

F I O N S

FRIENDS OF THE INSTITUTE OF NOETIC SCIENCES



LETTER FROM THE PRESIDENT

Close to 150 teams of high school students took part in **Teens Plan for Planet Earth: It's Our Tomorrow** this past winter. Their challenge was to consider the questions **What kind of planet do I want to live on?** and **How can we make our lives better?** As one of 40 mentors, I was assigned to work with about sixteen teams of freshmen at a boys' school in the Bronx in March. My co-mentor, Kevin, took the teams through a brief visualization of their futures and then asked them to share some of their experience. At first it was hard for many of them to express themselves. Then one young man spoke up. "You have to have enemies, right?" It took me a moment to grasp what he was struggling with. Then I realized he was questioning the very concept of having enemies. "Is that the kind of planet you want to live on?" I asked, moving towards his table. He shook his head. "Then there's an idea you might want to work on for your poster!" I said, locking onto his steady gaze. It was as though a powerful laser beam had entered the room dissolving walls of age-old tradition and making space for new possibilities.

The following week I returned to the Bronx with another mentor, Nan, to see how "my guys" were doing. In third period, at one table three students sat looking at a drawing of the planet, not speaking. One of the three was angry; "I always get the rotten people to work with! I hate that guy! This is stupid!" He reminded me of a bundle of firecrackers going off in the street. My efforts to

continued on page 6

Over 500 Teenagers Register for Teens Plan for Planet Earth Poster Contest

More than 500 teenagers, working in 140 groups comprised of 2-5 students each, have registered for *Teens Plan for Planet Earth: It's Our Tomorrow*. The students come from public, parochial and private high schools in all five boroughs. From June 9-27, 1998, all student entries in the contest will be exhibited at 26 Federal Plaza in the City Hall area of downtown Manhattan. The exhibit will coincide with the posting of the first-place contest entry on 1,000 New York City buses in June.

The student entries were evaluated through a two-tiered selection process in late March. The "first cut" judges were **Meg Rogers**, Senior vice-president and creative director of Saatchi and Saatchi Advertising; **Jennifer Edson**, Creative Director of *The Wall Street Journal* Interactive Edition; and **Mark Sokol**, Program Officer/Arts and Humanities, Ventures in Education. They chose 12-15 entries which were then submitted to the celebrity judges—**Jewel**, the international pop star, and **Bugsy**, a DJ on the popular radio station "Hot 97," and basketball star Charlie Ward, of the New York Knicks. These three will then select the top three entries. Cash awards of \$500 will go to each member of the winning team; second place winners will receive \$200 each; and third place winners will receive \$100 each.

FIONS is proud to have Jewel, the 22 year-old performer who recently sang at the Nobel Peace Prize ceremony. Jewel, who is also a poet, has agreed to write a short commentary that will appear on the

Certificate of Merit that will be given to every student who participates in the project. Jewel represents the values that this project is attempting to elicit and promote in the students. Recently, on the Charlie Rose show, Jewel said, "I really believe that we are good by nature and we have to start telling children at younger ages that they're good because we become what we believe." Synchronistically, Jewel is represented by **Sandra Martin**, a new FIONS board member.

The mentoring aspect of "Teens Plan" was both challenging and rewarding for those who participated. Mentors encountered enthusiasm and obstacles as they worked with school bureaucracies and students who struggled to survive under difficult social circumstances. For example, Gary Cosgrave, a businessman who first heard of **Teens Plan** at the FIONS Jean Houston Dinner, said "It is riveting to comprehend how much negativity and danger some of these teens have to deal with in their young lives." Mr. Cosgrave and many other mentors saw that the **Teens Plan** project could be of value far beyond its stated goal of attempting "to inspire teenagers to develop their own ideas and solutions for a better world."

