

POP - CORNER

CROSSING THE GREAT WATERS...

The official establishment of a POP in America has generated a lot of excitement. The need for more seminars and training in the States has grown and instructors in Zürich are organizing seminars to meet this need. This past summer many of the people from Zurich attended or offered American seminars and met their colleagues in the States.

Among the Grandparents from Zurich who have been offering seminars in the States is Jean-Claude Audergon. He was a little tired and recovering from jet-lag from his recent trip to the States when I spoke to him about his seminars. He said they were great. "I loved the enthusiasm of the people and their eagerness to learn. I really love the people there. They have a great spirit of adventure and really try to learn and find things out." I asked him what his impressions of America were, as a Swiss. "I felt at home. I liked the vastness of the country. Switzerland is very introverted in contrast to the extroversion in America. When I was in America I looked for the Switzerland within the States, and when I am in Switzerland I miss the extroversion of America. I just want to go back." was his final comment.

Joe Goodbread was also very enthusiastic about the people in the States he met this summer. He felt the people were hungry for training and he enjoys going to the States for this reason.

"I had a terrific reception this summer and I am also learning a lot," he said. "I got a chance to work at a prison in Massachusetts, a mental hospital in New Hampshire and the Gay Men's Health Clinic in New York City. I got a chance to work with a great variety of people who I ordinarily don't get a chance to see and this has given me the impulse to start new research projects." Joe

is going back to the States in February 1986 and will be offering the following workshops. The weekend of the 21st of February in the Connecticut-New York area he will offer a workshop on Childhood Dreams and Individuation. Directly following this workshop he will give one on the Theory and Practice of Process Work also in the same area. The contact person for both of these is Claude Drey. On the weekend of the 28th of February in New Hampshire he will give an Introduction to Dreambody Work. The contact person for this is Doug Williams. Then all the way over in Houston on the weekend of the 7th of March there will be another Introductory workshop in Dreambody Work and here the contact person is Joyce McDavid. Joe has also been doing research with Aids patients and would consider seeing people who need help in this area if time allows.

Max Schüpbach will also be visiting the States in February 1986 after having been there this past summer. He will be arriving on the 14th and will be doing Dreambody and Supervision workshops and lectures in the following cities: Phoenix, Arizona, Monterey and Santa Cruz, California, Denver, Colorado, Eugene, Oregon, Seattle, Washington, and Victoria, British Columbia. The contact person for his seminars is either Max himself or Mary Starkey.

Max is really looking forward to seeing the American people again. "I like the people there. They are very open and sensitive, especially to human things. America is a freer society than Europe and it shows up within the individuals also. Therefore, it is a great joy to work with these people. They are very wild, creative and open."

... CHANGING TO PROGRESS

Dancing to Mick Jagger on video, walking down dark forest paths, eating cherry pie and burritos, lying on rocks in bikinis to catch the afternoon rays, singing folk songs, football games in the afternoon, t'ai chi in the morning sun, long runs with hot discussions, private bathrooms and fresh towels were some of the unusual and heart-warming sights characteristic of the Denver Grandparent Supervision seminar this past summer.

Amidst all of these unusual events one could find an enthusiasm and warmth between the American grandparents, all of whom were intensely interested in further developing their knowledge of process work. It was apparent that the fundamental principles behind process work and the relationships to Army were the groundwork for a beautiful and powerful week together. The devotion was enormous, the need to learn immense, and the desire to draw diverse modes of therapy together and debate divergent points very stimulating.

During the 4 or 5 sessions a day, the group looked on with undivided attention as their fellow participants braved the challenge of working in front of the group. As they began to work, little clusters of onlookers formed all over the room. Some sat furiously over paper and pen, whispering about process structure, channels and signals. Some sat back and wondered what they would do if they were the analyst (or the client!). Others huddled around Army and the computer, desperate to know what was ticking in his head. Others held video cameras, and still others looked on with skeptical and nervous glances as their friends began to talk about their relationship problems, fearing that they too might be drawn into the "soup."

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ISSUES 3 DECEMBER 1985

EDITORIAL

INTO THE FUTURE WITH POP!

(translator's note: In der Zukunft der Pop-Bahn!)

by Suzanne Springs

This column sums up the enormous strides POP has made in conquering some of the great questions of life. Many times I hear comments and complaints which really point to problems which have already been solved during the years of deep and fruitful research since POP was established. These problems on the surface seem to have many different answers but we in POP have been able to create a few over-arching categories which encompass many apparently diverse issues, thereby simplifying that which appears complex. In the following I have made lists of problems and questions which can be dealt with in one simple but appropriate response.

1. ENQUIRIES REVOLVING AROUND CULTURAL BIAS AND LACK OF KNOWLEDGE OF EXOTIC WAYS OF LIFE.

PART A: Questions which come up after visits abroad:

- Why was that seminar in California in such a ritzy (translator's note: ritzy heisst sehr teuer gleich ein berühmte hotel in Paris) expensive place?
- Is it safe to visit the U.S.? There is so much violent crime there.
- Americans smile too much.

POP ANSWER: American's have a very nice primary process and a great deal of unintegrated shadow material.

PART B: Comments made by puzzled visitors in Zurich:

- A lady on the tram hit me with her umbrella just because I hesitated for a moment before giving her my seat on the tram.
- The police want to deport me.
- Why is the weather so bad?
- I was on the train day-dreaming and biting my nails when a man reprimanded me and told me it was unattractive for a Fraulein.

POP ANSWER: The Swiss (on the other hand) have a well-integrated shadow.

PART C: Unusual Behavior of Foreigners:

- Why was she arrested for not paying the PTT for her telephone bill?
- It took him a year to find an apartment.
- A participant at an American seminar said: I think having to cook our own dinner is icky (t.n.: "icky" heisst "yucky").

POP ANSWER: Americans have impoverished language abilities and operate exclusively in dubious English and sometimes fluent Spanish.

2. PROBLEMS WITH CLIENTS WHO MIGHT BE SAID TO BE "ACTING OUT" BY THE MORE REDUCTIVE SYSTEMS OF PSYCHOLOGICAL THOUGHT CANNOT BE DEALT WITH MORE FLUIDLY AS FOLLOWS:

Client A may say something like: "I hate my grandmother. I'm poisoning her Birchermuesli (t.n.: typical healthful Swiss Fruestuck) with cow dung."

Or perhaps, Client B says: "I wake in the night with horrible nightmares in a cold sweat alternating with fevers of 40 degrees Celsius (t.n.: 105 degrees Fahrenheit) and have to restrain myself from jumping out of my window on the fourth floor." (t.n.: fifth floor)

POP ANSWER: ummmmHUM! ummmmHUM!

Client A may continue, "I've bought a Swiss army knife with a special blade (t.n.: object beloved by those in need of presents for the folks at home) to carve the old bag (t.n.: alte Schachtel) up with so I can stuff her in the Kachelofen." (t.n.: typical bucolic Swiss large indoor heating device). Or B will then say, "Can't you help me? I'm afraid I'm going to throw myself and my baby in front of the train!"

