

POP - CORNER

THE FIRST EVER PHASE ONE POP EXAMS

January 19, 1985. Sennhostr. 36. Zollikerberg, Switzerland. Avid falling snow and overcast skies, 6 bright-eyed and bushy-tailed students (that's right, no men) trudged up the stairs to Madeleine Ziegler's apartment, site of the first ever Phase One POP exams, and knocked each other over in their mad scramble to the bathroom. Upon arrival, however, they discovered to their dismay that their examiners had beaten them to it.

The prevailing mood in the house was one of panic. Many complexes were constellated. Not only were students being examined, but examiners were being examined by the innocent Beisitzers (exam bystanders).

The logical question, one would think, would have been, "Who's your examiner?" What turned out to be the question of the day was, "Who's your next Beisitzer?"

Whether student, examiner, or Beisitzer, all agreed upon the exceptional organization of Madeleine Ziegler, the hottest (and only) sensation in POP.

Some of the most exciting moments were the first ones: how would the exams be conducted? Some examiners walked in with impressive leather bound notebooks safely hid in a briefcase; others pulled crumpled notes out of their running shoes. Still others looked to their Beisitzers for feedback.

Students also had various methods of dealing with the trauma. One sauntered in three minutes late for her first exam and tripped over another student, white, trembling, and crumpled in the corridor.

The exams, nine half hour oral segments, took place over the course of two days in January of this year and in the words of one of the examiners, "represented the official birth of POP training program. I didn't know we were doing so much," he said, "By structuring and giving exams we discovered the boundaries of what we're doing."

For the most part, the examiners were impressed and satisfied with the students' knowledge. The examiners' styles differed greatly; some tended to ask for facts while others were more concerned with the relationship of that particular field to POP concepts. Still others were intent on challenging the student to think creatively under pressure.

"I was impressed with the level of students. I was asking for the relationship between several ideas and the student had to know the background," said one examiner. On the other hand, another examiner had a slightly different experience: "If anything was wrong with the student's knowledge, it could have been a two one-sided command of the particular field. In the future, I would demand the ability to look at the material from the field and from the standpoint of POP philosophy. I think the exams should test the student on the edge of what he knows."

Of course, what distinguished the POP exams from the exams of other institutions was the individuality and variety among both students and examiners. After the exams, one examiner confessed to having difficulty being an examiner. "I have a negative father complex," she said, "so I would like to be friendly and helpful. It's difficult for me to ask questions strictly." She went on to imagine what an exam could possibly be. "The exam should be like a gift...full of pleasure. You do the exams and have to show your gold and diamonds, all that you've done. You feel good afterwards, not because it's over, but because you had a chance to show all that you know."

From the feedback received, it turned out that the exams were a learning experience for all involved. The examiners were brought to their edges along with the students. One examiner admitted that "it was an identity crisis to examine and not be examined."

As the first examinations, there were many suggestions and criticisms offered about future exams. Most students

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and examiners agreed upon the need to abolish grades; pass/fail grades were voted in with a majority consensus for the future. Other suggestions were made. One examiner thought "each exam should be one hour, so that you can find out who the student really is." Students advised strongly working out any relationship problems with the examiner before the exams and getting clear on what is expected for the exam.

More time for preparation was a frequently heard comment by both students and examiners. For these transition students, the structure and content of the training program had only been recently formulated. They were faced with newly created requirements and the necessity of studying new knowledge independently. One practical solution for the future would be to have courses offered for all fields of study. Another suggestion was that the students who have already completed the exams could tutor new students in the material. "It's important to get feedback about your field," one examiner said, "and not be completed isolated while studying."

The problem of Beisitzers remains unsolved. For some they were a support, for others they were complex inducers. It was suggested at the post exam meeting that students who have passed Phase One exams be Beisitzers for the coming exams.

Despite differences of opinion and difficulties, all liked the spirit behind the exams. The relationship between examiners and students was loose, informal, and relaxed. As one examiner said, "What's special is this soup, sitting together, getting into fights, this is all where things come out." The same examiner poignantly remarked, "The students were well prepared, took it seriously, wore nice dresses and headbands, and brushed their teeth." What more could you want? **BY LOIS, JIMMY AND CLARK**

EDITORIAL

Uncle Joe's View from the Pits:
The Light Side of the Dark Side of Process Work

Well, another year's gone by, and a new crop of students is in the works. The first group has just completed their theoretical examinations, and are preparing for the practical exams in a year or two. So here are some mid-stream thoughts on how to get into the stream without getting your feet too wet.

One problem we always hear people griping about is accuracy. "What, you mean I got slugged by my analysis because I missed the fact that he scowled at me when I told him he was lazy?" is the type of question you hear again and again. Rather than preach to you, I thought I would give you some actual case examples from everyday practice and let you draw your own conclusions.

