

As I said originally, I will be very pleased to receive information from anyone who experiments with a Zenalys group/pair.

(John Southgate is co-author (with Rosemary Randall and Frances Tomlinson) of two do-it-yourself cartoon books: 'The Barefoot Psychoanalyst', (£3.50); Co-operative & Community Group Dynamics, or your meetings needn't be so appalling, (2). From booksellers or from 12 Nassington Road, London NW3.

MY FIRST POEM

I feel the grief and the pain of saying goodbye
Goodbye to my old self, my old image, my old familiar world
Grief at the loss of my menstrual blood.
I fear the emptiness of that loss, fearful of the new growth within,
Fearful of the frailty and tenderness of new life.
How do I nurture it and let it thrive?
Why so much pain and struggle and dying to find the simplest -
- most beautiful part of me - my womanhood!
I feel my love - and my tears flow, my love for the child within.
The love that connects me with the universe,
The love that know, sees and understands, the love that heals.

And I feel anger too, anger at the struggle and pain.
Anger at being crushed and humiliated,
Anger at not being seen, not having time and space to grow and thrive.
Anger at the male world, its destructiveness and ugliness.
Anger at its arrogance and inner cowardliness.
As I mourn my old self and nurture my womanhood
I show the world my anger and my love
I feel my power, my fertility, my understanding and creativity
I feel the beauty of the universe and creation
And I must weep again, at its perfection and enormity.
And once more I am afraid, afraid of my new self, of my womanhood,
afraid of trusting that enormity
afraid of what lies ahead
afraid of expressing myself
afraid of the chaos
afraid of my love
afraid of my healing
afraid of my knowing
afraid of being ME!

Rosylyn Madden