POP ANSWER: ummmmHUM! ummmmHUM! I like what you are doing. I know it's wrong for you but why don't you do that some more?

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POP INTERVIEW

In the last issue of the POPCORNER an interview with Army Mindell appeared. We are happy to present another interview, this time with the wizard behind-the-scenes, the Secretary of FG-POP, Madeleine Ziegler.

POP: Madeleine, what was your life like before you became the secretary of POP?

MZ: I was a student at the University before. I spent 7 years studying at the Uni, and finished shortly before I became the secretary. I was also training in POP, and of course, I had my family.

POP: How has your life changed since then?

MZ: Well, my life actually keeps changing as POP keeps growing. I have to put in more and more time now. My schedule varies; before and after general assemblies and when course programs are sent out, I'm very busy. Then in between, there are weeks when I don't have any work.

POP: What don't you like about your job?

MZ: Hmmm. (long pause) Well, it's a shame that when I write nice letters with deadlines to be met they are not taken into consideration. Maybe people forget or put it off. People don't send in things the way they should. They don't give me course changes on time, or suddenly they have a new course at the last minute. I expect things from people that don't arrive and it's irritating when I have to phone them about it. Maybe I should get red print for my typewriter and type the deadlines in red ink!

POP: Could something be done in the organization of POP to change this?

MZ: We're still at the beginning. Things change. For instance, the exams are twice a year. Things are becoming more fixed and regular. Like the General Assembly, people know now that they are held in November, March and June. With time, these dates become routine.

We suffer from a "kinderkrankheit," a disease of childhood, it's expected that things don't run smoothly in the beginning of an organization.

POP: Being the administrative center of POP, where do you see POP going in the future?

MZ: As an organization, we're growing a lot. There's world wide interest in what we do. I get letters from Australia, South Africa, all over. With the growth, though, better organization is needed.

In terms of POP as a psychology, I hope we keep growing and don't stagnate. I was talking to Urs today about the dream course, and we want to bring in a "gestalterisch"

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3. THOSE WHO HAVE ARCHAIC NOTIONS CONCERNING PERSONAL FREEDOM AND INDIVIDUAL RESPONSIBILITY FREQUENTLY MAKE RATHER UNENLIGHTENED ACCUSATIONS OF OTHERS IN RELATIONSHIPS SUCH AS:

- "You borrowed five books from me a year ago, refused to bring them back, and now you have the nerve to say you've lost them!"
- "Why did you deliberately step on my sore toe? You really are nasty and obnoxious."

POP ANSWER to projections of this sort: You dreamed me up to be this way. Alternative answer to be used if the person answering suffers from a deficit of clients and/or money and an excess of chutzpah (t.n.: sheer unmitigated gall): You can come to me for an hour and we'll discuss it. 150 francs, please.

Now that the above questions have been satisfactorily resolved the author would like to suggest some further worthy projects:

What is the nature and destiny of the universe? Anyone who can understand David Bohm should tackle this one. Or, where does the ache go when the headache goes away? (t.n.: Who geht der Weh wann der Kopfweh geht weg?) Material relevant to this question was unearthed in a POP expedition in a remote Engadine valley. The intrepid explorers found Marie Antoinette's post-humous reflections on the ultimate amplification as told to the famous 18th century Swiss traveler, Gottfried Fahrout Kopflos. You must be at least quadrilingual to qualify for this project. Best entries on these or other research topics of your choice will receive awards as follows:

FIRST PRIZE: The opportunity to learn how to operate a genuine bucolic Swiss Kachelofen in the picturesque town of Tschier in beautiful, southeast Switzerland in a charming casa with genuine sgraffiti and sundial dating from the second century B.C. Includes a free car ride in the back seat of a European driver skilled in mountain smuggling operations with the chance to experience 20 G centrifugal forces going round hairpin turns on the glorious and exciting Fluela Pass (t.n.: means, "gimme the Dramamine quick").

SECOND PRIZE: A course in typical native Swiss cuisine on two semi-operable hot plates for 30 hungry people in the same very desirable location. Includes opportunity to learn to shop in authentic Romansch at a charming local store. Allegra! Bundi!

THIRD PRIZE: Lessons on graffiti interpretations from rich sources accumulated for many millinia in several archaic languages. Place: you guessed it. Bring your own gas mask. On second thought, we'll borrow them from the local Swiss army encampment.

One last research suggestion: Analyze and classify the author of this informative piece according to DSM III. Manic episode has persisted for less than one week and she has not been hospitalized...yet. A course of lithium failed when she took to her bed and refused to appear for blood tests pleading irrational fears of needling and being needled and a susceptibility to bleeding heart and knee jerk liberalism. Only a fool could miss tendencies of this middle-aged woman to uncontrolled flight of ideas, failure of the dissociation test, and tossed word salad with anchovies. Note possibility of culturally biased interpretations of paranoid ideation. In case this should fall into the hands of the mother of aforesaid author, she hastens to assure this dear elderly woman that her daughter is alive and well somewhere in Switzerland living under a pseudonym until the heat is off (t.n.: Bis der Polizei kann nicht sie finden).

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side to dreamwork. This isn't done much in POP, working with colors, clay, drama, etc. It's not represented much and can be included more. Supervision work is so much brain work, we hardly ever work with paint or role playing. These new approaches are needed in POP.

It's just important that new things, new ideas are brought in and that we keep changing and growing, like Arny's lecture in politics. Another thing that would be nice would be to have a center with a library. A place where we can go and have and give courses. The trouble is, it costs money, a lot of money.

POP: Most of us know and appreciate you as the Secretary of POP, but could you tell us a little about your other identities?

MZ: Well, I'm a mother. That's the main thing, it's been that way for a while, and I guess it'll stay that way for the rest of my life. You never stop being a mother. I love doing T'ai Chi, jogging, doing things that take care of myself.

I also really love organizing things. I have two houses and I need to do a lot of organizing, making sure that everything is O.K. We're reorganizing now at home. Yves wants a new room, so we're rearranging, getting rid of old stuff and beginning new again.

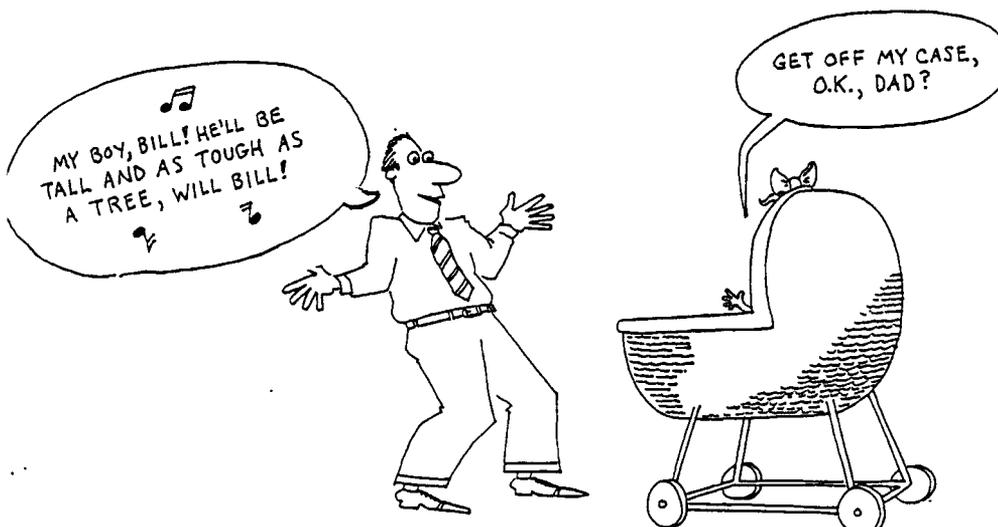
POP: How else are you active in POP, and what are your own research interests?

