personal growth or Gestalt group.

*A Workshop in Sensory Awareness*      **Alice Smith**

The emphasis will be on our natural capacity for renewal through cultivating our own perceptions. After working in quiet concentration on how we sense ourselves during a given activity, there is time to share reactions and be enriched by the experiences of others. Sensory Awareness (as taught by Charlotte Selver) is unusual in that it emphasizes direct experiencing rather than fantasy or theorizing. Slacks and/or comfortable clothing is important.

*Awareness Yoga*      **Joyce Terwilliger**

Through gentle hatha yoga posture and inner-directed movement we increase our awareness of the connection between the body and the mind. Through relaxation and meditation we can allow ease to happen where dis-ease may exist. Each participates to the extent he or she is physically able.

*The Healing Herbs*      **Louise Ulrich**

We will examine the healing relationship between plants and man, including work being done in Scotland and England and references to America's Edgar Cayce. Possible field trip on the campus. Recommended reading: *Stalking the Healthful Herbs* by Euell Gibbons; *Common and Uncommon Uses of Herbs for Healthful Living* by Richard Lucas; *Modern Encyclopedia of Herbs* by Joseph M. Kadans.

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FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY  
Haverford College                      Haverford, PA                      May 28 -31, 1976

*Exploring Myths We Live By*  
**Joseph Campbell**

**Plenary**

This year our interests will be focusing on the vast and fascinating theme of Mythology. We are fortunate to have as our speaker **Joseph Campbell**, a world renowned author and lecturer on Mythology and on the Orient. He will give two presentations and will participate in a final summary session on Monday morning. The first presentation will examine mythology within a Jungian framework, through slides and lecture, as it has been represented in art and literature since ancient times. The second centers on specific mythological themes uncovered by one woman's psychological analysis.

The small group sessions will provide an opportunity, through a variety of approaches, to integrate mythology and its meanings into our daily lives. In this way, we can come to a greater understanding of how mythology functions within us and perhaps even discover and work with our own personal myth.

To further enrich the weekend, **Dorothea Blom**, a well-known artist, author and long time conference member, will organize a visual display.



**FCRP 1976**  
**Interest Groups**

*Drama and Myth*      **Libby Baker**

Myth is full of images, symbols, scenes and the drama of their interaction. Myths we live by give clues as to where and who we are as individuals within our evolving human race. Drama can draw us forth from where we are into expression and choice. Through both guided and spontaneous experiences with drama and image, we will explore and expand the journeys on which our myths take us.

*Movement, Myth and Symbol*      **Nancy Brock**

Through movement of our own bodies we will explore how images evoked by our personal myths and symbols motivate our physical actions. Moving inward to become aware of our deepest feelings will allow the creative energy within to find its outward expression in movement.

*Personal Growth and Myth*      **Marjorie Burt and Kerstin Tribby**

Group members will be asked to share the events in their lives which have been “sign posts” on the way to living out their personal myths. We will investigate the personal myth as a source of growth versus a limitation of growth. Please bring a pad, approximately 9X11, and crayons.

*Myths of Love*      **Frank Culley**

We will attempt to speak of our own myths of love—especially the love for a person in a primary sexual relationship. To deepen our understanding of this personal myth we will use various means including dreaming together.

*Music and Myth*      **Judith Duerk**

Music can speak to us in so many ways; as the guiding power for our fantasies and imagery, the doorway and threshold for our inner stillness, a garden in which our inner child can play, a pathway down which our creativity can improvise- We will spend our time being with one another and music in these ways. Members may bring instruments (recorders, etc.) or a favorite record.

*Personal Journal*      **Fran and Lew Dreisbach**

The “Journal” approach to our awareness of ideas-myths that drive us forward or hold us back.

*Our Families and Our Personal Myths*      **Ellen Edelston**

Understanding the myth of our family coming down to us from the past, as it relates to the present and the planning of our future individual lives. We will use nonverbal techniques and family sculpting. An experiential group.

*Forms of Our Inner Life through Clay*      **Amy Hart**

Using clays we will make masks and myth forms and then dialogue with them through personal writing. We will evolve some music and simple ritual together.

*Mythological Awareness through Fairy Tales*      **David Hart**

The fairy tale will be a source out of which we in the small group can explore our personal, individual myths, insights, and responses to the great themes of the Conference. The psychological and spiritual acuteness of the fairy tale makes it a wonderful vehicle for this self-understanding.

*Masks Our and Myths*      **Herta Joslin**

Out of the many faces which we wear daily some will emerge to be externalized in color and form, using textiles, paper and paint. As we become acquainted with these masks we will work towards a clarity of vision of ourselves.

## **FCRP 1976**

### *Discovering our Personal Myths*      **Tony LoGiudice**

We will seek to explore those individual myths, often hidden, which affect our lives in important ways. We will each write a myth, if we can, to share, if we will. Expressive materials will be available for those who prefer. Imagery, fantasy, dreams and silence will aid our search.

### *Body Movement for Women*      **Marilyn McCann**

We'll explore myths of goddesses and our personal myths by a dance, mime, plastic arts and with work on a stronger more carefree body image. It would be helpful to review feminine mythology and to read either *Woman's Mysteries* by Esther Harding or *The Great Mother* by Erich Neumann. (Both in paperback)

### *Myths in Dreams*      **Helen Pierce**

Through the use of simple art tools we shall try to portray mythological themes, images or symbols that appear in our dreams and/or fantasies that point to or reveal aspects of our personal myth.

### *Collage and Connecting*      **Rosaly Roffman**

In silence, we will work together using the materials of collage and the energy of the group to allow what is inside to sing forth. There will be a time for tearing, cutting and pasting and looking at our work together. Color and shape and texture will provide music by which our individual flowers will grow. We will

try to say  
or find a way  
if so moved  
when so moved

about discovery via-another collage—an image—a tune—a personal note. Nothing will be discarded

**Media**; tissue paper, old newspapers, scraps, etc.

### *Poetry*      **Herta Rosenblatt**

“The poet desires neither chaos nor cosmos, but mythos - a (new) ordering of creation.” So we hope to find and face and form—with ordered words—the myth we live by—or at least “the beginning of knowledge.”

### *Our Sexual Myths (a Group for Couples)*      **Brad & Pat Sheeks**

We will explore our myths about the role of sexuality in relationships and then examine with our partner how they are lived out in our relationship.

### *Sensory Awareness*      **Alice Smith**

The emphasis will be on learning to listen to our true nature as expressed through our organism. Sensory Awareness, as taught by Charlotte Selver, is unusual in that it emphasizes direct experiencing rather than fantasy or theorizing. After working-in quiet concentration on how we sense ourselves in a given activity, there is time to share reactions and be enriched by the experience of others. Wear comfortable clothing for working on the floor.

### *(Cultivating) Awareness of Self*      **Diedrick Snoek**

Primarily for men, to deepen our feeling lives, share our personal stories, explore our reactions to each other and the conference's themes, by means of relaxing, sensing, listening, moving, and imagining. Read Joseph Campbell's *The Hero with a Thousand Faces*.

*Awareness Yoga*      **Joyce Terwilliger**

An interlude in which to stretch our bodies in healthful ways, to aerate our crowded minds and to calm the nervous excitations created by the conference's multiple stimuli. A coming together of mind and body and spirit, a relaxation of tensions to allow our personal syntheses to take place. Wear comfortable clothing for simple exercises on the carpeted floor.

*Meditation and the Seeds of Belief*      **Louise Ulrich**

The use of meditation in finding and, if desirable, changing our beliefs —whether basic or secondary — since it is from them that our actions and attitudes grow as the flower from the seed.

*The Child Within*  
**Clair Keller, David Hart, Douglas Hitchings**

**Plenary**

This year's conference will deal with the theme of the eternal child within each of us. When Jung recognized this archetype and called it the *puer aeternus*, he differentiated an important aspect of the whole person. This aspect bears the qualities we find in ourselves that enable us to continue our development, our searching, our enthusiasm, and our wonder throughout our entire lives. When we are in good relationship with our eternal child we are in touch with the growing edge of our being.

Because the inner child represents an as yet undeveloped possibility linking our past to our future, it requires the special qualities of our nurturing parental attitudes to bring forth its potential.

Myth and fairy tale provide us with a rich background by which we can come to recognize the universal qualities of the child within. Central to our religious life is the figure of the Divine Child. Friends, especially, have appreciated in *The Peaceable Kingdom* paintings of Edward Hicks (1780-1849) the moving symbolic representation of the Child as reconciler of the opposites and leader to a new order of enlightened spiritual life.

We seek to discover that part within us that leads to new awareness, opens the door to our next stage of development. To relate meaningfully to this aspect, our fullest adult capabilities are needed, hence it is important to remember that we are not looking to recreate our childhood or act as children. We greet our inner child with an attitude of trust, love, respect, and discrimination.

The inner child is sometimes found to be suffering from neglect or hampering damage of one nature or another. We may find ourselves needing to exercise special healing care before a healthy relationship can ensue. Our dreams of babies and children reveal to us the condition of the inner child.

**Presenters**

Our speakers this year come from a variety of backgrounds and their different approaches will add richness to our experience.

On Friday night, the introductory talk will be given by **Clare Keller**. She has been deeply immersed in studies of Jung's psychology for over eight years and is currently leading groups and workshops and practicing counseling from a Jungian approach.\*

The second session will be conducted by **David Hart**, Jungian analyst and author. David will present the fairy tale he feels best depicts the nature of the eternal child. *Water of Life* (Grimm Brothers).

**Douglas Hitchings**, our past chairman, is a child psychiatrist with many years experience working with disturbed children in New York City. He will speak at the third session on the subject of *The Child Archetype* from a Jungian point of view.

## **Interest Groups**

*Writing: Preferably Poetry*                      **Herta Rosenblatt**

In shared, yet private, search we shall try to find “the child of our becoming”; greet it, face it and take its hand “on the way.” (Although the title indicates poetry, we shall consider needs and inclinations of participants.)

*Spiritual Autobiography*                      **Mary R. Hopkins**

Through writing and worship sharing we will try to reach the childhood roots of our religious convictions. Perhaps we can better understand them and practice more deeply. Reading suggestions: Fox’s Journal, Woolman’s Journal.

*Moving to “Em-Body” the Inner Child*                      **Nancy Brock**

Through movement of our own bodies we will try to become acquainted with some of our inner children and allow them to speak to and through us. As we open spaces - inner and outer—to spontaneous expression in movement of deep feelings, we may come to a fuller experience of ourselves and a new way of relating to others.

*Birthdays*                      **Diedrick Snoek**

A celebration of being alive focused around our associations to birthday rituals. Bring a favorite record, something that you deeply enjoy touching or looking at, your most beautiful clothes, and a small gift for someone else. Emphasis will be on emotional sharing around some awareness exercises in a supportive group atmosphere.

*Dreams*                      **Helen Pierce**

In This group the individual participants will search for manifestations of the inner child that appear in their dreams in either actual or symbolic form. Dream images will be concretized through the use of simple artistic tools (crayons, water colors, cut-outs, etc.) and story telling so that the meaning of the inner child can become a fuller part of one’s own life and experience.

*The Way—Practical Meditation*                      **Marilyn McCann**

A sharing group for women in which we’ll explore active and passive meditation in both Eastern and Western modes. In addition to seated meditation we may also do Tai Chi Chuan, relaxation exercises, art/seeing, walking meditation, chanting and simple dances. Please bring any readings that you, personally, have found helpful and believe would aid the group. Wear loose clothing and bring two pillows and one large towel.

*Family Consciousness-Raising Group*                      **Ellen Edelston**

In order to understand our childhood dreams .and wishes, we will learn how these were influenced not only by our immediate family members, but from the generations before us! New insights can increase our sense of identity. We will make geneograms and use family sculpting as techniques to get this understanding.

*Cooperative Games and Affirmation*                      **Jerry Kinchy and Mally Cox-Chapman**

We will try to get in touch with the inner child through playing games, sharing childhood feelings and affirming the child within us. There will be time for play, time for talking, time for quiet reflection, time for writing valentines. (Jerry and Mally, both new to the conference, are with the Nonviolence and Children Program of the Friends Peace Committee)

*The Country of the Child*      **Herta Joslin**

In the creative process we touch the well-spring of our inmost being linking self, the divine, and the universe. From this center the child emerges. To touch, for a while, this source of energy we will shape color and texture, paint and paper, into landscapes, images and visions. Through dialogue we gain understanding; through sharing with each other both visually and verbally, we gain support. With a new clarity we return again to our individual adventures.

*Music and Movement*      **Judith Duerk**

Sinking into a deep stillness, we will let the music and movement improvise itself, listening and watching as it takes form; letting harmony build around its patterns, intricacy, contrast and color. Please bring songs, instruments, favorite records to share.

*Greek Keys and Sandwiches*      **Bob Keller**

The child's approach to living situations is free from knowing what is "impossible." In this group experience we reawaken that child-like insight approach and begin to intermix it freely with what we know as adults. We play with techniques to enhance insight and to restructure life situations. We break out of concept prisons. Trying new ways of thinking which generate new solutions, rather than selecting "good enough" old ones. We use information not for its own sake, but for its effect on us. The medium is whatever we bring of ourselves; the intention is to apply insight thinking to daily life.

*An Invitation to Sensory Awareness and Sumi Brush Work*      **Alice Smith and Bella Schwartz**

We will start with non-verbal experiential work in Sensory Awareness, led by Alice, in order to become more quiet and feel more in touch with ourselves. Then Bella will guide us in drawing, grinding our own Sumi ink on a stone and using a Japanese brush. (\$3.00 contribution to help pay for your Sumi-set — or bring your own. Paper supplied.)

*The Inner Child in Woman*      **Lori Laird**

Is there an "inner child" unique to woman? What elements can we find in ourselves of *puer aeternus* and *puella acternas*? How does our child develop and change through youth, middle age and old age? What fantasies are generated by our inner child? Do we, as women, express our "child" differently from men? Through fantasy, creative play, and dramatics we will explore these and any other questions you bring to the group. Participation is oriented but not restricted to women. In preparation it would be good to read parts of *Second Sex*, Simone de Beauvoir; *Boundaries of the Soul*, June Singer; and *Knowing Woman*, Irene de Castillejo, as they relate to the "child." Also take the time to observe the child in yourself, in male and female children and in the young, middle aged and elderly. Note trends and differences.

*New Age Persons Approaching the Year 2000:*

*With the Help of "The Child Within" and Improvisational Drama*      **Libby Baker**

We all yearn for the child's resources of energy which involve openness, eager experimentation, simplicity, spontaneity and play/work. The New Age requires these same capacities for crises to be met and a new order to be created. The Child Within is central to this process, and hence, the relationship between inner and outer needs. Drama draws these same capacities out of us and exercises them in the context of both individual and group expression. Together we will begin to free and explore our own New Age Personhoods with the help of The Child Within, improvisational drama and each other.

*Bringing Fairy Tales to Life*

**Elliott Joslin and Clare Keller**

We shall give life to the fairy tales as children do, creating an imaginary world, taking on the roles of the fairy tale characters, and sensing the forces at work. In this way, we shall relate the substance of the tale to our own selves. The tales will be chosen to explore the ways in which one can relate to the inner child, as well as the way in which the inner child can relate to the world outside. The relationship of the inner child to the outside world will be considered as new approach to old problems. Suggested reading of fairy tales, not critiques or learned discussions.

*The Orff Approach to Music— “Orff-Ans”*

**Beth Kingsley**

The Orff approach to music is based on innate childlike responses to music—what more wonderful, natural way to get in touch with our feelings. We all have music within us—the whole symphony. We will sing and play Orff instruments, dance with rug dolls attached to our feet by elastics, move, improvise and relate—in order to cherish and nurture that special part in each of us our “songfulness.” Bring your recorder, guitar, dulcimer, any or all musical instruments. Wear comfortable clothing.

*The Magical Child*

**Mary Thompson**

We will attempt to uncover that quality of the inner child which transforms ordinary moments into great joy, mystery, etc. Most of us have been trained to be rational and not to employ this skill in our everyday lives. Regaining of this aspect of life can be learned and adds a rich dimension at whatever age. We will draw, dance, sing, pretend and play while tapping our inner springs of magic. Bring costumes or toys if you wish.

*Workplay in Clay (Unfolding Images of the Inner Child)*

**Amy Hart**

We will celebrate our sense of wonder, playfulness, and inventiveness—the heritage we all have from our main talks of the conference, from our own personal feelings and intuitions in the present and from images in fairy tales and myths. Part of the time we will workplay in silence individually. Afterwards we will look at what we’ve made and share together whatever comes up. Some active imagination and writing will be combined with the clay work. Bring an old shirt to wear over your clothes.

*Listening to Oneself*

**Frank Culley**

I would like to gather with others who feel the need for a silent space in the mode of a worship sharing group. (i.e. mostly being still with some sharing of feelings and thoughts which arise from each day’s events). Bring a pillow for floor sitting.

*The Mysteries of Change*  
**Edith Sullwold**

**Plenary**

Change is. All being is in constant flux and we need only to become aware that this is a process which is proceeding in us. We can support, open to, and enjoy this process or we can block, resist, and tensely deny it with resulting discomfort and disease. What is exciting in [his time is the exploration of the nature of change. What dynamics are behind change; what is being changed and for what purpose? The answers to these questions are coming out of the unknown and the mysterious into dawn awakening, into what we truly are and are becoming through change.

These words by **Edith Sullwold**, our speaker, can help us to approach our theme this year. *The Mysteries of Change*. We all go through many outward transitions, some of which may lead to inner transformation. What are the hidden forces which move within us at such times? What shape and direction do our inner and outer processes take? What resources do we have to help us trust in our own changes? **Edith Sullwold**, a psychotherapist in private practice, will help us explore these and other questions. Her background is Jungian. Her training includes study at the C. G. Jung Institute in Los Angeles and the C. G. Jung Institute in Zurich. She has taught at the University of Chicago, Washington University, and the Universities of California and has worked with children and adults using the symbolic process for the creative unfoldment of the individual. She was associate director of the Center for the Healing Arts in Los Angeles and manager of Sky Hi Ranch, a teaching and retreat center in Lucerne Valley, California. Presently, she is working with teachers and parents in an exploration of the processes of change in the lives of children in an attempt to allow full space for these changes to occur naturally. Her interest in the processes of transition and transformation began with her interest in the Jungian approach and has continued in recent years in relationship to the transformation of spirit, mind, and body through the ignition of fields of energy.

Some of the small groups at this year's conference will be dealing with specific transition times. Others will focus on ways to deal with change. There will be opportunity to develop and participate in some rituals, in both small and large groups. **Joe Havens** will be coordinating rituals and festivals throughout the weekend. Many groups will offer a variety of experiential activity. There will be groups interested in male and female approaches to the mysteries.



## **Interest Groups**

*Exploring with Fairy Tales*                      **Elliot Joslin**

We will explore the mysteries of change using fairy tales as a guide to understanding the nature of inner processes. Improvisation and imagined experience will be our guides for relating the tales to our own lives and to the continuing processes of change within each of us.

*Death, Loss and Creativity*                      **Carol Kimball**

We will come together to explore the mystery of death and its relationship to our experiences of loss, loneliness, and creativity. We will use color, clay, music, drama, and movement to share and to support our search.

*Married to Single to Personhood*                      **Tony LoGiudice**

Divorced and separated persons have shared a transition which carries seeds of transformation. We will explore ways of adapting to change, using attentive listening, guided fantasy, dream sharing, and expressive movement. We will each seek an image or ritual to express our discovery of the person we are becoming. Recommended reading: *Creative Divorce* by Mel Krantler.

*Tuning In*                      **Alice Smith**

Through sensory awareness we may tune in to what we sense of ourselves, feeling how life moves within us, responsive to all we do. As we begin to free our innate capacities for inner change, our trust grows in our abilities to meet outer circumstances of daily life.

*From Caterpillar to Butterfly*                      **Beth Kingsley**

Our approach to the mystery of change will be through music; “seeing” and “feeling” the different colors and textures of our own music, experiencing the Orff instruments, and moving with the wholeness that is within us. Recommended reading: *The Diaries of Amis Nin*.

*Turn, Turn, Turn*                      **Libby Baker**

Using psychodramatic and theatre methods, we will explore changes we are experiencing or anticipating, looking for the creative process within them and developing creative expressions for where we are. We will also explore cultural changes involved in the breaking of dead rituals. Please wear comfortable clothing.

*Changes*                      **Clare & Bob Keller**

In a caring and supportive community, we will explore without expectations, what we are bringing to the Conference and how the Conference is affecting us. Together we will focus on our own symbols of transformation and the kinds of transitions we are experiencing in our lives.

*Being in the Now: A Gestalt/Zen Approach to Awareness*                      **Alice Adelman**

By being attentive to what we are experiencing in the present moment and taking responsibility for our feelings, we can experience our life process with strength and allow changes to occur. We will attempt to do this through meditation, awareness exercises, and dream sharing.

*Men's Mysteries*                      **Diedrick Snoek**

Men as well as women are encouraged to explore some of the mysterious aspects of men's lives. We will try to discover the deeper meaning of such stories as *The Prodigal Son*, *Jacob and the Angel*, and other tales of profound change, employing movement, dramatization, and other aids to the imagination.

*Familyness*     **Fran Dreisbach**

We will meet, touch and move with one another to trustingly share our celebration of the family — whether biological or community. We will use a transactional analysis approach to look at the difficulties and joys in the transitions as well as in the every dayness of family living.

*Awakening to the Inner Life*     **John Laird**

A men’s group to explore ways of awakening to the inner life. Using silence, dialogue, guided fantasy, music, and dance, we will increase awareness of our inner needs, express feelings and develop new directions for more meaningful living. Bring a pillow or foam mat for sitting and lying. Suggested readings: *The Healing Mind* by Irving Oyle, M.D.; *Memories, Dreams, and Reflections* by C. G. Jung. Recommended movies: *Star Wars*; *Close Encounters*; *Oh God*.

*Moving with the I-Ching*     **Teresina Havens**

Using as a springboard the imagery and insights of the *I-Ching*, or *Book of Changes*, we hope to deal with forces which block our flexibility. Among our resources will be the *I-Ching’s* way of understanding change, the shared experiences of group members, and body movement as appropriate. Suggested readings: *The Sacred Dance* by Maria Gabrielle Wosien; *The I-Ching; Book of Changes* by Wilhelm and Baynes; *Rites and Symbols of Initiation* by Mircea Eliade; *The Tao Te Ching* by Lao Tzu, translated by A. Whaley; and *The Way and its Power*.

*Befriending the Angels and Demons Within*     **Mac & Pat Fleming**

Energy-carrying images that come to us from the unconscious can help us grow in self-awareness and wholeness. This group will hopefully make a safe place for us to experiment with ways of discovering these images, relating to them through rite and ritual, and thus celebrating our mysteries. Recommended reading: *Re-Visioning Psychology* by James Hillman.

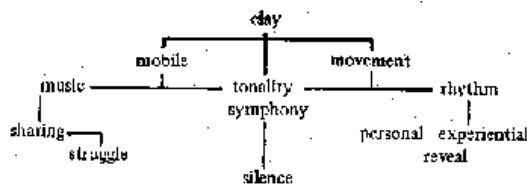
*Listening to Oneself*     **Frank Culley**

I would like to gather with others who feel the need for a silent space in the mode of a worship sharing group, (i.e., mostly being still with some sharing of feelings and thoughts which arise from each day’s events). Bring a pillow for floor sitting.

*Mysteries of Birth and Death*     **Douglas Hitchings**

Participants will use clay, writing, and other mediums to explore their feelings about birth and death. How do we give birth as men and women? How do we face our own death, minister to the dying, and nurture the bereaved? Does “joy cometh in the morning” or only after the “night of darkness”?

*Clay Dialogue*     **Mimi Labes**



*Moving and Growing*     **Nancy Brock**

Through movement of our bodies we will explore the rhythms and dynamics of change. As we follow our impulses to express reactions and feelings in movement, we will experience the energies evoked in responding to the shifting inner landscape and the outer events which influence our lives.

## **FCRP 1978**

### *Dreams*                    **Helen Pierce**

Using simple art supplies, we will portray personal dream images. We will try to discover by interacting with our dreams in this concrete way how the mysteries of change can be revealed in a manner that is unique to each individual.

### *The Numinous Now*                    **Eleanor Perry**

A workshop on blocks and incentives to the transitions we must make in dealing with the natural changes of life and its many vicissitudes. Recommended reading: *Being Present Where You Are* by Douglas Steere, Pendle Hill pamphlet.

### *Art as Illuminator of the Inner Journey*                    **Virginia Davis**

Through exploring our personal responses to various art prints, we will use art as mediating symbol, the encounter that quickens, enabling us to tap those deeper resources within which can have transforming power. We will also give visual form to our own inner imagery through spontaneous painting. Wear old clothes for painting.

### *Sound and Stillness*                    **Judith Duerk**

Inner harmony can flow from deeply experienced silence into creative music and movement. Please bring records and instruments to share. We will spend time improvising and in quietness.

*In Darkness and in Light*  
**Taylor Oughton, Herta Joslin, Diedrick Snoek**

**Plenary**

Thus I suffered and was miserable, but it seems that life was never wanting and in the blackest night even, and just there by the grace of God, I could see a Great Light. Somewhere there seems to be great kindness in the abysmal darkness of the deity.

—C. G. Jung

Our theme this year, *In Darkness and In Light*, reflects the desire many of you have expressed to explore the dark side as well as the light. The structure of this year' conference will follow a more varied program generated from within our membership. The initial plenary session will explore various aspects of darkness and light in an experiential setting. **Taylor Oughton** will speak on *Darkness as Ignorance*; **Herta Joslin** will focus on *Darkness as Creativity*; and **Diedrick Snoek** will describe *Darkness as Alienation*.

On Saturday evening and Sunday afternoon we will have an opportunity to pursue the conference theme in concurrent special gatherings, thus giving each of us another chance, in addition to our interest groups, to follow our particular leadings in darkness or in light. An explosion of dance, music, workshops, discussions, films and exhibits will be offered in over 15 events. Among members facilitating these special gatherings will be **Lewis Dreisbach, Frank Culley, Beth Kingsley, Lori and John Laird, Penny Addiss, Herta Joslin, Nancy Brock** and **Teresina Havens**. The final session Monday will gather us together to share where we have been on our journeys in darkness and in light.

**Announcements**

A reminder: the conference is carefully planned as a total experience to begin on Friday night and end on Monday at noon. It is disruptive to the atmosphere of the small groups, especially, when attenders arrive at the conference late (on Saturday) or leave early (on Sunday). Your registration implies a strong commitment to be present for the entire weekend.

Since interest and membership in the conference have grown rapidly in the past few years, we anticipate that there will be more requests than our 250 person capacity can accommodate. Members of the conference will be given a two-week advance notice before registration is open to all interested persons. Your prompt reply is essential.

## Interest Groups

### *Mothers and Daughters*     **Janet Calle**

An experiential and discussion sharing opportunity to explore mother/daughter relationships. We will examine the perpetuated myth of Eve and the darkness of the womb in contrast to self-birthing. Recommended readings: *My Mother My Self*; *Mothers and Daughters*. Recommended films: *Interiors*, *Autumn Sonata*. Limited to women.

### *Awareness*     **Alice Adelman**

By experiencing the present moment fully, be it light or dark, we can move toward wholeness. We will explore the various ways to do this: body awareness, meditation, dream sharing, journal keeping. Wear comfortable clothing.

### *Slides and Symbols*     **Marion Saunders**

Responding to experiences in religious imagination, we will explore the integration of the opposites using William Blake's symbols of light and dark through art slides, tapes of Blake's songs, and his poetry, especially *The Marriage of Heaven and Hell*. Bring anything you have done in working with symbols and come prepared to respond to Blake in your own way.

### *Our Hidden Selves*     **Carol Kimball**

Using drama, role-playing, and simple costumes, we will explore, within a caring setting, some of the opposites to our usual way of being. If possible bring an article of clothing and/or an object that will help you become one of your hidden selves.

### *Listening*     **Charles Perry**

We respond to vocal and instrumental music reflecting contrasts in darkness and light. We will share our responses in writing, discussion, and movement.

### *Moving through the Shadows*     **Nancy Brock**

Through movement of our own bodies we will seek to discover and nurture some of the hidden parts of ourselves. We will follow our inner impulses to outward expression in movement as we experience the energies and rhythms of light and shadow flowing into our moving and sharing together.

### *The Dragon Hunters of Haverford*     **Elliott Joslin**

"The hero comes to a land ravaged by a terrible dragon." This is a common episode in fairy tales which offer symbolic representation of one stage of our own search for wholeness. In an energetic and active mode, this group will, as a whole, act out the darkness of these dragons and their overthrow by the hero. Bring flashlights and pillows; cardboard swords and shields; your dragon and your spunk.

### *Separation*     **Beverly McCauley and Fran Dreisbach**

This sharing group is for persons who have already experienced or may be facing separation due to divorce or death. Together we will examine our former high hopes and discover in a caring group some ways to move beyond distress. Talking and other means such as writing and art will be used to achieve our goals. Suggested reading: Books by Elizabeth Kubler Ross and Raymond Moody and books on divorce such as *Creative Divorce* by Mel Krantzler, *Marital Separation* by Robert Weiss, and *Born to Win* by Jongward.

*The Experience of Ecstasy and the Path of Illumination*

**John Laird**

The Quaker ideal of operating in worlds of darkness without losing one's sense of The Light closely parallels the Sufi ideal of having your "head in the heavens and feet on the ground." Through the Sufi dances of Universal Love, Joy, and Peace, as well as meditation on light, we will learn how the experience of ecstasy and illumination allows one to return to daily concerns energized and refreshed. Bring meditation pillow if desired. Recommended readings: *Message of Our Time* by Pir Vilayat Kahn; *The Last Barrier* by Reshad Field.

*Clay Forms: Person Forms*

**Mimi Labes**

We will work with our own images of darkness and light, stepping into the unknown and expressing the darkness as creative power. The approach will be non-verbal, using sound and movement to evoke image and form.

*Befriending the Nightmare*

**Herta Joslin**

A venture into the obscure, to name the creatures of our dreams, to portray them with paint, to let them speak through writing, through fantasy, and in the shared light of our companionship, to discover the gifts of our visitors of the night.

*Healing the Darkness*

**Douglas Hitchings**

A natural form of healing which may be practiced by lay persons concerned with blocked energy patterns in the body will be demonstrated. By gentle pressure on particular points of the body, we will aim at releasing tension and stimulating inner energy centers. Through a series of contacts, energy is brought from the surface to the interior and from the feet to the head, completing its return flow to the mind. We hope to increase vitality, clearness of thinking and feeling, and well-being. This group will offer a chance to practice the method in pairs.

*Making Warmth Audible*

**Beth Kingsley**

We will share music together, listening to music go inside ourselves, creating its own symbols. We will experience the flow between darkness and light expressing it in sound, crystallizing it to make hope tangible. We will meet in the room of the Orff, full of musical sound possibilities. Bring a favorite instrument if you want to—no musical training is necessary.

*The Left Hand of Darkness...Is Light*

**Tony Lo Guidice**

Exploring partnerships in the frame of apparent paradox: in our individual lives and our relationships light and darkness are intertwined; both are productive, useful, and necessary. Our means will include guided fantasy, careful listening and sharing, and spontaneous drawing. Bring a blanket and wear comfortable clothing.

*Present and Future Energies*

**Libby Baker**

Using color and spontaneous drama we will picture our present selves with all our light and darkneses. Depicting these energies as available for our future, we will enter our unknowns and try to imagine our possible next steps, the dreams and realities. Bring small rugs and pillows.

*Moving with the Darkness—Watching for the Light*

**Heidi Spencer**

Many of us are experiencing times of transition, either in our internal or external lives. Through discussion and creative processes we will share the pain—the darkness—which promotes change, as well as sources of strength and guidance. In experiencing the present moment through guided imagery and music, mandala drawing, and psychodrama exercises, we may gain insight and support for the decisions and new paths ahead. Bring any quotes, music, artwork, or thoughts which have been significant to you during times of darkness or when the light broke through. Wear comfortable clothing and bring a pillow.

*Rituals: Dialogue and Enactment*

**Joe & Teresina Havens**

Rituals can connect the inner and outer worlds and reshape life patterns through symbolism and movement. We shall share experiences and attitudes toward ritual and ceremony and attempt to identify the key elements in symbolic actions that transform. Copies of *Ceremonials* by Elizabeth Coghun will be sent to all who register on time. Other suggested reading: *(A Theory of Festivity) In Tune With the World* by Joseph Pieper, *Rites and Symbols of Initiation* by Mircea Eliade, and *The Ritual Process* by Victor Turner. Participants are encouraged to bring “ceremonial clothing” as well as comfortable clothing for moving.

*Communal Exegesis*

**Maria Reyes-Guerra**

As a group we will explore and interpret different texts seeking a corporate experience which can illuminate our lives. The insights we obtain, using art materials and movement as aids, will be grounded in our personal histories. Texts to be used will be given to participants.

*Stories of Darkness: Myths, Tales, Autoreflections*

**William Doty**

Using brief retellings of stories, fairy tales, and mythic images dealing with the darkness within, we will explore the ways “inferior” aspects of ourselves are often concealed only to reappear when least expected or desired. We constantly recreate our past and work toward wholeness by learning from our depressions and shadow selves. We will experiment with methods for reaching our “inferior” function by writing letters to ourselves and re-imagining our personal histories from different perspectives. Suggested reading: *Heart of Darkness*, Joseph Conrad; “Peak and Vales”, James Hillman in *On the Way to Self Knowledge*, Needleman and Lewis, and *Journal of Solitude*, May Sarton. Bring personal journals and autobiographies, notebooks and other writing materials.

*The Path of the Heart: Aspects of Love*  
**Louis Savary**

**Plenary**

How love begins in our lives, how it grows and sustains us is a mystery. The many shades and guises of love can be the source of our greatest joy and fulfillment or our deepest pain, alienation, and loneliness. Our love may spring from profound spiritual yearning or it may come from the most despised and rejected place within us. It can, and often does, mix all of these aspects together in a way that quickens us to growth. To be on the Path of the Heart is risky. We may choose it or it may choose us. Whatever our mode of travel, we must learn to be open and vulnerable; we must learn to listen to its leading.

This year's conference will give us scope to explore the many aspects of love according to our individual needs. Our speaker will be **Louis Savary**, an ordained Jesuit priest active in the human potential movement. A professional musician and consulting statistician in the social sciences, he has co-authored and edited over fifty books and as many filmstrips. With Helen L. Bonney, he co-founded the Institute for Consciousness in Music in 1973 and co-authored *Passages: A Guidebook for Pilgrims of the Mind* (Harper, 1971) and *Mindways: A Guide for Exploring Your Mind* (Harper, 1979). In the area of spiritual growth, he has developed a number of meditation tapes including *The Spirituality of Teilhard de Chardin* and *The Lord's Prayer: Integrating Eastern and Western Prayer*.



**Interest Groups**

*Heart on Fire*                      **Diane Ramo**

Using images of fire we will explore the negative and positive aspects of this symbol of eternal and everchanging love energy as it manifests in relationships and within the self. We will learn how this energy can be used to guide and propel us along the Path of the Heart. Wear loose clothing and bring along words, music, or objects related to the theme.

*The Passages of Love*                      **Stanley Sellers**

Through silence, conversation, music, and expression we will explore the aspects of love as we are guided according our own experience with the dawn of love, the love of man and woman, love through transitions and spirit love. Bring a favorite love passage in poetry, prose, or music. Dress comfortably and bring writing materials and something on which to sit.

*Yielding at the Center: A Way of Love*                      **Mimi Labes**

How do we practice yielding at the center—a way of love? This will be an experiment in self love. We will work with the in ages within, activating them by forming them in clay, sound, and gesture. Bring a blanket to lie on.

*“Let My Heart Become Thy Lute, Beloved”*                      **Lori & John Laird**

A workshop designed for couples (any pair working on love). Through Sufi dance, meditations, spiritual practices to open the heart and develop intuition, we hope to give couples a chance to explore and enhance the spiritual foundation of their relationship, to evoke from within a greater devotion to each other and to the Beloved. Bring pillows for sitting.

*Quiet Group*                      **Frank Culley**

We will gather together to share our experiences and concerns, our joys and suffering that have to do with prayer of the ho We will speak with each other heart words rather than head words.

*The Space of Intimacy*                      **Herta Joslin**

Relationship with others and with ourselves generates joy and pain, comfort and anguish. Acceptance of the complex and shifting feelings of intimacy enables us to move more freely within that vulnerable space. By actualizing our dream and fantasy images with paint, collage, silence, and discussion, we search for insight.

*In the Heart of God*                      **Helen Pierce**

Within each of us is a unique image of love. We will ponder that image and develop a personal ritual that pays homage to the love image. Sharing this ritual may be an individual choice. Bring your favorite writing on the subject of love—a novel, poem, thesis.

*Moving with the Energy Spiral*                      **Nancy Brock**

One of the gifts of love is the energy of life itself. By exploring the motion of our own bodies we will seek to discover and follow the flow of inner energy to and from the heart. Deepening our experience of the gift of life will lead us to express feelings in movement that reaches out to unify the group.

*Women in the Bible*                      **Janet Calle**

Through the use of life scripting (Transactional Analysis), we will explore the enfoldment of eight female figures from the Bible: Rachel and her sister Leah; Ruth and her mother-in-law Naomi; Mary, the Mother of Jesus and her cousin Elizabeth; and Mary of Bethany and her sister Martha. Our learning will happen through sharing and experiencing. In preparation: suggested that you keep a journal of your feelings as you sift through the recommended readings.

*Impossible Dream? Men and Women with/without Women and Men*

**Tony LoGiudice**

How may the path of the heart help us transcend our separateness from members of our own or the other sex? How may we open ourselves to women and men in friendship and in love, whatever the other's condition or leaning, while maintaining our individualness? We will use group sharing, guided fantasy, and expressive media of choice.

*God Is Love: Reflections on Experiences of Love and Experiences of God*

**Pat McBee Sheeks**

“God is love and whoever lives in love lives in God and God lives in him (her).” (I. John 4.) Through meditation, discussion, and song, we will reflect on the power of love in our lives and explore how it relates to our beliefs and experiences of God.

*Loving Care for our Bodies*

**Douglas Hitchings**

A natural form of healing which may be practiced by lay persons concerned with blocked energy patterns in the body. By gentle pressure on particular points of the body, we will aim at releasing tension and stimulating inner energy centers. Through a series of contacts, energy is brought from the surface to the interior and from the feet to the head, completing its return flow to the mind. We hope to increase vitality, clearness of thinking and feeling, and well-being. This group will offer a chance to practice the method in pairs.

*Our Secret Gardens: Perversion Redeemed*

**Alexander McCurdy**

Sexual perversions especially as experienced in fantasy, will be viewed from a Jungian perspective as unexpected keys opening doors toward wholeness and individuation. These fantasies, often charged with considerable erotic, psychic, and body gripping power, and with overtones of guilt, shame, and fear, will be considered in some of their mythological, archetypal, and Jungian aspects. If the group is willing, some of our own fantasies will be considered with all appropriate discretion.

*Heart to Heart: The Experience of Being Loved*

**Bradley K. Sheeks**

Loving and being loved: an ecstatic and terrifying experience. The myth of Adam and Eve reminds us that we need each other profoundly. “It is not good that man should live alone.” We will experience self discovery through guided imagery, dialogue, and group interaction. Open to dyads and/or individuals.

*Self Mask: An Opportunity to Move Beyond the Ego-Self*

**Jerry Falek**

Participants will make plaster gauze self-masks on each other. It is a moving experience to have a mask made on and of one's own face, affording a chance to trust the darkness and feel the transforming power which moves us away from the ego-self toward a universal. In working with this theme we will use movement and story telling. Wear loose clothing and bring an old towel.

*Love and the Problem of Letting Go*

**George Eastman**

A shared, experiential journey into love relationships, past and current to get in touch with the extent to which we have or have not “let go. Within a trusting, supportive context we will explore the factors that keep us from letting go. Open to those recently separated and/or divorced, those who are grieving, and those who are leaving or have just left a relationship, and those in a love relationship but need to give one another more space.

*The Seals*

**Beth Kingsley**

“Set me as a seal upon thine heart, for love is strong as death.”—Song of Songs, 8:6. In a synthesis of guided imagery with the Carl Orff improvisational approach to music, we will search for our own unique clown-ness—the ability to balance joy and sorrow in a creative response to life. The only requirement is a love of music. Bring a musical instrument if you like.

## **FCRP 1980**

### *Caring for Oneself*                      **Alice Smith**

We often neglect ourselves in reaching outward. Should this be a time of need for you, Sensory Awareness offers a way of refreshment and comfort. Working with our bodies we find oneness of body and spirit, revealing new insights.

