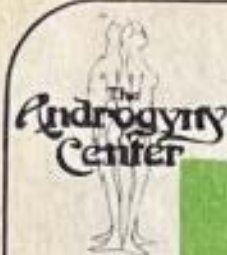


What You Always Wanted To Know About Androgyny *

* But Were Afraid to Ask...



Androgyny Newsletter

June-July 1980

Vol. 4, Number 2

12 Countries Contribute to FIRST INTERNATIONAL SYMPOSIUM ON ANDROGYN

"The existence and function of both left and right brains is further biological proof of our androgynous origin and purpose."

38 Workshops Scheduled

Human history will take an exciting step forward this summer, when hundreds of men and women from all over the world gather for the FIRST INTERNATIONAL SYMPOSIUM ON ANDROGYN. Sponsored by the National Androgyny Center and *androgyny review* magazine, this working conference will be held 27-29 June at the beautiful Bahia Hotel, in Mission Beach, one of San Diego's most breathtaking environments.

This historic symposium is being divided into three major sections:

• **Left/Right Brain Balancing.** Peter Russell, author of five books on the brain/mind, is flying in from England; Elizabeth Stratton shows us how to use the feminine side for creativity; Carole Austen, who, along with Betty Edwards, is a world recognized teacher of art and left/right integration; plus hopefully the Lozanov Learning Institute of San Diego and the Barzak Educational Institute headed by Ivan Barzakov, a fellow Bulgarian and colleague of Gyorgi Lazanov.

• **Sexual/Psychological.** The list of speakers in this section is overwhelming... and exciting. To name only a few--men's consciousness with Warren Farrell, author of *The Liberated Man*; *The Outrageous Woman* with Dr. Linda Thistle and Binnie Dansby, bisexuality with "typical middle class married" Barry Kohn, co-author of the best-seller, *Portrait of a Bisexual Marriage*; androgyny's effects upon gay/lesbian and bisexual lifestyles;



Left Brain

Right Brain

Linear
Mechanical
Analytical
Logical
Rational Memory
Verbal

Art, Poetry, Narratives

Revering
Creative
Meditative
Adaptive
Intuitive
Spatial

androgynous child rearing; actual means of measuring androgyny within an individual with Drs. Carlos and Denise Leite from Florida, the list goes on and on. (See inside center page for complete workshop listing.)

• **Body Awareness.** Using the body to achieve androgyny or unity within will form the third segment. Experts in Roling, Feldenkrais, Yoga, Tai Chi, Polarity and numerous other disciplines will create an exciting look at our bodies. Oscar Aguado, developer of The Form, Joe Heller of the Heller method, Riley Method, Jacque Lowell, dance-theater and Ralph Zuranski (who teaches right-brain tennis) are some of the speakers and demonstrators in this area.

Wide Variety of Workshops Offered

Among the workshops being offered at the First International Symposium on Androgyny are: Left/right brain functioning; androgyny's effect on relationships (business, personal, social); child-raising; sexuality; internal energy balancing; Physical Androgyny (Roling, Heller Method, Feldenkrais, Polarity, Aguado's The Form, etc.); See p. 9 for Registration Form.

IT'S OUTRAGEOUS

Women Discover Their Self-Worth

By BETH ANN KRIER

A women's conference without anger? With no complaints of injustice? And not even a mention of the Equal Rights Amendment?

Outrageous Woman, a weekend seminar at the rather dignified, sedate Beverly Hills Women's Club in Benedict Canyon, brought together about 60 women for the purpose of celebrating personal magnificence and releasing any anger or fear that stands in the way of it. As seminar co-leader Binnie Dansby explained, "The actual meaning of the word outrageous is without rage."

Added co-leader Linda Thistle, a Beverly Hills psychotherapist, "I've had a very exciting life. I've frequently been called outrageous. I've been unconventional but that's not what I mean by outrageous. By outrageous I mean feeling peace within myself and being able to give and receive love."

So instead of identifying enemies or planning protests, there was talk of surrender and unconditional love, of being unafraid to love oneself as prerequisite of being able to love others. And if they could really love themselves, it was agreed, there would be no limits on their outrageousness—in any sense of the word.

To start things off, each woman was to introduce herself and state her highest thought about herself at that moment. Many were wives and mothers and most were career women—an attorney, realtors, several actresses, several therapists, a painter who'd just finished Buckminster Fuller's kitchen. In short, they were all women who in another context, might be considered feminists.

But here, they looked more carefully at

Continued on page 2

inner rather than outer success and it was not uncommon for a businesswoman to get up, feel off an impressive set of achievements and then, with tears running down her face, say, "That's all I can do. It seems not to be enough."

Said another, "All my life I've hated women and it's just fantastic to be in a room with so many loving women." And another, "My highest thought about myself is that I can count on me and can trust myself right now."

While the exercise was simple for some, it was frustrating for some of the participants. "You've asked the two hardest things for me to say about myself," one woman confessed. "I haven't done any work in a couple of years and it makes me feel it isn't there anymore. My highest thought about myself is that I really want to get rid of my fear."

Keep High Thoughts Handy

Admitted another, "I make combries and I've been thinking all night about how much comfort I've denied myself. And one woman who waxes until the very end to speak explained, "I kept thinking if I waited long enough it would get clearer who I am. It didn't."

The women were advised to keep their highest thoughts about themselves handy and pull them out when they found themselves judging themselves or comparing themselves to others, thinking "I'm not as good as ———"

Negative feelings may come up. We're not going to pretend otherwise," said Thistle, "but realize you can change that perspective at any moment." Added Danahy, "The line between fear and excitement and pleasure is very thin."

To improve their feelings of self-worth, the women were led in an exercise, an inventory of sorts of what they liked and what they would change about their lives. They were asked to close their eyes and visualize themselves standing in front of a mirror naked, seeing themselves the way they look today. Then they were to look at themselves clothed and consider if there were things they would change. They were to write down one thing that they would change.

Next, the visualization took them to their homes, studying what they have chosen to have around them. "Look in the bedroom. Does it reflect your highest thoughts about yourself? Look in the kitchen. Open the refrigerator door. Does it reflect your highest thoughts?" asked Danahy, again instructing the group to list one thing they would change about their homes.

The women then pictured themselves in their relationships, in their cars driving with yet another change, and active in the world, surveying the situation, and adding more alterations. Finally, they looked at their financial environment and considered whether they felt comfortable and secure. Once again, they listed one thing they would change in this area as well.

