



# Association for the Integration of the Whole Person

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Vol. 1, No. 2 May 1, 2001

## *Now That the Ball Is Rolling . . .*

We received a great response to the inaugural issue of the AIWP Newsletter — and by *great*, we mean that we believe we succeeded in provoking thoughtful commentary to the ideas and opinions we published. This issue includes some responses to our articles from our readers, as well as brief profiles on several members of the AIWP community, and new features for your delectation. So

<i>In This Issue . . .</i>	
Founder's Message	9
Our Kind of People—Profiles:	
Art Warmoth, Ph.D.	2
Lucia Capaccione, Ph.D.	2
Howard Temener, Ph.D.	2
Maurice Friedman, Ph.D.	3
"Missing Persons"	8
Welcome to New Ministers	8
Recent UIL Graduates	8
Responses to Our First Issue	6
Features:	
Board of Behavioral Examiners	
Confirms Ministers' Right to Counsel	3
Cultivating Emptiness	
by Rain Blockley, M.A.	7
About the University for Integrative Learning	4
"Here is my truth—I long to know God" -	
Learner Evaluation by Diana Douglas, Ph.D.	5
"Required Reading" - Books by Our Associates	10
In a Nutshell . . .	11
In Brief	8
Donors	8
"Sites to See" - Web Sites You Should Visit	12
<i>Watch for Our Next Issue:</i>	
Sports and Spirituality	
Shamanism Demystified	
<b>Staff Box</b>	
Marsha Calhoun, Editor	
Melvin Suhd, Founder and President	
Kate Markham, President	

settle down and spend a while with us, and if anything you read sparks a train of thought, please share it so we can pass it along to other readers. We may need to edit your submissions for clarity and length, and reserve the right to do so.

You may notice that we have expanded to twelve pages, a third larger than our last issue. In light of our promise to highlight web sites, publications, and recent activities of our members, who are a very busy bunch, and our desire to introduce newly ordained ministers and new graduates of UIL, we decided to be big and brave and add four pages. It turned out we had no trouble filling them, with stories to spare. If we inadvertently failed to send you the first issue, phone or write us at the location above, and we'll send you a copy.

As you know, AIWP has never accepted endowments tied to preferential treatment. We also have no financial reserves, so any donations you might be moved to make to keep this newsletter going would be gratefully accepted. AIWP is designed for perpetuity, but we have not sought assistance from our ordained members or friends, wanting to keep our values and principles free of "lobbymania" and open to all regardless of financial station. But to continue our services, we would greatly appreciate any assistance you could offer without special conditions.

***Be not simply good; be good for something***  
— Henry David Thoreau

***The great difficulty in education is to get experience out of ideas*** — George Santayana

***A great many people think they are thinking when they are merely rearranging their prejudices*** — William James

## Our Kind of People . . .

In each issue, we will spotlight a few of our members in service, describe their activities, and let you know how to reach them.

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented and fabulous? Actually who are you not to be? You are a child of God. Your playing small doesn’t serve the world. There’s nothing enlightened about shrinking so that other people won’t feel insecure around you. We were born to manifest the glory of God within us. It’s not just in some of us; it’s in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

- Marianne Williamson, author  
(used by Nelson Mandela in his inaugural speech, 1994)

Howard Temaner, Ph.D.

Seven years of on-call volunteer chaplaincy as the founder of the pastoral counseling service at Washington Medical Center in Culver City gave Howard Temaner, a Messianic Jew, the opportunity to serve as an ecumenical ambassador to many religions, including Protestant, Catholic, Buddhist, and Jewish. “I am not intrusive. I’ll ask a patient if they would like a clergy member of their choice to come by. Some people may not have a belief but are searching for something.

“I interact by not interacting. The main thing is, I do not talk a lot.” Rather, he allows patients, who are often overcome by fear and loneliness, to engage in stream-of-consciousness soliloquies that often provide the answers they seek.

Howard was ordained by AIWP in 1988. Now retired, he was also a consultant in Los Angeles, providing seminars in Tourette’s syndrome that address tics, odd movements, obsessions, compulsions, depression, and behavior problems. He can be reached at (310) 384-4987.

Lucia Capaccione, A.T.R. (Art Therapist Registered), R.E.A.T. (Registered Expressive Arts Therapist)

A highly acclaimed author of twelve books, the latest of which, *Living with Feeling: The Art of Emotional Expression* is being published this spring by Tarcher/Putnam, Lucia Capaccione conducts international workshops and conducts the Creative Journal Expressive Art Certification Training program. She will be leading her second annual tour of England in May and June. Her best-selling *Recovery of Your Inner Child* grew out of doctoral work she did under the mentorship of Mel Suhd at Summit University, and is used widely in programs for individuals recovering from childhood abuse. She received her M.A. in psychology and art therapy, also mentored by Mel, from Goddard University. Her creative journal method is being used in schools, treatment centers, prisons, and courses in art therapy, creativity, and creative writing.

Lucia, who was ordained by AIWP in 1976, is best known for her groundbreaking discovery of the healing and creative powers of writing and drawing with the non-dominant hand. Her original research in this subject along with many exercises are presented in *The Power of Your Other Hand*, the revised edition of which is being published this summer by Career Press/New Page. In 2000, Lucia’s book *Visioning: Ten Steps to Designing the Life of Your Dreams* was published by Tarcher/Putnam, and *The Creative Journal for Parents* was published by Shambhala.

In November, Lucia will be named Alumna of the Year by Immaculate Heart High School in Los Angeles, where she will be honored at a banquet on her birthday. She can be reached at P.O. Box 1355, Cambria, CA 93428, (805) 546-1424.

*Security is mostly a superstition. It does not exist in nature nor do children as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure, or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable.*

- Helen Keller, *Let Us Have Faith* (1940)

Art Warmoth, Ph.D.

Arthur Warmoth is professor of psychology at Sonoma State University in Northern California, and visiting professor of human systems at La Universidad Autonoma de la Laguna in Torreon, Mexico. He is currently chair of the Consortium for Diversified Psychology Programs (the national organization of graduate programs in humanistic, existential, and transpersonal psychology). He is a past member of the Executive Board of Division 32, Humanistic Psychology, of the American Psychological Association, and past president of the Association for Humanistic Psychology. Dr. Warmoth has been involved in humanistic psychology since 1959, when he went to Brandeis University to pursue doctoral studies with Abraham H. Maslow. He has taught at Sonoma State University since 1969, and in 1989 co-founded the Psychology Department’s Learning Community Program. He was also co-founder, with Eleanor Criswell, of the Humanistic Psychology Institute (now Saybrook Graduate School) and the M.A. in Psychology, External Program, at Sonoma State. He served as consultant for academic administration and planning to the founders of the California Institute of Transpersonal Psychology (now the Institute of Transpersonal Psychology) and the Sonoma Institute (a humanistic depth psychology clinical training program). He has also been active as a consultant and board member for several educational and community service organizations. Art can be reached at [artwarmoth@sonoma.edu](mailto:artwarmoth@sonoma.edu).