### *Too Much Heart*                              **Joe Havens**

For those who feel the suffering of the oppressed and starving of the world and don't know what to do about it. Through personal sharing and role playing, we will contrast guilt and despair with compassionate love as motivation.

### *Loving and Nurturing*                              **Heidi Spencer**

Through experiences with guided imagery, music, poetry, and the visual arts we will explore ways in which we can increase our capacity to nurture ourselves, our children, parents, and friends. By supportive group sharing we will seek ways by which our strengths may be enhanced by letting ourselves be nurtured. Bring pillows and blankets.

*In the Service of Divinity*

**Rachel Hillel, Teresina Havens, Joseph Havens, Silvio Fittipaldi**

**Plenary**

“To this day. God is the name by which I designate all things which cross my willful path violently and recklessly, all things which upset my subjective views, plans and intentions and change the course of my life for better or for worse.”

—*C. G. Jung*

These words of Jung imply that the conventional concept of God may not be an adequate reflection of how the Divine Force or Spirit works in our lives. There is a need to integrate what we accept as holy with what we have exiled. The Judeo-Christian, patriarchal tradition of the West has emphasized the active, upward-thrusting spirit of Logos while devaluing the dark, earth-rooted feminine spirit of Eros. At the same time, the demands and pressures of our outer lives allow us little space to pay attention to our inner world where the messages that come through in dreams and images may, indeed, be manifestations of the Self speaking through each of us. Our theme this year, *In the Service of Divinity*, will help us to become aware of how the circumstances, of our inner and outer lives can work together toward wholeness if only we will let them. **Rachel Hillel**, a Jungian analyst currently practicing in Amherst, Massachusetts, will discuss how the polarity created by the Judeo-Christian concept of God—the above—and new images of God emerging in the dreams of modern men and women—the below—are helping us question the patriarchal view of God and integrate the rejected feminine principle.

**Presenters**

**Rachel Hillel** was born in Kibbutz Ein Shemer, Israel and served as an officer in the Israeli Army. She received her training as a Jungian analyst in Israel and holds a Ph.D. in philosophy and clinical psychology from the University of Tel Aviv. She has been in private practice in analytical psychology in Tel Aviv and, now, in Amherst. As a principal speaker at the recent International Association for Analytical Psychology in San Francisco, she addressed the topic, “Including the Religious Experience in the Analytical Process.”

In addition to the plenary presentations by Rachel Hillel, three conference members—**Teresina Havens, Joseph Havens** and **Silvio Fittipaldi**—will share with us at a Monday-morning panel session how the theme relates to their own lives.

**Interest Groups**

*The Tree of Life and Our Patch of Earth*

**Ina Hicks**

The powerful symbol of the Tree of Life can be planted in our everyday lives as simply as a real live tree reseeds itself. In this group, we will each build a personal Tree of Life with emphasis on the roots of nourishment and the fruition in our lives.

**Mode:** Spirit

*Connecting the Inner and the Outer*

**Diane Ramo and Barry Sullivan**

The experience of moving in a mask often touches unrealized aspects of the inner self. Stories, dreams, and images portrayed with masks can express the archetypal in tangible form. In this group, we will experiment with basic mask and movement exercises and create simple masked scenes, with masks provided by the group leaders.

**Mode:** Masks and Movement

*Bread and Wine*

**Pat Fleming**

Out of our most painful experiences we can learn to nourish our inner selves as a condition for nurturing and feeding others. We will use meditation, dreams, visual imagery, and tarot to become aware of the two-way flow of energy within our healing center.

**Mode:** Experiential

*Listening with Our Inner Ear*

**Janet Calle**

Creative listening happens when the sender and receiver become two-way paths of electronic communication, where words are appreciated as the message of the whole person. We will use a variety of experiences to fine tune our hearing capabilities. Preparation for the group will be to pay attention to our listening patterns.

**Mode:** Listening

*The Apocalypse Group*

**Joe Havens**

Our basic assumption is that confronting the darkness of the outer world situation provides us with an opportunity for spiritual deepening. Sharing together our feelings and images, we shall wrestle with the fact that we are not separate beings but parts of an interconnected network, essential for our planetary survival.

**Mode:** Discussion

*The Self Mask*

**Jerry Falek**

The Self is the orifice through which a person integrates the inner and outer to achieve a unique expression of being, communicated particularly through the face. Participants in this group will make plaster gauze masks on each others' faces and later explore the Self through the use of mask, story telling, and movement. Bring an old towel and wear loose, comfortable clothing.

**Mode:** Masks

*Landmarks in Life's Journey*

**Christine Lynn**

In this group, we will explore the problems and opportunities presented to us during the different phases of life, drawing upon the thought of C. G. Jung and Anne Morrow Lindbergh on the rites of passage. We will consider the uses of a personal journal as a facilitating tool to help us mark our journey and achieve a balance between the inner and the outer world.

**Mode:** Journaling

## **FCRP 1981**

### *Doors to Divinity*                      **Mac Fleming**

Energized images constantly seek to enter our consciousness and gain our attention. To be wisely human is to keep open the doors. This group will experiment with simple door openers — fairy tales, active imagination, crayon pictures, tarot cards, and rituals. We will accent experiencing, trusting, sharing. Bring notebooks.

**Mode:** Experiential

### *Our Feminine Selves*                      **Herta Joslin**

Deeply mysterious, the Yin of our being is experienced in image and ritual. Through private reflection, loving awareness, and the sharing of our explorations, we create open spaces where our understanding of the feminine may grow. Our helpers are the paints and brushes which enable our images to emerge.

**Mode:** Paint

### *Overabundance*                              **George Eastman**

We carry around with us too many repressed feelings and experiences, too many expectations and desires, too many objects, too many longings, fantasies, dreams, wishes, too much self-importance and self-seriousness. This workshop is intended to help us get in touch with our overabundance and to begin to learn how better to prune, to give up, to slim down bodily, psychically, and spiritually.

**Mode:** Discussion

### *The Body as Mirror*                      **Bill Prindle**

Our bodies reflect our fear and resistance as well as our vitality and love. Using energetics, relaxation, massage, and improvisation, we will, through group and individual work, explore the body's role in the struggle between the inner and outer life. Wear loose clothing, bring pillows.

**Mode:** Body Work

### *The Experience of Divinity*                      **Elliott Joslin**

Fairy tales and myths will be the starting points for us as a group to expand and explore the uniqueness and the numinous in our individual encounters with Divinity. We will seek to grow more attentive and receptive to the Divine found in love and peace, in anxiety and madness.

**Mode:** Fairy Tales

### *Ear Fetuses*                                  **Beth Kingsley**

The fetus within the ear symbolizes the renewing power of music. As we listen and give our creative mind a voice, we hear the strength within and beyond, giving new life, transforming stress into creative energy. Bring your own instrument if you want, to add to our Orff instrumentarium. No musical training necessary.

**Mode:** Music

### *Exploring, Expressing, Integrating*                      **Alice Adelman**

Quietly exploring the richness of our inner resources and expressing them through collage, dreams, and journaling, we will move toward a new awareness of the inner/outer unity in our lives. Bring notebooks.

**Mode:** Experiential

*The Divine Fool*      **Helen Williams and Charles Badenhop**

We will re-create and co-create the classic clown images within ourselves. Using movement, art, and personal dreams along with clowns' costume and make-up, we will gently expose our vulnerable and human limits in allowing our divine energy to revitalize our inner/ outer lives to form a new wholeness. Bring a tarot deck.

**Mode:** Clowning

*An as Illuminator of the Inner Journey*      **Virginia Davis**

That which is hidden and often only partially developed within the psyche speaks to us in the language of images. Through exploring our personal response to various prints, we will use art as a mediating symbol. The encounter that quickens, enabling us to tap deeper resources within, can have transforming power. We will give visual form to our inner imagery through spontaneous drawing. Bring a water jar, brushes and a paint rag.

**Mode:** Art Imagery

*The Hidden and Revealed in our Personal Relationships*      **Brad Sheeks and Pat McBee**

An exploration of the creative and healing connection between our concealed inner experience and our revealed outer relationship with another person. Through dialogue and group interaction we will approach the hidden dimension of ourselves in relation to others with an assumption that it deserves respect, appreciation, and affirmation.

**Mode:** Dialogue

*Homecoming*      **Eleanor Perry**

We will welcome those prodigal parts of ourselves which have fled from consciousness. Forbidden and forgotten feelings will, if we allow them, find expression through our fingers in the clay. Dialogue with our alienated aspects and sharing with one another will form an important part of our time together.

**Mode:** Clay

*Engaging the Feminine*  
**Silvio Fittipaldi, Herta Joslin**

**Plenary**

In this year's conference we will seek to recover lost or long-buried aspects of the feminine. This process will involve both trusting and testing, action and contemplation. By exploring and questioning traditional definitions and ways of viewing the feminine in our worship and in our relationships, both public and private, we may come to a clearer understanding of the mediating and creative power of the feminine.

This process of engagement calls upon us to value our sexual polarity while recognizing that each of us carries within us the positive and negative qualities of the other sex. Such work can restore our psychic balance and help men to be more truly masculine and women to be more truly feminine.

**Presenters**

Our speakers this year come from our conference membership and are uniquely qualified to lead this exploration. From their work as therapists and teachers **Herta Joslin** and **Silvio Fittipaldi** bring to us the richness of their combined backgrounds in Jungian psychology, Christianity, Zen, Quakerism, art, poetry, and drama.

**Quotation**

The feminine is the missing link in our chain of connections to the knowledge and deepened experience of man's psychic life. There is no access to full conscious and unconscious life without the feminine modality. The feminine must be worked on, probed, examined, meditated upon, conjectured about, and contemplated; for the feminine is the completing element in every effort we can make to become a fully human person.

—**Ann Belford Ulanov** *The Feminine in Jungian Psychology and Christian Theology*



**Interest Groups**

*Descent to the Goddess*

**Pat Fleming**

The ancient myths of Ishtar, Isis, and Hera enrich our lives with their lasting insights into feminine psychology. Like them, we can discover our own deep feminine centers of validation which lead to wholeness. This group will encourage its members to make such discoveries through ritual, dreams, active imagination and tarot. Bring a notebook, candle, and sheet.

**Mode:** Experiential

*The Wisdom of the Body*

**Alice Smith**

This group will share an opportunity to practice intellectual quiet and tap the springs of wisdom within the body. We will learn to hear and follow the messages of our inner nature, a practice akin to meditation, a path leading us to closer participation with Mother Nature. Dress comfortably for floor-work.

**Mode:** Sensory Awareness

*Sound and Stillness*

**Judith Duerk**

This seems to be a time of alienation and bitterness, rapid change, and new alienation and bitterness. We undervalue or overvalue the Yin and Yang. With drums, images, silence, music, breath, and movement (optional), we will share gentle ways of coming to more peaceful balance within and without. Bring blanket.

**Mode:** Experiential

*Feminism and Animus: Relating and Authority*

**Polly Young-Eisendrath**

The expression of authority by women touches deeply the modern problems of depression, abuse, and employment of women. We will focus on current experiences and attitudes, with a desire to free ourselves from the fascinations that bring us suffering. Bring dreams of animus figures, reflections on problems with authority, and drawing pads and pencils (crayons will be available). Both men and women are welcome and encouraged to participate.

**Mode:** Discussion and Drawing

*Dream Workshop*

**Rachel Hillel**

Relating to the realm of the non-personal, the Divine, through dream work, we will explore the dream as the Via Regia, the most accessible channel to the unconscious realm within the soul. We will focus on living contact and dialogue with the symbols sent from the unconscious. Dream interpretation is both a skill, hard work, and a ritual. Participation of all group members is essential to the group spirit. Bring along a pillow.

**Mode:** Dream Interpretation

*Mother Kali*

**Teresina Havens**

Who is Mother Kali? Can we make friends with Her? What is the connection between the Kali within us and the Cosmic Goddess who shapes world events? Through the discovery and sharing of images, stories, dream enactments and personal experiences, we will explore the nature of the so-called Goddess of Destruction and her meaning for us today.

**Mode:** Experiential

*The Sound of the Feminine*

**Beth Kingsley**

We will create our own images using music to harmonize the soul and to experience the mystery of trust. A key theme will be: "If I keep a green bough in my heart, a singing bird will come, will come . . ."

**Mode:** Music

## **FCRP 1982**

### *Movement for Self Awareness*

**Nancy Brock**

By exploring the motion of our own bodies we will seek to experience unfamiliar and hidden parts of ourselves. Discovering the living energies of the goddesses within, we can allow them to lead us to express deep feelings in movement. Thus our search for wholeness will become truly organic.

**Mode:** Movement

### *Bringing Fairy Tales to Life*

**Elliott Joslin**

We will explore fairy tales which bring to life the feminine. By dramatizing scenes with simple costumes and props, the creative process will help us to experience our own personal relationship to the feminine.

**Mode:** Drama

### *A Group for Men*

**Diedrick Snoek**

As men we will seek to nurture within ourselves all that we experience as feminine. Out of our reactions to the plenary sessions, we will work wordlessly in movement, collage and drawings. Bring pillows, pad and pencil, and easy-fitting clothes.

**Mode:** Experiential

### *Feminine Expression within Couples*

**Pat McBee and Brad Sheeks**

Seeing the couple relationship as an organism with masculine and feminine dimensions, we will seek to draw out and explore how the feminine is expressed. We will carry this out through dialogue within couples, art, body sculpture, and group discussion. For couples only.

**Mode:** Experiential/Dialogue

### *Who is the Lover of Wisdom?*

**Jamie Cromartie**

Starting from our experiences in the plenary sessions, we will consider how different modes of truth-seeking mutually validate one another, enabling us to approach the wisdom of Sophia. We will ask how the practices of the Society of Friends facilitate this encounter, along with values of the Philo-Sophic tradition: receptiveness, imagination, patience, and humility.

**Mode:** Silent Worship and Dialogue

### *Changing Images of Women*

**Eleanor Perry**

Through discussion, painting, clay, and writing we will learn to identify those all-pervasive images which circumscribe our lives. Through an experiment in self-discovering, we will bring to light from our inner source of healing those forbidden or forgotten images that are essential to acknowledge if we are to develop a perception of our authentic womanhood.

**Mode:** Experiential

### *The Seed: Life and Death*

**Anna S. Morris**

Grief, anger, loss, guilt and separation are felt daily; but often along with these emotions also come joy, release, even ecstasy. Using symbols, dialogue, music, and various art expressions, we will move through “darkness” toward acceptance and peace.

**Mode:** Experiential

*Feldenkrais Method*                      **Lawrence Phillips**

The Feldenkrais movement group is for healthy people who want to know more about how their body works. The movement is an inner teacher, innately therapeutic, and helpful for relieving tensions in the lower back, neck and shoulder areas. The movements are done gently and non-strenuously while lying comfortably on a carpet.

**Mode:** Body Work

*The Integrated Life: Feeling What One Knows*                      **Mary Riley**

As our transformation requires the integration of the dark in our interior lives, does it not also demand complete acceptance of blacks in our exterior lives? We will come together to sing black spirituals and blues, and play games which enhance the cooperative spirit.

**Mode:** Singing, Games, Discussion

*The Waning and Waxing of the Feminine*                      **Dorothy Reichardt**

We will explore together our Biblical and personal image of the divine and the feminine. Through reflection we will seek to discover those transforming symbols that help us, as male and female, live our feminine nature and nurture the divinity waiting to be born in us.

**Mode:** Worship Sharing and Discussion

*The Masks of Mother*                      **Charles Badenhop and Martha Donovan**

Feminine cannot exist without masculine, nor mother without father. Our feminine divinity will be discovered, experienced, nurtured, and lovingly supported in the process of experiencing the “self,” which is always more than we initially expected. The group will include sharing, touching, movement, and masks for unmasking reality.

**Mode:** Masks

*Clay Group*                      **Mimi Labs**

Beginning from stillness and darkness, we will explore the mysterious regions of our feminine consciousness. The group will serve as a receptive space to expand our images in dreams and stories which grow out of the material presented in the plenary sessions. This will be primarily a nonverbal experience, with group sharing as desired. Pencil and pad and old clothes are recommended.

**Mode:** Clay Work

*Making the Ideal a Reality*                      **Margaret Grace**

Many of us suffer from a loss of ideals. Those we have are often undeveloped, shifting, hazy, or conflicting. Through guided imagination, art media, and conversation we will allow our ideal being—our personal, eternal archetype in human form—to emerge. We will develop ways to help this being unfold to inspire, orient, and guide us in our day-to-day life.

**Mode:** Experiential

*The Feminine Power in Fairy Tales*                      **David Hart**

We will consider together fairy tales in which feminine figures play a crucial role in the process of redemption and transformation, carrying out that “super-ordinate” quality that so often characterizes the world as it is encountered in fairy tales. We will meditate on these figures, their nature, and the purposes they fulfill.

**Mode:** Discussion

*Opening the Way of the Spirit in the World*  
**Robert Johnson**

**Plenary**

This year the Friends Conference on Religion and Psychology is celebrating its Fortieth Anniversary. In 1943 when the conference had its beginning, the world was enmeshed in the agony of World War long for a new way of opening, beyond old polarities. A guiding principle of the conference founders was that the spiritual tradition of early Friends could exist and flourish with the new ideas of depth psychology, particularly Jungian psychology and its emphasis on the interrelatedness of the dark as well as the light aspects of our individual and collective natures.

This year, as the world faces the possibility of nuclear holocaust and our individual lives are deeply affected by that shadow and all that it implies, we reaffirm the strength of that witness which combines the vision of early Friends with the insights of Jungian psychology, acknowledging that as we allow ourselves to remain open to the Spirit we can live more creatively for ourselves and others. You are invited to join with us as we explore how this year's theme relates to these ideas.

**Presenter**

Our keynote speaker, **Robert A. Johnson**, a Jungian analyst in private practice in San Diego, California, is known to many as the author of *He and She* which deal with the male and female psyches from a Jungian perspective. He grew up in Portland, Oregon, and studied at the C.G. Jung Institute in Zurich as well as with Fritz Kunkle and Toni Sussman in London. Widely traveled in India, he is interested in the correlates among Jungian psychology, Indian teaching, and Christianity. While we know much about the symbolism of the mandala, he notes, we know very little about the nandoria, the almond-shaped section in the center of overlapping circles. This Christian symbol could be a powerful influence toward the reconciliation of heaven and earth and light and dark.

In keeping with the overall theme, a panel of conference members will join **Robert Johnson** in exploring how this search for reconciliation and the Way of the Spirit has affected their individual lives. Panel members will include **Peter Blood, Alice Gitchell, David Goodwin, Robert McGahey, and Penelope Addiss Yungblut.**

A highlight of this year's Conference will be our Fortieth Anniversary celebration where members will have a chance to meet early members at Sunday afternoon tea and share in their remembrances of the FCRP beginnings.

**Interest Groups**

*Simply Moving*      **Diane Ramo**

We will open ourselves to the experience of simply moving, using relaxation, warm-up exercises, movement games, and imagery. In this way, we will allow the spirit to move us in physical form, with time for verbal sharing as well. Wear loose, comfortable clothing and bring a large towel, blanket, or sheet for floor exercises.

**Mode:** Movement

*Celebration of the Need for Comrades*      **Hans Hartmann**

A place for men to gather, let be the need for control and agenda and hang out in the moment. Using group resources, we will explore what brings us together or scares us apart, keeps us bound to roles or blocks us from flowing with the ying/yang continuum and enjoying each other.

**Mode:** Hanging Out

*A Vision and a Way*      **Marian Sanders and Ingrid Patersen**

Seeking through listening, waiting in silence, responding out of silence, influenced by: simplicity of the seed, the ordinary, the spark of openings; truth, consciousness of living intention to create harmony, balance and centering; testimonies, applying truth in the world: and knowing oneself in that which is eternal.

**Mode:** Worship Sharing

*Listening for God and His Will*      **Chuck Perry**

Discovering “great openings,” reaffirming our faith and freeing us for action. We will work with Ned Rorem’s Quaker “paradox of reconciling implicit quiet with explicit sound” involving music of various periods, meditation, writing, drawing, sharing. Bring pad and pen.

**Mode:** Music Listening

*Discerning the Spirit through Journaling*      **Dorothy Reichardt**

Journaling is a way of listening to, recognizing, and responding to the Spirit in our lives. We will experiment with different approach-is to journal writing as a means of opening the way for the creative spirit. Bring journal or writing materials. Come with or without journaling experience.

**Mode:** Writing and Dialogue

*Dreams*      **Rachel Hillel**

We will explore dream work and dream messages as vital companions and guides. Weaving together theory and practice, the emphasis will be on lively participation of group members. Dream work is skill, but more important, it is ritual. Our purpose will be to acquire an attitude of deep respect toward our own unconscious material and to learn about the intimate connections between nightly information and our daily conscious life.

**Mode:** Dream Interpretation

*Fairy Tales and the Renewal of Spirit*      **David Hart**

Fairy tales portray desperate states of lack which amount to an eclipse of spirit. Heroes and heroines are challenged to the superhuman work of re-establishing spirit as living reality, which in fact, it always was. We will explore in several tales the way to this renewal and what it means for actual life.

**Mode:** Discussion

*Awareness through Movement*      **Lawrence Phillips**

The gentle, nonstrenuous, imaginative movements of the Feldenkrais method offer an opportunity to free the spirit by allowing the brain to reorganize the way we use our bodies. Wear comfortable, nonbinding clothing.

**Mode:** Feldenkrais Work

*Visions and Leadings towards Social and Political Change*                      *Kent Larrabee*

Through use of a Clearness Process and the support of “tenderly critical others,” we will test the authenticity of our leadings and visions. We will explore ways of following up on our visions. How do we evaluate or measure such experiences? Can we trust the Spirit to open doors? In discussing the spiritual experiences of Gandhi, Dorothy Day, Martin Luther King, Jr., A.J. Muste, and John Woolman, we shall be mindful of letting it happen and communicating the joy of such leadings.

**Mode:** Sharing, Writing, Active Imagination, I Ching

*Clay Group*                      **Mimi Labes**

Noticing the things that often go unnoticed can lead to growth of one’s own being and the world’s being. By honoring the ordinary and letting the clay speak for us, each person can resonate to the conference theme in her/his own way.

**Mode:** Clay Work

*Trustbuilding: A Way of Empowerment and Liberation*                      **Agnes P. Albany-and Silvio E. Fittipaldi**

Trust among persons provides a channel for personal, social, ecological and spiritual empowerment and liberation. By way of personal reflection and sharing, guided imagery, role playing, creating metaphors, crayoning, and movement, we will investigate ways to build or rebuild significant relationships to be trustworthy and as a way to become free in all relationships.

**Mode:** Relational

*Munchies for the Soul*                      **Mary Riley**

As our transformation requires integration of the dark and light in our interior lives, so our exterior lives can be enriched by playing, singing, and dancing. We will court the cooperative spirit through listening, singing, dancing, playing, using traditional American hymns, Black spirituals, and contemporary music.

**Mode:** Singing, Dancing, Playing

*The World and Me*                      **Anthony LoGiudice**

We will explore light and darkness in the world and ourselves as illuminated by the psychology of C.G. Jung and reflected in contemporary films and literature, our experiences and our dreams. We will work with impressions of films and books, guided imagery and various media, including writing.

**Mode:** Discussion, Dreams, Art, Media

*Opening to the Spirit*                      **Nicholas Roby**

We will involve personal sharing within the context of a written guided imagery based on the work of C.G. Jung and dream researchers. The classical music tapes of Helen Bonney along with active imagination will help to spark the opening of our spirits. The creative process, using clay, paint, and pastels will help us to shed our armor so that we can individually work with our inner and outer concerns.

**Mode:** Guided Imagery, Music, and Clay

*Preparing the Way*                      **Alice Smith**

More than we realize we are interconnected in body, mind and spirit. As we work on easing tensions and freeing breathing, we also free ourselves. We become open and ready to listen and respond to the inspiration flowing through us. This way of working may be called “clearing the channels.”

**Mode:** Body Work

*For Spiritually Dissatisfied People*

**Joe Havens**

Sharing longings, puzzles, scaredness, discoveries, practices, inner dialogue, fantasizing, movement. A key question: How can we experience the anguish of earth and our complicity in it as motivation for and source of spiritual practice? Recommended readings: your own and others' journals in hard times.

**Mode:** Discussion, Exercises

*My Beliefs Produce My Life*

**Lewis Dreisbach**

Do our basic beliefs really create the world out there that comes crashing around us? We will work the premise that the life we must greet is of our making and we can change it by changing our beliefs.

**Mode:** Discussion—Dyads, Triads, Flag-making

*Dreams: God's Forgotten Language*

**Patricia C. Fleming**

Depth psychology has given us some useful ways of understanding our dreams as messages from the unknown Self. Can we learn to work with this resource? Bring your dreams, and your notebook, id an inquiring mind.

**Mode:** Dreaming and Sharing

*Courting Transformation*

**Anna Morris**

We will seek ways of 'opening to the Spirit' in the sense implied by W.H. Auden who wrote, "Healing is not a science. It is the intuitive art of wooing nature." Through meditation, music, expressing inner "nudgings," using art, writing, and listening, we will encourage greater awareness, sensitivity, and acceptance of this inner reality.

**Mode:** Sharing Our Journey

*Finding and Fulfilling My Destiny*

**Margaret Grace**

How do I get in touch with the spirit behind the Universe through my work, my daily activities? How do I spiritualize all my actions? How do I inspire my living?

**Mode:** Guided Imagery, Discussion, Art, Sacred Dance

***Walls into Doorways***  
**Elise Boulding**

**Plenary**

This year, 1984, is seen by many writers, artists, and historians as a time of danger and uncertainty. Because of this stereotypical view, it may well be a time to develop not only a deeper sense of connectedness to each other and our spaceship earth but also a time to realize the uniqueness of our individual search which comes out of moments in solitude. Elise Boulding, our speaker this year, has noted the transformative quality of solitude “when the great machinery of the brain has the opportunity to work (both at the conscious and unconscious levels) with all the impressions of the outside world.” In the plenary sessions, Elise Boulding will share with us from her spiritual journey, guide us in a session of imaging, and dialogue with us about the conference experience.

**Presenter**

**Elise Boulding** has singular credentials to speak to us about transforming Walls Into Doorways. She is a mother of five, a grandmother, a sociologist, a futurist, a social activist, and a contemplative. Currently professor and chair of Sociology at Dartmouth College, she joined Friends the same year she joined Kenneth Boulding in matrimony—1941. Her writings are familiar to Friends through Pendle Hill pamphlets: *Born Remembering*, *Children of Solitude*, and *The Family as a Way Into the Future*.

She was professor of sociology at the University of Colorado and first editor of the International Peace Research Newsletter and chairperson of both the Women’s International League for Peace and Freedom and the North American Consortium on Peace, Research, Education, and Development. As a futurist and activist, she has chaired the original American Sociological Association Committee on the Status of Women in the Professions and co-chaired the International Sociological Association Research Committee on Sex Roles in Society.

During a year of solitude in a self-created hermitage, a simple one-room cabin in the woods in the Rockies near Boulder, Colorado, she wrote *The Underside of History*, a view of women’s roles through time. During her experience at Our Lady of the Resurrection Monastery at Cold Spring on the Hudson, New York, she collaborated with Benedictine monks to produce *From a Monastery Kitchen*, a combination cookbook and prayer manual.

**Quotation**

We are standing on the threshold of the cosmos, and we do not know who we are. Either we discover our identity and move into a new dimension of spiritual existence along with our technical conquests of time and space, or we shrink back into sub-existence as a race of well-trained clerical assistants, timidly feeding data into gigantic computers to find out what to do next. Who is taking “time out” to probe for new dimensions which will open up a way of life not now imagined? Who is dreaming dreams? Who is seeing visions? Where are the solitary ones?

—**Elise Boulding**, *Children and Solitude*, Pendle Hill Pamphlet 125



## **Interest Groups**

### *Health and Healing*                      **Judith Duerk**

We will use sacred drumming, humming, touch, and silence to explore how blocked negatives can become channels for our growth, how illness can be an insistent signal forcing us to pay attention to uncomfortable areas—perhaps our own neediness—which can open to great riches.

**Mode:** Experiential, Verbal Sharing

### *Descent and Transformation*                      **Penelope Yungblut**

In this group we will live into and support one another in the journey to the underworld where, stripped of our defenses, transformation becomes possible. Taking the Sumerian myth of Innana as our guide, we will enter into an experiential process of descent and renewal through imaging, enactment, and drawing.

**Mode:** Myth

### *Imaging a World without War*                      **Joe Havens**

In terms of the consciousness and the social institution of its inhabitants, what would a world without war look like? First as individuals, then as teams, we shall try to envision aspects of such a world. Writing history backwards, we shall imagine what steps got us from here to there.

**Mode:** Imaging, Team Thinking

### *Obstacles into Opportunities*                      **Lawrence Phillips**

Awareness Through Movement, the method developed by Israeli scientist Moshe Feldenkrais, offers gentle, yet powerful nonstrenuous movements as a means to attaining attitudes of ease and efficiency in body motion together with a sense of grace, personal elegance, and improved self image.

**Mode:** Feldenkrais Method

### *Moving through Doorways*                      **Diane Ramo**

This group will focus on the conference theme through movement and dance, exploring situations and feelings of impasse (walls), creating and choosing doorways, and moving through them. Relaxation, dance/movement, exercises, and games will be our modes of exploration, as well as group sharing and discussion. Wear loose clothing and bring a blanket.

**Mode:** Movement

### *Jung + Gestalt = Richness*                      **Ellie Chamberlayne and Elizabeth Oxlade**

Can Jungian dream interpretation use the experiential mode? Can Gestalt touch on the spiritual? To discover what they can teach us, we will share and work on our dreams from both a Jungian and a Gestalt approach. Prepare to explore. Bring dreams and wear comfortable clothes.

**Mode:** Participatory Dream Exploration

### *Aloneness and Loneliness*                      **George Eastman**

As adults we are caught between two conflicting needs: to separate and to merge. We will explore our individual and unique experiences in the separation-individuation processes within our own families of origin and in our current relationships. We will examine alternative ways of being alone and experiencing loneliness that enable us to grow in sensitivity, awareness, and strength. Wear comfortable clothes and bring a blanket.

**Mode:** Supportive, Experiential

*Clay Images*                      **Mimi Wright**

An opportunity to explore, to listen, to behold, and to give concrete form to images by creating them in clay, dialoguing with them and sharing with the group. As we create individually our form as a group will emerge.

**Mode:** Non-verbal, Some Sharing

*The Men's Group*                      **Hans S. Hartmann**

A space for men to share their stories and experience the healing power of letting go. We will explore the mysteries, myths, potentials, and limitations of male identity, celebrate the joys of comradeship as we re-discover our connectedness, and mark points of opening and transformation with appropriate rituals.

**Mode:** Hanging Out Together

*Dreaming to Turn Walls into Doorways*                      **Pat Fleming**

We will examine our dreams using a Jungian framework and supplement a verbal approach with active imagination, using clay and paint. Ritual will be a part of the process. Bring a notebook and recent dreams. Be prepared to sit on the floor.

**Mode:** Experiential, Introverted

*Help!*                      **Linda Mahler**

We will talk about areas in which it is difficult for us to ask for and to give help. Through role play and sharing we will explore how to effectively ask for the help we need and how to help others in a way that is most useful to them.

**Mode:** Discussion, Role Play

*The Goddess Beckons*                      **Herta Joslin and Judi McGahey**

Through the veil Her presence invites us. Among Her many names: Brigit, Innana, Artemis. Here is a time for women to invoke Her power, create sacred space and give honor to the journey which, when led by Her, opens to the mysteries, weaving a web of moon, seed, love, pain. Bring handwork.

**Mode:** Experiential

*Sounding Our Keynote*                      **Beth Kingsley**

When we are sounding our own fundamental tone we are being most fully ourselves and produce overtones. As these expanding rings of sound resonate, they help us to connect with others, making it possible to open to trust, and to turn walls into doorways. Wear comfortable clothing, bring musical instruments.

**Mode:** Experiential, Music

*Awakening to the Voices Within*                      **Nicolas Roby**

We will begin individually shaping clay to form images of our "inner family" to learn how barriers may have developed. Using written and verbal dialogue, we will interact with our images both individually and collectively, moving into Quaker silence and sharing. We will use painting to image our "lifetime" starting from early family images and voices to present and future families and communities. Bring writing pads or journals.

**Mode:** Clay, Painting, Writing

*Developing New Perspectives*                      **Margaret Grace and Martha Montgomery**

We will use whimsical and playful means to transform blocks and create flexibility and choice in our lives to help us develop alternate ways to experience the uppers and downers of our ordinary world. We will learn to use our senses to transform our perception and develop a new perspective.

**Mode:** Experiential, Multimedia

*Nuclear Revelation*                      **Douglas Whitcher**

At the heart of the world and self is a nucleus of divine energy. But often we discover the power of this nucleus only when it is split. The Bible images this split as “apocalypse.” Literally, “apocalypse” translates “revelation.” What revelations might our split world or wounded psyches afford us? Positive, negative, or neutral attitudes about the Bible are O.K. Bring a Bible and pads for writing or drawing.

**Mode:** Writing, Drawing, Dreams, and Sharing

*The Journal as a Doorway*                      **Dorothy Reichardt**

The journal can be a doorway to the inner world, to insights, to new ways of relating. It can show barriers and ways through them. It can open the way for the creative spirit. We shall experiment with different approaches to journaling. Bring writing materials.

**Mode:** Writing, Drawing, Dialogue

*Guiding Images*                                      **Robert McGahey**

This group will be a laboratory experience in the Quaker experiment with truth. Working with psychic images through dreams, fantasy figures, and natural objects, we will pay particular attention to the 2,000,000 year old “Great Man” often invoked by Jung. He resides in each of us behind a door that has been shut longer than most others—the door to our animal.

**Mode:** Dreamwork, Writing, Active Imagination

*Dreams*    **Rachel Hillel**

Dream work is skill, but more important, it is ritual. Our purpose will be to acquire an attitude of deep respect toward our own unconscious material and to learn about the intimate connections between nightly information and our daily conscious life. Weaving together theory and practice, the emphasis will be on lively participation of group members.

**Mode:** Dream Interpretation

*Meeting the Stranger*  
**Samuel and Evelyn Laeuchli**

**Plenary**

As a symbol the stranger contains the dark and the light, or often a shadowplay of flickering, flashing glints of both. In its numinous aspect, meeting the stranger can lead us to the “great openings” of George Fox’s vision. In its fearsome aspect, confronting the stranger can mean looking at the darkness or shadow within ourselves that holds us back from meeting “the other.” The stranger presents death and rebirth, disintegration and renewal. In Jungian terms when we meet and integrate the stranger, it can help us in our individuation process by leading us to our creative center or a higher stage of development.

The theme, *Meeting the Stranger*, is doubly significant for the conference this year since we are facing change both as individuals and as a community. It is the last time we will meet at Haverford. We are leaving the security and familiarity of a beloved place to become seekers, strangers in a new land.

**Presenter**

**Dr. Samuel Laeuchli** will be our plenary session guide on this journey. A professor of religion at Temple University, he is the executive director of the <sup>®</sup>Mimesis Institute in Philadelphia. Born in Basel, Switzerland, Dr. Laeuchli received a degree in theology at the University of Basel where he studied with Karl Jaspers and Karl Barth. He received his doctorate at Union Theological Seminary in New York where he studied with Paul Tillich. He taught at Garrett Theological Seminary in Evanston, Illinois, and at the graduate school of the World Council of Churches in Bossey near Geneva, Switzerland. He has served as visiting professor at Barnard College and at Hamburg University and has taught at Union Theological Seminary, the Divinity School of the University of Chicago and the Princeton Theological Seminary.

When Dr. Laeuchli went to Temple University in 1967 he became interested in the connections between symbolism and mythology and their link with religion and art. Out of these connections he developed “<sup>®</sup>Mimesis Reenactments,” which are based on the assumption, going back to ancient times, that a state of meditative consciousness helps one to experience more directly the power and meaning of a myth or Biblical story. The Mimesis process is a group process involving ritual and drama. It explores the connections between art and sacred space and their implications for healing.

Dr. Laeuchli has led Mimesis workshops in Chartres cathedral, in the sanctuary of San Vitale in Ravenna, and in various churches and synagogues in the United States. **Dr. Evelyn Rothchild Laeuchli**, a clinical psychologist, who has helped to establish the Mimesis Institute, will lead the plenary session discussions following the Mimesis drama.

**Quotation**

In myths, legends, folktales and in literature as a whole the “stranger” is frequently “the one destined to replace” the reigning power in a country or locality. He (she) stands for the possibility of unseen change, for the future made present, or for mutation in general. Frazer tells us how Lityerses, a son of King Midas, was wont to challenge people to a reaping match, and if he vanquished them he used to thrash them; but one day he met with a stranger who, proving himself to be a stronger reaper, slew him.

— **E. Cirlot**, *A Dictionary of Symbols*, Philosophical Library

## Interest Groups

### *The Book of Ruth: The Archetype of the Foreigner*

**Rachel Hillel**

Ruth, the foreigner archetype, represents a myth that is a model for women in transition. *The Book of Ruth* is a story of love and grief, and of a leap into the unknown which leads to redemption. Together we will explore exciting ideas surrounding true feminine sourcefulness. Ruth's is an Eros story. She cleaves to Naomi as wise old women, and thereby discovers that relatedness, love and devotion lead to a higher stage of development.

**Mode:** Discussion and personal sharing

### *The Stranger in Music and in Ourselves*

**Charles Perry**

We will listen to appropriate recorded music—orchestral, operatic, song—to get in touch with our feelings about meeting the stranger and estrangement. We will share insights. Bring writing and drawing materials. Instruments are welcome.

**Mode:** Music listening and discussion

### *Meeting the Stranger in Art and Imagery*

**Nick Roby**

We will seek to meet the stranger(s) within and without through painting and imagery. We will meet one another and through clay we will meet the stranger(s) within. The group will plan on time for both discussion and reflection. For those who may find it helpful, we will use the Tarot for imaging inner and outer strangers. Please bring journals or note books for your reflections.

**Mode:** Painting, clay, and Tarot cards

### *Dancing with the Stranger*

**Diane Ramo**

We meet many strangers on our individual journey, and often we feel thrown off course into chaos. Movement, with its power to relax, to express, and to change our state of being, is a way for us to experience fully our meetings with the stranger, to reorient ourselves to begin our journey anew. Bring a blanket and wear loose clothing.

**Mode:** Dance, movement

### *The Stranger in Autobiography and Dream*

**Jean Matlack**

Exploring memories of childhood, adolescence and adulthood, meeting the stories and persons of our dreams, we will dare to counter ourselves in aspects of people and places that are fearsome, unacceptable, powerful, and/or promising. We will dig for the gold hiding in our very veins. Bring pad or notebook for writing and a photo of yourself before you were 17 years old or that was taken at least 10 years ago.

*Mode: Writing exercises, freehand drawing, group sharing*

### *Inner Preparation for the New*

**Alice Smith**

Becoming quiet, comfortable, and flexible inside, we mysteriously make space and become more receptive to people and events outside us. Working together we will help each other release breathing and allow more freedom in activities such as resting, moving, turning, and bending. Wear comfortable clothes for floor work.

**Mode:** Body work and sensory awareness

### *Welcoming the Stranger(s) within Us*

**George Eastman**

We all have parts of ourselves that we not only keep hidden from others, but even from ourselves: our inner child, secret dreams and wishes, fantasies of power and achievement, personas of despair and grief. We will explore these parts of ourselves through story, psychodrama, movement, guided imagery, and spontaneous sharing. The group will provide an accepting, trustworthy, and healing place in which to discover the stranger(s) within us. Wear comfortable, loose fitting clothes, and bring two objects representing one or more internal strangers.

**Mode:** Storytelling, movement, guided imagery

## **FCRP 1985**

### *Stories of the Soul*

**Midge Miles**

A storytelling group designed for those who take stories seriously. We will listen to four 20-minute untold tales of our soul's search for wholeness. Through reflection, discussion, and ritual the symbols and metaphors contained in these tales will take on greater spiritual significance.

**Mode:** Reflection, discussion

### *Learning to Love*

**Margaret Grace**

Can I be myself and allow others to be themselves? Can I love someone enough to let him/her go on without me? Can I love without asking anything in return? We will explore some of the blocks that keep us from unconditional love and with the help of the Divine develop ways to move toward true love.

**Mode:** Art, guided imagination, meditation

### *Welcoming the Unwelcome: Death, Loss, and Change*

**Carol Kimball**

Our growth process is enhanced when we can accept life as it presents itself. In this group we will nurture one another, provide companionship that can lead to an understanding of where we are in our life path and support each other in taking whatever next steps are appropriate. We will use guided imagery, paints, and clay to assist our sharing.

