

We have come a long way from the idea of 'The rich man in his castle, the poor man at his gate. God made them high and lowly and ordered their estate', but, as yet, we hardly seem to have realised that it is no fun to be either if one is not feeling a person of dignity and joy and that such feelings are not the prerogative of castle or cottage. Of course enough money is necessary but what is enough, and for whom - and what? For some, little is enough, for others enough is never enough. What are the elements that go to making what one has enough? Endless debates are heard on the subject of financial management and mis-management and no doubt they are helpful to those who can, or wish, to understand them. My experience has led me to conclude this mis-management is nearly always tied up with personality or emotional difficulties. Spending can be a comfort habit in just the same way that eating may be to a deprived child and the numerous club-books and H.P. facilities have made this kind of drug fairly freely available. Both of these facilities in themselves, as with other addictives, are not harmful in the hands of those who can control their use of them, indeed reasonable use of them can be therapeutic. The thought that if they were not there the weaker among us could not use them is, I feel, a fallacy. If it was not them it would be something else. They, and other things like them, are so often an escape from circumstances and self.

I suppose what I have written could probably be summed up, or interpreted, as a plea for self discipline. The ability to be able to say 'Yes' when one should and 'No' when appropriate, the ability to accept the unacceptable until one can alter it, the ability to be able to say 'sorry', to take the blame, if that is where it lies, and a host of other self imposed acts that lead to freedom from things that bind and limit the self. It is not easy but it enables one to offer oneself to others and take, or withstand, what the other can give. I think, on reflection, it is what a learned friend of mine would call a socializing function, I prefer to think of it as the way that me, myself and I can take on the life long task of searching for growth, human potential and enjoyment of life.

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## **Newsletter from the Icelandic Chapter**

One of the pioneers of humanistic psychology, A. Maslow, said that he saw great possibilities for change and growth in the individual. He said that people keep these possibilities within themselves and that the fundamental thing is to give them ample facilities. People who study humanistic psychology want to work towards the growth of creativity and peak-experiences. Peak-experiences include a deeper and a more effective realization of reality than people in general are conscious of. The aims include the desire for a fuller life and an increased awareness about man's potentials. Recently methods and aims have been investigated in various ways in order to call forth increased personal growth. In Scandinavia, Britain, Italy and USA there are active AHP-groups. We are in connexion with them and feel they are of importance to us. Our aims are twofold:

A/ The growth and development of the individual's personality in order that people may enjoy their potential and study the self.

B/ The investigation of human environment and ways to improve it and make it more humane.

## **WORKSHOPS**

During the week-end, January 9th-11th last we were visited by specialists in Gestalt-therapy from the United States: Elayne Kaplan, M.A. in education and psychology and Frank Lindenfeld, sociologist. They led a Dream-workshop and a Group-Dynamics-workshop. Elayne plans to revisit Iceland in August this year and has offered us further workshops.

This spring we expect Zaraleya and Carmi Harari to come and lead a workshop. Further information will be issued later.

## **GROUPS**

The Reading-Group has proved itself to be popular. There have been two getting-togethers. We are studying: **THE FARTHER REACHES OF HUMAN NATURE**, by A. Maslow. The Reading-Group is about to begin again after the Xmas holidays and the New Year's holidays. Those interested are asked to notify the centre-group people.

## **A BOOK-LIST**

After the Dream-workshop Elayne Kaplan gave us a list of the following books about the dream-consciousness and other things: *Creative Dreaming* by Patricia Garfield, *Awareness* by John Stevens, *Dream Power* by Ann Faraday, *Gestalt Art* by Janie Rhyne, *Thus Speaks the Body* by Christian Bjorn.

(Foreign members are welcome to send short articles and notices to be translated and put into the Icelandic Newsletter.)

*Translated by Inge Jonsdottir.*

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