

easily for doing your part in widening the gulf between therapy and gays. Personally, you have assaulted an integral part of my personality without showing just cause. I have several other bones to pick with you that show your own inconsistency and hypocrisy. While you call for a cooperative socialist society where material wants will diminish, is your public aware that your charge for therapy at the Primal Institute was recently doubled from 3,000 dollars to 6,000 dollars. Is that what you mean by becoming a 'real' person working toward a 'real' world? You claim to have 'cured' homosexuals but in most accounts the people did not develop heterosexual desires or behaviour, they simply became non-sexual. Is that your idea of progress or freedom?

Do us a favor! Help gay people discover and accept themselves; then with that discovery the changes will come naturally as each of us sees fit. I am certainly not against a gay person discovering his heterosexual drive if that develops in therapy or for straights coming to terms with latent homosexual feelings. But do not attempt to obliterate homosexuality. For many of us it is a viable and rich way of life. Besides, it has been around for centuries. Although time may not be a criterion of what is natural, it is indicative of what is enduring, particularly in the face of constant oppression.

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**Brenda Warren**

## **How I found Me**

I do not hesitate to write these words. The message is real. For during the last nine months, for the first time in the twenty eight years of my life, I have begun to experience the pain, and the joy, of being alive.

I am now aware that for most of my life, I have somehow separated myself from those around me. I have locked myself away, and assumed a self that has stood in for me. I became good, clever, and successful - yet, at the same time I was very lonely, very unhappy, and desperately empty.

As the years went by, I passed my examinations, I played hockey for the best teams, I climbed mountains in my spare time, and finally went to College, yet in spite of this, I had a growing emptiness I couldn't explain.

Finally, after two years as a teacher in a Secondary School, I could succeed no more. I entered a mental hospital.

The emptiness was unbearable, and it seemed that I did not know how to fill it. I did not know what I was looking for, and after twelve months in the hospital, I was still searching. A succession of drugs, and E.C.T. treatment, numbed me still further, and in the end, patched together with them, I faced the outside once more.

However, this was no answer. I continued to search, I drifted in and out of hospital, trying this pill and that pill, and this cure and that cure, and then this Analytical Hospital and that Analytical Group. The expenses were great, and the set-ups unreal.

Then nine months ago, a local College of Further Education advertised an Evening Class. A sensitivity Training Group. '*Go experience more of yourself, and others*' it said. A group of people, in Encounter, with a Gestalt Therapist, to lead. I badly needed to be accepted, and I applied to join.

Now I believe, that this experience has completely changed my life (No, I have been able to change it, within this experience!)

It seems that at last I have discovered my reality. I have got in touch with myself. In this allowing situation, where anything honest is permissible, I have discovered my feelings. In this accepting group, I have begun honestly to express them. I have, in fact, experienced myself in action, and in doing this, I have found a true world outside me.

I have made contact, and my emptiness is beginning to fill.

It is only a beginning, but I know that I cannot lose what I have gained. I can only grow still further.

My message is clear. In psychiatry, with no chance to experience, and encouragement to suppress, how could I find me? In a Growth Group there was a chance. Here, I was responsible for myself, and it was in that reality, that I found me.

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The homeostasis of the individual human being is largely dependent on social homeostasis. In the animal organism the device which preserves homeostasis, which protects the cells in all parts from perturbations whether from within or without, is the controlled fluid matrix. What is the agency in civilized society which corresponds to that feature of our bodily arrangements?

In a functional sense the nearest equivalent to the fluid matrix of animal organisms that is found in a state or nation is the system of distribution in all its aspects - canals, rivers, roads and railroads with boats, trucks and trains, serving like the blood and lymph, as common carriers. In this vast and intricate stream goods are placed at their source for carriage to other localities.

*The Wisdom of the Body* Walter B. Cannon (Norton 1963)