**Mode:** Sharing

### *Making Friends with the Stranger through Journaling*

**Dorothy Reichardt**

The journal is a pathway to our inner world, some of which is strange to us. It is also a place in which to explore and better understand our feelings and relationships which also may be strange to us. We will experiment with different ways of journaling to assist our understanding. Bring journal or writing materials.

**Mode:** Writing, drawing, discussion

### *My Stranger: My Self*

**Ellie Chamberlayne and Elizabeth Oxlade**

Combining techniques based on Jung's psychology and Gestalt therapy, we will examine the unknown by working with dreams and becoming aware of our bodies. Using music, guided imagery, dramatization and journal writing, we will welcome our impressions and integrations. Wear comfortable clothes, bring paper, pens or pencils. Blanket or pillow optional.

**Mode:** Exploring ways of knowing the Self through dreams

### *Resonating with the Trees of Haverford*

**Teresina Havens**

As part of our farewell to the Haverford campus, this group proposes to express gratitude to our hoary sylvan friends in dance, poetry, and other media. Please bring tapes of tree music, yarn, bells, or other materials to offer your favorite tree. Although time will be set aside for individual response and reminiscence, this group will be more reflective and celebratory than verbal.

**Mode:** Silence and celebration

### *I Am a Stranger*

**Eleanor Perry and Judy McGahey**

As individuals who perceive our strangeness in the larger community, we will explore the archetype of the outsider (perhaps prophet). We will investigate how this identity may also isolate and prevent us from having an effective political voice within our wider communities. Using silence and creative materials, we discover new connections to our strangeness.

**Mode:** Discussion and silence

*“What Am I Saying”*

**Herta Payson**

Women’s experience with creative energy often comes from so far within that she has difficulty recognizing its strange urgency as she is called to changes she does not understand. The tale of Demeter, Persephone, and Hecate can help us write our own stories of divine and creative intervention. For women only.

**Mode:** Discussion, writing, clay

*The Happy Accident*

**Bella Schwartz**

Gestural drawing, in an unpremeditated instant of putting brush onto paper, brings into play both psyche and soma. The resulting squiggles on paper may be unexpected, sometimes not to our liking. But we are not looking for aesthetic satisfaction. Using water color and brush on paper, we want simply what comes serendipitously, even though at times it may seem strange.

**Mode:** Spontaneous drawing, group discussion

*Greeting the Daemon*

**Tony LoGiudice**

The Greek “daemon” means divinity, genius, tutelary deity, in contrast to “demon” which usually connotes wickedness and evil. With respect and care and out of listening and silence, we will consider life experiences that suggest our genius or daemon. Sanford connects the shadow to the daemon with its ‘vital qualities that can add to our life and strength if we relate to them in the correct way’ As appropriate, we will work with clay and water colors.

**Mode:** Receptive sharing

*The Men’s Group*

**Frank Culley**

A space for men to share their stories and experience the healing power of letting go. We will explore the mysteries, myths, potentials, and limitations of male identity and celebrate the joys of comradeship as we rediscover our connectedness and mark points of opening and transformation with appropriate rituals.

**Mode:** Meeting the stranger—doing it

**FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY**  
Cedar Crest College Allentown, PA                      May 23-26, 1986

***Chrysalis: No Longer Who We Were, We Know Not Who We May Become***  
**Marion Woodman**

**Plenary**

In the life cycle of the butterfly, nature provides us with images of human transformation. Caterpillar, chrysalis and butterfly not only reflect the growth, dissolution and rebirth inherent in the life cycle of all creatures but - also reflect the processes of the human psyche.

The chrysalis, the image central to this year's theme, is a particular image in the life cycle. Like the child in the womb in human development, the chrysalis represents a time of withdrawal and hiddenness. Nature draws a veil over the formation of new life. At precisely the right time, the caterpillar becoming butterfly encases itself and dies to the surrounding world. Somewhere along a branch, the hairy, plodding creature has found a particular twig, the instinctive spot for its tomb which it builds large enough for the new butterfly to stretch its wings. Inside the pupal wall, the caterpillar places the food to supply the butterfly with energy for the journey out. The caterpillar then closes itself in and gives its organs over to help form the developing butterfly.

Human consciousness seems to demand similar cyclic renewal. As it does to the butterfly, life brings death and rebirth to all of us.

The theme, *Chrysalis: No Longer Who We Were, We Know Not Who We May Become*, has added significance to the Conference as we change location. More than a year ago, we discovered that we must move on to a new place. During last year's conference, in our small groups and closing ritual, we acknowledged our sorrow and our fear on leaving Haverford and began anticipating what a new location might mean. We have found Cedar Crest and prepare to travel there now. We know neither how the new location will affect us nor what the Conference will become there.



## Presenter

That **Marion Woodman**, our speaker for the plenary sessions, understands the importance of natural images as they reflect psychological growth is clear in the latest of her three books—*The Pregnant Virgin*. That she understands the danger, the beauty, and the mystery inherent in the chrysalis stages of our lives is also clear. She will share with us her own story and the stories of her analysands.

Increasingly more convinced of the importance of body work in her life and practice, **Marion Woodman** plans to discuss her insights about the body as it applies to our theme. Working with women with eating disorders has convinced her that the soul manifests itself through the body. In connection with her recent work, she also plans to discuss the new masculinity she sees emerging now.

After leaving a career as teacher and drama coach, **Marion Woodman** studied at the Jung Institute in Zurich where she became an analyst. She now practices in Toronto. She has lectured and led workshops for various Jungian groups in Switzerland, Canada and the United States. During this past year, she has served as mistress of ceremonies and panel member during showings of *The Way of the Dream*, a ten-hour series of films with Marie Louise Von Franz, conceived and directed by her brother and Jungian analyst Fraser Boa.

Besides *The Pregnant Virgin*, **Marion Woodman** has written *Addiction to Perfection: The Still Unravished Bride* and *The Owl Was a Baker's Daughter: Obesity, Anorexia Nervosa, and The Repressed Feminine*. Her books are testimonials to her understanding of the emergence of new life, whether it evolves in the womb, the chrysalis, or the human soul.

## Quotations

They and only they can acquire the philosophic imagination, the sacred power of self-intuition, who within themselves can interpret and understand the symbol that the wings of the air-sylph are forming within the skin of the caterpillar; these only who feel in their own spirits the same instinct which impels the chrysalis of the horned-fly to leave room in its involucre for antennae yet to come. They know and feel that the potential works in them, even as the actual works on them.

—**Samuel Taylor Coleridge**, *Biographia Literaria*

I was three year's old when I made the most important psychological discovery of my life. I discovered that a living creature, obeying its own inner laws, moves through cycles of growth, dies, and is reborn as a new creation.

—**Marion Woodman**, "Crysalis: Am I Really?"  
*The Pregnant Virgin: A Process of Psychological Transformation*

**Interest Groups**

*How Now?*

**Alice Adelman**

Where are you in your journey? At what stage of development is the chrysalis? What next? Participants will have an opportunity to explore their inner journey space using one of our most precious resources — dreams. Bring journal or a notebook.

**Mode:** Dream sharing and art

*Are You Listening?*

**Pat Brown.**

Nurtured by “shoulds” and “oughts,” we often hear only of values which proclaim conformity and compulsion. The challenges of the voice of change go unheeded and unheard. The group will take the time needed to experience what it is to be listening, what it is to hear ourselves, others, and God.

**Mode:** Receptive listening and sharing

*The Men’s Group*

**Ed Honnold**

An opportunity for men to be with each other without structure or agenda, to explore common issues (such as male identity, assertiveness, sexuality, intimacy, and relationships) and to experience letting go. This will be a new group that specially welcomes men who have not previously participated in the FCRP Men’s Group.

**Mode:** Meeting

*Ritual Journey: Caterpillar, Chrysalis, Butterfly*

**Caroline Kandler Hulse**

To tap into unrealized aspects of ourselves, we create a ritual journey using movement, stillness, and sound, finding and recording our process through art. Crucial to that process will be the ritual winding ourselves in cloth to become pupae, experiencing enclosure and unwinding as we open to release and celebrate our findings.

**Mode:** Movement and art

*Celebrating Differences*

**Margaret Grace**

How does my personality affect how I see the world, what I value, how I relate to people? We will use Jungian personality types to understand and accept ourselves and others. Through experiencing the ways various types operate in the world, we will develop specific, conscious ways to grow toward wholeness.

**Mode:** Experiential: visualization and discussion

*Dropping the Mind into the Body*

**Joe Havens**

In this workshop we shall tap the body’s wisdom through “authentic movement,” a discipline which asks us to set aside all pro-programming. In expectant waiting, we invite our bodies to find their own voices and messages in movement and posture. Discussion and loving witnessing will be included in our work together.

**Mode:** Movement and discussion

*The Book of Ruth: A Model for Women in Transition*

**Rachel Hillel**

Relevant both to men and women, this group will focus on the mythological and psychological aspects of the story of Ruth and its relevance to the lives of contemporary women. The story of Ruth, filled with grief, sorrow and compassion, supplies a grounded human model which depicts the emotional experiences involved in initiation processes.

**Mode:** Discussion and personal sharing

*Opening to the Unexpected*                      **George Eastman and Deborah Allen**

We are all constrained, often needlessly, by the habitual patterns of feeling, thinking, and doing based on our early life experience. We then bring these patterns which determine our expectations into awareness before we can choose or discard them. The purpose of this group is to move beyond our expectations and become more open to the unexpected.

**Mode:** Talk, solitary and group activity

*Body and Soul*                                      **Bob Keller**

The group's focus is physical awareness and how the state of the body affects our experience of the Spirit. In addition to general awareness techniques, we will emphasize awareness of the hands as instruments for energy perception, protection and healing. Please bring a cushion for meditation as well as a mat for floor work.

**Mode:** Physical discovery

*Attending the Present*                          **Clare Keller**

The intent of the group: to be present to our own becoming; to assist one another in attending to reactions, responses to the larger conference, including our memories and expectations. Dreams will be considered as a reflection of the process from the perspective of the unconscious.

**Mode:** Discovery

*Coming to Write Who We Are*                      **Lorraine Kreahling and Eleanor Perry**

Many times in writing we are stalled and deprived of our strength by conventional voices telling us what we are is wrong and therefore what we write cannot be right. We will experiment with "voicing" what we think/feel others want us to be as a means of discovering what impedes our transformations as people and as writers. We'll essay new selves in unanticipated, wild, small, and oddly-shaped written forms. (This group hopes to encourage writing on the Conference experience as contributions to *Inward Light*).

**Mode:** writing

*The Journal as Mirror of the Psyche*                      **Dorothy Reichardt**

In a reflective, non-censoring mood, we shall let the sweep of our lives, joys, pains, successes, failures, roads not taken and yearnings record themselves on the pages of our journals. We may meet hidden aspects of ourselves—those waiting to be born, those afraid of new birth. Bring journal, or writing materials.

**Mode:** Reflection, writing, drawing, optional sharing

*Integrating the Unknown through Higher Level Functioning*                      **Lawrence Phillips**

Using gentle, nonstrenuous, imaginative floor exercises, we will explore our potential for organic learning; that is, the education of the self through development of kinesthetic awareness. No longer within the playful world of the infant, trapped in the adult's conceptual framework, we will explore beyond the "vicious circle" via movement.

**Mode:** Feldenkrais

*Moving On*    **Diane Ramo**

The very nature of moving is transforming. From one place or form to another, moving is the transition for us. This group will use relaxation, dance, and music to explore moving on. We will also enter into stillness and discussion to reflect on our experiences. Wear loose clothing and bring a large towel or blanket.

**Mode:** Movement

*Art and Tarot Fostering Transformation*

**Nick Roby**

The group will experience the evocative power of the Tarot cards through imaging our lives in transition. We will use clay and watercolor to develop the images we discover in the cards and facilitate the experiences of the plenary sessions.

**Mode:** Art, watercolor, clay, and Tarot cards

*Celebrating Freedom in Our Relationships*

**Eileen Ross and Bob MacDicken**

Relationships with family, friends and lovers can be catalysts for personal change and growth. Through myth, fairy tales, experiential activities and reflection, we will look at how projections hinder our emerging self and envision freedom in and through relationships. Bring writing materials and wear comfortable clothing.

**Mode:** Discussion, writing, story-telling, guided imagery

*Moving with the Spirit: Clay Dance*

**Mimi Wright**

By moving gently and attentively from meditation to movement to clay, we will give form to inner rhythms and murmurs. Our purpose will be to nurture an attitude of deep respect for whatever emerges, honoring the mystery of creation. Bring old clothes and blanket or mat.

**Mode:** Clay, movement

*Fairy Tales: Perspective on Chrysalis*

**Elliott Joslin**

We will form small groups to act out and explore parts of fairy tales. Allowing our real life to contrast the tale, we seek perspective on our own psychic development and daily life. Bring some idea of what parts of tales you would like to examine along with the complete Grimm's *Fairy Tales* by Pantheon Books.

**Mode:** Play acting and sharing

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*The Wounding and Healing of Men*  
**Robert Bly**

**Plenary**

*The Wounding and Healing of Men*, the theme of this year's conference, has emerged slowly over the last four years because of steadily persistent requests that FCRP focus on men and what it is men say they need. What has become clear is that those making the requests and those hearing them recognize a hunger and yearning for the Father common to men and women. Both seem to be haunted by what the poet Stanley Kunitz recently called "the mythic image of the absent father."

Our speaker **Robert Bly** has been articulating his own understanding of this collective father hunger since 1982. He will use the plenary sessions to describe the wound we bear if we have not received adequate fathering and to describe the process involved in healing. He will also focus on why the man's wound is particularly serious.

Bly began recognizing this wound in the late seventies when he asked the question "What is a Man?" He had reflected on the men in his audiences who had responded positively to the Feminist Movement. They had become more gentle and nurturing, yet they had not become more free. They were "life-preserving, but not exactly *life-giving*."

Bly will discuss why these men need what he now calls the Wildman—a dark, shadowy, ancient male power which is "instinctive, sexually primitive, even frightening (but) nourishing male energy." It is this Wildman energy that helps men say what they really want. Bly will also explain why men can approach the Wildman only after grieving the loss of their fathers and only with the help of other men. Women—whether wives, lovers, mothers or friends—cannot help men in this domain.

Women who recognize they have not received adequate fathering have their own inner task to perform. To the extent that a Woman's outer father was inadequate, the inner imprint of Father as been damaged. The damage may have adversely affected the woman's relationships, her work and self-satisfaction. Grieving the loss of the father and forgiving him is the first step along the woman's path in the healing process. Beyond that is the discovery of new ways of relating to men and the development of the self-discipline needed for one's own work.

## Presenter

While some have met **Robert Bly** through reading his poetry, others have been captured by experiencing him in a **Robert Bly** workshop or poetry reading. Simultaneously known as poet, storyteller, joke teller, translator, and student of mythology, Bly is a master of the dramatic moment and uses words, music, movement and story to convey his message.

The issues of each decade since the 50's are reflected in Bly's life and work. He was first recognized in the 50's for his poetry rooted in his life in the midwestern farmlands. In the 60's, Bly became part of the vocal opposition to the Vietnam War. *The Light Around The Body* (1967) reflects his anger at the insanity of Americans fighting in Vietnam. His work on the Great Mother archetype and his study of Jungian psychology during the 70's led him to consider the effect of the Women's Movement on himself and other men. During the 80's, Bly has explored the question of what men now need in relationship to their own masculinity.

Bly has published more than ten books of poetry. One of them brought him the National Book Award in 1968. He is also known for his translations, including those of Spanish and Latin American poets (Neruda, Lorca and Machado) and the German poet Rilke. Since 1958 Bly has edited a poetry journal he established named for the decade in which it is published. He also leads more than twenty workshops and poetry readings each year from coast to coast.

Bly lives in Moose Lake, Minnesota with his wife and is the father of six children.

## Quotations

Often the younger males would begin to talk and within five minutes they would be weeping. The amount of grief and anguish in the younger males was astounding! ...Part of the grief was a remoteness from their fathers, which they felt keenly, but, part, too, came from trouble in their marriages or relationships. They had learned to be receptive, and it wasn't enough to carry their marriages. In every relationship, something fierce is needed once in a while: both the man and the woman need to have it...

In *The Odyssey*, Hermes instructs Odysseus, when he is approaching a kind of matriarchal figure, that he is to lift or show Circe his sword. It was difficult too for many of the younger males to distinguish between showing the sword and hurting someone... They had learned so well not to hurt anyone that they couldn't lift the sword, even to catch the light of the sun on it! Showing the sword doesn't mean fighting; there's something joyful in it.

—**Robert Bly**, "What Men Really Want," in *Challenges Of The Heart*.

Our egos are born delicate. Bestowing pleasure upon a beloved father is much easier than discovering the joys of solitary achievements. It was easy for me to please my father; and this ease bred in me a desire to please men—a desire for the rewards of a good girl. They are by no means inconsiderable; safety and approval, the warm, incomparable atmosphere created when one pleases a man who has vowed, in his turn, to keep the wolf from the door.

But who is the wolf?

He is strangers. He is the risk of one's own judgments, one's own work.

—**Mary Gordon**, "The Parable of the Cave or: In Praise of Watercolors," in *The Writer On Her Work*.

I am the dark spirit that lives in the dark  
I feel the naked touch of a knife. I feel the wound,  
this joy I love is like  
wounds at sea.

—**Robert Bly**, *Sleepers Joining Hands*

**Interest Groups**

*Exploration of Emptiness*                      **Jean Matlack**

If we let go of our angry demands that “it” be different, we enter emptiness. Emptiness, the absence of hope, the presence of depression, loneliness and fear, is the ground from which deep re-evaluation can grow. In each other’s presence we will explore our emptiness. Together we will expect and nurture the new perspectives and possibilities in each of our lives that such surrender promises.

**Mode:** Guided meditation, sharing, writing, drawing.

*A Journey: Finding Our Father/Daughter Myth*                      **Kathy Batesole**

We will discover a myth within each of us that reflects our own father/daughter relationship. Using guided imagery, words and symbols, a journey will unfold showing us a life-long adventure with our fathers. Wear loose clothing for easy relaxation exercises and lying on the floor.

**Mode:** Imagery, Writing and Sharing

*Wounded Soul, Wounded Body*                      **Bob Keller**

An experiential introduction to the dynamics of the human body and energies. Using simple awareness techniques, we will focus on the interaction between wounds to the body and wounds to the soul. Please bring a cushion for meditation as well as a mat for floor work.

**Mode:** Physical Discovery

*Healing the Wounded Man within Us*                      **Elie Chamberlayne and Elizabeth Oxlade**

A small group for women, to help us identify and learn the ways for healing the wounded man we carry with us. Wear comfortable clothing. Bring blankets, pillows, teddy bears, favorite fabrics, scents, books, music and color—anything that is healing to you.

**Mode:** Experiential—Story-telling, dreams, fantasy, sharing

*Our Woundedness and Healing*                      **Frank Culley**

A group of men will meet to share their woundedness and healings—in particular, how they have been wounded by their own fathers, and how when presented with the opportunity, they have wounded their own sons and daughters, and how healings have come. Robert Bly will be a member of this group.

**Mode:** Open

*Living with/without a Wounded Man*                      **Carol Kimball**

A group for women to share experiences about the men in their lives who may or may not be wounded. We will consider our experiences with these men—past, present and prospective—to seek ways to affirm our own growth as well as that of our partners. Bring colorful scarves if you can.

**Mode:** Sharing through drawing, clay, drama, movement

*Negotiating Tumultuous Waters in Relationships*                      **David Hart and Demaris Wehr**

Drawing on on-going life experience as a couple, we invite the participation of couples and singles in considering the challenges, pitfalls and rewards of relationships—how to accept, and how to stay clear of woundedness in oneself and the other, including one of its most difficult manifestations, passive aggressiveness.

**Mode:** Discussion, sharing and reflection



*Writing our Authentic Voice*                      **Lorraine Kreahling**

Writing who we are and our vision of the order of things is no small task. Too often, necessary assuredness and control—conventionally male qualities—stand in the way of our growth and writing. We will journey through and articulate our many perspectives in an effort to discover our most consistent, natural, and authentic writer's voice. Bring a notebook and favorite pen/pencil.

**Mode:** Writing

*The Heart of the Matter*                      **Clare Keller and Seth Rubin**

The function of this group is to help us interpret material which surfaces during the plenary sessions and elsewhere. Dreamwork will be the main medium. Dreams containing images of wounded men will be of particular interest in helping us to see what the unconscious has to say about the conference theme.

**Mode:** Discussion, dreamsharing

*Deepening the Connection*                      **Eileen Ross and Bob MacDicken**

When we know ourselves, we have a deeper capacity for loving relationships. But relationships often do not wait until we are ready. Participants in this workshop will look at issues like trust, adequacy, power, freedom and commitment. We will examine blind spots, explore masculine energy and touch ways we block relationships from forming or growing. Wear casual clothes and bring writing materials.

**Mode:** Discussion, writing, music, group activities

*Tending the Wound*                      **Robert McGahey**

This men's group will focus on the primary wound of men in our time, wound in the father-son relationship. We suffer the absence and diminution of the father, both the father within and the father without. Our principal mode will be informal sharing of life stories. Participants' dreams around the theme and some imaginal exercises will help deepen the work.

**Mode:** Sharing, imaginal exercise, dreamwork

*The Creative Energy in Father Hunger*                      **Patricia Waddell**

We will explore ideas and feelings that emerge in the conference through writing, movement and touch. In our search for transform-energies, we will enter feelings of the past associated with father hunger, sharing written responses to the themes of wounding and healing. We will work to fill the creative void with new images and definitions of nurturing which help us to express our authentic voice, gesture, and movement.

**Mode:** Writing, free movement and touch

*Leaving My Father's House*                      **Dorothy Reichardt**

We think we are on "our way" only to find we have not left home. We are still tied by longings, resentments, old tapes, old wounds. What of father do we chose to take? What leave behind? The journal is a way to insight and to letting go. Bring writing materials.

**Mode:** Reflection, writing, drawing, optional sharing

*Money*                      **Erv Reichardt**

We will talk about money. In discussion, we will focus upon our feelings, conflicts and concerns. We will touch upon Biblical and other more recent ideas that underlie prevailing cultural attitudes. We shall consider, if appropriate, the material presented by Robert Bly as it pertains to money.

**Mode:** Discussion

## **FCRP 1987**

### *Masks: Images of Wounding and Healing*

**Barry Sullivan**

Through time, the transformative power of masks in ritual and in the-theater has brought the maskmaker, wearer, and observer to new understanding and insights about himself and the world. In this group we will create masks, drawings, paintings from our personal images of father/man. Through this process, we will re-experience our own wounding and healing in a new day.

**Mode:** Drawing, painting, creating

### *Clay, Gesture, Word*

**Mimi Wright**

Forming in clay from imagery arising from plenary sessions, we will allow the subtle utterances of the soul to rise and be heard. Simple gestural and verbal expression will be explored in relation to clay forms. Old clothes recommended.

**Mode:** Clay

### *Father Wound/Daughter Wound*

**Anne Tongren**

We will explore the effect of the wounded father upon the daughter as seen in the Grimms' tale, "The Handless Maiden". Using body movement, posture and imagery, we will mine within ourselves the images which can both reveal and heal. Wear loose clothing and bring a mat or blanket.

**Mode:** Imagery, movement (for women)

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*Befriending Creativity, Befriending Our Divinity*  
**Matthew Fox**

**Plenary**

This year's theme has emerged over a long period of searching by members of the Executive Committee together with interest group leaders and many other members and friends of the conference. We have struggled both together and separately to find words to express our feeling that our creativity is the common ground on which the human and the divine meet. And just at that point at which it seemed that a solution would never be found, we were rewarded by recalling the title of *Path III* in *Original Blessing: Befriending Creativity, Befriending Our Divinity: The Via Creativa*. This seems to express succinctly not only the essence of our common search, but also an important theme from the life and work of our plenary leader, **Matthew Fox**: our role in the universe as co-creators with God.

**Matthew Fox** has devoted his life to reclaiming the Creation Spiritual Tradition which holds central the sacredness, the goodness, and the interrelatedness of all creation. Creation spirituality traces its roots to the early Hebrew prophets and Wisdom literature, to pre-Christian European religions, and to the New Testament writings that stress the inherent goodness of God's work in us and in the universe. Through these sources and the creation mystics of the middle ages, such as Meister Eckhart and Hildegard of Bingen, Fox has traced a tradition that teaches that human beings are made in the image of God and are thus full of awesome beauty and potential creativity. Creation spirituality proclaims a holistic vision that integrates the wisdom of nature with the new scientific understanding of the emerging universe. It emphasizes our responsibility to live in harmony and peace with the earth, with the creatures of the earth, and with each other.

As you read through the Interest Group descriptions, we think you will agree that this year, even more than in times past, the interest group leaders have done a remarkable job of relating their group themes to the vital theme of the 1988 Friends Conference on Religion and Psychology.

Please join us in celebrating the reawakening of the joyful creator in each of us!

**Presenter**

**Matthew Fox**, a Dominican priest, is also an author, lecturer, and theologian who is often invited to participate in academic, religious, and cultural conferences throughout the United States and Canada. He holds Master's Degrees in Philosophy and Theology from the Aquinas Institute and a Doctorate in Spirituality, *Summa Cum Laude*, from the Institut Catholique de Paris. Of the many articles and ten books he has written, *Original Blessing* and *The Illuminations of Hildegard of Bingen* are the most recent. He is Director of the Institute in Culture and Creation Spirituality which he founded in 1977.

**Quotation**

In letting both pleasure and pain happen, both light and darkness, both naming and unnameing, both cosmos and void, we allow a third thing to be born: and that third thing is the very power of birth itself. It is Dabhar erupting out of humanity's imagination. It is the image of God, the image of the Creator, coming alive and expressing its divine depths and divine fruitfulness. It is our creativity which is the full meaning of humanity's being an "image of God."

—**Matthew Fox** in *Original Blessing*

**Interest Groups**

*The Creative Life: A Risky Business*

**Alice Adelman**

Dare we risk being who we are? In this group we will explore the issue through dream sharing and non-verbal approaches. Bring your dream journal or notebook and a pen.

*The Creative in Dreams*

**Clare Keller and Seth Rubin**

The most fundamental creativity to which we are called is the creation of our own authentic selves. Dreams are a nightly reminder and guide from the Creative Spirit within us. In this group, participants will explore their dreams and celebrate the innate creativity which the dreams reveal. Bring dreams.

*Healing the Inner Playwright*

**Anne Tongren**

Drama takes place on an inner stage as we move to the inside of the body and the psyche through the process of transformational imagery. There we discover inner characters residing in different staging areas and an inner stage manager who may be directing the drama of our lives in ways we would not choose. Co-creators of our various forms of illness, we find we can become co-creators of our own wellness as we learn to write the drama in connection with the Self. Bring blanket and notebook, and wear loose clothing.

**Movement:**

*Opening to the Divine*

**Margaret Grace and Robin Buckingham**

The Dances of Universal Peace, sacred circle dances based on words and phrases from world religions, will be used as a vehicle to experience Meister Eckhart's 4-Fold Path. We will join in silent meditation and sharing to open to the Divine.

*Body and Soul: A New Friendship*

**Lawrence Phillips**

The Feldenkrais Method is rooted in the natural ecstasies of daily life. By exploring the bodysilence through self discovery rather than imitation, the learning of the soul by way of the body becomes organic. Out of this gentle, non-strenuous organic emptiness the soul speaks through peace. Bring a bath towel and dress for non-binding movement.

*Creativity: Courting the Unexpected*

**Diane Ramo**

We will experience the creative process in active and contemplative modes, using dance/movement as our medium. We will focus particularly on the delightful and terrible surprises of the process, and how the unexpected opens up possibilities in art as well as life. Wear loose clothing.

**Writing:**

*Small Doors: Seeing Life and Creation in the Telling Glimpse*

**Rebecca Osborn**

Big doors are made to be opened. Small doors open unexpectedly. In this group we will open small doors to catch a telling glimpse, a surprising likeness or a fresh insight. We will try to capture these treasures in Haiku, spoken metaphors and word pictures, and in sketches or instant photos. Bring pens, pencils, sketch pad or instant camera, and a pillow if you wish. Otherwise, do not come prepared!

*Forgetting—And Remembering*

**Bella Schwartz**

We will explore the magic of creative stirrings arising from forgetting and remembering, using as our guide an episode from the Navaho emergence myth as told by Sheila Moon in *A Magic Dwells*. In this tale, Pot-Carrier Beetle has forgotten his pots, then he remembers to return for them. Bring pad, and pen or pencil.

*Writing Our Way toward Opening*

**Patricia Waddell**

We find the mystical consciousness in the rituals of our daily lives. If we pass these moments carelessly, writing forces a measure of stillness for the work of recapturing who we are, touching new frontiers. Through writing and movement, we will work together to share the uniqueness of each journey. Bring pen and journal.

**Men's Group:**

*Reconnecting the Masculine: Building Male Spirit*

**Ed Honnold**

A chance for men to be with other men, without structure or agenda, and to experience ways of being together that strengthen male spirit. After meeting in conversation we may drum, chant or engage in other ritual activities during free night hours. If possible, men should bring a drum to the group.

**Drama:**

*Being in the Forest*

**Elliott Joslin**

The generative life of the forest, with its ever-present tension of adventure/presence is a specific mode of being which can be incorporated within our inner and outer lives. We will share our personal experience of improvising and performing scenes and landscapes from *Grimms Fairy Tales*. Accepting the landscapes that we are called to be in presently, and creating a vision/awareness of what could be, sets up a healthy tension for living.

*Give a Puppet a Hand*

**Keith Kinsolving**

If the unconscious side of your attitude remains unconscious, it will continue to thwart your need for a creative life. Dialogue with a dear puppet often turns out to be very amusing and brings out those unconscious features that you need to integrate. Puppets supplied by the leader. Journaling is helpful.

**Nature:**

*My Brother. My Self: Touching the Divine in the Natural World*

**Ellie Chamberlayne and Sue Regen**

How do we develop our spiritual relationships with our earthly brothers: trees, frogs, rocks, and birds? Through sharing, art, and song, we will find avenues toward enriching our divine communication with our partners on this globe. Wear comfortable clothes. We will go outdoors whatever the weather, so bring rainwear, ponchos, and towels.

**Artwork:**

*Zen Creativity*                      **Stephen Levine**

Using ideas from the plenary sessions and the conference experience, we will express ourselves through various Zen inspired creative practices such as: creating dry landscapes (miniature sand and rock gardens), painting, and chanting. We will end with a large-scale group sand-rock garden. Bring a pillow.

*Remembering the Creative Center*                      **Nicholas Roby**

We will work individually and collectively in gestalt sculpturing helping to let go of old images which may block our creativity and spirituality. Silence and spontaneous watercoloring support us on themes of emptiness and renewal. Guided imagery will also support the process of regaining newness in ourselves.

*Drawing from Within*                      **Judith Simmons**

How can we strengthen our creative courage? Simple lines, shapes, and color take on significant meaning when they express our most personal and/or spiritual experiences, when an encounter takes place between our inner and outer vision. We will begin by listening to others together—and then in silence—and go on to develop our image/feelings.

*Beholding the Unrecognizable: A Meditation*

**Mimi Wright**

One loves only form  
and form only comes  
into existence when  
the thing is born.

—**Charles Olson**

Are we willing to be surprised?

FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY  
Lebanon Valley College    Annville, PA    May 26-29,1989

*Witnessing the Fire: Addiction and Transformation*  
**Linda Leonard**

**Plenary**

Addiction in our society takes many forms. Although drugs and alcohol may come first to mind, there is also addiction to food, to romance, to money, to risk-taking, to comfort, to ideals, to busyness and schedule, to power—and even, as Matthew Fox pointed out—to shopping. According to this year’s plenary speaker, **Linda Schierse Leonard**, an addiction is anything that can take over your entire being, drain you of your life’s energy and deaden the mystery.

On the positive side, Marion Woodman has said that she likes working with addicts because they have a “spiritual thirst.” Addictions are often the burning desire for access to spirit energy; with consciousness addictions can be the beginning of the path to transformation, and hence our theme: *Witnessing the Fire: Addiction and Transformation*.

**Linda Leonard** says her new book, *Witness To The Fire: Creativity and The Veil of Addiction*, grew out of her own experience with addiction. The gestation of this book began with the “demon lover” chapter of her last book, *On The Way To The Wedding*. The demon lover archetype, whose prototype is Dracula, embodies the addictive pattern. Dracula promises the consummation of a lustful desire, and the victim offers her neck. But instead of reaching eternal ecstasy, the victim is deprived of her energy, and night after night the cycle of hunger begins again. The demon who promised everything, keeps asking for more, and gives nothing back. The relationship is a path of destruction for the addicted victim as it was for Dracula’s victims who became weaker and weaker as he sucked their life’s blood until they died to enter the world of “the Undead.”

In her latest work, **Linda Leonard** identifies other archetypes of addiction, including the gambler, the rebel, the underground man, the romantic, the killer, the moneylender, the judge, and the madwoman. Drawing on her own work as a Jungian analyst, on the arts and literature, and on her own experience as a recovering alcoholic, she shows what these archetypes have in common with the demon lover to whom we often turn out of fear and by whom we consequently can become possessed. She talks about the fine line between the demon and the creative daimon.

The creative daimon, in contrast to the demon, unites our energy and makes us whole. **Linda Leonard** uses the 12-step model from AA as a means to the energy of addiction and its transformation. We can gain access to this energy through working with these archetypes and transforming their energy into positive, life-affirming energy which allows us to fully respond to the challenge of living a creative life.

The Executive Committee feels excited by the prospect of the Conference’s 1989 plenary speaker—and confident that this Conference promises an extraordinary opportunity for Friends and friends of the Conference to embark on new paths in the individuation process charged by new understanding of the divine thirst hidden in the fires of our energies of addiction.



## Presenter

**Linda Schierse Leonard** is a Jungian analyst based in San Francisco whose books, *The Wounded Woman: Healing the Father and Daughter Relationship*, and *On the Way to the Wedding: Transforming the Love Relationship*, have profoundly touched us on our paths of individuation. *Witness to the Fire: Creativity and the Veil of Addiction* will be published in September 1989. Dr. Leonard is a graduate of the C.G. Jung Institute in Zurich and received her doctorate in philosophy from Duquesne University. She lives in Sausalito, California with her soul-mate Keith Chapman.

## Quotations

### In a Dark Time

In a dark time, the eye begins to see,  
I meet my shadow in the deepening shade;  
I hear my echo in the echoing wood—  
A lord of nature weeping to a tree.  
I live between the heron and the wren,  
Beasts of the hill and serpents of the den.

What's madness but nobility of soul  
At odds with circumstance? The day's on fire!  
I know the purity of pure despair,  
My shadow pinned against a sweating wall.  
That place among the rocks—is it a cave  
Or winding path? The edge is what I have.

A steady storm of correspondences!  
A night flowing with birds, a ragged moon,  
And in broad day the midnight comes again!  
A man goes far to find out what he is—  
Death of the self in a long, tearless night,  
All natural shapes blazing unnatural light.

Dark, dark my light, and darker my desire.  
My soul, like some heat-maddened summer fly,  
Keeps buzzing at the sill. Which I is I?  
A fallen man, I climb out of my fear.  
The mind enters itself, and God the mind,  
And one is One, free in the tearing wind.

—**Theodore Roethke**

**Interest Groups**

*Through Addiction to the Mystery of Reality*                      **Mary Lou Lindquist**

The efforts of this group will be directed toward experiencing and becoming satisfied with what is—that which addicts seek to escape but actually long for. We will use a sophisticated yet simple and relaxed form of silent contemplation based on Tibetan Dzogchen, and some talk. Bring meditation gear and shawl for indoor and outdoor meditation.

**Mode:** Contemplation/meditation

*Addictive Relationships*    **George Eastman**

Sometimes our most important relationships are marred by addictive characteristics — relationships between parents and children, between siblings, between husbands and wives, between lovers or between parts of ourself. We will identify these addictive relationships in our lives, explore their origins, and examine ways of overcoming them.

**Mode:** Group Sharing, solitary exercises, guided fantasy, movement

*“Who or What Am I without My Addictions?”*                      **Janet Calle and Clay Mitchell**

To varying degrees, we all have habits, rituals, routines, compulsions, obsessions, and addictions. When these alter the “flow of life,” it may be time to look at healing. Using a Self Addiction Profile (SAP) inventory to discover these addictions, we will playfully tease ourselves into exploring new options. Bring an ordinary rock the size of your fist and note-taking materials.

**Mode:** Personal inventory, discussion, rock-seeing

*Emptiness*    **Jean Matlack**

If we dare to stop our addictive dramas, we will feel the emptiness, the longing that food or denial or busy-ness usually cover. If we dare stay in that silence, the negative we have avoided becomes known, its true shape revealed. Confronted, the negative sometimes shifts, and the vacuum left is filled with new life. This group will explore this process together using modes that offer both privacy and community.

**Mode:** Sharing, guided imagery, drawing, and silence

*The Helping Addiction*    **Elizabeth Oxlade**

How do we attempt to hold the tension between our psyche’s instinctual drive toward self-knowledge and completion and our response to others? Are these opposites? What about avoidance? Interference? We will examine such questions, together with some current trends in “deprofessionalizing” healing, in the light of the Wounded Healer archetype.

**Mode:** Movement, journaling, art, dreamwork, sharing and slides

*The Hidden Fire*    **Diane Ramo**

This group will focus on our less overt, more subtle addictions and patterns. Using movement, body awareness and discussion, we will begin to identify and observe our limiting habits and addictive patterns which are not at the level of everyday consciousness. We will explore how these patterns limit us and how we can unlock the creative power they are holding or withholding. Wear loose clothing and bring a blanket.

**Mode:** Movement

*Re-Membering the Body as our Tool for Creative Living*                      **Perry S. Martin**

We will treat ourselves to the beauties available to our five senses; learn some grounding exercises; remember the natural communication we had with our bodies as children; touch, using simple, nonthreatening massage; breathe into our chakra energy centers; and have fun with finger paints or making a giant collage.

**Mode:** Experiential

*Dances of Universal Peace: Movement through Woundedness and Transformation*

**Judith and Phillip Schuller**

The Dances of Universal Peace acknowledge the Light within all world religions, including those of Native Americans. They are spiritual, eclectic, and participatory, and require no previous dance experience. Sessions will include periods of guided meditation, group sharing and song. Dances will serve to encounter “that of God in everyone” and to raise individual woundedness to a collective sharing and transformation.

**Mode:** Dancing

*Mandala: Design for Healing*                      **Stephen S. Levine** (not the author)

We will create mandalas with various materials and through ritual and ceremony experience the circle symbol. Sharing our mandala experiences, we will look at our beliefs, behavior patterns, and addictions to uncover new ways of liberating ourselves from attachments which limit self-expression. Bring a pillow.

**Mode:** Ceremony, artwork, discovery

*“Masking” Our Needs, Revealing Ourselves*                      **Eleanor Johnson**

Each participant will attempt to identify an archetypal aspect that drives him/ her to addictive behavior. Through dialogue and role-playing with the masks we create, we will attempt to make the qualities of these aspects more conscious and thus lessen their ability to hold us in reactive behavior. Bring scraps, beads, feathers, etc. to decorate masks.

**Mode:** Mask-making and dialogue

*Toward an Art of Stillness*                      **Renee Emanuel**

Art can be born in the rich stillness within us. Our challenge is to quiet the multitude of voices that call us in our everyday lives and to allow ourselves to open in the stillness. We will concentrate on the process, allow ourselves to make mistakes, and encourage ourselves and each other. Bring sketchbook, pencils, and a blanket for outdoor work. No visual arts background is necessary.

**Mode:** Drawing/artwork

*Art and Imagery as Healers in Our Letting Go*                      **Nicholas Roby**

The group will gather to creatively explore our destructive patterns using color and forms in art. We will use clay and watercolor to help us find the archetypes of change within each of us and within the group. The entire group will help us build a foundation for our own letting go of what we no longer need.

**Mode:** Art and imagery (Tarot)

*Opening Our Hands*                      **Mimi Wright**

Linda Leonard quotes a phrase from Wendell Berry: “...the impeded stream is the one that sings.” Primitive instruments, body movement, and clay will be our modes of expression. We will allow the content of the plenary talks to inspire our work together.

**Mode:** Clay and movement

*Finding Your Voice*                      **John Millen**

We will use silence, simple breathing, vocal exercises, sounding, and singing to experiment with ways to get out of the way of our voices, to rejoice in song. And in the end we may learn from each other about music as that space where the finite and the infinite touch. Bring your imagination, words and music to songs that are close to your heart.

**Mode:** Silence, breathing, vocal exercises

## **FCRP 1989**

### *In Between the Madwoman And the Judge*

**Lorraine Kreahling**

The Judge and the Madwoman are two archetypes of addiction which inhibit the creative process. The judge wants perfection and often stops creativity before it begins. The madwoman, though filled with mystical energy, gets lost in the chaos of a borderless world. In our writing, we will forge a creative path which holds the tensions of the practical and the mysterious. Bring notebook and favorite pen.