MZ: I'm pushed by Arny now to do a doctorate, but I don't see that clearly yet. I'm collecting research material for a work on senility. I tape the old people I work with, though they don't know it. The way a brain looks physiologically doesn't necessarily correlate to how the person functions, and this fascinates me. A person can have a perfect memory, but a brain like a sieve, full of holes. This is what I'm interested in, and there isn't much literature in this. Since Arny has been pushing me in this direction, I'm in the first phase of collecting material.

POP: Is there any special message you'd like to express to the POP community?

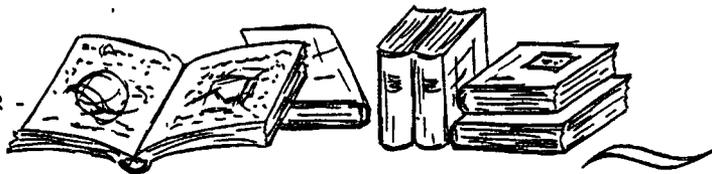
MZ: I have hopes that everyone stays alive and keeps growing and changing in their jobs and be open to the changes. I hope we don't get stuck in routine or stagnate.

I wish people luck...and love. I like POP, y'know. It is like a big family. I just hope it doesn't get too big so that it gets normal family problems with internal conflicts and stuff. I guess they can't be avoided, and I hope we are process-oriented enough to know what to do with them, even when it touches and affects us personally.



LITERATURE

LITERATUR-
ECKE



Liebe POP-Freunde!

Gerne will ich Euch in Zukunft in dieser Rubrik auf neuere und aktuelle Literatur aufmerksam machen. Den Grundstock unserer Literatur bildet zunächst einmal die für die Ausbildung in der prozessorientierten Psychologie zusammengestellte Literaturliste. Darüber hinaus geht es mir hier darum, Ihnen Literatur aus all jenen Bereichen vorzustellen, die zur weiteren Vertiefung, Anregung wie auch zur differenzierteren Pflege des prozessorientierten Gedankengutes anregen und sinnvoll ergänzen sollen.

Der Einstieg fällt mir hier allerdings nicht so leicht, zumal ich aus einer Fülle von Literatur Wertvolles herauszupicken gezwungen bin. Nun denn, mache ich einen Anfang und springe in die Bücherflut und nehme eine erste Auslese vor, in der Hoffnung, dass meine Wahl Ihnen etwas bringt. Soweit mir vertraut, versuche ich auch englisch-sprachige Literatur einzubeziehen. Auch bin ich gerne bereit, Anregungen Eurerseits entgegenzunehmen und zu berücksichtigen. Am liebsten möchte ich fortlaufend unsere verschiedenen Fachbereiche mit aktuellen Erscheinungen abzudecken versuchen. Vielleicht gelingt es zu einem späteren Zeitpunkt einmal, wenn eine genügend grosse Basis gelegt ist.

An den Anfang will ich 3 Zeitschriften stellen, die im deutschen Sprachraum ein gewisses Echo gefunden haben und die in verschiedene Grenzbereiche unseres heutigen Wissens vorstossen, neue Räume aufstossen, neue und ganzheitlichere wissenschaftliche Ansätze und Strömungen aufnehmen und weiter verbreiten; sie enthalten zudem aktuelle Buchbesprechungen aus diesen Bereichen und berichten über verschiedene Veranstaltungen. Weitere und spezifischere Zeitschriften werden in einer nächsten Rubrik weiter geführt. Die Zeitschriften:

- SPHINX. Von alten Traditionen über das Hier und Jetzt zu neuen Dimensionen. Sphinx-Verl., Basel. Hrsg.: D.A.Hagenbach. Erscheinung: alle 2 Monate. Kosten: Fr.7.- pro Heft.

Themen: neuere psychotherapeutische Strömungen, alte und neue Heilweisen, verschiedenes zum Bereich Paradigmenwechsel... Astrologik... Autoren wie: Tartang Tulku, C.Naranjo, E.J.Berendt(Nada Brama; das dritte Ohr), J.Houston, W.Kröger(Universalbewusstsein), J.Lilly, C.Wilson, F.Anders(Tai Chi), S.Golwin, L.van der Post, Th.Golas(Schmerzen verstehen)... um nur die letzten paar zu erwähnen.

Im Mittelteil ist jeweils das "Brain/Mind Bulletin" (neue Erkenntnisse aus Forschung und Wissenschaft) zu finden; Hrsg.:M.Ferguson.

- esotera. Die Wunderwelt an den Grenzen unseres Wissens. Verlag H.Bauer, Freiburg i.Br.. Erscheinung: monatlich. Kosten: Fr.6.-

In diesem Heft finden Artikel und Autoren zu etwa folgenden Themenbereichen Eingang: Esoterik, Parapsychologie, New Age, verschiedene moderne Psychotechniken, Paramedizin, versch. Heilweisen und -praktiken, Magie und Mystik, Yoga und Meditation, zum Paradigmenwechsel...

- HOLOGRAMM. Magazin für den ganzen Menschen. Verlag Bruno Martin. Auf der Höhe 10. 2121 Südergellersen. Erscheinung: alle 3 Monate. Kosten: DM.5.-

Einige Themen: neuere Psychotherapieformen(Reiki, Polarity, Kum Nye, Tanz...), versch. Heilweisen, Homöopathie, Heilpflanzen, Kosmische Heilung, Trance, Orphik, Meditation und Yoga, Musik, New Age, Astrologie, Tarot, Kabbala, Sufismus, Holoversum... Ein paar Autoren: S.Grof, A.Keyserling, R.Feild, J.G.Bennett, K.Wilber, O.Ichazo, D.Rudyard...

Von Arny Mindell sind bisher 3 Bücher in englischer Sprache erschienen

- Dreambody. The Body's Role in Revealing the Self.

- Working with the dreaming body.

- Rivers Way.

Alle 3 Bücher sind 1985 im Verlag Routledge and Kegan/ Boston, London, Melbourne, Henley erschienen. Die deutschen Ausgaben sind in Vorbereitung.