There was the case of Roland F., who is recovering nicely after surgery at the Zurich City Hospital to have his hands removed from the back of a client of his. He got so much into working with her cramped shoulder muscles that when she said, "But don't you think that two hours of this is enough?" he missed the fact that she was trying to change channels and talk to him. Well, Roland, some of us have to learn the hard way!

Sandra S. reluctantly reports the case of one of her clients, mayor of a small town near Bern, who came to her suffering from a bad case of acne. She got him to do active imagination with all 10,835 of his pimples, which he found, to his astonishment, all had individual personalities. At that point Sandy panicked, having never dealt with ten thousand dream figures simultaneously and advised him to give up actives and start using antibiotics and Clearasil. Well, his acne got up and left, but then they organized, all ten thousand of them, and got together a petition to get him ousted from office. So he was not only free of his acne, he was out of a job, too. And Sandy was out of a client. Better luck next time, Sandy.

And finally, Andre'R., a noted Swiss physicist and statistician, was able to drop us a line from the Bùrghölzli, where he is recovering nicely from his unfortunate case of catatonia. Seems Andre' heard about the I Ching from a friend and decided to try it. Three days later, when he hadn't shown up for work, a friend came by his apartment and found him sitting rigid and glassy-eyed in front of a sheet of paper with the hexagram for "The Creative" with all changing lines written 512 times on a piece of paper. Seems Andre didn't notice that some trickster had slipped him a set of two-headed pennies.

Well, that's all for now. If you want to save yourself a lot of pain and sorrow, keep your eyes and ears open, and keep reading Uncle Joe.

INTERVIEW WITH ARNY MINDELL

For this issue the Popcorner has interviewed Arny Mindell, serving his third term as President of POP.

Popcorner: In which direction do you see POP heading; is it going as you thought it would?

Arny: I thought it would crumble in a week. No organization I've ever seen works well. I'm nervous about it; I'm concerned. I find myself not wanting to spend any time thinking about it because I'm busy with everything else and at the same time I need to think about it. I'm nervous about not spending enough energy studying the extraverted situation, because my

experience with all the institutions that I've ever come across is that nobody ever wants to spend any energy on the extraversion and as a result, all the organizations I know about are falling to pieces or else there's so much conflict that nothing gets accomplished.

I also see us being in the middle of becoming an international organization.

PC: What do you mean by international?

A: An international POP.

PC: You mean that there are also students and grandfathers in the States?

A: Yes, and part of the Zurich rules for attendance, that you have to be at two out of three meetings, has been changed so that one of those three meetings can take place anywhere in the world. And that will encourage people to take part in other people's meetings. This will be coming up at the next meeting. And in that way, hopefully, people from Zurich won't hate people from Denver and stuff like that.

You can remain a POP member of the Zurich group by going to one here and one there. The point is that that's how POP is growing; that the groups don't hate each other.

PC: That leads into my next question. In what fundamental ways is POP different from other institutions and what built in securities does POP have that prevent it from being like other institutions?

A: Every institution that I've been in has structures in it that forbid communication between the hierarchical levels. The

president is not allowed to communicate with the board of trustees or the students. The structure inhibits communication and therefore, parts split off like body parts and get into all sorts of trouble. What is different in POP is anyone can come to any meeting he or she wants. If the student doesn't like the executive committee he can come and tell them that they're all full of junk.

PC: Do you see that these will become like laws written into POP so that after you're gone, or we are all gone, POP can still continue the way it is?

A: Well, it may be that people in the future are more conventional and want the hierarchy back.

I firmly hope not, but I would never say that it has to stay the way it is. People can change it and ruin it in my opinion.

PC: So you don't care what happens to POP in the future?

A: No, I do, but if it were to turn into a hierarchical system, I myself would have trouble belonging to it. But, I want it to have the freedom to go in whatever way it has to go.

PC: What do you see as being your role in POP in the future?

A: Next year I'm stepping out of the presidency. It takes too much time and other people can do it just as well.

PC: What does it involve to be President of POP?

A: It means that everyone is asking you questions all the time and you've got to deal with all sorts of stuff like the foreign police, and being in twenty places at once. I'm so rushed that I'm having trouble doing it. I've liked it, though. I've had to be in the role of arbitrator to get things started. I needed to get the grandfathers started and now I can let life take its own course.

PC: What do you see as the role of POP in the city of Zurich?

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← INTERVIEW CONTINUED →

A: That's an embarrassing question! We have to wait a minute with that one. First, the role that it plays in Zurich I've tried to keep down to zero so that its existence doesn't arouse antagonism. And I hope that its role in Zurich will be to encourage other institutions to join together.

PC: You mean other institutions to join with POP?

A: Definitely.

PC: How do you see other institutions joining POP; what do you mean?

A: Well, for instance, some institutions give better physics courses than the ones offered in POP. Other institutions offer better fairy tale courses than the ones offered in POP. In my opinion, POP's role is to help other institutions work together.

PC: What effect does POP have on the people of Zurich? Do you see a political influence of POP?