**Mode:** Writing

### *Writing Our Way toward Wholeness*

**Patricia Waddell**

The understanding of our unconscious yearnings can help us to heal our wounds and transform patterns. Compulsive work, play, fasting or eating may all serve to impede our way to a truer self. Writing provides privacy and solitude; the process may surprise us with the language that gives shape to our journey. Our writing and sharing periods will be interspersed with gentle movement.

**Mode:** Writing

### *The Fire, the Spear, and the Drum: Workshop for Men*

**Ed Honnold**

Men will gather to strengthen male spirit. Men will discuss issues of common interest and counter the common male addiction to passivity, advancing their own initiation as men, through drumming, chanting, wrestling, and ritual activities. (Some group members will again lead late-night outside drumming.) If possible, bring a drum.

**Mode:** Experiential

### *Tending the Wound-Releasing the Splendor*

**Mary Fallon and Barbara Fields**

A group for women to share experiences about addictive patterns and through the use of sacred symbols to explore the ways toward healing. Bring anything that is healing and empowering to you. Bring drums, if possible.

**Mode:** Experiential, sharing, guided meditation, creating, and ceremonial rituals

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**FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY**  
Lebanon Valley College      Annville, PA      May 25-28,1990

*Power and Grace in a World of Shards:  
Gathering the Fragments to Heal Earth and Self*  
**James A. Hall, M.D.**

**Plenary**

The Friends Conference on Religion and Psychology has always focused on the inner journey, but at the January Executive Committee meeting we found ourselves considering a connection in our ravaged earth—the erosion and pollution of nature, our soil, water, and air—and what we are apparently doing to our and psyches by overextending ourselves. The “shards” of this year’s title—literally, broken pieces of pottery which are often the only remaining clues of extinct civilizations—seemed an appropriate image of the continued abuse of our earth, as well as broken selves. The fragmented feeling that we sense in both body and psyche may be the result of our excessive efforts, even at “good works.”

Because overusing both the earth’s resources and our own requires a lack of consciousness, this year’s Conference will explore the relationship between the outer and inner processes occurring on our planet and within our psyches and physical selves.

As a committee, we also agreed that a sense of powerlessness often accompanies our desire to heal the hurts of our earth and of ourselves. We may ask whom we should blame for the fact that many beaches are no longer safe? Who is the one to whom we should—as Quakers would say—“speak the truth” about global warming? Is bundling our newspapers really going to make a difference when most businesses continue to do single-sided xeroxing on non-recycled paper? Shouting our outrage from a mountain top bereft of the pine it once grew will not stop acid rain.

We all proclaimed the spiritual and physical renewal we feel through contact with nature, and our earnest desire to stop nature’s destruction. But we agreed that the task often feels overwhelming. Enter the word “power” in our title, for as a group we feel confident of paths to empowerment that will make the healing possible. But also, it is at this moment of feeling helpless, that faith is required.

One committee member mentioned how AA steps required first an admission of powerlessness and then a surrender to a power greater than our own. Another reminded us that each person who takes individual responsibility contributes to a higher consciousness. The Quaker precept “Act thou on the light thou hast, and more will be given unto thee” brought this part of the theme together for us, inviting the “grace” of the Conference’s title.

## FCRP 1990

**James A. Hall, M.D.**, our 1990 Plenary Speaker, explained: “Power is what you must do: grace is what informs the action. These two principles must be balanced, although grace must have a slight preponderance.”

Dr. Hall met with the Executive Committee in January and participated in the process of clarifying this year’s Conference. A Zurich-trained Jungian analyst. Dr. Hall grew up, he explains, “in the mystical piney woods of East Texas and the flat logical plains of the Texas Panhandle.” He is enthralled by the fate of the earth, and particularly by “Gaia”—or “the realization that the world is a living organism of which we are a part—but not the whole thing

Dr. Hall expanded on the Executive Committee’s rumination about what might happen if we treated all life as if all life mattered, saying that “the basic training ground for dealing in a reverential way with life is the way we deal with ourselves.”

Dr. Hall has given these titles to his four plenary sessions:

- *Does Earth Mind the Minding of Earth?*
- *Lightening the Loads: The Lysis of Neurosis*
- *Is the Nature of Self the Self of Nature?*
- *Power and Grace in the World of Shards.*

### Presenter

**James A. Hall, M.D.**, is clinical associate professor of psychiatry at Southwestern Medical School, University of Texas, Health Science Center in Dallas. He is a board member of the Foundation for Research on the Nature of Man and Western Human Sciences Institute, and a fellow of the APA and the Academy of Psychoanalysis. He is the author and co-author of many books, listed on the second “Suggested Reading” page of this brochure, and available for purchase from the Pendle Hill Book Store.

**Interest Groups**

*Mapping Our Life Journey*                      **Eleanor Johnson**

Remember Uncle Wiggly. Ulysses, The Pilgrims Progress? We will map our life's journey and create art work to make manifest the hills and valleys, heroes and monsters we have met as we journey toward home. Bring materials from your journey that you'd like to include in your artwork—pictures, objects, trinkets, etc.

**Mode:** Experiential, artwork, and reflection

*Paths of Life*                      **Carol Kimball**

When we are led by our Inner Light, our path is clear and even the heaviest burdens seem easy. But finding and keeping to this path is often hard. In a safe and caring group we will locate our personal roadblocks and detours, and seek ways to remove them.

**Mode:** Journaling clay, and drawing

*Earth Calling: Rhythms, Cycles, Land Transitions*                      **Mary Fallon and Barbara Field**

A group for women to explore ways to reclaim our power. We will honor the rhythms of the earth, the cycles of nature, and the energy of our personal transitions. The mode for centering will be rituals, drumming, chanting, creating, and sharing. Bring to our circle an earth object that heals or empowers you and a drum, if possible.

**Mode:** Rituals, drumming, chanting

*Earth Pain—Body Pain*                      **Bob Keller**

We will play with simple ways to relieve some kinds of pain in the body, and try to relate those techniques to relieving the earth's distress. Please bring a blanket or pad for being on the floor.

**Mode:** Touchy-feelie

*Music Is Love that Heals*                      **Beth Kingsley Hawkins**

Tuning in to our inner music, we can experience our larger connection to nature and the theme of the divine. “ in the murmur of the wind I hear Thy name. Thru the whole nature I hear Thy music play... My soul while dancing speaketh of Thy joy in song. ”—Hazrat Inayat Khan. Come and discover a song that could be your own.

**Mode:** Music and imagery sharing

*Touching the Sacred*                      **Perry Martin**

Where our bodies, minds, relationships, and environment connect positively, there our center finds nurture and energy for growth. With special emphasis on our sense of touch, we will explore our creativity to tap this center. Through art materials, nonthreatening massage, breathing, and chakra exercises, we will connect with nature and each other for renewal and healing.

**Mode:** Experiential

*Hands Touching the Earth*                      **Rebecca Osborn**

We will appeal to the imagination through suggestions, such as living in an artificial world without nature. We will then examine how our natural surroundings help to excite, reassure, and comfort us. Throughout we will draw on Haiku and other short Japanese verse for inspiration. Bring an appropriate favorite poem.

**Mode:** Suggestion, silence, writing, and dialogue

*The Enlivening Spirit*                      **Dorothy Reichardt**

Where did humans go wrong; assuming license instead of stewardship over the earth? Are there images in our religious traditions which can realign us with the enlivening Spirit? We'll play with some images and embody them through musing, dialogue, sculpting, coloring, moving. Wear comfortable clothing. Bring your inner child.

**Mode:** Tending our images



## FCRP 1990

### *Simple Life-ing*

**Howard and Paul Segal**

Simple living and world harmony go hand in hand. We will examine how life's non-simple features can divert us from understanding ourselves, each other, and our environment and how simplicity can be a part of building community with housemates, neighbors, other countries, and the environment. We will draw on the experiences of those registered in FCRP Simple Living.

**Mode:** Discussion, role-playing, games

### *Songs as Messengers from the Unconscious*

**Susan Shaughnessy**

Is your unconscious using music to try to reach you? Have you found yourself prodded toward significant life decisions by a song which "happened" to play on the radio? Songs are gateways of tremendous power. We'll journal about ways in which music nudges us along, consoles us, challenges us, releases us, and even defines us. Bring journal and pen.

**Mode:** Journaling, discussion, art

### *The Circle of Compassion: From Womb to Planet*

**Judith Simmons**

Five elements remain in optimum balance to sustain life—whether of this Earth Being or our own being. When It or we are out of balance, things go wrong. Using a circular form (mandala) we will express our personal thoughts and emotions relating to the conference theme.

**Mode:** Drawing and painting with color

### *Exploring Ourselves as the Earth*

**Patricia Waddell**

We will use personal writing to define our relationship with the forces that enhance our spiritual journey on the earth. In recognizing where our lives are in balance and where they may need finer tuning, we continue the quest toward wholeness and grow in our stewardship of the earth. Bring writing materials; wear comfortable clothing.

**Mode:** Writing, possibly gentle movement

### *Playing God*

**Narcissa Weatherbee**

The world exists and is not completed. We are part of an act of-creation that is continually taking place. We'll start with Creation stories, using paint, drawing, and clay, observing what is, and our responsibility for what can be, as co-creators with God. No art experience is necessary. A creator is always a beginner!

**Mode:** Paint, drawing, clay

### *The Sole's Connection*

**Frank Culley**

We touch the earth through the soles of our feet. To make connection more conscious, in twos and threes we'll set out from campus to explore the four directions—to be there to our companions and to the sacred earth beneath our feet. The how of our walking will be more important than where we walk. We will wash and anoint each other's feet. Come prepared.

**Mode:** Walking

### *The Spiritual Ecology in Practicing 12 Steps*

Two members of 12-Step Programs

12-Step Programs can help us learn to satisfy ourselves spiritually allowing us to take better care of ourselves and our world. 12 Steps help us recognize when the innate human thirst for Spirit is being sidetracked into a desire for 'spirits' (alcohol, food, drugs, perfection, control, etc.) Open to anyone who wants to explore how 12-step programs work.

**Mode:** Discussion in the manner of 12-Step Meetings

## **FCRP 1990**

### *Writing Our Way out of Physical Overburdening*

**Lorraine Kreahling**

There's a connection between our ability to overschedule ourselves—work ourselves to the bone—and overuse and abuse our earth: both require a lack of consciousness—particularly of our physical being. We'll uncover how busy-ness and physical exhaustion keep us from our creativity, and make paths to keep in touch with our creativity and earth consciousness.

**Mode:** Writing

### *Exploring Our Inner and Outer Dance of Life*

**Margaret Grace and Robin Buckingham**

We will use meditation and simple circle dances (The Dances of Universal Peace) based on words from the world religions to explore the connections between our inner and outer worlds. The sense of joy, peace, and love which come from the movement will allow us to connect with our inner environment, our needs—and all life and our way of living on the planet.

**Mode:** Meditation and dance

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*A Natural Fire: Patience and Passion on the Spiritual Journey*  
David Whyte

**Plenary**

Natural fire, the ever-renewing source of creativity that gives us what need to keep going on our spiritual journey, is presently much in the forefront of our speaker **David Whyte's** thought. Like the manna in the desert, natural fire is sufficient for today only. According to David, "There's no one thing that sustains us, no one lifeline to cling to. We have to learn to understand the process over time." Natural fire, like all other things, has a shadow side. "It takes tremendous energy to keep creativity down, to keep it blocked. Always this energy smolders inside. If it remains unlit, the body fills with dense smoke."

What can poetry bring to the spiritual journey? David says, "I write poetry in order to find something I can't retreat from. Poetry works with the dying part of us - the part that limps, and will always limp; the part that doesn't think it will be accepted." And poetry is a willingness to be. "The moment when the world starts paying attention back to you is when you begin to die in some way," he says. "The person who asked the question will not survive the answer. By asking, you were changed."

David will work with us on the essential process of storytelling. He will assert—and very likely persuade us—that storytelling is essential to self compassion, which in turn is at the heart of both patience and passion on the spiritual journey. For David, "Storytelling is about telling your life in such a magnificent way that it doesn't matter where you are on your journey."

The times caught us as they did everyone this year and changed the shape of our stories. When the FCRP Executive Committee met in the fall, we found ourselves responding deeply to one particular passage from a tape made by David: "Stay with the line you can't finish. That's where the shame is that's blocking revelation. Follow through." This transmuted for us to a conference title, *Staying the Course: Patience and Passion on the Spiritual Journey*. We reached an unusually quick consensus on this phrase (which should have aroused suspicion) and departed to think about how to bring it to flower in the May 1991 Conference.

By the time we met in late January, events had overtaken the phrase "Staying the Course." Some of our members were concerned that the phrase had been used often by President Reagan. The air war in the Persian Gulf was raging and the ground war lay ahead.

When David joined us, he wrote the finish to this phrase's life in our consciousness. David observed, "If you say, 'stay the course,' then the part of you that *can't* stay the course and never will be able to becomes ashamed and leaves the room." After more deliberation, the committee changed the opening phrase in the title to "A Natural Fire" because the image is evocative and inclusive.

**Presenter**

**David Whyte**, our 1991 Plenary Speaker, is a spellbinding reciter of both his own poetry and that of others (including Rainer Maria Rilke, whom he has translated). Born in the West Riding of Yorkshire (in the north of England), he spent his childhood near Robin Hood's grave and the area where Luddites vainly resisted the Industrial Revolution. "I grew up with a very strong working class orientation," he observes. His solid, pragmatic Yorkshire father's influence balanced that of his imaginative Irish mother. A love of nature led him to a degree in marine engineering and thereafter to studies in the Galapagos Islands (as a naturalist for the Ecuadorian Park Service). This sparked his first book of poems, *Songs For Coming Home*, written after further travels in the Andes and the Himalayas had given him a vision of what he calls "the phenomenology of attention, and the strangely unsettling things that happen when the world begins to give that attention back." He lives on Whidbey Island in Puget Sound and teaches extensively in universities, colleges, educational centers, and even corporations. His second book, *Where Many Waters Meet*, is now available.

**Quotations**

**Opening of Eyes** *After R. S. Thomas*

That day I saw beneath dark clouds  
the passing light over the water  
and I heard the voice of the world speak out,  
I knew then, as I had before,  
life is no passing memory of what has been  
nor the remaining pages in a great book  
waiting to be read.

It is the opening of eyes long closed.  
It is the vision of far off things  
seen for the silence they hold.  
It is the heart after years  
of secret conversing  
speaking out loud in the clear air.  
It is Moses in the desert  
fallen to his knees before the lit bush.  
It is the man throwing away his shoes  
as if to enter heaven  
and finding himself astonished,  
opened at last,  
fallen in love with solid ground.

—**David Whyte** *Songs For Coming Home*

**Interest Groups**

*Where Our Waters Meet*

**Mary Fallon and Barbara Field**

Women will gather in affirmation of the presence of the feminine. We will explore where our spiritual paths come together—our common well. Bring to our circle that which has given you strength to remain on your spiritual path.

**Mode:** Rituals, tasting, touching, chanting, drumming, creating, sharing

*Shake Hands with Your Shadow*

**Susan Shaughnessy**

Where did you leave the outlaw behind? Whom did you rob, and who robbed you? Is it time to regain the energy in your shadow? We'll dig for the lost treasure and contemplate the human need to demonize. Bring journal, pen, and a picture (from any magazine or book) of your shadow.

**Mode:** Active imagination, journaling, drawing, music

*Using 12-Step Programs to Achieve Serenity through Acceptance*

**A Member of a 12-Step Program**

Through group discussion and sharing, we will explore perspective modification, suspension of judgment, and enhancement of our spiritual condition. Selected material will be provided; any and all 12-step reference materials are welcome.

**Mode:** Discussion

*Dreams: Navigational Aids on Our Spiritual Journeys*

**Dorothy Reichardt**

We shall share our dreams and respectfully reflect on them together. We may help their meaning come alive by each choosing a congenial mode with which to work with our dream images: drawing, painting, modeling, active imagination, dialoguing, dramatization, movement, perhaps even writing poetry. Bring dream journal.

**Mode:** Experiential

*Drumming*

**John Millen**

Excepting recent history, drumming has been an important part of all cultures since our ancestors first pounded on a hollow log. We will feel the drum come alive under our hands as the power of our drumming becomes centered in our bodies. We will also make and decorate a drum to enrich this introduction to the world of the drum. Your own drum is welcome but not necessary.

**Mode:** Experiential

*Sacred Anointing*

**Frank Culley**

Using sacred oil, we shall anoint one another's hands, feet, heads, and faces, giving time and energy to the process. If time permits, we may attempt to understand what we have done.

**Mode:** Physical

*Unchaining the Artist in the Shadow: A Workshop for Beginnings*

**Bob MacDicken**

Barriers to our creative selves are often expressed in terms of what "I should do." This group will focus on dipping a toe in forbidden waters. We will go from looking at what stops us to testing some things we don't do because we believe we're not good enough. Bring a notebook journal and wear comfortable clothes.

**Mode:** Music, drawing, writing, movement, whatever

*Fire in the Silence and Space in the Fire*

**Mary Lou Lindquist**

This group's efforts will be directed toward experiencing the mystery and the passion hidden in the daily fire of living, the spiritual search, and learning how to be spaciousness in the crucible of what is. We will use a sophisticated yet simple and relaxed form of silent contemplation based on a Tibetan Dzogchen, and dome talk or other uses of voice as appropriate. Bring some meditation gear, very comfortable clothes, and a shawl for indoor and outdoor meditation. Also bring a healthy sense of humor.

**Mode:** Contemplation/meditation

## FCRP 1991

### *The Language of the Mind*

**Patricia Waddell**

This is a group for people who wish to write in silence and to share their writing with the group. We will respond to the themes of the speaker well as to the voice of the inner life, locating and heeding the call the language that takes shape, both leading and shaping our journey. Some gentle movement if appropriate to the needs of the group. Wear comfortable clothing and bring your favorite writing materials and a quotation to share.

**Mode:** Writing

### *The End of a Matter Is Better Than Its Beginning* (Ecclesiastes)

**Judith Simmons**

Each time we move ahead on our spiritual journey, it is due to an ending; a time of quiet or chaos that summons forth transition. Creative work is the fruit of such times; both from the union of patience and passion. Bring a board at least 18 inches square and a large plastic bag.

**Mode:** Clay

### *Personal Mythology and Ritual*

**Jan Calle and Clay Mitchell**

Myths, according to Joseph Campbell, are metaphors for what lies behind the visible world. Feinstein and Krippner say, "Myths are models by which human beings code and organize their perception, feelings, thoughts, and actions." Using the group as a supportive community, we will rediscover some of our guiding personal myths. And during the process of the weekend, we will also explore their appropriateness for our current life path.

**Mode:** Sharing, guided meditation, journaling, ritual

### *A Meditation on Embracing the Dry Spell*

**Bella Schwartz**

We will use as our guide the short story "Drought" by Barry Lopez (contained in *River Notes: The Dance Of Herons*). In this story the narrator, for whom the magic of the river never falters, follows the river's changing nature during prolonged drought. The turning is presaged when Blue Heron arrives with his message and his dance.

**Mode:** Sharing, writing, discussion

### *Touching the Spirit*

**Perry Martin and Don Kauber**

Our bodies carry us on the spiritual journey, providing many messages about the fire within. We will explore various forms of touching; we will practice touching; and we will experience being touched, in order to come to clearer awareness about our spiritual path. Our bodies will experience the blending of meditation and healing.

**Mode:** Experiential

### *Embracing the Little Deaths*

**Susan Singer**

Experiencing loss and separation is a natural part of life. It can propel us into dynamic change or bog us down in a burdensome condition. Can the grieving process include our deeper longings? Working actively with our dreams, expressing ourselves through sound and drawing we may enliven our grief, impassion our yearnings and make room for joy. Bring journal, dreams and, if you like, rhythm instruments, poetry or music to share.

**Mode:** Dreamwork, expressive sound, auditory drawing

*Meeting the Holy Shadow: Our Role as Incarnators of the Divine*  
Janet Dallett

**Plenary**

Leaning over the railing of the ferry crossing Puget Sound on her way home, **Janet Dallett** glimpsed the nuclear submarine Trident. Awed by its tremendous power, she thought about how we blame technology for our loss of control over human ethical situations. Calculating that every man, woman, and child in the U.S. is responsible for 4.5 cubic inches of the ship's power, she asks what might happen if each of us were able to take back the 4.5 inches that belong to us.

Two years ago James Hall, our plenary speaker, questioned how our conference manifests the tension between Jungian psychology and Quaker tradition. Consideration of the theme for this year's conference led to the queries: What are the Quaker practices that allow us to contain the power of psychic energy, both positive and negative? What do Quakers know that allows us to bear unconscious energy and birth it into conscious life?

The Quaker search for divine inspiration within reflects the belief in the Inner Light or that of God in everyone and the experience that there is continuing revelation of spiritual truth. In Jungian terms this continuing process of becoming conscious is called individuation.

Janet Dallett, this year's plenary speaker, met Elined Kotschnig, a founder of FCRP, at a Jungian conference in 1969, the year Janet began training as a Jungian analyst. She connects the themes of her recent work, discussed in *Saturday's Child: Encounters with the Dark Gods*, with a 1956 letter Jung wrote to Elined Kotschnig in which he states, "[God's] goodness means grace and light and His dark side the terrible temptation of power."

Janet writes, "I feel that denying power or pretending not to want it is no longer a viable choice. We have to learn how to use it consciously, which includes limiting it appropriately."

Currently, Janet wrestles with the issues that have coalesced in this year's theme. She asks, "What is a living religion in today's world?" When we do not have adequate traditions and practices to contain the spiritual energy, we are susceptible to being overwhelmed by unconscious forces.

Jung discusses the problem of evil in *Aion*, claiming that the problem of evil can be solved only through the individual, "via his experience of the living spirit." In working on her lectures for the conference, Janet has chosen to focus on the integration of the shadow as the spiritual problem of our time. She views the problem in the larger context of reconciling the opposites of good and evil, informing us of ways in which the dark forces are split off from conscious awareness. The counterpart of the light Christian trinity of Father, Son, and Holy Spirit is the dark trinity in the unconscious of Satan, the Great Goddess, and the material world of nature and the body, relegated to the shadow to permit the patriarchal development that culminated in Christianity.

Another of the shadows of the Christian trinity of Father, Son, and Holy Spirit is the rescue triangle. Often driven by anger and unconscious motives, the rescue triangle of victim, rescuer, and persecutor is virtually epidemic today. "On the international level, the rescue triangle may be the cause of war" (Dallett, 1991).



**Presenter**

**Janet Dallett** was born in Hastings, Michigan, in 1933. She traces her Quaker roots to John Coggeshall, a dissenter who came to America in 1632. “The Quaker thread in my life is second only to the thread of dissent,” she says. She trained as a Jungian analyst in California and completed a Ph.D. in psychology at UCLA in 1973. After teaching at the C. G. Jung Institute in Los Angeles for nine years and serving as director of training from 1976 to 1978, she moved in 1983 to Port Townsend, Washington. At present she practices analysis three days a week and spends the balance of her time writing, thinking about dreams, trying to predict the stock market, and building a new house. She has published many articles and reviews in popular magazines and scholarly journals and is the author of *When the Spirits Come Back*; *Saturday’s Child: Encounters with the Dark Gods*; and *Midnight’s Daughter: First Poems*.

**Quotations**

The meeting with oneself is, at first, the meeting with one’s own shadow. The shadow is a tight passage, a narrow door, whose painful constriction no one is spared who goes down to the deep well. But one must learn to know oneself in order to know who one is. For what comes after the door is, surprisingly enough, a boundless expanse full of unprecedented uncertainty, with apparently no inside and no outside, no above and no below, no here and no there, no mine and no thine, no good and no bad.

—**C. G. Jung**, *Archetypes of the Collective Unconscious*

Thoreau’s assertion, “In wildness is the preservation of the world,” has meaning far beyond its intent, for the psyche’s wildness is a doorway to the Self.

—**Janet O. Dallett**, *Saturday’s Child: Encounters with the Dark Gods*

I saw that there was an ocean of darkness and death, but an infinite ocean of light and love, which flowed over the ocean of darkness. And in that also I saw the infinite love of God; and I had great openings.

—**George Fox**, *Journal of George Fox*

**Sunday Evening Diversion**

***The Grand Shadow Ball!*** Bring a favorite shadow costume or other party clothing.

## Interest Groups

### *Weaving Our Way through Darkness and Light*

**Patricia Waddell**

Writing in solitude allows us to enter our own deep privacy, where feelings, fears, and dreams take concrete form on the page. Through our commitment to give voice to the darkness and the light, we enter the possibility for change and new direction. We will respond to the themes of the conference by writing in silence and sharing our writing with other members of the group. Wear comfortable clothing, bring a pillow and writing material.

**Mode:** Writing

### *Out of Darkness, Into Light*

**Eleanor Johnson**

Out of the darkness into the light-the transformation of the dark energies into life-affirming ones through silent inner search and expression in artistic media.

**Mode:** Experiential

### *Telling Our Stories: Right Side, Dark Side*

**Bob MacDicken**

The stories and myths we remember change, and change us, as we tell them. We will seek ways to move our stories deeper into ourselves and into our shadows, by moving, singing, drawing, or accompanying ourselves as we tell stories. Bring a story, myth, or fairytale to read or tell.

**Mode:** Storytelling, music, movement, art work

### *Taking a Dip in the Deep*

**Susan Singer**

Dark images of destruction come to us in nightmares or fearful daydreams. Often these forms represent repressed elements that go underground yet persist and grow in power and frequency of appearance, immobilizing us and keeping us blocked. Can engaging our darker side release life-affirming energy? In a climate of self-compassion we may free up this energy for creative exploration.

**Mode:** Dream work, haiku, expressive sound

### *Deepening Our Connection to Darkness*

**Mary Fallon and Barbara Field**

It has been said that in our culture the shadow resides in the material world of nature and the body, aspects of the Great Goddess, and evil. Honoring the darkness is a major challenge of our spiritual journey. We will create a sacred space for women to explore the hidden, unclaimed shadow parts of Self. Bring something that symbolizes an aspect of your shadow and a drum (optional).

**Mode:** Ritual drumming, imaging, journaling, guided imagery

### *Balancing the Opposites*

**Alice Smith**

We will explore all sides of our physical house: up/down, front/back, in/out, activating, releasing, listening, encouraging, all the while inviting mental quiet and a gentle pace. We will become more aware of our need for balance and ways of cultivating it in daily life. Bring a towel, dress comfortably for floor work.

**Mode:** Body work

### *Life Stories: Finding Hidden Connections*

**Bella Schwartz**

We will consider our own life stories, where we are now, and remembering where we have been. Despite the many discontinuities that modern society imposes on our lives, we may discover hidden connections that lend meaning to the seeming fragmentation.

**Mode:** Remembering

*Illness, Dreams and Healing*

**Michael Dupre and Lorraine Krehling**

When we are diagnosed with a serious illness, it is as if we are all-consumed by our own personal earthquake. Our dreams offer us vivid images of our terror, our rage, our longings. Individual and group dream work will reveal where we are in the moment. Feeling the dream in the body is one springboard, color, another. Questions raised might be: Does illness have to be shadow? What kinds of healing do we seek? Participation limited to persons with serious illness or those who have loved ones with serious illness.

**Mode:** Dream sharing

*Meeting Our Shadow in Dreams*

**Dorothy Reichardt**

We shall learn to recognize rejected aspects of ourselves which appear in dreams. Through sharing, discussion, writing, and other forms of expression we can become better acquainted with them. Bring dream journal and writing materials.

**Mode:** Discussion, art, writing

*Connecting to the Light: Dancing with the Shadow*

**Beth Kingsley Hawkins and Eileen Ross**

We will use music to support the emergence of each person's unique images, giving them further expression through art and movement with the intention that music is love that heals.

**Mode:** Bonny Method guided imagery, music, art

*Giving Form and Color to the Darkness and Light Within*

**Louise Mullen**

We will use tissue paper collage as an expression of both the darkness and the light within ourselves and society. This mode of expression is not intentional art. It depends upon the flow of our own inner reality to present itself as it will. Acknowledging the energy present in the work, time will also be spent in discussion, meditation, and sharing as our inner reality emerges.

**Mode:** Tissue paper collage

*White People Hanging Out with Their Shadow*

**Susan Shaughnessy**

Soon to be the newest minority, we Euro-Americans need to start reclaiming the energy buried in our collective (not personal) shadow. In active imagination with ancestors, we'll face their sufferings and our own illusions of privilege, and try to process out our misguided sense of specialness. What about ourselves, do we reject or project? What does it mean to be white and humble? What is the gold to be gained in defining and embracing our collective shadow? Humor will lighten our exercises. African-American FCRPs: "Come over into Macedonia and help us."

**Mode:** Journaling, music, discussion, art

*Tending the Zen Garden*

**Stephen Levine**

Working with what emerges from the conference experience, we will express ourselves through various Zen-inspired creative practices such as creating dry landscape (miniature sand and rock gardens), black-ink brush painting, chanting, and meditation. We will end with the creation of a large-scale sand-rock garden. Bring a pillow for sitting and wear loose-fitting clothing.

**Mode:** Zen-inspired creative practices

*Drumming*

**John Millen**

Excepting recent history, the drum has played an important role in all cultures ever since our ancestors first pounded on a hollow log. We will experience the heart conversation of group drumming and learn some set rhythms as the power of our drumming becomes centered in our bodies. We will also make a drum. Your own drum is welcome but not necessary.

**Mode:** Experiential

## **FCRP 1992**

*The Wounds of War*

**Shaun Shaughnessy**

We'll show our scars and honor what we have in common as survivors of peace movements, military action, scarred families where the war, long over, still sat down at the kitchen table every night The world needs us, and we need each other. Leader is a combat veteran of Vietnam. Bring journal and pen.

**Mode:** Journaling, discussion, poetry

*Tools for Mining the Dark: Sacred Sister and Brother Groups*

**Perry Martin and Don Kauber**

We will journey into dark places within our bodies/psyches. We will breathe into deep, dark sacred space and write proprioceptively to explore the meaning for us personally. Sisters and brothers will meet separately but will take time to share discoveries and questions in order to build bridges with the other gender.

**Mode:** Guided imagery, touch, music, and movement

*The-Dream As Shadow Revealer*

**Elizabeth Oxlade**

Movement and dream drama will be our way of focusing on the conference theme. Bring a notebook or journal for recording your process and insights. Participants are asked to bring a dream suitable for dramatization and for private work. It can contain images of projection, inner wrestling, shadow work, and rebirth.

**Mode:** Experiential

*"Growing Younger toward Death"* (Title from a poem by David Whyte)

**Rebecca Osborn**

This group is for those approaching old age with all its special fears. We will explore with others in a warm, and occasionally humorous, and always supportive way, the opportunities we have for integration, new openings, and sharing. We will use writing, movement, imaging, and drawing to release our demons and find our angels. Bring blanket, pillow, or something to sit on and drawing materials.

**Mode:** Discussion, movement, art work

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**FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY**  
Lebanon Valley College      Annville, PA      May 28-31,1993

*Leaving My Father's House: Finding My Own Voice*  
**Marion Woodman**

**Plenary**

Over two years ago we asked **Marion Woodman**, our 1986 speaker, to return to the Friends Conference on Religion and Psychology in 1993 for our fiftieth anniversary. Rarely in our fifty year history have we asked a speaker to return, but Marion in her work as analyst, author, and lecturer exemplifies the reason for this conference: bringing religion and psychology together. She reminds us that psychology means science of the soul (psyche), and she often calls her work soul work. She is, indeed, a nurturer for souls through her presence, her wisdom, and her writings. Her use of metaphor and her attention to the body as the soul's earthly home are important elements in her work.

We had faith when we asked Marion to come that her cutting edge 1993 would coincide with ours. Not only has that proved true, but her theme also reminds us of our roots in the Religious Society of Friends, which claims no hierarchy, but rather the equality of all people, and instead of dogma, the importance of the inward light, or that of God as guide in each of us.

Her theme for the conference, *Leaving My Father's House: Finding My Own Voice*, is about leaving the patriarchy, paying attention to our inner process, becoming conscious of who we truly are, and living our lives to the fullest. Most of us have been deeply wounded or restricted by the patriarchy. By patriarchy, Marion means "a culture whose driving force is power. Individuals within that culture [both male and female] are driven to seek control over others and themselves in an inhuman desire for perfection." Tragically, in a patriarchal society, the feminine soul in men and women is repressed or abandoned. While patriarchy has contributed to advances of our culture, for generations now "our culture has disdained matter, our bodies and the earth," states Marion. "Our planet is now so overbalanced on its way to disembodied spirit that nature is beginning to take its revenge. Like addicts, we blindly go on denying that we are hurtling toward our own annihilation. In our gluttonous fear, we poison our atmosphere, we cut down our rain forests, we allow our magnificent animals to become extinct." She writes, "In the turmoil of our time, we are being called to a new order of reality. Working toward that consciousness, we suffer, but our suffering opens us to the wounds of the world and the love that can heal."

Marion has developed these themes in her recent book *Leaving My Father's House*, which she wrote in collaboration with Kate Danson, Mary Hamilton, and Rita Greer Allen. At our conference she will elaborate on these themes in dialogue with us and give us her latest understanding of them. Her titles for the four plenary sessions are"

- *Our Father's House 1993: A Discerning Look at Our Patriarchal Culture Outside and Inside*
- *Shadows in the Basement—Lions in the Attic (this will be about our shadow side as it manifests in body and spirit)*
- *Making Bread Soup: On the Healing Power of Metaphor*
- *Breaking Free: Thunder and Sunshine Outside My Father's House*

**Presenter**

**Marion Woodman** is a Zurich-trained Jungian analyst in practice in Toronto and a much-sought-after lecturer and workshop leader in the United States, Canada, and abroad. She is one of the first Jungian analysts to pay attention to the body as an integral part of the individuation process. Marion speaks for the development of the conscious feminine in both genders. Before being led to Zurich and a change in careers, Marion for twenty-one years was a devoted teacher of high school English and creative drama. Her knowledge and love of literature greatly enriches her work and her books, some of which have been translated into seven languages. She is the author of *The Owl Was a Baker's Daughter: Obesity, Anorexia Nervosa and the Repressed Feminine* (1980), *Addiction to Perfection: The Still Unravished Bride* (1982), *The Pregnant Virgin: A Process of Psychological Transformation* (1985), *The Ravaged Bridegroom: Masculinity in Women* (1990), *Leaving My Father's House: A Journey to Conscious Femininity* (1992), and *Conscious Femininity: Interviews with Marion Woodman* (1993).

**Quotations**

We are challenged to break the old boundaries and leap beyond anything we ever imagined.

—**Marion Woodman**, *Conscious Femininity*

If we fail to speak our truth, fail to demand that others recognize our being, we are abandoning our own soul.

—**Marion Woodman**, *Leaving My Father's House*

I don't know any other way to live now. My dreams provide the rudder for my life. My work is to find my own authenticity and then to surrender that to a higher purpose, which I call Sophia/Christ. It is at the place of wounding that we find ourselves connected to each other in love, and it is here that I open to loving other people, loving the planet, loving the cosmos. I think the future of our planet depends on human beings discovering their own light, becoming conscious of the universe as one soul.

—**Marion Woodman**, *Conscious Femininity*

Those who would mend the world must first mend themselves.

—**William Penn**

What is the Quaker faith? It is not a tidy package of words which you can capture at any given time and then repeat weekly at a worship service. It is an experience of discovery which starts the discoverer on a journey which is life-long. The discovery in itself is not uniquely a property of Quakerism. What is unique to the Religious Society of Friends is its insistence that the discovery must be made by each [person] for himself. No one is allowed to get it second-hand by accepting a ready-made creed. Furthermore, the discovery points a path and demands a journey, and gives you the power to make the journey.

—**Elise Boulding**, *The Quaker Journey*

**Sunday Evening Diversion**

*The Golden Shadow Ball!* Bring costumes or materials with which to reveal your hidden talents and passions.

## FCRP 1993

### Interest Groups

#### *Winning Space and Freedom*                      **Alice Smith**

Making space, inviting freedom in our physical home—the body—helps us to win personal freedom. This group involves gentle bodywork that encourages breathing and caring self-awareness. Working alone and together, we gradually appreciate how sensitively our inner nature responds to all that happens. Bring medium-sized towel; dress comfortably for floor work.

**Mode:** Sensory awareness

#### *Working with Our Separateness*                      **Holly Sanderson**

We will explore separations we have experienced and the feelings they arouse. Discussion, music, and relaxation will be used to help us see how we can use “kitchen work” and our inner resources to turn losses into gains. Bring a notebook and pencil.

**Mode:** Discussion

#### *How Do I See Myself?*                      **Judith Simmons**

How do I see myself? How do I want to see myself? Art is based on emotional understanding; on the perception and wisdom which lies behind the visible and the tangible. Bring your unconscious, your courage, and a mirror. We will use various art media.

**Mode:** Mixed art media

#### *Re-Cycling Myself: An Inner and Outer Journey*                      **Jan Calle**

Using group inspiration, we will explore the triple goddess in ourselves as well as create and initiate rituals of celebration honoring a woman’s cyclical journey. The maiden “potential lifegiver,” the mother “life giver,” and the crone “wisdom giver” stimulate female transitions and search for identity. Bring objects you associate with each one of these phases.

**Mode:** Experiential, creating rituals

#### *Sharing the Inner Voices*                      **Don Kauber**

A gathering of men moving gently from silence toward the voices rooted deep within, sharing the wisdom and the awesome power in a group. Bring a mat or blanket, wear loose and comfortable clothing, and attune your heart to soul-making.

**Mode:** Experiential, discussion

#### *Beyond Words: A Visual Approach to Growing*                      **Viviane A. Linssen**

We will work to bring forth aspects of the self visually. We will make images and actualize, in a non-linear way, the intangible components of our feelings. Bring any significant mementos: old photographs, family tree, object, or the text of a dream. Work will be spontaneous and subjective.

**Mode:** Art and sharing

#### *Mapping Our Inner Journeys*                      **Rebecca M. Osborn**

After a period of group sharing, we will make imaginative maps of our personal journeys with our shadows on the way through the house of our childhood. We will work on paper and in body movement. Bring along a pillow or cushion; dress comfortably. Markers, pens, and paper will be supplied.

**Mode:** Map making, discussion

#### *The Color and Shape of Our Images: Transformational Discoveries in Men and Women*

##### **Louise Mullen**

“The unconscious has treasures that consciousness has no idea of. If you take your own imagery and allow it to transform as it wants, it will go exactly where it needs to be.” (Marion Woodman) Spontaneously working with color and tissue paper, we will allow our unique images to arise. No artistic training or skill is necessary.

**Mode:** Tissue paper collage, meditation, silence



*Your Flag Decal Won't Get You into Heaven Any More*

**Shaun Shaughnessy**

Is it possible to be patriotic outside the patriarchy? We will explore what love of country means and implies. The twentieth century has seen militarism co-opt patriotism. Let's take it back. Bring journal, pen, and an object that invokes love of country for you.

**Mode:** Art, journaling, discussion, guided meditation

*Befriending Our Dreams*

**Dorothy Reichardt**

Dreams are messages from our depths, helping us discover who we truly are and nudging us toward that reality. We shall explore a variety of ways to discern these messages and embody them. Bring dream journal or writing materials.

**Mode:** Experiential

*Writing from the Inner Voice: Knowing the Wheat from the Chaff*

**Patricia Waddell**

Writing allows us to define the work of finding our individuality by making us conscious of the patriarchy. We will explore the many ways in which we have been working to leave "My Father's House." After locking the censor in the closet, we will write in silence and share writings. Bring a pen, journal/notebook, and pillow for comfort.

**Mode:** Writing, gentle movement

*Feminine Images of the Divine*

**Barbara Snipes**

Using trays with wet or dry sand, and objects we bring, make from clay, or collect from Mother Earth Herself, we will play creatively in the sand. Using dreams, life experiences of the numinous, and walks, we will create feminine images of the sacred, lark and light. Bring Goddess objects, cushion, journal, and/or writing materials.

**Mode:** Sand tray

*Men Finding Voices in Re: Generation(s)*

**Bob MacDicken**

The blood of our grandfathers and their grandfathers flows through our hearts. Can men really leave the patriarchy and be whole? Aided by music, guided imagery, writing, and other modes, we will revisit ancestors who live in us. Bring a memento of a significant older man from your life.

**Mode:** Experiential

*In Our Hands*

**Barbara Field and Martha Overlook**

By allowing the power of the ancestors to run through our hands, we reconnect with the blessing of the old ways. By ritually creating an empty vessel, we can fill it with our past, add our present, and claim our future. Bring your willingness to drum, sing, write, and share. Wear comfortable clothing. For both men and women.