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Perhaps the highlight of the whole week was the spontaneous gathering which happened one evening as everyone shuffled around drinking beer and munching on snacks. Soon everyone was sitting in a circle talking, and the discussion led to the founding of POP-USA. There was an overwhelming desire to plant POP firmly in American soil, to begin to develop study programs, to form some kind of communication system between different POP groups both in America and in Europe, and to

form an organization which could bare the strain of administrative difficulties. People were more than willing to take over administrative tasks and they were particularly interested in keeping steady contact with POP-Zürich.

Let's toast (Prost) to the birth of POP-USA our new born baby and a hearty congratulations to all the new grandparents.

by Amy Kaplan

BOOK REVIEW

Book Review: Joe Goodbread's The Dreambody Toolkit: A Practical Introduction to the Philosophy, Goals, and Practice of Process-Oriented Psychotherapy, by Kathy Ziegler

This book has been accepted for publication by Routledge and Kegan Paul (congratulations Joe!). As part of its pre-printing pruning, it will acquire a new title, less technical but hopefully as indicative of the book's usefulness. I also found it a pleasure to read--one "Aha!" after another as I suddenly understood process concepts in terms of therapy situations. And then applying this understanding in doing therapy was a further kick.

Joe sees the most important contribution of Toolkit as the concept of long-range processes (years, lifetimes: mythological motifs, archetypal patterns) distinguished from the middle-range processes (months, years: dream figures or complexes) which connect them with the minute-to-minute and hour-to-hour short-range processes manifested in signals in the different channels. These distinctions, he says, offer a way of operationalizing the meaning-oriented Jungian concepts in doing therapy.

Process workers-in-training can also benefit from the book's extensive discussion of: the therapist's goals, which structure his observations; process definitions of terms from other therapies, such as "resistance"; and structural elements and process phenomena (primary and secondary processes, channels, edges, double signals, dreaming up). Ways of working with these latter are described. For instance, because the client tends to have a perceptual hole just at the point where perception could help him, the therapist needs to keep aware of where his own perceptual holes are, and to keep working on himself to expand the range of what he can perceive. I also found the discussion of edge work particularly valuable. All this is made explicit through the presentation of a process transcript with step-by-step analysis of the structure of the work.

So to sum up: this book is great! We need it. It's well worth reading, and rereading.

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ASTROSCOPE

ASTRO-CORNER

by Urs Büttikofer

Foundation of POP-USA.

On Monday, July 22, 1985, at 10:55 p.m. in Denver, Colorado, the birth of POP-USA was spontaneously constellated. It seemed to us, 25 people from all over the US and from Switzerland, to be the natural conclusion of a long intensive session at the end of the second day of a six day supervision seminar. In this session we talked about the wish and need for contact among those participants who after this workshop would be the first generation of US POP Analysts, the "Grandfathers" of POP-USA.

If we look at the two pictures we see that the POP-US Chart has more planets on the right half and thus is more extraverted than the Swiss-POP structure, which is, especially with its feeling function, the moon, more oriented towards the inside. This is a surprising correspondence to the respective collective personas

The moon of the US-POP group in libra in the seventh house could mean that the feelings and the needs of contact, the mother-child-archetype, is strongly interested in relationship matters. Or, the other way around, relationship is experienced rather more in the feeling or proprioceptive channel than, e.g., in the verbal-thinking channel.

Meeting the group from the outside, from right to the left in the chart, we meet first the moon, the matriarchal Demeter-Persephone archetype of emotional contacts and of the consciousness of the night, e.g., dreams. Whereas meeting the Swiss group from the outside, we meet first the sun, the patriarchal archetype of consciousness of the day, Apollo or the Hero, interested more in research ideas and professional work (sun in Aquarius in six). Thus each group has an important complementary function to the other.

But the sun in the US-group as its conscious identity, "I am" is also constellated very powerfully together with Mars, "the doer," in Leo in the fifth house, which means that there is a strong ability and need to produce a self-expression through creativity, through deeds which are seen and respected.

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Weitere ausgelesene Bücher:

-W.Anderson: Das offene Geheimnis. Der tibetanische Buddhismus als Religion und Psychologie. Eine Einführung aus westlicher Sicht. O.W.Barth/Scherz, Bern, 1981.

Engl.: Open Secrets. 1979.

-W.Brugh Joy: Weg der Erfüllung. Die Psychologie der Transformation. Ansata Verl., Interlaken, 1985. Engl.: Joy's Way. A Map for the Transformational Journey. J-P. Tarcher, Inc., Los Angeles, 1979.

-D.T.Jaffe: Kräfte der Selbstheilung. Klett-Cotta. Stuttgart, 1983. Engl.: Healing from within. A.A.Knopf, New York, 1980.

M.Berman: Wiederverzauberung der Welt. Am Ende des Newton'schen Zeitalters. Dianus-Trikont. München, 2.überarb.Aufl., 1984. Engl.: The Reenchantment of the World. Cornell Univ. Press, Ithaca and London, 1981.

-D.Bohm: Die implizite Ordnung. Grundlagen eines dynamischen Holismus. Dianus-Trikont. München, 1985. Engl.: Wholeness and the Implicate Order. Routledge and Kegan. London, 1980.

-W.I.Thompson: Die pazifische Herausforderung. Re-Vision des politischen Denkens. Dianus-Trikont. München, 1985. Engl.: The Pacific Shift. 1984.

-S.Kumar/R.Hentschel(Hrsg.): Viele Wege. Paradigmen einer neuen Politik. Dianus-Trikont. München, 1985. (Mit Beiträgen von: Th.Rozsak, W.I.Thompson, H.Henderson, F.Capra, I.Ilich, J.v.Uexküll, J.Lovelock, L.van der Post, G.Bateson, u.a....)

-R.Kakuska(Hrsg.): Andere Wirklichkeiten. Die neue Konvergenz von Naturwissenschaften und spirituellen Traditionen. Mit Beiträgen von S.H.der Dalai Lama, R.Baker-Roshi, J.E.Berendt, M.Berman, D.Bohm, F.Capra, G.Krishna, R.Sheldrake, W.I.Thompson, F.Varela, u.a. ... Dianus-Trikont. München, 1984.

-B.Samples: Der Geist von Mutter Erde. Ganzheitlichkeit und planetares Bewusstsein. Sphinx. Basel, 1983. Engl.: Mind of our Mother. Addison Wesley Publ.Co., 1981.

-K.R.Pelletier: Unser Wissen vom Bewusstsein. Eine Verbindung westlicher Forschung und östlicher Weisheit. Kösel. München, 1982. Engl.: Toward a Science of Consciousness. Dell Publ.Co., Inc.Delacorte Press. New York, 1978.

-L.Dossey: Die Medizin von Raum und Zeit. Ein Gesundheitsmodell. Sphinx. Basel, 1984. Engl.: Space, Time and Medicine. Shambhala Publ., Boulder, Colorado, 1982.

-S.Paios: Chinesische Heilkunst. Einführung in die Theorie u. Praxis d.Naturheilkunde d. Chinesen. O.W.Barth/Scherz. revid. Neuausgabe. Bern+München, 1984.

