

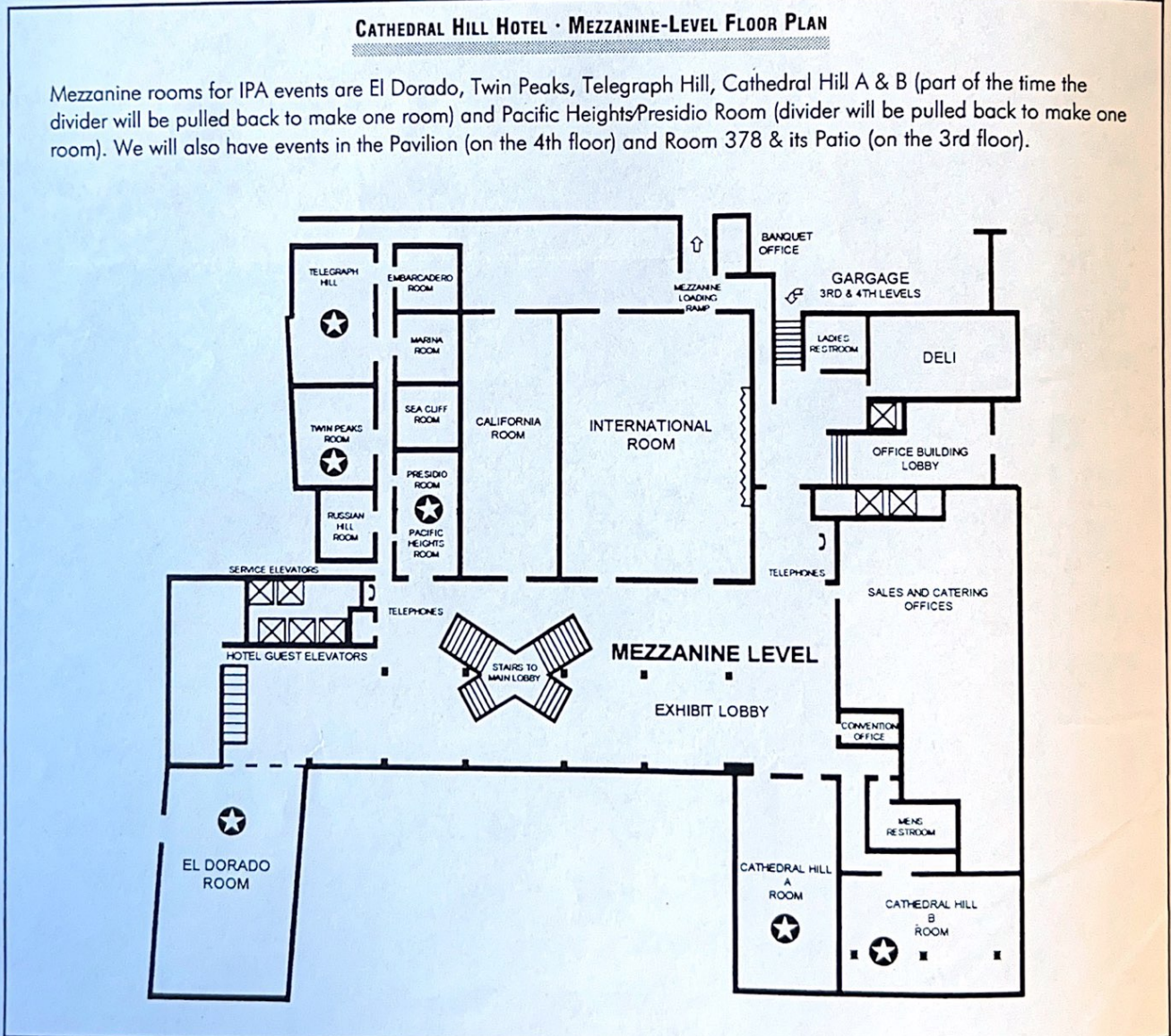
Greetings!

We are both challenged and excited to be part of the "birth" of this conference—the IPA's first-ever event on the west coast. As IPA Board Members and co-chairs of this conference, it is our hope that this gathering will be a springboard for more frequent and more organized sharing along the west coast among the broad and diverse community of feeling people—whether they use the name primal or not. As with the IPA's events on the east coast, which draw presenters and participants from across the continent and around the world, this conference features a variety of workshops, events and activities by people whose background and expertise reflect the diversity of the deep-feeling community. We realized within the last few weeks that the image we had in mind as we created this conference was a feelings extravaganza, heart-felt, community-bonding, break-loose, giddy, loud, deeply-experiential, psychically, spiritually, and intellectually transforming gathering that has become the IPA's stock in trade. We hope we succeeded. Have a great time at the conference and throughout your visit to San Francisco.

Terry Larimore, Mickel Adzema and Mary Lynn Adzema
Co-Chairs

CATHEDRAL HILL HOTEL · MEZZANINE-LEVEL FLOOR PLAN

Mezzanine rooms for IPA events are El Dorado, Twin Peaks, Telegraph Hill, Cathedral Hill A & B (part of the time the divider will be pulled back to make one room) and Pacific Heights/Presidio Room (divider will be pulled back to make one room). We will also have events in the Pavilion (on the 4th floor) and Room 378 & its Patio (on the 3rd floor).



PRE-CONFERENCE WORKSHOP DESCRIPTIONS

FRIDAY DAYTIME

HOLOTROPIC BREATHWORK

Registration 4:30–6:30 p.m. Thursday

Required introductory lecture 6:30–9:30 p.m. Thursday

Workshop 8 a.m.–5 p.m. Friday

with Mickel Adzema, Mary Lynn Adzema, Karen Pearle, Ingrid Ramsay, Ardyce Alton and Darlene Garcia-Smith

Come learn more about the power of Holotropic Breathwork (developed by Stanislav Grof, MD, and Christina Grof, and based on 40 years of research) in an introductory lecture 6:30–9:30 p.m. Thursday. Then, if you choose, experience it yourself in a breathwork session on Friday.

Participants will be paired up to alternate as experiencers and supporters during two three-hour breathing sessions. A powerful, yet gentle and safe technique, Breathwork mediates access to non-ordinary states of consciousness through controlled breathing, evocative music, focused energy-release work, mandala drawing, and integrative sharing in a safe, supportive, non-judgmental setting. Holotropic Breathwork is of value for persons interested in deep inner exploration or those who wish to further their spiritual development. Bring a pillow, blankets for cover and mat or sleeping bag to lie upon. NOTE: Attendance at the Thursday evening lecture (or advance clearance from one the workshop facilitators) is required for admission to the Friday workshop.

