



# Association for the Integration of the Whole Person

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## *A Timely Renaissance*

Six months have passed since I took over the Presidency of AIWP and UIL. I couldn't have asked for things to go more smoothly. The state of the union is that "all is well." I thank the people who have supported me, especially our AIWP office manager, Richie Gibbs, and our office clerk and resident computer whiz, David Gibbs.

I am also *extremely* grateful for a wonderful Board of Directors as well as Board of Advisors. I have just returned from a joint meeting with them at the home of our very gracious Kim Chernin, where we focused on the topic of coalescing the AIWP community into a whole. One of the highlights of the meeting was the opportunity for us to join in (via telephone) for a brief part of Dr. Marcia Dale Lopez's memorial service that was being held on the East Coast. Mel had an opportunity to speak with Marcia's husband, Tom, briefly and Rev. Aliah MaJon eloquently delivered a reading of a beautiful poem she had been inspired to write for the occasion. Our thoughts continue to be with Marcia and her family.

The main topic of our joint board meeting was, "How do we emerge as a collective?" In AIWP, we have long been "Lone Rangers," independent of one another, with the intangible thread of our Credo and Mission Statement holding us together. At this time in our history, however, it seems there is a desire for more. Many ministers have expressed the desire to unify, to form a true, interactive, interdependent community. And we can. And so we will!

Our website, [www.aiwp.org](http://www.aiwp.org), will be a central focus of the unification theme. There is an article on page eleven in this issue of the newsletter detailing some of the website features, with special emphasis on the interactive chat section called the AIWP "Forum." Do you want to be in our directory? Email us at [aiwp@aol.com](mailto:aiwp@aol.com). Do you want your book(s) listed in the author's corner? Email us at [aiwp@aol.com](mailto:aiwp@aol.com). Do you want to submit an article to the AIWP online journal? You know what to do!

You can also begin to check the AIWP "news" section online as well to get updates regarding the *happenings* of the friends and members of AIWP and UIL. Please send us information on the news that is happening for *you* or your congregation. Communication is the first step.

Part of that communication process will consist of more gatherings like the one we had yesterday with the two AIWP boards meeting for the first time. Not only did we accomplish what was on our agenda, we also created a sense of family as we came to know each

other. Eleven people were in attendance as the nucleus of an ever-widening circle of community. It is my goal to go to various regions of the country and facilitate similar gatherings with those of you who would like to come together. I will be inviting each of you to give a brief presentation regarding yourself and the work you are doing in your congregation. It is my desire to honor you with individual certificates from AIWP as "members in service" all over the country. We will also discuss ways you can support and be more actively involved with AIWP if you choose.

We will begin on the West Coast, with the Los Angeles area gathering, and move out from there. On the East Coast, I suspect it will be quite easy to come together in North Carolina with the hub of Venus Rising as a focal point of gathering. I had the opportunity to meet with them earlier in the year and it was a beautiful experience. In fact, it was as a result of that visit that I met Jeff Berger, who is now on the AIWP Board of Advisors. He, in turn, met ten other of his fellow ministers yesterday . . . and that is how community begins. I look forward to sharing regional "celebrations" with you! If you have an interest in this, please contact us at, you guessed it, [aiwp@aol.com](mailto:aiwp@aol.com). Maybe *you* would like to organize a gathering in your area. Let me know. As we establish communication and connection in various regions of the country, we will have the base to create a wonderful national gathering where *everyone* can come together. I am

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Mel Suhd, Founder

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## *Founder's Message*

### *Inscribed with Love as the Theme for Life*

By Mel Suhd

#### **To Marcia Dale Lopez**

This time of reminiscence  
 Has brought to my awareness the conditioning I grew up with;  
 conditioning that makes me feel awkward and non-communicative  
 When someone I love  
 Leaves this Earth.  
 I avoid memorials, and hibernate.  
 I reminisce, in silence.  
 Thus all of the blessed moments I had with Marcia  
 Are to remain sealed  
 Not to become stories told  
 That would uplift this troubled planet.  
 We all share two undeniable events  
 Entering this world  
 And leaving it.  
 We celebrate our coming  
 But seal the fruits of our Love when we leave.  
 But not so with Marcia!  
 Her harvest was too full  
 To be left without Psalms to be sung.  
 From the ethereal space of "life ever-lasting"  
 Marcia still teaches me.  
 The memories will no longer remain sealed  
 I will sing the lessons learned  
 And will join my beloved sister  
 And the rest of my beloved family  
 When my time comes.

Even with "Amazing Grace," the loneliness rolls in and the realization that we can no longer touch this precious person, see her face light up from our togetherness, and her body dance with the music composed from the synergy that makes two "one." Having her soul and spirit with us while *we* are here is a blessing, but it cannot assuage the sadness from the loss of wholeness—mind, body and spirit—which was such an integral part of her presence. My belief in the "hereafter" grows stronger as I begin to eagerly anticipate the moment when we will be together again. There is one truth that ensures that faith: "*Our moment is but a second from now and is inescapable.*"

## Some Poignant Words from One of "Our Kind of People": Tom Lopez

On October 5, 2005, Tom Lopez, Marcia Lopez's beloved husband, sent the following e-mail: "Marcia passed at about 8:40 this morning. Today was her 66th birthday." Before her passing, he had stayed near her, and kept her multitude of friends informed as follows, and his insights speak to all of us:

"It's difficult to give these updates. I wish I could find something positive to say, but a situation like this, where there is no hope of recovery, doesn't lend itself to that easily. There are nurses here pretty much 24 hours a day, or at least, that's what we're trying for. Often there's two nurses, except through the night. Yesterday they started using morphine. The other pain reliever we were using had lost its effectiveness. They constantly monitor Marcia for pain, always trying not to let her drift into that too deeply because it takes so much to balance things again. It's also becoming more difficult for me. But I think of Marcia, and I realize she has never once complained. She just accepts it.