-Mantak Chia: Tao Yoga. Praktisches Lehrbuch zur Erweckung der heilenden Urkraft CHI. Ansata. Interlaken, 1985. Engl.: Awaken Healing Energy through the Tao. The Taoist Secret of Circulating Internal Power. Aurora Press. New York, 1983.

-Mantak Chia: Tao Yoga der Liebe. Der geheime Weg zur unvergänglichen Liebeskraft. Ansata. Interlaken, 1985. Engl.: Taoist Secrets of Love. Cultivating Male Sexual Energy. Aurora Press. New York, 1984.

-S.Grof: Geburt, Tod und Transzendenz. Neue Dimensionen der Psychologie. Kösel. München, 1985. Engl.: Beyond the Brain. Birth, Death and Transcendence in Psychiatry. The State Univ. of New York Press. Albany, New York, 1985.

-Ken Wilber: Wege zum Selbst. Oestliche u.westliche Ansätze zu persönlichem Wachstum. Kösel. München, 1984. Engl.: No Boundary. Shambhala Publ., Boulder, Colorado, 1979.

-Chang Chung-Yuan: Tao, Zen und schöpferische Kraft. Diederichs. Düsseldorf/Köln, 1975; jetzt auch: DG:30, 3.Aufl.. Engl.: Creativity and Taoism. Julian Press. New York, 1975.

-J.Lilly/A.Lilly: Der dyadische Zyklon. Innere und äussere Entwicklungen zweier Zentren - eines Paares. Sphinx. Basel, 1983. Engl.: The Dyadic Cyclone. Human Software. Inc., 1976.

-Kaye Hoffman: Tanz, Trance, Transformation. Dianus-Trikont. München, 1984.

-E.Jantsch: Die Selbstorganisation des Universums. Vom Urknall zum menschlichen Geist. dtv-wissenschaft: 4397. München, 1982.

-R.Katz: Num. Heilen in Ekstase. Spiritualität und uraltes Heilwissen: die faszinierende Welt der San im südl.Afrika. Ansata. Interlaken, 1985. Engl.: Boiling Energy. Community Healing among the Kalahari Kung. Harvard Univ.Press. Cambridge, Mass., 1982.

-Gottlieb Guntern(Hrsg.): Die Welt ein schwingendes Gewebe. Die Struktur von Humansystemen. 2.internat. Symposium ISO(=Institut für Systemwissenschaft Oberwallis). Brig, 1983.

Soviel für's Erste. Ich wünsche Euch viel Vergnügen und Anregung bei der Lektüre. Gerne nehme ich Vorschläge für die künftige Gestaltung der Literatur-Ecke entgegen.

René

In this short (?) article I would like to point out just one other feature. Looking at the four elements: fire, earth, air and water representing the four functions of C.G. Jung: intuition, sensation, thinking and feeling, we realize that the "weakest" element in both the Swiss and American POP chart is earth, the sensation function. The strongest in both again is air, the thinking function. Fire, intuition and water, feeling are fairly balanced in between. This could mean for example that in both groups we should keep a careful eye on how we, as small collectives in the big world collective, bring our enthusiastic ideas into daily life, how we bring the fire into the world. I hear someone murmuring: "There's nothing new under the sun. Psychologists with a weak intuition and strong sensation function would really be something new!"

POP - Switzerland



POP - USA



VOICES

Robert Wambach comes from Oregon to Zürich in the spring to study with POP. He is a long-time student of Tai Chi Chuan and of Macrobiotics and finds both very related to Process Work. He would like to connect with POPpers of like interest and especially seeks help from anyone like-minded to pursue Macrobiotic eating while he is in Switzerland. He also likes to teach both subjects, if there is interest. (907 River Road, 160A; Eugene, Oregon)

Aminah Raheem, 3471 Valencia Rd. Aptos, Ca. 95003, writes: We have formed a POP group in the Santa Cruz, California area from the participants in Arny's 1985 July workshop here. We meet twice a month to practice. Max will be coming in February to do supervision with us and we look forward to Arny's 1986 summer training again.

Francoise Richards writes from New York City:



I think I will let this picture speak for itself. The faces are not mine, but the concept is. So I will have to ask you to accept both of us. Both of us are excited about POP and hope to meet with all of you soon. We live in the very center of New York City, surrounded by noise, buildings, chaos and lots of people who are seekers just like we are. We lived in the patriarchal world for a very long time and then one day I had this dream:

I am looking across the ocean and suddenly, this beautiful woman, very tall and erect, emerges out of the water. She reminded me of the Statue of Liberty, ALIVE, glowing; I was struck with awe.

My life has changed a lot since then. It has not been easy. I even had to give up smoking (such a good solid object). I am looking to all of you for support and I am ever so willing to GIVE mine.

A bientot,
Françoise.

David Roomy writes in from Bellingham, Washington: I wish to share with you a course I am offering next spring in Bellingham. It seems very likely to fly at Western Washington University. Thanks for all your trust in us POP people over here.

The Basic Jungian Concepts and the new work of The Dreaming Body

Part I: Types of Personality and the Body.

Part II: The Relation of the Unconscious and Bodily Processes.

Part III: Dreaming...and Physical Symptoms.

Part IV: Individuation and Following the Process.

Part V: Syncretism and World Problems.

Ursula Bez writes in a piece called:
FATHERS

I want to share an experience with you which is very important for me. In my life I have been very scared about lots of father figures and I have had many fights with them. Now with Arny, I think that I have reached a very important point in this struggle.

OF

It was the third week of my studies at the Jung Institute when I first met Arny. He gave a lecture and I immediately felt full of energy and life. I knew at once that I wanted to work with him. But two years passed before this wish became a reality. At the same time that I started working with Arny a lot of things changed in my life: I began living with Ruedi, I divorced my husband, got pregnant and passed the propaedeuticum at the Institute. During this time Arny was the most important person in my life.

But there was also a conflict growing in me about my relationship with Arny. When I was together with him, I didn't dare express my own opinion. I made timid attempts to have my own standpoint, but I could never stick to it. I worked at the problems I had with my father but my conflict did not disappear. So I went on half quarrelling half surrendering myself to Arny up to the day where I clearly felt that even if I lost my relationship with Arny I could no longer kill myself in order to keep the best analyst I ever knew. It was hard. I felt strong yet at the same moment totally alone.

And then I had a dream: I met a theologian who I vaguely knew. He showed me book that he had written. I was very impressed by two old medieval drawings, one of which showed Jesus sleeping or dead in a tomb. In the same tomb, bigger than Jesus, was another Person. Theologians from all centuries are surrounding Jesus. I hear the words: Jesus needed only one night of sleep to get in contact with his bigger personality. Another drawing shows the same tomb. Here lies a dragon or man. The words say: The soul of the world, the Anthropos.



