

**BULLETIN**      Volume      74  
Number      1  
February      2012

***February Program***

Tuesday, February 14, 2012, 7:00 p.m. - 9:00 p.m.

**THE ENNEAGRAM OF PERSONALITY**

A Discussion Led by Rose Gatto, Art Therapist, Psychotherapist

*See page 6 for more information*

***New Directions Program***

Saturday, February 25, 2012 10:00 a.m. - 3:00 p.m.

**POETRY FOR FUN AND INSIGHT**

A Workshop led by Katherine Mylenki, Poet and Actor

*See page 7 for more information*

**Contents:**

**APC Tel#:(212) 557-1502**

APC Calendar, programs ..... Page 2  
Bulletin Board - Program Information ..... Pages 2 - 7  
Notes from the President ..... Pages 4 - 5  
Editorial Notes ..... Page 5  
Report on F. Brewster Presentation ..... Pages 8 & 9  
Report on Holiday Party ..... Page 9  
Tribute: For Jung 50 Years On ..... Page 10 & 11

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## PROGRAM CALENDAR - Winter - Spring 2012

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**Tuesday, February 14, 2012, 7:00 p.m. - 9:00 p.m.**

***THE ENNEAGRAM OF PERSONALITY***

A Discussion Led by Rose Gatto, Art Therapist, Psychotherapist

*See page 6 for more information*



**Thursday, April 12, 2012, 7:00 p.m. - 8:30 p.m.**

***OSTEOPOROSIS: THE SILENT DISEASE***

Led by Iris Drey, M.D., FAAOS

**All events start at 7:30 p.m. unless stated otherwise.**

**Program Fees: APC members \$10; non-members \$20; college students with ID \$9.**

**Eleanor Bertine Auditorium, C. G. Jung Center, 28 E. 39th Street, NYC.**

General Inquiries: 212-557-1502 Program Inquiries: email [psychefrancoise@aol.com](mailto:psychefrancoise@aol.com)

## DIRECTORY CHANGES

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Email submissions for the Bulletin to editor Katherine Mylenki at [kmylenki@gmail.com](mailto:kmylenki@gmail.com). Copy deadline is the 15th of each month for inclusion in the following issue.

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**NEW DIRECTIONS PROGRAM CALENDAR**

New Directions Programs meet at the Center unless noted.

For more information call 212-557-1502

Fees: \$45 for APC members, \$50 for non-members,  
college students with ID \$9, unless otherwise noted

**Saturday, February 25, 2012, 10 a.m. – 3:00 p.m.**

***POETRY FOR FUN AND INSIGHT***

A Workshop led by Katherine Mylenki, Poet and Actor

*See page 7 for more information*



**The Book Discussion Group**

Meets every Tuesday from 5:30 pm to 7 pm in the Members Room

For more information call Bob McCullough at 212-531-8379



**Centerpoint Group Discussions**

For more information,  
call Mollie Morse at 212-496-6938.



**Exploring Dreams**

with Francoise Richards, Jungian Analyst.

Call her at 212-586-7510

### PRESIDENT'S REFLECTIONS

by Jane Bloomer, LCSW, Licensed Psychoanalyst

John Dominico Marino, Jungian analyst, professional musician and composer, died suddenly of a heart attack on January 9, 2012. He was only 65 years old. This loss saddens the Jungian community because of his remarkable musical talent and skill as an analyst. He was also a man with a huge heart who loved family and community and was loved by many who knew him. His musical and compositional gifts visited the areas of jazz, opera and sacred music, plus the piece that resulted in his composition, honoring Carl Jung.

Last June I approached John about composing a piece for the October 21<sup>st</sup> event celebrating Jung's contributions 50 years after his death. Thus a 20-minute score entitled *Quaternity* was born, which John conducted and which was performed by an ensemble of six musicians, comprised of two wind and two string instrumentalists and a baritone and soprano who sang poetry John set to music. Poet Bill Zaretsky read one of his own poems as well as poetry by Rumi and Rilke, and quotations from Jung that John selected. The music was well received and the Club will always hold dear this music that honored Jung.