Maurice Stanley Friedman, Ph.D.

Most of us have heard of “extreme sports”—AIWP boasts an “extreme scholar” in the person of Maurice Friedman. Maurice was ordained by AIWP in 1980, and has worked with us as a mentor and graduate studies chairperson for over 20 years. He is professor emeritus of religious studies, philosophy, and comparative literature at San Diego State University, where he taught from 1973 to 1991, and is co-director of the Institute for Dialogical Psychotherapy in San Diego, where he has taught theory of dialogical psychotherapy in the two-year training program. From 1967 to 1973 he was professor of religion at Temple University, Philadelphia, where he was the director of the Ph.D. programs in religion and literature and in religion and psychology. From 1954 to 1966 he was on the faculty of philosophy and literature at the New School for Social Research, New York City. From 1951 to 1964 he was professor of philosophy, religion, and literature at Sarah Lawrence College. He has also taught at the University of Chicago, Washington University (St. Louis), Ohio State University, Columbia University, the Hebrew Union College-Jewish Institute of Religion--Cincinnati, Pendle Hill (the Quaker Study Center at Wallingford, PA), Union Theological Seminary, the Washington (D.C.) School of Psychiatry, the William Alanson White Institute of Psychiatry, Psychoanalysis, and Psychology (New York City), Manhattanville College of the Sacred Heart, Vassar College, the California School of Professional Psychology-San Diego, the University of Hawaii, International College, Los Angeles, William Lyon University and American Commonwealth University, San Diego, Summit University, New Orleans, and is distinguished consulting faculty at Saybrook Graduate School, San Francisco.

Maurice is the author of *Martin Buber: The Life of Dialogue*; *Problematic Rebel: Melville, Dostoyevsky, Kafka, Camus*; *The Worlds of Existentialism: A Critical Reader*; *To Deny Our Nothingness: Contemporary Images of Man*; *Touchstones of Reality*; *Martin Buber's Life and Work* (3 volumes); *The Human Way: A Dialogical Approach to Religion and Human Experience*; *The Confirmation of Otherness: In Family, Community, and Society*; *The Healing Dialogue in Psychotherapy*; *Martin Buber and the Eternal*; *Abraham Joshua Heschel and Elie Wiesel*; *A Dialogue with Hasidic Tales: Hallowing the Everyday*; *Encounter on the Narrow Ridge: A Life of Martin Buber*; *Dialogue and the Human Image: Beyond Humanistic Psychology*; *Religion and Psychology: A Dialogical Approach*; *A Heart of Wisdom: Religion & Human Wholeness*; *Intercultural Dialogue and the Human Image: Maurice Friedman at the Indira Gandhi Centre for the Arts*; *The Affirming Flame: A Poetics of Meaning*. His book *The Partnership of Existence: Our Road to True Community* will be published in 2001. *Encounter on the Narrow Ridge: A Life of Martin Buber* has been published in two Spanish editions, in German, and in Japanese.

Maurice holds an S.B. *magna cum laude* in economics from Harvard University (1943), an M.A. in English from Ohio State (1947), a Ph.D. in the history of culture from the University of Chicago (1950), a doctor of humane letters from the Professional School of Psychological Studies, San Diego (1986), and a doctor of humane letters from Hebrew Union College-Jewish Institute of Religion (1998). In 1983 he received an M.A. in psychology from UWW/International College. In 1984-85 he was San Diego State University's first University Research Lecturer. In 1985 Professor Friedman received the Jewish National Book Award for biography for his *Martin Buber's Life and Work*. He was Senior Fulbright Lecturer, the Hebrew University of Jerusalem, Israel, 1987-1988, and in January-February 1992 he gave seminars and lectures at the Indira Gandhi National Centre for the Arts in New Delhi. Annual Maurice Friedman Lecture in Modern Jewish Thought, Lipinsky Institute of Judaic Studies, San Diego State Univ., 1992-. In 2000 he was the recipient of the Rollo May Award from Division 32 (Humanistic Psychology) of the American Psychological Association.

## *Board of Behavioral Examiners Confirms AIWP Ministers' Right to Perform Counseling Services*

*Timothy Ryan is a minister ordained by AIWP in 1994 as a pastoral marriage and family counselor. His congregation, Miracles Ministry, is in Irvine, CA. Tim received the following letter from the Board of Behavioral Sciences, a State and Consumer Services Agency of the State of California, dated January 15, 1999.*

The Board of Behavioral Sciences (Board) has completed its investigation of the complaint filed against you. Specifically, the Board was reviewing allegations that you engaged in unlicensed practice following the voluntary surrender of your license in May 1998.

During the course of the investigation you informed the Board that you are an ordained minister of the Association for the Integration of the Whole Person, a religious organization. You stated that, as such, you are exempt from state licensing requirements.

Business and Professional Code Section 4980 states, in part, “(b) No person may for remuneration engage in the practice of marriage, family, and child counseling . . . , unless he or she holds a valid license as a marriage, family, and child counselor or unless he or she is specifically exempted from that requirement. . . .” Section 4980.01 of the same Code states, in part, “(b) This chapter shall not apply to any priest, rabbi, or minister of the gospel of any religious denomination when performing counseling services as part of his or her pastoral and professional duties. . . .” You are reminded that the exemption you claim is only applicable while you are providing counseling in your role as a minister.

Based upon a thorough review of the materials submitted in this matter, the determination has been made that no further Board action is required at this time. Therefore, the case is closed.

Sincerely, Elina L. Parks, Enforcement Analyst

## *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 32 years old even though its name is new. UIL headquarters is in Cheyenne, Wyoming, with administrative offices in Rohnert Park, 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.

### 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) non-profit 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."

Contact: **Administrative Offices, University for Integrative Learning, 6182 Country Club Drive, Rohnert Park, CA 94928, Phone: 707-586-9484; Fax: 707-586-9014; E-mail: U4lifelearninghq@aol.com**

### What Our Learners Think about Our Program

The next page provides an excerpt from one of our learners' Final Evaluation of Program that illustrates our focus, and validates our process. The University for Integrative Learning is devoted to personal wholeness and the educational freedom that comes from honoring each individual's uniqueness within the context of lifelong learning.