A: Well, now it's connected to the Social Services of the City of Zurich. (Arny has been presently involved in supervision work at the Social Service department of the City of Zurich - eds.)

PC: What do you see as POP's role in the world at large?

A: That's an interesting question! Well, there's POP as an organization and POP as an idea. I have to differentiate them. The ideas and concepts in POP will have an influence like any paradigm does upon the environment; people accept them or reject them. As for POP the organization, if it's able to follow the process concept, it will lead to making more trouble in the world and thereby heal the splits that exist. If it works.

PC: Can you imagine countries being governed in a process oriented way?

A: I can. I can imagine that! It would mean that you no longer think that one party is always right; but that now one party has a right to govern and be right, and then the other party would have its turn to say something and be right. No leader would belong to a party, he would be partyless.

PC: How would the process concept work with all the rich and poor people in the world?

A: Good question. It comes right from the dream I had last night. I dreamed I had discovered something that would make world peace. That was the dream. But before we have world peace, people first have to have the chance to conflict.

PC: What is the role of POP in the larger paradigm changes that are happening in the sciences?

A: Well the first thing I think of is that physics, which is the center of the hard core sciences, has never studied the observer before. One of the central concepts behind process work is that the observer is aware of himself and how he is observing. So physics is stuck at that point; but process work and Buddhism and meditation systems can help physics a lot. The physicist is still the standard quantum mechanic. The observer is considered something like a microscope without a mental state. The mental states of the observer don't come into the equations of quantum mechanics. The mental states can be measured but first you have to know what channel the observer is working in. So, if he's propriocepting quantum mechanics then you have to have another measurement system.

PC: This brings me to another question. What is POP's contribution to medicine?

A: POP's contribution to medicine, according to one of the heads of the holistic health services in the States, is that POP is to medicine what relativity is to physics. Process concepts bring in the possibility of seeing what you're doing relativistically; Causality is only one small part of a larger chain of things. How much people are going to pick that up remains to be seen.

PC: We just finished up the first exams, and the focus of POP now is on the training program, how do you see that affecting POP?

A: Well, the training itself is research for me. Training is not different from research. What a psychologist is, is a research problem, I'm researching that; I don't know what a psychologist is. We're defining it. For example, at the next general assembly, we're going to be discussing the reasons for using meditation as an examination. So I see the two things as being very together, as soon as they stop being together I'd fall asleep. Everybody else would, too. Everybody else does. Now we're in the middle of discovering something, that's why we're all excited. If it ever stops, that's the end of that.

PC: Do you see a student of POP as different in any way from students of other institutions?

A: A POP student has to have more science and more scientific thinking than the average psychology student,

and they also have to be more irrational than the other student. One characteristic of the beginning POP students is that they're more radical than students any place else. They're more willing to take chances and study unusual things.

It attracts people who are interested in new things. It's also a great advantage that POP students are not primarily professional people, that means that they're testing, they're more rambunctious than other kinds of students. They've got bigger mouths, they say more, and they're more disgusting and much more interesting and sexier as a result. Nobody has debated with me about exams at the other places I've given them.

PC: What areas of research do you think are badly in need of attention?

A: Psychiatry is still at the very beginning, it's like in the dark ages. Meditation is still full of hypnotism. Meditation teachers are major hypnotists. They don't tell people why they're doing what they're doing, they just say, believe me. Every place I look, there are a lot of research areas. The whole area of the psychology of organizations is not well worked out. The relationship between psychological changes and biochemistry needs to be known. A thoroughgoing study of philosophies behind psychology has not been done.

PC: Do you think it's possible for a beginning student in the United States to get the necessary training for the POP program, or do you think he has to come to Zurich?

A: Right now the most rigorous program is in Zurich and the programs in the United States are just on the verge of beginning. So if somebody wants a very rigorous training, he's better off doing it in Zurich. But there is also a whole bunch of people here in Zurich who want to get more training in the States. In the moment, though, the most rigorous program is here in Zurich.

PC: At the first POP meeting, we threw the I Ching and got the hexagram, Working On What Has Been Spoiled. Do you see that as having been done?

A: Well, in that hexagram it says work on what has been spoiled by the mother and what has been spoiled by the father, and what has been spoiled by the parents differently is laziness. People get lazy and lose courage to do anything. That's what we've been working on, courage and laziness.

The interpersonal communication system going on now in POP is very good, in the moment it's super and getting better, though I can't explain to you why.



FEEDBACK

From Ernst Keller:

I will offer a basic course on anatomy, physiology, main diseases and their treatment, as seen by (traditional) Western medicine. This course is intended for POP students (where such knowledge is required for the phase I exams) as well as for everybody interested in these topics.