"I have no problem sleeping at night, sleeping next to her, because she sleeps so soundly. It's during the day, when I check in on her, or spend time sitting with her, or reading to her, that I find the most difficult. It's watching her slowly becoming weaker. Still, her mind is clear, even with the narcotics, though her eyes are sleepy most of the time now. Yesterday, as they were waiting for the medication to take effect, and she was obviously also waiting, I asked her if she'd like to hear Thich Nhat Hanh, from the *Graceful Passages* CD. She nodded. She usually asks for that at least once a day. It's beautiful. Her eyes were shut. As we listened, for the first time, I just let the tears flow. I knew she couldn't see it. And now I find myself trying to keep those tears in.

"Who knew she was this strong? That this would go on so long? Back when the doctor gave her 10 days before she'd fall into a coma, it seemed probably, or certainly possible, because she was so rapidly losing her ability to walk, to speak, everything. Now I play the past over in my mind, and while I can see alternate realities that may have been, I also have to admit that things simply played out the way they did. What tears me apart now, more than anything, isn't my losing Marcia, it's just that she was/is so special. I find myself telling some of the nurses about organic food, and so on, all things I learned from her. Find myself saying, 'Marcia could have explained this far better.' She has so much knowledge. Losing her is like a vast library being swept away. A good heart. A good soul. A wonderful mind.

"I wonder what this is doing to my own health? I seem strong, I still eat, I take care of myself. I come from a family that tends to live long. 'Good genes,' as Marcia used to say. But how meaningless most everything has become. What small, petty things we spend our lives worrying about. As I've said before, the one thing that has been imprinted the most strongly because of all this, is my understanding of Kindness. How important it is. Kindness to everything: to each other, to animals, trees and plants, to the earth and the clouds. Marcia has always been a kind person. I think the best thing I can do, to honor her memory, is to be kind to all things, including myself."

\* \* \* \* \*

Tom Lopez has worked in both commercial and noncommercial radio (public radio) stations. He was foreign correspondent for station KPFA in Berkeley, living in London in the mid-sixties. While there, he met Yoko Ono and became soundman for Yoko Ono Films. He later became director of public affairs for public station WHYI in Philadelphia, producing many documentaries. Then he worked as director of creative productions at CHOM, in Montreal, writing spots and doing live shows on the station. In 1970, he formed ZBS Media, a radio production company, located in upstate New York, and 2 years later, ZBS Foundation, a nonprofit arts organization devoted to raising consciousness by using the media. ZBS stands for "Zero Bull Shit," a high ideal they still strive for, but have never permanently achieved. Tom is presently president of ZBS Foundation.

In the early 1970s, Tom wrote "The Fourth Tower of Inverness," a 13-week daily series for radio. It was sponsored by the Jefferson Airplane's label, Grunt Records, and aired on over 500 stations in the U.S. and in Canada on the CBC. Two years later, he traveled around Morocco, recording sounds and writing, "Moon Over Morocco," featuring the sounds and music he had recorded. It was a 10-hour story.

Tom has recorded sounds in Brazil, the Amazon, Sumatra, Java, Bali, India, Spain, France, Mexico, Belize, Costa Rica, and so on. The sounds were used for stories he wrote that were set in these locations: "Dreams of Rio," "Travels with Jack," etc. Over the years since, he has written and produced about 150 hours of original radio drama; all have aired on radio. Right now, XM Satellite Radio is airing 100+ hours of his stories on their Sonic Theatre channel.

Tom has won numerous awards. The most prestigious award was the Prix Italia Special Prize, for "The Maltese Goddess," a detective opera he wrote and produced in 3D binaural sound; 25 other countries were competing for that prize.

### Newly Ordained

We welcome the following members in service to our flock:

Susan M. Schmidt, Healing Arts Therapist

Sherri Zimmerman, Trinity Healer of BodyMindSoul

Jasmine Oberste, Spiritual Counselor

Cecille Gannon, PsyD., Integrative Counselor

Juliana Forgione, Group Gatherings of Peace and Plenty

Sage Schuitevoerder, Pastoral Counselor

ST Forgione, Group Gatherings of Peace and Plenty

Karl Polm-Faudre, Bodhisattva Priest

James Gilliland, Shamanic Minister of Body and Soul Integration

Milena Galbraith, Minister & Holistic Spiritual Counselor

Donna Molettiere, Counselor/Spiritual Guide

Joan Reid, Shamanic Pastoral Counselor

## Honor Their Wishes

### Dying People—Like All People—Need Respect and Support

By Cat Saunders

Some people think it's impossible to communicate with someone who's in a coma or has dementia. Some people believe that when dying people can no longer speak or write or open their eyes, or when they're "in another world," this means they can't communicate their needs.

I disagree.

In my experience, it's absolutely possible to communicate with people who are no longer able to do so in the usual ways. Of course, it helps to have training in this work, but an open heart and a willingness to "find a bridge" can go a long way toward making it happen, training or not.

If you go to a foreign country, do you expect the people there to speak your language? I doubt it. You probably know that the best way to communicate with people in another country is to use their native tongue.

It's the same with people who are dying. When you visit a loved one who is dying and no longer able to communicate in the usual ways, imagine that you've arrived in a foreign country. It's not helpful to expect the dying person to relate to you on your terms. Instead, it works better if you consider yourself a "visitor to a foreign land," and find a way to bridge to the dying person's world instead.

At the end of September 2004, the 92-year-old mother (Anita) of my dear friend, Leanne, died a gentle death with the help of hospice (real names used here with permission). Anita had gradually become increasingly debilitated over the years, having suffered a mastectomy, several strokes, blindness, and other physical challenges. At some point, she decided she was ready to die and did not wish further medical interventions. She also stipulated verbally and in writing that she did not want to be hospitalized again.

Anita had done everything right in the death-planning department, having prepared and regularly updated her will and her Advance Directive for Health Care, and having joined People's Memorial Association (PMA) to handle the disposition of her body in the simplest and most inexpensive way. Anita had also completed the necessary legal documents to give Leanne her durable power of attorney (DPOA) for finances and health care. In addition, she had notified her family, her doctor, and the nursing home (where she lived) of her request not to be put on life support or subjected to any extreme measures to extend her life.

Despite this thorough preparation, Anita's peaceful death was almost derailed by the fears of those around her. A week before Anita's death, Leanne called me. She was upset because she had "caved" in the face of a distraught nurse and a disrespectful doctor who had pressured Leanne into hospitalizing Anita despite her written directives.