The awards and certificates will be presented at a ceremony at 26 Federal Plaza on Tuesday, June 9, from 5-7 p.m. All FIONS members are invited to join in this celebration, which will include music and inspirational and congratulatory remarks.

continued on page 4

No-et-ic (no-et-ik): "The word noetic is derived from the Greek word 'nous', meaning mind, intelligence, or ways of knowing. Therefore, 'noetic sciences' are those that study the mind and its diverse ways of knowing in a truly interdisciplinary fashion."

— From FIONS' Statement of Purpose

WORKSHOP

DATE: Thursday, June 25

TIME: 7:30-9:00 p.m.

LOCATION: Upper West Side

ADMISSION: \$12 FIONS members in advance, \$15 non-members

Advance registration required

In recent years, a number of energy-based psychotherapies have come into being which work with the body's energy system to rapidly release trauma and negative emotions. These innovations have made it possible to relieve emotional distress associated with a wide variety of psychological problems such as addictive cravings anxiety, phobias, and traumatic memories—sometimes within min-

Rapid Release Psychotherapies and the Inner Journey

utes. A number of these methods are simple to learn and can be used for one's own self-healing or in assisting clients.

In this workshop, Dr. Crampton will demonstrate two methods which make use of the acupuncture meridian system: the Emotional Freedom Technique and the Tapas Acupuncture Technique. Participants will have the opportunity to apply these processes to areas of their own lives where negatively charged emotion has obstructed the free flow of life energy. As a group, we will consider how rapid release techniques can be inte-

grated with inner journey work to accelerate our spiritual unfoldment.

Dr. Crampton is founder and faculty member of the New York Open Center's Institute of Transformational Psychology and teacher in the IM School of Healing Arts in New York City. She is a psychologist with a private practice of psychotherapy in Manhattan. She studied psychosynthesis with Roberto Assagioli, MD and has been trained in several energy psychotherapies, including Thought Field Therapy, colored light therapy and integral healing.

WORKSHOP

DATES/TIMES: Friday, May 29, 7-10 p.m.

Saturday, May 30, 9 a.m.-6 p.m.

Sunday, May 31, 9 a.m.-6 p.m.

LOCATION: Union Square area of Manhattan

ADMISSION: \$345.00, includes continental breakfast, lunch and afternoon snacks on Saturday and Sunday

Advance registration required

Most forms of therapy try to help people cope with their problems. Mental health professionals offer advice about how to deal with problems; try to facilitate insight; assist clients to behave more appropriately; or work on emotional re-education. Even the cognitive-behavioral therapies—short-term approaches that focus on changing beliefs—generally accept the prevalent view that we are a "creation," the sum total of our beliefs.

Morty Lefkoe, founder of the Decision Maker Institute, has created a revolutionary technique, which he calls the Decision Maker Process™ (DMP). It is based on a radical notion of human beings: we create the beliefs that determine what we do, influence what we think and feel, and shape what we perceive. That means who we really are is the creator of our lives, not the creation we experience our-

The Decision Maker Process™: A Revolutionary Technique to Accelerate Psychotherapy

selves as being at any given moment.

The DMP enables people to *eliminate* their problems by quickly and permanently removing the beliefs that are their source. Ultimately, DMP is more spiritual than psychotherapeutic. When you eliminate beliefs using this technique, you don't merely think, feel and behave differently. You enter what appears to be a non-ordinary state of consciousness. In this state, you experience yourself as calm, serene and powerful. You feel as if there is nothing missing. The possibilities of your life seem unlimited. You experience that you have no limitations. Finally, there is nothing to slip back into because your old beliefs no longer exist.

This unique approach to change has proven to be extremely effective with over 1,000 clients in resolving many of the problems mental health professionals deal with daily, including eating disorders, depression, anxiety, relationships that don't work, careers that are stuck, the inability to express feelings and low self-esteem.