I will be responsible for the morning and afternoon lecture. In the evening we will sit together and discuss how the medical and the POP approach to body phenomena and symptoms relate, where (and why) they differ, whether and how these differences should/could be overcome, how process work can be done in medicine, how medical knowledge can help the psychologist, and...and... To try out the idea of this course, we will meet for the first time on Saturday, March 16, 1985 at 10:45 at my practise in Bern (Quartiergasse 5, 3013 Bern). The topic for the first day is "Heart and Circulation." The cost is 40. frs.

For further information, questions, suggestions (and also if you are not able to come), contact Ernst Keller, Spitalackerstr. 70, 3013 Bern. Tel. 031 42 54 57. Thanks.

From Barbara Croci:

Yoga and Meditation

This course meets on either Tuesday or Wednesday evening from 19:45 to 21:45 or longer. Description: Process oriented yoga for 1 1/2 hours. Afterwards for about 1/2 hour or longer (for those who wish), we do process oriented meditation. This evening is committed to learning to work with yourself with body positions, slow movement (meditative dance) and sitting meditation. You learn to be aware of which channel you are in and you learn to work on your "edges" alone without a therapist.

So far altered states have been happening in this course. X stood on her head for the first time and something in her stomach area unlocked itself. Another altered state occurred when Y observed very

carefully the flow of her respiration during the yoga positions. And another important happening was when Z's arms started to move by themselves during the sitting meditation. It looked wonderful.

Supervision Group

This class will also occur on either a Tuesday or Wednesday evening from 19:45 to about 22:00. We are six women including me. This composition of the group is fairly new, so we have to get to know each other better as therapist and "clients." This group is interested in learning lots of theoretical stuff. Last time we talked for two hours about the evening before. I'm excited about all the brainstorming. To supervise is quite new for me and I have to find out how to do that best, but as the group is small I hope to be able to fulfill the individual needs and interests.

What's happened lately? 3

therapists tried their best on the client. The client was happy with the result, but the therapists got angry at each other.

Conclusion:

Operation: succeeded
Therapists: dead

From Gisela Audergon:

I'm giving a course on Comparative Psychology in German. We are studying the various psychotherapeutical schools and comparing their methods and theories to POP theory. We meet once a month on a Thursday afternoon and discuss the literature that we've read at home. Entries for the course are still accepted. For further information please contact me at Tel. 865 47 06.

From Ursula Hohler:

When I first offered a course on fairy tales only one person from POP really came and got ill after one evening. I was very sad and frustrated and furious, too. I needed some time to lick my wounds.

Yet, I am still convinced that a profound knowledge of myths and fairy tales is a great help to any psychologist and that this is what I can contribute to the POP Training Program.

So there are new courses, both taking place in April and May in Zurich: a German course about the Gilgamesch-Epos, which is one of the oldest myths of humanity, telling about the deeds of the hero Gilgamesch and his dark friend Enkidu. I'm also offering an English course about the Trickster and how he appears in the Winnebago Trickster Myth, as written down by Paul Radin.

Everybody who is willing to read the mythological texts and to pay 80 francs is kindly invited.

From Jean Claude Audergon:

I'm giving a course on Comparative Psychology and its basic elements, in English. For further information contact me at Tel. 865 47 06.

About Max Schuepbach's Seminars:

Max Schuepbach's Supervision Seminar is a lot of fun. It's mostly full of beginners, and takes place in German. Max also gave a great Supervision Weekend.

From Joe Goodbread:

My ongoing Supervision Group goes on. For Uncle Joe's answer to the Karate Kid and other goodies call 241 09 59.

Report from Arny Mindell's Seminars:

Borderline States

Has continued from last year and is finished for this semester. It will probably continue again next year. Arny's work with the social services of Zurich continues to provide exciting and radical new ideas about psychiatry.

POP Exam Class

This is a new seminar meeting once every few weeks and is designed as an adjunct to the training program. Great for both students and examiners.

Meditation Weekend Rigi, December, 1984

No one knows what happened because everyone's eyes were closed.

Supervision Seminar Tschier, October, 1984

Ask the computer what happened. On second thought... don't ask.

Movement Seminar Tschier, October, 1984

We walked, swung, jumped, flew, fell, licked, kicked and cried. And that was only breakfast. Strange noises were heard around the clock.

Meditation Seminar Tschier, March, 1985

Devoted to learning basic meditation techniques, testing known ones and comparing process meditation ideas to existing meditation theories.

Deep Body Work and Religious Experience Tschier, April, 1985

We will investigate the relationship between body work and resulting religious experiences. Focus also on training advanced students in deep body work.

Movement Seminar Tschier, April, 1985

Extension of first movement seminar from last October. Focus is on the movement channel and deep body work.

ASTROSCOPE

Dear friends,

To be an up to date research society is not the only reason to ask the astrologer, "What do the stars say about POP?"

While developing a wide spectrum approach to individual and collective processes, Process Oriented Psychology also includes research on the oldest unifying concept of the synchronistic relationship between cosmic and human paradigms.