When I woke up I knew at once, that this dream wanted to show me that there is a bigger personality behind each human being and that I have to get in contact with this reality. I began to understand one of the patterns of my life: When I was a little kid I felt attracted to my father. For me, he was the representation of my bigger spiritual personality. I got into deadly quarrels with him when I had to admit that he was an authoritative person struggling with his own overwhelming complexes and no longer a god at all.

I did my studies as a theologian and I left the church disappointed and furious that this institution was so narrow-minded, and actually avoided God. I began to study at the Jung Institute and I wavered between my fascination with Jung's ideas and my rebellion against his elitist attitude and his restrictive heritage, the Institute.

Then I started to work with Arny, who was for me, in the neighborhood of god, and I began to feel resistant and got angrier and angrier at his human errors and limitations.

I think the dream wants to show me that fathers are so attractive and fascinating to me because they are pointing to the divine mystery of the bigger, spiritual personality. But fathers are at the same time deadly dangerous for me if I get stuck in their earthly representations or if I identify myself with the concrete incarnation of this bigger personality in a human man or in an institution.

continued on page 7

POP

RESEARCH

From Madeleine Ziegler: I regularly visit sick and old people in a nursing home. I got interested in the problems of old age and senility. The physical condition of the brain and the way a person functions physically do not correlate. People with brain damage can function very well, others with intact brains become senile. Why?? Is anybody interested in exchanging experiences -- I'll welcome any good ideas you might have for me!

From Arny Mindell: The clinic is one of my main interests these days. I have been thankful to have received good feedback about the concept of a psychosomatic clinic in Process-oriented Psychology from many people all over the world. The beginning difficulties are not small, however, and we have decided to begin minimalistically by creating a small group practice focusing upon psychosomatic problems and advertising its opening in Australia, South Africa, Brazil, Mexico, the United States, Canada and England. We're hoping, through the creation of a practice, to gain enough insight into the problems involved in a small clinic to be able to master the clinic problems more efficiently later on.

The need for such a clinic seems to be immense. There is no doubt that an alternative and complementary treatment of psychosomatic problems, adjacent to the medical model, would be welcomed by many people. The administrative difficulties, however, are so immense that our abilities and ideals need to be sculpted by the powerful hand of the following realities:

- 1) Need for further support for the clinic.
- 2) Need of a suitable building in the Zurich area.
- 3) Need for able management of all supporting personnel.

Relationship to the World.

A second interest of mine in recent months has been the relationship between POP and other institutions. I have been concerned with such things as, how can POP exist and join or ask other institutions to join us? How can POP exist without creating the feeling of competition in other institutions? What is the worldly Tao of POP relative to psychology as a whole? I'm waiting for my own dreams to direct me around these topics. Perhaps some of the readers will have dreams which could help me with these questions.

POP's Research.

A third question which has concerned me in recent times has been the kind of growth characteristic of POP. It seems that there have been two processes occurring simultaneously. The first and the stronger process, the primary process concerns training. The creation of the training program in Zürich and the 6 week Intensive Training program for people living outside of Zürich has been welcomed by students from all over the world in unexpected numbers. It surprises me and makes me happy that there are so many people interested in process concepts. A second and far more secondary process is connected with research. As the first students and grandparents go through POP, and through the grandparent seminars, it seems to me as if too little emphasis is being placed upon research. I am interested in more detailed studies of how psychotic episodes function. I'm also fascinated by children's therapy and in the topic of working on yourself alone. I

have been interested in particular with the relationship to the Jung Institutes in Europe and in the U.S. The Zürich Institute has recently asked me to report on the relationship between Jungian Psychology and Process Work. I will stress our indebtedness to Jung and the reformulation of the concept of following the individual and his unconscious in process terms. It seems to me as if body work and information theory makes the teleological goal of Jungian Psychology an accessible reality. In process work, working with a total personality demonstrates the meaning of "pathological" symptoms.

Jan Dworkin writes us:

Dear POP People,
I miss you all a lot. I just want to say hi and I'm glad I could be here to help put POPCORNER together. My life in San Francisco is fun and difficult and exciting and lonely. I'm starting my PhD in January. Slowly trying to start my practice, giving lectures and workshops, spending lots of time with Adam and missing my wonderful friends here in Zürich. You guys really feel like my family.

Love & Kisses,

Jan.

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VOICES

continued from
page 6

I am glad that I didn't give up my quarrel with Army. Thinking and writing about all of these things suddenly makes me feel very satisfied to be pregnant again.

Fredrica Chapman from Maine gives us a little introduction about herself:

Let's see, who is this person Fredrica Chapman? Is she a Pop Person-POP Person? Letters seem to be coming to that effect, but what is this on top of all the other hats; a POP HAT? Oh, please Lord, deliver me - friends have already been putting me in the "strange" category (and sometimes I myself get worried). At 43, I am divorced twice, with a hodge-podge of kids from 3-20 years and from 3 fathers (one Vietnamese whom I never knew). I race around between an office (where I do spiritual-action-psychotherapy?) and home (where I cook rice, meditate, do yoga and play with wee Hilary) and parts out and away (where my "Jungian" friends are). Newly, I am connecting to parts beyond this place as spirit friends have begun to talk through me.

Whatever happened to the long-held image of growing up to become adult - Adult! Calm, responsible, regular, mostly serious and -- settled? Did I miss the sign for that road? Maybe I was just speeding too much (I do that too) or maybe some uncanny wisdom had hold of the wheel. Anyway, so what's one more odd hat? Just the next item to acceptance, to letting go. The misconception was there was one there.

Really. I am pleased and excited to be donning the POP hat, and so looking forward to meeting you all.



Fredrica Chapman

BARBARA CROCI
Supervision Group: we
experiment a lot in this
group. The experiments and
research depends upon the
interests of the participants.
The course is in English.
Dates: 22.1., 5.2., 20.2.,
12.3., 26.3. Time: 19.45 -
21.45. Place: IAC,
Ausstellungsstr. 102. Zürich.
Cost: Fr. 150.

Working with Yourself Alone
without the help of a
therapist. We will work from
different starting points:
sitting meditations, yoga
postures, symptoms, dreams,
relationship conflicts, vision
quests, painting. We will talk
about the problems which arise
while working on yourself
alone. In English and German.
Dates: 15.1., 29.1., 12.2.,
5.3., 19.3. Time 19.45-21.45
or longer. Place: IAC,
Ausstellungsstr. 102, Zürich.
Cost: Fr. 150.-

Process-oriented Yoga. In this
course you learn the basic
yoga positions and how to work
with them in a process-
oriented way. Dates: 13.1.,
20.1., 27.1., 3.2., 10.2.,
27.2., 3.3., 10.3., 17.3.,
24.3. Time: 9.15-10.30. Place:
Alterssiedlung Hochweid.
Stockenstr. 130a, Kilchberg.
Cost: Fr. 200.-

If you are interested in these
courses, please call or write
me. Thank you.

DEE BASS
GRADY GRAY
Spring Class: Learn accessing
tools for working with
different areas of the body.
This class will include
instruction of Trager,
Swedish, oriental, and deep
muscle work techniques. For
further information call Grady
at 241.85.42.