Participants will:

- Learn what DMP is and how it works
- Experience DMP personally by having Morty facilitate the elimination of at least one long-held belief
- Experience the power of the spiritual part of DMP
- Learn a variation of DMP that you can teach your clients.
- Discover a new approach to change that can be incorporated into your practice to produce remarkably effective and rapid results

Attendance is limited to mental health professionals and graduate students in the field. Anyone else who wishes to attend must be interviewed prior to registration by the workshop leader, Morty Lefkoe. There will be a maximum of 12 participants so that each person will be able to experience the Decision Maker Process™ personally. This two and one-half day workshop is not sufficient time to train participants to use the DMP effectively with most clients. That requires an intensive year-long training.

WORKSHOP

DATE: Thursday, May 7

TIME: 6:30-9:00 p.m.

LOCATION: To be announced

ADMISSION: \$12 FIONS members in advance, \$15 non-members

Advance registration required

Many of us have been actively exploring mind-body communication as a means of generating and maintaining physical and emotional wellness. NeuroLinguistic Programming (NLP) is a dynamic communication model that maps out our internal representations of experience—our subjective reality. In this workshop, **Maxine Sitkowski**, a Certified NLP Trainer and Master Hypnotherapist, will help you examine the structure of the internal experience of health and illness, and explore the relationship between our thoughts and our state of well-being.

You will be introduced to the concept of allergy as a phobic response

Allergies: A New Approach That Cures

of the immune system. There will be a demonstration of the NLP allergy process that effectively and rapidly retrains the immune system, teaching it to respond in a healthful way to the same substances that previously provoked symptoms. This re-education process uses hypnotic communication and visualization to retrain your unconscious reaction. The NLP approach to allergies has been effective in 80 percent of cases and the beneficial effects achieved are usually permanent.

As a member of the NLP World Health Community, and fellow of the Institute for the Advanced Study of Health, Ms. Sitkowski has been applying NLP to health issues ranging from allergies and chronic fatigue to cancer and AIDS. It is her belief that whenever we release the blockages of old conflicts,



beliefs and learnings, we discover that the mind-body system is naturally self-balancing and that healing is natural.

New Advisors Join FIONS: Jean Houston, PhD; Bruce Lipton, PhD; John E. Mack, MD; and Richard Tarnas, PhD

FIONS is proud to announce that four widely renowned and recognized thinkers have agreed to serve as advisors to our organization. Each of our new advisors has spoken at FIONS and contributed immeasurably to our growing awareness of consciousness. The interdisciplinary, evolving work of each of them has advanced our understanding of ourselves and our world profoundly.

Jean Houston, PhD, is one of the pioneering voices in the study of human consciousness. She is sought after as a speaker at scientific, academic and business conferences. An internationally known psychologist, philosopher and educator, she has lectured and conducted courses and seminars in the United States, Canada and Europe. She has also served on the faculties of a number of major

universities. Dr. Houston is the author of 16 books, the latest being *A Passion for the Possible: A Guide to Realizing Your True Potential*. She works regularly with heads of state—in 1993, she joined President and Mrs. Clinton for a weekend seminar on volunteerism in cultural development. Dr. Houston was a past president of the Association for Humanistic Psychology. Over 100 students regularly attend her Mystery School.

“FIONS provides us with the opportunity to experience the Art and Science of union with reality,” Dr. Houston said. “Through association with the work and projects of FIONS, we become citizens in a universe larger than our aspiration and more complex than all our dreams. It also provides practical paths that let us express and manifest our human potential as well as our social potential.”

Bruce H. Lipton, PhD, is an expert in Developmental Biology. Dr. Lipton earned his degree at the University of Virginia. For 11 years, he was a Research Biologist in the Department of Anatomy at the University of Wisconsin School of Medicine. Later, he was a Research Scientist at Stanford University. Dr. Lipton is now writing a book on the Biology of Consciousness. He sees the primary theme underlying biological evolution as the “expansion of awareness from its elemental roots through the evolution of human consciousness.” According to Dr. Lipton, organisms are capable—through purposeful interactions—of changing their genetic structure. This view is in direct contrast to studies that suggest we are controlled by our genes. Dr. Lipton sees a new science developing that will ring

continued on page 4

New Trustees Elected at Annual Meeting

FIONS continues to grow and expand through its many activities. As it does, it increasingly attracts a diverse group of people, many of whom wish to participate in the organization in more of a hands-on manner. Four new members were elected at the annual meeting in March and we are proud to have them aboard.