A Forgiveness Fiasco

"Acknowledge yourself for consciously looking at your life for being here, for being enough," suggested Thistle.

After acknowledgement, there was forgiveness. The women dissected the word forgiving and found for giving. They spoke of forgiving their fathers, forgiving their mothers, forgiving all the men and women in their lives—completely. The work they came to do was heal their separation from others and in the process, heal themselves. Sandra Ray, author of a book titled "Deserve Love," said she had been working on forgiving her father, though he's been dead for quite some time—forgiving him for abandoning her by dying when she was very young. She'd been releasing the anger she held subconsciously by writing "I forgive my father completely" 70 times a day and reported that it seemed to have freed her of resentments she thought she had previously released. "I'm giving up guilt for Lent," she added.

Other women told of freedom they gained when they were able to release similar resentments. "I am one of those women who hated my mother until I was 50," said a 58-year-old participant. "Fortunately, she lived a long time. I hated her all my life because I thought she didn't love me. I feel that everyone is my daughter now. I have the sea of daughters."

At that, a career woman who owns a real estate agency got up to speak and couldn't hold back the tears. "What I want to do is mother people and be mothered. I'm afraid of it because maybe it's weak. I just want to be gentle and soft and have it be OK."

As a means of releasing fear and tension, Danahy and Thistle led the group in a breathing exercise called re-breathing that they specialize in teaching. Repeated

breathing through the mouth, they explained, helps to release negativity and increase energy. (In some cases, participants enter an altered state of consciousness and re-experience or see flashes of their birth trauma, hence the term re-breathing. As Thistle explained, "It's like sex. If you haven't experienced it, it's hard to describe.")

After the breathing exercise, the women talked about the insights they'd experienced while doing it. "Oh, my God, I'm not my mother," shouted Ma Anand Kaela. "I'm not kidding."

As the purpose of the two-day meeting was not only for women to love themselves fully but to learn to feel totally safe with men, men (friends of Thistle and Danahy) were invited for two sessions of the seminars, to serve the women lunch and then to share their highest thoughts about women.

Apparently when the seminar was being organized, its leaders weren't sure about whether to invite men. One plan was to keep them for coffee, serve lunch, massage the women's feet and leave. But it was changed after one man told Thistle, "You women have been such great givers. I'd like you to know how much we want to give to you." (To which Sandra Ray responded, "Where is he? Get that one quick.")

Strength, Power, Love

A writer and film producer told the group that he had taken care of his masculine side by going to business school to get an MBA "so I wouldn't be just a poor writer," but that the world he'd always wanted to live in is a woman's world.

A gynecologist said that his highest thought about women wasn't evolved yet but added, "I just think it's incredible for women to be here together to express strength, power and love."

Another man reported he didn't see the difference between men and women anymore and that he had finally learned to surrender to women.

One expressed his feelings about women by singing a song. And still another maintained that "men have been mucking up this planet for thousands of years. It's about time for the ladies to take over." My highest thought about women is that they are creators of love and we just pass it around. I'm willing to receive." A lawyer turned diamond merchant noted he really liked being at the se-

minar—"It's cushiony."

Tiffany Bolen, a singer/songwriter/actress who was enrolled in the seminar, then felt the urge to get up and sing a song about the four things a woman must learn "Look like a girl. Act like a lady. Love like a woman. Think like a man."

While there was some disagreement about the last line, Thistle simply announced, "At that point it's written in the script that the men leave. But they never abandon us. They always come back."

Renowned Gloria Maron, an actress and psychodrama teacher, "I don't know what they're going to do to follow this act. I've had \$15 worth [price of the seminar]."

After the men departed, the women were instructed to list the attributes they wanted in their perfect partner, and then review the list and check off which of those qualities they needed to work on. Said Thistle, "If you want them to be athletic and have a perfect body and you never get off your seat and you're 25 pounds overweight, look at that."

Growth of Self-Confidence

As the seminar concluded, the same women who had introduced themselves—sometimes tentatively—the night before, were once again asked to step out in front of the group and list the things that they know they would soon be doing. The responses ranged from finishing books to having tractors at back and call to forgiving fathers to creating peace in the world to giving up vagnist to getting clear on what to do with their lives.

Women who had wept as they had spoken the night before were suddenly appearing self-confident and speaking with conviction, whether it was a goal such as "getting rid of fear because there was really nothing to be afraid of" or "becoming a Nobel Peace Prize winner by the year 2000."

What had transpired in the various exercises was hard to pinpoint, but each person spoke positively about the effect. Outrageous Woman had on her. As Alice March, the executive director of FACT (Focusing Awareness on Children and Television) put it, "People are so fulfilled after a day like this. They're really communicating with people and people have really communicated with them. It's the antidote of a cocktail party where you spend two and a half minutes with people and when you leave you think you didn't need to be there."

L.A. Times Feb. 26, 1980

Fashion

Skirting the Issue of Masculinity

Most men wear pants, a preference David Hall would like to change. For two years, he has been trying to sell by mail a line of floor-length "skirts" for men.

A computer scientist who does freelance consulting work at home, Hall, 47, first became interested in skirts during a trip to New Delhi. The heat and humidity made him uncomfortable in his long pants, and at a friend's suggestion, he bought a local wrap-around skirt for men called a "lungi," which he found much cooler. Back home in Palo Alto, California, he began experimenting with wearing one of his wife's skirts, as well as "masculine" models she helped him design.

Hall wore them first at home, then at social occasions among friends, and eventually to meetings at SRI International, a research institute, and to a gathering of researchers working on projects for the Navy. Going public has brought stares and snickers and has embarrassed Hall's wife and children, who are dubious about the venture.

Men in many different ages and cultures have worn skirt-like garments, Hall points out: the Greek foustanelia, the Roman toga, the Scottish kilt, and

the Polynesian lava lava. In the U.S., today, Hall realizes, "by strict definition, I guess you could say I'm a transvestite, but so are women who wear pants."



Current male fashions restrict men's character as well as their comfort, Hall argues; by allowing freer movement, skirts would encourage the softer and more creative side of men's androgynous nature. "Some days I get up in the morning and feel very masculine," he explains, "so I wear trousers. Other days I feel artistic and feminine. That's when I reach for my skirt." Sales so far, according to Hall, "only a few."

