

## Letter to the Editor

Dear Sir/Madam,

I have just finished reading your journal *Self and Society* and see that you are interested in publishing papers about personal experience, social and psychological observations. Well about six years ago I had an experience with 'alternative psychology', that has puzzled me ever since.

For about ten years now I have suffered from depression, characterized by headaches, nervous tension, etc. etc. I went through the usual conventional psychiatric process of psychotherapy, tranquillizers, anti-depressants and the like, all to no avail. So I came to regard my difficulties as immutable, something I would just have to learn to live with.

Then, one weekend in 1974 I attended an encounter therapy session in London organized by an alternative psychology group called 'Quaesitor'. One of their therapists taught me a complicated breathing exercise involving pelvic muscles, stomach muscles and chest, in part of a co-ordinated sequence, and the result was extraordinary. I experienced the nervous tension of my headaches literally breaking up and dispersing around my body, down my temples along my arms and into my finger tips. I'll never forget that experience. For a short period of time I felt quite well.

The therapist told me I'd undergone an exercise in 'dynamic meditation'. He told me to contact a group specializing in such techniques to perfect relief from my depressions. Unfortunately I have never since been able to find out about any group in the country practising this form of therapy.

I wonder if any other readers of your journal have had a similar experience, I think it could have some relation to the Reichian concept of 'body armour' i.e. nervous tension transmitted into muscular rigidity. Would a Reichian therapist be able to advise me,

Yours sincerely,

P.S.R. Pollett  
Crewe  
Cheshire

Dear Editor,

Tent City operates throughout June, July and August, when the Youth Hostels are mostly full. Basically we are just a hostel providing cheap accommodation for those who generally have back packs and sleeping bags. We have few British, most are American and European. We use a large GLC football changing room building in a park. Outside, we erect large ex-army tents and fill them with bunk beds. There's space for private tents too. We can have up to 550 per night. The profit, when we make some, will be used by a charity. We are changing

our way of viewing peace education from being the intellectual comprehension of certain points of view, to being the experience of oneness.

So, we want to do things in the evening to enhance the sense of easy communication we already have. I spoke to folk involved in Sacred Dance and heard about Inter-Action and photography and clowning. What else can we do that doesn't depend on good comprehension of English? Do you do, or know of, workshops or whatever that will expand the quality of our communication?

And how can we become known to young visitors to London from Europe and America? We want to use any networks we can to attract people involved in peace groups, ecology groups and any form of transformation or breakthrough experience of life,

Tent City is a great game in the network. We already see the power of transformation in our team of volunteer workers. Please support us.

**Barnaby**

**TENT CITY**, Old Oak Common Lane,  
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Dear Secretary,  
I thought you might be interested to hear that I have just returned from 9 months in Toronto, Canada, where I attended regular meetings of the Toronto chapter of AHP. They are a very warm, caring group of people who made me feel very welcome.

I shall miss these meetings and contacts and wish very much I lived nearer to London where I could participate in some of the AHP activities there. I rarely notice any mention of such events in Birmingham. Is there a contact here I wonder?

Hope you can help me.

Sincerely,

June Eaves  
Sutton Coldfield

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