

PROGRAM CALENDAR - Spring 2013

Wednesday, April 10, 2013, 6:00 to 8:30 p.m.

***GETTING TO KNOW YOU: A GATHERING FOR
MUTUAL SELF DISCOVERY***

Hosted by Francoise Richards, APC Vice President
See page 6 for more information



Tuesday, April 30, 2013, 7:00 to 9:00 pm

INTRODUCTION TO THE WISDOM OF THE I CHING

An Interactive Talk with Faith Linda Weissman
Spiritual Midwife, Counselor and Teacher
See page 7 for more information

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

Program Fees: APC members \$10; non-members \$20; students with valid ID \$15
General Inquiries: 212 557 1502; Program Inquiries: email apcworkshops@aol.com
Eleanor Bertine Auditorium, C. G. Jung Center, 28 E. 39th Street, NYC.

Centerpoint Group Discussions

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

The Bulletin is a publication of the Analytical Psychology Club of New York, Inc., 28 East 39th Street, New York, NY 10016. It is published eight times a year from September through May. Send changes of address, etc. to APC Corresponding Secretary, C. G. Jung Center, 28 East 39th Street, New York, NY 10016.

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BULLETIN BOARD

NEW DIRECTIONS PROGRAM CALENDAR

New Directions Programs meet at the Center unless noted.
Program Fees: \$45 for APC members, \$50 for non-members,
\$35 for over age 55, Students with valid ID are \$25.

General Inquiries: 212 557 1502

Program Inquiries, email: apcnewdirections@aol.com

Saturday, May 11, 2013, 10:00 a.m. – 4:00 p.m.

POETRY FOR FUN AND INSIGHT

A Workshop with Katherine Mylenki, Poet and Actor

See page 8 for more information



Exploring Dreams

with Francoise Richards, Jungian Analyst.

Call her at 212-586-7510



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 212-532-8379



PRESIDENT'S REFLECTIONS

by Jane Bloomer, LCSW, Licensed Psychoanalyst

Today many social, political and economic issues are roiling in a state of flux. Yet it seems that there are minimal discussions about controversial issues, such as hydrofracking, drones aimed against American citizens abroad, ongoing bail-outs of speculative bankers, chem trails, austerity measures aimed at Social Security and the middle and lower classes, etc. For the most part, these matters are barely debated except on the internet or within the particular interest group specifically geared to the various causes.

Why so little debate and relatively few demonstrations? Are people in semi- or unconscious denial? Or do we deliberately choose to avoid thinking about so many complex challenges? Working long hours and often more than one job is overwhelming. We seem to value being excessively busy, an additional preoccupation. Distraction snags us unawares as we zip here and zoom there. The channels of techie communications keep expanding, including email, texting, voicemail, tweets, web sites and LinkedIn which put further strain on our capacity to focus. Studies indicate that many of us are working longer hours at jobs with greater demands. This eclipses our ability to look much beyond our own personal and family concerns.

In the face of the domination of large and powerful corporations smaller voices are struggling to be heard, such as in local arts groups. Illustratively, I was drawn to visit the current exhibit on the Evolution of the American Quilt at the Katonah Art Museum. I was surprised by the beauty of the quilts and the rich heritage evident in the exhibition of contemporary and antique quilts. The Civil War era Log Cabin design reflects the presidency of Abraham Lincoln, when quilts were made to raise funds to support the Abolitionist Movement. One modern quilt maker uses the motif of the kaleidoscope in her designs. The life stories of the quilters themselves are fascinating. Often the quilters' stories are reflected in the design of the quilts. Quilters frequently work together in circles to share fellowship and workmanship, as is the case of the Gee's Bend, Alabama quilters, whose work received rave reviews at the exhibition in 2002 at the Whitney Museum.

In closing, I invite and encourage the participation of Club members in our April 10th gathering, "Getting to Know You." Let us continue designing and stitching together the kind of fellowship circles that we want within our APC community, to explore together the Jungian matters of heart and art that continue to inspire us in so many ways. This is exemplified in the last issue of the Bulletin in William Briel's excellent in-depth review of Laurie Schapira's beautiful film *The Prophecy of the Seeress*.

EDITORIAL NOTES

by Katherine Mylenki, Bulletin Editor

Spring is almost over and we haven't had any spring yet! But we go on, what else to do, and can only wonder how fast and hard summer may hit us. Or not, I shudder and shiver to think.