—Berkeley Rice

Hall is located at ISODATA, P.O. Box 9487, Sanford, Calif. 94305.

'P.S.,' 18, talks out of both sides of his brain

The supposedly mute right brain of an 18-year-old split-brain patient has developed sophisticated speech capabilities. Its verbal fluency is about 90 per cent that of his left brain.

The evidence of a verbally self-aware right brain in a split-brain patient is unprecedented. And the ability of the subject, known as "P.S.," is not due to communication between hemispheres. In tests in which each hemisphere was shown a word or object simultaneously, P.S. could not say whether or not the two matched, demonstrating that right and left brain are unable to "compare notes," so to speak.

Drawings of simple scenes presented to his right hemisphere elicited a few words accurately identifying the context. Further description, however, apparently is generated by the left brain and bears little relationship to the picture. Michael Gazzaniga and his fellow investigators reported that "P.S. behaves as if he has absolutely no insight that these story reconstructions of stimuli presented to his right hemisphere are spurious."

For example, the right brain of P.S. was shown a man with a gun, which evoked the following statement: "Gun... holdup... he has a gun and is holding up a bank teller; a counter separates them." The holdup posture was correct; the rest was a fabrication.

The right-hemisphere speech of P.S. "may reflect an early state of development for an emerging speech system," the researchers speculated. "A developing mental entity that... continues to appear self-aware. It is a mental system of this character that has learned to talk."

For the first year and a half after the split-brain surgery at age 15, P.S. was unable to vocalize about words, numbers or pictures presented to his right hemisphere. However, he could write or point to appropriate test answers with his left hand, indicating some language-processing capacity in the right brain.

Twenty-six months after surgery he began to talk about stimuli shown to his right brain and can now name pictures as well via either hemisphere.

"P.S.'s right hemisphere can now process language in a sophisticated manner," Gazzaniga said. "Not only can [it] emit appropriate writing and spelling and distinguish nouns, verbs and superordinate



Male Relationships Being Researched

Men and the nature of their friendships with other men is the theme of research being conducted by R. Robinson, doctoral candidate in Psychology at U.S. International University.

Participants are invited to phone (714)485-5664 (home) or (714)271-4300 ext. 291 if they wish to obtain further information.

Editors Note: this newspaper is dedicated to bring a communication network, if you are doing research on androgyny, sexuality, role playing or right/left brain please let us know.

Psst... how to be a Card Carrying Member of the Androgyny Center

For years many have asked for a more formal way to support and associate with the work of the Androgyny Center. For the first time since our founding nearly 3 years ago, we are offering membership.

Membership offers you a rare opportunity for close association with the work of the Center and identification with its purpose. It also allows you the deep satisfaction of knowing your support makes possible the varied programs of the Androgyny Center.

Basic membership is \$30 a year.

Privileges of membership include:

- free subscription to **androgyny review** magazine
- free subscription to **androgyny center newsletter**
- substantial reduction on seminars, lectures, workshops, film showings, etc.
- 10% savings on all books.
- use of the Center's research library
- access to **membership only** social events.
- advance notice of all programs

For those who wish (and are able) to make a more major financial contribution we offer:

Supporting membership	\$100
Sustaining	\$200
Donor	\$500
Sponsor	\$1,000
Patron	\$2,500

If you'd like to join us, we'd love you to be part of... Please make checks payable to: National Androgyny Center, PO Box 7429, San Diego, CA 92107. If you're already an **androgyny review** subscriber, please deduct your subscription fee from the membership cost. Any questions? Call us. 714-297-4733.

Becoming Androgynous

by Margo Woods

For those of us who are interested in Androgyny as a goal for our own development, the next question is, how does one become androgynous? How does one balance the masculine and feminine components in oneself?

I have discovered two ways, and have designed a lecture/workshop with my associate, Dr. Ed. Elkin, which will be offered at the Symposium in June, to introduce these ideas to you.

The first discovery was that I could form a relationship with my internal man, which Jung called the Animus, and that through this relationship I have had better access to my masculine possibilities, and, interestingly enough, have become more feminine as well. For a man, the internal woman is called the Anima, and the principle is the same.

The relationship is begun in a guided fantasy which will be part of our workshop, and developed in gestalt play, sandplay, direct conversations, journal writing, and move-

ment. The internal being directs the individual toward balance by giving suggestions and advice in all areas of the person's life--work, relationships, health, and spiritual development. Once the relationship is established, externalized, the individual can also re-embody consciously the internal man or woman and let him/her take over the personality when appropriate. For example, when I feel a need for my masculine energy I can imagine George, my Animus, inside my body and let him move and speak through me.

The second discovery about becoming Androgynous was that making love to oneself moves the individual towards that internal masculine/feminine balance. In the workshop this will be dealt with in discussion, but not in practice.

It is difficult at first for us to understand what is meant by making love to oneself. Our culture has such strict prohibitions against masturba-

tion, with guilt, and only when "real" sex, sex with a partner, is not available.

It was through my work in Tantra that I first discovered the value of having a sex life of my own, independently of my sex life with partners. What has evolved is that as I make love to myself, slowly, caringly, spontaneously, guiltlessly, with my own hands and heart, I am the lover and the beloved at once. I am yang, the giver, and yin, the receiver, at the same time, and a balance between the two starts to develop.

If you can accept this possibility, then the next time you make love to yourself slow the process down. Take two or three times as much time as you are accustomed to, and include your whole body in your touching. Feel at first the feeling in your body as your hands touch and explore, and then the feeling in the fingers as they do the touching. After going back and forth, experience both sensations at once. Allow your sessions with your-

self to expand according to your own fantasies and imagination.

When the internal man or woman is unconscious or unrecognized, and when sexual fulfillment is seen as being dependent upon a proper connection with a partner, the individual is helpless and dependent in relationships. One's soul, one's sense of self is lost to the partner and the relationship games, with which we are all too familiar, begin. An individual who is focused internally, as well as externally, who has access to both the masculine and feminine forces of personality, is a much better companion and partner.

Nor does this internal focus cut one off from others or make the individual less interested in interpersonal contact. On the contrary, since that contact is less dangerous, less threatening, true intimacy is more and more sought after, more and more possible.

I am fascinated with the concept of Androgyny and the process of my becoming Androgynous. Join us at the Symposium!

Success & Androgyny

People with rich personalities are capable of playing far more roles in their professional lives and relationships than just those our society assigns to their biological gender. Such persons are naturally "androgynous."