**Mode:** Drumming, singing, writing, sharing

*Beginning Yoga and Body Image*

**Lorraine Kreahling**

Unlike fitness that competes to be faster and thinner, yoga works with the inner body. With simple yoga exercises, we will reach into our image at the cellular level. By breathing into, stretching, and strengthening the soul, we will work toward comfort with our body image. Bring mat or beach towel and journal.

**Mode:** Yoga, drawing, journaling

*The Predator in the Shadow: Patriarchy's Secret (and Yours?)*

**Susan Shaughnessy**

Safe in the village, we are shielded by the patriarchy from our relationship with the predator, who came before it and will surely outlive it. Do we dare face and integrate it? What about our predator/prey relationships? Bring journal, pen, and object that reminds you of the intimacy of prey and predator.

**Mode:** Art, music, journaling, discussion, active imagination

***Freeing the Inner Child through Unity and Energy***

**Ute Arnold**

Much of our life is perceived through the eyes of our inner child—childhood experiences programmed by parents and environment. Enjoy contacting your inner child through a soft blend of imagery, Gestalt, safe touch, sacred art, micro-movements, and the healing forces of nature to release energy and create unity.

**Mode:** Touch, talk, movement, art

***Finding Your Voice in the Drum***

**John Millen**

We will experience group drumming as soul conversation as the power of drumming becomes more centered in our bodies. We also will put a goatskin head on a drum and hear the sounds the next day. Your drum is welcome but not necessary.

**Mode:** Drumming

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FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY  
Lebanon Valley College      Annville, PA      May 27-30,1994

*“Renaming the World:” Seeking Anew, Afresh, Again*  
**Elizabeth Watson**

**Plenary**

At the 1994 Friends Conference on Religion and Psychology, **Elizabeth Watson** will share her excitement about the revolution that has taken place in the last 35 years in the field of (Christian) theology. She will present the material in four sessions:

- Liberation theology brings theology out of the ivory tower of theorizing into the context of the lives of the poor and oppressed. It is done in community and yields understanding of the causes of oppression, leading to action to change situations.
- Earth-centered theology (or “Creation Spirituality”) examines how the concept of human “dominion over the earth” threatens the whole fragile ecosystem and human existence on the planet. Traditional theology has focused on the ideal life in heaven when we die; Earth-centered theology sees earth as our home. Heaven can wait.
- Feminist theology notes that our naming of the world (conceptualization of reality) has been based for the past five thousand years on men’s experience and has conceptualized the world as patriarchal, dualistic, and hierarchical. Feminist theology would rename the world to include women’s experience, with an emphasis on caring, so that we see the world non-hierarchically and holistically.
- New metaphors for God. We cannot “rename” God, of course, but we use metaphors to describe what God is like. The metaphors we have inherited—King, Lord, etc.—suggest a deity outside human history, sitting in judgment. What new metaphors might reflect our twentieth-century experience, which includes the insights and world view of Einstein and Jung, among others? Throughout the weekend, we will focus on names, sharing our own with each other and reaching for a more accurate naming of reality. We will also explore the role of myths and stories, sharing our own and ones that have been meaningful to us.

**Presenter**

**Elizabeth G. Watson** is a freelance writer, speaker, and workshop leader, author of books, numerous pamphlets, articles, and position papers, and coauthor with her husband George of *Pilgrimage to India: In Search of Gandhi and Tagore*. Much of her writing is on theological dimensions of current issues. Recent pamphlets include “Healing Ourselves and Our Earth” (1991), “Sexuality, a Part of Wholeness” (1982), “Marriage in the Light” (1993), and “Journey to Universalism” (1991).

She grew up in Cleveland, Ohio, and graduated from Miami University (Ohio) with majors in English and Greek. She planned to enter the ministry and did her graduate work in theology at the University of Chicago Divinity School. She married George H. Watson in 1937, and they joined the Religious Society of Friends in 1938. Elizabeth felt called to a nonprofessional ministry focused on race relations in Chicago and held a longtime job with a community organization in a changing neighborhood, where the Watsons bought a big old house and raised their family. The basic family of three daughters and a son was later augmented by four foster daughters, three of them sisters from Lubeck, Germany.

From 1972 to 1980 the Watsons lived in Huntington, New York, where George was Moderator (President) of Friends World College and Elizabeth a curator of Walt Whitman’s birthplace. They spent 1983-84 as Fellows at Woodbrooke College Quaker study center in Birmingham, England. Among other things, Elizabeth taught feminist theology and Women in the Bible.

*Guests of My Life*, written after the death of her daughter Sara in an automobile accident, tells of six writers whose insights helped Elizabeth move through grief for her daughter. Made into a play, it had a successful run in Boston and was brought to the Friends General Conference gathering in 1983. *Daughters of Zion* tells the stories of nine Old Testament women in the first person, filling in from research and imagination what their lives might have been like. Elizabeth has spent this past winter completing a manuscript on the women around Jesus, tentatively titled *The Gospel According to the Women*. *Pilgrimage to India: In Search of Gandhi and Tagore* recounts a journey around the world, given to the Watsons by their family and friends in celebration of their fiftieth wedding anniversary.

The Watsons now make their home in Minneapolis.

**Quotations**

It may seem like an impossible task to persuade the human race to change its thinking, to recreate the myths that underlie our lives. However, there was a time when virtually everyone thought the earth was flat....Human beings have collectively changed their minds on many things.

Perhaps more discouraging is the urgency of the task ahead of us. Time is running out for us and for the planet. The indifference of many people in positions of power to the magnitude of the problem is a formidable obstacle. Our little efforts to recycle, to walk and bicycle instead of driving, to use our canvas shopping bags, to eat tofu instead of beef, seem too little in the face of global warming and the destruction of the rain forest. These things call for policies and priorities and action on a global level. Yet how can we look our children and grandchildren in the eye unless we do all that we can to give them a future? They need to know that we cared, and that we tried.

—**Elizabeth Watson**, *Healing Ourselves and the Earth*

I learned that ultimately we cannot protect our children from hardships, disease, accidents, encounters with evil, even death. The best we can hope to do is to help them learn to take care of themselves, to accept responsibility for their actions, to care about other people, and to acquire “coping skills” through experience.

—**Elizabeth Watson**, *Guests of My Life*

We are free to learn from pain, if we will. We can use the chronic disability, the unsought pain, the “thorn in the flesh,” the incurable ailment to heighten our awareness of beauty and our sensitivity to the suffering of others. We can use it as a challenge to our ingenuity to transcend our limitations. We can grow in depth through it as we seek ways to help God in the continuing process of creating a universe that is always breaking down.

—**Elizabeth Watson**, “Only the Wounded Can Heal,” *Friends Journal*

## FCRP 1994

### Interest Groups

#### *All Creatures*

**Elliot Abhau and Bruce Henn**

The animal kingdom has served humanity's myths, dreams, and daily lives in all cultures throughout time and across space. The clarity, freedom, and directness with which animals live and die humble us, invite us, and teach us the concept of God-as-Process. Share the animals' lessons.

**Mode:** Discussion, body work, art work, storytelling, experiential exercises, hands-on

#### *The Named and the Unnamable*

**Frank Culley**

We are all called here by name; in the surprise of birth we forgot our names. We wrestle them from each other—all we can give is what we remember today, and that is given as a blessing.

**Mode:** Listening to our forgotten name

#### *Sounds' Play: Experiencing Ourselves as Vibration*

**Lelia Calder**

Using sound rituals, we will create a sacred space in which to remember ourselves. With breath, voice, and movement, we expand our awareness of inner and outer space, give voice to our experience, and participate in the dance of creation, which began with a sound. Please bring mats or blankets.

**Mode:** Breath, movement, sound, sharing

#### *Re-Storying Ourselves through Mythic Drama*

**Billy Grassie and Babette Jenny**

We will explore the depth psychological meanings of biblical stories, classical myths, and fairy tales. We may laugh and cry as we confront family and conflict, control and powerlessness, healing and tragedy. Through dramatic enactments we gain experiential insights that promote catharsis and healing as we re-story and restore ourselves.

**Mode:** Role play and discussion

#### *Dreaming the Myth Onward*

**Marita Digney**

Using movement, meditation, dream recall, memories, ritual, and simple art work, we will attempt to encounter our own metaphors for Divine Source or absence within. Bring journal, mat, and willingness to be a sacred fool as we allow inner voices to rename and reclaim our response to what is.

**Mode:** Silence, movement, art, sharing

#### *Improvisation: "Doing a New Thing"*

**Susan Hills**

Improvisation implies both without foresight (without prevision) and without provisions. When we improvise, we leave our "Egypt" for the wilderness, answering God's movement in the moment and finding our way home by surprising paths. Practicing this playful spiritual discipline can help us open (and be opened by) this "present."

**Mode:** Movement, sound, clay, words, visual art

#### *Renaming, Reclaiming Our Bodies*

**Lorraine Krehling**

TV's light-filled projections of human perfection lodge in our unconscious—a specter who taunts our imperfection. To escape, we live in our heads and numb ourselves with weight, smoke, drugs. Through simple yoga exercises, breathing, journaling, we can bring to consciousness our prejudices against ourselves—reclaiming our physicality. Bring mat (towel) and journal.

**Mode:** Body awareness through yoga and journal writing

#### *Finding Your Voice in the Drum*

**John Millen**

Why has the drum played such an important role in human experience down through the ages? We will address this question experientially through group drumming, exploring rhythms, and some discussion. No experience necessary. Your own drum is welcome but not necessary.

**Mode:** Experiential

## FCRP 1994

### *Renaming Creation through a Stream of Color*

**Louise Mullen**

Using the medium of tissue-paper collage, we will invite our inner images of creation to rise and present themselves in color and form. This process requires no artistic skill or training. It depends only on our unfolding to that unique place from which we will create.

**Mode:** Tissue-paper collage, meditation, discussion, sharing

### *Dream Work*

**Dorothy Reichardt**

Dreams are messages from our depths, helping us discover who we truly are and nudging us toward that reality. We shall explore a variety of ways to discern these messages and embody them. Bring dream journal or writing materials.

**Mode:** Experiential

### *Renaming Our Differences, Reclaiming Our Relationships*

**Eileen Ross and Bob MacDicken**

We will explore attachment and communication in relationships when the soul's journeys differ, or even collide. How do we rename or reclaim commonalties and diversities in our deepest being, learning to respect our own path and the path of the other as a part of growing a self and a relationship?

**Mode:** Writing, gentle movement

### *Naming Our Interdependence*

**Holly Sanderson**

We will discuss the themes of the plenary session as they relate to our own life and our own interdependence. Beginning with our own names, we'll explore the role names play in relationships and in how we see ourselves and the world. Bring journal and pen.

**Mode:** Discussion, sharing, journaling, art work

### *Southerners in the Shadow: Bringing in Some Sheaves*

**Susan Shaughnessy**

James Hall told FCRP in 1990. "Regionally, the shadow tends to be just south of where you are." We'll name the ways in which Southern culture (across race/class lines) still balances and challenges the nation's collective consciousness. Moon Pies will be served. Bring journal and an object of Southern significance to you.

**Mode:** Art, music, discussion, silliness

### *Women Re-Naming, Reclaiming Our Visions*

**Susan Singer**

When we ignore a deep longing, our energy for life can be diminished. In community, we will revitalize our visions, bring spiritual consciousness into "how we call ourselves," meditate on the mystical Hebrew letters, and create symbolic amulets to reflect our renewed connection to our longings and prepare for what comes next.

**Mode:** Kabbalistic meditation, dream preparation, making amulets

### *Nomenclature*

**Eleanor Johnson**

What is in a name? How do we experience our own names? Our nicknames? What baggage, familial or cultural, did your name bring with it? What expectations? What demands? We will use pastel drawings, created in silence and shared with the group, to recall and reshape the images of ourselves created by our names.

**Mode:** Meditation, artwork, reflective sharing

### *Experiencing That of God in Nature*

**Jane Legge Brown**

Do we need to broaden our perspective about that of God in man to that of God in Nature and all things? We will be sharing our own experience of being at one with Nature, both in the heights and the depths, exploring the dimensions of this wider perspective.

**Mode:** Discussion, dreams, worship sharing, poetry



*Naming Our Creations in Sandplay*                      **Barbara Taylor Snipes**

Using a sandtray with wet or dry sand and miniature figures representing the inhabitants of the earth—including people, animals, plants, rocks. Spiritual symbols, etc.—we will play in the sand, creating small worlds. We will name, rename, and share the meanings of what appear in our sandtrays if we want to.

**Mode:** Individual sandplay using miniatures

*Our Idioms, Our Names, Finding Our Way*                      **Simone (Patricia) Waddell**

We will write in response to the conference themes in search of a language which illuminates our inner/outer struggles, joys, passions, fears. Our work will engage us in finding the essentially personal vocabulary to bridge our hidden light/ darkness. We will share writings. Bring a journal, pen, memory.

**Mode:** Spontaneous writing, gentle stretching

*The Container and the Contained*                      **Judith Simmons and Estelle McGuckin**

We will use language and clay to make tangible the experience of the conference. Conversation and silence, readings and poetry will stimulate us to create clay pots that receive our transformed feelings and thoughts. We, like language and clay, are both malleable and responsive. Optional: Bring poem or other reading.

**Mode:** Discussion, readings, poetry, and making clay pots

CONFERENCE ON RELIGION AND PSYCHOLOGY  
Lebanon Valley College      Annville, PA      May 26-29, 1995

“Forced into Its Nature:” Masculine Aggression as a Path to the Soul  
*Eugene Monick*

**Plenary**

The relationship between the psychology of masculine gender and *religio* for **Eugene Monick**, requires consideration of the aggression of phallos, the basic masculine symbol. Without aggression, understood as assertive, bold, and enterprising, phallos is eviscerated as instrument. But phallic aggression understood as hostile and assaultive turns a friend into a foe: phallos becomes a means of domination and terror. As bearers of phallos, men know this conflict in their bodies and in their subjective joys, confusions, and defeats. Women also know phallos: inwardly as animus, outwardly in their partners, and, too often, as victims. Everyone knows it as instinctual hunger, so universal a condition that it can hardly be other than “that to God.”

The consideration of phallic aggression always raises issues. They become more pressing when viewed from the Quaker perspective, including the Peace Testimony and the Inner Light. Phallos, perforce, is a means of opening “the way,” intrinsic to creation and perhaps also to redemption and sanctification. But how is this aggression related to male vulnerability or to violence? And how, as action, as intruder, as harbinger—indeed, as exemplar—of transformation, is it essential to the life of soul?

Eugene Monick will address these issues in his four plenary presentations:

- *The Lay of the Land: Phallos as Symbol*
- *Phallic Aggression as Nature and Mystery*
- *Masculine Dirty Tricks and Male Vulnerability*
- *What Hath God Wrought: Calming the Fear—or; perhaps, What Hath God Wrought and What Might (She) Be Wroughting?*

It will be a serious conference, but also mirthful. Phallos might well be the original Trickster. If Phallos is any good at all, it must be fun and funny. Can holiness be far behind?

**Presenter**

**Eugene Monick, M.Div., Ph.D.**, is a Jungian analyst, an author, and an Episcopal priest. He has lectured widely on masculine issues and—after Jung—on the possibility of evil in God. He practices in the Wilkes-Barre/Scranton area of northeastern Pennsylvania, having just discontinued an eighteen-year practice in New York City. From 1965 to 1975, he was “the vicar of Broadway” at St. Clement’s, an experimental theater/political/liturgical congregation near Times Square.

**Gene Monick** is a graduate of Virginia Theological Seminary, the Union Institute, and the C. G. Jung Institute, Zurich. He has written *Phallos: Sacred Image of the Masculine* (1987) and *Castration and Male Rage* (1991); his most recent publication is *Evil, Sexuality and Disease: Grunewald’s Body of Christ* (1993). He is now at work on a book on secular spirituality, including his decade at St. Clement’s.

**Interest Groups**

*Dreams As Paths to the Soul* **Dorothy Reichardt**

Dreams are messages from our depths, helping us discover who we truly are and nudging us toward this reality. They reveal hidden facets of ourselves, including masculine and feminine aspects. We shall explore a variety of ways to work with dream images and embody them. Bring dream journal or writing materials.

**Mode:** Experiential

*Exploring Energy and the Physical Body* **Frank Zadio**

Learning and practicing exercises to stimulate and open our energy body to increase the flow of our life force or chi. This active, masculine or yang dimension of energy is creative and generative when unblocked. Please wear loose clothing.

**Mode:** Tai chi, stretching, self-massage, discussion

*The Men of Our Dreams: A Group for Women* **Jane Porter**

Who are the men and boys in our dreams, and what are they telling us? We will use Journaling and art to create dialogues with these images so we can see what emerges as our relationship with them evolves. Bring writing materials and a dream in which a male figure appears.

**Mode:** Journaling, drawing, clay, sharing

*Finding Your Energy in the Drum* **John Millen**

Why has the drum played such an important role in human experience down through the ages? We will address this question experientially through group drumming, exploring rhythms, and some discussion. No experience necessary. Your own drum is welcome but not necessary.

**Mode:** Experiential

*Writing from the Inner World* **Simone Waddell and Alice Smith**

Gentle movement will open our breathing and center and awaken our energies for our creative work together. In writing we will explore images from our personal experiences that stir the creative tensions of our spirits. We will share our writing, responding in silence. Bring journal, pillow, medium-sized towel, and a memory.

**Mode:** Writing and gentle movement

*Lieutenant Calley and the Failed Masculine* **Shaun Shaughnessy**

America's My Lai outrage nailed one low-ranker and spared the decision makers. We'll look at "the rest of the story" and find modern and personal parallels. Not for head-trippers. Bring journal and something that reminds you of the image of the scapegoat.

**Mode:** Journaling, art, discussion

*So Here's a Hand for That Young Cowboy* **Susan Shaughnessy**

We depend upon our artists to catch what's emerging from the collective unconscious. Using Lyle Lovett's new images of the masculine, we'll revisit how we define failure and success-and ourselves. Bring journal, pen, and something that reminds you of a failure still unresolved.

**Mode:** Art, music, journaling, active imagination

*Men's Support Group* **Tom Shapiro**

We will create a container where men can safely discuss the fears, hopes, and anxieties regarding performance, aggression, failure, and what it means to be a man. Bring your experiences of being male in a world where we are simultaneously the beneficiaries and the victims of patriarchy.

**Mode:** Imaging, journaling, Ken Burton discussion

*Imagine the Masculine in Color*

**Louise Mullen**

Our individual experiences of the masculine are varied and many. Using the themes of the plenary sessions and depending on the guidance and illumination of those dynamic energies, we will create, allowing image and form to emerge as it will. The process requires no artistic skill or training.

**Mode:** Tissue-paper collage, meditation, and silence

*Money \$\$\$\$ , \$\$\$\$\$ , \$\$\$\$\$\$ , \$\$\$\$\$\$\$!!!!*

**Mary Lou Lindquist and Martha Witebsky**

How do unconscious dynamics affect our everyday relations with money — and with money vis-à-vis other people? In an environment of safety and confidentiality, we will explore and share our struggles and successes with our money issues.

**Mode:** Discussion, silence, writing, other modes of expression

*A Few Ways to Have Fun With Masculine Aggression*

**Susan Jordhamo**

Defining an as play and ceremony, we will use a variety of materials to complete art projects designed to give form to personal stories related to the masculine energy in our lives. Creating physical expressions can lead us to new understanding. Bring pictures that say “male” to you.

**Mode:** Art, play, discussion

*Caring for the Mystical*

**Elizabeth Dearborn**

Experiences “not of this world” can shake, even break, the psyche and are a challenge to contain. We will explore the way contemplative practice—chanting, writing, body prayer, yoga, work with art and clay, meditation-can ground the mystic. We will celebrate this movement of the divine in our lives.

**Mode:** Sharing our mystical experiences, contemplative practices

*Starting with the Body*

**Jean Matlack**

Coming to our bodies in a gentle, meditative manner, we will experience yoga postures and experiment with breathing practices and sitting meditation. Using an open, exploratory format, our group will braille our way through yin and yang toward the place where body, mind, and spirit unite. No yoga experience is necessary, and experienced yogis are welcome. Please bring a mat and journaling materials

**Mode:** Yoga postures, meditation, journaling, sharing

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*Deeper into the Heart: Opening through Meditation*  
**Mary Orr**

**Plenary**

This year's conference will be an experience of insight (vipassana) meditation—not a retreat, but a conference with sharing and talk and laughter. We will each choose how to walk deeply into that experience. Mary Orr will guide us in the fundamentals of practice. Working with the breath and the body, she will guide us into a mindful exploration of the states of our minds and hearts.

She will assist us in developing a stance of kindness toward all our experiences. She will reflect on the nature of human experience, bringing to that her years as a Jungian-oriented psychotherapist.

Mary is fond of the term *practice*, for it implies that we are never perfect—We are always “just practicing.” This year we will adapt our usual format to enlarge the opportunities for practice. There will be optional periods of meditation, some of which will be led by Mary. We will use a mindfulness bell at some meals. And we will share a silent meal. In our small-group experiences, we will explore and express the insights we are having.

Come practice with us.

Help us create our meditation space. Please bring meditation cushions, benches, and pads or blankets. Optional meditation will be held from 6:30 to 7:30 a.m., 1:30 to 2:30 p.m., and 5:00 to 6:00 p.m.

**Presenter**

As **Mary Orr** tells her own story, the search for her true spiritual path began very early. Born into an agnostic family, she “always knew there was more.” As a child she secretly raised herself as a Catholic, and she eventually became an Episcopalian. She practiced marriage, family, and child therapy in California for more than 20 years. Her training with the Guild for Psychological Studies emphasized a Jungian approach.

She continued her search for a spiritual practice that combined the contemplative life and psychological insights. The way opened when she met Jack Kornfield at a transpersonal psychology conference. Six years later, after much intensive meditation practice, she did personal psychological work with Jack Kornfield, and after a four-year training period with him from 1989 to 1993, she began teaching “A Path With Heart,” vipassana insight meditation. At the same time, she also studied the Diamond approach with A. H. Almaas. This method integrates psychological work with mindfulness as a spiritual practice.

Early in 1995 she gave up her psychological practice, and she now teaches meditation groups full time. She works with people who are interested in the path where the spiritual journey and meditation practice intersect.

## Optional activities

:One-hour sitting meditations

A memorial service in the Jewish tradition (yizkor) for **Ruth Fanzler** and **John Yungblut**, Saturday, 8:15 a.m.

Sunday evening diversion, a structured council led by **Mary Orr** in which conference participants will be invited to dialogue about their experiences of meditation, Quaker practice, and Jungian inner work.

## Quotations

Insight meditation (vipassana) is a simple and direct practice—the moment to moment investigation of the mind/body process through calm and focused awareness. This practice originates in the Theravada tradition of the teachings of the Buddha. Learning to observe experience from a place of stillness enables one to relate to life with less fear and clinging. Seeing life as a constantly changing process, one begins to accept pleasure and pain, fear and joy, and all aspects of life with increasing equanimity and balance. As insight deepens, wisdom and compassion arise. Insight meditation is a way of seeing clearly the totality of one's being and experience.

—*The Montana Meditation Center brochure*

Perhaps more and more we could develop in our lives a particular stance with which to meet our many experiences, a stance of interest, curiosity and even delight. And then, being able to meet our lives with kindness and curiosity (and as a result with more wisdom), we can carry this same stance into the world for the benefit of all beings whom we may encounter.

—**Mary Orr**, *Spirit Rock Meditation Center Newsletter. Summer 1994*

Ultimately, I think forgiveness is really part of the nature of mindfulness. When we really pay attention, when we're really awake, when we are in a place of awareness or in our own Buddha nature, that's when we understand things from a bigger perspective. Then things just are what they are. Thankfulness and gratitude can then come in, and the difficult situation can even be experienced as a teacher.

—**Mary Orr**, Unpublished writing

## **Interest Groups**

### *Telling Our Stories Out Loud*      **Bobbi Kelly**

In living our lives we often neglect significance; the techniques of narrative can illuminate meaning. By examining the ordinary incidents that form us, looking for the stories that shine through, we will practice telling each other the stories that we are.

**Mode:** Storytelling, journal writing, drawing

### *Inner Peace and Action in the World*      **Lorraine Kreahling**

Most of us must participate in the world, even as we find a quiet place in our hearts and minds through Quaker worship or meditation. We'll follow an hour of yoga movements with meditation; then we'll discuss quiet as a launching (lily) pad for movement in the real world. Please bring yoga mat or towel.

**Mode:** Yoga, meditation, sharing

### *The Spiritual Journey*      **Jan Calle and Clay Mitchell**

The spiritual quest and resulting journey often take us far from "home" (our religion of origin). How did we get to our current spiritual place? What might be waiting for us? Urged by the shadow, the elusive Self searches for wholeness. As we explore the journey, we may unveil our process. Bring writing materials, clipboard, and an image of your earliest religious/spiritual experience.

**Mode:** Autobiographical journaling, sharing

### *Seeing/Drawing—The 10,000 Things*      **Narcissa Weatherbee**

"Seeing/drawing as a way of meditation... into the visible world around us and through it... with ourselves"—Frederick Franck. We will explore our inner landscape and lines of movement and relation. Centering energy with eyes open and eyes closed, we'll record the deepening experience of our reality.

**Mode:** Drawing, meditation, journals

### *Journeying Deeper on the Wings of Paradox*      **Don Kauber**

Paradox (like parables) can hold treasures for spiritual growth. We will identify, share, and reflect on significant paradoxes in our lives. Linking the group experience with the conference theme, we will move deeper into our bodies through gentle breathing and postures, in an attempt to discover/create outer expressions for our paradoxes within.

**Mode:** Discussion, storytelling, body awareness, mime, touch

### *Chant as Spiritual Practice*      **Lelia Calder**

Chanting moves the mind into the heart. The sacred seed sounds of ancient languages enhance the Silence and move us deeper into the One. Please bring mats or cushions and tape recorders.

**Mode:** Chant

### *The Wilderness of the Heart*      **Penelope Yungblut**

An experiential group in which we'll explore feelings, memories, images, and obstacles that well up from our depths when we attempt to still our bodies and empty our minds in the practice of meditation. We'll engage in a dialogue with our issues, facilitating our souls' journey to seek and find that of God within.

**Mode:** Active imagination, collage

### *Dreams: A Revelation of the Inward Light*      **Dorothy Reichardt**

Dreams are messages from our depths bringing new light to our conscious minds. Spontaneous images that arise during meditation can also bring insight. We shall explore a wide variety of ways to work with dreams and images and to embody them. Bring dream journal or writing materials.

**Mode:** Experiential



*Mindbody Awareness Practice*

**Hans Hartmann**

Meditation and other yogic practices are used in clinical settings for stress reduction and relaxation (Jon Kabat-Zinn) and reversing heart disease (Dean Ornish). We will do walking, body scan meditations, and related awareness lessons to experience the power of mindfulness. Wear loose clothing; bring a mat or towel to lie on.

**Mode:** Feldenkrais awareness, mindfulness meditation

*Hands-On Meditation*

**Susan Jordhamo**

Using the concept of art as meditation, we will play in a range of mediums: line, color, molding, construction, collage, writing. Choose your form(s) and let your hands bring forth images from within. Then we will share what we hear from our creations. Bring a notebook.

**Mode:** Manipulating materials, (art supplies), sharing

*Seeing Clearly, Capturing What Is Seen*

**Eleanor Johnson**

In meditation we will journey to the heart's center. As we find the process interrupted by thoughts and emotions that surface, we will silently express them artistically, leaving the heart free to open fully, the mind to see clearly.

**Mode:** Meditation, pastel and clay work

*Two Paths to the Heart: Writing and Sensing*

**Simone Waddell and Alice Smith**

Gentle bodywork, focusing on breathing and inner ease, will help to stir our creative juices. Then, in writing, we will follow whatever personal memories and images are being evoked throughout the conference. Bring a memory, journal, medium-size towel.

**Mode:** Writing and gentle movement

*Dreams and Aging: God Makes a Clearing in the Heart*

**Susan Singer**

In a labor mirroring the work that reveals us to ourselves, we'll meditate with partners, delight in our triumphs, mourn our losses, embrace our "mortality," and look inside for newness and wonder. Bring a vision/dream of an old man or woman, a white garment, a psalm/prayer or tape that touches your heart.

**Mode:** Prayer, meditative dialogue, dream incubation, Jewish spiritual sources

*Knowing Our Heart Space*

**Perry Martin**

We long to open our hearts to embrace life. Using gentle movement, poetry, touch, sound, and sharing, we will explore ways to listen to our bodies and release old holding patterns that once kept us safe. What can we let go so we can live joyfully? Please bring a small towel.

**Mode:** Experiential

*Anger: A Precious Part of Ourselves*

**Elisabeth Leonard**

A. consideration of anger as an important aspect of growth and transformation, going "deeper into the heart." We will gain insights and skills to empower us to embrace anger. A consideration of the use of meditation, reconciliation, and forgiveness will be a part of our work. An interactive, participatory experience.

**Mode:** Meditation

*The Alchemy of Journey in relationship*

**Jane and Doug Price**

The journey includes both individual reflection and the discipline of relationship. Tension arises when the demands of intimacy unsettle the soul's privacy. We will explore how the crucible of relationship creates new pathways to truth. Please bring a few personal, disposable photos/photocopies for collage. Singles and couples welcome.

**Mode:** Conversation, silent collage making

*Embracing the Mystery of Change*  
Carol Pearson

**Plenary**

This year's conference will present or reacquaint us with the archetypal energies of **Demeter** (the light feminine), **Persephone** (the dark feminine), **Zeus** (the light masculine) and **Hades** (the dark masculine) and show how balancing these archetypes within ourselves can prepare us for the transition into the 21<sup>st</sup> century. **Carol S. Pearson**, a Jungian educator, will not only explain the historic, contemporary, and archetypal power of the myth, but more importantly, lead us in a simulated experience of the mysteries, reinterpreted to help us meet the challenge of living in a post-modern age.

Four plenary sessions will explore different aspects of our challenge in *Embracing the Mystery of Change*:

- *(The mysteries, the seasons, and abundance) Sacred Cosmology:  
Finding Ultimate Meaning in Our Lives  
(The story of God the Mother and God the Daughter)*
- *The Descent: Experiencing Death, Desire and Soul  
(The story of Persephone and Hades)*
- *The Ascent: Mindfulness, Love, Spirit  
(The story of Demeter and Zeus)*
- *Integration, Renewal, and Abundance*

In small groups we will deepen our understanding of the myth and its meaning in our own lives. This will be a conference filled with seriousness, fistula,\* and fun.

\*fistula: A tube through which in early times communicants received the consecrated wine. A reed instrument or pipe of the ancient Romans.

**Presenter**

Carol S. Pearson, Ph.D., is the Dean of the Center for Analytical Psychology at Mount Vernon College in Washington, D.C. She is a seasoned lecturer, administrator, management consultant and workshop leader. She brings Jung's ideas into the world, especially the idea that the imagination is the healer, which has been greatly amplified by the Jungian analyst, James Hillman. Carol works with archetypes and believes they can be inner guides that can help us "prepare for the journey by learning how to become successful members of society, embark upon the quest by becoming initiated into the mysteries of the human soul, and return to transform our lives as a result of claiming our uniqueness and personal power." Carol Pearson is the author of *The Hero Within: Six Archetypes We Live By* and *Awakening the Heroes Within*. She is coauthor of *Magic at Work: A Guide to Releasing Your Highest Creative Powers*, *The Female Hero in American and British Literature* and *Educating the Majority: Women Challenge Tradition in Higher Education*.

## Quotations

We look outside ourselves for others to tell us if we have lived up to some version of perfection.... As long as this is our process, we will never find ourselves. Instead we will become compliant consumers, paying all the people who claim that they can help us overcome our ugliness, sinfulness, sickness, and poverty. And, in the process, we will keep them as stuck as we are—striving for something above us, rather than searching to know what is genuinely in us and ours.

—**Carol Pearson**, *Awakening the Heroes Within*, (San Francisco: Harper 1991) pp. 4, 5.

Myths do not tell us how, they simply give us the invisible background which starts us imagining, questioning, going deeper.

—**James Hillman**, *Re-visioning Psychology*, (New York: Harper & Row, 1975) p. 158.

If you could take a trip to a beautiful place and experience an initiation which would free you from fear of change, teach you to be prosperous even in difficult times, help you claim your power in the world, and encourage you to feel more alive and in your body, would you go? For thousands of years, Greeks flocked to the sacred temple at Eleusis under just such terms.... The exact details of what transpired there were held in such awe that apparently no one broke the code of secrecy that surrounded them, but we know the sacred story on which initiation was based. Persephone, the beloved daughter of Demeter, is abducted by Hades with Zeus's tacit approval, and taken to the underworld. When Demeter, the earth mother, mourns her daughter's absence, nothing grows and famine threatens the land. When Persephone returns to her mother, fertility and abundance return to the land. To the ancients, this story explained the cycle of the seasons; to us, it can reveal the cycle of psychological transformation.

—**Carol S. Pearson**, forthcoming book, *Persephone's Return: Archetypes for Millennial Renewal*

## The Well of Grief

Those who will not slip beneath

the still surface on the well of grief turning downward through its black water  
to the place we cannot breathe will never know the source from which we drink  
the secret water, cold and clear, nor find in the darkness glimmering  
the small round coins  
thrown by those who wished for something else.

—**David Whyte**, *Where Many Rivers Meet*,:  
(Langley, WA: Many Rivers Press. 1990) p.35

Today, like every other day, we wake up empty  
and frightened. Don't open the door to the study  
and begin reading. Take down a musical instrument

Let the beauty we love be what we do  
There are hundreds of ways to kneel and kiss the ground.  
—Excerpt from **Rumi**, "A Great Wagon"

**Interest Groups**

*Remembering Heart*                      **Frank Culley**

This group will share what we are getting from the plenary sessions through whatsoever form such sharing takes. Bring your remembering heart.

*Drumming: Moving Sacred Energy*                      **Barbara Field and Chris Johansen**

West African proverb: If you can talk, you can sing, if you can walk, you can dance; and if you have a heartbeat, you can drum. Out of the tradition the group will seek and share experiential proof. If you can, bring drums, other percussives, rhythms.

**Mode:** Drumming, ritual, discussion

*Calling Home the Spirits*                      **Perry Martin**

Opening to the creative spirits that have been with us always. Do we find them in song, story, art, silence? On mountains, by water, in forest or desert? In wind, rain, sun, earth? Moving, loving, nurturing, stillness? Singing, writing, speaking, listening? They offer us support to embrace change and transformation.

**Mode:** Experiential explorations: sharing, moving, writing, stillness, art, poetry and music

*Engaging the Mystery with Open Hands*                      **Don Kauber**

Various experiences of the Mystery open to us through our hands—how we use them, handle, touch, gesture, etc. Together we will experience the flow of energy through our hands; together our hands explore the active, the expressive, the contemplative realms. Wear loose, comfortable clothing; bring a cushion and willing hands.

**Mode:** Sharing, experiential

*Our Bodies as Our History: Mining our Physical Mystery*                      **Lorraine Kreahling**

Early family experience gets recorded in our body, but our culture provides no means to bring this material to consciousness. Using yoga, contemplation, and deep breathing; we'll seek awareness of old conflicts and pleasures—and paths to the tension and mystery residing both inside and outside. Bring mat or towel.

**Mode:** Yoga, Meditation, Discussion

*The Artist's Way to the Underground and Back Again*                      **Anne Malone**

We will use tools from *The Artist's Way* to enter the story of Demeter and Persephone in search of aspects of creativity lost since childhood. Tools include; free writing, collages and crafts, journal exercises. Bring old magazines to cut up, odds and ends for collages, favorite art materials.

*"When the Heart Grieves for What It Has Lost, The Soul Rejoices in What It Has Found"*                      **Kayta Gajdos**

Change is loss. So what do we find when we open our hearts to our loss, our grief? When we open to the pain of separation so necessary to our individuation? When we delve down deep?

**Mode:** Meditation, sound, movement, writing, collage and discussion

*In Stories Lie the Landscapes of Our Lives*                      **Bobbi Kelly**

The stories we tell about ourselves, and others, often define us. Using themes outlined by Carol Pearson we will examine these stories and other stories we could be telling. In this process we may find that the "landscapes of our lives" will begin to look a little different.

**Mode:** Journal-writing, worship-sharing, and artwork if you wish

## FCRP 1997

### *The Drama of Demeter's Descent*

**Elizabeth Oxlade**

Acknowledging analogies in the Demetrian Myth to the inner processes of Analysis, we will embody and examine the story in dramatic form. Similarly, we will recreate our version of the related Mystery Rites of Ancient Greece. Bring a dream of descent, sacrifice or rebirth and honor it in a Dream drama.

### *The Alchemy of Journey in Relationship*

**Jane and Doug Price**

The discipline of relationship is an essential part of the journey. Tension arises when the demands of intimacy unsettle the soul's privacy. We will explore how the crucible of relationship creates new pathways to truth. Those not presently "in a relationship", and those who are, are equally welcome.

**Mode:** Experiential

### *Dreams: Glimpses into The Underworld and Eternal*

**Dorothy Reichardt**

Dreams are memories from our nightly journeys into the depths which can bring new light to our conscious minds. Dreams, like Persephone, are a link between these two realms. We shall explore a variety of ways to work with dreams and embody them. Bring dream journal or writing materials.

**Mode:** Experiential and sharing

### *A Year Late —A Little Bit More Buddhist*

**Shaun Shaughnessy**

Let's revisit Mary Orr's 1996 material on meditation, compassion and nonattachment. Not for advanced folks who own their own cushions. Bring questions, notes, journal and pen. We will work from *The Teachings of Buddha* (copies supplied).

### *Hades on a Harley: Symbols and Stories*

**Susan Shaughnessy**

Let's talk about the outlaw we wanted to date (or wanted to be). Bring journal, pen, and images (or song tapes) of the outlaw archetype in public life or in your own history. Quaker shadow images particularly appreciated.

**Mode:** Journaling, discussion, music, humor

### *Mothers and Daughters*

**Judith Simmons**

The mother/daughter relationship is both tender and torturous, pleasurable and painful, composed of partings and reunions. We will use color to both help find our feelings and help us to focus on them. Bring colored pencils or crayons or water colors or charcoal. Women only.

**Mode:** Drawing and painting

### *Writing with Archetypal Guides*

**Simone Waddell**

In silence, we will write and share our experiences of brushing up against our inner archetypal selves. Banishing the censors, we will journey inward to moments of divine glimmerings, exploring the process of joy and sorrow as it informs our deeper selves. Bring a journal, a memory and a pillow.

### *Exploring Our Own Myth*

**Martha Witebsky**

Using a meditative writing practice we will examine what we write as we respond to the Demeter myth. Gently prompted by Baroque music, we focus on our inner voice, which is genuine and eloquent. We share our "writes" by reading aloud, as part of the process.

FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY  
Lebanon Valley College    Annville, PA    May 22-25, 1998

*The Truth about Adulthood: Tales from Around the World*  
Allan Chinen

**Plenary**

Handed down over the centuries, fairy tales are treasuries of psychological and spiritual insight. Like Biblical parables, or Zen teaching tales, fairytales use metaphor and image to convey the wisdom of generations that have gone before us—and successfully met the challenges of midlife and aging. Most familiar fairy tales focus on youth and end when the hero and heroine marry and live “happily ever after.” Unique groups of fairy tales from around the world, however, are specifically about men and women in middle and later life. Astonishingly similar across cultures, these stories reveal what really happens in the “ever after”—when the Prince goes bald, or the Princess wants a divorce.

Using these time tested tales as maps, we will journey through the psychological and spiritual tasks of the second half of life. Through storytelling, enactment of folktales, sharing personal experiences, and writing our own fairy tales, we will explore the challenges, triumphs and tribulations of midlife and elderhood. Because it has been less explored than women’s development, men’s spiritual odyssey will be explored in some depth.

We will consider these tales in four plenary sessions:

- *Cinderella and Prince Charming Revisited: Men and Women at Midlife*
- *Beyond the Hero: Men’s Journey into the Deep Masculine*
- *The Tao of Story: From Narration to Illumination*
- *The Way of Wisdom: The Journey of the Elder Years*

**Presenter**

**Allan Chinen** grew up in Hawaii, in both Buddhist and Christian traditions, surrounded by fairy tales from many cultures, with their leprechauns and menehunes. Troubled by the apparent split between religion and science, he earned degrees in biology and philosophy at Stanford University, and continued there in medical school. He trained in psychiatry at the University of California, San Francisco, and is currently a psychiatrist in private practice in San Francisco, and Associate Clinical Professor of the University of California, San Francisco. He is the author of *In the Ever After: Fairy Tales and the Second Half of Life* (Chiron Publications), *Once Upon a Mid-Life: Classic Tales and Mythic Stories for the Middle Years* (Tarcher), *Beyond the Hero: Classic Tales of Men in Search of Soul* (Tarcher), *Waking the World: Classic Tales of Women and the Heroic Feminine* (Tarcher), and co-editor with Bruce Scotton and John Battista of *Textbook of Transpersonal Psychiatry and Psychology* (Basic Books).