Our spring programs continue, this month with two late arrivals on the schedule (though not as late as spring itself). On Wednesday, April 10 we'll have a new kind of program that we really hope you'll like. It's an informal gathering in the Kristine Mann Library from 6 to 8:30 p.m. We're calling it "Getting to Know You. We want to have a chance to share what brought us here, what keeps us coming back, something about our personal journeys and how Jung has influenced us. We're hoping to make it an ongoing event, to put the "Club" back in Analytical Psychology Club, as originally intended.

On April 30 we'll have an even newer entry on the APC calendar, an interactive talk with Faith Linda Weissman called "Introduction to the Wisdom of the I Ching." My college roommate introduced me to the Chinese Book of Changes long ago, and I've been grateful to her for that (and many other things) ever since. Ms. Weissman will be using various translations, she says, to help make the readings more easily understood.

We're printing the flyer for my May workshop, "Poetry for Fun and Insight" as well. I'm happy to say we already have some reservations. We're printing a poem in this issue, in hopes of intriguing more possible participants. It is by Fred Gurzeler, our Recording Secretary, who will be in attendance.

The Analytical Psychology Club of New York, Inc. Presents:
GETTING TO KNOW YOU: A GATHERING FOR
MUTUAL SELF DISCOVERY

Hosted by Francoise Richards, APC Vice President

Wednesday, April 10, 2013, 6:00 to 8:30 p.m.

in the Kristine Mann Library at the
C.G. Jung Center, 28 East 39th St., NYC
apcofny@aol.com / 212-557-1502



"Got a dream, boy? Got a song? Paint your wagon and come along." Those lyrics are from *Paint Your Wagon*, a Broadway musical from Lerner and Loewe, who later brought us *My Fair Lady*.

Ever since the winter holidays we've been wanting to have a gathering of APC members and friends to talk informally about what drew us to Jung, about our own process, perhaps share a dream (which can be a powerful group process). We want to get to know each other as Jungian seekers on our particular paths, all of us drawn to this place for our particular reasons.

Spring has come and our event is finally scheduled. We'll be meeting in the Kristine Mann Library, located on the top floor of the Jung Building. It's a comfortable space, well suited to our purpose this early evening.

Please join us so we can recognize each other on our paths to individuation and help each other along the way. We want our Club to be more like the APC Jung envisioned: club-like and collegial. By coming together and talking about what that means to us, we can make it so and help each other find our way.

**There is no fee for this event but space is limited. Please
RSVP to Francoise Richards at 212-586-7510
by April 3, 2013.**

BULLETIN BOARD

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

INTRODUCTION TO THE WISDOM OF THE I CHING

An Interactive Talk with Faith Linda Weissman,
Spiritual Midwife, Counselor and Teacher

Tuesday, April 30, 2013, 7:00 to 9:00 pm

C.G. Jung Center, 28 East 39 St, NY, NY

apcofny@aol.com / 212-557-1502

Where is wisdom to be found? This is an invitation to consult your own highest intuitive and spiritual wisdom through the unmatched repository of thousands of years of insight and the core text of the Chinese wisdom tradition, the I Ching. The class is for those new to this path as well as for those with experience in working with the enigmatic text, which often brings frustration.



The I Ching/Yi Gong has been said for endless years by countless practitioners to answer all questions, to open up channels of perception and spiritual understanding, to lay bare our beliefs, and to guide a life of balance and equanimity. It can be amazingly specific in locating the crux of an issue, or something we may have avoided facing. It surprises with its uncanniness; our consciousness can expand to see new or previously rejected possibilities.

We shall also do Kabbalah of Light sacred imagery and some meditation and breath work. We will use many translations and begin to achieve some comfort with key phrases in the text and complex symbolic levels of meaning. Insights into current astrological conditions affecting everyone may also be offered.

Program Fees: APC Members \$10, Non-Members \$20, Students with ID \$15. For further information or to make a reservation e-mail psychefrancoise@aol.com

Faith Linda Weissman is an intuitive who gives individual psychological and spiritual counseling sessions and leads retreats with the invaluable help of Mythology, the I Ching and Astrology. She is deeply influenced by the ideas of Carl Jung, and contributed to the Archive of Archetypal Symbolism's Dictionary of Symbols and their Encyclopedia of Archetypal Symbolism. Ms. Weissman became a very early Reiki healing practitioner, has led meditation circles, and has practiced yoga and breath work for decades.