With androgyny as a theme, Michael Frank, Ph.D., of New York City, divides his workshops into 8 sessions, 2 hours each.

In his trainings, Dr. Frank takes a largely behavioral approach (analyzing only as necessary to bring about change) to rounding out the androgynous person--to helping her/she acknowledge and make happier, more profitable use of her/his total self.

Techniques include games, role-playing, guided fantasy, affirmations, language exercises, readings, and weekly task-assignments. Group size from three to six persons, biological gender irrelevant.

Michael Frank, Ph.D., P.O. Box 67, N.Y.C., 10464, (212)535-4797.



Money and You Taking Androgyny into the Business World

"Money and You," an innovative 3½ day seminar applying techniques of androgyny to the world of business, will be the subject of a local Marshall Thurber workshop, to be held in the San Diego area, Thursday June 12 through Sunday, June 15, and every few months thereafter.

Thurber is co-founder of The

Burklyn Business School and founder and retired president of Hawthorne/Stone, a San Francisco based real estate and investment firm. Marshall and his two partners in Hawthorne/Stone, became multi-millionaires.

"Money and You," is an outgrowth of The Burklyn Business School, which conducts an intensive four week residential program taught by a large staff of already successful instructors skilled in many of the ideas Thurber shares.

The "Money and You" seminar will be held at San Vicente Resort and Conference Center, a Beautiful country setting, 40 miles from San Diego. The seminar will create an environment allowing participants to experience and examine beliefs about money, business, and personal relationships with others in the work environment.


The Burklyn Business School, in less than three years of operation, has made an important contribution, expanding current definitions of busi-

ness to include the "human element" of growth and satisfaction as important elements for conducting successful business.

The 3½ day seminar "Money and You," which focuses not only on traditional business skills such as accounting and creating successful business model, will focus on effective communication through group exercises, discovering creative problem solving techniques, developing certainly in decision making, and discovering and employing lateral left and right brain thinking.

"Since attending Marshall Thurber's Burklyn Business School--the birth place of the "Money and You" seminar, the Androgyny center has tripled membership, has gone international, publishes a magazine/newsletter, and is sponsoring an international conference. Prosperity consciousness is a reward of being androgynous. I highly recommend "Money and You," says John-David Schonbrook.

For Further information about the seminar, or the four-week residential Burklyn School program, contact the school at their new San Diego address, 4760 Mt. Ashmun Dr., San Diego, CA 92111, or call (714)569-8231.



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- Pat Lamb, March 1980

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A typical middle-class family looks at
BISEXUALITY



"From outward appearances, we look like any other family on the block. We have a home in the center of the city, on a narrow tree-lined street, and a small red station wagon with wood paneling on the sides. We have a seven-year-old son, Danny, and, from the view around us, a relatively stable life. We care about our child's school and the community and have an extensive network of family and friends. Both of us have led active professional lives: Barry as an attorney and I as a psychiatric social worker.

"What is different about us is that our marriage is no longer based on traditional notions of monogamy, fidelity, and heterosexuality. We are both bisexual."

From the Introduction

In this book by Barry Kohn and Alice Matusow, one of the most controversial and misunderstood issues of our time is brought into the open. Presenting an intimate, detailed portrait of their relationship, they describe with candor and sensitivity their personal lives and life-style, and they talk about the important role bisexuality has come to play in their lives.

marriage—a marriage that began not only with a traditional wedding ceremony, but with traditional ideas of faithfulness and heterosexuality as well.

Here is a moving account of Barry and Alice's agonizing and lonely struggle in coming to terms with their bisexuality. It tells of Barry's guilt, shame, and confusion on first discovering his bisexuality; of Alice's reaction of anger, shock, and dismay when she learned that her husband was bisexual; and of Alice's growing awareness of her own bisexuality. In dramatic detail, we learn how the authors' courageous exploration and acceptance of their sexuality not only helped to strengthen their marriage, but led to new growth, creativity, and personal fulfillment for both partners.

Now, as group leaders and counselors to other married people encountering similar questions, Barry Kohn and Alice Matusow offer much-needed support and guidance to countless couples who no longer have to face their situation alone. With the example of their own personal story and case histories from other marriages, they discuss all the important issues, including exploring one's sexuality, telling the truth to one's partner, open relationships, jealousy, communicating about sex, how to handle children, therapy and other resources, as well as other topics of deep concern to anyone involved in an intimate, long-term relationship, regardless of his or her sexuality.

A provocative and ground-breaking book, **BARRY AND ALICE** dispels the myths and misconceptions surrounding marriage and bisexuality, a subject too long avoided. This sensitive personal portrait of an attractive, intelligent, well-rounded couple and their successful marriage will enlighten all readers about an increasingly widespread contemporary life-style.

BARRY KOHN graduated from Temple University and Dickinson School of Law. From 1971 to 1977, he was Deputy Attorney General for the Pennsylvania Department of Justice and was the director of a civil rights and civil liberties unit. In 1975, he was appointed by Pennsylvania Governor Milton Shapp to monitor the State's efforts to end discrimination against sexual minorities.

ALICE MATUSOW is a graduate of Temple University and holds a master's degree from Bryn Mawr College. Graduate School of Social Work and Social Research. She has practiced as a therapist with individuals, couples, and groups.

Barry and Alice have worked extensively with bisexual and gay married people. In addition, they have spoken before human sexuality classes and conferences and have led workshops composed of sex educators and counselors.



What is the
Androgyny Center?

The Androgyny Center proposes a range of choices by which people can identify themselves, secure that the masculine/feminine interaction within each individual is not only normal, but the dynamic factor in his/her wholeness.

Taking New Roles

Consciousness of our own androgyny can lead to a new sense of personal unity within the larger universe. It is no accident that men and women today are expressing previously undeveloped sides of their natures and taking roles generally assigned to the opposite sex. We no longer need to think of ourselves as exclusively feminine or exclusively masculine, but rather as whole beings in whom the opposite qualities are ever present.

Yin Yang Balance

Scientists and mystics throughout history have realized that every human being is the carrier of complementary life energies given a variety of names - Yin/Yang, poetic/rational, left handed/right handed, emotional/intellectual, feminine/masculine. These energies interact within everyone, regardless of sex. Androgyny involves recognizing the eternal flux of these opposing energies within us.

