

Psychosynthesis on the move....

An occasional newsletter from the Synthesis Center

Spring, 2012

Room for everyone!



The critters are out in force, the flowers are blooming and spring seems to have sprung on the East Coast of the US, after a no-show winter. Hard to know what change is in the air. Politics are raging and I had the awesome and unsettling experience of watching the very origins of the “Hawk versus Dove” saying. A young red tailed hawk dropped down and took a beautiful mourning dove for its lunch. Hmmmm.... No bad guys

there. Asking myself how to hold to empathy for all, even the 10,000 squirrels at my bird feeders!

**That the self advances and confirms the ten
thousand things
is called delusion;
That the ten thousand things advance and confirm
the self
is called enlightenment.**

- Zen Master Dogen Zenji, 1200 – 1253
[Moon in a Dewdrop](#)
Translated by Kazuaki Tanahashi



News & Events at



See below for: our Presenters' Conference; training at the Center; and more!

The 11th Annual Presenters' Conference
Everyday Psychosynthesis



Saturday, April 28, 2012



8:30 am - 6:00 pm

With a Wine & Cheese Gathering from 5:30-6:00 pm

The 2012 Annual Presenters' Conference is scheduled for Saturday, April 28 from 8:30 am-6:00 pm at The Synthesis Center in Amherst, Massachusetts. The theme, *Everyday Psychosynthesis*, focuses on the many ways psychosynthesis is practiced, integrated and lived. This is a great chance to see old psychosynthesis friends and learn about what's new in their lives work and to meet new folks who share your interest in psychosynthesis.

Registration at 8:30

Workshops Start at 9:00

Lunch Program:

***Choosing Embodiment: The Necessary Partnership of
Surrender, Awareness and Will* with Penelope
Andrade, author of *Emotional Medicine Rx***

Surrender to embodied experience requires letting go of ego, letting go of control. However, it does not require letting go of aware or will. Choosing embodiment requires courage and intention to stay present with experiences that do and don't feel good in safe responsible ways. Cooperating with the deep wisdom inherent in body experience enlivens our spirit, strengthens our will and enable to live our every day lives more meaningfully, joyously and lovingly.

***Music with Andy
Curtis, Rick Martin
and Jon Schottland***

The conference is a fund raising event for the Synthesis Center. A donation of \$120-\$50 (sliding scale) covers the full day of events and lunch. No one will be turned away for lack of ability to pay. Pay at the door!

Saturday's exciting workshop lineup!

- ✿ *Refilling Your Well on a Daily Basis* • Robin White
- ✿ *The Council* • William P. Ryan
- ✿ *The Feminine Aspect of Will* • Carol Hetrick
- ✿ *Accessing and Strengthening Your Intuitive Muscles* • Jane Young
- ✿ *The Council of All Beings* • Alan Steinberg
- ✿ *Making Choices Authentically* • Janette Conlon
- ✿ *Shadow Work* • Richard Martin
- ✿ *Emotional Medicine Rx* • Penelope Andrade
- ✿ *Yes! Our Subpersonalities Need to Breathe Too* •

Michael Walden

- ✿ *Eating with Assagioli* • Jan Kuniholm
- ✿ *Taking Time in a World That Doesn't* • Anne Yeomans
- ✿ *Love and Grief for the Planet* • Kirstin Edelglass
- ✿ *Games for Mindful Rewiring of Prehistoric Conflict Processes* • Walter Polt
- ✿ *The Art of Letting Go of Resentments* • Christiana Wall
- ✿ *The Sacred Fall* • with Jack Weafer

Post-Conference Workshop on Sunday with Tom Yeomans

*Healing the Soul Wound and The Process of
Psychosynthesis*

(Currently full. Feel free to email us to be on the
waiting list)

These are fragrance free events. No
perfumes, colognes, or scents,
please! Thank you.

More information is available on our website!

Psychosynthesis Summer Intensive Training Program

Once again we open our doors to a new group of trainees for the powerful experience of psychosynthesis training. We invite you to contact us for more information and to share this with folks who might be interested! And come to *Everyday Psychosynthesis* to get a better feel for psychosynthesis and the center. *The intensive* will include all the

material covered in the nine-weekend program of Level I. It takes place in three, intensive, four-day sessions. Participants will have the option of continuing on in the Level 2 monthly program beginning in October 2012.

The dates for the 2012 Summer Intensive are:

July 13-16

August 10-13

September 7-10



Free Informational Evenings

Free Evenings will be held at the Center on the following dates:

Friday, May 18 - 6:30 to 8:00 PM

Sunday, July 8 - 4:30 to 6:00 PM

Wednesday, June 6 from 6:30-8:00 PM.