Some of the POP'ers have been eagerly asking questions: here is my attempt to answer some of them. This astrologically quite traditional approach should just be a beginning. For more process oriented investigations, please send me feedback about the following questions: How do you experience POP as a society and how do you feel as a POP member? What is your relationship to other POP members like? What are your expectations of POP, for you personally and for the world? What would you like to contribute to society? I would also be interested in your dreams and shadow stories about POP. Next time I'll try to bring together your material with my and others' knowledge of astrology.

Question: What is the general pattern in POP's process?
 Answer: The ascendant shows first the persona of the society in the beginning of its life: Virgo stands for clear headed, analytical, and critical attitudes toward the world. Later on, in a more conscious phase of development, the ascendant would show a life long assignment. Virgo could mean to use those qualities to serve the world with a highly differentiated tool in the

social field. (I swear I would say the same thing if the chart belonged to an oil sheik!)!

The inner dispositions are apparent in the positions of the planets (as basic functions), in the signs (as the quality of the functions), and in the houses (the field of daily life). The most striking pattern is the polarisation of the Sun together with Mercury in Aquarius in the sixth house, and moon in Leo almost in the twelfth house. This means that the central, organizing conscious identity, the hero, together with the analytical thinking function tends to build new scientific and philosophical models for mankind in which all human beings could become conscious individuals in a world family. With these demanding models the hero wants to go directly to the practical field of work where help is really needed. Yet at the other end of the polarity sits the feeling function, the mother/child archetype, the link to the unconscious (Moon in Leo). Needing to develop a strong ego power with the cheerful, vital charm of the narcissistic infant (and therefore criticized by the busy and clear headed hero) the child continuously reminds the latter not to loose his beginner's mind.

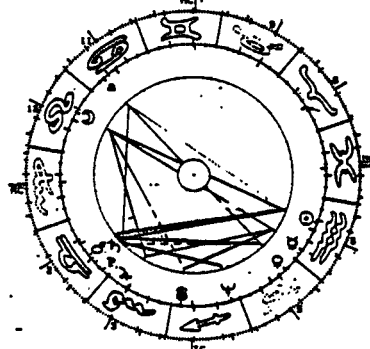
The personal, vegetative process longs for a regular opportunity of retreat where all modes of self expression and creativity may be explored. It might appear very unconventional sometimes to combine the permission to pronounce a self confident "I am" with a humble religious search for eternal values. A careful investigation of Virgo and Aquarius could go on for another twenty pages...but there are more questions.
 Question: What can you tell us about the relationship of POP to the world and the relationships with hin POP?
 Answer: In addition to the above, there is a tendency to always be intellectually interested in societal problems and ready to help with an egoless conviction. Thus, at first sight, the world will probably not meet personal feelings and now and then be critical of the dry, functional attitude.

Within POP itself, the polarisation of abstract thinking and feeling (or, seen in personal relationships as egoless friendships and personal love) will probably cause some painful conflicts. But because both are interested in exploring the depths of the collective unconscious (Uranus the searcher and Neptune the mediumistic mystic in the fourth house of the collective unconscious) they will sooner or later meet there and find unconventional and even unexpected solutions. It's self evident that these tensions and solutions will stimulate internal and external activities if POP will be able to work on itself

as it suggests others do. (Wow let's hope for the best!).

Working on relationship problems and bodywork in a very deep and enduring way could form the inner and outer substance and value of the society itself. (Mars: the doer; Saturn: endurance, security, body consciousness; Pluto: deep transformation energy; all in conjunction in Libra (relationship) in the second house of values and energy resources.)
 Question: Dear Astrologer, you seem to be polarized yourself in going into every detail! So given the limited space and the fact that this was originally meant to be entertaining and amusing, we haven't any more room for our

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questions, and above all, we want to go dancing and have some fun....thank you all the same.

(Now that my audience has left, I'll talk to myself: If they only knew how this year's horoscope fits amazingly to the native chart of POP! All planets (functions) are in the signs (themes) of individuation. But they don't tend to go to lonely heights of authority. Rather, they seem to extravert directly to the world as a relationship partner, so much in fact that one could be afraid that POP forgets to seek retreat for a solid foundation in spiritual values....So now I want to go for a retreat: Shall I dance in a disco or meditate in my chamber? Or dance in my chamber and meditate in the disco? Have any guesses? Bye, see you

Urs Büttikofer

Thanks to Viktoria Hermann
 Dawn Menken
 Kathy Ziegler
 for helpful phone calls.



NAME: ...	DATE: ...	ASTROLOGER: ...
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Dear Fellow PoPpers,

Once more in Switzerland after 10 years. Only this time not as a matriculated auditor at the Jung Institute. After earning my doctorate in the States, I worked for 5 years as a clinical psychologist in community mental health centers, a psychiatric hospital, and (concurrently) in private practise; got

licensed, certified, and National Register-ed; and became a Master Programmer in neurolinguistic programming. Meanwhile I kept in touch with Arny, started attending workshops in the U.S. and finally made the big transition back.

