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World Congress on Psychology and Spirituality

World Congress on Psychology and Spirituality in Delhi, India, January 5-8, cosponsored by the Association for Transpersonal Psychology, Infinity Foundation, and Shruti Foundation, and inaugurated by Lama Samdhong Rinpoche, the Prime Minister of Tibet in exile, with keynotes by B. K. S. Iyengar and S. S. Ravi Shankar, now has some 400 people from 40 countries on six continents.

Hear presentations on Iranian Children's Conversations With God, Siberian and Mexican Shamanism, Spirituality in the Workplace, Vedic Fire Ritual for World Peace, Spirituality in Sexuality and Marriage, Holotropic Therapy Research, Unknown Tantra Mysteries, Spiritual Ecology, and 300 others.

This action-oriented, international networking event aims to foster global collaborations, demonstration projects, and co-authorships among its attendees. It is structured around the universality of the human lifespan itself, from youthful enthusiasm through the ages of family creation and into the elder years and the mystery of death. To create similar breadth within our community of participants, scholars in the fields of psychology, consciousness studies, Indic traditions, philosophy, medical and psychological clinicians, media and performance artists, and spiritual teachers from diverse traditions are invited to present a wide range of topics. More than 400 people are registered to join the creation of the World Congress from Brazil, Spain, Portugal, Italy, Belgium, France, Canada, The Netherlands, Russia, Norway, Czech Republic, Latvia, Estonia, Poland, Romania, Bulgaria, Iran, Slovenia, Sweden, Scotland, Switzerland, Austria, Japan, United Kingdom, Denmark, Germany, Korea, Malaysia, USA, India, Australia, New Zealand, New-South-Wales, Israel, Mali, Mozambique, Krygyzstan, South Africa, Venezuela.

With physicians, lawyers, artists, ecologists, scholars, gurus, journalists, students, therapists, engineers, corporate executives,

political leaders, yoga teachers, and prison reformers, the Congress has become a microcosm brimming with ideas to create world cultures of enlightenment whereby everything "works" and reaches toward the ideals everyone longs for—loving relationships, spiritually inspiring events, creatively effective methods of conflict/problem resolution in a just and sustainable world. Youngest attendees range from two years to fifteen and eldest to ninety-five.

Ways to Live the Congress: Find your team of international collaborators for your world-changing project—be open to a mystical experience that will transform your life—locate universities to create a student/faculty exchange program—make a contact who will translate your book into Japanese or Polish or Slovenian—find partners to create an international restorative justice tribunal—find partners to create an international emergency trauma therapy team—find producers for a global sacred music festival—find techies to create new virtual communities with you.

NEW: January 3-4, two-day Holotropic Breathwork session with Ingo Jahrsetz, Hans-Peter Weidinger, Anna Mauer, Patrick Baudin, and Bernadette Blinn. January 5 morning—the powerful preconference Yagya Meditation Fire Ritual at Surya Farms. There is still time to register. For details, see www.worldcongressps2008.org

STUART SOVATSKY,
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WorldCongressPS2008.
org](http://www.WorldCongressPS2008.org), [http://home.jps.
net/~stuartcs/about.html](http://home.jps.net/~stuartcs/about.html)



International Transpersonal Networking Meeting

At the Congress, there will be representatives from more than 20 of the 27 international transpersonal associations. An outcome from this meeting is expected to be the creation of a networking association to allow the international associations to share resources and maintain contacts and exchanges. Contact Coordinator David Lukoff at drlukoff@comcast.net

See www.WorldCongressPS2008.org for information and to register for this historic event and to meet Dr. R. Ganesh who awakened the Universal Mind and its near-infinite powers of intelligence and concentration, far beyond any meditation master known to the West. He taught himself 14 languages, wrote 17 books, mastered modern biology, chemistry, physics, computer science, ancient Sanskrit literatures and dramatic arts, and can carry on 100 conversations at the same time without losing his place. He shows us that meditation is far more than a "mind-emptying" practice.

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ATP and AHP Got Married in San Francisco

On August 16, 2007, the day before the start of the APA Meeting, there was a celebration of a new era of a reconnected ATP and AHP held at the California Institute of Integral Studies. David Lukoff, Co-president of ATP stated: "I view this event as critical to put these two movements back into alignment with each other. It will initiate a new era of cooperation and collaboration." AHP President Carroy U. "Cuf" Ferguson stated: "This was an important and significant historic event...in essence and spirit, a celebration of an enhanced reconnection of two sister organizations

that have inspired and nurtured so many in the exploration of and the evolution of Consciousness—the Association for Humanistic Psychology and the Association for Transpersonal Psychology."