At first, Leanne asked me to intervene spiritually to figure out what to do next, but I preferred to visit Anita in person instead. I wanted to ask Anita directly what she wanted, and I wanted to do it in a way Leanne could witness herself. Having done this work before with others, and most recently with my own father before his death, I felt that the direct approach would be best. Leanne agreed.

We arrived at Virginia Mason a little before ten that night. The nurse on duty recognized me and asked if I'd been there recently. It turned out she'd been on duty the night my father was hospitalized there with a broken neck a few months before (he died June first). That particular nurse had extensive hospice experience, which was welcome support for my work with Anita.

It took about two hours for me to help Anita communicate her wishes (in her case, by using the movement of her left leg to say "yes" to my carefully worded questions). Through this process, Leanne was able to see for certain that Anita wanted life support removed so she could die. With an immediate "yes" response from her left leg, Anita was also able to convey forgiveness when I asked if she'd be willing to forgive Leanne for hospitalizing her against her will.

When Leanne was satisfied that I'd covered all the bases with Anita, we asked the nurse to remove life support and begin "comfort care" (the administration of morphine to ease the dying process). It was sweet solace for Leanne to see every trace of anger disappear from Anita's face as soon as life support was removed.

Before Leanne and I left at midnight, we arranged to have Anita transported back to her own bed at her nursing home. One week later, on September 27th, Leanne was present when her mother died peacefully that afternoon.

*This article was originally published by Evergreen Monthly (November 2004).*

#### Resources

To receive a do-it-yourself packet of documents for durable power of attorney and advance directive for health care (formerly known as a living will), please call Senior Services of Seattle-King County at (206) 448-5720.

For information about inexpensive cremation, funerals, and other end-of-life arrangements, please contact People's Memorial Association at 1 (800) 765-0107 or visit [www.peoples-memorial.org](http://www.peoples-memorial.org).

For hospice care information or referrals, please visit [www.hospicepatients.org](http://www.hospicepatients.org).

To learn more about how to communicate with and care for people in comas or other nonverbal states of consciousness, please see Amy Mindell's book, *Coma: A Healing Journey* ([www.aamindell.net](http://www.aamindell.net)). Additional support for end-of-life care can be found in Dr. Ira Byock's books, *Dying Well* and *The Four Things That Matter Most* or by visiting [www.dyingwell.org](http://www.dyingwell.org).

To contact Cat Saunders, Ph.D., please visit [www.dr.cat.org](http://www.dr.cat.org).

# Death . . . A Sacred Journey of Completion

by Rev. Aliah K. MaJon, C.T.C.

*This article is a tribute to my dear friend and mentor Dr. Marcia Dale Lopez. Her recent modeling of a sacred “end of life” journey touched me to my core. Having been her colleague in the area of a new kind of bereavement, I continue the work here.*

When a baby is expected and there is an announcement of birth, it is a joyful time, full of anticipation and the welcoming of this new life with much ease and great acceptance. Accordingly, most people gladly embrace the beginning of an incarnation and excitedly mark the start of an earthly sojourn, seeing this part of the life cycle as natural and a normal part of human experience. On the other hand, when so-called “death” enters what is called our “living”—either an occurrence, or when we have become aware of its imminent arrival—it is typical that we experience an opposite effect. For a large number of us, there is sadness rather than joy, dread instead of anticipation, and a feeling that we wish it weren't happening or the belief that we could never feel good about “transition” taking place. Commonly, expectations of pain, emptiness, disruption, unhappiness, emotional crisis, despair, and every manner of unpleasantness are held. So my questions are these: Is this the only way? Is there another door we can walk through? How can we build a different experience or allow an alternate reality?

Of course, there will definitely be an experience of change and feelings of loss, and adjustments will most certainly be required to new circumstances. The love that was shared will likely result in acute moments of missing our loved one and longing for what was formerly our life. This is the nature of what it means to have been together with all of the deep connection that relationships foster. We imprint each other with our presence and our joined energy—that is one of life's beautiful gifts, and I believe it is treasured throughout the Universe and probably continues beyond the beyond. Yet our earth life and our temporal existence in the flesh, even with all its wonders and the sacredness of its experiences is just that—temporary. We all know this at the higher

levels of our being, what might be called the soul level. So as we consider this now in this special moment devoted to this particular intention, with words that are expressly designed to inspire contemplation, for the evolutionary purpose of shifting our perspective and release, what might we see? What is calling to you to be heard?

I have personally looked at this many times and have been blessed to see much, with a lot more to come, I'm somehow sure of it. This work is part of my soul's mission and I have said yes to learning and teaching about the soul's journey and the doorways of life and death. In fact, I will write about in a doctoral dissertation to be completed by next year at the end of spring. But in the meantime, there is you and me and the here and now, and the fruits of revelation and insight. And, speaking of “completion” . . . this article will open that specific conversation using our beloved Marcia as an example: What would it mean to welcome the completion of a life—your own or that of another—with willingness and, most especially, in the spirit and action of taking a sacred approach to letting go? And to take it a step further, to fully celebrate the sweetness of loving and to honor what life brings and what living is to us, as well as who we are in it? I will simply list for you a few incredible illustrations, taken from a series of short e-mails that were sent out by Tom, Marcia's husband, to all of us who love Marcia and were impacted by her wisdom. Many of us learned from her directly, because she always had much to teach and mentored constantly, and she continued to do so every second of her life. Read below. . . . Hear her words . . .

## Excerpt #1

I had asked about sending prayers. . . . Marcia said the following; these are her words:

“I don't want a cancer prayer to get well.”

(Marcia wanted) “a prayer that things turn out the way they should be. A transformation is underway . . . know that we have everything that we have.”

## Excerpt #2

Yesterday, Monday, Marcia had further tests done at Glens Falls Hospital. That evening she gathered me, her son, Rob and her daughter Julie together, and said, “I don't want to do the operation.”

Marcia's mind has been amazingly clear, and still is, right to this moment. Even though it's been difficult for her to find the words to communicate her thoughts, I am constantly amazed at the depth of her perception. She has remained two steps ahead of the rest of us, Rob, Julie, and myself, anticipating what will happen next and preparing us for it. Ever since we first discovered the severity of the situation, she has remained not only positive, but smiling, laughing, and as the days have gone on, absolutely radiant. Rob, Julie and I will/have honored her wishes: No operation.