Alexander Dake is an international banker. Dutch by birth, he has worked in Europe for seven years and here in New York City for two years. He deals with U.S. and international clients and handles organizational change. He is particularly interested in how personal consciousness can influence change in organizations. Alex acted as treasurer of FIONS' Dinner Salons last year and co-hosted one of the dinners. In January 1998, he led a Probing Questions discussion on Bosnia and Croatia. He joined FIONS in 1996.

Michael Mannion has been a medical writer for over 20 years. He is the

author of the forthcoming books, *Project Mindshift: The Re-Education of the American Public Concerning Extraterrestrial Life, 1947 to the Present*; *Alternative America: Healing and the Transformation of American Medicine* (both to be published by M. Evans and Company); and *The Pharmacist's Guide to Over-the-Counter and Natural Remedies*, to be published by the Avery Publishing Group. Michael was the guiding vision behind FIONS' Wilhelm Reich Centennial in 1997 and is working on a new book, *Wilhelm Reich: A Re-Evaluation for a New Generation*. He is the managing editor of the FIONS newsletter and joined FIONS in 1996.

Sandra Martin is President of PARAVIEW, INC., a TV and film production company that specializes in films on human potential, consciousness, spiritual growth and the "paranormal." Sandra has been a student of metaphysics and a spiritual seeker for over 25 years. She has lectured on dreams, reincarnation

and Edgar Cayce. She created and was Executive producer of the three-part video series, *The Power of Dreams*, which FIONS showed in its film program. FIONS hopes to show her new series, *Intuition*, in the near future. The Literary Agency, a division of Paraview, now has a number one best-seller to its credit. Sandra is the agent for *Talking to Heaven* by James Van Praagh, which has been number one on *The New York Times* best-seller list for most of 1998. Sandra co-hosted one of FIONS' Dinner Salons last year and joined FIONS in 1998.

Barbara Terwilliger teaches in the alternative school system in New York City. Previously, she was business manager for one of the programs at Covenant House. She enjoys spending her summers digging with the archeologists at the American Indian ruins in Crow Canyon, Colorado. Barbara coordinates FIONS' Book Discussion group and heads the Membership Committee. She has been a member of FIONS since 1992.

New Advisors *(from page 3)*

the death knell for many beliefs underlying Western civilization.

"The salvation of civilization from impending social and ecological crises lies in the expansion of human awareness," Dr. Lipton said. "Through its integrity and vision, FIONS has become a major contributor to global evolution by providing a respected forum for the introduction of 'new' science."

John E. Mack, MD, is a professor of psychiatry at Harvard Medical School, The Cambridge Hospital, and founding director of the Center for Psychology and Social Change. As a child and adult psychoanalyst, he has applied the insights of depth psychology to address the roots of the Cold War, the global ecological crisis, ethnonationalism and other collective phenomena. Dr. Mack is the author of a number of books, among them *A Prince of Our Disorder*, a Pulitzer Prize-winning biography of T.E. Lawrence (Lawrence of Arabia). Dr. Mack founded the Program for Extraordinary Experience Research (PEER) as a project of the

Center to continue his work with the alien abduction phenomena, as documented in his book *Abduction: Human Encounters with Aliens*. Dr. Mack's work with "experiencers" is providing insights that challenge our perspective on reality and information that expands our consciousness.

"FIONS is courageously committed to the transformation of human consciousness," Dr. Mack said. "In that sense, FIONS is a natural ally of the program for Extraordinary Experiences Research (PEER) and I am glad to be associated with it."