Eugene Taylor gave a brief historical perspective on the relationship between humanistic and transpersonal psychology to initiate the evening of sharing of stories from the past 40 years by prominent "elders" from ATP and AHP, including Maureen O'Hara, Mike Arons, Eleanor Criswell, Tom Greening, Harris Friedman.

In addition to cosponsoring conferences, there is a new Joint

Professional ATP-AHP membership where the benefits of both organizations can be obtained for a considerably reduced rate of \$159.



AHP PRESIDENT CUF FERGUSON AND
ATP PRESIDENT DAVID LUKOFF

Scholars from Kyrgyzstan Participate in a Transpersonal International Exchange

The Institute of Transpersonal Psychology hosted a colloquium on October 23, 2007, entitled **Transpersonal Psychology in Central Asia: Searching between Spirituality and Science.** The new International Exchange and Learning Program is designed to increase the exchange of ideas and diverse perspectives among scholars in Transpersonal Psychology from around the world.

This inaugural event was led by Drs. Gulnara Aitpaeva and Elena Molchanova, both from Kyrgyzstan, who discussed their research on the ancient Kyrgyz tradition of worshipping at sacred sites. Interestingly, the stone structures

are reminiscent of the ancient European megaliths, and the rituals conducted there are a synthesis of Islamic and pagan worship. Dr. Aitpaeva observed, "A lot of pilgrims come to the sacred sites to experience surpassing the borders of individual consciousness." For her book, *Mazar Worship in Kyrgyzstan: Rituals and Practitioners in Talas*, Dr. Aitpaeva collaborated with local healers, ritual specialists, and clairvoyants to study Kyrgyz sacred spaces. The researchers found transpersonal psychology a paradigm that allows them to study their cultural heritage scientifically while still retaining the connections



KYRGYZSTAN VISITORS AT ITP: JAMAL GRANICK (ITP), DANIELA MAIFEI (ITP), GULNARA AITPAEVA (AIGINE), ELENA MOLCHANOVA (AIGINE), REGINA HESS (ITP), OLGA LOUCHAROVA (ITP), AIDA ALYMBAEVA

between national cultural heritage, epic poetry, and healing rituals.

Dr. Olga Louchakova, the International Exchange and Learning Program founder and director, and program coordinator Regina Hess, are very excited about this new initiative. Dr. Louchakova says of the new program, "We hope to become worldwide consultants in applying transpersonal psychology on a number of different levels. We look forward to hosting practitioners from all over the world."

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Evening Honoring Robert Frager's 50 Years in the Martial Arts

Robert Frager is a pioneering transpersonal psychologist who has served as president of ATP, co-founded the Institute for Transpersonal Psychology (which has been a major force in maintaining the academic rigor of the discipline), and has influenced the field through his incorporation of principles of Aikido into both theoretical and clinical applications. On November 2, the Institute of Transpersonal Psychology held a celebration of Robert Frager's 50 years in the martial arts. This is an account of that evening by Beth Cooper Tabakin, Ph.D., Vice-President of ATP.

Robert Frager is a special, enigmatic, and curious educator, martial artist author, and human being. Bob's interest in the martial arts and Japan began 50 years ago while studying Judo as a college freshman. Bob read a quote from O'Sensei that forever changed his life and those he has touched physically, spiritually, intellectually, and emotionally. "Wherever you are and whatever you are doing, nothing can compare to this, this is the ultimate dojo." He also said that "The Martial Arts Are Love." Bob recounted his initial experience of O'Sensei's dojo in Japan: "The more I was around him, the more extraordinary he appeared." This is quite a statement coming from a young, smart Harvard-trained psychologist. He asked himself, "What in all of my psychology studies helped me understand the human being?" He recalled that he thought that only Maslow was asking the right questions. Maslow went on to found the field of transpersonal

psychology, which may be described aptly by O'Sensei's statement, "You stand on the floating bridge between heaven and earth."

Aikido is a spiritual transformative art. O'Sensei set a standard for each person to set their own standard and to 'behave as if God was seeing you.' It is the quality of being with your partner. The quality of interaction, not how it looks. The goal is to hang in with your partner, neither too easy nor too hard, the real Aikido.

Bob asked O'Sensei, "What is the right attitude toward your partner



in Aikido?" He responded, "That of a parent to a child, loving and leading." He also told Bob that, "Whenever you teach Aikido, I'll be there." And so Bob added, "There was something about him that I fell in love with."

