



The Analytical Psychology Club of New York, Inc.
A Gathering Place for Self-Discovery

BULLETIN: Volume 77, Number 38, March, 2019

The Analytical Psychology Club Presents

Stories Connect: The Power of Sharing Your Story
Lane Gardner

Saturday: April 27, 2019, 1 PM to 4 PM
Members and Seniors: \$35.00, Non-Members: \$45.00
Students with IDs: \$15.00

The Analytical Psychology Club and the Kristine Mann Library
Presents

The KML Research Award Presentation: Hilda Seidman, M.F.A.,L.P.

Saturday: May 11, 2019 1PM to 4PM
Wine and Cheese Celebration 4PM to 5PM, Everyone \$10

Contact: (212) 557-1502 or contact@jungclubnyc.org
C.G. Jung Center, 28 East 39th St. NY, NY 10016

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PRESIDENT'S REFLECTIONS

JOSEPH MOORE: PhD, LCSW, PSYCHOTHERAPIST

March 2019

As we enter March, I am reminded that I have a birthday at the end of the month. I do not think about my birthday much. It kind of sneaks up on me. I think of my age much more so and have always thought of age first. Adolescence, early and late twenties, thirties and now seventies.

When I do think of my birthday, I do remember that I am an Aries – the adolescent of the Zodiac. Just now, I realize that so much of my early professional life was working with adolescents. My doctoral dissertation was entitled: “The Open Minded Child Care Worker: The Relationship Among Ratings of Low Dogma and High Perceptions of Effectiveness in Working with Adolescents in Residential Treatment.” I went back to get a doctorate to figure out why I worked so well with adolescents. Did my “Natal Chart” predict who I would work well with?

Carl Jung, as we know, thought that we are all born with an innate disposition to be who we really are. He wrote that: “Astrology, like the collective unconscious with which psychology is concerned, consists of symbolic configurations: The ‘planets’ are the gods, symbols of the powers of the unconscious.” So, astrology pays a part in developing this innate disposition, since the planets are aligned in certain ways when we are born.

I have had my chart done several times. The first thing I learned was that charts will only tell you the cards you were dealt – the innate disposition. Knowing what cards you hold helps you to consciously make decisions. Charts do not tell you what to do. For instance, I had often been accused of withholding my feelings. My chart indicated that it was difficult for me to be in touch with my feelings quickly. Therefore, it worked well for me if I told people that I needed a little time to react and then spent the moments needed to figure out how I was feeling.

I do not think my “Natal Chart” alone made me a social worker and a therapist. The image of me in utero knowing I needed to take care of my mother’s emotions; the experience of being in the hospital at three; my father’s expectation that I could become a priest: all contributed to supporting my innate disposition – my “Natal Chart.” But I did make choices – conscious and unconscious – to choose social work as a profession. There were also many synchronistic events throughout my life. Jung felt that astrology and synchronicity were closely aligned.

This past November, Juana Yepes, an Analyst in Training at the C. G Jung Institute gave a wonderful workshop: “Fundamentals of Astrology: Meeting the Sky Wanderers.” It made me think that now that I am in my seventies, I need to revisit where I am aligned with the “Sky Wanderers.” Another chart is a good present to give myself for my birthday.

REFLECTIONS OF THE PAST EVENT: Stephen Moskovitz; Learning How to Walk in the Tao: The Numinous Body. (The term: "numinous" as defined in Webster's dictionary is derived from the spiritual or mystical effect.)

First, Steve showed the audience a film from a TV program: Studio Three from 1954, about Tai Chi Ch'uan and featuring Sophia Delza, who studied in Shanghai; returning to the United States, began introducing Tai Chi to American audiences. Steve read a poem Ms. Delza published in a Tai Chi journal about mindfulness. The intention was to generate awareness of the aspect of mindfulness, and focused breathing to get out of one's head through 108 movements and positions. In T'ai Chi Ch'uan the intention is not burning energy (extrinsic exercise) but retaining it (intrinsic exercise). Movements are without force, but full of intention. This process also includes proper breathing. "It's a metaphysical thing," Steve said.

All energy is sexual energy as related to Secrets of the Golden Flower and understanding how to move that energy through the body, breathing pathways. Or, having a numinous life, bringing mind and body together. The Chinese believe in cultivating energy rather than exhausting it, a dialog with the self in contrast with the Western style.

Steve mentioned Joe Pilates, the creator of the kinesthetic exercise known as Pilates, and ex-Marine Lieutenant Bob Seed who squared Pilates exercises when he was an associate instructor with Joe Pilates by incorporating a martial arts stance. Pilates began as a program for ballet dancers and feet were turned out. Seed served in the Korean War, was wounded and restored to health with Korean Acupuncture without help from the Navy. He brought acupuncture to the States for the first time when he returned from Korea. Bob trained as a Sumo wrestler in Korea before returning to the United States where he became a nurse along with starting his own Pilates studio. Steve eventually met him at his studio. Steve honors Seed as a teacher dedicated to showing people how to heal themselves through Pilates. Bob gave Steve the feeling that he could control his own life which he had never felt before. Until then, Steve felt the world had its way with him, having no control of life direction.

