

for all AAO members with "courses in formation" also available; the other AAO communities contribute to these and other projects.

Leaders Who Give Up Power

I find one further conclusion based on the AAO's "Cultural Revolution": If the original AAO leaders (Otto Muehl, Berndt, Theresa, Claudia, etc.) had been "taken and seduced" by the privileges and power that inevitably come with a leadership position, the transformation could have never occurred. In other words, this transformation gives a certain "proof" that the motivation to be "leader" in the AAO was (and is) to help the establishment and growth of these communities, and not to personally profit from and abuse the leadership position. Can we imagine "leaders" in our present society - directors of industry, heads of universities, cabinet appointees - willing to *reduce* their organisational structure and allow a *decentralisation* of power and functions? Would such leaders be so willing to *reduce their personal power* for the welfare of the people they control and supposedly "serve"? Obviously not. And unfortunately, probably never. And why not?

One way to see it is to return to Wilhelm Reich's analysis. Those who live in a world of sexual frustration will be prone to use power as a substitution for real organic satisfaction. Others who live with their roots embedded in a truly satisfying reality - a reality that satisfies our sexual and communal needs, as represented by the AAO, and as embodied by its leaders - have no need for power over other human beings. They can "let go". And they have. So there is no longer a centralised AAO. There are now a number of autonomous and mutually cooperative communities, each one striving to allow the potential of its members find its full flowering.

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Robert Lipsey

The Boredom Threshold for Books and Therapists

I get less confused these days when I find myself in a library. I remember a time when I'd see all that literature and my head would start to swim. After an uncomfortable half-hour I might leave with a couple of books under my arm but as often as not I'd be aware of a sinking feeling.

Later, at home when I'd recovered, I'd sit down and try and read one of the books. I'd plough through a couple of chapters and my eyelids would start to grow heavy and the sinking feeling would come over me again.

Once I was trying to relate to a particularly boring book when I was released into a dream. When I woke up I snapped the book shut and told myself I'd never stick with reading anything that bored me again. It squanders time, it depresses me and I learn nothing.

Since then I've been getting on better in libraries. My head doesn't spin so much and I seem to sniff out the books that take my interest. And even when I do choose a duffer, I manage to put it down long before I've sunk into a depression or started to doze.

I'm glad I went through all that with books before I got involved with therapy and growth. I've entered into one or two relationships with duff therapists and I've signed on for one or two boring therapeutic week-ends and I've managed to get away before hurting myself too badly or wasting too much time and money.

And of course just as a library is full of duff books and wonderful books, so the therapy and growth movement is full of phonies and real healers. And just as library has books that interest some people and bore others to tears, so of course there are therapists to suit or not suit every temperament.

But there's more at stake in choosing a therapist than a book. The trouble comes when your back's up against the wall. You're really lonely, confused and depressed. You want help. In that situation it's quite likely that you don't have a friend you can trust to recommend a therapist. So you start to look around. You read: "Psychoanalyst. Established 50 years." or "New! Instant! Biodynamic Psychosynthetics". And depending on whether you feel like playing safe or you're prepared to try something new, you'll choose one or the other.

From then on it's a dice game. It goes one way and the therapist seems to understand too. You make a real relationship with him and after a while you begin to find a little clarity. It goes another, and you find yourself coming away from the sessions feeling just as lonely, just as depressed and even more confused. Then maybe you'll decide that you're beyond help. ("What? even a therapist can't relate to me?") Or maybe you'll decide that all therapists are swindlers. That would be a pity because it's much more likely that you just stumbled on the wrong one.

Exploring blind alleys is all part of growing, so we mustn't get too upset when therapies and therapists don't work out for us. But sooner rather than later we want to come across a therapist who can really help us find ourselves. The trouble is it's up to us to judge who that might be and as long as we're feeling confused and upset we can't trust our own judgment. If we could, we wouldn't need to bother with therapists. - a vicious circle and it accounts for why so many people spend years in therapy without making any progress.

One thing I've learnt from blind alleys I've explored is that the best question to ask myself when I'm trying to assess whether or not a therapist is right

for me, is "Do I feel lonely with him/her?" If I do then I can be sure that for one reason or another s/he hasn't connected with me. S/he is not receiving me. We've spent hours together in sessions but we've never really met. And if we can't meet then we might as well wrap it up.

If you've tried twenty therapists and you've felt lonely with them all, then maybe you're right. They're all swindlers or you are beyond help.

But if it's only happened to you once or twice, don't get discouraged. A lot of therapists are just as lonely as you are. They're hiding behind theories, techniques, white coats and brass plates.

But somewhere, not too far away, there's a therapist who will really meet you and empathise with you. Then it'll make little difference whether he's a good old fashioned analyst or from the latest school of 'Biodynamic psychosynthetics'; you'll make progress. You'll know when you've found him. You won't feel lonely with him.

John Collett

Becoming more Conscious

We know that there are many methods for consciousness growth, and they all work - if we do.

I have worked with a great variety of them, including many years of individual therapy - as well as group work in the Human Potential Movement.

In this article I would like to briefly share my experience with a method which is not generally known outside the U.S.A. It has been worked out by Ken Keyes jr. and is called the Living Love Method (or the Science of Happiness).

Of all the techniques I have tried in the West and East, this is the one that for me has been by far the most effective and rapid. One of the reasons for this is that it requires going to the roots of the problems. Another reason is that it requires the person to do *all* of the work himself. The method can be used continuously all day - every day - when we are working on a job, raising a family, or whatever we are doing.

It is based on a total reconditioning of unrealistic, negative ways of experiencing and reacting - that are not very effective - and cause suffering, unhappiness and poor functioning in our lives.

Some of this conditioning are paranoid remnants from millions of years of