## Excerpt #3

Few of you knew that the operation would only extend her life by a few months, leaving her in a state that wasn't Marcia. “Let me be in spirit,” she has said many times. Now, we expect her passing will be in a matter of days. How many? We have no idea. Every day she is a little weaker. She wants to remain at home and we will do our best to keep her here. Again, remember her mind is not only clear, she is able to see things before we can, and has been preparing us for this.

## Excerpt #4

Marcia is concerned about all of you—her clients/friends. I was not aware of how important you have been to her, how deeply she cares for you, her concern of how her leaving will leave you. This is an opportunity to come into your own strength. If you can find that strength in yourself, to help yourself, you will be giving back to her the best gift you could ever give. I found, for myself, that whenever I start to slip into sadness, gloominess, I put light around Marcia. It instantly takes me out of it. I have no idea why it works, it's almost as though the light were bouncing back on me and zap, I'm back in the moment, feeling pretty darn good.

## Excerpt #5

These last few days back here in the house have been anything but gloomy. She is constantly smiling, jokes have been flying about, it's been surprisingly joyous. We've been having a celebration of a life that has touched so many of us with a healing, nourishing touch. Like they say, what a strange trip this has been. Marcia grows a little weaker every day. I now

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have three reg. nurses, all holistic, taking shifts here, plus a home care person, because it really takes two people to help her get around, all these damn steps in this house. What is amazing is her constant sense of humor. She laughs about it all. And her mind is still very strong and clear. Yesterday morning she was dancing to the Gypsy Kings with one of the nurses who was holding her up. They must have been dancing for about 10 minutes.

#### Excerpt #6

One of the things that constantly fascinates me is her joy and humor. I never realized that once the everyday schedule, activities, chores, duties, shopping, phone calls, all those duties were removed, that what was always there, and now is constantly here, is an ongoing sense of humor. With her lack of words and humor I'm telling her she's starting to look like Harpo Marx, she even has this great yawn that is identical to Harpo's, plus her hair is getting more frizzy. I'm glad I don't wear neckties, otherwise she'd probably be constantly snipping 'em with scissors or yanking on them to see if she could flush my head.

#### Excerpt #7

Marcia has honed her teaching into about three words. When a nurse, Mary Ellen, and I were discussing New Orleans and my pointing out how three years ago the Army Corps of Engineers submitted a budget to strengthen the levees, and the Bush Administration cut it by 80% and we were going on about that, Marcia said, "Now, now, now." And those words brought us right to the present, realizing even though we were sitting there talking, our minds were somewhere else. She does that whenever things stray, brings us to the present. Two days ago, one of the nurses, Lee, and I were talking about past life regression, the nurse telling how she and three friends were all regressed and all found a life they knew each other, and each described it from their own perspective. Marcia said, "Now is a very long time." I loved that. What a fine title.

\* \* \*

In closing, all I can say is, *Thank you, Marcia*, and Tom, for all that you have taught us.

Much love to you both as you walk the Soul's path of growth and unfoldment . . . Amen.

## Meet Our Board of Advisors

### Jeff Berger, M.D.

My name is Jeff Berger. Currently, I am living with my wife, Marna, and eight-year-old son, Galen, near the tip of a beautiful three-mile-long peninsula 60 miles north of Seattle at the eastern edge of the San Juan archipelago. Besides helping (sometimes begrudgingly) my wife care for her mother, who has mild Parkinson's Disease, this form of my professional incarnation finds me as a geropsychiatrist in a 10-bed inpatient unit at a small hospital in Sedro-Woolley, Washington. I am a fiercely devoted Buddhist mindfulness practitioner who loves Buddhist understanding of the essence of being as emptiness and lives moment to moment engaged in the infinitely long, i.e., timeless, process of realizing and embodying the famous insight spoken in the Heart Sutra: form is emptiness, emptiness is form. Edward Hoagland, an American essayist of extraordinary heart and intelligence, and David James Duncan, a northwestern writer (transplanted to Montana) of passionate genius, who loves to fish and advocates for sane and sustainable salmon and forest ecology, are two of my current literary gurus. My AIWP connection comes through my mentors and friends, Linda Star Wolf and Brad Collins of Venus Rising Institute for Shamanic Healing Arts, and I am forever grateful for their authentic spiritual vision and very practical love. And though I have received a Shamanic Breathwork facilitator's certificate, I am still apprenticed simply to the marvelous life-giving ho-hum inconceivable breath.

### Phillip Ziegler, Ph.D.

I became an ordained AIWP minister a little over two years ago. I also earned my Ph.D. through the most remarkable educational process of my life through UIL. I have a law degree and practiced law in San Francisco and Berkeley during the exciting '60s but went back to school and got licensed as a marriage and family therapist in the early 1970s and have been a practicing psychotherapist since 1975. I am married and have two grown sons and three granddaughters.

"Faith is trusting in something you can't prove empirically, ignorance is believing things that you wish were true but are contradicted by the evidence"

(Recreating Partnership Webpage: <http://home.igc.org/~ziegler/>).

### Tom Mitchell, Ph.D.

Tom Mitchell, Ph.D., is a business coach, author, motivational speaker, and performance consultant. A former college head basketball coach and sport psychology instructor, he currently consults in the NBA as well as with executive leaders in a wide range of industries, coaching personal and professional development. Along with Joe Montana, he founded the MVP Performance Institute to bring their success principles and proven practices to a wider audience. He lives in Santa Rosa, California. Tom is a graduate of UIL.

### Geof Prysirr

Geof Prysirr has been and is an educator/mentor/coach in the fields of acting, communication arts, and business management within the law. He leads workshops/seminars, teaches college level classes, gives private instruction, and works within a very diverse community of lawyers, performers, children/adolescents, sales associates, people, and corporate professionals. He is equally comfortable working on professional or personal skills within a private or group format. The thrust of his work revolves around a vocal, physical, and emotional synthesis as applied to communication dynamics and overall self-development. His most recent efforts can be seen in the film *Bee Season*, where he was the on-set performance coach for the young lead, as well as the background performers.