I first met Bob in San Jose, California, with Jack Wada and Steven Seagal at an Aikido Retreat in 1990. It was for me a gift that keeps on giving in ways that keep revealing themselves to me. Sensei Jack

Wada and I attended the celebration together. The following is a quote from Sensei Wada's blog ([/jack-wada.blogspot.com/](http://jack-wada.blogspot.com/)):

*July of 1990 we had a famous guest instructor at Aikido of San Jose at our old Japantown location. At that time Robert Frager and I were co-hosting a series of Aikido Summer workshops. Earlier in the year, when it came time to plan for the summer, Frager sensei asked me whom I'd like to have as a guest instructor for the Summer Seminar. Almost jokingly, I said 'Steven Seagal.' Seagal had already debuted in the film **Above the Law**. And earlier in the year he had hit number one in the charts for **Hard to Kill**. It seemed an impossibility, but Robert Frager peripherally knew a couple of people connected to him, so began a long period of tracing contacts.*

For a long period nothing seemed to be happening. We, of course, had made contingency plans in case we couldn't pull off this coup. Suddenly one night I got a call from Frager sensei. 'I just talked to Steven Seagal, and he confirmed for the Summer Seminar!' So this unlikely idea happened to have legs of its own after all.

Without Bob Frager, The Institute of Transpersonal (ITP) would not exist. At this event, looking around, my eyes filled with tears of gratitude, delight, and memories. "Your potential is not limited. If one sets one's mind to any goal and one works, you can get there." We have an art with such depth that we can study it for years without mastery. The learning is important. And so, ITP was conceived. Bob believed that he could start a school and include methods to help understand the human being.

For instance: Look at how you organize yourself to act. Don't just

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think about the whole body; think about the whole being, e.g., when educating a person's knee to move more productively, think about not only the knee, think about the ankle, hip, torso, etc., and think about why that person was in the place where he was in an accident. Think about the whole being. Bob Frager quoted Moshe Feldenkrais as saying, "Unless I can get people to laugh, I



can't get the change to work." It is critical that you get people to lighten and loosen up and change their self-image. Learning occurs through play and a sense of relaxation and safety. In that context, you can move into trial and error. Learning is different from performance. If you think in categories, you stop thinking.

Bob sensei's multimedia presentation included a live "demonstration" in the ITP dojo and a slide show from his personal collection of the last 50 years in the martial arts. Bob commented that he could feel O'Sensei's presence in the dojo, and during the evening it was obvious that we were in a true place of learning.

BETH COOPER TABAKIN, Ph.D., is a psychologist and Reiki Master in private practice in Marin, California, and founder of Life After Breakfast which incorporates a mind-body-spirit approach to healthy weight loss.

Stanislav Grof Receives Prestigious VISION 97 Award

Stanislav Grof, M.D., psychiatrist, author, consciousness researcher, and a pioneer in Transpersonal Psychology, was awarded the prestigious VISION 97 award granted by the Foundation of Dagmar and Vaclav Havel in Prague on October 5, 2007. They noted his contributions in exploring and mapping the deep regions of the human psyche as yet unrecognized by Western science. The foundation's philanthropic mission supports cultural and social projects and groundbreaking prototypes with the potential to bring meaningful change into the future. Former recipients of the annual VISION 97 award include: Karl Pribram, American neurosurgeon and thinker; Robert Reich, former US Secretary of Labor; psychologist Phillip G. Zimbardo; MIT professor of computer science and pioneer in Artificial Intelligence Joseph Weizenbaum; and semiotician and writer Umberto Eco. Vaclav Havel, writer, dramatist, and former Presi-



STAN GROF (LEFT)

dent of Czechoslovakia, describes the significance of this award: "It is given to thinkers, whose sci-

entific work returns science into the framework of general culture, transcends the dominant concepts of knowledge and being, reveals unknown, surprising, or overlooked connections, and touches in a new way the mysteries of the universe and of life. It is an Award by which we would like to bring to the attention of the public significant spiritual achievements, which do not meet the criteria of the established ways of exploring of reality." In his acceptance speech, Stan commented:

It seems that we are involved in a dramatic race for time, which has no parallel in human history. What is at stake is nothing less than the future of humanity and the fate of life on our planet. If we continue using the old strategies that have caused the current global crisis and which are in their consequences destructive and self-destructive, it might lead to annihilation of modern civilization and possibly even the human species. However, if sufficient number of people undergoes a process of inner psychospiritual transformation and attains a higher level of awareness, we might in the future reach a situation when we will deserve the name, which we have so proudly given to our species: homo sapiens. (Wikipedia: from Latin: "wise man" or "knowing man")

The awarding of this Prize is accompanied by other events, including interviews with representatives of the media and informal meetings with students and professors. The Award is a diploma and an exquisite work of art—a replica of the staff of Saint Adalbert. (ATP members can listen to presentations of Stan's at ATP and ITA conferences and see more photos from this event on atpweb.org).