Mickel Adzema is a freelance scholar whose articles have appeared in a variety of international and regional magazines and journals. He is a Primal Breathwork facilitator whose experience in primal therapy, rebirthing, and holotropic breathwork extend over 24 years. He combines this focus on psychological growth with an equally long-standing interest and involvement in mysticism, shamanism and the anthropology and philosophy of consciousness.

Mary Lynn Adzema is a former journalist, civil-rights activist and poet, with more than 20 years involvement in yoga and Eastern philosophy. She has an MA in Consciousness Psychology and is a long-time devotee of Sri Sathya Sai Baba. Her writings have appeared in a number of west coast, national, and international publications.

Karen Pearle is a Certified Holotropic Breathwork Practitioner and Therapist who brings special sensitivity to recovery from early childhood abuse and neglect. Karen and her partner, Norman Sowell, have established a multi-cultural practice and have facilitated over 100 Holotropic Breathwork workshops in the bay area.

Ingrid Ramsay is a Certified Holotropic Breathwork Facilitator and a Massage Practitioner. She has extensive experience with breathwork and other methods of deep inner exploration, including meditation. She leads workshops in Holotropic Breathwork in the bay area and is available for individual sessions in Holotropic Breathwork and emotional release.

Ardyce Alton is a certified Holotropic Breathwork facilitator with prior training in Integrative Rebirthing and many years of study among a broad spectrum of healing modalities, including Chinese medicine. She is a Registered Nurse, currently involved in community and psychiatric nursing and has an MS degree in this field. Her long-time interest in the esoteric and transpersonal has lead to her present focus on meditation and the Course in Miracles.

Darlene Garcia-Smith, MA, has 9 years of combined experience as a client and a Grof-certified Holotropic Breathwork facilitator. Training and knowledge in Transformative Arts and Creative Process lend a unique facet to her work assisting clients in accelerating their growth, healing and spiritual connectedness. Her spiritual path is an eclectic one currently focusing on meditation and Kundalini Yoga. In her Holotropic Breathwork practice, Darlene offers sessions with individual, couples and groups in the SF Bay area.

BUILDING A SACRED INSTRUMENT: A DRUM MAKING EXPERIENCE

9 a.m.–5 p.m. Friday

with Stan Secrest of Drum and Rattle Trading Company

Tap into the ancient power of percussion—mankind's oldest path to altered states of consciousness! In this workshop, you'll create your own African-style ashiko drum from the wood, paint, rope, and natural skins provided. The ashiko is a powerful, multi-purpose drum, 29" tall with an 11" diameter head and tapered body, which produces strong deep basses and high ringing tones.

Stan Secrest, professional drum maker and artist, provides inspired leadership as well as step-by-step instructions and hands-on help for participants to prepare the frame, stretch the skin and decorate the drum. No previous experience needed. A special ritual will be conducted to invest each maker's spirit in his or her new drum. A materials fee of \$150 is payable at the start of the workshop.

WORKSHOP DESCRIPTIONS - CONTINUED FRIDAY PM & SATURDAY AM

FRIDAY 7:30 P.M.

WELCOME

with conference co-chairs Terry Larimore, Mickel Adzema, and Mary Lynn Adzema

OPENING CEREMONY

lead by Corrina Cop Rain McFarlane

FRIDAY 8:30 P.M.

KEYNOTE ADDRESS: HEALING THE EARTH BY HEALING BIRTH

8:30-10 p.m. Friday

with Jeannine Parvati Baker

Jeannine is at the forefront of the movement to re-humanize birth and, in the process, revolutionize society. As an advocate for taking responsibility and creating what you want, she is defining new paths of being including conscious conception, education about fertility, healing the gender wars, evolving the family and taking childbirth out of the hands of the medical profession and putting it back into the family. She is a compassionate and passionate visionary with her feet on the ground. Come hear her personal story and her blueprint for the new millennium.

Jeannine Parvati Baker is the author of *Prenatal Yoga and Natural Birth, Hygieia: A Woman's Herbal*, and co-author with Frederick Baker of *Conscious Conception*. Her books and contributions to anthologies, journals and magazines have been translated into many foreign languages. She was nominated by Who's Who for the International Woman of the Year Award for Contributions to Medicine and is a frequent speaker for the possible family on three continents. Jeannine is co-founder with Frederick Baker of Six Directions, a non-profit educational corporation devoted to optimal personal, family and planetary health, and founder of Hygieia College, an international mystery school in womancraft and lay midwifery. She is on the editorial board of Primal Renaissance and member of Association for Pre- and Perinatal Psychology and Health (APPPAH) and National Organization & Center of Information and Research on Circumcision (NOCIRC). The mother of six children and a grandmother, she conducts a private consultation practice and home schools in south central Utah with her partner, Frederick.

SATURDAY 9 A.M.

SEVEN UNIVERSAL MOVEMENTS EXPRESSING CELLULAR CONSCIOUSNESS AND THEIR MEANINGS

9:00-11:00 a.m. Saturday

with Terry Larimore, MSW

Cellular consciousness is the memory that we each carry in our body of all our experiences, including ensoulment (leaving spirit to come into a body), the process of conception and the separate experiences of being a sperm and egg. In watching people access their own cellular consciousness, we've found seven body movements (and maybe more) that appear spontaneously in all people, everywhere around the world, across all cultures, and regardless of education. I'll describe these seven body movements and the feelings and meanings associated with each one. The fact that hundreds of clients are spontaneously expressing the same movements and ascribing to them the same meanings is strong evidence that ensoulment and conception are powerful imprints.

Terry Larimore: I'm a therapist in San Rafael, CA (recently relocated from Houston). I began primal therapy in 1976 and have since learned from and come to work with many of the pioneers in deep feeling therapies, including Barbara Valassis, Mary Thompson, Bill Smukler, and Graham Farrant; I'm currently in training with William Emerson. I have been on every "Ark" since 1986 (six in all), first as a trainee and now as staff. I bring my own intensive personal work to my role as a therapist, combining a wide variety of approaches, all focused on providing a safe container for each person to open, accept, express and heal whatever is within. My special interest is the important differentiation in what is needed to heal shock as opposed to trauma.

