

AHP AGM 3 September 2011

Minster Centre, 20 Lonsdale Road, Queen's Park, London NW6 6RD

Come along, meet up and make a difference to our future growth! We are inviting members to join the Board or volunteer – all you need is an interest in Humanistic Psychology and willingness to help. Please feel free to bring a shared lunch.

10.45 - 11.30 Meet, Greet & Coffee/Tea

11.30 - 12.30 **Meet Your Animal: A Guided Visualisation to meet your Inner Animal, with Julian Nangle**

This workshop will involve an invitation to be deeply relaxed before being taken on a short journey with the help of creative imagination to locate, meet and dialogue with your Inner Animal. We all have one - we all are one.

It has been Julian's experience that we are not different animals at different times but are consistently the same animal. To meet this creature and to own it can be a powerful experience. There will be time for discussion in pairs following the visualisation.

12.30 - 1.30 Shared Lunch

1.30 - 2.30 AGM

Night Light

Burning in water, the sad thin flame
throws grisly shadows on the yellowed wall.
Aunties downstairs won't hear me if I call
in creeping panic. Here it's not the same

as home: the smell of cigarettes and mould;
the walls too close, the ceiling scarily far.
And death. They didn't tell me my Grandma
was gone. Up here the musty bed is cold.

"Her legs like milk-bottles" was all I heard.
The grown-ups' serious voices, hefty sighs
fell on the kitchen table while I sat

ignored. They didn't think I'd know the word
funeral, spoken with flinching eyes.
My mother left me playing with the cat.

Elaine Taylor