"We invite everyone, regardless of sexual preference, to join our workshops, trainings, rap sessions, weekend outings, etc. The Androgyny Center is a fun, safe and meaningful place to experience the wholeness of your being."



**Left/Right Brain
LOZANOV --
Coming or Not?**

"Good question" "Who really knows" Seems to be the prevailing mood around the Symposium's office here in San Diego.

Gyorgi Lozanov, along with Ivan Barzakov, Peter Russell, and Carol Austen are four of the world's best known experts on left/right processing. The director of The Androgyny Center, John-David Schonbrook, was personally instructed by Peter Russell, who is already scheduled to appear, as is Carol Austen. But the idea of also having Lozanov seemed to contain electrical excitement for the staff.

Originally the staff, with John-David taking responsibility, jumped the gun and announced Lozanov was coming, subject to a visa being granted by the Bulgarian government.

Since that time the confusion and constant uncertainty surrounding

Lozanov and his schedules has made his personal appearance unlikely, at least as we go to press.

After lengthy discussions with Lozanov Learning Institute of San Diego, Lozanov's exclusive agents in California, the Lozanov Institute said they would do a workshop on super-learning of languages; Lupe, personally trained by Gyorgi Lozanov, would probably facilitate.

As we go to press, nothing has been firmed-up in writing. We might add we are in intensive negotiations with the Barzak Educational Institute, headed by Ivan Barzakov, a fellow Bulgarian and colleague of Gyorgi Lozanov.

Carol Austen, a noted expert in left/right integration, has already been confirmed, as-well-as others, so it seems that section of the Symposium will have some of the leading experts in the field of left/right brain.

**Paul Solomon -
an evening with a
Spiritual Healer
& Clairvoyant**

Paul Solomon, teacher, lecturer and author, has inspired audiences throughout the U.S. and Europe. Ordained for 20 years, a pastor with a M.A. in Religious Education.

Though he possesses the tools of clairvoyance, prophecy and spiritual healing, the emphasis of his work is on training other to develop their own inner resources.

The emphasis in the workshop is practical and experiential. It is based on evidence that information about our planet and how it works and about our own lives is available to those who learn to listen with subtler ears and to see with subtler sense of sight.

This special evening with Paul Solomon is scheduled for San Diego on July 1st, at 7 PM till about 10:30 PM or so. Donation \$30. In advance/ \$35 at the door. Limited to 20 people. For reservations please call or write The Androgyny Center, 246 W. Washington St., SD 92103 or (714)297-4733.

Paul Solomon is also presenting a workshop at the First International Symposium on Androgyny, June 27-29th in San Diego. Paul will present his portion on late Sunday, June 29th. Paul Solomon-an evening with a spiritual healer & clairvoyant Tuesday July 1st



**Non-Androgynous
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The flyer begins, "The War College for Sales Executives." It is sent to key management personnel in the nations leading corporations.

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Thank you, AMR International for being so clearly an example of negative, uptight, non-androgynous management training.

androgyny review (newsletter) is a not-for-profit education magazine-news publication dedicated to the availability of data and dialogue in the androgynous movement. It is published in co-operation with The Androgyny Center and androgyny review magazine. It invites all persons/institutions interested in androgyny to become involved in its publication.

androgyny review (newsletter) Vol. 4 No. 2 Main offices 246 W. Washington St., San Diego, Calif 92103. Phones (714) 297-4733. Articles, art work, etc. is invited but no responsibility assumed. All letters addressed to this publication or its editors will be assumed intended for publication, unless otherwise noted. Printed in U.S.A. Nothing may be reproduced in whole or in part without written permission from the publishers. Subscriptions: The magazine and newsletter have been combined into one rate: One year \$12. Outside USA \$18. Copyright (c) 1980 by androgyny review and John-David Schonbrook.

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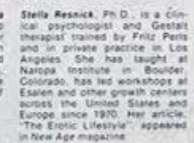
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An International Gathering of the Finest Minds, Experiences and Spirits on Androgyny

SEX/PSYCHOLOGICAL



Sexual Eroticism Toward a Western Tantra. This workshop will look at an emerging tantra for westerners that is based on erasing the skills of love and commitment, surrender, arousal, play, and merging the male and female into aspects of positive eroticism.



New Garments for the Androgyne Society. This workshop presentation of David Hall, a computer software specialist, whose interests include "equal rights," rifting, health, and new uses of computer software technology. Followed by audience participation.

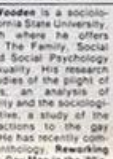
Discovering the child within us as well as the balance of the whole person. Knowing ourselves first as the child within, we learn to experience the male and female within dependent environmental situations, personal predispositions and other influences, people develop more of a left/right side, male/female, femaleness.

As a child development specialist, writer, and consultant in the field of television and child care, **Stevanne Auerbach, Ph.D.** has published several books, taught at the University of California, Santa Barbara, and has created a resource center helping parents and professionals support the creation of more balance through childhood.



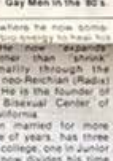
Alternative Scripts Within the Gay World. will focus on the impact and direction of the gay/bisexual movement. Topics for discussion include the evolution of the gay/bisexual identity, the sexual/social scripts involved, and gays and society. The gay life will be viewed within the context of the redefinition of gender roles and the rise of androgyny and human liberation.

Wayne S. Wooden is a sociologist at California State University, Long Beach, where he offers courses on the Family, Social Change, and Social Psychology of Homosexuality. His research includes studies of the gay/bisexual community, an analysis of homosexuality and the sociological perspective, a study of the societal reactions to the gay movement. He has recently completed an anthology, *Rewalking Masculinity: Gay Men in the 80's*.



The Bi-sexual Center of Southern California - Areal. A two-decade long history of human liberation observations and experiences of members of Areal, many of whom have been through the social and support organization is in its second active year with close to 30 people on the mailing list and almost 75 paid-up members. Areal is truly turning into an extended family for many members.

Rolf Schulte, Ph.D. is a licensed clinical psychologist and a professional development consultant who has proceeded from the psychodynamic to where he now concentrates on the individual's expanding people rather than "shrink" them. Schulte has offered courses on the Dextral and Neo-Rexical (Radial) modalities. He is the founder of Areal, the Bi-sexual Center of Southern California.