**Interest Groups**

*Balancing Inner Journey and Outer World: Coming Home*

**Kayta Gajdos**

How can the outer world become more a landscape and less an obstacle of our own inner home, our center? Our time will be for re-collecting the disparate parts of ourselves, for re-balancing, re-centering, re-membering.

**Mode:** Meditation, writing, creative experience

*Finishing Well*

**Jim Gill**

Our stories, when heard and gently honored in safety, can lead to greater self-awareness and help us reconcile ourselves with our past. Using insights from Contextual Family Therapy and Forgiveness Therapy, we can safely deal with relational stress associated with loss, and achieve greater wisdom in the process.

*Inner Faces*

**Kay Gill**

We hope to engage some inner characters that play out their roles in our life stories. Using meditative exploration with silence, journaling, and conversation, we will construct masks to strengthen our understanding of these inner aspects of the self. Materials are cardboard and paper, colored and decorated to suit the moment.

**Mode:** Meditation, mask-making, sharing

*Playing with the Trickster on the Page*

**Anne Malone**

The creative moment is one of getting lost and letting go. The hero can't help us here, but the trickster can. Tools include collage and free writing. Bring old magazines to cut up and odds and ends for collages.

*Grasping the Tiger by the Tale*

**Perry Martin**

What are the fairy tales we have lived by? How were we spellbound as children and what new tales may we tell when we are awakened? We will use our whole selves in movement, art, writing and sharing to expand our conscious choices of how we spend our life time.

**Mode:** Movement, art, writing, sharing

*"Stories That Could be True"*

**Jane Price**

William Stafford's poem and book title leads us from "if only" into the realm of "what if?" Where narrative gives way we will share silence, relaxation writing, art play, and poems, inviting that sacred space where transformation begins. "Who are you really, wanderer?"

**Mode:** Sharing, art stuff, relaxation writing

*Dreams: Fairy Tales of the Night*

**Dorothy Reichardt**

Dreams bring us truths about our journeys and ourselves, but are often difficult to understand. We shall use a variety of ways to explore and play with our dreams and to embody them. Bring dream journal or writing materials.

**Mode:** Experiential and sharing

*Ennui, Vitality, Contentment, Bump: Tales of Connecting in Mid-stream*

**Eileen Ross and Bob MacDicken**

We'll share music, art, discussion, stories and experiences. What comes after (instead of?) "happily ever after"? We'll learn from each other how we co-author the emerging chapter in our relationship. For couples or singles. Bring magazines, collage material.

## FCRP 1998

### *The Personal Totem Pole: A Pathway for Learning and Growth*

**Jeanette Samanen**

Using guided imagery, we will call forth animal guides from each of the seven chakras. As we enter into relationship with these animals, they offer access to our deepest wisdom, strength, and truth, helping us heal inner wounds and learn what it is we need to grow into wholeness.

**Mode:** Active imagination, sharing

### *Men Behaving Boldly*

**Shaun Shaughnessy**

Are you a man who is discontented with FCRP? The Executive Committee knows, but seeks specifics. Let's prepare a written minute. Bring your concerns, gripes, reflections, hopes and verbal strengths as we craft a minute the EC can work with productively.

**Mode:** Discussion, silence, risk

### *"Even God Cannot Fill What is Full"—Mother Teresa*

**Susan Shaughnessy**

Have you never parted with anything that didn't have claw marks on it? Is your life crammed with things that "might come in handy"? Let's contemplate (and cost-account) clutter, and brainstorm our next adult choices. Bring journal, pen, and a mystifying keepsake item to discuss. No minimalists please.

**Mode:** Confession, journaling, humor

### *A Delicate Balance: Drawing the Line*

**Judith Simmons**

Every day we make decisions based on intuition or instruction. We veer back and forth to locate a middle path that is neither tentative nor dogmatic. Which side are you on? We'll work together ". . . till we come to the place just right." Bring crayons, paints, etc. and courage to confront old sex-based stereotypes.

### *Embracing Life: Practices That Heal*

**Susan Singer**

Access to the Unconscious through Collage

**Mode:** Dreamwork, mind-body balancing, stories, prayer and song

### *Uncovering Poems*

**Doris M. Tennyson**

Bring your imagination, two favorite poems (each ten lines or less), a recent dream and your mid-life stories. We will use guided imagery, word exercises and dramatic movement to uncover the poems in our lives.

**Mode:** Writing, guided imagery, meditation, movement

### *Writing Our Tales with Help from the Fairies*

**Simone Waddell**

With the help of our personal fairies, we will explore challenges, crises, and unresolved moments of our lives, writing and sharing our stories aloud. It's helpful to leave self-expectations at home, along with the censor.

**Mode:** Writing, sharing, gentle stretches

### *Myth O' Self*

**Narcissa Weatherbee**

The quest for meaning in our personal histories encourages us to become storytellers and mythmakers. We'll explore our heroes, lovers, and dark self stories — our life as myth — and make a book of artwork and writing to keep and continue. Bring photos of important players/places. You'll need a black pen and an 11x14 blank book, which I can provide for \$10.00.

### *Access to the Unconscious through Collage*

**Penelope Yungblut**

Come play with beautiful, multicolored tissue paper, allowing spontaneous images to arise. Our goal? To discern the message which the self, our inner daimon, wishes to make known to us for our greater awareness and richness of life.

**Mode:** Tissue paper collage, active imagination



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*Patterns in Mind, Nature and Psyche*  
**Michael Conforti**

**Plenary**

Watch a magnet moving under a glass table covered with iron filings. As though in response to some mysterious, silent command, the filings align themselves in the direction of the magnet. Archetypal fields work in much the same manner. Individual lives, not to mention entire cultures, respond to the presence and influence of similar invisible forces-even to the extent that we may speak of destiny as a response to them.

C.G. Jung spent the greater part of his life studying archetypal imagery and the role it plays in the personal and collective psyche. He eventually came to realize that in order to advance our understanding of the human psyche; we had to view the archetype within an interdisciplinary context. In time, Jung came to see a great confluence of ideas emerging from the fields of science, religion, psychology and art. Each discipline addressed the presence of a non-personal, archetypal influence underlying the creation of life, art and matter. This influence could be found in virtually every area of life.

Describing these insights, Jung writes:

“This...has always claimed my greatest interest: the manifestation of archetypes or archetypal forms in all phenomena of life: in biology, physics...theology...and in dreams.... The intimation of forms hovering in the background not in itself knowable gives life depth.”

Jung’s fascination is now echoed in many of the discoveries emerging within the new sciences of nonlinear dynamics, systems theory, chaos theory and biology. These findings all posit the existence of a self-organizing tendency, which functions independently of human consciousness and perception.

Field theory arises from a search for the organizing processes responsible for the creation of life, form, and complexity in the natural world and the human psyche.

We will consider these ideas in four plenary sessions:

- *Archetypes: Classical Jung and the New Sciences*
- *Field Theory Elucidated*
- *Exploring the nature of patterns in myths, fairy tales and the Natural World*
- *Personal and Archetypal dimensions of symbolism*

**Presenter**

**Michael Conforti, Ph.D.**, is the founder and director of Assisi Conferences and Seminars which offers an interdisciplinary investigation into the archetypal dimensions of self-organization and the relationship between Jungian psychology and the new sciences. He is a Jungian Analyst and faculty member at the C.G. Jung Institute-Boston, the C.G. Jung Foundation-New York and Antioch New England Graduate School. The Club of Budapest selected him to be part of an international team to examine the role and influence of informational fields. Michael is a recipient of the 1995 Vision Award, presented by the National Association for the Advancement of Psychoanalysis. He has recently been asked to consult on the application of field theory to the understanding and resolution of international border disputes. Michael lectures in the U.S. and abroad. His book, *Field, Form and Fate: Patterns in the Mind, Psyche and Nature* is published by Spring Publications, and will be available after May 1. On a different note, Michael Conforti is an excellent and enthusiastic cook, favoring Italian cuisine complemented with his homemade wines.

***Dance of the Archetypes***

Which archetype would you invite to be expressed through you? Come as your favorite archetype to the ***Dance of the Archetypes*** on Saturday evening in the West Dining Hall of the Mund Center. Bring a costume, hat or mask if you like. Art supplies will be available for spontaneous creation.

**Interest Groups**

*Finding Comfort in Movement*

**Hans Hartmann**

Along life's journey the joy of moving eludes us at times. Feldenkrais @relaxercises offer means to correct such "glitches" in the movement patterns that we so elegantly installed in our brains as babies. Please wear loose, warm clothes. Bring a floor mat or blanket, a head pillow, and an open mind.

**Mode:** Movement/meditation-walking, sitting, lying on floor

*"Let Thine Eye Be Single"*

**Bobbi Kelly**

Although many of us feel as if our singleness was thrust upon us, on reflection we may find it a more chosen life pattern. Through journal writing, discussion and imagery let us explore together the joys and challenges of that which calls us. Please bring a picture of yourself. For all those now single, whatever their past story.

**Mode:** Writing, sharing

*Finding Deeper Patterns for the Forces that Shape Our Lives*

**Lorraine Kreahling**

In our bodies lie habits of thought and feeling which both comfort and limit us. Through simple yoga postures and deep breathing, we will seek non-judgmental awareness of physical patterns that hold our emotions and our sense of being.

**Mode:** Yoga, sharing

*Inside the Labyrinth*

**Anne Malone and Sandy Rothman**

The labyrinth is a powerful ancient symbolic pattern. We will walk, chant, reflect, share, and write within the sacred space of a thirty-foot labyrinth based on the one at the Cathedral of Chartres. Bring writing materials and an object which holds meaning for you.

**Mode:** Walking, changing writing

*A Gate Unfastened*

**Perry Martin**

"Let my history then be a gate/unfastened to a new life and/not a barrier to my becoming."—**David Whyte**

Say yes to life, finding your voice, and coming home to your body. We will practice new ways of being, moving our bodies, and playing with our creativity.

**Mode:** Color, imagery, movement, writing, sharing

*Spiritual Drumming*

**John Millen**

We will invite the spirits to join our sacred circle and explore how various drumming exercises shift the energy field of our mind-body-spirit. A frame drum and padded mallet are required. A limited number are available for loan. If needed, please indicate on registration form.

**Mode:** *Drumming*, discussion, being in the moment, sitting on the floor, ritual, breathing

*Unfolding Wisdom: Patterns of the Awakened Life*

**Herta Payson**

Beginning with meditative work with clay, we will then move into explorations of our expanded knowledge, inviting archetypal and personal understanding to reveal itself to us through image, sensation, and intuition.

**Mode:** Clay, Tarot, personal memories, nature, writing, dialogue

*Working with Our Dreams*

**Dorothy Reichardt**

Dreams help enlighten us about our own patterns and the patterns in the world around us. Dreams can also help guide us on our paths. We shall use a variety of ways to explore, play with, and embody our dreams. Bring dream journal or writing materials.

**Mode:** Experiential and sharing

*Balancing Our Energy*

**Mary Rentschler**

Do you ever get stuck in habitual responses of resistance, worry or procrastination? We will consult the deep knowing in our bodies to map our emotional energy relative to life issues such as transformation, trust, and initiative. Then, simple postures and integrated movements will help us to redirect blocked energy and move toward integration and balance.

**Mode:** Discussion, muscle checking, Brain Gym®

*The Surface and Below*

**Judith Simmons**

A sculpture group of archetypal figures will be our focus. They will elicit your responses from your initial feeling ones to the later reflective kind. Dialoguing, drawing, writing, discussion and silence will help us understand our many selves. Please bring a notebook and/or sketchbook, crayons or pencils.

**Mode:** Writing, dialoguing, discussion, silence, art

*Soul Gifts*

**Susan Singer**

Have you noticed the interplay between your dreams and a sacred text? Both dreams and ancient holy writings can give us new appreciation for our spiritual journey. Join us as we unwrap the deeper layers of our soul gifts. Please bring a sacred passage or a dream, or both.

**Mode:** Dreamwork, Kabbalah, meditation, stories, Tree of Life

*Poetry and Movement*

**Doris M. Tennyson**

Using techniques for uncovering the poetry within us, we will put it on paper, share it orally, and express it non-verbally. Wear comfortable clothing for moving, and bring a poem to share-yours or someone else's.

**Mode:** Writing, sharing, discussion, movement

*Writing and sharing*

**Simone Waddell**

We will explore our inner lives as they are intersecting with our outer activities, as well as moments of transformation, to see where they are leading us. We will write in silence and share out of the silence.

**Mode:** Writing, sharing, gentle stretches

*Myth O' Self*

**Narcissa Weatherbee**

The quest for meaning in our personal histories encourages us to become storytellers and mythmakers. We'll explore our heroes, lovers, and dark self stories—our life as myth—and make a book of artwork and writing to keep and continue. Bring photos of important players/places. You'll need a black pen and an 11 x 14 blank book, which I can provide for \$10.00.

*Meditative Writing*

**Martha Witebsky**

Prompted by Baroque music and candlelight, and listening to our inner voices we will write our thoughts and life stories with unsuspected eloquence and authenticity, freeing ourselves from the constraints and anxieties often associated with the creative process. We share what we write as part of the process, if we wish.

**Mode:** Writing, silence, discussion

*Undercurrents of Our Lives*

**Penelope Yungblut**

We will use tissue paper collage to relax, to allow inner impulses and images to arise, and to give our psyches opportunity for spontaneous expression. We will then explore and dialogue with our collages, to gain greater awareness of these motifs and patterns which underlie the current of our lives.

**Mode:** Tissue paper collage, active imagination

*Change, Language and Healing:  
Challenging Our Cherished Assumptions*  
**Robert M. Duggan**

**Plenary**

The Chinese symbol for “life” is a pot of rice cooking. As the rice cooks, steam-energy or ch’i, the life force, is created and moves the lid of the pot up and down. A little bit up and down is how life is, just like the lid of the rice pot. Up and down is what we experience. Maybe going through life’s ups and downs with grace is the object. Maybe that movement is what health is.

We don’t want the steam to be so intense that it blows the lid off the pot. Nor do we want it so diminished that the cover clamps down on life. We can be firmly committed to life without clinging to either our joys or our sorrows. We can learn to keep life moving, bubbling up and down.

According to **Robert Duggan**, healing energies emerge when we look at the world from a perspective of oneness. No longer blocked by dualistic assumptions, we become open to a cosmology which affirms and practices harmony. We return to the basic phenomenology of “here and now.” Modern Quantum physics, like the philosophy behind Chinese medicine, is totally in accord with our underlying longing for unity and connectedness.

The basic subject of the School of Philosophy and Healing in Action is learning to observe the movement of life, the Tao, the chi or energy that flows in all living things. In the body acupuncturists use tiny needles to urge a patient’s life energy back to a free and even flow. In the same way, SOPHIA teaches people to recognize and strengthen movement wherever it is stuck in daily life. Using these skills an individual “becomes the needle,” smoothing the flow of events in and around themselves, their relationships and their work by a word or a touch.

In four plenary sessions, **Robert Duggan** will lead us through some ancient ways which are ever more powerfully relevant today.

- *Being One: I’m pointing to Myself*
- *Being who I am: Opening the Senses*
- *Change, Language and Healing:  
Questioning Our Most Cherished and Destructive Assumptions*
- *The Five Seasons, Senses and Gifts: Life as Embodied Practice*

**Presenter**

**Robert M. Duggan, M.Ac.(UK), M.A., L.Ac. Dipl.Ac. (NCCA)**, has been in practice since 1972, Mr. Duggan is an educator who holds graduate degrees from New York University and the College of Traditional Chinese Acupuncture in England. He is president and senior faculty member of the Traditional Acupuncture Institute in Columbia Maryland. He is also the co-founder of SOPHIA, The School of Philosophy and Healing in Action.

SOPHIA is an innovative program for laypersons based on the philosophical core of the curriculum of the Traditional Acupuncture Institute. Through this program, Duggan presents concepts and practices of ancient Chinese philosophy in a way that brings the Tao, Yin/Yang, Movement, Chi and the Five Elements or Seasons into daily life and practice.

SOPHIA's purpose is to enable us "to come to life more fully, so as to serve life more wisely and more nobly," an aim that has its roots in an ancient Chinese ideal of life.

**Quotations**

The development of Western philosophy during the last two centuries has succeeded in isolating the mind in its own sphere and in severing it from its primordial oneness of the universe.

—**C. G. Jung**, "The Difference Between Eastern and Western Thinking" *The Portable Jung*

The rhythm of my heart is the birth and death of all that is alive

—**Thich Nhat Hahn**, *Please Call Me by My True Name*

**Saturday Evening Community Gathering**

Bring your energy and creativity to a playful community gathering. Art supplies will be available for spontaneous creation. There will be music for dancing. Light refreshments

## FCRP 2000

### Interest Groups

#### *Design a Game: Explore Your Options*

**Kathleen Berhalter**

In this workshop each participant will design and make a game board based on a personally chosen theme. The challenge will be to explore, creatively and logically, options dealing with life's choices and chance. A variety of art materials will be available to design the pattern and flow of the game.

**Mode:** Discussion, art work

#### *Wandering into Wilderness*

**Jan Calle**

“Tell me what you plan to do with your one wild and precious life.”—**Mary Oliver**. Personal freedom needs wilderness: without it, the world becomes a cage and restricts the soul from its divine potential. We will wander into wilderness through selected readings, writing, discussion, and visits to the Peace Garden.

**Mode:** Experiential, writing

#### *Dow-jen: One Who Would Walk the Walk (The Tao Te Ching)*

**Frank Culley**

The *Tao Te Ching* is the most widely translated text in world literature after the Bible. Come ready to explore this short gem of a book with a leader who has been reading and translating it for thirty years. Please secure a copy, read it and bring it with you. Any translation will do.

**Mode:** Discussion, silence

#### *Accepting/Doing The Course in Miracles*

**Lewis Dreisbach**

This is a workshop for people who have tried, or wanted to try, *The Course in Miracles*™, but have not persevered for lack of time or other good reason. Here's a chance to make a fresh start, unencumbered by the “failures” of the past. Bring a copy if you have one.

**Mode:** Discussion

#### *Being in the Body That We Have*

**Lorraine Kraehling**

Much of America's physical fitness obsession spins out of our highly competitive culture. Real body transformation happens internally first, avoiding outward comparisons. Yoga uses breath to bring us into the physical self and comfort in our body. We will work with basic yoga postures and breathing for this awareness. Bring mat and notebook.

**Mode:** Yoga, some journal writing

#### *Experiencing the I Ching*

**Anne Malone**

We will consult the *I Ching* at each meeting, hearing the language and images of several translations, and feeling the texture of the lines and ideograms with brush and ink. Bring *I Ching(s)* if owned. Brush and ink provided.

**Mode:** Journal, ink, discussion

#### *Relationship as a Means of Individuation: Right-Brain Integration of Shadow*

**Catherine Lala and Victor McGregor**

A forum for individuals and couples to share what is most meaningful. Using right-brain activities—movement, touch, poetry, art—and left-brain discussion, we will clarify individual strengths and vulnerabilities and how we have grown through them. Bring a towel or mat.

**Mode:** Experiential, discussion, art

#### *Shapes of Our Desire*

**Herta Payson**

Do you feel the hidden longing that draws you to your inmost self? Shaping a mask we shape to ourselves a form, reflecting and bodying forth. Enhancing the form with texture and color, we draw closer to the elusive question. The image speaks as we discover, share and celebrate.

**Mode:** Experiential—Clay, plaster, gauze, paper mache, fabric, color



*Male Depression: A Path to Enlightenment*                      **Doug Price**

Male depression has reached epidemic proportions in this country. The reasons are topical and systemic. Perhaps these are just depressing times. Or are we feeling trapped in an economic and social system that denies us essential joys and relationships? What can we do to enhance our feelings of community, trust, accomplishment, worthiness?

**Mode:** Discussion, writing

*The Wisdom of Dreams*    **Dorothy Reichardt**

Dreams bring to our consciousness the perspective and wisdom of the unconscious. In working with dreams we glimpse their aptness and insight. Together we shall practice various methods to discover their wisdom, and thereby achieve more balance of yin and yang in our lives. Bring dreams and writing materials.

**Mode:** Experiential, sharing

*Dreams: A Practice of Awakening*                              **Susan Singer**

Have you noticed the interplay between your dreams and a sacred text? Both dreams and ancient holy writings can give us a new appreciation for our spiritual journey. Join us as we unwrap the deeper layers of our soul gifts. Please bring a sacred passage or a dream. Or both.

**Mode:** Dreamwork, Kabbalah, meditation, stories, Tree of Life

*Writing Along the Path of Surrender*                              **Simone Waddell**

We will explore through individual writings the 5-500 phases of our experience that divide our perception of the mystery of one-ness. We will begin with gentle exercise and share in the spirit of silent Meeting for Worship. Bring your non-judgmental self.

**Mode:** Writing, gentle exercise

*Meditative Writing*    **Martha Witebsky**

We will look within and write what we “hear,” prompted by Baroque music and the slow burning of a candle. Our story practically writes itself with the aid of a meditation technique, and without the anxiety we often experience when faced with the blank page.

**Mode:** Writing

*The Five Keys to Creativity and Poetry*                              **Doris M. Tennyson**

The names of the five elements in Chinese medicine are keys to unlock our creative energies and to explain “familiar similars ” in our lives. The seeds of wisdom in our dialogues with the archetypes will blossom into poems that help us better to understand ourselves. Bring writing materials and a poem.

**Mode:** Writing, gentle movement, experiential

*Understanding Patterns of Denial*  
**Michael Conforti**

**Plenary**

“Clearly denial can be a primary hurdle on the road to personal transformation.”—**Michael Conforti, Ph.D.**

In 1999, the Jungian analyst **Michael Conforti** delivered a series of plenary sessions on pattern recognition in psyche and matter to The Friends Conference on Religion and Psychology. The palpable excitement at the Conference and the enthusiasm expressed in written responses were such that the FCRP Planning Committee decided to invite Michael Conforti to return to FCRP this year—and to present on his most recent work on denial. In his 1999 presentations and in his book, *Field, Form and Fate: Patterns in Mind, Psyche and Nature*, Dr. Conforti addressed the innate propensity for systems of all kinds—including the psyche—to form patterns. We learned how the power of a single dominant archetype in the individual psyche appears to function—almost like the hand of fate—to repeatedly configure our behavior and even the way events unfold in our lives. Becoming aware of patterns, we discovered, could lead us to a startling new universe of self-knowledge. But self-knowledge and change, as most of us know, do not necessarily go hand in hand. And in his most recent work, Dr. Conforti has identified resistance to what Jung called objective truth in the psyche—or denial—as a potent force which opposes what Jung called the psyche’s natural urge toward wholeness. Dr. Conforti likens the effort we exert to deny a vital truth to the force of the mechanism which holds down the lid on a jack-in-the-box: psychic or spiritual energy must be tapped to keep the secret in its place in the unconscious. Articulating the pattern that encodes the presence of denial — and truth — Dr. Conforti says, “breaks the replicative order.” This releases energy critical to spiritual growth and psychic transformation.

**Plenary Topics:**

- *Patterns in the Psyche and Patterns of Denial*
- *The Archetype of Denial*
- *Denial as a Force of Life and Death*
- *Transforming Denial in the Personal and Collective Psyche*

## FCRP 2001

### Presenter



**Michael Conforti, Ph.D.** is a Jungian analyst, whose first book *Field, Form, and Fate: Patterns in Mind, Psyche and Nature* (Spring Publications, 1999), examines the way archetypal forms imprint and structure both matter and psyche. Dr. Conforti's early exploratory work in this area led him back to his roots in Italy where fourteen years ago he held his first Assisi Conference on the "confluence of matter and spirit." Enthusiasm for Dr. Conforti's ideas and teaching has swelled into a following, and he is the founder of a formal educational program in Brattleboro, Vermont where he is the director of the Assisi Conferences <http://assisiconferences.com/>.

He is one of a twenty-member international team of scientists, physicists, biologists, and dynamic systems theorists, chosen by The Club of Budapest, Hungary, and the University of Potsdam, Germany, to study the role and influence of informational fields. In 1995, he received the Vision Award from the Association for the Advancement of Psychoanalysis. He has written and lectured extensively on the role of the interplay of the energies of the creative individual and the puer aeternus—or, in layman's terms, the eternal child in the artist.

Dr. Conforti also is a faculty member at the C.G. Jung Foundation of New York and a senior associate faculty member in graduate clinical psychology at Antioch New England.

**FCRP 2001**  
**Interest Groups**

*Symbolic Thinking*                      **Susan Shaughnessy**

Are you a logical, linear thinker? Good. Now stop. Learn about the equally rich thought processes of the unconscious. Jung, who viewed himself as a scientist, described symbolic thinking very clearly. Add a new dimension to thoughts about yourself - and maybe about history too. Bring journal and pen.

**Mode:** *writing, discussion*

*It's Not a River in Egypt*                      **Shaun Shaughnessy**

Miss your Alcoholics Anonymous meeting while at FCRP? Let's do four one-hour meetings leading each time into an hour of writing exercises and discussion keyed to the presenter's material. Newcomers to AA are welcome, but this is not an "open" meeting for visitors. Bring paper and pen.

**Mode:** Sharing and writing

*Encountering the Stranger*                      **Jane Porter**

Through simple exercises, journaling, and dialogue, we will work to build honest and respectful connections with The Stranger - the mysterious and sometimes shocking unknown other who appears in our familiar internal and external worlds offering us opportunities to appreciate and accept the differences in our human family.

**Mode:** Experiential, journaling, discussion

*House as Mirror of Self*                      **Perry Martin**

How does your home reflect who you are? Is it a harbor, nest, launching pad, altar, prison, showpiece, or old shoe? What space do you make for yourself? We will explore your sense of self, center, and connection with your childhood home and how you create space for yourself. Bring an object that speaks to you about your home place and bring art supplies.

**Mode:** Writing, movement, art, experiential

*Gender Benders*                      **Doug Price**

It is time for women and men to seek peace together. Quakers are, after all, peacekeepers. Perhaps by exploring women's masculine aspect (the animus) and men's feminine aspect (the anima), we can find common ground. We will try to do that. Please bring an open mind.

**Mode:** Discussion, silence, perhaps some writing

*Light in the Body*                      **Lorraine Kreahling**

Where does denial reside in the body? What is the first step to this awareness? Movement brings consciousness into the physical self. Through simple yoga postures and focus on the breath, we will encourage the circulation of the Light, Spirit, Consciousness, Chi Energy in the body. Bring mat and wear loose clothing.

**Mode:** Yoga

*The Wisdom of Dreams*                      **Dorothy Reichardt**

Dreams bring to our consciousness the perspective of the unconscious—even truths we have been denying. Together we shall employ various methods to explore our dreams' perspectives, play with the dreams, and embody them. Bring dream journal and writing materials.

**Mode:** Experiential and sharing

*Experiencing the I Ching*                      **Anne Malone**

We will throw the I Ching as a group, hearing the language and seeing images of several translations, and feeling the texture of the lines and hexagrams with brush and ink. Bring an *I Ching*, if owned. Brush and ink provided.

**Mode:** Experiential, brush and ink, discussion

## FCRP 2001

### *Snares of Denial*

**Simone Waddell**

What jars the order in our psyche when inklings of our dreams are put away for a more propitious time? Where does our frustration land? In silence we will uncover early yearnings through writing and share our discoveries of the Written Word with the group. Bring journal, pen, and an unfulfilled life desire.

**Mode:** Writing, gentle stretching

### *Facing Our Aging*

**Margery Mears Larrabee**

We will recognize which attitudes come from a centered place and which attitudes come from our conditioning. Realize the choice and capacity we have for growthful aging. Embrace the courage, hard work, love and attention required to work with the blessings and the obstacles in the process of our aging—a spiritual journey.

**Mode:** Brief presentations, group exercises, journaling

### *Design a Game: Explore your Options*

**Kathleen Berhalter**

In this workshop each participant will design and make a game board based on a personally chosen theme. The challenge will be to explore, creatively and logically, options dealing with life's choices and chance. To design the pattern and flow of the game a variety of art and resource materials will be available.

**Mode:** Discussion, art work

### *A Men's Group*

**Frank Culley [Hans Hartmann did not attend]**

“To celebrate the needs of comrades”[from **Walt Whitman's** *Leaves of Grass*] and explore what draws us together yet scares us apart. Experience the energy of an intergenerational group of men. All are welcome: straight, gay, or in between; experienced with men's groups or not. Please bring loose clothing, floor mat/blanket, drum if available.

**Mode:** Experiential, sharing, movement

### *Meditative Writing*

**Martha Witebsky**

With Baroque music insulating us and by the soft glow of a candle, we begin to listen to our inner voices and write our thoughts with unexpected and true feeling. This writing method is simple, relaxing and rewarding. By shifting the emphasis from writing to inner hearing, we lessen anxiety and start the flow.

**Mode:** Writing

### *The Poetry of Movement—The Dance of Poetry*

**Doris M. Tennyson [Stream Ohrstrom substituted]**

The dance undanced and the poem unwritten or unvoiced are part of our shadow selves. Denial of these and other rich parts of ourselves leaves us shadowed. Using movement and poetry, we will pull aside the veil and move into the light. Come dressed to move and bring your favorite writing tools.

**Mode:** Movement and poetry writing

### *Conversations with God*

**Lewis Dreisbach**

Using **Neale Donald Walsch's** work, *Conversations with God, Book 1*, we will move quickly into this material. We will process by reading aloud and discussing how the divine within can lead us past denial to truth. Each participant will need his or her own copy of Book 1. These books may become the New Testament.

**Mode:** Reading (out loud) and discussion

*Taking The Celtic Bull By The Horns*  
 Sylvia Brinton Perera



### Plenary

This year's speaker, **Sylvia Brinton Perera**, will explore images of the horned god called *Dagda*. Flowing from the ancient Irish stream and beckoning to us across some five thousand years of history, the Dagda provides a symbol of embodied primal wholeness. He portrays the potential within both men and women for integrating the powerful and divergent energies within the psyche.

In stories of the Dagda, we see a destroyer and healer, a nurturing father and king, a lusty, gluttonous peasant, and respectful partner of three great goddesses. He is messy and orderly, obese and scrawny, serious and funny, and both masculine and feminine.

The Dagda has a big belly that can swell or shrink to accommodate whatever circumstances demand. In one story he literally swallows massive amounts then at the urging of a goddess, expels what is left over—so it can be recycled. This provides us with an important image for assimilating disparate parts of who we are—including the shadow—and allowing them to metabolize into living Spirit.

Carrying his harp and with a foot in several realms, this divine earthy ancestor can easily tune into what is required on the deepest levels, including the archetypal level. He responds to whatever emotion or energy wants to be expressed—be it tears, laughter or arousal. He does not repress this energy; he orders and shapes it into vital life processes.

Led in the Plenary Sessions by **Sylvia Perera** and the images that flow out of the Dagda archetype and Celtic mythology, we will explore how the Spirit can function in harmony with instinct, an alignment lost when ancient gods were forced underground. As we resurrect the Dagda into consciousness, we bring a new symbol of wholeness back to life. “Taking the Celtic bull by the horns” at FCRP this year, we hope to expand our understanding of what completeness and the integrated masculine can mean for both genders.

### Plenary Sessions:

- 1. *Introduction to the Dagda*
- 2. *Wholeness through Balance and Order*
- 3. *Wholeness through Incorporation and Attunement*
- 4. *Wholeness through Alignment with Earth and Cosmic Process*

Presenter



**Sylvia Brinton Perera** is a Jungian analyst who lives, practices, teaches, and writes in New York and Vermont. She was trained as an art historian and worked as a museum curator. Her work in the Civil Rights movement in America and with disadvantaged children led her to study psychology at the New School in New York City, where she received an M.A. She also is a graduate of the C.G. Jung Institute in New York, where she has taught analysts in training for twenty years. She lectures throughout the U.S. and Europe, and annually leads groups to Ireland to study the relevance of Celtic mythology to clinical practice. Her books include: *Descent to the Goddess: A Way of Initiation for Women*; *The Scapegoat Complex: Towards a Mythology of Shadow and Guilt*; *Dreams, A Portal to the Source* (with Edward Christopher Whitmont); and *Celtic Queen Maeve and Addiction: An Archetypal Perspective*.

## Interest Groups

*Poetry: Well of Sorrow, Fount of Laughter*     **Doris M. Tennyson**

Inspired by daily conference experiences, recent and old memories, and our bodies (through movement), we will discover some of the paths to writing poetry. Come dressed for movement and comfort as we explore sorrow's boundaries and laughter's silliness and joy. Bring writing materials and a Celtic poem to share.

**Mode:** Primarily writing with movement and guided imagery

*The Cauldron and the Stew Pot*     **Jane Price**

Where is this magic cauldron in our own lives? The process which Jung reveals for us is one of claiming the discarded fragments. Everything belongs in our stew pot. Through silence, a gentle art process and discussion, we will discover a few of our own bubbling fragments. Bring journal, cushion.

**Mode:** Silence, simple artwork

*The Mystery of Color and Shape*     **Jean Y. Matlack**

We will play with color and shape. Using tissue paper whose colors bleed, we will create collages that reveal us to ourselves. We will work together in a meditative peace. Holding to the truths of "There are no mistakes, no accidents," we will allow our process to deepen. Then, sharing our experience, we will witness ourselves and each other.

**Mode:** Tissue paper collage

*Who Am I?*     **Margery Mears Larrabee**

We will look at the factors that keep us from a full realization of our true nature, our wholeness. Mental emotional spiritual aspects will be considered as well as our stage of life. Brief presentations, exercises for exploration, journaling, art work, and story sharing will help us understand and work with these factors.

**Mode:** Experiential

*Locating and Metabolizing Our Secrets*     **Lorraine Kreahling**

Through movement and breath yoga helps the discovery and recovery of energy repressed or simply stored in our physical selves. We will use simple yoga postures, images, and circulation of the light through breath for awareness of secreted power in our bodies that we can unearth and metabolize. Wear loose clothing; bring mat or towel.

**Mode:** Yoga

*Meditative Writing*     **Martha Witebsky**

With Baroque music insulating us and by the soft glow of a candle, we begin to listen to our inner voices and write our thoughts with unexpected and true feeling. This writing method is simple, relaxing and rewarding. By shifting the emphasis from writing to inner hearing, we lessen anxiety and start the flow.

**Mode:** Writing

*Interrupted Dreams—Eating Our Shadow*     **Perry Martin**

What are our stories about becoming whole? How have we interrupted our dreams? What do we push away and repress? We will use our stories to find our voices; our bodies to move and explore our never-never lands; and art materials and poetry to listen to our inner calls.

**Mode:** story-telling, art and movement



*Dreams: Keys to Wholeness*                      **Dorothy Reichardt**

Dreams offer our conscious minds the balancing perspective and wisdom of the unconscious. By working with them and assimilating their offerings, we become more whole and vital people. Together we shall explore various ways to work and play with our dreams and embody their truths. Bring dream journal and writing materials.

**Mode:** Experiential and sharing

*Guided Meditation*                      **Sea Kaplan and Paula Miller**

Dagda in a personal way. We will contain and express the images through art work, journaling and discussions. Bring mat or blanket.

**Mode:** Guided meditation, art, writings, discussion

*“Never Give a Sword to a Man Who Can’t Dance” (Irish proverb)*                      **Shaun Shaughnessy**

When did you put your dance aside? Where did you mislay your sword? These are powerful symbols of joy and service. We’ll use them to help the overburdened ego find its way back to its sense of purpose. Bring journal, pen, and something of significance to ornament your sword.

**Mode:** Art, movement, journaling, discussion

*Bringing Energy to Clay*                      **Jane Porter**

Working with clay connects the knowing of the body with the knowledge of the mind. We will use clay to express our own understanding of the themes evoked by the Conference plenaries and experience. Bring notebook.

**Mode:** Working with clay

*Where Opposition and Resistance Meet Wholeness: Path to Reconciliation*                      **Simone Waddell**

Exploring our own stories of repressed or unreconciled passages in our journeys, we will strive to understand how such disowned fragments of ourselves are hidden repositories of creativity. Bring your own questions or wait in silence for inspiration as we join together to write and to share our writings. Wear comfortable clothing, bring pillow and journals.

**Mode:** Writing, sharing writing, gentle stretches

**Hey, Hey, I Saved the World Today (the Eurhythmics)**                      **Susan Shaughnessy**

There is no stronger yearning than the wish for clarity, certainty, and closure. Because we “know better,” we bury this desire deep in the shadow. Let’s take it out again and see how it influences our personal and collective choices. Bring journal, pen, and an object which reminds you of a world you wanted to save.

**Mode:** Music, discussion, art, active imagination

*The Dagda of the Dollar*                      **Susan Singer**

Have you talked to your money lately? For some it is said that money is a G-d. Can it be an agent of transformation or a troublesome trap? Come and make your relationship to money more conscious as we work with this potent symbol

**Mode:** Dream incubation, family myth exploration

*Gods “R” Us*                      **Wyndi Anderson**

What is the community the Dagda springs from and who are its members? This group will focus on the rest of the Celtic gods and heroes. We will explore their stories, and how they can impact us through discussion and art. Bring any art materials you prefer.

**Mode:** Discussion, simple artwork

FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY  
Lebanon Valley College      Annville, PA      May 23-26, 2003

*Sparks Of The Divine:  
Finding God In Unexpected Places*  
Drew Leder

**Plenary**

We live in a world often driven by materialistic rather than spiritual values. Even when the latter surface they may do so in distorted forms: September 11 and its aftermath remind us that God can be invoked to support a logic of murder. It is an easy time to sink into a morass of despair. A more powerful response is to joyfully affirm the sacred nature of the world. Diverse traditions have taught that our everyday reality is saturated with the Divine. We need to learn to uncover these sacred energies—even in unexpected places.

This year's plenary speaker, **Drew Leder**, begins with a myth from Jewish Kabbalah. In the creation of the world, Divine substance was shattered, leaving sparks of the spirit hidden in the core of all things. This means God is not only in the eyes of our loved ones, but in the heart of a criminal; not only in budding trees and roses, but also in our car and our computer. We further our spiritual journey, and help redeem a fallen world, as we bring to light these "sparks of the Divine."

**Drew Leder** will guide us to some unexpected places as he unfolds his own spiritual travels. He has worked with inmates in a maximum security prison, and uncovered the Divine spark in the heart of darkness. Behind violence lies a vital life-force that can be re-directed in creative ways. In his book, *The Soul Knows No Bars* inmates describe the liberation of soul possible even in life's prisons.

Another dark image in our culture is that of aging and elderhood. To grow older is associated with losses and diminishment. But there is a Divine spark in our coming to maturity, our liberation from the conformities of youth, our growing closer to death and the deathless. In his book *Spiritual Passages*, Drew views aging as an "advanced curriculum for the soul" designed to lead us to deep fulfillment.

God is hidden not only in the journey of time but the things that surround us in space: sky and trees, toasters and cars, snow and garbage dumps. When we see truly, Zen teaches, samsara—the created world—is none other than nirvana—the liberated realm of bliss. In a closing session, Drew will show us ways to discover the sacred in everyday things. We thus become a "slow motion mystic," not seeking a blinding revelation, but to uncover, bit by bit, Divine sparks.

To become enlightened, it can help to be light-hearted. While we will be taking on serious topics, there will be a playful dimension to our work together this weekend. As in his book, *Games for the Soul*, Drew will guide us in a series of exercises and games designed for self-exploration and transformation—and even some fun.



**Drew Leder, M.D., Ph.D.**, is professor of Western and Eastern Philosophy at Loyola College in Maryland. He is the author of *Games for the Soul: 40 Playful Ways to Find Fun and Fulfillment in a Stressful World*; *Spiritual Passages: Embracing Life's Sacred Journey*; *The Soul Knows No Bars: Inmates Reflect on Life, Death, and Hope*. He is also the author, editor, and contributor to many volumes in the medical field. He holds an M.D. from Yale University School of Medicine, and a Ph.D. in philosophy from the State University of New York at Stony Brook.

As a doctor, philosopher, and Quaker, **Drew Leder** has followed his leadings through a variety of academic and spiritual disciplines. The hunger for “soul growth” has been at the heart of his journey, and his work with the ill, aging, and imprisoned. A laughing God was introduced to him by his four- and seven-year-old daughters.

## Interest Groups

### *Dichotomies, or The Ambivalence of Everything*

**Doug Price**

We find truth in the interstices of life, the mysteries, the absurdities, the contradictions, the paradoxes. Hard facts are merely cold. Life is hot. The kind of discernment through playing with dichotomies that we will do is as old as Socrates. We'll use silence, discussion, and writing to consider such dichotomies as logical/paradoxical; seeking/knowing; lonely/at-one-ment; winning/forgiveness; journey/home; yang/yin; restless/serene; fear/faith.