John was especially pleased to have the opportunity to share his musical talent with the Jungian community. As we know, Jungians are more inclined to use artistic endeavors to express creativity and on this occasion the musical muse was present.

I attended the Memorial Service in Demarest, NJ on Friday January 13<sup>th</sup>. Aside from the musical tributes including jazz and vocal numbers, a few family and friends paid tribute to him. His 16-year-old son Paolo spoke as did his wife Mary, who is a Psychologist and practices in Washington Square. Mary and John met in synchronistic fashion in Bali 21 years ago. Mary reflected upon John's love for family. To honor his memory, Mary suggested that those present at the memorial service carry John's gift of love out to the world.

I am pleased to announce that we have two new Board Members, Fanny Brewster, Ph.D. and Jungian Analyst, and Beatriz Media, LCS, who works at the Psychiatric Institute at Columbia Presbyterian Hospital. Fanny volunteered to spearhead creation of a web page for the APC, a long-held goal of the Club. Beatriz has yet to choose her niche in the Club.

As per my recommendation, the Board appointed an Editorial Committee, comprised of Fanny Brewster and Sharon Slowik to serve under Katherine Mylenki, the Bulletin Editor, who will chair the committee.

## **BULLETIN BOARD**

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Traditionally, one individual who attends the APC programs and workshops has been asked to write a review or commentary for the Bulletin. William Williams, a B.S. student, was urged by a professor to attend an APC program. He attended Fanny Brewster's December Dreamwork Workshop and was very involved. For this reason, I invited him to do a write-up, which is in this issue.

I asked the Board members to bring a list of the values that they believe that we share in common with the other building Jungian organizations. I will share the list of values at an upcoming Center Agreement Review Committee. General members are invited to share your input as well.

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## **EDITORIAL NOTES**

by Katherine Mylenki, Bulletin Editor

Big changes are coming to the Bulletin. We now have an Editorial Board, with Yours Truly as Chairperson, serving with Sharon Slowik and Fanny Brewster, a new Board member who is already a force for getting things done. Along with working on the creation of an APC website, which has been talked about for a long time, this brand-new Editorial Board is creating guidelines for submissions which we will publish in the Bulletin when they are finalized, and which will appear on the website when the website appears.

Our February programs include an evening lecture on Tuesday, February 14th on the Enneagram, a different psychological tool which identifies nine personality types (including Jung's four functions), a system based on the work of George Gurdjieff, who explained in the 1920s how the two fundamental laws, the Law of Seven and the Law of Three, operate in the universe.

On February 25th I will give a workshop on poetry writing, where we will talk about the rules of formal poetry and how breaking them makes more sense when you know what they are, and how accepting the restrictions of the form can enhance creativity.

Please join us for these programs, and let us know what you think. Your responses help us prepare future programs that will be of interest, as we hope these are.

***The Analytical Psychology Club of New York, Inc. Presents:***

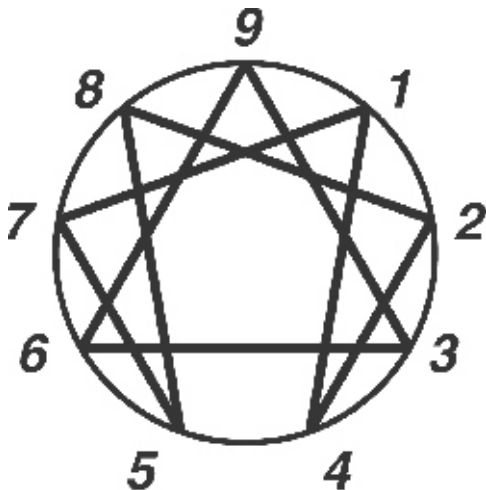
**THE ENNEAGRAM OF PERSONALITY**

A Discussion Led by Rose Gatto, Art Therapist,  
Psychotherapist

Tuesday, February 14, 2012, 7:00 p.m. - 9:00 p.m.