Richard Tarnas, PhD, Harvard Class of '72, is professor of philosophy and psychology at the California Institute of Integral Studies in San Francisco, and director of its program in Philosophy, Cosmology and Consciousness. Formerly director of programs and education at the Esalen Institute, Dr. Tarnas is the author of *The Passion of the Western Mind*, a history of the Western world view from the ancient Greek to the postmodern. His book has become a popular best-seller and is also a widely used text in universities. He is currently writing a new book.

"The Institute of Noetic Science is playing a special role in broadening our cultural vision," Dr. Tarnas said, "constantly and intelligently expanding our range of possible perspectives. I am honored to be part of FIONS and its valuable work in New York."

Teens Plan for Planet Earth Poster Contest

(from page 1)

There is still much work to be done and we welcome your ideas and participation. In the next few weeks, we will need volunteers to help with publicity and exhibition arrangements. There will also be meetings in the coming months to find ways to expand the direct connection to teenagers throughout the year. This might include teen programs, workshops and/or internships. If you would like to share your ideas and become involved in this or next year's event, please call Project Director **Pat Kery** at (212) 826-3735.

Comprehensive Cancer Care: Integrating Complementary and Alternative Therapies

On June 12-14, 1998, the Center for Mind-Body Medicine in Washington, DC, in collaboration with other organizations, such as the National Institutes of Health and the Center for Alternative Medicine Research at the University of Texas, will present a unique and groundbreaking conference that will provide broad and deep attention to, and thorough evaluation of, the complementary and alternative cancer therapies that patients are most frequently seeking out. Conference highlights include:

- authoritative information from researchers and clinicians from around the world on the most promising alternative and complementary therapies for cancer
- evaluation of these innovative therapies by leading oncologists and researchers
- experiential workshops in mind-body approaches to cancer treatment
- discussion of research issues related to these therapies and future directions for cancer treatment

The conference will be divided among keynote speeches which highlight areas of importance; breakout sessions in which specific research findings are presented and critically discussed; and panels which address future research needs. The majority of presentations will focus on studies undertaken by the most knowledgeable, authoritative and innovative clinical and laboratory researchers in the field of alternative and complementary cancer therapies.

All of the presentations will be submitted in advance to "mainstream" researchers and academic oncologists who will review them critically and serve as discussants, providing a different perspective on the presentations and facilitating a dialogue between the presenters and the audience. The American Cancer Society has agreed to send representatives to participate in the conference, several of whom are actively assisting in setting the agenda and selecting presenters and discussants. Prominent oncologists from Memorial Sloan-Kettering in New York; the Lombardi Cancer Center

in Georgetown; the University of California Medical Center at San Francisco; and Duke University Medical Center have agreed to serve as discussants. Representatives from the FDA, the U.S. Congress, the NIH will also be participating in the conference.

Integrative approaches to cancer will be presented by **Jeremy Geffen, MD**; **Michael Schacter, MD**; **Dieter Hager, MD**; and **R. Michael Williams, MD, PhD**. Diet, supplements, mind-body and other complementary treatments will be discussed along with radiation therapy and chemotherapy. Therapies for specific cancers will also be discussed, such as prostate cancer. **Robert Atkins, MD** will discuss his comprehensive program; **Sophie Chen, PhD** of New York Medical College will present data on Chinese herbal therapies; **Richard Rivlin, MD** of Memorial Sloan-Kettering will detail his studies of the effectiveness of aged garlic on prostate cancer.

James S. Gordon, MD, author of *Manifesto for a New Medicine*, and his Board of Advisors at the Center for Mind-Body Medicine have put together this important major conference. The list of participating researchers and clinicians, from mainstream and alternative medicine, is impressive. **Comprehensive Cancer Care: Integrating Complementary and Alternative Therapies** will be invaluable to professionals who work with cancer patients; those who provide information on cancer and its treatment; and to cancer patients and their families. For more information, or to receive a conference brochure, call **1-800-805-3976**. The Center for Mind-Body Medicine can be reached by writing at 5225 Connecticut Ave., NW, Suite 414, Washington, DC 20015; by phone at **(202) 966-7338**; by fax at **(202) 966-2589**; by e-mail at **cmbm@idsonline.com**. The Center's web site is **www.healthy.net/cmbm**.