**Mode:** Discussion, silence, writing

### *Sparks of the Divine in Dreams*

**Dorothy Reichardt**

Dreams bring messages from the deep Self, or the Divine within. They are nudging us toward wholeness. But because they come from the unconscious, we usually need help in understanding them. Together we shall practice various methods, including group work, to discover their meanings. Bring dreams and writing materials.

**Mode:** Experiential and sharing

### *Paying Attention*

**Margery Mears Larrabee**

We will look at ways we can prepare ourselves to be open and receptive to finding God in unexpected places. Consider bringing with you art work, writings or stories—your own or those of others—that reveal experiences of finding of God in unexpected places. Please also bring journaling materials. Let's celebrate the possibilities.

**Mode:** Journaling, experience sharing, role play, discernment of our Conference experience

### *Exploring The Unexpected Through Poetry And Movement*

**Doris M. Tennyson**

Some of life's greatest pleasures and pains come from the unexpected. With a sprinkling of fantasy, guided imagery, photographs, and music, we will seek and explore the unexpected—internally and externally—through poetry and movement. Wear comfortable clothes and bring your favorite writing tools.

**Mode:** Experiential

### *The Divine in Our Every-Day Body*

**Lorraine Kreahling**

Quakers speak of the "God Within" and the "Inner Light." For many of us, this is an experience of the heart chakra and the Light we reach through mental channels. But divine energy pulses through our entire body, and yoga can help us reconnect with it through breath and simple movement. Bring mat or beach towel.

**Mode:** Yoga

### *Noticing The Mystery Calling Out Of Our Experience*

**Simone Waddell**

Do we unconsciously trample our talents and our voices? How do we each face the challenges of lovingly accepting all our dimensions? Where are the mysteries and graces we leave unacknowledged in our lives? In silence we will write and share our spiritual paths.

**Mode:** Writing and gentle movement

### *Experiencing The Mystery Of Color And Shape*

**Jean Matlack**

Using tissue paper whose colors bleed unpredictably, we will play with color, texture and shape. We will create collages that reveal us to ourselves. Working together in a meditative space, honoring the idea there are no mistakes and no accidents, we will allow our process to deepen. Then, sharing our experience, we will witness ourselves and each other.

**Mode:** Tissue-paper collage

*Centering Ourselves In Nature*

**Dirk Spruyt and Perry Martin**

A field trip into the natural world, some imaginative experiences and a video (Thomas Berry) will lead us on our shared journey. We'll use the particular and present to guide us into the greater mystery of life and its evolution. We will seek a path towards a more benign presence in nature. Bring outdoor clothes for walking in dry or wet weather, journal, Yoga mat or blanket and pillow. OPTIONAL: You can also bring inspirational short stories or poems about nature

**Mode:** Observation, visualization, journaling, sketching (optional), worship sharing

*Going Deeper With Clay*

**Jane Porter**

We will “play” with clay from a place of meditation, and then relate to our creations using Jung’s technique of Active Imagination. We will share parts of our processes with each other as we learn about this method of engaging images from the unconscious. Bring writing materials.

**Mode:** Meditative exploration of clay, active imagination, journaling

*Capturing Sparks In The Dark*

**Susan Singer**

Dark images can come to us in nightmares or fearful day dreams. When ignored, these forms often go underground and grow both in power and frequency of appearance. This repressed vitality can immobilize us and keep us blocked. By engaging our dark side, we can free up this life affirming force. In a climate of self-compassion, we will use Kabbalistic teaching stories and work on our dreams to unlock our creative energy.

**Mode:** Dreamwork, healing Jewish mystical stories

*Processing the Plenary with Peace-Filled Passion*

**Victor McGregor and Kristina Gilbertson**

This group offers a forum to process, contain, and integrate any of our subjective impressions of and responses to the material from the plenary sessions. We will enable each other to identify what the speaker's ideas evoke in us and support each other in maintaining balance in a violent world.

**Mode:** Silent reflection, journaling, and group discussion

*Find Spirit Through Movement*

**Sara Workeneh**

*Authentic Movement* is a profoundly simple form of movement exploration which provides opportunities for spiritual growth, self-discovery and healing. We will use movement, art, journaling, and witnessing techniques to access our bodies; wisdom at a soul level. Moving from outer to inner awareness, we will gain insight into our own personal journeys and make connections to the collective unconscious. Wear comfortable clothes, bring personal journal and cushion for sitting on floor.

**Mode:** Movement

*Trauma And The Soul*  
**Donald Kalsched**

**Plenary**

Like Quakers, C.G. Jung believed there is that of the divine in each of us. At birth, a splinter of the Godhead enters into our time-and-space reality—and into each human personality. Through suffering—a trial by fire—each Divine Spark is forged into a human soul. Divinity becomes incarnated.

This year's speaker **Donald Kalsched** tells us that sometimes on this journey of soul-making unbearable suffering occurs. When that happens, a soul fragment splits off from the personality and retreats for safety into the psyche's deepest recesses. This lost heart of the self lives on in an enchanted kingdom, vowing never to return to the place where the heart was injured. Primitive defense mechanisms—often seen in dreams as persecutors and dark archetypal spirits—conspire to help the self keep this vow, holding it “happily” and “safely” imprisoned. Secretly, though the lost soul longs for re-incarnation.

**Donald Kalsched** will examine with us how the lost soul of the trauma survivor can be coaxed out of the grasp of “daimonic” powers—and back into life and relationship. In dreams, this lost piece of the self shows up as a divine child with dark caretakers who both resist and facilitate its return. Fairy tales teach us that such dark forces can lose their hold: spells can be broken. Love and human relationships have the power to break through bewitchment. And when the lost soul fragment comes home to the wholeness of personhood—the magic once relegated to the lost world infuses everyday life. We can begin to live out our lives under the star of our own destiny. Bewitchment turns into enchantment.

Participants are asked to read in *Grimm's Fairytales*, “The Water of Life” and “The Girl Without Hands” in advance of the weekend.

**Presenter**

**Donald Kalsched, Ph.D.** is a clinical psychologist and Jungian analyst whose explorations as a theology student into the meaning of Divine incarnation led him to Jung's work with the numinous. His book, *The Inner World of Trauma: Archetypal Defenses of the Personal Spirit*, is in its fourth printing. He has lectured widely and serves on the faculty of the C.G. Jung Institute in New York City and is Dean of Jungian Studies at the Westchester Institute for Training in Psychoanalysis and Psychotherapy in Bedford Hills, N.Y.

## Interest Groups

### *If It Were My Dream*                      **Gary Soulsman**

This easy-to-grasp way of exploring dreams creates a safe space by inviting each of us to imagine how we might think and feel if the dream of another were our own. The nonjudgmental process—pioneered by Jeremy Taylor and Montague Ullman—evokes serious, touching, and lighthearted emotion. Bring your empathy and your dreams.

**Mode:** Experiential and sharing

### *Introduction To T'ai Chi And Qi Gong*                      **Jean Wilson**

We will learn a sequence of eight, gentle Qi Gong exercises that have the power to heal our body. As a companion discipline and much more difficult to learn, we will study the guiding principles of T'ai Chi. Both practices will help us to develop our “chi,” the vital energy that supports and sustains life.

**Mode:** Movement and discussion

### *Appropriate Aggression Or Healing From A Deep Place After A Long Time*                      **Anne Tongren**

We will make use of the very old tale, “Fitcher’s Bird,” a variant of the Bluebeard story, to explore the important role aggression can play in healing and balancing our lives. We will consider what constitutes appropriate aggression and how the tale’s heroine uses her skill and ability to appropriate some of the aggression of her attacker so that she may survive.

**Mode:** Imagery, dream, journaling

### *Bring Spirit To Clay*                      **Jane Porter**

While meditatively working with clay we will allow images and shapes to emerge spontaneously. We will engage these images using active imagination. Our focus will also be on building connections with images that sustain us through the treacherous and difficult parts of life’s journey.

**Mode:** Working with clay, active imagination, sharing

### *Yoga And Clarity*                      **Lorraine Kreahting**

Trauma at an early age registers both physically and psychically. Tense muscle patterns can reach back to childhood. Yoga uses breath and movements to stretch out bound muscles—where our energy gets trapped. We will use simple postures and breath as we draw on insights from our speaker. Bring towel or yoga mat.

**Mode:** Yoga, words

### *Affirmation And Appreciation*                      **Margery Mears Larrabee**

We will work to reclaim our wholeness through appreciation and affirmation. As this process reveals what has been hidden and undeveloped, we can engage in a healing process of reintegration. Bring something that inspires your gratitude or positive soul energy.

**Mode:** Stories, journaling, discussion, dyads, meditation

### *Dreams: Guideposts To Wholeness*                      **Dorothy Reichardt**

Dreams are messages from our depths that help us discover who we truly are by revealing hidden or lost facets of ourselves and nudging us toward wholeness. Together we shall explore ways to discern these messages from our dreams and to embody them. Bring dream journal and writing materials.

**Mode:** Experiential and sharing of dreams

### *Daring To Move Gently Through Darkness And Light*                      **Simone Waddell**

Finding words to describe our fear, traumas and wounds can lead to healing transformation. In silence we will venture to write of our spiritual journeys, inner and outer. We will share writings aloud, leaving the censor behind as we search for our personal mystery. Bring journals, memories, comfortable clothing.

**Mode:** Writing, gentle stretching

*Doing Nothing Creatively*

**Bobbi Kelly**

We are all “multi-taskers.” But when we are still and “doing nothing,” we grow most fruitfully. This “restshop” will encourage simple contemplative activities, as we support one another in silence. There will be opportunity to share the challenges and fruits of contemplative time, but mostly there will be a chance to just be. Bring art materials, a journal, or handwork and your creative spirit.

**Mode:** Experiential, a little discussion

*Forgiveness As A Spiritual Practice*

**Sue Regen**

Sometimes we get stuck in our stories of anger, fear, hurt, and pain. When we choose to practice forgiveness within ourselves, we may reconnect with a lost part of our soul and move towards inner peace and wholeness. Our focus will be on tools and techniques for doing forgiveness work, not on therapy.

**Mode:** Discussion, meditation, writing

*Awakening To The Present By Freeing Ourselves Of The Past*

**Kayta Gajdos**

We carry the wounds of the past with us. Unresolved grief and trauma can cascade down through generations, from one ancestor to the next. Family of origin mythologies can hamper our individuation, constricting our individual growth into wholeness and aliveness. This workshop will delve into healing the past to free us into “present presence.”

**Mode:** Meditation, discussion, writing, collage and other art materials. Movement may happen too!

*Reclaiming Innocence Through Poetry And Movement*

**Doris M. Tennyson**

Using poetry, movement, imagination and guided imagery, we will re-experience, re-write, re-move, and re-imagine snippets of our childhoods. Our slogan will be, “You are never too old to have a happy childhood.” Bring writing materials, an item to contemplate (perhaps a toy), and an open mind. Wear comfortable clothes.

**Mode:** Poetry, movement

*Poetry And The Work Of Understanding: Listening For The Soul's Return*

**Robin van Loben Sels**

Dreams inform us from the night, poems from the day-lit world. We will explore what it means to “listen for the soul’s return.” We will work toward self-understanding by gathering insight and experience from the depths of mind, heart and body. Bring paper, pencils, and (optional) a poem that speaks to you of soul.

**Mode:** Discussion, reading, listening, writing

*Seeking Soul In Nature*

**Perry Martin and Dirk Spruyt**

We will explore our connections with the earth through guided meditation, movement, ritual and the experience of being in nearby woods and stream. With validation and the support of others, we will consider ways of living more lightly as gifts to the earth. Bring journal and (if you like) a favorite brief quote, poem or picture of nature.

**Mode:** Visualization, journaling, movement, sharing, field trip

*Hands On: Explorations With Pencil*

**Jan Calle**

Do you remember the color of your first pencil? As children, we scribbled and made pictures before we learned to write; as adults, we draw to express thoughts and feelings. We will connect hand and heart through drawing. Bring HB, 2B, 4B and 6B drawing pencils (or other media) and a small drawing journal. Charcoal, colored pencils, and large paper will be provided.

**Mode:** Meditation, drawing, discussion



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*The Path Outward From The Deepest Place:  
Toward Ecological, Cultural, And Psychological  
Healing In Community*  
**Mary Watkins**

**Plenary**

Often the intention of translating our inner lives and work into action in the world gets lost on the journey from inner to outer. Our spiritual practices may engender desire and conviction to “make the world a better place,” but the isolation of introspection creates a border not so easily crossed.

In her early work as a Quaker and clinical psychologist, **Mary Watkins** was drawn to Jung’s efforts to connect with images at the edge of consciousness. Then as she went into communities, here and internationally, she began to work with individuals and issues at the margins of culture. She learned how what we perceive as our own individual suffering is linked to cultural pathology and ecological destruction. She saw that beyond the one-on-one psychological relationship of therapy, a relationship with community—that brings the individual out of isolation and their visions from the margins of the psyche into “a state of presence”—can become a source of healing and regeneration.

Since then, Mary Watkins has pioneered a way of seeing our psychology of the inner processes as only a part of the journey toward wholeness. She also has come to see how the destructive fabric of culture, along with the destruction we are visiting on the environment, might best be healed by the path outward to community from the deepest inner place. There we can discover others experiencing suffering similar to our own, and we can work together to re-vision and remake our communities.

“When we hear other people’s stories,” **Mary Watkins** tells us, “we begin to see that we are not alone in what we are suffering from.” She explains how connecting with others can lend us insight and lead us to a deepened relationship with them, our culture, and the earth. As we re-envision a better world from the deepest part of our Self, and move that vision outward, we can begin to revitalize and to heal our culture, our environment, our communities, and, of course, ourselves.

This is going to be a weekend with a new challenge for everyone. Please bring a dream, if you have one, that speaks to the conditions of the community or environment.

**Presenter**

**Mary Watkins, Ph.D.**, is a core faculty member and the Coordinator of Community and Ecological Fieldwork and Research in the Depth Psychology M.A./Ph.D. Program at Pacifica Graduate Institute. She is the author of *Waking Dreams, Invisible Guests: The Development of Imaginal Dialogues*, the co-author of *Talking With Young Children About Adoption*, a co-editor of “Psychology and the Promotion of Peace” (*Journal of Social Issues*, 44, 2), and numerous essays on the confluence of liberation psychology and depth psychology.

She has worked as a clinical psychologist with adults and children, and has also worked with small and large groups around issues of peace, envisioning the future, diversity, vocation, and social justice. She studied at the Jung Institute in Zurich and has been an integral part of the archetypal psychology movement.

## Interest Groups

### *Listening with the Heart in Nature's Embrace*

**Dirk Spruyt and Perry Martin**

We will listen with our hearts to nature so that we can confront our role in the ongoing destruction of the natural world. Through forgiveness we can move beyond our denial to find deeper understanding of how to become more harmonious members of our Earth community. Come prepared for a morning by a wooded stream, rain or shine.

**Mode:** Deep sharing, active imagination, field trip and creative responses

### *Connecting the Inner and Outer*

**Lorraine Kreahling**

So much of our growth often feels like a mental journey and short circuits the knowledge our body offers. We will use simple movement and yoga postures and breath to open up space in the body where images might enter. We will consider how these images might fuel new activity in our lives. Wear loose clothing and bring mat or blanket.

**Mode:** Yoga, movement, journal writing and drawing, discussion

### *The Power of Appreciation and Affirmation*

**Margery Mears Larrabee**

Through appreciation and affirmation, we will hold up the substance of who we really are and how it is manifest in our lives. This process encourages us to vision our true nature and to live it out fully. We also find our shadow side is revealed—and how what is undeveloped or hidden in our lives has kept us from living out our substance. We will move toward healing and wholeness through the

**Modes** of presentation, experiential exercises, journaling, and sharing.

### *Chanting*

**Mary Kedl and Kristina Gilbertson**

For thousands of years chanting has quieted minds and brought the experience of sacred into community. By focusing the mind and body and channeling our energy into our voice, we relieve stress and help release emotional and mental burdens. Chanting is also plain fun. We will provide chants and songs for participants to enter through voice. Rhythm instruments (drums, rattles, etc.) welcome. No musical talent required.

**Mode:** Chanting

### *Creating Personal Mandalas in Community*

**Sandra Fox**

Both novices and experienced mandala makers will find a safe environment for creating personal mandalas that arise from questions asked in the Plenaries. We will share our work using the format, “If this were my mandala...”. All materials will be provided, as well as instruction in basic geometric constructions. Participants are welcome to bring favorite markers, compasses, etc.

**Mode:** Working with compass and straightedge, drawing, coloring, guided meditation, discussion

### *Poetry: A Path to Interconnections of Psyche, Culture, and Nature*

**Doris M. Tennyson**

We will let ourselves be inspired by the plenary sessions, guided imagery, movement, nature, fabric, and more. Bring a short poem—yours or someone else's. Wear comfortable clothing, and check your judging self at the door. If you have never written a poem before, join us as we let the poems write us.

**Mode:** Poetry, movement

### *Uninhibited Silence with Spontaneous Eruptions*

**Victor McGregor**

This group offers an environment to process the plenary speaker's message, its impact on our psyche—and how it might fit into our lives. Emphasis will be on reflection and selective disclosure without fear of criticism or judgment. We'll aspire to allow spontaneous expression of emotions from the core of our being and to foster ego alignment with the capital “S” “Self”—and to let our inner light shine.

**Mode:** Reflective silence, eruptions

*Clay and Imagination or Clay as a Teacher*                      **Jane Porter**

Bring an open mind and your two hands to clay. You may use optional exercises as you see what images emerge to guide your modeling. Then bear witness to your process and interact imaginatively with your creations bringing to light their messages.

**Mode:** Clay, active imagination, discussion and sharing

*Icons*    **George Sinnott**

We will take a broad view of “icon” to be an image that represents a concept, not necessarily religious. It is said that an icon is more than a portrait of the subject. It is a window into the world of the subject. Bring a small copy of a picture of yourself, e.g., a passport photo. Participants should be prepared to spend time outside on Saturday morning.

**Mode:** Discussion, meditation, collage

*Forgiveness as a Spiritual Practice*    **Sue Regen**

Sometimes we get stuck in our stories of anger, fear, hurt, and pain. When we choose to practice forgiveness within ourselves, we may reconnect with a lost part of our soul and move towards inner peace and wholeness. Our focus will be on tools and techniques for doing forgiveness work, not on therapy.

**Mode:** Discussion, meditation, writing

*Finding Peace Through Creative Prayer*    **Kayta Gajdos**

How do you find your inner peace in today’s chaos? Come discuss the inner peace (which we need to cope with the world as well as bring peace to it) through “creative prayer.” Our time will be about re-creating your center and for finding your own unique prayer life—be it through collage, drawing, writing, mediation, nature, music.

**Mode:** Meditation, writing, being in nature, collage, various art materials

*Bring Your Drum and Come*    **R. Dixon Bell**

This small group will express its mission through drumming, creation of sacred space, and use of a talking stick. All souls and their instruments, including the human voice, are welcome. The session topics, advancing, will be “Ourselves and the World,” “Ourselves and Our Relations,” and “Ourselves and Our Souls.”

**Mode:** Drumming

*If It Were My Dream...*    **Gary Soulsman**

This easy-to-grasp way of exploring dreams creates a safe space by inviting each of us to imagine how we might think and feel if the dream of another were our own. The nonjudgmental process—pioneered by Jeremy Taylor and Montague Ullman—evokes serious, touching, and lighthearted emotion. Bring your empathy and your dreams.

**Mode:** Experiential and sharing

*Doing Nothing Creatively*    **Peggy Walbridge**

Sometimes the pressures of life are too great. FCRP attempts to squeeze in many things often leaving us drained. This Interest Group will encourage R&R for those who would like unscheduled time to collect thoughts, share, meditate, relax. Loosely scheduled, we seek to provide a safe space for those who just want to be or do their own thing.

**Mode:** Discussion, sharing, free time, your choice

*A Deeper Vision of Spirituality and Evil*  
**Lionel Corbett**

**Plenary**

How do numinous experiences—those mysterious, fascinating, powerful moments that come to us through the body, in vision, in nature and in dreams—become part of our spiritual grounding? How does personal suffering color our relationship with the Divine? Is war a psychological problem as well as a spiritual one?

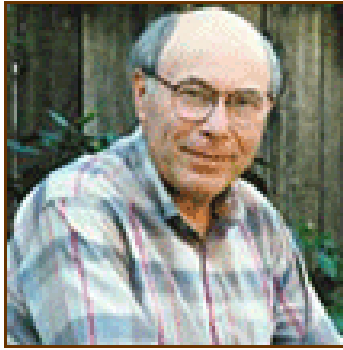
These are some of the questions Jungian analyst, writer, and seeker **Lionel Corbett** will explore with us. For decades, Dr. Corbett has delved into personal experiences of the sacred—his own and that of his analysands—to better understand how one’s image of God is formed. He has witnessed how emotions and personality often determine the spiritual practices we are drawn to.

Dr. Corbett is particularly interested in the stories of individuals whose experience of Divinity does not fit neatly into conventional Judeo-Christian frameworks. These spiritual quests often lead well beyond the religious and cultural traditions into which we are born. Such quests seem similar to George Fox’s revolutionary call to early Quakers to connect to the God within. But terrorists may also believe they are listening to the voice of God, says Dr. Corbett.

Using the story of Job as a paradigm of how suffering can lead to transformation, Dr. Corbett will discuss the impact of personal suffering on our image of the Divine. Sometimes those who suffer cannot contain their pain and feel the need to “evacuate” it onto others, he says. This may help explain the behavior of terrorists.

Finally, Dr. Corbett will turn to spiritual practices that do not divide behavior into good and evil—or nondual spiritualities. Such spiritual orientations see the universe and everything in it as part of one organic whole that is neither good nor bad.

“Are good and evil two sides of the same coin?” Dr. Corbett asks. “There is an Inner Light, of course,” he says, “but the Self of Jung is experienced as having a Light and a Dark side.” Dr. Corbett will explore the nature of this vision of spirituality with us.



**Lionel Corbett, M.D.** is a professor of depth psychology at the Pacifica Graduate Institute in Santa Barbara, California. He is the author of *The Religious Function of the Psyche* and many professional articles on the subjects of depth psychology, psychoanalytic self-psychology, and the work of C.G. Jung and religion. His work focuses on the integration of depth psychology and spirituality into a seamless whole. His latest book, *Psyche and the Sacred: Spirituality Beyond Religion* is due out shortly.

## Interest Groups

### *Exploring Numinous Experiences: Group Spiritual Direction*

**Constance Anne Lezenby**

Using the power of silence and group wisdom, we will each have a chance to share our transpersonal dreams, synchronicities, visions, and stories. We will explore how our wounds have been healed through encounters with mystery. Through spiritual listening and questions in a contemplative process, we will discover ways to re-experience and go more deeply into the personal sacred symbols of our lives.

**Mode:** Individual Sharing, reflective prayerful silence, contemplative questions

### *Earth Connections*

**Dirk Spruyt and Perry Martin**

Reawaken our longing for belonging to the community of the universe. Call on our senses to experience our kinship with the web of life. Bring a dream of the earth to share in dream theater. Come prepared for an afternoon by a wooded stream, rain or shine.

**Mode:** Dialogue, active imagination, dream theater, alone time in the woods

### *Doing Nothing Creatively*

**Peggy Walbridge**

Sometimes the pressures of life are too great. FCRP attempts to squeeze in many things often leaving us drained. This Interest Group will encourage R&R for those who would like unscheduled time to collect thoughts, share, meditate, relax. Within a loose schedule, we seek to provide a safe space for those who just want to be or do their own thing.

**Mode:** Discussion, sharing, free time, your choice

### *Shadow Dancing in the Light*

**Kayta Gajdos**

In our striving for the light, we can cast a large shadow. Inattentiveness to our shadow can trip our footing in our dance toward becoming whole. In the forgotten, fertile darkness there is richness to be explored. This group will attend to that exploration.

**Mode:** Writing, collage, meditation, movement

### *Exploring Light and Shadow with Poetry and Movement*

**Doris M. Tennyson**

We will draw inspiration from many traditions as poetry “grows” out of our experiences with light and shadow at the Conference and elsewhere. Where we find light, we will explore its shadow; where we find shadow, we will explore its light. We will translate poetry into movement and movement into poetry. In working with favorite poems, we will be concerned with what each poem means to us rather than the poet’s intent. Wear comfortable clothes for moving; bring a favorite short poem for sharing and paper and pen. Leave your internal critic at home.

**Mode:** Writing, reading, movement, guided imagery, experiential

### *On the Other Side of Good and Evil*

**Frank Culley**

We are embedded in the numinous; it is with us all the time. We often forget the everyday numinous, which cannot be evoked; unevoked, it comes to us regularly. Each morning and evening we pass through the Horns of Ivory and Ebony, we enter the numinous night world; we enter the numinous day world. I would celebrate, with whoever would join, the wonder of being alive and those moments when we pass beyond good and evil to that other place.

### *“Where does the old King go?” and Other Mysteries of Fairy Tale Land*

**Elliott Joslin**

We will read and discuss the fairy tale, “The Water of Life” and see how classic fairy tale themes relate to our inward journey. We may act out or improvise on situations and feelings which occur as we listen to the tale. We’ll learn a bit of new language, and we’ll also sense how the tales instruct us on new pathways and offer guideposts for our personal journey. Are you ready to prick your finger?

**Mode:** Discussion, sharing and improvisation

*Chanting*                      **Mary Kedl**

For thousands of years chanting has quieted minds and brought the experience of sacred into community. By focusing the mind and body and channeling our energy into our voice, we can relieve stress and help release emotional and mental burdens. Chanting is also plain fun. We will provide chants and songs for participants to enter through voice. Rhythm instruments (drums, rattles, etc.) welcome. No musical talent required.

*Forgiveness as a Spiritual Practice*                      **Sue Regen**

“Good and Evil” can be encountered in our personal stories of anger, fear, hurt, and pain. When we choose to practice forgiveness within ourselves, we may find ways to connect more deeply and spiritually with ourselves and others. This can move us towards inner peace and wholeness. Focus will be on tools and techniques for doing forgiveness work, not on therapy.

**Mode:** Discussion and sharing, meditation, writing, and practicing

*The Light and The Dark Side*                      **Margery Mears Larrabee**

Who are we? How are we made? How are we shaped by our life experiences? This workshop will explore the light and dark sides of our being in a spiritual context. We will reflect on the place of our woundedness and our effort to survive—as well as the emergence of our shadow and the behavior it engenders. We also will consider how we stay in alignment with the Spirit, manifesting our substance regardless of circumstances.

**Mode:** Experience sharing, journaling and role play; brief presentations/discussion

*If It Were My Dream...*                      **Gary Soulsman**

This easy-to-grasp way of exploring dreams creates a safe space by inviting each of us to imagine how we might think and feel if the dream of another were our own. The nonjudgmental process—pioneered by Jeremy Taylor and Montague Ullman—evokes serious, touching, and lighthearted emotion. Bring your empathy and your dreams.

**Mode:** Experiential and sharing

*Holding the Tension of Opposites in the Body*                      **Lorraine Kreahling**

This workshop will exercise both the unconscious and the body through simple yoga postures and soul-open, eyes-closed imagery and movement. We will work to recognize the tension our bodies often hold as members of a modern mechanized civilization where speed and keeping nature at bay are valued—and unrealistic images of bodily perfection haunt us. Wear loose comfortable or yoga-appropriate clothing; bring a mat or towel—and cover-up for chilly rooms.

**Mode:** Yoga, movement, discussion, writing



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*Crossing into the Mysteries of Nature and Psyche*  
**Bill Plotkin**

**Plenary**

This year's speaker, **Bill Plotkin**, has spent nearly three decades studying human development—specifically how the soul grows and unfolds in relationship to nature. Bill has traveled well beyond his academic training, including a doctorate in psychology from the University of Colorado, to submerge himself in nature—and absorb her lessons. In Colorado, at the Animas Valley Institute which he founded, and elsewhere in the world, he leads expeditions into the wilds of deserts and mountains. Here participants find ways to connect to life's deeper mysteries, including those of their own soul.

Bill's personal experience and research suggest that from Infancy to Elderhood, there are eight stages of eco-centric (as opposed to ego-centric) human development. In each stage, there is an archetype, a cultural task, and a task in nature that are required before we can “graduate” to the next stage: and he will articulate these stages for us.

Bill will address the ways our culture fails to support the journey to soul-infused Adulthood and authentic Elderhood—and how each of us can begin to right this wrong. He will guide us through exercises in nature that will bring experiential reality and depth to his ideas.

Bill also will offer his four-pronged nature-based model for wholeness. In each of the four directions of the compass, he sees an aspect of our wholeness—and an aspect of our woundedness. Throughout the weekend, Bill promises to take us beyond linear, theoretical thinking and into the process of “soul crafting” within the richness of nature. His conviction is that as we evolve into individuated people—true adults and elders—we become the essential seeds for a cultural renaissance: a flowering desperately needed for our Planet's survival.

In his work at his nonprofit Animas Valley Institute—and around the world—Bill draws on dreams, the natural world, poetry, depth psychology, and many cross cultural soul-encounter practices such as vision fasting, council, trance rhythms, and conversations across the species boundaries.

Speaker



**Bill Plotkin, Ph.D.** is the author of *Soulcraft: Crossing into the Mysteries of Nature and Psyche*, and he has just completed a new manuscript, with the working title: *A Natural History of the Soul: The Ecopsychology of Human Development*.

## Interest Groups

### *Connecting with Soul Image: Group Spiritual Direction*

**Constance Lezenby**

Using the power of silence and group wisdom, we will each have a chance to share our dreams, synchronicities, visions, and experiences with nature. We will notice how nature responds to our presence. Through spiritual listening and questions in a contemplative process, we can re-experience and go more deeply into the personal soul images of our lives. We also will create a ceremony which reflects our deep soul imagery.

**Mode:** Reflective prayerful silence outdoors, contemplative questions.

### *Jung Today*

**Dorothy Reichardt**

We shall explore some of Jung's key concepts—ego, shadow, Self, animus, anima, synchronicity, and archetype—and see how they relate to our own lives. We shall look at how we can make use of these concepts in our exploration of the unconscious, and how in our dialogue with this realm we can access its wisdom.

**Mode:** Discussion and sharing and active imagination

### *Parsing the Plenary*

**R. Dixon Bell**

The group will establish discussion guidelines, then we will explore what is presented by our Plenary speaker Bill Plotkin. We will consider how we resonate to his message, and speculate on its levels of meaning. We will use as many discussion modalities as the group is comfortable embracing, including playing the role of the speaker who answers questions.

**Mode:** Group discussion, role playing

### *Hanging in, Hanging out*

**Peggy Walbridge**

Sometimes the pressures of life are too great. FCRP attempts to squeeze in many things often leaving us drained. This Interest Group will encourage R&R for those who would like unscheduled time to collect thoughts, share, meditate, relax. Within a loose schedule, we seek to provide a safe space for those who just want to be or do their own thing.

**Mode:** Discussion, sharing, free time, your choice

### *The Power of Affirmation and Appreciation (A&A)*

**Margery Larrabee**

We will work toward claiming our true identity by becoming aware of our own and each other's shadow and substance. We will also seek to become aware of the ways in which these aspects of our lives affect our alignment with the Spirit. It is with gratitude that we call forth the Spirit in each of us by Affirmation and Appreciation using modes such as appreciative inquiry, nonviolent communication, and centered love.

**Mode:** Experiential dyad/triad exercises, journaling, role play, presentation, worship sharing.

### *Connecting with Nature Through Personal Shrines*

**Dana Gayner and Frances Smith**

This group will discern links between the natural world and our spiritual journey through color, collage, and writing. Each participant receives a box to paint and divide into sections. Materials for "decorating" the box are provided, but we'll also use found objects (stones, feathers, twigs, etc.) and small personal items that you bring. We'll explore the question: "What is the one conversation with the world that only you can have?" and we'll incorporate these words into our shrine.

**Mode:** Painting, writing, collage, simple tai chi, relaxation and meditation

### *Using Active Imagination on the Journey Toward Wholeness*

**Jane Porter**

Through simple optional exercises and Active Imagination we will enrich our relationship with images of our own dreams and/or compelling experiences. As we support each other in this process we will share with each other and think together about integrating into our ongoing lives the knowledge that we gain.

**Mode:** Guided imagery, Active Imagination, journal writing, sharing

*Forgiveness as a Spiritual Practice*                      **Sue Regen**

“Good and Evil” can be encountered in our personal stories of anger, fear, hurt, and pain. When we choose to practice forgiveness within ourselves, we may find ways to connect more deeply and spiritually with ourselves and others. This can move us towards inner peace and wholeness. Focus will be on tools and techniques for doing forgiveness work, not on therapy.

**Mode:** Sharing, meditation, writing, and practicing

*Using the Imaginal Power of Poetry to Nurture our Connection with Nature*                      **Shela C. Turpin-Forster**

Participants select a nature poem or a poem fragment and a visual representation from nature (photo, poster, postcard, or magazine picture) which speaks to you at the soul level. These choices then serve throughout our group work as your “companion images” (similar to ‘an animal familiar’). A limited selection of poetic and visual images will be provided for those who don’t bring them along.

**Mode:** Writing, guided imagery, outdoor exercises

*Nature as Portal to the Soul*                      **Dirk Spruyt and Perry Martin**

We will deepen our sacred dialogue with the natural world by expanding our imaginations and using our five senses, by seeking soul connections in some woods by a stream, and through the use of images, colors, words, dreams, and dream theater. Bring a journal, a dream of the natural world, and clothing for woods and weather (rain or shine).

*Forming New Postures from Nature*                      **Lorraine Kreahling**

We will use breath and imagery to awaken our “ecocentric” selves. We’ll extract images from nature and stretch ourselves beyond traditional yoga postures. We will find natural objects we’re attracted to and feel how the motions of life and nature draw us in. We will create new “yoga” poses inspired by this relationship with nature, but we’ll also return to the comfort of basic yoga postures.

**Mode:** Yoga and movement (bring mat or blanket)

*Movement Toward Wholeness: Connecting with Nature as Portal to the Soul*

**Sara Workeneh and Tom Goodridge**

We will deepen nonverbal expressions through movement exploration and gentle exercises to expand our breathing and movement vocabulary. We will tune into the wisdom of nature and focus on “The Mover” and “The Witness” roles as outlined in *Authentic Movement*. Poetry reading, play, and guided nature explorations will be part of this small group journey. Please dress warmly and comfortably for moving; bring a pillow and journal.

*Family Constellations*                      **Mary Rentschler**

Family Constellations offer profound insight into our energetic heritage. Those who have the experience of “representing” relatives in the group process report sensations and emotions not their own, but belonging to the family members whose identity they “take on.” Representatives seem to tune into a “family soul” mysteriously present in the room. Hidden dynamics and unexpected resolutions emerge as the facilitator and participants interact. The process is compassionate and honest, focused on bare facts, avoiding blame.

**Mode:** Representing family members, being, discussion

*If It Were My Dream...*

**Gary Soulsman**

This easy-to-grasp way of exploring dreams creates a safe space by inviting each of us to imagine how we might think and feel if the dream of another were our own. The nonjudgmental process—pioneered by Jeremy Taylor and Montague Ullman—evokes serious, touching, and lighthearted emotion. Bring your empathy and your dreams.

**Mode:** Experiential and sharing

*Poetry and Nature: Inspiring, Challenging, and Nurturing*

*Doris M. Tennyson*

We will explore our relationships with nature, wilderness, and spirit to discover how poetry can grow from our responses to the poetry of others. We also will use experiences with guided imagery, fantasy, the landscape of Lebanon Valley College, the Plenary presentations, and our personal interactions with other Conference participants as sources for inspiration. Wear comfortable clothing, bring pen and paper, and come prepared to ignore your internal critic.

**Mode:** Writing, reading, movement, guided imagery, experiential.

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*Collective Wisdom:*  
*Group Alchemy for a New Consciousness*  
**Alan Briskin**

**Plenary**

This year's speaker **Alan Briskin** tells us that Collective Wisdom and Quaker worship are sister practices. Both promise access to a "timeless way of knowing" which arises from the chemistry of a group. Groups that sit in silent waiting—and creative tension—Alan tells us, can reach deeper insights and answers.

How this process unfolds is the focus of Alan's work. He has taken the principles of Collective Wisdom beyond intimate gatherings and into the "real world," including business settings, prisons, and schools. Here he has found that this "way of knowing" which integrates our rational, emotional, and spiritual Selves brings great strength and a feeling of wholeness to a group and its individual members. In these transcendent moments, members feel more connected to each other and larger life forces, and this vibrant sense of Self makes individuals capable of extraordinary action.

Such behavior is a part of Quaker legacy. And Alan sees Collective Wisdom at work in the roots of the Friends Conference on Religion and Psychology. Sixty-five years ago, as the world was descending into violence, this group of Quakers led by Elined Kotschnig sought to marry depth-psychology to the Inner Light of Quaker Worship. They hoped that the insights they reached from inner work and worship would have practical applications for peace in a world at war. The spiritual, communal, and environmental restoration that FCRP's founders were searching for are no less urgently needed today.

Alan envisions this year's Conference as a cauldron in which we explore and experiment with group potential and how it can be used to take us to a new level, a new consciousness. Together we will look at the alchemy of group resonance—what Alan calls, "a quickening moment when something transcendent beyond the confines of the individual ego is experienced." Alan also will address the important differences between "group think," Jung's "participation mystique," and conscious participation in group process.

Artistic expression, body movement, archetypal pattern recognition, storytelling, silence and "discernment" that are a part of FCRP's small group process also are means of experiencing Collective Wisdom. They will complement our Plenary Speaker's exploration of how groups can be a "conduit for spiritual intelligence." The journey promises to be a fascinating one.



**Speaker**



**Alan Briskin, Ph.D.**, is an author, artist, researcher, and consultant whose interest in the dynamics of collective wisdom within group life spans three decades. He is co-founder with Sheryl Erickson of The non-profit, the Collective Wisdom Initiative, where he has worked with Margaret Wheatley, among others, to better understand groups and organizations that function well.

Alan's interest in the spiritual life of groups took root in 1971 on an international kibbutz in Israel. Back in the U.S., he helped develop a free school in Maine, where students designed educational plans that engaged their passions. Later, after heading a model program for the deinstitutionalization of confined youth in Vermont, he brought his educational vision to prison reform, and later still, he served as the principal consultant to the George Lucas Educational Foundation.

In the medical community, Alan has designed and taught methods to help physicians communicate more meaningfully with patients. These ideas were formalized and expanded in the Relationship-Centered Care Network which he and colleagues founded. He has spoken on the role of spirit in groups to national and international forums, and he has facilitated dialogues on the subject around the globe.

Alan holds a doctorate in organizational psychology from the Wright Institute in Berkeley and is a professional associate of the Grubb Institute in London. He says his love of photography helped opened his inner eye to the beauty that enfolds us.

Alan's most recent book, *Daily Miracles: Stories and Practices of Humanity and Excellence in Health Care* (2006) was named a book of the year by the American Journal of Nursing. His book, *The Stirring of Soul in the Workplace* (1996), helped shape the spirit and work movement of the late 1990s.

## Interest Groups

### *If It Were My Dream*                      **Gary Soulsman**

This easy-to-grasp way of exploring dreams creates a safe space by inviting each of us to imagine how we might think and feel if the dream of another were our own. The nonjudgmental process—pioneered by Jeremy Taylor and Montague Ullman—evokes serious, touching, and lighthearted emotion. Bring your empathy and your dreams.

**Mode:** Experiential and sharing

**Suggested Reading:** *Where People Fly and Water Runs Uphill:*

*Using Dreams to Tap the Wisdom of the Unconscious.* Rev. Jeremy Taylor

### *Forgiveness as a Spiritual Practice*                      **Sue Regen**

Our personal stories of anger, fear, hurt and pain can be the opening to universal truths and wisdom. When we choose to practice forgiveness within ourselves, we may find ways to connect with self and others. This can move us towards inner peace and wholeness. Focus will be on tools and techniques for doing forgiveness work, not on therapy.

**Mode:** Sharing, meditation, writing, and practicing

**Suggested reading:** *A Little Book of Forgiveness.* D. Patrick Miller

### *Circle of Trust: Fostering Growth Toward Authentic Self in Community*                      **Joanna Mendelman**

This small group will provide an opportunity for individuals to hear themselves speak with the respectful listening and support of others. With the premise that we often grow up with inner and outer divided selves, a “circle of trust” can create a space that honors the soul and leads to wholeness. A poem or other third thing will provide focus for reflection. Our individual empowerment fosters the growth of a powerful, perhaps spiritual, community.