# Learner's Final Evaluation of Program

By Diana C. Douglas, Ph.D.

Here is my Truth: I long to know God. To experience the sacred in my bones and blood. To dance with the Divine. To merge into the Oneness. To wake up to what all mystical traditions teach as Truth - that we have never been separated from God, God is inside us and around us and we are God and there is no God. Which is to say, I want to know my essential divine nature, to know myself humbly as one member of divine humanity. I understand that this longing is an expression of a global shift in consciousness as we birth what some are calling the new human being, what I am calling the "gynandrous imaginalis."

When I consciously started on my spiritual journey twenty years ago, I did not know that there was a known path with articulated stages or steps. After all, in all my years of schooling, no one had mentioned educating the soul! I just followed my inner director, who pointed me in certain directions - to teachers, courses, experiences - that have resulted in the unfolding of my consciousness. It was this inner director that led me to Summit [and then to] UIL.

When I was making the decision to enter a doctoral program, I needed to know that this too was a spiritual call, part of my soul's journey. Why a Ph.D.? . . . Was the Ph.D. an ego/personality process and/or a soul process?

This question led me to research the origins of the Ph.D. In the mid-twelfth century, universities were first established through the authority of the pope. Ph.D.s were originally conferred by the pope's representatives at two universities as a means of telling who was ready to be a teacher within the university setting. The word *doctor* comes from the Latin *docere* and means to teach. In reading this early history, I came to understand that since the pope was considered the messenger of God on earth, the process of attaining a degree was a spiritual process or initiation.

There were five stages to the initiation: course work; writing of an original piece of work; defending that writing in a public forum with a person who was at the same level that the candidate was wishing to attain; the conferring of the degree by giving a gold ring and a cap (opening the crown chakra to receive Divine blessing); and a celebration, inviting friends, family and supporters, paid for by the newly anointed Ph.D. I realized that earning a Ph.D. can be a ritual of initiation into being a teacher with a Divine purpose. In choosing the University for Integrative Learning, I consciously chose a program where I was able to create my own program and fulfill my own requirements within the UIL context. I feel that I have been doing my soul's bidding in this.

Each aspect of this program has involved much learning:

. . . I found that developing the Learning Plan was an amazing process in itself. I reviewed my life for the last twenty years, and allowed myself to remember what I had learned and where I had learned it. My first list included 83 courses. In my actual writing, I condensed this number to 48 courses. . . .

Then, there was the actual writing of the course assessments! Several of my courses spanned many years. I found that when I was about to start to write an assessment, my mind would just allow memories to pop up, as if some deeper part of me was ready to organize and connect all the information. During most of this writing I had fun and felt very satisfied. . . .

While reviewing my lifelong learning and completing my most recent studies in a spiritual teacher training program, I always kept my focus on the initial inspiration for doing a doctorate: exploring my and others' imaginations to answer my question, "What is the imagination, really?" . . . I have appreciated giving myself the chance, and being given the chance through others' support, to dive deeply into my own imagination and to hang out there for this time, watching, witnessing, allowing it to guide me. . . .

Several talents have emerged through my commitment to the Imagination Project and Ph.D. I began to paint intuitively, and found that this is a way for me to express joy. It is also one of the ways that I live in my own imagination. The part of me that is a researcher has been in heaven, reading endless numbers of books, visiting bookstores and libraries, navigating the web. I have been intensely focused and disciplined, two abilities that I knew that I had, but they are even more developed now. . . .

At the beginning of my program, I helped to form a peer support group with two other students . . . . We met bi-weekly, and then monthly. For me, part of being in university is to be able to have contact with others who are also involved in a learning process. It was important to me to be able to have this kind of conversation on a regular basis - and especially with two people who had chosen this kind of alternative program. We helped each other to unwind the knots in Western consciousness about what education is, and who has the authority to say we have reached a certain level. I found that this was a place for me to speak and hear deeper truths about ourselves.

I also met with my provost, Joe Solanto, on an as-needed basis. . . . At first when we met, I would spill out all that I had done, as if I needed to prove something. After my return from South Africa in December 1999, I noticed a change. Somehow, through the work that I was doing I was slowly embodying the project, and I spent less energy on trying to prove myself to someone else. At each visit there was at least one "big" statement that I would chew on for some time afterward. . . . Sometimes I wanted Joe to challenge me, to push me to my limits. I found that he always gently supported me to go within to find my own way, to ultimately find and be my own authority.

From the perspective of my spiritual journey, this program has given me the opportunity to bridge my inner and outer worlds, to make what has been invisible visible, to use my imagination in the way that I have completed the requirements for the degree (including the graduation ritual), and to build a foundation within so that I am ready to make the commitment to serve others on their souls' journeys. I am deeply grateful.

## ***Speaking Out: A Forum for AIWP Ordained Members in Service***

Here are some of the responses we received to our first issue:

Bravo! Your birth announcement was wonderful. Good to read Mel-the-Founder's words with the promise of more to come as he articulates his vision. For one who hasn't stayed in touch as much as I would have liked to, you offer me a connection I really appreciate. Also, this is a wonderful document to hand to someone I think might benefit from and give to AIWP and UIL. Thank you.

Inspiring to read that Natalie Rogers will be cosponsoring an event to celebrate her father's contribution to us all. Thank you, Natalie.

I was interested in reading Cat Saunders's "Gay Marriage? Absolutely!" As a lesbian and longtime student of Theravada Buddhism, I have gotten a chuckle out of the states of Oregon, California and Michigan officially sanctioning my marrying straight, Jewish, Christian and agnostic couples. My life partner and I had a ceremony in 1986 in which 50 family and friends joined us in our home. Our intention then was to celebrate our interconnectedness with all life so everyone participated in various ways (I wrote the story in a book called *Circle of Love*)--an official or traditional marriage ceremony would have been far too limiting.

Cat's impassioned call for the expansion of marriage/civil rights was well presented and I agree completely. My partner and I have spent a lot of money hiring lesbian lawyers over the years to make sure that we "do" our lives together in the wisest and most legally beneficial way. I don't feel the need to expend any energy toward acquiring the mere right to marry since the legal aspect of that act bears no resemblance to anything sacred or meaningful to me, or as Cat so eloquently put it, "separate from the clutch and claw of government control." I have been married, as has my partner, but the "complex inner workings of this ancient institution" seem nearly lost in our culture.