Dr. Gordon will be speaking for FIONS on October 1, 1998.

FIONS News

For two years, **Judy Leaf** has been FIONS to all those who call our office for information, to register for an event or to become a member. An organization could have no better representative than Judy. She is the courteous, capable and charming woman who answers the phone and handles all the challenges that come her way with grace and professionalism. Sadly, Judy will be leaving FIONS in June to take up other pursuits. Although we hate to see her go, her desire to continue to grow and take on new challenges is not only understandable, it is the essence of the spirit of FIONS. Judy will be missed and her hard work, long hours and valuable contributions will be long remembered.

We are looking for a replacement for Judy. Ideally, applicants for this position will be comfortable fielding inquiries about topics related to consciousness studies; have a pleasant telephone manner; be well-organized; and also be computer literate (Windows 95). Duties will include coordination with and support of committee chairs and board members; processing new and renewing members; maintaining membership, ongoing group and event files; taking registration for all events and preparing program materials; organizing and supervising volunteers for mailings; and keeping accurate records for the bookkeeper.

If you are interested in applying for this position, please send your resume to the FIONS office

via: Fax: (212) 741-3794;
E-mail: fions@mindspring.com;
Snail mail: FIONS,
162 Fifth Avenue, Suite 1005,
New York, NY 10010-5902.



Last fall's *Celebration of Spirit* dinner salons were a huge success—lively, interesting, and delicious—and raised a significant sum toward funding the *Teens Plan for Planet Earth* program. We are currently forming a committee to coordinate the benefit dinners for next fall and are seeking volunteers. If you would like to be part of the organizational effort,

continued on page 7

MEMBER'S PROGRAMS

Probing Questions: Denise Cost, Coordinator



May 6, Wednesday

How is healing activated when we experience illness as metaphor? **Russ Miller** is one of only 400 practitioners of the Rosen Method. This hands-on healing practice is a mind-body technique that deals with illness as metaphor, and uses the voice as a third hand. Russ will describe the Rosen Method and offer a demonstration of the technique.



June 4, Thursday

How can literature guide us in the process of self-exploration? **Hannelore Hahn** is the author of the prize-winning memoir, *On the Way to Feed the Swans*, and the founder of the International Women's Writers Guild. She will read selections from interesting autobiographies and memoirs, which will further our discussion and reflection, in order to activate the ongoing practice of life review.

F I O N S

FRIENDS OF THE INSTITUTE OF NOETIC SCIENCES

MISSION: *To explore our growing awareness of consciousness and emerging spirituality in shared inquiry, furthering individual wholeness and global*

PURPOSE: *To affect quality of life issues, through our variety of consciousness studies, in such a way that we may live in harmony in our environment and achieve our greatest individual and collective potential.*

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Letter from the President *(from page 1)*

engage him in working on the project had no effect. Then, without warning, he burst out with, "Life is just *too short*, we have to learn to *get along* with one another!" "You said it! Why don't you write that down!" I urged. "That could be your slogan to go with the drawing." With that, he leaned forward and started to write his manifesto in clear, small printing as the three of them huddled together as a team.

No doubt every mentor has a story or two like that to tell. There is no question that we have all learned from our encounters with this project. Still one might ask: What have we accomplished? Where is this project leading? What good will come of it? I invite you to visit the exhibit of posters at **26 Federal Plaza**, on lower Broadway starting **June 9th** and decide for yourself. I suspect you will be impressed, inspired and possibly moved by what you find there. After you make your way through the daunting security system found these days in *all* our federal buildings across the land; you will encounter an array of visions for the future. It is clear that some of our young people have been tackling the most basic issues facing us today. Not that they have come up with the perfect solution to a better life on this planet. But they have been *thinking*. It has been a kind of aerobic consciousness exercise. For many of these kids it was difficult even to *begin* to think along the lines we had directed them. As I said to one class, "If this were easy, we would have figured it out years ago."