Who would like to have a
discussion seminar for
students meeting for study of
something serious which we
choose together and then read.
One of us would be assigned to
make a half-hour presentation
of the material which we could
then discuss. Suggestions:
Jung, Psychology of the
Transference, or other work,
von Franz, Perls, or
presentations of psychodrama,
the I Ching, deep analysis of
an important symbol, various
aspects of process psychology.
FREE!! Call me and we can set
a time, gather, and decide
what we want to study. I
suggest we meet every other
week or monthly. Suzanne
Springs. 47.00.31.

This issue of POPCORNER
was brought to you by:
Julie Diamond, Jan Dworkin
and Dawn Menken



Urs Büttikofer writes us about
a new class: ASTRO-DRAMA

A process-oriented way of
experiencing your personal
horoscope. From November 1st
to the 3rd I was lucky enough
to give, together with
Armando, a professional
dancer, the first Astro-drama
Workshop.

We began the work by actually
drawing the chart with chalk
directly onto the wooden floor
at a size of 5 yards in
diameter. It is literally a
breathtaking experience to
stand in front of your chart
as well as inside your chart
and see your ten planets,
and psychic main functions
being represented by ten
people, related or not related
by specific aspects.

We would then begin to act out
a specific constellation. For
example, the sun in the sixth
house, the hero who is always
busy: "I have to do my job, my
duty!" in opposition to the
moon in the twelfth house, the
feeling of a longing which has
been left out, calling
constantly but with a weak
voice to the workoholic hero
to relate more with his
introverted anima.

Or we could start with a
practical problem of the
participant and then slip into
a corresponding constellation.
Either way we would quickly
get to the crucial point, the
edge where the old blocked
paradigm could turn into the
coming promising and
frightening new one.

For me personally, the most
important experience was that
for the first time in ten
years of my studies I could
simultaneously use
astrological knowledge and the
psychological tool of process
work. I was process worker,
stage manager, astro-
consultant, actor in the role
of a planet, and from time to
time, myself again.

Out of that experience a
couple of other ideas came up.
Namely, a special workshop for
daughters together with their
mothers or a five day workshop
next summer on Astro-drama-
Dreamdrama. Each participant
would have the opportunity to
act in two sessions together
with the group a scene from a
dream and a corresponding
constellation from the chart.
No doubt, in the dramatic play
of our chronic and acute
process patterns we stop
talking "about" our chart as
in classical astrology but we
start feeling and experiencing
it with all of our senses.

There were highly dramatic
scenes and we had lots of fun.
Particularly on Saturday
evening when each participant
appeared as his or her secret
favorite planet with painted
face and costume. A usually
rather uncertain and shy woman
appeared as her Pluto, a very
powerful goddess of the dark.
Everybody agreed that in this
evening this woman grew at
least four inches

1986 INTENSIVE COURSE

The idea to have an intensive
course in Process-oriented
Psychology, which popped up
for the first time in Denver
at the Supervision seminar
last July, has really taken
off. The first intensive
course for Process-oriented
Psychology will take place
from the 27. of April to the
6. of June. So far over 30
people have enrolled, and many
more people have asked to be
put on a waiting list. The
response was unexpectedly
positive and at the last
General Assembly, we decided
unanimously to have the second
intensive course in January of
1987 and a German intensive
course scheduled for
November-December of 1986.

The intensive course is a 6
week program to be held at the
Hotel Zürichberg in Zürich.
There will be three classes a
day, five days a week. Not
only will all the major areas
of process theory be covered,
but there will be courses in
supervision, relationship work
supervision, lectures in
psychology and politics, and
an open forum for research
theses and current trends in
psychology.

Please send all POPCORNER
contributions to Dawn Menken,
Hopfenstr. 19, 8045 Zürich

THE SAGA OF THE FRESHLY PLUCKED THERAPISTS

Excerpts from the training diaries of:
Julie Diamond, Jan Dworkin, Amy Kaplan,
Dawn Menken and Adam Zwig

THE SAGA OF THE FRESHLY PLUCKED THERAPISTS

Scene I, Act I.

After three hours of a grueling, back breaking endeavor to handle client's well-developed resistance process and therapist's resulting suicidal depression, the following exchange takes place in the final minute of the three hour hour:

Therapist: So, you're coming Tuesday at 4:00?

Client: Yes, sure. Do you think we should continue together?

T: (Slightly baffled) Absolutely. (Internal Correlate: You dirty S.O.B.) Has this been useful for you so far?

C: Not especially.

Scene II, Act I.

Latest update on Therapist's Smith's special marathon five hour hours. We find Therapist clinging to Client's leg as Client attempts to go home to sleep at 4 a.m., which is not bad considering the hour began at 5 p.m.

C: Can I go now?

T: Wait, what's your childhood dream? What did you say your symptom was? What was your mother's maiden name?

C: Can I go now? Zzzzzzzzz....

Scene I, Act II.

Lucky Therapist Jones was referred a client recently discharged from a well-known clinic in the Zürich environs. At the first hour, which began when the client showed up one hour late, the client informs the therapist that, needless to say, he had no money to pay for the session. Two weeks

later the phone rings at 7 a.m. on Sunday morning. The following exchange took place:

C: Shall I come over now or should we just talk on the phone?

T: Uhhhh.....

C: Good. Well, I killed my mother this morning with bad coffee.

T: Can I go now?

Scene II, Act II.

Two well known POP students recently moved to greener pastures for lucrative purposes. The following experience occurred shortly after establishing their POP corporation by having plastered the city with POP wallpaper.

Telephone: Ring a ling, Ring.

Humpty: (From the east wing of the POP mansion, picks up the receiver) Hello?

Client: Hello, I'm interested in the Group for Process Oriented Counseling.

H: Oh, O.K. Can I give you some...

Suddenly Dumpty, in the west wing, smells a potential client and picks up the receiver.

D: Oh, yes, yes. We do work body dream orient things. Do you want to work with a male or female?

H: (To client) Excuse me please.

She picks up a frozen bagel, runs to the west wing with murderous intent, screaming:

H: You lousy idiot, get off the phone! That's my client! I answered the phone first.

D: (seeing approaching death, covers phone with hand and attempts quick meditation to integrate murderous spouse. He decides he's been a bit hasty and tries reconciliation with prospective client.

Telephone: Click.

Refusing to be discouraged, Humpty and Dumpty go public. Pouring their funds into a free public lecture, a wine and cheese gala affair, the city turns out for the glorious event. Hordes of hungry and homeless people arrive. Humpty and Dumpty begin to lecture, raising their voices above the din of Ritz Crackers undergoing mastication.

After a brilliant lesson on the techniques and methods of POP by Humpty, Dumpty gallantly puts theory into practice and asks for volunteers from the audience.