Since you encouraged hearing of our feelings, thoughts and likes I must posit one criticism of the newsletter. Perhaps I have missed it somewhere but I cannot find Kate Markham's name anywhere on this communication although she is "written all over it." I feel there needs to be something in the format of this newsletter that tells us where all of the words and work is coming from. For example, who wrote the front page? It was not identified. Not acknowledging Mel's colleague is so counter to all of what AIWP, UIL, Mel and Kate are about. Kate, Kate, come out, come out, wherever you are!

Warm regards, Mary Porter-Chase

*We apologize for the inadvertent omission of Kate Markham's and Marsha Calhoun's names from our first issue. The newsletter is very much a group effort, with much of the wording in profiles and features derived from publications provided by AIWP members themselves. Articles not otherwise attributed, such as the front page, are written by Marsha, with the invaluable assistance of Kate (who is truly "written all over it") and Mel, both of whom refine wording and clarify meaning throughout.*

"I loved reading it!" - George Moscona

*"Wonderful!" - Steve Blumenthal*

"I love your newsletter!" - Lucia Capacchione

I've been an AIWP member for a long time (I don't actually remember the year I joined). This is to say how happy I feel for the "birth" of the newsletter. I shall be looking forward to each issue with enthusiasm. Is there a way I can send some support?

Sincerely, Gary Isaacson, Ph.D.

*Gary, we direct your attention to the front page of this issue, where we encourage any donations people might want to make. P.S. You were ordained in March, 1979.*

I wanted to thank you for your newsletter. I've included a copy of my latest newsletter for you. I started a newsletter last year to share spiritual ideas. I also have a website with articles and links to other sites. The purpose of the website is to share our hopes, our dreams for humanity and earth, and our connections to spirit. By sharing we learn from each other. The website address is <<http://www.jetcity.com/~raymond>>. If you have a website I would be glad to put a link up on my site.

I've also had a couple articles published in *New Times* where I noticed Cat Saunders has also been published. Perhaps in the future I can submit an article if it feels appropriate to the type of articles you are selecting.

I hope you have lots of success with your newsletter. I know it takes time and effort as well as an expense to publish it.

Sincerely, Raymond Wolf

I enjoyed receiving the premier issue of the AIWP Newsletter. I was accepted into AIWP as a chartered member in 1976 with art therapy my major area of interest. I was studying art therapy with Tobe Reisel, art therapist registered, at the time. I thought you or your students might be interested in what has become of an original member of your enduring organization.

I completed an M.A. in clinical psychology with an emphasis in art therapy at Antioch University Los Angeles in 1977. Because of my broad experience I also simultaneously taught art therapy at Antioch. I became registered in the same year and went into private practice as an ATR. I helped create the art therapy program and became an assistant professor at California State University, Los Angeles, in their master of arts art therapy option. I taught there for almost 20 years, also providing supervision and thesis advisement to students.

I entered the Cambridge Graduate School of Psychology in 1983, obtaining my Ph.D. in clinical psychology in 1988 on my 60th birthday, proving that you CAN teach an old dog new tricks! In 1992 I became a licensed psychologist and expanded my private practice. I was staff psychologist at a mental health center in the San Fernando Valley and have presented on the use of art therapy at many mental health facilities and at most universities in Southern California. I served the Southern California Art Therapy Association (SCATA) in a variety of positions. My most enduring service has been to the San Fernando Valley Psychological Association (SFVPA) in many capacities, including president during 1999. I am a pro bono therapist for the Pacific Center of AIDS Project Los Angeles (APLA) and for the Society of Singers (SOS). The primary goal of SOS is to help those incredible big band singers and "background" recording singers survive, since they were the only music participants who received no royalties.

I am deeply involved with writing a memoir (like everyone else!) and am thrilled to have been accepted in the Skidmore Summer Writers Program for this July.

And last, but certainly not least, as far as my professional life is concerned, the best way that I use my AIWP privileges is by "marryin' folks" and I absolutely LOVE it. I have performed marriage ceremonies in the sand at Malibu Beach, with a Lutheran minister in a lovely hotel with 200 guests and a Catholic bride and a Jewish groom, on a hillside in Oakland, in a family living room, and at many other equally inspiring celebrations. Truly, Mel, from the first time I performed a marriage ritual, I felt like I was born into it. Thank you for providing me with the authenticity to do that.

I just want to add that the most awesome experience in my personal life has been grandmothering. I feel born into that too. My best to you and all your lucky students.

Sincerely, Harron Kelner, Ph.D., A.T.R.

I was pleased to read the AIWP newsletter. What a nice idea! - David G. Danielson

Once again my congratulations on your first newsletter and may it be the first of many to come! - Randall Ashley-Smith

"Bravo—excellent work" - Craig Pierce

I loved your newsletter! - Linda Star Wolf

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## Cultivating Emptiness

by Rain Blockley

The concept of personal emptiness recently intrigued me. Without understanding it when I first ran across it, I could neither absorb nor dismiss it. What would it be like to be empty? The notion's delectable mystery keeps springing to mind in otherwise idle moments. How can anything (or anybody) be truly empty? Bare rooms still hold light and air and walls, and empty counselors have comparable components.

The idea's value clarified only when *emptiness* became distinct from *nothingness*. Being empty is not the same as being nothing. The potential for emptiness depends entirely on its converse. Something can be empty only if it is also capable of containing.

In counseling, the topic of *containment* often leads to assessing the depth or sturdiness of capacity in a counselor or client. Am I tempted to explore a new pocket of my soul? Does this container feel strong and protective enough? Can I support rather than subvert whatever unfolds? Have I reached a limit for the moment? These are structural qualities.

Entertaining the concept of emptiness spotlights the space within the structure. If I am not empty now, what fills my space? Does any of it get in the way? Is it even possible to empty this? How does that work? I have yet to answer in detail, but contemplating these things keeps bringing immense satisfaction. Ever more moments find me enjoying an exquisitely empty inner room.

*Rain Blockley is an editor for Science & Behavior Books and pastoral family and marriage counselor practicing in Palo Alto. She was ordained in 1997.*

### Day-by-Day Affirmations

The Rev. Randall Ashley-Smith recently produced a 3-minute daily affirmation CD. "I believe that if we have just seven affirmations, one for each day of the week, and each one lasts only 3 minutes, they will more likely be done on a continuous, repetitive basis each week," says Rev. Ran. "So often we know what to do, but so seldom do we effectively know how to do it. The key is simplicity, brevity, and repetition!" The \$20 CD is to be available through his web site, [www.Daybydayaffirmations.com](http://www.Daybydayaffirmations.com), and he invites users to share their results after 30 days.