WORKSHOP DESCRIPTIONS - CONTINUED SATURDAY AM & PM

TAKE RESPONSIBILITY FOR CREATING WHAT WE WANT IN LIFE

9 a.m.–3 p.m. Saturday (with lunch break)
with *Jeannine Parvati Baker*

In this extended workshop, Jeanine elaborates on her work and its applications to everyday life for 2 hours, and then she and the workshop participants co-create an afternoon ceremony to meet the needs of the group in the moment—letting themes emerge and the innate healing energy of the circle manifest. Lunch break is approximately 11 a.m.–noon.

See Jeannine's bio on keynote above.

AUTHENTIC MOVEMENT: MOVING THE BODY, MOVING THE SELF

9 a.m.–3 p.m. Saturday (with lunch break)
with *Patrizia Pallaro, MFCC, ADTR*

Authentic Movement is a movement-based discipline which allows us an inward focus in order to find meaning in our deeper bodily selves. In this self-directed process for men and women, the witness "is responsible for seeing her mover as well as herself and...does not embody, enact, engaged in her own experience; she witnesses it" (Adler, 1987, p. 21). Witnesses encompass the ability to offer nurturance, protection, safety and empathy. The witness must also be able to oscillate his/her attention from the conscious and unconscious material surfacing within to the material presented by the mover. The practice of witnessing is centered on being mindful of the inner world of sensations; symbolic meanings and images; judgements; and projections.

This movement experience is aimed at deepening awareness of participants' bodily-felt sensations, body-self representations and their symbolic meaning. Learning to shift attention between conscious expressions and unconscious bodily-felt responses, witnessing oneself while witnessing others shape a safe place for exploration of our birthing selves. No previous movement experience is necessary, but participants need to be able to contain the deep emotional material that may arise. Comfortable clothes are suggested.

Patrizia Pallaro, MFCC, ADTR, has a doctorate in Clinical Psychology from the University of Padua (Italy), a Master's of Arts in Dance/Movement Therapy from UCLA, and a certification in Non-Profit Human Services Administration from SFSU. She is a licensed marriage, family and child counselor, a registered dance therapist and has trained extensively with Janet Adler, PhD, ADTR, who has developed Authentic Movement into a discipline. She has an extensive background in mental health, counseling, training and supervision. She has integrated Authentic Movement principles into her practice as tools for understanding inner processes and bodily-felt experiences. A native Italian, she is bilingual with experience in cross cultural and acculturation issues, which she applies in her private practice. Widely published in the USA and Italy on Dance/Movement Therapy application and current editing two volumes on the theory and practice of Authentic Movement, she maintains a private practice in Marin County (CA).

EXPERIENCING TRANSFORMATION: THE QUANTUM CAT

9 a.m.–noon Saturday
with *Daniel Miller, PhD*

Experience the person you were meant to be, instead of the one you think you are. Through the use of imagery, poetry, music and relaxation, you can open to the deeper unconscious levels of your being. You were not meant to feel inadequate or guilty. Find your own Quantum Cat to empower a transformation in your self-image and to release your self-healing capacities.

Daniel W. Miller is a licensed psychologist in New York who has trained therapists and conducted groups internationally for more than 20 years. He is an Adjunct Professor at Greenwich University and a member of the NY Academy of Sciences, the IPA, the International Society for the Study of Subtle Energies and Energy Medicine, and the National Association for Transpersonal Psychology. In addition to more than 50 professional articles, he has published a book, "The Unseen Universe of Mind and Matter," an integration of science, psychology and spirituality.

SATURDAY LUNCH

NOTE THAT LUNCH TIMES VARY ACCORDING TO WHICH WORKSHOP YOU ATTEND!

WORKSHOP DESCRIPTIONS - SATURDAY AFTERNOON

SATURDAY 12:30 P.M.

SPONTANEOUS PRIMAL RITUAL THEATRE

12:30-3:30 p.m. Saturday
with Jonathan Schwartz

This powerful, experiential workshop transforms our stuck energy and attachments into free-flowing openness and choice through the use of trance music, meditation, chi gung, primal emotional release, theatre performance and spontaneous ritual. Ritual draws us closer to the Earth. By tuning into the energy of the Earth and its primal forces, we access hidden (shadow) parts of the SELF that keep us in unproductive patterns. Come and be guided in the use of No Form (the place of no thought, no mind, no body), Contact Point (the place in the body where energy can enter) and Conscious Projection (using intentions to change our experience). We will use trance movement, chi gung, meditation and kundalini rising to prepare our bodies, then work with polarity in No Form to identify and detach from what holds us back. After this preparation, we will be open to the inner power to manifest a spontaneous ritual involving Initiation, Dark Rite (involving shadow aspects), or Illumination, depending on the energy in the moment and our needs.

Jonathan Schwartz is a criminal lawyer, a classical guitarist, a performance artist and founder of a deeply transformative process called Spontaneous Primal Ritual Theatre (SPIRIT). He is a member of the board of the International Primal Association and of Barrett Eagle Bear's sweat family in Homestead, FL. Jonathan and his wife, Nowa, have organized several healing conferences in Miami.

SATURDAY 1 P.M.

PSYCHOSYNTHESIS

1-3:45 p.m. Saturday
with Barbara Valassis, MA, CSW, LLP

There is a very wise teacher within you, your Spiritual Self, who already knows your problems, your crises, your perplexity. Although you need not make an outer journey to reach the teacher, it is necessary to make an inner journey (more exactly an ascent) to the various levels of the conscious and superconscious psyche. In order to have harmony within us, we need to contact, explore and integrate several distinct levels of consciousness. This fascinating and enjoyable imagery experience helps participants open to their own inner wisdom. Journal writing and symbolic artwork ground and integrate each step of the four-level exploration bring your journal; art supplies are provided.

Barbara Valassis, MS, CSW, LLP, has been director of the Primal Integration Center of Michigan since its inception in 1974. She trained with William Swartley, PhD, and William Smukler, PhD. Barbara has participated in the 40-day intensive trainings called "The Ark" as a trainee in 1977 and as a leader in 1986 and every two years since. She is past president (three terms) of the International Primal Association; contributes to their publications, workshops and conventions; and subscribes to the IPA Code of Ethics and Standards. She is an active participant in her own on-going primal process.

SATURDAY 4 P.M.

INTEGRATING THERAPY CHANGES INTO LIFE

4-5:25 p.m. Saturday
with Mary Thompson, MA

We will drawing on a wealth of concepts and practices to weave a practical approach to direct the energy freed by primal and other depth therapies so we can create our lives with purpose, emotional richness and maturity.