Women's and Men's Liberation. From the insights to the Gut. Dr. Warren Farrell's program is an experience designed to bridge the gap between intellectual agreement about androgyny and the gut level experience. Following the old Indian proverb, "Don't judge me until you have asked a mile in my moccasins," Warren has men experience women's moccasins and a woman's beauty contest and women experience men's moccasins in a role reversal format. Women confront their fear of taking risks and being rejected; men confront their gut what it feels to be called for only as a sex object.

Martin Celler, Ph.D. is a licensed clinical psychologist who has proceeded from the psychodynamic to where he now concentrates on the individual's expanding people rather than "shrink" them. Schulte has offered courses on the Dextral and Neo-Rexical (Radial) modalities. He is the founder of Areal, the Bi-sexual Center of Southern California.



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Philip Danaher has appeared on the Today Show, Tomorrow Show, and Douglas Shew, and on all the network news programs. He has written articles for the New York Times and Journals comparable to book on incest entitled *The Last Taboo?* The Complexities of Incest (Bantam).



Androgyny: Defining Human Interaction. Experience workshop dealing with ways to minimize self-imposed limitations and create a life with free flowing energy for the healthy organism, including exploration of bisexuality. The workshop includes self-testing, experiential studies and group-centered approaches to gender insight (non-identity and gender roles).

Dr. Carlos and Denise Lette are co-directors of Alternatives Counseling Center in Miami, Florida. Both hold numerous graduate degrees. In addition to co-authoring two articles on androgyny, they have lectured on "Alternative Lifestyles vs. Sexual Orientation," and presented at conferences and universities.

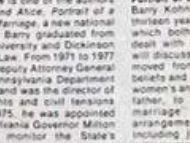


This course explores the professional and systematic of assertive assertion for health care professionals (non-professional students). How one thinks and behaves, human rights, self-advocacy, and making conscious choices in the health care and educational systems will be emphasized.

Sonya J. Herman, D.H.Sc., R.N. is Director and owner of The Assertive Training Institute. Dr. Herman is a well-known educationist, a clinical therapist, and consultant. Dr. Herman has published *Assertive As a Guide for Nurses*, *Transcending Thought and Love*, and a workbook *Assertive Assertion For Leaders and Managers* will be published late in 1980.



Barry Kahn is one of the authors of *Barry and Alice: Portrait of a Divorced Marriage*, a new national bestseller. Barry graduated from Temple University and Dickinson School of Law. From 1971 to 1977 he was a Deputy Attorney General for the Pennsylvania Department of Justice and was the director of a civil rights and civil tensions unit. In 1975, he was appointed the Executive Governor Milton Shapp to monitor the State's efforts to end discrimination against sexual minorities.



Annette Kane is Director of the Human Outreach and Achievement Institute in Boston in each of us. We will focus on historical and literary aspects as well as offer some techniques for measuring individual androgyny. Discussions will also include environments, social cuing, and "trade-offs," essential elements toward realization of one's androgyny.



Rolf Schulte, Ph.D. Professor of Sociology at San Diego State University, teaching upper division course on Human Sexuality among other subjects. Published article on Capitalism and Androgyny in first issue of *Androgyny Review* ("Can Society Afford Androgyny?"). Published a number of articles in political sociology and social psychology. Member, San Diego Society of Sex Therapy and Education, "The Two Cultures of Sex." The presentation will focus on the development of relatively distinct male and female gender roles in Western societies by means of different socialization patterns for the two sexes. The sociological concept of "culture" will be utilized to gain a better understanding of the dimorphic socialization patterns of male and female are typically subjected. The possibility of an androgynous synthesis will be discussed.



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John David Schoenbrock Founder/Director of the National Androgyny Center, Editor/Publisher of *Androgyny Review* (source of the First International Symposium on Androgyny, travels throughout the world teaching and sharing Androgyny.



My Personal Journey into Androgyny. As we go to greet John David is mulling the idea of sharing his Personal Journey from Radical Activist (Civil Rights/Anti-Vietnam War) to



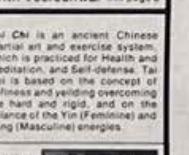
Linda Thistle, Ph.D. and **Binnie Damsby** will be doing material from their Outrageous Women workshop - reviewed in full on page 1.



Chris Luth has been studying Tai Chi for 6 years and is a student of Master Abram Liu from China. Chris has taught throughout the Hawaiian Islands and is presently teaching Tai Chi throughout the San Diego area in conjunction with Master Liu.



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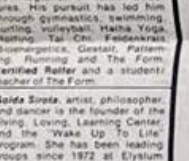
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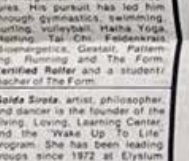
LEFT/RIGHT BRAIN



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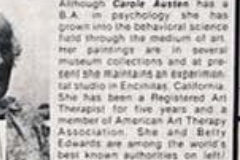
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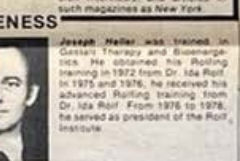
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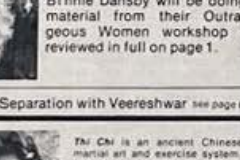
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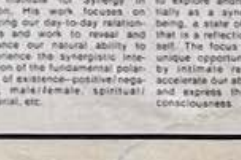
SPiritUAL



Peter Caddy is co-founder of the Spiritual Center and community located in Scotland. He has recently relocated to Maui, Hawaii where he is teaching the One Earth Festival. Peter Caddy, Shari-Peter's traveling companion - John David



G. Kenneth Wohlmans has been practicing as a healing artist for seven years, specializing in body-centered therapies. His training at the Institute for Rebirth Release and Postural Integration and Polarity Health Institute has included our separate selves together within oneself.



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Gyorgi Lozano

Ivan Barzakov

see page 5

Reining in Androgyny

During the early 1970's, a hot trend in psychology sometimes made it look as though being traditionally masculine or feminine were a handicap, and that the most successful people were those who combined the best of both masculine and feminine traits. "Androgyny" became something of a buzzword: men and women who were classified as androgynous on psychologists Sandra Bem's Sex Role Inventory (BSRI) seemed to be more flexible and responsive in various situations than "masculine" men and "feminine" women. Now, Faye Crosby, a psychologist at Yale, and Linda Nyquist have analyzed some underlying problems of androgyny research.