FIONS could do no better than to be an ongoing source of support for our

young people in becoming more aware; striving to think clearly, feel deeply and act wisely in an effort to make all our lives better and craft our collective future. And what a great way to introduce thousands of New Yorkers and visitors to FIONS through "noetic sound bytes"! We plan, therefore, to continue with this project next year and expand it, where possible.

Project Director, Pat Kery has done a masterful job of bringing **Teens Plan** into being. Many volunteers have labored with her for countless hours, often under stressful conditions to see that all the pieces would come together. We should all be extremely grateful for their tenacity, enthusiasm and commitment. If you have not already become a part of this growing initiative, I urge you to come and join us. What better way could there be to put consciousness study into practice? I find it both challenging and rewarding.

– Jane Hughes Gignoux

We want to hear from you about your vision for FIONS. Write, fax or e-mail us your thoughts and suggestions and we will print them in a new column to begin soon in the newsletter.

FILMS

Films to Navigate By
Please Note New Address!

Films will be shown at:

A.R.E. of New York Center
150 West 28th Street
10th floor, Suite 1001
Starting at 6:30 p.m.
FIONS members in advance, \$7
Non-members and all door
admissions, \$10

May 12, Tuesday

Experiencing the Soul: Before Death; During Life; After Death.

A probing and emotional look at death; interviews with such experts as **Stephen Levine, Elizabeth Kubler-Ross, Kenneth Ring** and others on death, dying and the near-death experience. Film maker Elliot J. Rosen will be on hand for discussion. (Running time approximately one hour.)

June 16, Tuesday

The Jim Sparks Story. In the words of FIONS advisor John E. Mack, MD, "(Jim Sparks) provides one of our richest and most detailed documentation of an abduction history" and "shows clearly how the experiences evolved together with shifts in his own consciousness." Either Sparks or his agent, FIONS board member Sandra Martin, will be on hand for discussion. (Running time approximately one hour.)

FIONS News (from page 5)

please contact co-chairpersons **Sandra Martin** or **Nancy Barrie**.

If you wish to host a dinner or know someone who might, or can offer your cooking (or staffing) skills, contact **Nancy** at (973) 994-1414 or by e-mail at **Nanbar123@aol.com**. Also, if you would care to volunteer for the ever-necessary, ever-appreciated addressing and stamping brigade, tell Nancy.

If you know someone who qualifies as a "special guest" (author, speaker, authority in FIONS-related field) for a dinner,

let **Sandra** know at (212) 489-5343 or by e-mail at **Paraview@NCH.com**.

We need your input to make the endeavor reach this year's goal.



Change is in the air at FIONS—we have new Advisors, new Trustees and are in need of a new office manager. A change is taking place at the FIONS newsletter as well. **Sam Abrams** has done a wonderful job with the newsletter over the past two years, putting in long hours after his "day job" and on weekends to design and layout a newsletter of which all FIONS members can be proud.

Sam was unflappable in the face of tight deadlines and last minute changes. But he is turning over this arduous volunteer task to another and will now work on upgrading our computer software. We want to thank Sam for all his hard work and creative contributions.

Beginning with this issue, the design and layout of the newsletter will be done by another FIONS member, **David Wentworth**. Each designer puts his or her own touch to a publication and, over the next few issues, readers will begin to see evidence of an emerging new design for the newsletter.