Mary H. Thompson is a therapist specializing in Primal and Jungian Sandplay. She has a private practice in Philadelphia/Reading and regularly sees clients in Toronto, Montreal, and Miami. She has been a staff person on The Ark since its inception in 1977. Her Masters (U of Pennsylvania) was a unique combination of study combining social work, psychology and education. She did additional post graduate work in anthropology, music and religion. She is the mother of three and the grandmother of five (with one on the way).

WORKSHOP DESCRIPTIONS - CONTINUED SATURDAY PM

BIRTH TRAUMA AND ITS PSYCHO/SPIRITUAL IMPACTS

4-5:25 p.m. Saturday
with Brian Scheffer, MSW

The birth stage typology of William Emerson provides a useful framework for a deeper understanding of our birth experience. We will use this typology to learn how our particular birth impacted us physically and how the physical "conjoint points" (where the baby's skull and mother's pelvis meet) have psychological and philosophical correlates with pervasive and profound effects on all aspects of our human experience. There will be an opportunity to use specific techniques to access birth memories.

Brian Scheffer, MSW, has been doing his own primal therapy since 1973 and has been a primal therapist since 1975. He trained with Graham Farrant and has been in William Emerson's training since 1989.

VIDEO REFLECTION THERAPY: A PRIMAL TOOL FOR ACCESSING AND RELEASING UNCONSCIOUS MATERIAL

4-7 p.m. Saturday
with Marti Glenn, PhD, Douglas Gosney, MA, MFCC, Dorothy Mandel, CHT, and Ken Bruer, MA, MFCC,

Using William Emerson's Videoreflexion Therapy, Marti, Douglas, Ken and Dorothy lead participants through the power of captured images to identify, release and repattern disowned parts of themselves. These techniques provide a delightful way of short-circuiting normal defenses that tend to inhibit growth and healing. Participants learn about "unconscious leaks" and learn the basics of Videoreflexion Therapy.

Marti Glenn, Ph.D., is a psychotherapist in private practice, author and facilitator. As co-founder and Clinical Director of Families Unlimited!, Santa Barbara, Marti develops programs and educational materials for families and professionals who work with families. For the past two decades she has been actively involved in research, teaching and practice in the fields of family therapy, cross cultural and sacred psychology, brain/mind research, and pre- and perinatal psychology. Marti helped develop and direct an innovative residential treatment program for adolescents at risk and their families at the Center for ReUniting Families, located in the Los Angeles National Forest. She is the co-founder and former Director of the Entelechy Institute, Santa Barbara, and is a former professor of counseling psychology and Academic Dean at Pacifica Graduate Institute. Her articles have appeared in various anthologies and professional journals. Marti is a mother, singer, poet, and collage artist and lives with her husband in the mountains of Santa Barbara.

Ken Bruer, MFCC, is a psychotherapist in private practice (in Santa Barbara, CA) for the past ten years, has extensive training in Gestalt therapy, hypnotherapy, family systems, and pre- and perinatal psychology. He is a poet, father and had a successful business career before transitioning into psychotherapy. He is former adjunct faculty at Pacifica Graduate Institute, administrator for Entelechy Institute and is currently Executive Director of Families Unlimited!, Santa Barbara. He has consulted in the development of various personal growth and therapeutic programs.

Dorothy Mandel is a Certified Hypnotherapist, teacher, and Reiki Master. She has trained 5 years in Pre and Perinatal Psychology and Somatotropic Treatment of Birth Trauma with teachers William Emerson, PhD, Raymond Castellino, DC, and the late Leah Lagoy, MFCC. She specializes in bonding and shock repatterning; and the evaluation, treatment and prevention of prenatal and birth stress imprints. She is a member of APPPAH and is the mother of four. She is co-developer and project coordinator for Villages Unlimited!, a non-profit organization supporting groups to form and maintain deeper interpersonal relationships and healthier communities. Dorothy has offices in Petaluma and Santa Rosa where she works with adults, infants, children, and families to heal and repattern early imprints, so their deeper, more unique individual essence becomes increasingly available.

Douglas Gosney is a Marriage, Family & Child Counselor practicing in Northern and Southern California. His own pre- and perinatal trauma led him into Primal Therapy with Art Janov. He trained for a number of years with certified Primal Therapists, traveled and studied with Graham Farrant, and is in training with William Emerson. He has been a therapist in Barbara Findeisen's STAR program and is a mentor trainer for the Academy of Guided Imagery in San Francisco. Douglas is the Past President of the LA Chapter of the California Association of Marriage and Family Therapists. He co-directed an inpatient therapy program based on a pre- and perinatal psychology model for teens at severe risk and co-developed Villages Unlimited!, a non-profit organization founded to support groups of people to create healthier communities. Douglas claims to have learned more from working and playing with babies than he learned in all of graduate school. He believes that our job on the planet is to love; and that discord in ourselves and our communities is an opportunity to grow and heal, and to more fully own our spiritual paths.

Pre-Conference Workshops

Holotropic Breathwork Introductory Lecture
Thursday 6:30-9:30 p.m.

Holotropic Breathwork Workshop
Friday 8 am—5pm

Pavilion Room—Fourth Floor

Building a Sacred Instrument—
A Drum Making Experience

Friday 9:00 a.m.—5 p.m.

Pacific Heights/
Presidio Room

Time	Room	El Dorado	Cathedral Hill A	Cathedral Hill B
Friday 7:30-8:30 Evening		Opening Ceremony		
Friday 8:30-10 Evening		Keynote address with Jeannine Parvati Baker: Healing the Earth by Healing Birth		
Saturday 9:00-noon Morning		Seven Movements Found in Cellular Consciousness with Terry Larimore (ends 11 a.m.)	Take Responsibility for Creating What We Want with Jeannine Parvati Baker	
Saturday noon-3 Afternoon		Spontaneous Primal Ritual Theatre with Jonathan Schwartz 12:30-3:30 p.m.		
Saturday 4-5:25 Afternoon		Exploring the Clear Self: Authentic Movement—The Art of Seeing and Being Seen with Z'eva Singer	* Videoreflexion Therapy: A Primal Tool for Accessing and Releasing Unconscious Material with Marti Glenn, Ken Bruer, Douglas Gosney and Dorothy Mandel	Integrating Therapy Changes Into Life with Mary Thompson
Saturday 5:35-7 Evening				Whole Hearted Healing with Grant McFetridge
Saturday 8:30-11:30pm		Sacred Circle Drum Dance Celebration Be-In Happening with Mark Escalera and friends		
Sunday 6:45-8:30 am		"Sunrise" Meditation Visit to Grace Cathedral to Walk the Labyrinth With Corrina McFarlane		
Sunday 8:45-noon Morning		Plenary Session with William Emerson: Twin Loss, Soul Loss—Intimacy in Retrospect		
Sunday 1:15-2:45 Afternoon		Re-birthing the Soul with Barbara Findeisen	Healing Family Spirals, Transforming DNA with Glenn, Gosney, Mandel and Bruer	Primal Group with Brian Scheffer and Penny Scheffer
Sunday 3-4:30 Afternoon			Teen Self-Destructiveness, Rage and Substance Abuse with Marti Glenn and Douglas Gosney	
Sunday 5-5:30 Evening		Closing Ceremony and Prize Drawing		