### Recently Ordained

We welcome newly ordained ministers for the year 2001: Suzanne Jacquot, Art Therapist/Transpersonal Counselor; Patricia Bilman, Transpersonal Consultant and Metaphysician; Herbert Broh, Cantor; Laurel Epps, Spiritual Life Coach; Yvette Ryan, Transpersonal Counselor and Minister; Susan Swan, Ministerial Clinical Psychologist; Connie Dello Buono, Spiritual Holistic Childbirth Counselor; Grainne Daly, Transpersonal Counselor; Donna Phillips, Minister of Healing; Paul Gessford, Pastoral BodyMind Practitioner; Heather McGuinness, Transpersonal Counselor and Minister; Pauline McHugh, Transpersonal Counselor; Marcia Ramsey, Transpersonal Counselor; Layla VanHall, Minister of BodyMind Healing; Diane Chapman, Ecumenical Minister.

### In Brief . . .

AIWP is now a sponsor of the "Honoring 100 Years of Carl R. Rogers: His Life, Our Work, A Global Vision" conference to be hosted by Saybrook Graduate School July 25-28, 2002 at UCSD in La Jolla, CA. For information, contact Robert Schley via e-mail at [crrogers2002@saybrook.edu](mailto:crrogers2002@saybrook.edu), or by phone at (415) 435-9200, ext. 6160.

\* \* \*

The Village of Wellington, Florida, recently issued an Occupational License to AIWP, classified as an exempt religious organization. John Cottone, an AIWP minister and holistic health consultant, displays this license conspicuously at his establishment or place of business in Wellington. John paid no fees—another example of how AIWP is exempt in all 50 states from fees associated with performing religious services including spiritual counseling for which the minister has been trained.

Joseph Alexander  
John Arnold  
Joseph Bagnall  
Trish Barnett  
J. Bartell  
Darlene Beaver  
George Bennett  
John Blazer  
Norman Bleicher  
Harry Blumenthal  
Drue Bogdonoff  
Lexie Booher  
Douglas Booth  
Janette Bradbury  
Brett Brady  
Edward Brandhurst  
Ruth Brice  
Albert Bright  
Melody Brothy  
Anne Cannon  
Lorraine Cazier  
Lorraine Cazier  
Johnny Chase  
Stephen Clein  
Susan Cohen  
Pat Collins  
Diane De La Vega  
Kathleen Delaney  
Carol Delfino-Beighley  
Edith Dolan  
Jason Doty  
Lois Drake  
Alta Dubkin  
Lauren Ekroth

Rena Ellis  
Arthur Engbritson  
Ginger Evans  
Joan Farber  
Kelly Field  
Hugh Fitzpatrick  
Anne Foster  
Jack Friedman  
Cynthia Furst  
Loretta Fury  
Cathy Gabrielle  
Edward Garren  
Linda Giella  
Phyllis Given  
Kurt Goerwitz  
Essie Goldress  
Ruben Gonzalez  
Aileen Goodson  
Lynne Gordon  
Ian Grand  
Zina Grand  
Johnny Gray  
Katherine Greer  
Kathy Gronau  
Philip Gronau  
Benjamin Hedges  
Justine Hill  
Edward Horodko  
Arthur Huff  
Michael Hughes  
Mildred Jackson  
Timothy Jackson  
Margo Jennings

John Johnson  
Charles Johnston  
Gail Jordon  
Faye Kennedy  
Maya Korenn  
Krysia Kristianne  
Carol Landsberg  
Chuck Latimer  
Linden & Neil Leavitt  
Harold Lemke  
Katherine Levin  
Chris Lewis  
Henry Lichenstein  
Kitty Lichenstein  
Nancy Little  
Russel Lockhart  
Bartolo Lucente  
Dawn Lynn  
Carmel Malbrough  
Mark Mathewson  
Edward Maupin  
Corrine Medonald  
Grant Mcfettridge  
Arthur Melville  
Tulsi Milliken  
Debra Neal  
Mary Oberkamp  
Kay Ortmans  
Cassie Oserin  
Paul Pera  
Joan Percy  
George Peters  
Geof Prysirr

Marjorie Rand  
Cirelle Raphalian  
Linda Redford  
Edward Rubenstein  
Froma Sand  
Joy Sanderson  
Barbara Schill  
Janice Schram  
Jon Segal  
Rita Seger  
Pamela Siera  
Richard Stanton  
John Staude  
Mark Stobbs  
Judith Stone  
Edith Sullwoold  
Lisa Sutton  
Richard Tarnoff  
Pamela Thomas  
Sherry Thomas  
Constance Thorensen  
Elda Unger  
Walter Urban  
Sharon Weil  
Amy Weingarten  
Billie Weiser  
Constance Weisman  
Annie Whitesell  
John Whitesell  
Cheryl Wiedemann  
Doris Williams  
Ron Wright  
Luana Wylie

### Congratulations to Graduates of UIL

We are proud to list recent graduates of UIL and to provide the titles of their dissertations (which may well be coming soon to a best-seller list near you):

Kathleen Carlson, Ph.D., Psychology: *Searching for the Garden: Stories about Opening the Heart*

Ria Cifer, Ph.D., Rehabilitation Psychology: *Rehabilitation of Broken Lives*

Diana Douglas, Ph.D., Sacred Studies: *The Imagination Project: An Inner and Outer Journey to Find Answers to the Question, "What Is the Imagination?"*

Sherry Shepherd, Ph.D., Transpersonal Psychology: *Psyche and Symbol: Images of East and West*

Richard Streeter, Ph.D., Educational Administration and Leadership: *American Educational Reform . . . A Study into Methodology, Practices, and Ideas: A Comparison Using Schools of the World*

### Donors

We gratefully acknowledge a donation from one of our ministers, Liana Kornfield, who wrote, "Enclosed is a contribution I would like to make . . . I so very much appreciate the work and existence of this organization. I have never received a newsletter or AIWP directory and do not know if you have that service at this time. . . Thank you again for your good work." We are gratified to be able to include this in our now-extant newsletter, and hope to develop a directory in the future.

### "Missing Persons" . . .

If you know where we can find any of the people listed below, please let us know.