**Mode:** Poetry, music, art, journaling, creative expression

**Suggested reading:** *A Hidden Wholeness: The Journey Toward an Undivided Life.* Parker Palmer

### *Befriending Our Many Selves Through Jung’s Psychology*                      **Dorothy Reichardt**

The aim of this group is two-fold: to become better acquainted with Jung’s depth psychology and to become more conscious of the many parts of ourselves. We shall look at ourselves with understanding and compassion. This process will move us toward becoming more integrated/individuated and thereby more fully present to ourselves and others.

**Mode:** Discussion, sharing, active imagination

**Suggested reading:** *Man and His Symbols.* C.G. Jung

### *Parsing the Plenary*                      **R. Dixon Bell**

This workshop will provide a platform for enlarging and deepening the presentations in the Plenaries and for integrating that material with our own experiences. It will center on a variety of discussion formats—prompted, open, moderated, independent group, role plays, and an activity entitled “speaker’s chair.” We will enhance individual and group reflection after the sessions and allow space for those who wish to bring CDs, original writing, and/or musical instruments.

**Mode:** Discussion, reflection, listening

*Body and Movement Wisdom*                      **Stephen McDonnell**

Want to get out of your head and get moving? Want to have fun with others? In this group, we'll pay attention to our gestures, movement, and felt sense. We'll build community by moving and playing with others. No dance or movement experience necessary, but bring loose clothes and a willingness to move and be on the floor—as you are able.

**Mode:** Movement and verbal processing

**Suggested preparation:** No reading, but you may want to check out <http://interplay.org>

*Writing Sacred Literature for Women*                      **Mary R. Hopkins**

Modern scripture (*Bible, Koran*) are written by and for men. How would holy texts read if written by and for women? What has been overlooked that remains hidden from all of us? As a group, we will explore—within and without—to discover what is sacred to all women. Then we will attempt to write sacred text that meets the spiritual needs of women. *This may take a few years.*

**Mode:** Worship sharing, discussion, writing

*Poetry and Attention, Listening, and Wisdom*                      **Doris M. Tennyson**

Through poetry and some movement, we will explore ways to “cultivate attention,” listen deeply, foster collective wisdom, and to continue this exploration in our everyday world. Bring a poem to share and your favorite writing materials; wear comfortable clothes and shoes for walking. Some art materials will be provided.

**Mode:** Listening, writing, reading, walking meditation, guided imagery

**Suggested reading:** Any book of poems by Mary Oliver

*Creating Meditative Containers*                      **Dana Gayner and Frances Smith**

We will be making small containers out of recycled and hand-made papers to house special talismans and notes or letters. These containers will be decorated with yarn, string, stamps, twigs, nuts, and anything else that appeals to the soul. We may do some writing and meditation to direct the creative flow. Learn to access your spiritual side through creativity by tapping into the right-brain process. Let go of any pre-conceived ideas about art and join us.

**Mode:** Group meditation and interaction, simple movement with music, writing

*The I of the Storm: Embracing Conflict, Creating Peace*                      **Margery Larrabee**

We must remember that we are spiritual beings having a human experience. Nothing is against us; and when we find ourselves in conflict, we need to examine how it is possible that we have created an adversary when the entire universe conspires to fulfill itself through us. We will explore both the power of the center and living on purpose.

**Mode:** Journaling, worship sharing, discussion, small unit exploration, brief presentation

**Suggested reading:** *The I of the Storm: Embracing Conflict, Creating Peace.* Gary Simmons

*Cultivating Soul in Community: Remembering Helen Luke*                      **Shela Turpin-Forster**

Using several essays of Jungian Helen Luke, the workshop will look at how the often intensely private work of moving toward wholeness relates to one's public activities in the larger world. Careful reading of the essays and exercises to explore Luke's points will be central. Luke founded a Jungian retreat community, Apple Farm, in Michigan in the '60s. Many of her essays first appeared in Quaker publications. Luke died in 1995.

**Mode:** Discussion, reflection, and writing exercises

**Suggested reading:** *The Voice Within: Love and Virtue in the Age of the Spirit.* Helen Luke—Specifically, read the Introduction and Essays 5, 8 and 9 in Part Two

*Creating a Group: Creating Sand Trays Together*

**Jane Porter**

Using small figures and natural objects, we will create group sand trays. Then, through simple exercises, we will write and share our reflections on the experience of creating these trays. The intention here is to bring ourselves closer to understanding our individual contributions to the formation of our particular group as well as to other groups of which we may be members.

**Mode:** Creating group sand trays, meditative writing, simple exercises, sharing

*Yoga and Collective Wisdom*

**Lorraine Kreahling**

Collective wisdom, like Quaker process, asks that we listen to others with an open heart and mind. Yoga supports collective wisdom by making us more present to hear. Taking simple postures, we breathe consciousness into the body and allow ourselves to feel how spirit and emotions reside within. As we become more accepting of what is, “way opens” for what can be. Bring a mat or beach towel.

**Mode:** Yoga

**Suggested reading:** *Jung and Yoga*. Judith Harris

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*Healing Through the Dark Emotions*  
Miriam Greenspan

**Plenary**

Grief, fear, and despair—the dark emotions—are messengers of our vulnerability and humanity. In this age of global threat, these emotions have become widespread. In contrast to our culture’s dire warnings about the pathology and danger of so-called “negative” emotions, Miriam’s more hopeful teaching is that there is a redemptive power in the emotions we most dread—gifts that come to us when we know how to listen to the wisdom of the broken heart.

When we befriend grief, fear, and despair mindfully, they become gateways to spiritual empowerment, and an authentic path to deep healing—not only of ourselves as individuals but of the world. It is actually our culture’s aversion to the dark emotions, which Miriam calls *emotion-phobia*, that she believes is at the root of the epidemic emotional afflictions of our time: depression, anxiety, addiction, irrational violence, and psychic numbing.

In four plenary sessions, Miriam will teach a process she calls the *alchemy of the dark emotions*. Participants will reframe their understanding of the basic intelligence and value of the three core dark emotions; learn how to counter emotion-phobia; and practice a set of emotional exercises. These are designed to cultivate the three basic skills of emotional alchemy: attending, befriending, and surrendering to emotional flow in the body. In addition, a session will be devoted to emotional ecology: the profound connection between emotions and the world that is so often overlooked by traditional psychologies.

Through didactic presentation, mindfulness meditation, story, discussion, breathwork, visualization, cognitive re-framing, energy work, and heart-centered prayer, participants will come away with a repertoire of skills for mastering the alchemy by which grief becomes gratitude, fear opens us to joy, and despair ushers in a more resilient faith in Life. Miriam’s presentations and experiential exercises will form the foundation upon which the four Small Group sessions will build. These sessions will give attenders an opportunity to meet other Conference participants in a more personal setting than that possible in the Plenaries.

**Speaker**



**Miriam Greenspan, M.Ed., LMHC**, is a psychotherapist in private practice, consultant, writer, and internationally-known workshop leader. For the past two decades, her work has focused on a holistic mind/body/spirit approach to emotional healing. Challenging current clinical and cultural trends that pathologize “negative” emotions, she teaches how honoring our grief, fear, and despair can lead to profound healing and transformation on the personal, social, and global levels.

Miriam’s book, *Healing Through the Dark Emotions :the Wisdom of Grief, Fear, and Despair*, (Shambala,2003), a Boston Globe bestseller, won the 2004 Nautilus Award in the category of psychology for books that “make a contribution to conscious living and positive social change.” It was chosen as one of the best spiritual books of 2003 by *Spirituality and Health Magazine* and has been featured in numerous other magazines including *Body and Soul, Self, Shambhala Sun, New Woman, Utne Reader, Tikkun, Psychotherapy Networker, Spirituality & Health*, and *The Sun*.

In describing the major influences in her current work, Miriam mentions depth psychology, Hasidic Judaism, and Buddhist meditation practice, as well as authentic, heart-centered prayer. A pioneer in women’s psychology and psychotherapy, her first book, *A New Approach to Women and Therapy*, helped define that field

While focused on the process of individual emotional healing, Miriam’s work simultaneously looks beyond the individualistic and ego-based models of much current psychology to the emotional ecology of our time. She is passionate about the importance of understanding the profound connections between self and world, individual emotions and the state of the planet.

In *Healing Through the Dark Emotions*, Miriam shares her wisdom not only from more than 30 years of counseling clients, but also from facing into the dark emotions of her own life. In her words, her book is “...not written in a professional voice alone. I speak also as a fellow traveler.”

## Interest [Small]Groups

### *Parsing the Plenary\**      **R. Dixon Bell**

This workshop provides a platform for enlarging and deepening the presentations in the Plenaries and for integrating that material with our own experiences. It will center on a variety of discussion formats—prompted, open, moderated, independent group, role plays, and an activity entitled “speaker’s chair.” We will allow time to enhance individual and group reflection after the Plenaries, as well as allow space for those who wish to incorporate CDs, original writing, and/or musical instruments which they bring into the small group.

**Mode:** Discussion, reflection, listening

**Suggested reading:** *Healing Through the Dark Emotions*, Miriam Greenspan

\*In the event this workshop is fully subscribed, a second and similar small group will be organized.

### *Shadow Boxing in the Light*      **Kayta Gajdos**

The intention for this Small Group is to befriend our shadow and our grief in a way that honors the slow unfolding of feeling. This approach will allow us to re-member what has been dis-owned or lost to ourselves. It also will encourage openness to the transformative alchemy of the dark emotions which can lead to authentic aliveness.

**Mode:** Meditation, writing, collage, walking meditation outside if weather permits

**Suggested reading:** *Healing Through the Dark Emotions*, Miriam Greenspan

### *Unveiling Our Dark Emotions Through Creativity*      **Dana Gayner**

This hands-on workshop will provide an opportunity to search deeply within for our strengths and weaknesses. After listening to a Reiki meditation and a quiet period for journaling, we will create a personal box using paint, paper, supplied materials, found objects and whatever charms you bring. Let your inner child play or sulk. No artistic training is necessary. If you think you’re not creative, then this group is for you!

**Mode:** Artistic creation, Reiki-oriented meditation, writing

Suggested reading: *Creativity*, Matthew Fox

### *Reaching Beyond the Individual: Connecting to the Pain of the World*      **Jim Gill**

This Small Group will use the photographs of “Earth Stations” as visual beginning points for a meditative pilgrimage. These photographs show locations of great ecological injury and disaster around the globe and mark “stations” where pilgrims will walk in contemplation and prayer for our suffering planet. Using reflection and meditation as well as writing and drawing, we will focus on the individual-world connection. Through the work with “Earth Stations” and sharing thoughts and experiences, we may learn how to use our dark emotions to inspire spiritual service and social action. (Participants may wish to bring a drum or other instrument to play while on the pilgrim’s path. This small group will spend some time outdoors, weather permitting.)

**Mode:** Reflection, meditation, sharing, writing, drawing, walking

**Suggested reading:** *Healing Through the Dark Emotions*, Miriam Greenspan

### *Age-ing and Sage-ing*      **Loy Jones and George Sinnott**

This workshop will examine the challenges of living creatively through the radical psychological and spiritual changes of the “late blooming” years (60+). Discussion and exercises—role-playing, interactive games, and construction of a group letter to future generations—will enable workshop participants to discover key Jungian concepts experientially. The aim of the workshop is to examine the transitional tasks and inner experiences of later life as suggested by the works of Carl Jung and others.

**Mode:** Discussion, interactive exercises, role-playing, writing

**Suggested reading:** *From Age-Ing to Sage-Ing: A Profound New Vision of Growing Older*. Rabbi Zalman Schachter-Shalomi (Grand Central Publishing, 1997);

*Coming to Age: the Croning Years*. Jane Pretat (Inner City Books, 1994)



*Sitting and Moving with Dark Emotions*      **Lorraine Kreahling and Stephen McDonnell**

Nuggets of dark emotion or psychic injury lodged within our hearts, souls, and unconscious often color the energy of our lives. Unattended—or denied—such nagging feelings can upset our body’s native balance. We will endeavor to create a safe space where we can witness these feelings and the images they spawn. We will allow what comes to carry us into movement, big or small. Wear loose comfortable clothing.

**Mode:** Reflection, movement, sharing

*Collage—Images of the Soul*      **Carole McNamee**

Collage provides an opportunity to engage with images that hold personal meaning for us, facilitating self-expression and healing. The SoulCollage® process, in particular, is a “flexible, creative, and inclusive tool” for the creation and exploration of personally selected images. We will experience the SoulCollage® card-making process and several techniques for dialoguing with our creations. These creations often serve to surprise, bemuse, and even amuse. They always enlighten!

**Mode:** Collage and writing

**Suggested reading:** *SoulCollage®*. Seena Frost

*Becoming a Quaker Warrior*      **Perry Martin and Pegeen Culley**

Through story and initiation ritual we will explore the Warrior archetype and the nature of Quaker warriors. Telling our own stories, we will search for ways to find the courage to become a warrior. Participants may bring simple costumes, scarves, shells, rattles, amulets, etc. to incorporate in the ritual.

**Mode:** Story sharing, movement, expressive art, journaling

**Suggested reading:** *War and the Soul: Healing Our Nation’s Veterans from Post-Traumatic Stress Disorder*, Edward Tick—read Part I, Chapters 9 & 10 (Quest Books, 2005);

*The Four-fold Way: Walking the Paths of Warrior, Teacher, Healer and Visionary*, Angeles Arrien—read Section on the Warrior (HarperCollins, 1993)

*Befriending Our Dark Emotions Through Journaling*      **Dorothy Reichardt**

Florida Scott Maxwell said that a journal is “a place to hear the creaks and cries of a heart opening slowly.” It also offers many possibilities for exploring our dark emotions, becoming better acquainted with them, and hopefully transforming them. This is far better than letting these emotions fester in our unconscious. We shall try out some different ways of journaling to see which ones work best for us. Bring writing materials and a spirit of adventure.

**Mode:** Writing, optional drawing, sharing

**Suggested reading:** *How to Keep a Spiritual Journal: A Guide to Journal Keeping for Inner Growth and Personal Discovery*, Ron Klug (Revised Edition, Augsburg Fortress, Publishers, 2002)

*If It Were My Dream...*      **Gary Soulsman**

This easy-to-grasp way of exploring dreams creates a safe space by inviting each of us to imagine how we might think and feel if the dream of another were our own. The nonjudgmental process—pioneered by Jeremy Taylor and Montague Ullman—evokes serious, touching, and lighthearted emotion. Bring your empathy and your dreams.

**Mode:** Experiential and sharing

**Suggested reading:** *Where People Fly and Water Runs Uphill: Using Dreams to Tap the Wisdom of the Unconscious*, Rev. Jeremy Taylor

*Transformation Through Poetry and Movement*      **Doris M. Tennyson**

Poetry and movement will provide opportunities to practice skills learned in the Plenaries. Images and ideas from the poems will help us incorporate those skills into our daily lives. No prior experience with poetry or movement necessary. Wear comfortable clothes for moving and bring writing materials.

**Mode:** Experiential—reading, writing, sharing, movement, impromptu art

**Suggested reading:** Anything by John Fox, Rolf Jacobsen, Jane Kenyon, Naomi Shihab Nye, Marge Piercy, Rumi, and your own favorites

FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY  
Lebanon Valley College Annville, PA      May 28-31, 2010

*Towards a Radical Democracy of Spirit*  
*The Mystical Roots of America*  
**Jeff Kripal**

**Plenary**

**Jeff Kripal**, a scholar of comparative mysticism, will explore with us a submerged, but very old and very powerful American story: the story of the divine spark or absolute integrity of the individual human soul and its direct, unmediated relationship to the divine—what has come to be called “mysticism” or “spirituality.” Jeff will explain exactly when and where such radical ideas arose and how they are much more democratic than any notion of a “Christian nation” and its “family values.”

Jeff will also apply this story to the most practical and everyday features of our lives. Why, for example, do we continue to speak of God as a King or Lord when none of us want to live under a monarchy or any other regime of acquiescence and control? Why do our submissive rituals and prayers—the ways we use our bodies in worship—so seldom express a democracy of Spirit? Why do religious communities continue to use simplistic and widely discredited notions of gender and sex to disempower, exclude, and demean individuals, especially women and sexual minorities? Finally, and perhaps most important, what would it mean to realize the mystical ideal called “America”?

In four lectures during the weekend, Jeff will lead us in an exploration of democracy’s mystical roots. This exploration will include FCRP’s own story.

Speaker



**Jeffrey J. Kripal** (Ph. D., University of Chicago, 1993) is the J. Newton Rayzor Professor of Religious Studies and Chair of the Department of Religious Studies at Rice University, Houston, Texas. His areas of interest include the comparative erotics and ethics of mystical literature, American countercultural translations of Asian religions, and the history of Western esotericism from ancient gnosticism to the New Age. Jeff is the author of five books and over fifty essays. His most recent books include *Esalen: America and the Religion of No Religion* (Chicago, 2007) and *Authors of the Impossible: The Paranormal and the Sacred* (Chicago, 2010). He is presently working on a documentary film project on the last book with XL Films of Richmond, Texas.

**FCRP 2010**  
**Interest Groups**

*Jung and Quakerism*      **Walter Brown**

We will discuss reasons why Quakers like and/or need psychology and Jung. We will examine Mysticism in the Jungian psychology and Quakerism (Rufus Jones's *Mysticism of Everyday Life*). We will compare Inner Light and Collective Unconscious, the Self, and God. We will look at the metaphoric view of the Bible and all sacred writings as well as introversion and intuition in modern liberal Quakerism.

**Mode:** Worship sharing, meditation, drawing

**Walter Brown** is a Licensed Clinical Social Worker who has been practicing psychotherapy for 32 years. He is a life-long Friend who has filled various roles for his local meeting (Langley Hill, VA), Baltimore Yearly Meeting, and Friends General Conference.

*Dream Your Dream*      **Bonnie Damron**

**Dreams**, those fascinating and illusive creations of the night, are filled with treasures just waiting to be unearthed. The fact is, we all dream every night. It seems a shame to waste them by simply dismissing them as “just dreams.” During the time we have together we will help each other to find some dream gold. How can dreams help us map our own destinies? What archetypal, universal, instinctive patterns do we see in dreams? As a way of getting started, Bonnie will share some dreams found in the biographies of several public figures, and some found in the stories and mythologies of the world. In addition, she will use some of the methods described by C. G. Jung to work with dreams. If someone should like to share a personal dream, we will listen with respect, encouragement, and confidentiality. Primarily, we want to spend individual time with our own dreams. We will also spend quiet time with our journals, and then share our thoughts with each other. Please feel free to bring your favorite art materials—pen and ink, pastels, or whatever helps you imagine your dreams more fully.

**Mode:** Discussion, meditation, journaling

**Bonnie Damron** is a Licensed Clinical Social Worker in a private practice for nearly thirty years. Her work is largely Jungian based. She listens to numerous dreams every year, and helps her clients understand their dreams in light of their lives in the every day world. In addition, for forty years she has kept a dream journal, and has used her dreams to guide her path. She also leads seminars on mythology, fairy tales, and Jung's psychology. Bonnie was the 2010 Washington FCRP plenary speaker.

*The Practice of Presence*      **Patty de Llosa** [cancelled]

Is it really possible to get a fresh start in life? Yes, we can, starting wherever we are, and without changing our external conditions. The key is to learn to practice “attention to our own presence.” Drawing from four traditions—the wisdom teachings of the legendary spiritual teacher Gurdjieff; the ancient Taoist discipline of Tai Chi; Jungian analyst Marion Woodman's *Body/Soul Rhythms* exercises and the mind-body retraining system of F.M. Alexander—we will study practical ways to harmonize our thoughts, emotions and bodies as we surrender unnecessary physical tension and negative mental attitudes in order to develop balance and calm centeredness.

**Mode:** Movement, meditation, drawing, discussion

**Patty de Llosa** has led group classes, daylong workshops and weeklong intensives in The Gurdjieff Work, Tai Chi and Taoist meditation, and the Alexander Technique. She teaches both privately and in group classes in New York City. Patty is author of *The Practice of Presence: Five Paths for Daily Life* (Morning Light Press 2006) and Contributing Editor of *Parabola Magazine*.

*Creating Mandalas*                      **Sandra Fox** [cancelled]

In creating mandalas we participate in an ancient practice of representing and reflecting on our spiritual landscape. Using classic tools, the compass and the straightedge, we will construct designs from several cultural and religious traditions. As we meditate on our work we may bump up against spiritual or religious barriers. We will explore the questions: Who erected these barriers? When? What purpose did they serve? Are they still useful? What insights have I gained into my own spiritual beliefs or practices? What insights into those of others? No experience in art or geometry is necessary, and all materials will be provided. However, participants are welcome to bring their own tools, paper, art supplies, etc.

**Mode:** Mandalas, meditation, discussion

**Sandra Fox** teaches high school mathematics in Manassas, VA. She was awarded a SciMat Fellowship for a project studying the intersection of mathematics and art. Over the course of the last ten years she has lead mandala workshops for churches, spirituality groups, the Manassas Art Guild, and the 2005 FCRP.

*Masks for Life*                      **Dana Gayner**

We all hide behind masks at one time or another, but rarely do we actually see the mask we present to the world. What do others see? In order to remove the mask, we must first acknowledge it. Join the merriment with this hands-on experience and find what mask(s) you like to present to the world. No required reading and no previous art training necessary.

**Mode:** Mask making, discussion

**Dana Gayner** studied illustration at the Philadelphia College of Art, now the University of the Arts, but after having children, her interest turned to education. She now has 22 years of working in elementary schools teaching art to children from pre-kindergarten to eighth grade. Dana been making masks in various mediums since 1979. For the past 5 years, she has maintained her fresh perspective on art by attending summer classes at the Artist/Teacher Institute at Rutgers in Camden, NJ.

*Before We Dream: Potential Therapeutic Uses of Liminal States*      **Mary R. Hopkins**

What stories do we tell ourselves before we go to sleep? How do we use them? In this workshop we will explore ways can we use “unconscious awareness” for healing from the events of the day. This is not a dream workshop and we will not be sharing content. Hopefully you may take home a new tool to use for self understanding. If it helps you to loosen up your right brain, bring your own art supplies.

**Mode:** Workshop sharing, discussion

**Mary R. Hopkins** has led groups at FCRP since the 1960s. She holds the degree of MSSW from Bryn Mawr College and has practiced Social Work for forty years. Her interest in this topic is new—she has not seen a workshop or book about it.

*Beginning Your Own Redbook*

**Lorraine Kreahling**

Jung's just published *Redbook* is the colorful illustrated intimate journal he kept locked away for his lifetime. Here Jung recorded in words and careful childlike drawings his encounters with the archetypes governing his life. We will look at his journal together, discuss the concept of archetypes, and begin soliciting our own through writing and drawing. The process will focus on witnessing rather than analysis. We'll share only as we feel comfortable. Please bring notebook and paintbox if you can.

**Mode:** Journal writing, working with color, discussion

**Lorraine Kreahling** wrote her master's thesis on Jung and fairy tales. Jungian psychology and Quaker worship and philosophy have been a part of her life since she first attended FCRP in 1972. She is a writer and editorial producer, and has been a regular contributor to *The New York Times*. Together with her husband she recently produced a 20-part series on aging for PBS. Lorraine is currently writing *The Green Hotel*, the true story of the loss of their historic house to a propane explosion and fire, and its rebuilding with a "green" non-fossil-fuel-burning geothermal heating/cooling system.

*Collage—Images of the Soul*

**Carole McNamee** [cancelled]

Collage provides an opportunity to engage with images that hold personal meaning for us, facilitating self-expression and healing. The *SoulCollage*® process, in particular, is a "flexible, creative, and inclusive tool" for the creation and exploration of personally selected images. We will experience this card-making process and several techniques for dialoguing with our creations. These creations often serve to surprise, bemuse, and even amuse. They always enlighten!

**Mode:** Collage, journaling, sharing

**Carole McNamee** is a psychotherapist in private practice in Blacksburg, VA and a member of Blacksburg Friends Meeting. She has been a student of creative process for over 30 years, and has been using this process with others for the past 10 years. She has published, lectured, and given workshops locally, regionally, and nationally on the use of the expressive arts in therapy. She was the 2009 Washington FCRP plenary speaker and has been leading small groups for FCRP since 2004.

*Letting Go and Paying Attention—the Wisdom of Tai Chi*

**Beth Perry**

There is a great deal to learn when we relax and pay attention to our own bodies (key principles of Tai Chi). It is a form of moving meditation, and in some ways has some revolutionary (in this society) principles to teach.

**Mode:** Movement

**Beth Perry** first studied Tai Chi with Maggie Newman, student of Cheng Man Ching, in the early 1980's. She has been teaching Tai Chi for the last six years in adult education classes, senior centers, and in retirement homes. Beth is a member of Radnor, PA Meeting.

*Forgiveness as a Spiritual Practice*

**Sue Regen**

Encountering our personal stories of anger, fear, hurt, and pain can ground our spiritual lives. When we choose to practice forgiveness within ourselves, we may find ways to connect more deeply and spiritually with ourselves and others. This can move us towards inner peace and wholeness. Focus will be on tools and techniques for doing forgiveness work, not on therapy.

**Mode:** Discussion, sharing, meditation, writing, practicing!

**Sue Regen** has been regularly attending FCRP for over 35 years. She considers it one of her “growing places.” Since 2002, she has been engaged in forgiveness work as part of her personal journey. Sue has presented over 35 workshops around the country, including Attica Prison, Pendle Hill, the FGC Gathering, and FCRP. This ministry is under the care of her Rochester, NY Friends Meeting. Sue is also very active as Presiding Clerk for Friends General Conference.

*Finding an Inner Democracy of Spirit through Journaling*

**Dorothy Reichardt** [cancelled]

A journal is a means of meeting our many selves—including the Spirit within—and hearing what they each have to say. We may find parts of ourselves whom we have ignored, but who are worthy of our attention and have much to offer us. We shall try out some different ways of journaling to see which methods work best for us. Bring writing materials and a listening heart.

**Mode:** Writing, optional drawing, sharing

**Suggested reading:** *How to Keep a Spiritual Journal: A Guide to Journal Keeping for Inner Growth and Personal Discovery*, by Ron Klug

**Dorothy Reichardt** is a clinical social worker and psychotherapist in private practice. She has studied at the Jung Institute in Zurich and has completed the three year Leadership Training in Marion Woodman’s *Body/Soul Rhythms* program in Canada. She has led small groups at FCRP for many years.

*Exploring Spirit*

**Doris M. Tennyson** [cancelled]

Our explorations will involve combining a world view with our personal ideas, including concepts of peace, maintaining and breaking boundaries, testing personal freedom, embracing change, experiencing independence, and individuation. Reading, writing, movement, walking meditation, and other techniques will support our explorations. Wear comfortable clothes.

**Mode:** Experiential

**Doris M. Tennyson**, a member of the National Association of Poetry Therapy, is training to become a Certified Applied Poetry Facilitator. She has led small groups at FCRP, Washington FCRP, and elsewhere. She retired in 2008 from the National Association of Home Builders after 39 years service in positions involved in publishing in a variety of formats. She was a part-time massage therapist for 23 years and has been a student of dance therapy.

*Doing Nothing Creatively*

**Peggy Walbridge**

This group is for those who would like unscheduled time to collect thoughts, share, meditate, and just relax. Loosely scheduled, we will provide a safe space for those who just want to be or do their own thing.

**Mode:** Discussion, sharing, free time, your choice

**Peggy Walbridge** was formerly a member of, and is presently serving as a Resource Person to the FCRP Planning Committee, She recently retired from a career in academic management at Cornell University. Peggy is a member of Ithaca(NY) Monthly Meeting.

**FRIENDS CONFERENCE ON RELIGION AND PSYCHOLOGY**

Lebanon Valley College · Annville, PA · May 27–30, 2011

**EASTERN LIGHT:**

**Quaker Spirituality Viewed Through the Lens of Buddhist Practice  
with  
Steve Smith**

**Do you hunger for a deeper spiritual or inner life? Are you intrigued by Buddhism or by attending a Quaker meeting? Have you worked with a psychotherapist? Perhaps Buddhist and/or Quaker perspectives could illuminate your own inner work, whatever your path.**

**From the beginnings of the Religious Society of Friends in 17th-Century England, Quakers have drawn from the insights of other traditions to enrich their own spiritual practice. For more than 60 years, The Friends Conference on Religion and Psychology has faithfully promoted this cross-fertilization, bringing insights from Jungian thought and other wisdom traditions to its annual conferences. Thus it has enabled thousands to broaden their spiritual horizons and grow deeply. This year's conference expands upon this history by offering perspectives from Zen Buddhism to support the spiritual growth of conference attendees.**

**Steve Smith will share his own personal spiritual journey. In four plenary presentations and discussions Steve will address three primary themes—facing suffering with compassion, grounding our spirituality in our bodies, and awakening to Presence—through both Zen and Quaker lenses. Steve will emphasize lived religious experience rather than theory or theology.**

**Please read Steve's Pendle Hill Pamphlet 370 A Quaker in the Zendo before the conference. This can help you to immerse yourself more quickly in what matters most: the deepening of our spiritual journeys and our joyful renewal.**

**SPEAKER:**

**Steve Smith is a member of Claremont Monthly Meeting (Pacific Yearly Meeting). A lifelong Friend and retired philosophy professor, he began Zen meditation in 1981 and leads a weekly Zen meditation group. He is the editor of *Everyday Zen* and *Nothing Special* by Charlotte Joko Beck, and the author of Pendle Hill Pamphlet 370, *A Quaker in the Zendo*.**

**Steve was born into Quakerism, but drifted away from it for many years. A personal crisis and a serendipitous encounter with Zen initiated a 30-year meditation practice that led him back to the Religious Society of Friends, his true spiritual home.**





### 1. Quakerism and Jung Part II—Walter Brown

This is a continuation of last year's workshop, but attendance at the previous workshop is not necessary. We will look at the psychologies of Freud and Jung and some the writings of Rufus Jones and John Yungblut. We will discuss the role Zen meditation can play in enriching Quakerism. We will look at Rex Ambler's "Experiment with Light," which is a guided meditation based on the early writings of George Fox. We will also look at the use of mindfulness in some of the newer Cognitive-Behavior Therapies.

Mode: Worship sharing, meditation

Suggested Reading: Jung, C. G. *Memories, Dreams, and Reflections*; Ambler, Rex. *Light to Live By: An Exploration In Quaker Spirituality*.

Walter Brown is a Licensed Clinical Social Worker who has been practicing psychotherapy for 33 years. He has been a Friend for all his life and currently is a member of Langley Hill Meeting, Baltimore Yearly Meeting.

### 2. Dream Work as Meditation—Bonnie L. Damron

In this group we will discuss Jung's method for dreams as a form of meditation, and work with some dreams in this way. Jung's method involves specific forms of meditation: keeping a written record of one's dreams over time, association method and amplification method, Active Imagination. No one is ever required to discuss their dreams during the sessions. For those who might want to share, we will hold your dreams as sacred, and we will practice confidentiality and anonymity outside the group. Please bring journals. Art materials will be supplied. This technique is a terrific way to express psyche's dream images.

Mode: Discussion, meditation, journaling

Suggested Reading: Jung, C. G. *Dreams*, translated by R.F.C. Hull, with introduction by S. Shamdasani; Johnson, R. *Inner Work: Using Dreams and Creative Imagination for Personal Growth and Integration*; Sanford, J.A. *Dreams and Healing*.

Bonnie L. Damron is a Licensed Clinical Social Worker in a private practice for nearly thirty years. Her work is largely Jungian based. She listens to numerous dreams every year, and helps her clients understand their dreams in light of their lives in the everyday world. She also leads seminars on mythology, fairy tales, and Jung's psychology. Regarding her own inner work, Bonnie has kept a dream journal for forty years, and has used her dreams to guide her path. In addition, for those same forty years, she has been a yoga practitioner. Bonnie was the 2010 Washington FCRP plenary speaker. At FCRP 2010, she led the Interest Group on Dreams; at Washington FCRP 2011 she led the Interest Group on Fairy Tales. Bonnie holds a Masters Degree in Social Work from the Catholic University of Maryland and a PhD in American Studies from the University of Maryland.

### 3. The Practice of Presence—Patty de Llosa

You can make a fresh start in life, starting wherever you are without changing your external conditions. The key is to learn to practice "attention to our own presence." Patty has worked in four traditions—the wisdom teachings of the legendary spiritual teacher Gurdjieff, the ancient Taoist discipline of Tai Chi, Jungian analyst Marion Woodman's *Body/Soul Rhythms*, and the mind-body retraining system of F. M. Alexander. Together we will study practical ways to harmonize our thoughts, emotions and bodies, to surrender unnecessary physical tension and negative mental attitudes, and to develop balance and centeredness.

Mode: Movement through Tai Chi and Qi Gong, meditation, discussion

Patty de Llosa, author of *The Practice of Presence: Five Paths for Daily Life*, Morning Light Press 2006, is a contributing editor of *Parabola*. She has led group classes, daylong workshops and weeklong intensives in the Gurdjieff work, Tai Chi, and Taoist meditation. She also teaches the Alexander Technique. Her recent public venues include two centers in New York State; a health resort in Maine; the Peruvian Aikido Association in Lima, Peru; Columbia University Graduate Theater Program; and the Society for Experimental Studies, Toronto. She has had numerous articles published in *Parabola* and elsewhere. Her new book, *Taming Your Inner Tyrant: A Journey to Healing through Dialogues with Oneself*, will be published in May 2011. For more information see <http://tamingyourinnertyrant.com>.

**4. Create a Time Capsule—Dana Gayner**

We will create a container using glue, paper, and paint. We will be led by spirit through meditation to record our “special” story. We will tap into right brain process as we decorate our capsules to house our writings. What piece of yourself do you want your future self to see?

**Mode:** Artwork, meditation

Dana Gayner has been teaching at the elementary school level and doing assorted art oriented workshops for the past 22 years. She has explored various art mediums in both 2D and 3D through summer classes at Rutgers University. Dana is a member of Salem Quarterly Meeting in Salem, NJ.

**5. Mindful Walking with Thich Nhat Hanh—Joseph A. Izzo**

In this experiential workshop we will learn to breathe and walk mindfully in the manner of Thich Nhat Hanh, a renowned Vietnamese Zen Master, residing at Plum Village in France. We will watch and listen to his instructions for mindful breathing and walking using a CD and DVD. Most important, in each session we spend time walking together around the campus before returning to process our experience with each other and discuss how this meditation method can enhance our spirituality and well-being.

**Mode:** Walking meditation, discussion

**Suggested Reading:** Nguyen Anh-Huong and Thich Nhat Hanh. *Walking Meditation*; Hanson, Rick and Mendius, Richard. *Buddha’s Brain*;

Thich Nhat Hanh. *Peace Is Every Step: The Path of Mindfulness in Everyday Life*.

Joseph A. Izzo is a psychotherapist and member of Friends Meeting of Washington, Baltimore Yearly Meeting. He has studied Zen mindfulness with two Dharma teachers ordained by Thich Nhat Hanh, Thu and Anh-Huong Nguyen of the Mindfulness Practice Center in Fairfax, VA. Joe was the plenary speaker at Washington FCRP in 2006.

**6. Writing a Chapter for Your Own Red Book—Lorraine Krehling**

We will create a chapter for our own “Red Book” based on an exploration of our personal path to inner stillness. Our four sessions will supply a fairy tale-like structure to help chart our journeys. We will also draw on Steve Smith’s plenaries for support. Much as Jung documented his encounters with inner figures with illustrations and dialogues in his journal, *The Red Book*, we will record our experiences with words and drawings (if so led).

A copy of *The Red Book* will be available to the group as a source of inspiration for the work that we will do together. Some explanation of its nature and that of the archetypes will be offered. Our focus will not be on Jung’s work, but on what we members of the group undertake.

Emphasis will be placed on creating a safe space for contemplative work and active imagination. Sharing what we produce with the group will be optional. Our approach will be to witness rather than judge or interpret the work of fellow group members.

**Mode:** Journal writing, working with color, discussion

Lorraine Krehling is a writer living in New York City. She contributes to *The New York Times*, was the editorial producer of a recent twenty-part PBS series on aging, *Life (Part 2)*. She has just finished a book about the archetype of house and home and the true story of rebuilding an historic house lost to a propane explosion, *The Green Hotel*. Her graduate thesis was on Jung and fairy tales. She attends 15th Street Meeting in New York.

## FCRP 2011 Interest Groups

### 7. Letting Go and Paying Attention: the Wisdom of Tai Chi—Beth Perry

The first major teaching of Tai Chi is to relax. You can learn to get out of your own way by not using unneeded effort. You can trade maximum exertion for attention—first, to your own body, and later, to the forces acting upon you from outside. You can learn to do "sole" work by paying attention to your weight pouring into your footprints, and discover, among other things, a secret for maintaining your balance. By listening to your body, you may discover unexplored capacities within yourself—capacities that come from a listening receptivity. Our work will include practical applications for daily life—from opening doors and raking leaves to getting in and out of a chair with the least amount of effort necessary. You will not need any special gear, just comfortable clothes and flat shoes. All physical capabilities are welcome, and a broad range of people can benefit from this group.

**Mode:** Movement

Beth Perry has spent several decades studying the Cheng Man Ching form of Tai Chi, first from his senior student Maggie Newman and now with Andrew Heckert. She teaches in retirement centers, adult education schools, and senior centers in the Philadelphia area. Beth is a graduate of Harvard University. She spent several years working in Uganda and southern Sudan, and used that experience in working for AFSC and Philadelphia Yearly Meeting on anti-apartheid work and Ethiopian disaster relief. Beth is a member of Radnor, PA Meeting.

### 8. Glimpses of Inner Creativity: Tissue Paper Collage—Jane Porter

We will create a series of simple and colorful Tissue Paper Collages which can serve as “mirrors” of the inner creative processes that are unique to each of us. We will use journaling and Active Imagination to enhance our understanding of these processes and how they might further our growth. No artistic skill is needed.

**Mode:** Collage, writing

Jane Porter is a Licensed Mental Health Counselor with a psychotherapy practice in Amherst, MA. She has attended FCRP since 1984, and is a member of the Mount Toby Monthly Meeting in Leverett, MA. She has a strong interest in how creativity and the imagination can contribute to healing and growth.

### 9. Making Prayer Flags—Frances Smith

Through reading, meditation, discussion, and drawing we will create images for our prayer flags. Hopes and fears, light and shadow, may come into play. Bring a piece of cloth (about 15 by 15), sewing supplies, and small fabric scraps to share. Frances will be using a piece of silk from a thrift shop shirt.

**Mode:** Sewing, discussion, drawing

Frances Smith learned embroidery and knitting in childhood. She also does basketry, kumihimo braid, papermaking, spinning, weaving, etc. Frances has studied with master teachers in the United States, Italy, Peru, and the Royal School of Embroidery in London. Her works have been in national publications and exhibits. Frances attends Salem Friends Meeting, Salem, NJ.

### 10. Exploring Spirituality—Doris M. Tennyson

Experiences in our group will help to raise and examine questions about aspects of spirituality, such as compassion, embodying Spirit, and awakening to change. Our examination may also touch on love, friendship, gratitude, connection, nature and others.

**Mode:** Experiential

Doris M. Tennyson, a member of the National Association of Poetry Therapy, is training to become a Certified Applied Poetry Facilitator. She retired in 2008 from the National Association of Home Builders after 39 years service in a variety of positions involving publishing and publications. She was a part-time massage therapist for 23 years and has been a student of dance therapy. Doris is a member of the Planning Committees for FCRP and Washington FCRP, and has led Interest Groups at both conferences.

**11. Creatively Doing Nothing—Peggy Walbridge**

**This group is for those who would like unscheduled time to collect thoughts, share, meditate, and just relax. Loosely scheduled, we will provide a safe space for those who just want to be or do their own thing.**

**Mode: Discussion, sharing, free time, your choice**

**Peggy Walbridge was formerly a member of the FCRP Planning Committee, and is presently serving as a Resource Person to that committee. She recently retired from a career in academic management at Cornell University. Peggy is a member of Ithaca (NY) Monthly Meeting.**

**12. Meditative Writing—Martha Witebsky**

**We will look within and write what we “hear,” prompted by Baroque music and the slow burning of a candle. Our story practically writes itself through reflection on what we write and with the aid of a meditation technique. This practice is simple, relaxing, and rewarding. You are encouraged to share what you write as part of the process.**

**Mode: Meditation, writing**

**Suggested Reading: Metcalf, Linda Trichter and Simon, Tobin. Writing the Mind Alive: The Proprioceptive Method for Finding Your Authentic Voice.**

**Martha Witebsky has practiced this writing technique in the past and has facilitated Interest Groups at FCRP and Washington FCRP. She recently retired from her position of Technical Translator of German and French at the US Patent and Trademark Office.**