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Sponsored by:
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At the Cathedral Hill Hotel
March 21-23, 1997

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004	Seven Movements in Cellular Consciousness Terry Larimore	2	18.00
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014	Healing Family Spirals, Transforming DNA Glenn, Gosney, Mandel & Bruer	1	10.00
015	Care-Full Living in the New Millennium Kathleen Scheg	1	10.00
016	Teen Self-Destructiveness, Rage and Substance Abuse Marti Glenn & Douglas Gosney ..	1	10.00
017	Anesthesia, Shock and Loss of Self Dorothy Mandel	1	10.00
018	Remote Viewing Wayne Carr, Ph.D.	1	10.00
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SCHEDULE

Twin Peaks	Room 378 & Patio	Room / Time	Displays
			Visit the display tables—open throughout the conference—featuring the writings, products and messages of:
Experiencing Transformation: The Quantum Cat with Daniel Miller, Ph.D. 9 am–11:45 am	Authentic Movement: Moving the Body, Moving the Self with Patrizia Pallaro	Saturday 9:00–noon Morning	<ul style="list-style-type: none"> • Primal Book Store • Jeannine Parvati Baker • William Emerson, PhD • Erica Goodstone, PhD • NOCIRC
Psychosynthesis with Barbara Valassis 1 pm–3:45 pm	↓	Saturday noon–3 Afternoon	<ul style="list-style-type: none"> • International Primal Association • Drum & Rattle Trading Co. • World School of Massage and Advanced Healing Arts
Birth Trauma and Its Psycho/Spiritual Impacts with Brian Scheffer	Care-Full Living in the New Millennium with Kathleen Scheg (info listed 1:15pm Sun)	Saturday 4–5:25 Afternoon	<ul style="list-style-type: none"> • Corrina Cop Rain McFarlane • Conference Recording Services
Liquid Bodies & Liquid Consciousness with Patricia Cramer	Bonds of Fire: Rekindling Sexual Rapture with Alice Rose	Saturday 5:35–7 Evening	<ul style="list-style-type: none"> • ...and others who signed up after this program went to print
	Telegraph Hill		
	Sexual Re-Awakening Through Healing Touch with Erica Goodstone	Sunday 1:15–2:45 Afternoon	
Anesthesia, Shock and Loss of Self with Dorothy Mandel	Remote Viewing with Wayne Carr	Sunday 3–4:30 Afternoon	
		Sunday 5–5:30 Evening	<div style="border: 1px solid black; border-radius: 50%; padding: 10px; text-align: center;"> <p>Don't forget to fill out feedback forms for the workshops and events you attend! Please put them in the FEEDBACK BOX in the El Dorado Room!</p> </div>

WORKSHOP DESCRIPTIONS - CONTINUED SATURDAY PM

EXPLORING THE CLEAR SELF— AUTHENTIC MOVEMENT: THE ART OF SEEING AND BEING SEEN

4-7 p.m. Saturday
with Z'eva Singer

Authentic Movement was originally called "Movement in Depth." My teacher, Dr. Janet Adler, was the student of the founder of Authentic Movement, Mary Starks Whitehouse. The discipline has a strong draw for me, and I have been integrating Dr. Adler's approach with my own since 1982. I have found this simple, yet demanding, discipline to be a cornerstone of my preparation in responding to deep grief work, especially in the area of pre- and perinatal shock and trauma. The practice involved in Authentic Movement prepares one for personal and/or professional growth.

Authentic Movement is completely self-directed. It explores the relationship between a mover and a witness, being seen and seeing. It is a form in which individuals may discover a "movement pathway" that offers a bridge between the conscious and the unconscious.

To visualize this workshop, imagined yourself and others forming a circle. You all sit in silence, observing the empty space created by your circle. A deep tone is heard, and you listen inwardly for an impulse that directs you to move. Your eyes close, and you move into the empty space. Your movements are random, and you may be aware of others moving also. There are always enough witnesses remaining to hold the circle. You, who are moving, are experts on your own experiences, witnesses to your own movement. You, who are witnessing the movers, are practicing the art of seeing. An important aspect of this workshop is the interaction between mover and witness as a bridge between conscious and unconscious material is carefully developed.

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SATURDAY 5:35 P.M.

LIQUID BODIES: LIQUID CONSCIOUSNESS, THE FLUID BODY MODEL

5:35-7 p.m. Saturday
with Patricia Cramer

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Don't forget to fill
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WORKSHOP DESCRIPTIONS - CONTINUED SATURDAY PM

EXPLORING THE CLEAR SELF— AUTHENTIC MOVEMENT: THE ART OF SEEING AND BEING SEEN

4-7 p.m. Saturday

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You will learn to pay attention to your nervous system and listen to yourself with an all-new awareness, particularly becoming more like never before. Your feet will give you new body awareness, fluidity and freedom of movement and emotion like never before. Even your face and your scalp will soften and flow more easily when you allow in these new liquid principles.

Patricia Cramer is the founder of the World School of Massage and Advanced Healing Arts and the creator of Vibrational Healing Massage Therapy. One of the major distinctions of VHMT is the fluid body as a new paradigm in which to live, think and speak. She is known for her deep healing skills, balancing emotions and healing the physical body. She developed her unique approach out of the World School in 1982 as a California Certified Vocational School. In response to demand from clients, she began added birth-related work with babies to her practice.