### Aliah MaJon

The creator of Soul Technology, Rev. Aliah MaJon is a certified transpersonal counselor and coaching professional whose work emphasizes "self-mastery" and the ability of the *soul* to bring forth enlightened living. Her extensive experience in the spiritual sciences and personal development work began when she was only 22 years old. For more than twenty-five years she has successfully bridged the spiritual and so-called secular worlds. Additionally, Aliah comes from a background of business management,

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corporate consulting, performance coaching, motivational speaking and public service work. As a trainer and workplace specialist, she focused on non-hierarchical leadership, team relations, and the field of diversity as well as transformative learning and the “change” process.

Aliah also devotes special time to assisting young people with self-esteem and personal empowerment, having often made her work with youth a priority since she lost her only child to suicide in 1994. A product of inner city Detroit, she was able to turn her own life around through spiritual pursuits. Since then, she has spent her life developing practical applications for expanded awareness and the world of Spirit. A sampling of her clients include the United States Dept. of Defense, NASA, Proctor & Gamble, IBM, Harvard University, Southwest Airlines and Lucent Technologies. Aliah has also received commendations and certificates of recognition from a myriad of sectors, and been honored many times for her work with youth.

### **Sananda Ananda-Maynard**

Rev. Sananda Ananda-Maynard has been in sacred service to humanity for over 30 years. She has traveled the country and the world teaching, lecturing, and participating in global projects to bring greater peace and light to this world. Her ministry is to assist people to enjoy *inner* peace, develop their full potential, and experience and express greater unity and greater mastery of life. A pioneer for peace, Rev. Sananda says, “We can only have peace in this world when the *individuals* of this world have peace within.” Through her dedication to this realization, her ministry offers a transformational curriculum in Enlightened Life courses in meditation and self-mastery.

Formally ordained by AIWP in 1999 as a transpersonal counselor, under the mentorship of Dr. Marcia Dale Lopez, Rev. Sananda Ananda-Maynard is co-founder of the SHAMBALLA Institute of AIWP and director of the *Enlightened Life* Institute based in Los Angeles, CA.

### **Indigo L. F. (Lightning Fire) Margolis, M.A.**

Although “seeing through the veils” at a young age had *some* advantages, I nevertheless had core-level difficulty with

the educational and social systems I experienced. Consequently, I soon found myself making a commitment to alternative education and raising consciousness on the planet. Early in high school, I found that one means of accomplishing this was by applying the physics principle that states that the subtlest level is the most powerful. I began meditating in order to make a positive effect on the subtlest levels of consciousness in humanity. My passionate dedication to this remains.

In my college years (and beyond), I pursued knowledge of many forms of counseling and healing arts. In deciding to build a bridge between the “mainstream” viewpoint with that of “alternative” knowledge and skills, I obtained a graduate degree in behavioral studies and counseling from a “traditional” university, while focusing intently on developing a holistic sensibility. I have been working towards my Ph.D. for years and am ever hopeful that this year is *the one!* I am also certified as a Shamanic Astrologer, am on the Shamanic Astrology Council and on the board and various committees of the Institute of Neo-Archaic Cosmology.

I have served as a spiritual midwife/end of life counselor for many years, having been initiated into this field through the dying process of my father in 1983-84. Later, through a visit to the “other side,” I gained insights that have been used to assist both the families of the dying as well as those making the transition. I feel grieved, yet grateful to have been able to midwife both of my parents through their passing.

As a Phase I Teacher of the Art of Living and Art Excel programs, I am actively involved with the Art of Living Foundation, an international educational and humanitarian service organization founded by Nobel Peace Prize Nominee Sri Sri Ravi Shankar (a highly esteemed Indian scholar and meditation teacher, *not* the well known musician).

During my formative years of study, I had the opportunity to be on the assisting team for Jack Canfield (Self Esteem Seminars and co-author of the acclaimed *Chicken Soup for the Soul* series), and worked on several pilot projects with Dr. John Gray, (author of the best-selling *Venus and Mars* book series), including being one of his early promoters. Two current projects of my ministry, the Foundation of Reverence, are helping to link the indigenous tribes from all over the

world with one another through collaborative efforts: Rising Spirit Baja (a kindred N.G.O. in Mexico) and the Spiritual Elders and Youth project, whose aim is creating opportunities for “aware” elders and youth to learn from and share with one another. I would love to create children’s books from the experience of these two projects.

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*Continued from p. 1*

extremely excited about the beginnings of an expanded relationship with our Association. Let’s really commit to *associating*. Let’s bring life into that particular word in the name of our beloved organization. I can feel that this is part of our twenty-first century evolution and expansion.

In the meantime, keep up the good work out there, and please remember to keep those donations and quarterly reports coming in!! And the last word about finances is that the by the grace of having many new UIL Learners, AIWP has been able to pay its bills. (My preference would be for the AIWP members to sustain it . . . enough said.) Back to UIL: please read the article on pages 9-10 about the exciting new degree programs emerging through UIL. One wonderful program is called The Advanced Study for Intuitive Listening (ASIL) and is being facilitated by our own AIWP ministers Randall Alifano, Ph.D., Kim Chernin, Ph.D., and Renate Stendahl, Ph.D. It is an invaluable resource for those of you who “listen” for a living or would like to. You might want to look into it! The other new program has come through a connection with James Twyman’s Beloved Community. Through UIL, their seminarians are now able to receive their doctorates in spiritual peacemaking. There is indeed a renaissance of learning at UIL!!

- Carol Adams, Ph.D., President

## ***Thanks for Your Generosity***

We continue to be grateful to the generous donors who help support AIWP and this newsletter.

# *University for Integrative Learning: An AIWP Educational Program*

From its beginning, AIWP has fostered innovative educational programs that promote its philosophy and values. The University for Integrative Learning (UIL) is the latest generation of a pioneering effort in alternative higher education that began in 1968, so we consider UIL to be 37 years old even though its name is new. UIL headquarters is in Cheyenne, Wyoming, with administrative offices in Long Beach, CA. UIL interfaces with AIWP, a religious organization, and follows its philosophy and values while maintaining a completely nonsectarian perspective.