The location will be posted as soon as we have it. For information on the Brattleboro evening call Jon Schottland at 802-451-6768.

These evenings will be experiential as well as informational, to give you a better experience of psychosynthesis and what the training program is. There will be ample time for questions as well. Please email us at: programs@synthesiscenter.org to register or for more information. You can also contact the Center to speak with staff or graduates of the program to answer any questions you may have.



Psychosynthesis Blog on PsychologyToday.com

Visit <http://www.psychologytoday.com/blog/living-life-purpose> to see a little bit of psychosynthesis coming in to the public eye. Didi Firman's blog *Living a Life of Purpose: Spirituality in Real Time* offers an occasional essay on a variety of topics, all with a decidedly psychosynthetic underpinning!

Spring Cleaning from the Inside Out

Let the real clean up begin!



Published on
March 19, 2012 by [Dr. Dorothy Firman, Ed.D.](#) in [Living a Life of Purpose](#)

It is easy for most of us to see the clutter in the rooms we inhabit. Too many books, stacks of paper, knick-knacks; some treasure, some trash. Likewise, if we are lucky enough to be able to, in times of duress such as these, we have decorated our rooms to suit us. We chose the color of the paint, the art for the walls and the couch, whether we got it from the fancy furniture store or from the Salvation Army.

In the garden, if we have even a little gardening skill, we can differentiate the weeds from the flowers. Over a few years we can see in the tiniest sprout of green whether it is our Shasta daisy or yet another gnarly weed. We plant our gardens to suit our tastes. Vegetables? Your choice. Flowers? Whatever makes you happy!

But, it is harder to see the rooms that inhabit us, or the gardens that grow within. And it is harder still to de-clutter those rooms and weed those gardens. Our inner world is often like a house we inherited from our parents, fully furnished and full of their stuff. We walk around in the rooms and barely notice the mess that fills up the house. Old messages, like someone else's scrapbooks; old photos (and not the ones with us smiling) from a life long ago; rules and lists, and shoulda's and oughta's and wishes and hopes, fill every corner. The closets are stuffed with regrets, resentments, obsessions and a rather large and dangerous pile of junk. It could topple at any minute and crush us. But we hold onto it anyway. There may be a treasure buried there, but the house is too full and even if there is buried treasure, we don't get to enjoy it. It is lost in the mess.

Who will we be if we really clean out the inner rooms? Too often, we know ourselves by these very trappings: old stories; limited beliefs; scripts from childhood; old wounds; and outdated fears. The things that the hoarder believes to be essential to his or her well-being are not much different than the things all of us hold inside, long after their usefulness has gone.

We have not, most of us in any case, taken the time we need to sort through that which fills our inner rooms, our closets, our attics, our garage and our ever increasing number of storage units... for all that extra stuff. We have not de-cluttered our hearts and minds. We have not

taken the time to look at what we carry and to choose, with consciousness and from our own values, what to keep and what to let go.

How much lighter a room feels when we have done our spring cleaning. How much lighter our hearts and minds, when we have dropped away the things we cling to.

It is time for a dump run!
It is time to weed!

Some simple questions will help us along the way.

- *Is this true, this thought I have?*
- *Do I need it?*
- *Does it serve me now, or is it a ghost from the past?*
- *And what do I most deeply know to be true?*
- *This bad feeling that I am experiencing, can I replace it with a smile?*
- *If I dance, will it change?*
- *If I give of myself to another, will it transform?*

And what happens if I plant the seeds of **gratitude, acceptance, and love**? Surely they will root strongly in my garden and it will grow to be beautiful.

And if I redecorate my inner rooms with **thoughtfulness, compassion, and good will**, surely I will find myself living in my true home.

Our inner world needs to be cleaned as often as our outer one. If we wash the dishes every night and brush our teeth, what is the equivalent (unique to you) of your daily inner cleansing?

If we spend time in the spring planting seeds and bulbs and in the summer weeding and in the fall, cleaning brush, what is the equivalent commitment to your inner garden?

Only you can plant the garden of your heart and only you can

choose the way you furnish the inner rooms of your mind. But these are projects worth every moment of effort devoted to them.

And by the way, it is likely to be true that an outer world that is clean and calm will support a quiet and serene inner world, but the opposite is true as well.

Happy spring, inside and out!



With blessings, from the Synthesis Center folks.
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