"An androgynous self-concept allows an individual to engage freely in both masculine and feminine behaviors," wrote Bem in 1975. Scores of studies based on her work showed, for example, that androgynous college students were more relaxed than traditionally sex-typed men and women when they met members of the opposite sex for the first time. Yet, deciding what should be called androgynous is a problem, say Crosby and Nyquist. Not one but four different scales are now used to measure the condition, and several recent studies show that anywhere between 33 and 42 percent of those who are classified as androgynous on one scale would not appear as androgynous on another.

Most androgyny research implies that the ideal person has a flexible and

wide-ranging repertoire of sex-role behavior. Pushing the idea to its extreme, Crosby and Nyquist point out that by this definition a bisexual person is more flexible than one who is heterosexual or homosexual and therefore must be psychologically healthier. Moreover, Crosby and Nyquist say that androgyny researchers seldom pause to ask whether flexible behaviors are really appropriate.

An androgynous person is assumed to be "cheerful and gentle in one type of situation and competitive and forceful in another," Crosby and Nyquist say. "Yet if the hypothetical individual were adolescent, some researchers would characterize him or her as a confused youth suffering from ego identity diffusion. If the individual were a young mother, other researchers might characterize her as ambivalent, (or) even...the kind of schizophrenogenic mother who puts her children in a double bind."

The concept of psychological androgyny, in short, was accepted before it was well documented. It was seductive, because it fit the argument of the women's movement that everyone would benefit if more women entered the assertive, masculine domain of work and more men participated in the stereotypically expressive, feminine arena of home and child care. The chief contribution of the debate, Crosby and Nyquist imply, is to help deflate the tacit assumptions of most sex-role research that "masculine and feminine self-images and behaviors are mutually exclusive," and that masculine is better. - Carin Rubenstein

Crosby is at the Department of Psychology, Yale University, New Haven, Conn. 06520. Nyquist is at the Department of Psychology, University of Texas, Austin, Texas 78712.

Male/Female Separation A Ritual Workshop



A theatrical event, recreating and ritualizing the transformation of male/female separation into the experience of internal union--the perfect androgynous state--will be a highlight of the upcoming First International World Symposium on Androgyny.

Guided by Swami Anand Veereshwar (William Pennell Rock), a lifelong student of behavioral sciences, comparative religions of East and West, and most recently, a student and workshop leader for Bhagwan Shree Rajneesh, Veereshwar will gather 20 selected participants to join him in a five-day Androgyny workshop and ritual. The workshop will lead up to the theatre of transformation presentation, "The Alchemical Play", a 1 1/2 hour performance scheduled for Saturday, June 28 at the conference.

A masterful teacher in the archetypal mystical traditions expressed both through the works of C.G. Jung as well as the ancient Upanishads of India, Veereshwar has inspired the delightful five-day workshop training, where he and his 20 "players" will romp around the famed San Diego beachside Androgyny Retreat preparing and clearing their theatrical talents, culminating in the frenzied improvisational theatre per-

formance aimed at catharsis--a total group experience of androgyny, inviting everyone at the conference to participate.

Veereshwar has called for Androgynyls finest--performers, actors, dancers, and musicians, as well as anyone who likes to play, to join him beginning June 20 to Sunday evening, June 22, for an intensive weekend workshop, to be followed by daily three-hour sessions through the Saturday performance.

Workshop tuition for the eight day workshop and ritual is \$100. Energy exchanges for partial payment considered. For reservations or further information call, the Androgyny Center, 714-297-4733.

Sexual Fantasies Sexual Experiences

Your sexual fantasies may be your sexual experiences.

These results are one of many conclusions drawn from a study of 60 male's sexual fantasies and their relationship to overt sexual expression.

The study was conducted by Michael Linn Haley, Ph.D. entitled "The Relationship between Male Sexual Object Choice and Cognitive Imagery."

In other findings, Haley concluded: "A significant difference in the content of the cognitive imagery of heterosexual, bisexual and homosexual men."

"There was a significant relationship between the cognitive imagery and the overt sexual behavior of heterosexual, bisexual, and homosexual men."

"That more than 50 percent of the overt sexual behavior of heterosexual, bisexual, and homosexual men was not a fantasy before the behavior actually occurred."

The results indicated that the age of onset of sexual activity was important with regard to a male's sexual orientation. The average age of onset for heterosexuals was 12.75; for bisexuals, 11.75; and for homosexuals, 11.25. Masturbation was the most popular initial form of sexual activity for all three groups. The content of a person's fantasy life resembled the actual behavior that was reported. The sex of the individuals in the fantasy corresponded to the sex of the individuals who were the sexual partners for the subjects.

The bisexual group was the most sexually active of the three groups, followed by the homosexuals, with the heterosexuals being the least sexually active.

All three groups prefer the active role in sex, both in fantasy and in actual behavior. The frequency of participating in group sex is related to sexual orientation with the homosexuals being the most active in group sex, followed by bisexuals and with heterosexuals rarely participating in group sex.

While the data was not at a highly significant level, sexual fantasies which occur while a person is not engaged in any specific sexual activity appear to follow the same frequency pattern as actual sexual behavior.

The present study raises two issues for further investigation. The data showed several significant results that suggest societal training is a factor in the type of sexual practices in which a male engages.

The data also suggest that the concept of initiation is an important one in the field of sexuality.

Michael Haley, Ph.D., Woodland Park Mental Health Center, 1400 Southeast Umatilla St., Portland, Oregon 97202.

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Letters to the Editor



Australian psychiatrist

For five years I thought I was alone, the only psychiatrist using androgyny--thank you for existing. P.S. My clients thank you, too.
Charles McMillan, Sydney, Australia

I am a certified androgynous person, by psychological testing as well as introspection...It seems to me that nudity emphasizes the anatomical differences between men and women, whereas wearing unisex clothes (admittedly, are not entirely unisex as very few men are brave enough to wear skirts or even kilts) would deemphasize them.

Jean P. Jordan, New York, N.Y. 10027

I am telephoning you, thrilled that you exist. Thank you for being.
Ralph Richardson, Gulfport, Mississippi

Oasis in the desert

How refreshing! An oasis in the desert of obliqueness and uptightness. I don't have to read your publication between the lines--so honest. Thank you for being there.

S.J. McPhee, Verdun, P.Q. Canada

Congratulations on a winner! *androgyny review* is a magnificent first--and a beautiful one at that. It shows the personal love and great care which you have put into it.