## **The Birth of UIL in Alternative Education**

A contemporary foundation for the University for Integrative Learning was laid in 1964, when the elementary and secondary departments in Harvard's School of Education and the Union for Research and Experimentation in Higher Education began to develop innovative and alternative programs. As these programs expanded along diverse paths, the umbrella organization for UIL—the Association for the Integration of the Whole Person—joined forces with the movement for alternative education when AIWP was founded in 1975.

*"Where learning is sacred and experience counts."*

## **UIL Mission Statement**

The University for Integrative Learning serves a spiritual learning community in ways consistent with humanistic educational philosophy and psychology. UIL places individuals at the center of their own learning processes in relation to all aspects of life.

## **Guiding Principles and Values**

- Every individual is a unique and complete being: spiritual, mental, emotional, and physical.
- Freedom of individual expression is an inherent intellectual and spiritual birthright.
- Learning is a lifelong process.
- Lifelong learning is both a right and a responsibility that cannot be ignored without denying life at its root.
- Active, cooperative, interdisciplinary learning is encouraged throughout life.
- Everyone deserves equal access to advanced educational degrees.
- Equality and diversity are actively fostered in regard to race, sex, class, age, ethnic background, sexual orientation, and different abilities.
- The community is honored as a valuable resource for learning.
- Relevant life experience is a valid, credit-worthy part of academic degree programs.
- Lifelong learning allows shorter enrollment periods for each degree level.
- Theory, practice, and critical understanding must be integrated to provide a holistic assessment of learning experiences.
- The relationship between learners and mentors functions best in an atmosphere of safety, trust, and respect, including power-balanced dialogues that nurture individual and interpersonal growth.
- Academic degrees, learning, and life itself are essentially spiritual/religious experiences, in harmony with each individual's personal beliefs.
- Human diversity, pluralism, and all nonviolent belief systems are honored in accordance with the credo of UIL's parent organization, the Association for the Integration of the Whole Person (AIWP).

## **The Connection Between AIWP and UIL**

The Association for the Integration of the Whole Person (AIWP) is recognized by the federal government as a 501(3)(c) nonprofit religious entity. The University for Integrative Learning of AIWP is a nonsectarian spiritual university that values human diversity and maintains that all learning and degrees are religious in nature.

Religious: "a cause, principle, or system of beliefs held to with ardor and faith."

Spiritual: "of religion, sacred, devotional, or ecclesiastical; not lay or temporal."

## **Accreditation**

As a nonsectarian spiritual university, AIWP's University for Integrative Learning is exempt from regional accreditation practices. Since its inception, AIWP has supported the Constitution of the United States in its stated mission of maintaining a separation of church and state. This separation of church and state gives people the freedom to be true to their spiritual values in all aspects of life, including the pursuit of their educational goals.

Contact: **Administrative Offices, University for Integrative Learning, 3029 East Ocean Boulevard, Long Beach, CA 90803.**  
**Phone: 707-586-9484; E-mail: UILadm@aol.com**

## *New Graduate Programs at UIL: Listening and Peacemaking*

Many of you may be aware that UIL has created some alliances with like-minded educational groups such as Dr. Gabriel Cousens's organization, the Tree of Life, which has been awarding a doctorate through UIL.

Now we have two other exciting programs that are doing the same. The first launched in September and is called ASIL. Randall Alifano, Ph.D., Kim Chernin, Ph.D., and Renate Stendhal, Ph.D., have developed a graduate program that will offer to those enrolled the opportunity to receive training as ministers while participating in an advanced course of graduate study that will grant a doctor of philosophy or a doctor of divinity degree, as preferred. As provosts of the University, Randall, Kim, and Renate will be the primary facilitators for learners working towards their degrees. This program will lead to full qualification as an integral counselor, consultant, or pastoral counselor. It is an innovative and viable alternative to the more conventional, state-approved and state-licensed paths, especially appropriate for those who wish to incorporate spirituality in their healing and listening work. The program is called Advanced Study in Intuitive Listening (ASIL).

### **Some Features of the ASIL Program**

**The Advanced Study of Listening: ASIL** will invite learners to explore listening as such. What is it like to listen with a theory in mind? How does listening with diagnostic categories influence the listening process? For instance, a diagnostic category allows us to understand how people are like one another. What is it like to listen for what is unique in an individual, for the ways she or he is *not* like anyone else? How is listening affected by interaction or self-revelation on the listener's part? What helps an individual feel heard? What are the unique concerns and preoccupations of this individual? What kind of language does she/he use to communicate them? How do we come to hear an individual's individual language? Can a listener learn to speak the speaker's language? What do lapses in attention mean? Can they be a source of information about the individual who is speaking or not speaking? What kind of concentration is required to listen well: evenly hovering attention? focused concentration? meditative awareness of self and other? judgments, or the absence of judgments? How does one develop non-judgmental curiosity? We will encourage students to take this course of study into their daily lives and begin to listen in new ways within old contexts. What is the check-out person in the grocery store communicating as he works? What are people communicating with their bodies, breath, facial expressions, voice tone, volume? We will think of ourselves as instruments recording the information around us. We will endeavor to refine our instruments so as to pick up ever more subtle messages. We will discuss the differences between listening and hearing.

**Emergent Learning:** ASIL will encourage what we call emergent learning, the conscious development of the learning most suited to the individual learner. By noticing and following what is presently emerging in their emotional or intellectual lives, what really matters to them *now*, learners will be able to concentrate on those issues they are strongly drawn to in the moment. Learning of this type is a natural, spontaneous process driven by excited interest and always, by definition, relevant to the learner.

**Emergent Writing:** ASIL will help learners discover the spontaneous pleasure of writing. The program will be dedicated to the awakening of the innate tendency to express the feelings, ideas, understandings, and questions that arise naturally from emergent learning. To feel, to think, to wonder, to understand, to write: it is a natural progression. To this end, the program will encourage the use of notebooks, journals and diaries, scraps of paper, a napkin picked up while having coffee in a café, the frequent jotting and noting of thoughts and ideas and feelings and perceptions and insights and intuitions as they become conscious. These can be notes about the learner's response to what is being read or discussed or learned in individual self-exploration, or while listening to others, or in conversation or study groups and classes. The emphasis is on keeping things natural and spontaneous, so that writing becomes the expression of what is currently and authentically emerging in the self. This raw material can later be shaped into sections or chapters of a thesis, but learners are encouraged to practice it as spontaneous self-expression.