At the C.G. Jung Center, 28 East 39th St., NYC

apcofny@aol.com / 212 557 1502



Courtesy of The Enneagram Institute

The Enneagram is a universal symbol introduced to the West around 1920 by George Gurdjieff, in which he explained how the two fundamental laws, the Law of Seven and the Law of Three, operate in the universe. Since the 1960s, however, the Enneagram has been used as a psychological tool to differentiate nine different personality types. These types, which include Jung's four functions, will be explored with attention to each type's attributes and pitfalls.

Of course everyone can relate to the characteristics of the different types because each of us contains

them all. Yet the intrinsic qualities of one of the types contains the core or chief features which is the axle around which your personality turns. Understanding your type offers a unique opportunity for self discovery. It allows us to examine what drives ego and what alleviates difficulties and suffering in each type.

**Fees for the Workshop: APC Members \$10, Non-Members \$20,  
College Students with ID, \$9**

**For further information or to make a reservation e-mail  
psychefrancoise@aol.com**

*Rose Gatto is a psychotherapist and art therapist living in Connecticut. She is currently focusing on spiritual interests including metaphysics, the work of George Gurdjieff and the Fourth Way.*

## BULLETIN BOARD

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***The New Directions Committee of the APC, Inc. Presents:***

### **POETRY FOR FUN AND INSIGHT**

A Workshop led by Katherine Mylenki, Poet and Actor

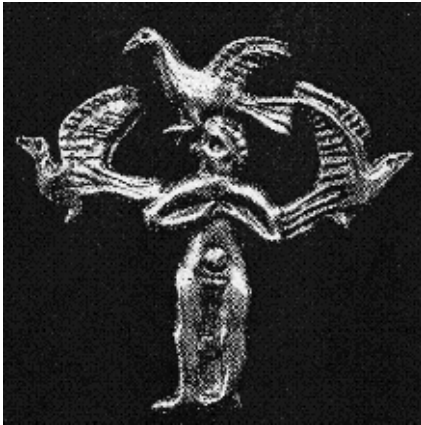
Saturday, February 25, 2012, 10 a.m. – 3:00 p.m.

At the C.G. Jung Center, 28 East 39th St. NYC

apcofny@aol.com / 212-557-1502

"Poems are not so much finished as abandoned." This is often said, because poetry is a process. Poems seldom come all of a piece; they need work, as do dreams, to bring out their symbols and meanings.

Old-fashioned metered and rhymed poetry gets a bad rap these days, but the pleasures and challenges of finding the right word with the right number of syllables to keep the meter or finding the often elusive true rhyme is the work.



"Free verse" was iconoclastic when it first appeared, but those who first used it knew the rules before they broke them. In this workshop you'll be able to learn the rules that many look down on without knowing or understanding them. In many cases accepting the limitations of formal poetry enhances creativity rather than restricts it.

Katherine will explain the four metrical feet and how to identify them in your own poetry and the poetry of others. If you write "free verse" you may be surprised to find you use more meter than you realized. We'll look at some of the strict poetic forms such as ballades, villanelles, sestinas, haiku and sonnets with their specific meters and rhyme schemes, and in the case of haiku the set number of syllables in the three lines.

Bring poems you have written or that are meaningful to you and be prepared to experiment with this medium.

**Fees for the workshop: \$45 for APC members, \$50 for non-members, college students with ID \$9**

**For further information or to make a reservation  
call (212) 557-1502 or e-mail apcofny@aol.com**

*Katherine Mylenki has a B.A. in English Literature and Theatre, and has written poetry for many years. She has been an APC member since 2005.*

## **CHAOS, "CRAZY" AND CREATIVE: MAKING SENSE OUT OF LIFE'S HARDSHIPS THROUGH DREAM WORK**

*Report by William Delano Williams*

I attended Dr. Fanny Brewster presentation regarding making sense of our lives through dreamwork. We began the discussion with the reading of the artist's affirmation, an introspective dialogue about the ontology of the artist's present being. I was immediately captured by the similarities that I shared with the artist's perspective in reference to her mantra for motivation. She stated, "I stop doubting and sitting while my creative work waits. I *act* through my doubts and worries. I *take action* letting my creative work push me through any fear I have."