## Turnings . . .

Having just reached the age of retirement (76), I now feel liberated to write fragments of my memoirs in a Gertrude Stein way—existential streams of experiences, beliefs, passions, reverences, social/political thoughts and actions and turnings (from a revered mentor, Ben Weininger, who believed that we don't change, we make "turnings"). What fun! What freedom! What a way to "Fisk" (ReTire, Gerry)! And for those that see, their view of my fragments can be that of senility, living in the past, confused and out of control, but never as Gospel and never concerned for offending the scribe, for his mission is to pique, in a loving way.

Among my major turnings was moving from a "true believer" Patriot who praised, without reservation, my good fortune to be born and raised in this country, to that of a dissenter who heeded the warning of the founders who warned us to be wary if we were to survive as a model of a developing perfect union, with a just government, concerned for the general welfare of all of our people, fortifying the blessings of liberty and equality for those of all faiths, ethnic backgrounds, races, political and sexual persuasions, economic status and to forever strive for androgyny, for the creator of the universe provided no greater symbol for the credo that we are all unique and worthwhile than the balance of numbers that has remained constant throughout the existence of humankind.

As part of my everlasting turning (androgyny), I devote a great deal of my energy to recovery as a male chauvinist. The almost infinite number of contaminants built into my race, religion, culture, history, and conventional wisdom makes this a life's work. I'm satisfied with my growth and feel that my perfection is diminishing my imperfections, but know that my time on Earth will continue to pique my development.

Among those I revere and who facilitated my growth was an early pioneer, Julia Ward Howe, who was a leader in the mid-1800s. The following was her Mother's Day Proclamation of 1870 and a small portion of her address at the Parliament of World Religions in 1893. I had to remind myself of the period in which this valiant woman and other notable leaders of her time lived in order to appreciate the strength of her message and what courage it took.

*- Mel Suhd, Founder, Association for the Integration of the Whole Person*

### Mother's Day Proclamation, 1870

by Julia Ward Howe

Arise, then, women of this day!  
 Arise, all women who have hearts,  
 whether your baptism be that of water or tears!  
 Say firmly: "We will not have great questions  
 decided by irrelevant agencies.  
 Our husbands shall not come to us, reeking  
 with carnage, for caresses and applause.  
 Our sons shall not be taken from us  
 to unlearn all that we have taught them of  
 charity, mercy, and patience.  
 We women of one country will be  
 too tender of those of another to allow our sons  
 to be trained to injure theirs."  
 From the bosom of a devastated earth,  
 a voice goes up with our own.  
 It says, "Disarm, Disarm!"  
 The sword of murder is not the balance of  
 justice. Blood does not wipe out dishonor,

nor violence indicate possession. As men have  
 often forsaken the plow and the anvil at the  
 summons of war, let women now leave all that  
 may be left of home for a great and earnest day  
 of counsel.

Let them meet first, as women, to  
 bewail and commemorate the dead. Let them solemnly  
 take counsel with each other as to the  
 means whereby the great human family can live in  
 peace, each bearing after his own time the  
 sacred impress, not of Caesar, but of God.  
 In the name of womanhood and humanity,  
 I earnestly ask that a general congress of  
 women without limit of nationality may be  
 appointed and held at some place deemed most  
 convenient and at the earliest period  
 consistent with its objects, to promote the alliance  
 of the different nationalities,  
 the amicable settlement of international questions,  
 the great and general interests of peace.

### What Is Religion?

Address delivered by Julia Ward Howe at the Parliament of the World's Religions, Columbian Exposition, Chicago World's Fair, in 1893

"I think nothing is religion which puts one individual absolutely above others, and surely nothing is religion which puts one sex above another. Religion is primarily our relation to the Supreme, to God[dess] him[her]self. It is for him[/her] to judge; it is for him/her to say where we belong, who is highest and who is not; of that we know nothing. And any religion which will sacrifice a certain set of human beings for the enjoyment or aggrandizement or advantage of another is no religion. It is a thing which may be allowed, but it is against true religion. Any religion which sacrifices women to the brutality of men is no religion.

"From this Parliament let some valorous, new, strong, and courageous influence go forth, and let us have here an agreement of all faiths for one good end, for one good thing--really for the glory of God, really for the sake of humanity from all that is low and animal and unworthy and undivine."

## “Required” Reading: We Recommend . . .

AIWP members are a prolific bunch, and nowhere is that more evident than in the publications they have produced. The volumes listed below, graciously provided to the AIWP library by the authors, doubtless represent only some of the books, workbooks, manuals, and guides that our ministers and graduates have contributed to the world over the years.

A glance over the titles shows the breadth and diversity of subjects that have been addressed--biographies, children's books, professional guides, self-help workbooks, and spiritual journeys are all represented. We have presented them according to publication date, rather than alphabetically. Oddly, we appear to have few novels or other works of fiction--perhaps some of our readers can let us know if any more exist, and also give us the names and publication information of any other works by members of our community.

Buckland, Clare M., and Douglas, Diana C.  
*Always Becoming Forever!*  
*A Journal of Conscious Living/Conscious Dying*  
Vancouver, BC: Beginning Books  
ISBN #: 0-9683781-0-2

Mountrose, Phillip, and Mountrose, Jane  
*Getting Thru to Your Emotions with EFT:*  
*Tap into Your Hidden Potential with the*  
*Emotional Freedom Techniques*  
Sacramento, CA: Holistic Communications, 2000  
ISBN #: 0-9653787-6-4

Mountrose, Phillip, and Mountrose, Jane  
*Getting Thru to Your Soul:*  
*The Four Keys to Living Your Divine Purpose*  
Sacramento, CA: Holistic Communications, 2000  
ISBN #: 0-9653787-0-5

Saunders, Cat  
*Dr. Cat's Helping Handbook:*  
*A Compassionate Guide for Being Human*  
United States: Heartwings Foundation, 2000  
ISBN #: 0-9675008-1-8

Suhd, Melvin; Dodson, Laura; & Gomori, Maria  
(Eds.)  
*Virginia Satir: Her Life and Circle of Influence*  
Palo Alto, CA: Science & Behavior Books, 2000  
ISBN #: 8314-0087-0

McIntosh, Nina  
*The Educated Heart:*  
*Professional Guidelines for Massage Therapists,*  
*Bodyworkers and Movement Teachers*  
Memphis, TN: Decatur Bainbridge Press, 1999  
ISBN #: 0-9674122-0-X

Carlson, Jon, and Kjos, Diane  
*Psychotherapy with the Experts:*  
*Person-Centered Therapy with Dr. Natalie Rogers*  
(videocassette)  
Allyn and Bacon, A Viacom Company, 1998  
ISBN #: 0-205-28178-8 T8178-0