So far, 2 days. I am delighted with what I have seen of POP and look forward to meeting and working with more of you. (Schwyzerdütsch und Hochdeutsch rede ich uebrigens auch).

See you,
Kathy Ziegler

Dear Popcorner,

There is an article in the November 1984 issue of Ms. Magazine on using intuition as a job skill. The Myers Briggs function type test is mentioned.

Sincerely,
Anne Bosch

Larry Bearg writes from San Francisco:

SAM SPADE(MAN) PROCESS
DETECTIVE Part I

After consuming my eighth MacDonald's Quarter Pounder (what in the Swiss Canton of Zurich they call Cheeseburger Royal, named after the Queen of course), I decided it was time to go to work. I already knew I was in danger having spent this much time in the Mission, the ancient Latin quarter of the city, a place teeming with dark-skinned bodies and the sound of foreign tongues from far off lands. A white man didn't come here unless he had to. And I didn't want to stay any longer than necessary.

I glanced up from my pile of styrofoam boxes and an inexorable rumble rose up from my gut.

"POP," I belched subversively.

A strange man turned to me and stared. I returned his look, but he continued to gaze.

"What ya starin' at pal;" I sneered. (This is America, remember.)

"I wanna be your analysand," he said quietly, but with unsuspecting force.

VOICES OF POP

I turned to face him. He was short and sallow looking, with a pencil thin scar running down his left cheek. Could this be my man, I thought? No, it's too easy. There must be a catch. I sized him up and then popped the question:

"Did Arny send you?"

Before he could answer, there was a sudden thud. His mouth flew open and a strange look crossed his face.

"Number 49 changing to 63," he said, and then toppled over, a long evil looking dream protruding from his back. I caught him as he fell and he smiled. I looked around hoping to catch a glimpse of the murderous dream thrower, but all I could see was a family of twelve sharing a Big Mac for dinner. I left him where he had fallen and dashed out to the street. There was nothing. Nothing. Already a throng of people were crowding the sidewalk, craning their necks to get a look at the mess. I searched the faces for a sign, anything...Then I saw it. It had to be. The double signals were unmistakable. He was looking around nervously, one hand clenching the other, while his left foot was unconsciously tapping, tapping, tapping.

Our eyes met and he froze. I went for my spirit catcher

but he was too fast for me. Before you could say "synchronicity" he had thrown the biggest beartrap at me I had ever seen. I went down flailing, but it was no use. The thing was sticking to me like glue. I couldn't even see to get the damn thing undone. I collapsed in a heap, swearing under my breath that I should've taken that job as a rock 'n' roll star when I'd had the chance.

From Kathleen Corr, a Californian Poppy:

America. Violence. Scared to eat in public places, I might get shot. There's someone crazy wanting to talk. TV wherever you go, people dozing into dreams via those orange and blue electronic vibes. When I first returned there after many hours of analysis, seminars, and the relative silence of Zuerich, I found myself feeling alien and withdrawn. Then I started fighting with everyone of my friends. No one knew what I meant when I said process work or, "I am noticing a double signal." So in my efforts to survive I worked on myself alone, often going over and over my hours of analysis. I remembered Arny saying we could learn to work on ourselves. My process took me to America to become a doctor. But for twelve days I'm back in Zuerich. Tonight my friends are putting together PopCorner and I just wanted to reconnect and groove on how we've all grown. Apparently America has been dreaming. Almost ready for POP; amazing.



"See, you're all grown up now. You owe me two hundred and fourteen thousand dollars."

POST-GRADUATION RITUAL

GRANDFATHERS

- Audergon, Jean Claude
- Audergon, Gisela
- Bez, Ursula
- Buettikofer, Urs
- Croci, Barbara
- Funkhouser, Art
- Goodbread, Joe
- Hermann, Viktoria
- Hohler, Ursula
- Mindell, Arny
- Ruppen, Rene
- Schuepbach, Debbie
- Schuepbach, Max
- Ziegler, Madeleine

STUDENTS

- Diamond, Julie
- Dworkin, Jan
- Kaplan, Amy
- Menken, Dawn
- Spring, Suzanne
- Straub, Sonja
- Bass, Dee
- Bearg, Larry
- Brooks, Ruby
- Hauser, Reini
- Hug, Ingrid
- Jakob, Peter
- Keller, Ernst
- Kruger, Chuck
- Leber-Moll, Marianne
- Loosli, Ursula
- Ouvry, Martie
- Schindler, Edith
- Schweizer, Ruth
- Zuest, Regula

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RESEARCH EXCHANGE

The Research Corner

In view of the fact that we are primarily a Research Society, we will be printing informal reviews of projects which some of our members are working on. Here are some abstracts received up to our publication deadline:

From Joe Goodbread:

I'm doing research on analyzing the structure of psychological process. In particular, I'm trying to pin down formal similarities between processes which we intuit to be similar, such as childhood dreams and chronic physical symptoms. Another thing I'm involved in is trying to find out what it takes to teach people to do process work in the most fluid possible way. Among other things, I'm trying to find out how to create a situation in which people aren't afraid of making "mistakes" in supervision work.