My own triumph over life's trials and tribulations are defined by this passage alone. It takes honesty, courage and ambition to face one's fears and disappointments, and become retroactive in the recovery of reclaiming one's destiny. I was recently



introduced to the works of Carl Gustav Jung by Professor Jorge Cabrales of Metropolitan College of NY, in his Introduction to Social Systems Psychology course. I was particularly interested in Jung's explanation of the Archetype and the work that needs to be explored in order to achieve true enlightenment and that produces the need for the personas that people develop to relate to the world.

Professor Cabrales offered his students extra credit for attending Dr. Brewster's presentation but for me the true reward was the work produced by the group as we shared our intimate thoughts, fears, dreams and reactions to the dreams which represented our personal hardships.

This left me to contemplate if "the dream deferred" can possibly be the reality realized through the hardships of merging the unconscious mind with the subconscious reality of life's most difficult experiences and how they have affected and inhibited one from achieving success.

There were seven people in attendance, including three of my classmates. This gave Dr. Brewster the opportunity to have an open forum instead of a lecture-based atmosphere, which would leave little or no opportunity for work to be produced. Dr. Brewster introduced material through her personal affirmation as the Artist, Jung and the "Transcendent Function," *Writers Dreaming* by Naomi Epel, and *Honey: A Book of Poetry*. She used these materials to enhance our knowledge of the subject matter, encouraging each individual to begin a dialogue with the subject matter, setting the tone for the dream and how it related to objects that may or may not be present. This dialogue is essential to dreamwork and the theme for those of us who are in many ways still asleep.



### HOLIDAY PARTY 2011

*Report by Katherine Mylenki, Bulletin Editor  
and Edith Tavon, former APC Board Corresponding Secretary*

Our annual Holiday Party, again hosted by Francoise Richards, our APC Vice President, Program Chair and Party Giver Extraordinaire, was held on December 13 and we had a good attendance. Refika Elibay again played Christmas selections on the piano during the party, and I read selections from Dylan Thomas's remembrance, *A Child's Christmas in Wales*.



Iris Drey, one of our newer members, generously and unexpectedly had wrapped, ribboned gifts of blank books for all of us, to record our dreams in. Each has a quote from Jung's writings she put on the inside covers. Mine says, "The privilege of a lifetime is to become who you truly are." Our APC President Jane Bloomer gave copies of ARAS's beautiful 2012 calendar with images from their recently published Book of Symbols to the Board and to me as well.

Edith Tavon, a long-time member who doesn't visit us often these days, was in attendance and sent the following remarks, requesting that we publish them:

How lovely it is to come out of a chilly outdoors into a warm room, not only warm in temperature, but warm in feeling, genuinely, sincerely receptive, joyous for celebrating a holiday, intimate. That is what happened to me as I entered our hall. I was surrounded by feelings I had not experienced for a long time. . . . How come?

I can only quote what Jung said in my beautiful holiday gift: 'If you understand your own darkness, you can understand the darkness in others.' You are more accepting, more welcoming, give less scrutiny. So here I was, out of the cold, and it was a joyful surprise. I was relaxing with a background of soft music, interesting presentations, good food, and the warmth of the people. I relaxed; relaxed even as my transportation came and left without me, no longer with a sense of abandonment, of stony but polite rejection. What can I say? In slang, 'I had a ball!' Coming home at 10:00 p.m., beaming, says my son, 'Ma, where have you been so long?' 'At the Jung Foundation.' 'What did they have there?' 'Oh, the APC, just a little get-together of friends!'