Cornish, Grace  
*10 Bad Choices that Ruin Black Women's Lives*  
New York: Three Rivers Press, 1998  
ISBN #: 0-609-80133-3

Patenaude, Joyce  
*Too Tired to Keep Running, Too Scared to Stop:*  
*Change Your Beliefs, Change Your Life*  
Boston, MA: Element Books, 1998  
ISBN #: 1-86204-349-3

Capacchione, Lucia, and Van Pelt, Peggy  
*Putting Your Talent to Work: Identifying, Cultivating*  
*and Marketing Your Natural Talents*  
Deerfield Beach, FL: Health Communications, Inc.,  
1996  
ISBN #: 1-55874-406-1

Fike, Linda, and Stecker, Robert  
*It's U-Mail: A Lighthearted Guide for Developing*  
*and Enhancing Your Intuition*  
1996  
ISBN #: 98-25375

Bertisch, Rivka, and Mordkowski, Fernando  
*Autotransformación*  
Bryn Mawr, PA: American International Publishers,  
1995  
ISBN #: 57468-002-1

Clark, Rabia Lynn  
*Past Life Therapy: The State of the Art*  
Austin, TX: Rising Star Press, 1995  
ISBN #: 0-9646141-0-3

Ostrom, Gladys  
*Creative Artistic Training*  
New York: Vintage Press, 1995  
ISBN #: 0-533-11235-4

Suhd, Melvin (Ed.)  
*Positive Regard:*  
*Carl Rogers and Other Notables He Influenced*  
Palo Alto, Ca: Science and Behavior Books, Inc.,  
1995  
ISBN #: 0-8314-0081-1

McWhinney, Will; McCulley, Eleanor; Webber,  
James; Smith, Douglas; and Novokowsky, Bernie  
*Creating Paths of Change:*  
*Revitalization, Renaissance and Work*  
Venice, CA: Enthusion, Inc., 1993

Rogers, Natalie  
*The Creative Connection:*  
*Expressive Arts as Healing*  
Palo Alto, CA: Science and Behavior Books, Inc.,  
1993

Bonus, Nancy  
*Food without Fear: A Weekly Guide for Recovering*  
*Dieters Who Are Ready to Solve Their Weight*  
*Problems Permanently*  
Van Nuys, CA, 1992

Capacchione, Lucia  
*The Creative Journal for Teens:*  
*Making Friends with Yourself*  
Van Nuys, CA: Newcastle Publishing Co., 1992  
ISBN #: 0-87877-175-1

Friedman, Maurice  
*Dialogue and the Human Image:*  
*Beyond Humanistic Psychology*  
Newbury Park, CA: Sage Publications, 1992  
ISBN #: 0-8039-43695

Capacchione, Lucia  
*Recovery of Your Inner Child*  
New York: Simon and Schuster, 1991  
ISBN #: 0-671-70135-5

Porter-Chase, Mary  
*The Return of Sinta Clause:*  
*A Family Winter Solstice Tale*  
Cotati, CA: Samary Press, 1991  
ISBN #: 0-9630798-0-8

Capacchione, Lucia  
*The Creative Journal for Children: A Guide for*  
*Parents, Teachers, and Counselors*  
Boston and Shaftesbury: Shambhala, 1989  
ISBN #: 0-87773-497-6

Capacchione, Lucia  
*The Power of Your Other Hand: A Course in*  
*Channeling the Inner Wisdom of the Right Brain*  
Van Nuys, CA: Newcastle Publishing Co., 1988  
ISBN #: 0-87877-130-1

Dallett, Jane O.  
*When the Spirits Come Back*  
Toronto: Inner City Books, 1988  
ISBN #: 0-919123-32-5

Johnson, Catherine  
*When to Say Goodbye to Your Therapist*  
New York: Simon and Schuster, 1988  
ISBN #: 0-671-61888-1

Mason, L. John  
*Stress Passages:*  
*Surviving Life's Transitions Gracefully*  
Berkeley, CA: Celestial Arts, 1988  
ISBN #: 0-89087-489-1

Porter-Chase, Mary  
*Circle of Love: A Women's Unity Ritual*  
Cotati, CA: Samary Press, 1987

Acampora, Alfonso, and Nebelkopf, Ethan (Eds.)  
*Bridging Services: Proceedings of the 9th World*  
*Conference of Therapeutic Communities, Sept. 1-*  
*6, 1985*  
San Francisco, 1986

Afiel, Mandy, and Lakoff, Robin  
*When Talk Is Not Cheap,*  
*Or, How to Find the Right Therapist When You*  
*Don't Know Where to Begin*  
New York: Warner Books, Inc., 1985  
ISBN #: 0-446-51309-1

Mason, L. John  
*Guide to Stress Reduction*  
Berkeley, CA: Celestial Arts, 1985  
ISBN #: 0-89087-452-2

Alman, Isadora  
*Aural Sex and Verbal Intercourse*  
Burlingame, CA: Down There Press, 1984  
Alternative cataloging in publication data: 301.417  
or 61.6

Rogers, Natalie  
***Emerging Woman:***  
***A Decade of Midlife Transitions***  
 Point Reyes, CA: Personal Press, 1980  
 ISBN #: 0-9605634-0-7

Capacchione, Lucia  
***The Creative Journal: The Art of Finding Yourself***  
 Athens, OH: Ohio University Press, 1979  
 ISBN #: 0-8040-0798-5

Moustakas, Clark  
***Psychotherapy with Children***  
 New York: Harper Colophon Books, 1979  
 ISBN #: 0-06-090680-4

Moustakas, Clark  
***The Touch of Loneliness***  
 Englewood Cliffs, NJ: Prentice-Hall, 1975  
 ISBN #: 0-13-924688-6

Moustakas, Clark, and Perry, Cereta  
***Learning to Be Free***  
 Englewood Cliffs, NJ: Prentice-Hall, 1973  
 ISBN #: 0-13-527440-0

Moustakas, Clark  
***Loneliness and Love***  
 New York: Prentice-Hall Press, 1972  
 ISBN #: 0-13-540386-3

Moustakas, Clark  
***Teaching As Learning***  
 New York: Ballantine Books, 1972  
 SBN #: 345-02582-2-125

Moustakas, Clark, and Perry, Cereta  
***Creativity and Conformity***  
 New York: Van Nostrand Reinhold Company, 1967  
 ISBN #: 0-13-527440-0

Moustakas, Clark  
***The Child's Discovery of Himself***  
 New York: Ballantine Books, 1966  
 SBN #: 345-025801-5-125

Moustakas, Clark  
***The Authentic Teacher***  
 Cambridge, MA: Howard Doyle, 1966  
 Library of Congress #: 66-27546

Moustakas, Clark  
***Loneliness***  
 Englewood Cliffs, NJ: Prentice-Hall, 1961  
 Library of Congress #: 61-13531

## In a Nutshell . . .

Space permits us to give brief reviews of only a couple of books in each issue, so for no particular reason, we chose those below to highlight this time.