**The Use of Small Spaces:** ASIL will encourage learners to use what are often regarded as small, in-between spaces of time. Once again, our intention is to break down the formal, rule-bound approach to learning that is offered by most schools. We will advocate the use of the ten minutes between clients; waiting for a child outside of school; waiting for the wash to get done so it can be transferred to the dryer; waiting for the drying to get done so the clothes can be folded; standing in line at a store; waiting for a bus; waiting for the pot of soup to boil; taking notes while a child is playing or studying; waiting while on hold for someone to answer the telephone; waiting in traffic. Notebooks, ever-ready pencil stubs, tape-recorders, and dictation machines facilitate this use of time, which can turn out to be unexpectedly and joyfully productive.

**From Fragments to Wholeness:** ASIL will offer the opportunity to learn how bits and pieces of spontaneous raw material can be shaped into a more formal piece of work, an organizational process that is accompanied by the understanding that much of the work has already been accomplished in fragments created while using small spaces.

**Pair-Study and Seminars:** Many people involved in this program will prefer individual learning with as little guidance from and contact with others as possible. Others may choose to participate in pair-study or small-group study or to attend more formal classes. Classes and trainings can be pursued outside the program, for credit within the program. However, ASIL will offer a regular group that meets at least twice a month to discuss, study, and above all, to practice intuitive listening. This group will be held on Thursday afternoons and will provide an opportunity to develop a new understanding of, and indeed a new model of, intuitive listening.

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In addition to the ASIL program, we have another exciting addition. The graduates of James Twyman's Beloved Community's Master of Divinity program are now eligible to go through UIL/UAIWP to obtain a doctorate in spiritual peacemaking.

James Twyman is an internationally renowned author and musician who travels the world performing "The Peace Concert" in some of the areas of greatest violence and discord. Also known as the "Peace Troubadour," he has been invited by government officials and humanitarian organizations to perform in countries such as Iraq, Northern Ireland, Bosnia, Serbia, Kosovo, and Israel.

James's ministry began in 1994 when he took the peace prayers from the twelve major religions of the world and arranged them to music. His goal was to show how all spiritual paths point to a single expression: Peace. His unique and creative music inspires and speaks to the peace that resides in all of us.

The Beloved Community is an extension of and claims its lineage from the first-century group known as "The Community of the Beloved Disciple," founded by St. John the Apostle shortly after the resurrection and ascension of Jesus. This ancient community has its roots in many other groups throughout history, including the Cathars (also called the "Church of Love"), and the Knights Templar, as well as several other modern manifestations. The goal of the Beloved Community is to fulfill the commission Jesus gave to St. John, asking him to reunite the feminine and masculine aspects of the Christ. Special emphasis is given to Mary, the mother of Jesus, and to Mary Magdalene. The Community of the Beloved Disciple has always believed that divine revelation is a personal experience that occurs between the individual and God, and is not contingent upon an intermediary priesthood or church. The Beloved Community, though it has its roots in esoteric Christianity, strives to honor all paths to God, especially as they relate to inner and world peace.

For more information on these programs, go to [www.aiwp.org](http://www.aiwp.org) and click on the University link.

## What Does the Credo Mean to Me?

Each issue, we feature a response from a member in service to the questions that we ask people who apply for ordination with AIWP. Here is how the Rev. Peter Kingsley responded to our various queries:

For me the three most important words in the Credo are "love," "integration," and "experience." Present-day culture and society are the result of a continuous disintegrating of the human being that has been at work, in the West, for over two thousand years. We have become divided into knowledgeable specialists or "mere" ordinary people. This is quite wrong because we all have an intuitive knowledge and wisdom inside ourselves that, once accessed through our own personal experience, can give us all the guidance and understanding that we need in life. And we have become segregated into many different narrow fields of knowledgeable specialists, which prevents the natural flow of wisdom and leads to a stagnation of understanding both collectively and individually. When this stagnation continues to manifest on a cultural level, then we are not witnessing real evolution or progress; we are experiencing their opposite. Then "love" becomes just a convenient name that we use without any genuine meaning, and even children become lost in this desert of meaning because they soon realize that adults have no idea any more of what they are talking about.

So the Credo of the Association for the Integration of the Whole Person actually represents, to my mind, a blueprint for returning society to its true function and purpose. I feel that by helping to bring people back to a true love of life, by encouraging them to reconnect the threads of their own spiritual being, and by allowing them to rediscover trust in their inner experience, I am serving not only the spirit of my own work but the spirit of the Earth as a whole.

My own mission (see, on the internet, <http://www.peterkingsley.org>) is to bring back into the awareness of the modern world a realization that Western culture was originally founded and created for a spiritual purpose, and that our deepest source of healing and joy comes from connecting again with this spiritual purpose so that we can fulfill our individual and collective destinies. This mission involves, on the one hand, influencing scholars and academic communities by presenting them with the facts and historical evidence in a way that they will understand and in a way that will encourage them to broaden their existing perspectives and change their existing views. And on the other hand, it involves working directly with non-specialists, with supposedly "ordinary" people and spiritual seekers, so that they can be touched directly by the blessings and the magical teachings of those wonderful human beings who brought Western civilization into existence over two thousand years ago. With its emphasis on psychological and educational approaches, and its adherence to the ideals of spirituality and peace, this mission of mine fits absolutely perfectly with the mission statement of AIWP.

. . . Unfortunately it is the way of human nature, well documented by history, that constitutions and nations and civilizations founded on the purest and noblest of principles become corrupted over the centuries by legalisms and bureaucracies and the constant erosion of individuals' rights. In his book, *The American Soul*, my friend Jacob Needleman has produced a glowing testimony to the spiritual values and ideals that originally inspired the Founding Fathers; it is our duty now, and at all times, to call for a return to those values and ideals using every peaceful means possible.

As for whether such apparent dissent is within the scope of spiritual service, I would not only say yes but go a step further and state that it is an essential aspect of any genuine spiritual work. Socrates is a classic example in the West of someone who offered the greatest spiritual service to his fellow citizens precisely through appealing to their conscience and through following the path of intelligent challenge and peaceful dissent. Double talk, double standards, and the usurping of basic spiritual rights by special-

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interest groups have always been clear symptoms of a sickening society. It is a part of our duty, as humans, to heed those warning symptoms and do what we can to heal the underlying condition.