**FOR JUNG 50 YEARS ON**

by Jean Hess Green, Ph.D., Past APC President

*Editor's Note: Jean had requested that these words of tribute be read at APC's celebration of Jung's continuing influence on October 21, 2011. Unfortunately, there was not time to include her remarks then, and we agreed to print them in the Bulletin.*

I am by nature an introverted, intuitive thinker. It follows, therefore, that my childhood was dominated - not to say haunted - by the question WHY. In capital letters. Why am I living? What does it mean to exist? Is the world simply what it looks like, or something else altogether? What am I to do with myself in it? Not, of course, that I could have articulated these concerns at that young age. I hadn't a clue. Quite "eyeless in Gaza," as is said, and as far as I could make out, there was no one to help. My parents, already swamped with the matter of surviving through the Great Depression, were too young, too confused, not nearly equipped to make any more sense of my concerns than I could. So I kept them to myself, which intensified my fears that either there were no answers to be had or that they were hidden somehow, somewhere within myself, along a secret path.

So began my journey, feeling in the dark along what walls presented themselves as ersatz guides, examining each step that propelled me on for what it could tell me about myself and my "way," according to the limited perspective I held at the time. I did seem pre-armed with the certainty that there was a path particularly mine.

Obviously I was looking for Carl Jung, and he was walking toward me. Both blind as bats about the other, except for that bright-shining notion of his called synchronicity. I speak of New York City and the magnet of the Jungian community at home in this very building.

I never met him personally but I know him, as truly kindred folk know each other. His writings, his continually evolving thought, his ever-dynamic exploration of inner realities, his crediting of all human experience - these spoke, and continue to speak, such clarification in my soul. And despite his physical death, the pattern of his insight still fires the engine of psychic energy propelling and steering the vessel of my unique becomingness. It is just that he was so right, so exquisitely tuned to the fundamental verities, configurations, and trajectories of psychic life.

No doubt his scientific theoretical formulations projected for many a coherent picture for his own time and place, which has already passed away and been clouded over, but also, I think it is beginning to be revealed that he was

## TRIBUTE, continued

considerably ahead of his historical setting. The future may well bring us even darker subtlety and complication in our personal and collective lives than those which formed his final vision. These will certainly require restatement of his basic assertions. Yet it seems sure that his methods of searching our human depths will endure unerringly, casting lamplight for our difficult, perilous journey, of preserving what is most and altogether human.

Already, with the publication of *The Red Book*, rays from this beam, emerging now from erstwhile shadow, are sweeping into view additional significances and efforts which bulked Jung's life work all along. The most revealing of these take us to levels of creative and generative energy within his psyche which were successively called forth, at his own felt peril, by his receptivity to and reverence for powerful, ambivalent forces within. These invaded the territory of his conscious mind far beyond his control or understanding. Yet he managed to give them adequate, even elegant expression in color, line and image. It took tremendous risk and perseverance to go where he followed, to this place in the deep unconscious world: to the very verge of a dynamic aesthetic spring, an archetypal source of primal impulse seeking translation from formlessness into form.

This we can recognize as the experiential underpinning of Jung's later insistence upon the objective reality of psyche, that its fundament is the language of mythopoetic imagination, which is always dynamically projecting itself into relation with the phenomenal world and nudging consciousness. From this discovery issued, I think, his most important reference, that this flow of language at the source provides us the essential capacity for knowing ourselves, building culture and establishing moral truth by which to live and develop and walk with what we call the divine.

If we come to significant individual and collective realization - and in the end Jung pessimistically considered it a very 'iffy' business - it will be because we, or enough of us, "see through" to the wisdom offered in the spontaneously rising and changing imagery, and make the appropriate sacrifices which will create the new symbols, stories and myths to enhance and guide consciousness in the future. These are the conduits and shafts of meaning, the bellows to keep the primordial fires burning onward toward our potential goal in the pattern of cosmogonic love. Jung's lexicon. May it be honored in visionary search and in practicality for many anniversary celebrations to come!

We do well to plumb within ourselves the meaning of what was essentially, for Jung, surrender and obedience to what he named the Self, Mother/Father of the conscious ego/self. This, maybe, is the core debt we owe. The WHY. Blessed are we if we manage to recognize when, where, and how to pay it.

**Analytical Psychology Club of New York, Inc.**

**28 East 39 St**

**New York NY 10016**