Steve was assisted in giving this event by his friend and colleague of Tai Chi and Chi Gong, Lynn Marie Mayo. They demonstrated one variable of Wu Chi Nei Gong. Steve also led a practice called Meridian Tracing. Steve mentioned his experience with a "Course in Natural Powers," given by Doug Boyd, the author of Rolling Thunder, Mad Bear, Swami, and other material. Boyd explained that the body is more than the physical; included is the electric, auric, etheric bodies as part of the visualization process. Steve also spoke of Carlos Casteneda and his description of luminous strands that travel through our bodies and a String Theory from the Shamanic Awareness. Casteneda's book: The Art of Dreaming, is a work about the dream state observing the body and healing through dreaming, and the aspect of a dream within a dream, a placebo or dream state as being transforming. Feeling the auric body and electric body (in Jung's work using active imagination or visualizing the numinous state), Steve spoke about the anthropological book by Ruby Modesto of the Cahuilla Tribe in Southern California, titled, "Not For Innocent Ears," which is concerned about women's birthing rights and practices; and "The Book of the Hopi," by Frank Waters. Steve also cited the dream workshop he experienced long ago with Carolyn Conger, and her method of visualization through story telling.

Steve guided the audience through an exercise by asking people to hold their fingers seeking their pulse and asking them to feel and discern how the pulse changes, which is the aspect of Jin Shin Jyutsu and the understanding of body energy flow and blockages through the various levels of our pulse; balancing the body pulse into one uniform pulse. Finally, we were told of the Taoist Grand Master Mantak Chia, who brought to the West "The Taoist Esoteric Yoga System," which has been simplified by the West and is understood as Neuro Linguistic Programming.

This article prepared by Frederick Gurzeler

The Analytical Psychology Club Presents
Lane Gardner
Stories Connect: The Power of Sharing Your Story
April 27, 2019 1PM to 4PM
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Ever heard a song or even just one line of something, a poem, an article, a conversation that stops you in your tracks? Something in it moves you, touches you, and shifts the way you think or feel. It illuminates something in you, you didn't see before. There's an Ah-Ha, a Holy Sh%*!!! Or even just a quiet knowing that helps you along your way. Stories do that to us. Stories do that for us. Stories do that through us.

In this interactive workshop, we will look at the transformative power of storytelling throughout the history of humankind. We will explore common myths and archetypal themes that permeate our shared experiences that have been passed down through generations in a multitude of creative ways: around the campfire, traveling bards, fairytales, folksongs, theater, music, dance, fables, paintings, poetry, to name a few. Participants will be guided in a creative and collaborative storytelling process and will experience their own stories in action with the support of music, rhythm, rhyme and tone. Creative expression can be a catalyst to transform difficult experiences into powerful testaments of courage and strength. It can be a catalyst for finding one's voice, speaking one's truth and developing tools for navigating the ups and downs of life.

We will discuss how sharing our stories is an act of generosity: generosity to ourselves and to others. When we share our stories, in any form, be it spoken, written, sung, painted, danced, we bring them out into the light. We illuminate the intricate threads of our experiences. We embrace them more fully.

For nearly 25 years, Lane has brought this passion and expertise to all of her endeavors. As an award-winning and nationally recognized Arts Educator, Singer/Songwriter and Founder and Executive Director of T H R E A D, a non-profit Arts Organization dedicated to bringing about change and transformation through the power of creative expression, she is considered an innovator in Human Development Through the Arts.

In the summer of 2018, Lane and co-founder of T H R E A D, Pete Kalvert were invited to work with students of Marjory Stoneman Douglas HS in Parkland, FL to facilitate a songwriting and recording project. Lane's unique sensory songwriting process held safe space for the students to write and record a cathartic, honest and powerful song that sheds light on the emotional aftermath of their tragedy. This powerful process, developed by Lane over the last 20 years, draws upon her study and expertise in sound-based healing, native drumming, ethnomusicology and her own healing journey through trauma and grief within 16 years of Jungian therapy.

Lane's reach is now expanding into building T H R E A D, whose mission is to foster connection and healing within people and communities by utilizing creative arts expression as a therapeutic tool, transforming individual and collective trauma into original works of Art. www.lanegardner.com www.threadconnects.org

APC Announcements

RECRUITMENT OF AN APC MEMBER TO THE KRISTINE MANN LIBRARY BOARD OF TRUSTEES

While the Analytical Psychology Club of New York owns the Kristine Mann Library, (KML) by written agreement the Library is managed by a Board of Trustees made up of members from both the APC and the C. G. Jung Institute. There are five (5) members of the APC on the Board of Trustees and four (4) members of the Institute.

The Board of Trustees mandate is to oversee the planning, endowment management, financial strategy, banking and day-to-day administration of the Library. The Board meets, at least, six (6) times a year. Meetings run an hour to an hour and a half.

Jane Bloomer, the past President of the APC and a very valued member of the Board of KML, has requested that we find a replacement for her. While she has thoroughly enjoy being a board member, she is looking forward to spending more time in other endeavors. Therefore, we are seeking a member of APC to become a member of the Board of Trustees of KML. APC prefers to replace Jane with a woman since there is only one other woman on the nine-member Board of Trustees.

The KML Research Award Presentation

The APC and the Kristine Mann Library will present The KML Research Award Presentation of Hilda Seidman, M.F.A., L.P. on May 11, 2019 from 1 PM to 4 PM. Wine and Cheese will be served. Everyone \$10

Tuesday Evening Discussion

The next Tuesday Evening Discussion meeting will be on March 19th at 6:30 pm. The topic will be "Aion and the Phenomenology of the Self". We explore interesting quotes of Jung every month. Wine and cheese will be served.

Book Discussion Group Meetings

The Book Discussion Group meetings will be on the 4th Wednesdays of the month. Please join the club and become a member of Face Book.

FOR MORE INFORMATION, CONTACT BOOK DISCUSSION GROUP LEADER

Robert McCullough: metafizz@gmail.com phone: 212-532-8379



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