WORKSHOP DESCRIPTIONS - CONTINUED SATURDAY PM

EXPLORING THE CLEAR SELF— AUTHENTIC MOVEMENT: THE ART OF SEEING AND BEING SEEN

4-7 p.m. Saturday
with Z'eva Singer

Authentic Movement was originally called "Movement in Depth." My teacher, Dr. Janet Adler, was the student of the founder of Authentic Movement, Mary Starks Whitehouse. The discipline has a strong draw for me, and I have been integrating Dr. Adler's approach with my own since 1982. I have found this simple, yet demanding, discipline to be a cornerstone of my preparation in responding to deep grief work, especially in the area of pre- and perinatal shock and trauma. The practice involved in Authentic Movement prepares one for personal and/or professional growth.

Authentic Movement is completely self-directed. It explores the relationship between a mover and a witness, being seen and seeing. It is a form in which individuals may discover a "movement pathway" that offers a bridge between the conscious and the unconscious.

To visualize this workshop, imagined yourself and others forming a circle. You all sit in silence, observing the empty space created by your circle. A deep tone is heard, and you listen inwardly for an impulse that directs you to move. Your eyes close, and you move into the empty space. Your movements are random, and you may be aware of others moving also. There are always enough witnesses remaining to hold the circle. You, who are moving, are experts on your own experiences, witnesses to your own movement. You, who are witnessing the movers, are practicing the art of seeing. An important aspect of this workshop is the interaction between mover and witness as a bridge between conscious and unconscious material is carefully developed.

Z'eva Singer: My work as a counselor began in 1974 when I directed the Women's Re-Entry Program at Santa Rosa Junior College in California. The early influence of working with so many people has led me to study the effects of a variety of challenging transitions. I feel like a mid-wife at times. Although I am licensed as a Marriage Family Therapist in California and a Clinical Professional Counselor in Montana, my work includes many non-traditional elements. My Authentic Movement teacher has been Janet Adler, PhD, and I continue to be a member of a collective of women that works with her each year. I am studying pre- and perinatal shock and trauma with William Emerson, PhD. In addition to seeing individuals and families in private practice, I lead residential workshops in Montana for those whose lives have been severely affected by grief and loss. I wrote a book with my partner, "Acknowledgement: Open to the Grief of Unacceptable Loss" (Leech and Singer, Wintercreek, 1989).

SATURDAY 5:35 P.M.

LIQUID BODIES: LIQUID CONSCIOUSNESS, THE FLUID BODY MODEL

5:35-7 p.m. Saturday
with Patricia Cramer

This workshop is very simple and yet very strategic for your awareness into your light evolution. It is about you experiencing being more in your body, more grounded, and having new strategies for fluidity and connectedness. The techniques taught are key to realizing stress release and having ease in your body from hour to hour and day to day. You can change your life with this information; like putting in 1 oz. of effort and taking out 100 oz. of results.

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WORKSHOP DESCRIPTIONS - CONTINUED SATURDAY PM

WHOLE HEARTED HEALING

5:35-7 p.m. Saturday
with Grant McFetridge

In this workshop you will learn and implement a simple, effective, and dramatically rapid self-help technique for emotional healing. In less than 30 minutes, 80% of the people I've taught actually heal whatever issue those choose to work on. The technique demonstrates a very simple but generally unrecognized unifying principle which underlies many psychological healing techniques and transpersonal phenomena. I'll also cover simple techniques to access birth trauma (at will) and ways through some of the experiences which come up in deep healing work which are not commonly known or understood. We'll compare the results with other healing modalities and I'll explain them with a transpersonal extension to the Papez-MacLean triune brain theory. This biological and transpersonal model of the psyche neatly ties together many of the results of mainstream and transpersonal psychology. I'll also cover extending this work into radical physical healing. I encourage other healers to duplicate and explore these results and models.

Grant McFetridge: Healing from a variety of illnesses that western medicine couldn't cure, and which very nearly killed me, is my real qualification. My desperate physical condition was a blessing in disguise, as it provided necessary reality checking, and incentive, to keep healing. During the long course of my illness, I tried or became trained in virtually every healing modality and spiritual practice I could find. Academically, I have a Masters in Electrical Engineering from Stanford University, I lectured at Cal Poly in San Luis Obispo, and I've spent two years at the California Institute for Integral Studies in their PhD program for psychology. My interdisciplinary background, especially my engineering training in modeling and problem solving, proved directly applicable to my work in transpersonal psychology.

BONDS OF FIRE: REKINDLING SEXUAL RAPTURE THROUGH PRE- AND PERINATAL REGRESSION

5:35-7 p.m. Saturday
with Alice Rose, PhD

Come to this vivid account of the discovery of a radical approach to restoring passion and love to intimate relationships, that also produces amazing spiritual results. Some believe these teachings and methods were known and used in ancient times by secretive spiritual communities and monastic orders, and then lost. Certain Taoist and Tibetan orders included both men and women, who engaged in ritual lovemaking for spiritual purposes.

The secret of loss of passion lies buried in the forgotten mysteries of prenatal life. Dr. Rose will describe how trauma at various Emerson stages of prenatal life can cause loss of passion in relationships. She will reveal the startling truth why couples almost always lose their love and passion, and she will demonstrate a reliable cure not found anywhere else. Those who dare to relive the difficult journey from preconception through gestation and birth, experience a kind of Shamanic enlightenment akin to that of great mystics.

After publishing an innovative dissertation on the emotional origins of cancer, *Alice Rose, PhD*, has run a thriving private clinical practice in Atlanta for over 20 years, and taught at the college level for over 12 years. Her original research into the nature of passionate relationships gives her a unique and powerfully effective psychotherapeutic and presenting style.

Dr. Rose has spoken at the Global Sciences national research convention many times, published a preview edition of her new book, "Bonds of Fire: Rekindling Sexual Rapture," just for this conference, and appeared on the national TV show "Strange Universe." To our knowledge, she is the only practicing psychologist specializing in solving problems with love and passion in couples using non-hypnotic regression to the pre- and perinatal period. She is developing a therapist training program, and working on her next book.

SATURDAY 7-8:30 P.M. DINNER

Don't forget to fill out feedback forms for the workshops and events you attend! Please put them in the **FEEDBACK BOX** in the El Dorado Room!

Mandala Art
courtesy of
Terry Larimore &
Holotropic Breathwork
Workshop participants

Please take advantage of the "Express Yourself" art corner facilitated by Paula Amsbury

WORKSHOP DESCRIPTIONS - CONTINUED SATURDAY PM & SUNDAY AM

SATURDAY 8:30 P.M.