Dwight Dixon, J.D.

From Prison

I am head of a group of "friends" at Washington State Prison who support gay, bi and heterosexual young inmates here. I would appreciate any outside support, i.e. publications, correspondence, etc.

Michael Ede, P.O. Box 520, Walla Walla, Washington, 99362

God is Androgynous

The Bible, in Genesis 1:27, lets people know that the Creator is Androgynous and so are they.

Rev. Marc R. Wruble
Libertarian Humanist Assoc.
Box 5413, Buena Park, Calif.

Seven Years/ Androgyny

It was a pleasure to receive and to read of your activities. I have been gathering material about androgyny as a spiritual path for the past six or seven years, drawing mostly from Jung, Taoism and Tantra. I was wondering if *androgyny review* might be interested in an article...

Dennis Rivers, Goleta, Calif.

Editors Note: Yes, we are always open to new articles as we are solely here to serve as a communication network. Thanks.

150 At Symposium Will Qualify For Group Hotel Rates

A block of 75 rooms has been reserved at discount rates for those attending the FIRST INTERNATIONAL SYMPOSIUM ON ANDROGYN. The beautiful Bahia Hotel, overlooking Mission Bay, will host the Symposium in San Diego.



Rates are \$42 for a single room, \$46 for a double, \$75 for a suite. Rates during this peak season are normally \$54-60.

The Bahia was chosen for the beauty of its location, a perfect setting for a symposium on androgyny. Waving palm trees, a vast panorama of land and water on the Pacific Ocean and complete resort hotel facilities promise a lyrical weekend for all attending the conference.

Too Much Male!

Question! Why the stress on the male in your March/April issue? Just wondering as strange for a publication with the concept of androgyny.
Catherine Orlans, Santa Monica, Cal.

Editors Note: You are not alone in pointing that out. None of us here on the staff come from one gender preference so we just did not see what you and others perceive. In true androgyny, gender is not relevant except to plumbing and origin, however we have not arrived in such a state, therefore it is important for the staff to be more aware of balance in articles, when appropriate. Thank you for your observation.

Jung Foundation

I send you good wishes for the success of the symposium...

Sonya Haddad, Executive Director, C.G. Jung Foundation, 28 E. 39th St., New York, NY 10016

Androgyny review/essential

Here is my \$30 for a one year membership. I thought *androgyny review* was a truly amazing publication. In fact, I have not been so impressed by a publication in years. I feel that for me, as a responsible citizen, it is essential to keep up with your magazine and your movement.

R.B. Ammons, Missoula, Montana

Great work!

John T. Talamine, Ph.D.
University of Scranton,
Department of Sociology/Criminal Justice,
Scranton, Penn. 18510

Anthology on Androgyny Planned

If there are any plans to reproduce the material of the symposium I would be greatly interested in receiving copies.

Francis Racey, Olympia, Wa.

Editors Note: Yes, a complete *Anthology of Androgyny*, including all the workshops present plus other papers is to be published by the *Androgyny Center* and edited by John-David and Margo Woods.

Congratulations! Beautiful job! *androgyny review* is 1st class!

Roger Lane, Honolulu, Hawaii

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Androgyny Review Calendar

June 15 San Diego

M.A.N. for E.R.A., a co-sponsor with N.O.W., a celebration with 40 different organizations. Entertainment by Lou and Virginia Curtis, folk singers, and by Sisters on Stage. Balboa Park, 6th and Laurel, Sunday 10 am to 2 pm. Bill Smith (714)275-2558.

June 18-22 Helen, Georgia

Gathering of the Tribes - Third Annual - sponsored by the Church of Y Tylwyth Teg. This must be the most ambitious and fully organized gathering of the Tribe. P.O. Box 4152, Campus Station Athens, Georgia 30602 or (404)353-7943 after 6 pm EST.

June 21-29 London, England

Festival for the Mind-Body-Spirit. They are anticipating 100,000 people. Mostly exhibitions and booths with some workshops. The New York festival was a real energy boost and is highly recommended. 159 George Street, London W1H5LB Telephone 01-723-7256.

July 2-6 At Sea Los Angeles to Vancouver, B.C.

Intimacy in Relationships - a seminar at sea sponsored by the Society for the Study of Alternative Lifestyles. Staff Robert L. McGinley, Ph.D. and Edgar W. Butler, Ph.D. This society has been doing excellent work for years in freeing people of their pre-conceptions on relationships and lifestyles. Write S.S.A.L., 2742 W. Orangethorpe Suite A, Fullerton, CA 92633 (714)879-2761.

July 7-13 Helena, Montana

June Singer, author of the first book on androgyny, presents a 6 day intensive workshop on *Androgyny and Beyond - viewing sexuality in the context of Jung's psychology*. Cost: \$600 - includes full room and succulent board at the famous teaching/learning retreat of Feathered Pipe Ranch, P.O. Box 1682 Helena, Montana 59601 (406)442-8196.

July 11-17 La Jolla, Calif.

The world wide movement called *The Prosperos* gather for its annual. The theme this year: *Androgyny from the Ontological Viewpoint and Primordial Basis*. Write the Prosperos Rectory, P.O. Box 1028 Kailua, Oahu, Hawaii 96734 John-David Schonbrook, founder/director of the Androgyny Center, will be a keynote speaker.

August 16-30 Aspen (Snowmass) Colorado

Association for Humanistic Psychology's present president George Leonard calls this annual gathering "... perhaps the boldest and most exciting experiment ever conducted by the A.H.P." Entitled "Creating Community" - broken into three parts: 1) Pre-meeting communities provide opportunity for registrants to live, play and work together in groups of 100, theme oriented. 2) Annual meeting - expected 2,000 people. 3) The last three days offer an intensive, limited attendance Institutes. An eight page flyer is available. Association for Humanistic Psychology, 325 9th Street, San Francisco, CA 94163 (415)626-2375.

October (the whole month) Maui, Hawaii

One Earth Festival - sourced by Peter Gaddy, co-founder of the Findhorn Community in Scotland. Peter says, "Maui is the feminine side, Findhorn, the masculine." Workshops, celebrations, booths, synergy. Peter Gaddy has shared much about his own androgynous growth, and in a special film created exclusively for the First International Symposium on Androgyny shares his intimate as well as world views on androgyny. Write One Earth Festival, 563-Kaleo Pl., Kihel Maui, Hawaii.

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