From Anne Bosch:

Current Research:
French medical and philosophical comment on déjà vu phenomena, 19th century.

The religious and social role of the blacksmith: working title, Lizarbeit.

From Arny Mindell:

I am in the middle of doing research into meditation and relativizing Eastern and Western procedures, trying to make them more useful for people interested in self discovery. I'm also involved in a long term psychiatry research program, collecting case material and attempting to apply POP principles to psychotic states. I am also involved in research into movement and to religious experiences connected with movement and body work in general. That I think is enough for the next 20 years.

From Deanna Bass:

I am researching blocks in athletic movement, studying the body and dreaming process surrounding blocks and how they relate to every day life. Interested? Call me at 910.53.34 for an appointment.

From Urs Buettikofer:

By investigating the relationship between astrology and process oriented psychology one should consider how these two concepts confirm or exclude one another. Could astrology, through its overall structure, show to the process oriented psychologist the links of different parts of processes and systems and by that inspire him to more precise and differentiated starting points in his investigations of the various levels of consciousness? Or could on the other hand the process oriented psychologist show to the astrologer how he could deal directly with the empirical reality? How in astrological counseling for instance, could he support the client to unfold what he is in that very moment concerned about, and thus experience in himself what is represented in the abstract structure of his chart?

REAL NEEDS

MASSIVE SUMMER SALE Everything from desks, chairs, bookshelves, rugs and closets to a stereo system, skis, and many other good things. All in excellent condition at good prices. Over 50 items to sell. Come on by on Saturday, June 8, 1985 from 9:00 to 19:00. Adam Zwig, Froehlichstr. 38 8008 Zuerich

I AM currently working on my Master's Thesis which will focus on process oriented movement work. In order to research this topic and acquire case material I would like to work with people on their specific concerns about their own movement processes. If you are interested please call Amy Kaplan at 42.81.72. I am also interested in beginning to work with children either privately or in a clinic. Any leads? Thanks.

FOR SALE 1 desk, 1 clothes closet (Kleider Schrank), adjustable white metallic book shelves, assorted rugs, pillows, kitchen items. Good buys.....Good bye
Call Jan Dworkin 44.37.50.

FOR SALE Traditional Standing Swedish Loom (for picture weaving) 1 meter wide. Interested? Call Debbie Schuepbach: evenings: 052/22.92.12. days: 052/33.22.91.

DEE'S NEEDS

1. Wanted: used vacuum cleaner and used toaster oven or toaster.
2. By appointment only, therapeutic and process oriented massage. 80 Fr/hr. adjusted rates for less than 1 hr. Working therapeutically with the muscles including accupresure and foot reflexology, working with the energy field for relaxation. Also processing dream material as it may come up. Complete therapeutic massage takes one hour, back massage approx. 45 min.
3. Wanted: Someone w/gardening skills and experience to share knowledge and/or work time in my garden in exchange for produce from my garden- For all of the above, call Dee Bass at 910.53.34.

POP NEEDS POP is trying to establish a library of original works. Please contribute your theses, dissertations, Liz Arbeits, manuscripts or books. Send them to Joe Goodbread, c/o POP. Postfach 205 CH 8029 ZH

RESEARCH EXCHANGE Send all ideas or summaries of topics to Joe Goodbread at the above address.

THE POPCORNER requests American friends and colleagues to introduce yourselves. We want to know who you are. Send all letters, articles, research ideas, feedback from seminars to Dawn Menken at Hopfenstr. 19 8045 Zuerich.

The DARK Side of Research



"Oh, for heaven's sake, Jackson, stop blabbering. You know this job was dangerous when you took it."

DREAMS DREAMS

SEMINARS IN AMERICA

Hello! How is your dream-life?

I was very glad to receive four exam-dreams from people who were taking the first POP-exams in January. They are so impressing that I just put them here as they are:

I was visiting a family I had known as a young girl, good friends of the family. The family's hobby and favorite pasttime was to have intellectual debate and discussion. They loved to argue and prove each other wrong and prove how intelligent they were - But the family had a new member, a young girl who was so shy and withdrawn that she was practically autistic. She hid behind her mother and refused to take part in the debates, in fact, she hated them. I looked at this young girl and felt sorry for her. I thought to myself that this family needed to integrate the daughter.

The night before the first exam I dreamt that all the people from the exams were at a big seminar and we were getting ready to leave Tschier (were the seminar was). The man who owned the house was coming to inspect it so we could leave. I was shocked, because no one was ready, the house was a mess, nobody had their things together, even Army. I was also surprised because I was actually ready, more than most people, and was just putting some books in my bag.