SACRED CIRCLE DRUM DANCE CELEBRATION BE-IN HAPPENING

8:30-11:30 p.m. Saturday

with Mark Escalera, Kelly Hennessy, Stan Secrest, Joel Mendoza and Diana Haigwood

Bring all your selves to this only-partially-planned event and make it your own. It's a safe time to explore, express and experience—dance, sing, drum, sit, recite, improvise, share, chant or just be. Let the rhythm carry you, the fellowship hold you. Most of all—enjoy! Experienced AND beginning drummers are welcome. Bring your drums if you want; many instruments will be provided.

SUNDAY "SUNRISE" 6:45 A.M.

MORNING MEDITATION: WALKING THE LABYRINTH

6:45-8:30 a.m. Sunday NOTE: For this activity, you must sign up in advance on the Announcements Bulletin Board with Corrina Cop Rain McFarlane

Experience the focus and mystery of walking the labyrinth. Early Sunday, gather in the Mezzanine for a short taxi ride (shared fare) to the labyrinths at historic and beautiful Grace Cathedral, one of San Francisco's most famous landmarks. Mystics knew the labyrinth's power in ancient times; national magazines now write about their "new" popularity. Labyrinth veteran Corrina Cop Rain McFarlane provides some background and then you'll experience the labyrinth yourself. Dress for the nippy early AM weather!

Corrina Cop Rain McFarlane trained and practiced in London as a hospital play specialist and did Primal Integration work at Open Centre in London. Her thesis was on Nurturing Human Potential. She home-schooled two daughters while traveling with a tipi and van in the British Isles and New Zealand. She teaches Hatha yoga and co-creates ceremonies of renewal, transition, graduation and celebration. She is involved in greening politics with creative listening practices. She has been in the US for 7 years, bringing healing arts to business, sales and marketing; has a sacred marriage; and is facing imminent grandmotherhood.



*Programs start
ongoingly*

*All programs have
classes that can be
done as workshops
for later
certification.*

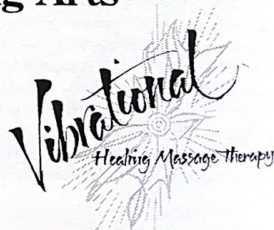
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WORKSHOP DESCRIPTIONS - CONTINUED SUNDAY

SUNDAY 9 A.M.

PLENARY ADDRESS: TWIN LOSS, SOUL LOSS—INTIMACY IN RETROSPECT

8:45 a.m.—noon Sunday
with William Emerson, PhD

Current embryological research indicates that the majority of pregnancies begin as multiple conceptions, and that prenatals are acutely aware of each other and experience deeply the losses of their womb-mates (whether through abortion or miscarriage). As a surviving twin and a pioneer in the psychological treatment of shock and trauma, William offers a new and powerful paradigm for the origins and healing of prenatal loss, and other deep wounds. He discusses and/or demonstrates methods to access prenatal losses and heighten intimacy. He will also lead a guided regression so participants can begin to explore their own prenatal losses and experiences.

William R. Emerson, PhD, is a teacher, writer, lecturer, and pioneer in the field of pre- and perinatal psychology. Dr. Emerson's involvement in pre- and perinatal psychology includes the recovery and transformation of problems stemming from prenatal and birth traumas. He is a pioneer of treatment methods for infants and children, a renowned expert in treatment methods for adults, and is recognized world-wide for his contributions. He conducts treatment and training seminars throughout the U.S. and Europe. He is a former University Professor for the California State Universities and a European lecturer for the University of Maryland. He has published dozens of articles and 7 videos in the field of psychology and birth. Among his professional affiliations and presentations, Dr. Emerson is a frequent keynote speaker at psychology conferences; a radio and television personality; and a member of and keynote speaker for ATTACH (an organization of professionals who treat bonding and attachment disorders). He is a member in long standing of the American Psychological Association, a member of the board of directors for both the Association of Pre- and Perinatal Psychology and Health (APPPAH) and the International Primal Association (IPA), and he has been named an honorary fellow for the National Institute of Mental Health for his scholarly excellence and contributions to the field of Psychology.

SUNDAY NOON—1:15 P.M. LUNCH

SUNDAY 1:15 P.M.

SEXUAL RE-AWAKENING THROUGH HEALING TOUCH: TRANSFORM YOUR ORDINARY SEX INTO EXTRAORDINARY SEX: RIGHT HERE, RIGHT NOW

1:15—2:45 p.m. Sunday

with Erica Goodstone, PhD, Dipl. & Nat'l. Cert. Sex Ther., Cert. Rubinfeld Synergist, Lic. Marr. Couns., Lic. Mntl. Hlth. Couns.

Is your sex life as exciting, stimulating and joyful as it used to be? Was it ever truly fulfilling? Do you remember a time when your body felt free, your heart was loving and receptive, and your mind was carefree? Join me as we re-examine the past, remember the joy, release the pain, and tune in to the future possibilities, right here, right now. Stop allowing the media, your age, your weight, your finances, or your personal history destroy your love life. Take control of your body, mind, spirit and sexuality—now.

Dr. Erica Goodstone received her PhD in the Human Sexuality Program at New York University. She is an American Board of Sexology diplomate, on the faculty of the American Academy of Clinical Sexologist, an AASECT certified Sex Counselor, and a licensed and nationally certified Clinical Mental Health Counselor and Marriage and Family Therapist. Certified in Rubinfeld Synergy, Polarity Therapy and other body psychotherapy methods, she has a unique body/mind approach to sexuality and sex therapy.

CARE-FULL LIVING IN THE NEW MILLENNIUM

4-5:25 p.m. Saturday NOTE TIME CHANGE

with Kathleen E. Scheg

From cell to society, everyday chemicals are causing toxic damage and permanently changing genetic patterns, intelligence and behaviour. Toxins commonly found in homes and offices are linked, for example, with birth defects, cancer and psychological problems. Learn how you can detoxify your personal environment, improve your cellular health, and help society enter the new millennium with a more reverent, care-full, soul-full attitude to life.

Kathleen E. Scheg is a lawyer specializing in social justice policy issues for more than 30 years. She currently focuses on raising

continued on next page

WORKSHOP DESCRIPTIONS - CONTINUED SUNDAY AFTERNOON

consciousness of the serious harms caused by exposure to chemicals in ordinary products found in homes and offices. A former teacher, social worker, health planner and lobbyist, she has presented at national and international conferences and been featured in television, radio, newspapers and professional journals. Often on the cutting edge of issues, she grounds herself spiritually and often takes an interdisciplinary approach.