I / We wish to register for the following:

	EVENT	FIONS MEMBER	NONMEMBER	SUBTOTAL
WORKSHOPS	Sitkowski , Allergies, May 7	___ @ \$12	___ @ \$15	\$ ___
	Lefkoe , Decision Maker Process,™ May 29-31	___ @ \$345	___ @ \$345	\$ ___
	Crampton , Rapid Release Psychotherapies, June 25	___ @ \$12	___ @ \$15	\$ ___
FILMS	Experiencing the Soul, May 12	___ @ \$7	___ @ \$10	\$ ___
	The Jim Sparks Story, June 16	___ @ \$7	___ @ \$10	\$ ___
MEMBERSHIP	I am not a FIONS member, but would like to join:	<input type="checkbox"/> Friend	___ @ \$35	\$ ___
		<input type="checkbox"/> Explorer	___ @ \$100	\$ ___
		<input type="checkbox"/> Astronaut	___ @ \$500	\$ ___
		<input type="checkbox"/> Voyager (two person household)	___ @ \$60	\$ ___
		<input type="checkbox"/> Seeker (limited income)	___ @ \$15	\$ ___
		<input type="checkbox"/> Contribution		\$ ___
	GRAND TOTAL			\$ ___

Name: _____

Address: _____

City / State / Zip: _____

Daytime Phone: _____

Evening Phone: _____

Fax and / or E-mail: _____

Enclosed is my check **made payable to FIONS**

Please charge my: Visa Mastercard

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Signature: _____

Please send all checks and correspondence to:

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ONGOING GROUPS

■ Registration is required for all programs. Phone the FIONS office, (212) 741-2207 to register.

Book Discussion: Monthly facilitated discussion of titles from IONS and similar booklists. 4:30 p.m., Greenwich Village area. Second Sunday of each month: 5/10, 6/14, 7/12.

Bohm Dialogue: Physicist David Bohm believed members of a group functioning without a designated leader or agenda would bump into their own thinking processes and discover assumptions, judgemental attitudes and frustrations. Result: A shift in consciousness, opening the way for dialogue on a deeper level. New participants are welcome at the start of each term. 5 to 7 p.m., Upper East Side, every three weeks, on Sunday: 5/17, 6/7, 6/28, 7/19.

Probing Questions: (see p. 6) will meet on 5/6 and 6/4.

The New Physics Group: will meet on the last Sunday of each month from 2 to 4 p.m.: 5/31, 6/28, 7/26.

The Manifestation Group: will meet every other week.

The Paranormal Group: will meet on the second Wednesday of each month.: 5/13, 6/10, 7/8.

The Practitioners Forum: Open to energy practitioners; meets monthly in Manhattan. For information, call the FIONS office at (212) 741-2207.

New Group—Spiritual Journey/Reality

Support Group: A safe, supportive environment to give consensual validation and witness to those deeper truths and illuminations which come to us on our spiritual journey, yet often diverse from the dominant reality construct. We will use Quaker-inspired techniques of taking turns speaking our deepest truths into a supportive, encompassing silence, followed by discussion. The meeting will be held on the second Sunday of the month from 11 a.m. to 1 p.m. For more information, contact the facilitator, Maureen O'Sullivan at (718) 728-5859. 5/10, 6/14, 7/12.

■ Connecticut

East Haven: Judith A. Neal, Ph.D., professor of management, facilitates discussion of practices, principles and beliefs that have helped members grow spiritually in their professions. 5:30 to 9:30 p.m. over pot-luck dinner, last Thursday of month. Phone: (203) 467-9084.

■ Upstate New York

Amsterdam (Troy-Albany area): David R. Seaman, engineer, facilitator. Last Sunday in month. Phone: (518) 843-0612.

The Institute of Noetic Sciences (IONS) and Friends of the Institute of Noetic Sciences (FIONS) are separate membership organizations. FIONS sends this newsletter to metropolitan area IONS members as a courtesy to its parent organization.

Events *requiring payment* are open to all; the others are only for FIONS members and their guests. **We welcome new members.**
FIONS contact information: Phone (212) 741-2207
Fax (212) 741-3794 E mail: fions@mindspring.com

N.B.: No information presented or discussed at FIONS' meetings is to be used or considered as advice or as a substitute for appropriate psychotherapy or psychological counseling. All issues of personal concern should be discussed with your psychotherapist or psychological counselor.

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