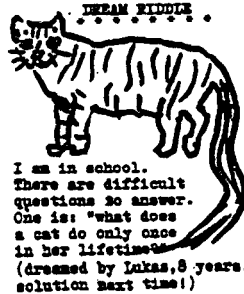
A big fat, heavy goose and a seagull are facing each other in combat. The question is - will the seagull win because it is light and can fly or will the goose win because it is quick and will catch the seagull before it can move?

I had bragged to everyone that I was simultaneously completing POP studies, Jung Institute and University exams. I was doing everything at once and doing the hardest thing possible. But then I realized that the semester had already started and that I hadn't even begun to study yet. I was in a panic and feared that I would fail it all because it was too much for me. But I had committed myself to completing it all, primarily because I had told everyone about it. Then, I realized that X had been in the cellar the whole time, studying away very diligently and with absolute intent and passion. But she hadn't told anyone what she was doing, it was only for herself. I was jealous 'cause I felt that she was the one really learning.

A big THANK YOU to the dreamers for entrusting us their dreams!

A dreamer in the midst of an exam period saw the following inscription in her dream:

Dumm
Dummer
Am Besten



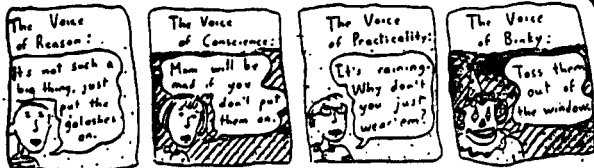
The answer in the boys dream was: to get born on this earth. Grown ups seem to have other points of view - here are the answers I got out of POP:
- to get deflorated
- to die

THE CITY SHADOW

1. The Gods are still here
2. Sex, lounge chairs and relaxation are important
3. Altered states and trances belong in the world.

solution

IN A QUANDARY



The last exam dream with the candidate studying in the cellar reminds me of a discussion I had with Max about the motif of being enclosed or enprisoned as a necessity the dreamer has to accept. Jung had such a dream, too: about being enclosed in a library with alchemistic books (he didn't know that yet, when he had the dream) without a possibility to escape. Did you have such dreams? Please send them to me: Ursula Hohler, Gubelstr. 49, 8050 Zurich, Switzerland. greetings Ursula



Max's Loveline

HAVING LOVE PROBLEMS? HAVING HATE PROBLEMS? ARE YOU SEXUALLY DEPRIVED? LET MAX HELP YOU OUT. WRITE TO MAX SCHUEPBACH Grossmannstr. 31, 8049 Zurich.

Dear Max,

I'm in love with my analyst but he doesn't notice me. What should I do?
Signed,
Goo-goo eyes

Dear Goo-goo eyes,
Leave him; he'll notice you for sure.

Dear Max,

Where can I find a karate master like the one in the Karate Kid?

ARRIVED IN THE SAME MAIL:

Dear Max,

Where can I find a student like the one in the Karate Kid?
Signed,
A Karate Master

Dear Max,

I'm in love with a horse called Mr. Ed. Can you help me???
Signed,
Horselips

Dear Horselips,

This is a serious love problem column. I'm not sure if this is a joke, dear Horselips. If it is not and the problem is pressing, please write again, I'll write back to you personally.



READER CONTRIBUTION
PLEASE SEND YOUR CONTRIBUTIONS TO DAWN MENKEN, HOPFENSTRASSE 14, 8045 ZÜRICH SWITZERLAND.

SYMPTOMS CORNER

HAVING BODY PROBLEMS? DR. MINDELL HAS SEEN IT ALL. FROM HEMORRHOIDS TO HEADACHES TO HAIRY GROWTHS, DR. MINDELL HAS THE ANSWER. WRITE TO DR. MINDELL c/o NEWSLETTER

Dear Symptom Reliever,

I'm depressed and can't get out of bed in the morning. My body feels like lead. Life has no meaning anymore. What should I do?
Signed,
Lifeless

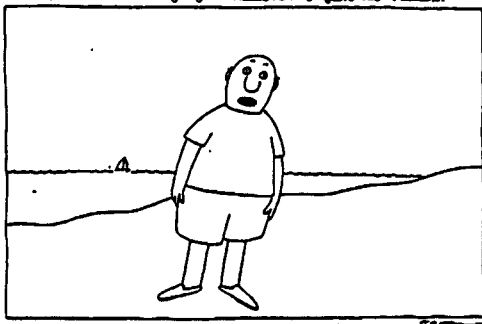
Dear Lifeless,

Try drinking.

THIS ISSUE OF POPCORNER WAS BROUGHT TO YOU IN PLEASURE. THE LAST ISSUE WAS BROUGHT TO YOU IN PAIN. WE HOPE IT'S JUST AS GOOD. THANKS!

Jan Borkin
Dawn Menken
Jude Diane

On the third day of vacation I began to relax.



IGNORE THIS SPACE