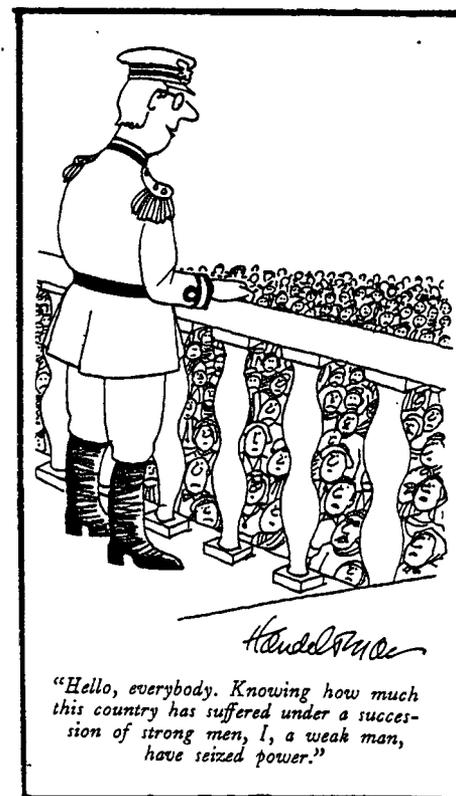
D: Before we begin, could you say who you are, what do you do?

C: Who am I? What do I do?

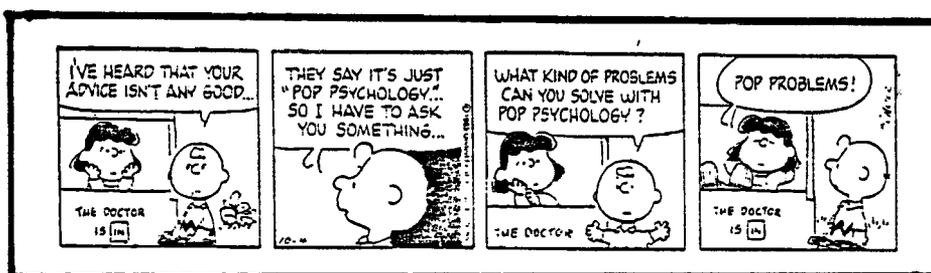
D: Yes, tell me what you do for a living?

C: What do I do for a living? (To audience) He wants to know what I do for a living. (She gazes blankly at the audience, with an angelic smile on her face and crumbs on her lips)

Meanwhile, on the sidelines, Humpty picks up her trusty pocket edition of DSM-III and simultaneously notices that the volunteer has no teeth. She rings the alarm bell and blacks out. Upon coming to, she notices her cohort Dumpty graciously and humbly admitting defeat while the audience sighs in relief and said psychotic woman leaves lecture hall pausing at the buffet table to stock up before hitting the streets.



"Hello, everybody. Knowing how much this country has suffered under a succession of strong men, I, a weak man, have seized power."





We wish to congratulate the following people for passing their Phase 1 POP exams:

CONGRATULATIONS

Dee Bass
Reini Hauser
Joyce McDavid
Regula Züst

REAL NEEDS

HAVING LOVE PROBLEMS? HAVING HATE PROBLEMS? ARE YOU SEXUALLY DEPRIVED? LET MAX HELP YOU OUT: WRITE TO MAX SCHUEPBACH, TRACHTWEG 1, 8803, RUESCHLIKON.

Dear Max,

Is there anything else besides love that's worth living for?
Signed,
Just Checking

Dear Just Checking,

Your signature is a double signal. You don't really want an honest answer but you are just looking for a confirmation of your own belief system. What a pity because there are other goals worth living for. For example, have you ever considered becoming an advice columnist?

Dear Max,

Normally I'm an awfully shy thing and have just recently discovered a secret desire to be Tina Turner or Bruce Springsteen. If I could be them I would finally feel loved in this world. My problem is that only late at night in the privacy of my room do Tina and Bruce ever risk showing themselves and not at all in the world where I really need them. Can you help me become a rock n' roll star?
Signed,
"dancing in the dark"

Dear Dancing in the Dark,

This is one of the few cases where behavioral therapy might work. If you can make a conditioned reflex out of rock n' roll behavior you will be saved. Write to Tina or Bruce directly to ask who their behavioral therapist was.

FOR NON-MEMBERS:

This is the POPCORNER, the biannual newsletter of the Research Society for Process-oriented Psychology, a non-profit organization. We hope you enjoy it. If you are not a member or friend of POP and would like to continue receiving this newsletter in the future please send us a contribution to cover the costs. Thank you.

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 THE NEWSLETTER.

Dear Army,

My symptom is that I am always in a panic. Small things in life occupy my mind like, taking out the garbage, buying Christmas presents, having enough money, doing errands and what I should buy for dinner. You know sometimes I get in such a state that I walk aimlessly through the aisles of supermarkets for hours. Somewhere I heard that through the worries of everyday life enlightenment is also to be found. You know what, I really doubt it. What do you think?
Signed,
Stuck in the Supermarket

Dear Stuck in the Supermarket, Thank you for your very explicit letter in which I notice a double signal. One signal sounds like you're interested and panicked about everyday things and the other signal is "that you are stuck walking aimlessly in the supermarket." Since I notice those double signals I think that your life directed toward little things is aimless and that you should start hunting for the greater and more meaningful aims and tasks in life. My recommendation would be to sit down in the middle of the supermarket and start meditating. I'm sure you'll reach enlightenment immediately.

For Sale: Brand new desk, dark wood, never used, in excellent condition. The desk measures 74cm high, 120 cm long, 60cm wide. The original price was Sfr. 200. Used price is Sfr. 70. If you're interested, please call Suzanne Springs at 47.00.31.

For Sale: Large, used square coffee table. Sfr. 20. Call Suzanne Springs at 47.00.31.

Therapeutic Body Massage by Dee Bass. A combination of oriental, Swedish, deep muscle work and relaxation techniques used. Sfr. 65 per hour. To schedule an appointment, call Suzanne Springs at 47.00.31.

Dee Bass
Nancy Minter
Suzanne Springs
announce
THE GRAND OPENING
of their group practice
telephone: 47.00.31.

DO YOU SUDDENLY FEEL NAKED?
Well-known POP student Hildegard Bach may have the solution to your problem. Maybe you need new curtains so the neighbors can't see into your... bedroom--she can make them... She can also fix up hems on skirts and trousers, replace zippers that have popped their teeth, alter your clothes when you change and they don't, or whip up a new outfit when you need to change your image. How about a Superman suit? Reasonable rates. Satisfied customers. 47.00.31.

VOICE LESSONS offered: Years of experience with jazz, pop, blues, rock n' roll, and classical. Call Lane: 491.35.83.

GUITAR LESSONS offered. Beginners and Intermediate. Jazz, pop, rock, blues. Call Lane: 491.35.83.

MUSIC THEORY lessons. Understand the structure of music. Be able to figure out the chords to your favorite songs. Know what's happening in the music you're hearing. Be able to READ and WRITE music. Learn about chords, scales, progressions. Lane: 491.35.83.

HOUSE CLEANING and BABY SITTING. Call Lane: 491.35.83.

TYPING. Available for typing. For further information call Laurel at 47.22.35.