RE-BIRTHING THE SOUL

1:15-4:30 p.m. Sunday

with *Barbara Findeisen, MFCC*

It is part of a great awakening that the use of the word Soul is now found in titles of many books, in lectures and even in the IPA's title for this conference. In the expansion of our consciousness into the next millennium, we must return from our present concept of society, back to cellular memories and finally reclaim our souls. In therapy, we need to move through pain to before the pain, to the memory of wholeness which lies hidden within us. In that remembrance is the rebirth of the active, feeling, thinking reality of soul's presence in our lives.

It is time! It is time for psychology, medicine, religion and education to grasp and integrate the reality of quantum physics, the reality of energy and Spirit. This workshop will focus on techniques to rediscover Soul, which liberates us individually and collectively from the limiting theories of Newtonian physics and brings us expanded purpose and meaning. There is nothing more primal than this awakening. There is also nothing more natural or healing. There is within us a divine homesickness for Soul in our lives. It dwells under the layers of repressed emotions tangled by the complicated web of the conditioned mind's survival beliefs.

In our consciousness is the memory of where we split from Soul, be it in the womb, at birth, or later. We can experience and heal that split and live as whole centered spiritual beings living our human lives. In going from society to cellular memory, we eventually return to Soul—for that is the essence of Self.

Mystics have always been aware of Soul work. There are methods, some very simple, which we can learn to empower us on our journey from social adaptation, to cellular memory, to rebirthing Soul. The presentation will provide opportunities and skills to explore your own Soul work. In the labor of this work, we bring forth the new millennium.

Barbara Findeisen, California native, mother of three and grandmother of three, graduated from Stanford University and later received a Masters in Clinical Psychology from Lone Mountain College, part of the University of San Francisco. She has been a practicing psychotherapist for 25 years, first as a primal therapist and later expanded to include various complementary experiential modalities. She founded and was President of the Pocket Ranch Institute, a residential alternative retreat center in northern Sonoma County (CA). She was also one of the founders of the Association of Past Life Research and Therapy. Her primary interest has been in pre- and perinatal psychological issues and the impact of those experiences. She is Vice President of the Association for Pre- and Perinatal Psychology and Health and co-chaired (with William Emerson) the last and the next congresses of that group. Dearest to her heart is her pursuit of transpersonal issues, rebirthing our awareness and power of Soul in our lives, by consciously giving birth to the presence and power of Soul in our daily lives. By bridging and healing the split between Soul and Ego, the Divine and Human, the head and heart, we find wholeness and peace of mind.

HEALING FAMILY SPIRALS, TRANSFORMING DNA

1:15-2:45 p.m. Sunday

with *Marti Glenn, PhD, Douglas Gosney, MA, MFCC, Ken Bruer, MA, MFCC, and Dorothy Mandel, CHT*

Using the lens of the latest cell biology theories, this experiential workshop asks this question: Can we change the way our DNA interprets its codings, positively affecting our health, longevity and vitality? Participants have an opportunity to discover possible ancestral linkages to current problems using their own cellular knowing. Some experience with guided imagery is helpful, but not required. Through altered states of consciousness, movement, breathing and music, explore methods of re-patterning the family spiral, healing ancestral imprints and personal wounds that may have resulted from current family codings.

See bios on Saturday workshop.

PRIMAL GROUP

1:15-4:30 p.m. Sunday

with Penny Scheffer, MS, and Brian Scheffer, MSW

Here's an opportunity to lay down and release whatever feelings have been brought up during the conference, under the care and guidance of skilled and caring facilitators. Bring a pillow and blanket if you can.

Penny Scheffer, MS, was trained at the Primal Institute and has been a Primal Therapist since 1974. She has trained with Stanislav Grof, Graham Farrant and William Emerson.

Brian Scheffer, MSW, has been doing his own primal therapy since 1973 and has been a primal therapist since 1975. He trained with Graham Farrant and has been in William Emerson's training since 1989.

SUNDAY 3:00 P.M**ANESTHESIA, SHOCK, AND LOSS OF SELF**

3-4:30 p.m. Sunday

with Dorothy Mandel, CHT

Loss of self is one of the most poignant sociological epidemics seen today. Spiritual loss of self is reflected by a loss of personal functioning in the world. Shock is a causal blueprint behind much loss of self. It constitutes a separate and unique level of trauma and requires special techniques to access and repattern. The prenatal period between conception and birth is a fertile ground in which many forms of early imprints can occur. Based on William Emerson's treatment technique for shock, the lecture and discussion will cover the physiology and major psychological outcomes of shock as well as unique ways to diagnose, access and repattern it. Shock induced by birth anesthesia overdose and not-being-wanted trauma will be a particular focus. This workshop also includes demonstration of treatment techniques.

See bio on Saturday workshop.

TEEN SELF-DESTRUCTIVENESS, RAGE AND SUBSTANCE ABUSE: SETTING FAMILIES BACK ON TRACK

3-4:30 p.m. Sunday

with Marti Glenn, PhD and Douglas Gosney, MA, MFCC

Marti and Douglas co-directed the therapeutic program at a rustic residential treatment facility for troubled teens involved with self-destructive behaviour, depression, substance abuse and rage. Using innovative techniques involving pre- and perinatal theory and practice, they learned that traumatic imprints between conception and age two appear to have significant impact on the choices teens make. They share what was required to assist teens and their families to move toward more functional, communicative and loving relationships.

See bios in earlier workshops.

REMOTE VIEWING—ONE OF MANKIND'S GREATEST NEW TOOLS

3-4:30 p.m. Sunday

with Wayne Carr, PhD

Remote viewing's potential for growth and healing are largely unexplored. It is not an exaggeration that it could be one of mankind's greatest tools and greatest frontiers. Consider taking this workshop if you consider yourself (or want to be) a pioneer or explorer of new worlds. Remote viewing enables one to experience, feel, see, and describe, detailed and accurate information on any event, person, being, place, or object that has ever existed or will exist. Doing remote viewing puts you in touch with a part of yourself you may have never been directly in touch with. It is a discipline that teaches you to stay totally with your subtle senses in a pure and innocent way. It offers the potential of a very deep way of integrating spirit, mind, and body.

Psychological-emotional remote viewing actually offers the possibility of entering a client's mind and heart to explore their trauma, defenses, and feelings even at the primal level. Medical remote viewing is now being developed to provide accurate diagnoses and to sense underlying emotional and spiritual problems. Some remote viewers are actually transferring technology from other civilizations to our own. Historically, remote viewing was developed at Stanford Research Institute for the army and the defense intelligence agency. It

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