*10 Bad Choices that Ruin Black Women's Lives*, by Dr. Grace Cornish, sparkles with direct, down-to-earth, unashamed advice for the "six out of every ten black women [who] are either in bad relationships, share a man, or are celibate" (back cover). Cornish's analyses of situations that cause problems in black women's lives are simultaneously tough, sympathetic, and respectful, always focused on the importance of maintaining personal responsibility and treating oneself (and others) with honesty and compassion. The author illustrates the bad choices women keep making through case studies, interviews and letters of women who have shared the results of their own inadvertent self-sabotage, and never hesitates to expand her focus to reveal how individual choices accrete to influence the welfare of the group as a whole. Catchy titles, such as "No Money, No Honey," "Staying On, Although Respect Is Gone," and "Let's Lose the Rage and Find the Remedy" encapsulate the gist of the many points made, and encourage readers to approach serious and sometime scary topics: unplanned pregnancy, black male bisexuality, deliberate betrayal from other sisters, and lack of self-respect that leads to women marketing themselves as commodities to attract rich husbands instead of investing in themselves as worthwhile individuals in their own right. This bright, brave book directly addresses black women (and men), yet its striking balance of straight talk and subtle understanding makes it valuable for anyone else on the path of self-discovery and rewarding relationships.

Subtitled "A Compassionate Guide for Being Human," *Dr. Cat's Helping Handbook*, by Cat Saunders, Ph.D., is an ambitious volume that offers self-help skills to deal with addictions, make friends with yourself, access creativity, relate with respect, work with groups, and utilize meditation to help you on your path toward total awareness and acceptance of yourself, others, and the world. It provides thoughtful and provocative insights on the nature of compassion, probing beyond facile conventions to address subtleties that make the book's recommendations more meaningful. One example of this is the section on "The Dilemma of Forgiveness," in which the author points out that "although forgiveness can be a beautiful act of grace, it can sometimes contribute to denial. Instant forgiveness—without the necessary emotional work—may be a convenient way to side-step uncomfortable feelings." Instead of glib exhortations to practice forgiveness because failing to do so precludes true healing, the section explores the topics of abuse and forgiveness more deeply, and gently encourages the reader to find his or her own way of approaching personal hurts and healing, with the help of illuminating experiences from the author's life. One of the most gratifying aspects of this book is the scrupulous attention to both the emotional and cognitive concerns of the reader. Those whose reservations about the genre of self-help literature relate to its tendency to offer simplistic, superficial, and self-contradictory solutions will appreciate this author's skill in providing straight talk that respects the reader's need for intellectual coherence as well as emotional encouragement.

*It's U-Mail: A Lighthearted Guide for Developing and Enhancing Your Intuition*, by Linda Kanelakos Fike and Robert Stecker, promises "No hardware! No software! No on-line charges! Unlimited Access!" and delivers a highly visual and witty description of how best to use "the mail system of the universe," otherwise known as intuition and "gut feelings." The authors point out that "things don't have to be difficult or deep to make their point, to give their gift," and this slim volume proves them right by offering practical and subtle information via the amusing metaphor of high-tech computer language. They outline the hazards of ignoring our intuitive messages, and emphasize that "the quality and quantity of your downloads improve when you access your system regularly and go where your u-mails send you." In a world where many of us understand our computers better than ourselves, it's salutary to receive encouragement to listen to the voice within, complete with specific help messages on how to request, receive, and forward the messages that we need to hear more often.



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Rohnert Park, CA 94928

Address Service Requested

***The works of humans are transitory, while  
the fruits of their love linger forever.***  
- Mel Suhd

### **Sites to See—Web Sites Worth a Visit**

#### Venus Rising Receives Tides Grant

Congratulations are in order for Linda Star Wolf and her associates, whose training institute, Venus Rising, recently received a \$20,000 grant from the Tides Foundation on the recommendation of the Conscious Vision Fund. The grant was awarded to Venus Rising as an AIWP congregation. Shamanic Breathwork and Venus Rising ([www.shamanicbreathwork.com](http://www.shamanicbreathwork.com)) is the web-site for the Venus Rising Empowerment Institute, a nonprofit organization dedicated to healing and spiritual awakening. Venus Rising offers training, mentoring, and certifications in The Shamanic Breathwork™ Process, Shamanic Pastoral Counseling through AIWP, Shamanic Reiki, and Shamanic Astrology.

According to the web site, “The Shamanic Breathwork process begins by establishing a sacred space through various rituals and ceremonies such as smudging with sage, cedar and sweet grass while offering prayerful invocations. Individuals lie down and focus on surrendering to the healer (Shaman) within, calling upon that which is most sacred and holy to them, such as guides, power animals and higher power. The drumming then begins, which leads into a powerful musical journey varying in length from one to two hours. As the individual uses the power of deep connected breathing to create a natural altered dream-like state, the ego defenses are released and the journey unfolds in a variety of ways.”

#### Awakenings

Awakenings Institute for Holistic Studies of AIWP ([www.gettingthru.org/awaken](http://www.gettingthru.org/awaken)) is a nonprofit organization operated by Phillip and Jane Mountrose. Its goal is to help individuals to open to the soul’s divine purpose and release the blockages that prevent them from moving forward in their lives. Its holistic approach is the way of the future, integrating the body, emotions, mind, and spirit.

The Awakenings page of the GettingThru web site leads you to books and tapes issued through Holistic Communications; personal consultations on such topics as the use of clairvoyant skills along with whatever healing modalities are required to help you understand yourself better and to make profound changes in your life; classes and seminars (generally held in Arroyo Grande, California) and events held in other areas focusing on different aspects of their work and writings; free monthly e-mail newsletters; holistic healing resources (articles, recommended readings, and links to related sites); and the ministerial program for individuals who want to become ordained and do spiritual work with the support of AIWP. As practicing hypnoterapists, Reiki masters, and spiritual teachers, Phillip and Jane are ordained as ministers of holistic healing through AIWP, and are “pleased to be able to offer ordainment to others who are interested in practicing their religious freedom in a similar way.”