The New Directions Committee of the APC, Inc. presents :

POETRY FOR FUN AND INSIGHT

A Workshop led by Katherine Mylenki, Poet and Actress

Saturday, May 11, 2013 from 10 a.m. – 4:00 p.m.

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

apcofny@aol.com / 212-557-1502

Old-fashioned, formal poetry gets a bad rap these days, with its strict meter and rhyme schemes. But the pleasures and challenges of finding the right word with the right number of syllables is the work that teases out the symbols and meanings in your writing, very like working on dreams. Working within the limitations of the form can enhance rather than restrict creativity. Learn the rules, *then* feel free break them. That's what the first writers of "free verse" did, after all.



You'll have a chance to get acquainted with the four standard metrical feet—three in addition to pentameter, in vogue in Shakespeare's day and immortalized along with him. If you write "free verse" you may discover you use more meter than you realize. I'll teach you how to find out. We'll look at some of the poetic forms, villanelles, sestinas, and sonnets.

As a sidebar I'll introduce you to Mr. Roget's Thesaurus, a marvelous compendium of words, words, words with their subtle shades of meaning methodically set out. It comes in very useful when you need extra syllables or have to lose of a few. That's where the real fun is, especially if you love polysyllabic words as I do.

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

Fees for the workshop: APC members \$45, non-APC members \$50, age 55+ \$35, college students with ID \$25

For further information or to make a reservation

call 212-557-1502 or email apcofny@aol.com

Katherine Mylenki has a B.A. in English Literature and Theatre. She has written poetry for many years. Her muse stubbornly insists on metered, rhymed poetry, current fashion be damned, though of late more free verse slips in. Perverse, but the poem dictates its form and the poet writes it down.

THE HEALING IMAGINATION THROUGH THE EYES OF THE CHILD

Report by Katherine Mylenki, Bulletin Editor



On Tuesday, March 12 Mark Simmons was finally able to present his workshop on helping his clients get to know their Inner Children. The workshop was originally scheduled for October 30, 2012, which we now know as the night after Superstorm Sandy, which caused so much devastation in our area.

Finally we gathered to learn how Mark uses Active Imagination as play therapy, teaching his clients to suspend rational thought and see their younger, more resourceful selves who they move them forward to a current situation. The adult learns from the Child how to control a

situation in the present.

Mark quoted Barbara Hannah, the most famous practitioner of Active Imagination, who says it's not a regression but a return to essence. He told us Jung was looking for Soul and found the Child and quoted him: "You will find your Child in your desire."

So for the sake of your Inner Child, your Soul, and your ability to accomplish your heart's desire—to become your True Self--listen to your Child, take her or him on imaginal trips so you can discover how to get where the two of you want to go.

INVITATION

by Fred Gurzeler

Freedom at last for a little boy to run,
out into the shimmering day,
Mother stood vigilant by the door,
“Do not go near that muddy brook,
nor fall into it, or I'll paddle you for sure.”

Mother's words flew into the wind,
away from a little boy on the run,
Down the street to sniff the fragrance of Spring,
further still beyond street's end.

Into stalks of swamp grass grown heavy and tall,
that swayed in the gentle breeze,
A boy's happenstance upon a bee's retreat,
buzzed quickly into momentary flight,
until stumbling upon a sandy bog,
He fell flat on his face and lifted himself,
coated with grains, a shield from stings of merciless revenge.

Through Fate's decree unscathed and undaunted,
ahead to brook's edge, beckoning ever more,
The little boy searched the murky depths below,
just a little closer for a better look,
further down, what swims there so resolute?
Feet set to muddy bank that suddenly gave way,
into a timeless void that tasted of brine.

Poem, continued

Teeth hard upon grit and mouth coated with slime,
no place for a little boy,
In earnest to climb up and out,
What now? What shame,
clean whites all askew and stained with the vomit of a brook.

He ran home to Mother's view,
one little boy's fall from grace,
a pace of dread or perhaps,
salvation down another road somewhere,
for hugs and kisses and sweet cakes of joy,
Surely comfort lay ahead, somewhere,
no matter, he can dream on and on, forever.



Analytical Psychology Club of New York, Inc.

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