. . . The duties and responsibilities of a minister are to love, care and support; not to impose any dogmas on anybody but, on the contrary, to do anything possible to help people trust their own innate wisdom and capacity for spiritual experience; and then to help individuals, as much as possible, to integrate their own spiritual experiences into their everyday lives.

A minister's relationship with the Internal Revenue Service includes the need to report, scrupulously and directly, all assets and sources of income and other liabilities which are unrelated to the minister's immediate involvement with AIWP. As far as the minister's own work within the framework of AIWP is concerned, the obligation is to report all relevant financial details directly to AIWP—although if people are employed for an AIWP congregation, full details of the employment must be reported directly to the IRS. In all cases of any financial transactions and issues both related and unrelated to the congregation and AIWP, receipts and detailed records and accounts must be maintained.

## ***Check Out Our Web Site!***

### ***www.aiwp.org***

Have you been to *www.AIWP.org* lately? If not, don't delay—we are newly bright and beautiful, and well worth a few minutes spent perusing our charms and connecting with fellow members in service. Our gorgeous, new, and vastly improved website has been up and running for several months, thanks to the efforts of our own Rev. Aliah MaJon, who almost single-handedly put it together. We have the beginnings of a directory of AIWP ministers but have only put the names on the website by request. Please email the AIWP office at *aiwp@aol.com* with *your* information if you would like to be listed. Our thanks also go out to our webmaster and web designer, Nancy Giancotti, and we also thank those of you who sent in donations specifically earmarked to pay for the cost of creating certain sections of the site. Below is a message from Rev. Dr. Jeff Berger, who, along with Rev. Aliah, is overseeing the "Forum" section of the AIWP site:

On the new AIWP website you will find a category called "Forum." If you click there, you have an opportunity to express yourself to any and all who also log onto the forum. They, too, can express themselves *de novo* or respond to what you've written. Such is the dialogue I had envisioned for this interactive medium called "Stirring the Soul." I thought that beginning spiritual seekers might ask questions of practiced ministers who could offer ideas and questions, challenges and reflections. The original idea was for a spiritual advice column, a dynamic way for AIWP to engage a cyberpublic. Lo, the forum has been up and running for several months now, and I must say, as with the enactment of many visions, it is not turning out the way I had conceived. In my mind the forum would be constantly revitalizing itself, fresh, creative, enlightened by a plentitude of hearts and minds. But so far, this vision has not found its way into reality yet. We have such a vital mechanism but not enough involvement to keep the dialogue going. Right now a low and tepid flame is barely warming the soup. So, I urge you to log onto the new AIWP website, click on the Forum, and broadcast your thoughts and questions. Heat up the conversation so that those of us who are seeking a community of spiritual kin can add our voice to your voice, stir the awakening soul.

The new website also features the following:

- *All the back issues of this newsletter*
- *Directory of Ministers and Congregations*
- *AIWP Journals, where ordained members write articles, books and position papers, and create "written tools" as a contribution to our stated mission*
- *Detailed Information on AIWP and UIL*
  - *News and Events*
  - *Authors' Corner*

## ***Recent Graduates***

We proudly announce our most recent graduates, their majors, their areas of specialization, and their major studies:

Gabriel Alcantara, Bachelor of Spiritual Studies from UAIWP, *The Immigration and Naturalization Service: A Study in Inefficiency;*

Michael Bokrosh, M. Div., Transpersonal Psychology, *Essential*

*Black Peace;*

Kim Chernin, Ph.D., Psychology, : *If I Were a Black Girl: A Study in Race, Identity and Community;*

Elizabeth Ross, M.A., Special Education, *Advocating for Deafblind Services;*

David Rubin, Ph.D., Psychology, *Self as Man: A Journey in Life and Learning;*

Matthew Schmookler, B.A., Integrative Healing, *Integrative Healing;*  
Renate Stendhal, Ph.D., Psychology, *My Thirteen Rooms in Paris; and*

Phillip Ziegler, Ph.D., Psychology, *From Client-Centered to Collaborative Therapy: The Evolution of a Heretical Psychotherapist.*



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## **Impermanence**

So this is where I find myself: hastily grabbing a metal card chair, scrambling to set it down just beyond the mighty thrashing swoosh of the back and forth dragon tail. Seeking to lay claim to one moment of steadiness in which to catch my breath, to set reality aright once again before it wobbles and crashes to the ground one more time. Here--again--we know Something--only to turn and watch it dissolve into the mirage/mist of Nothing--just before it reconfigures itself into a tangible Something We Know, only to once again evaporate into the thin air of the Unreal.

The Process of Change Never-Ending--speeded up, opens for us a view of Life as a continual ebb and flow. Images

appear out of the mist, enjoying a moment of solidity before receding back into the sea of Possibility.

And we? We are riding the tumultuous waves born in the wake of the Dance of Creation and Dissolution. We may cry and sigh, may tear our hair out; we may eat a lot of popcorn, may giggle and thrill--we may chirp with ecstatic praises, may drown in torment; we may shake our fists in anger and frustration, may float in a sea of bliss; we may struggle; we may surrender. We emerge; we dissolve--only to reconfigure once again--holding hands-on the eve of the brief, but eternal Moment of Change.

- Carole Sky, UIL Ph.D. Learner, March 6, 2004

## **Credo**

### **of the Association for the Integration of the Whole Person**

Love of life and people is achieved through an integrated awakening of physical, mental, spiritual, and emotional processes. Life itself is a religious experience as realized in the temple of my being. I am performing a religious service when my thoughts and deeds involve an affirmation of life. My congregation is both myself and those who seek my support in striving towards an integration of the whole person. To serve others, for fee or gratuity, who seek my assistance in the pursuit of this religious experience is both my commitment and my right, free from any persecution. My service is supported by the Association for the Integration of the Whole Person in agreement with the Constitution of the United States. Membership in the Association for the Integration of the Whole Person will be denied or revoked if I interfere with or injure the rights of others, perform criminal acts, or practice medicine without a license. My service, whether for fee or gratuity, is limited to the areas for which I have been qualified.