



Dear Members,

It's hard to believe that 2017 is nearing the end and this is my first letter to you as the new president of the IIBA Board of Trustees. It was during our meeting in Lisbon in March of this year that I was elected. I want to say thank you to the Presidents that have gone before me and due to their leadership we have a strong organizational and financial base. I am proud to stand as your president.

During our meeting in Lisbon, we formed a new committee to focus on Social Media. I hope you have noticed a stronger presence on Facebook and Instagram. We strongly urge you to post your workshops, meetings, society events on the Facebook page as a way to connect and let others know what is happening in our Bio world. The new Facebook name is International Institute for Bioenergetic Analysis 2IIBA001. Check it out, there are lots of pictures and videos. We are also still working on updating the IIBA website and some videos for YouTube are also in the works.

It has been a busy time since that meeting in Lisbon. Shortly after our BoT meeting we had our IIBA conference in Toronto, Canada at the end of May. I had the pleasure of seeing some of you there. Due to many events that are currently affecting our world the attendance was fewer than in past years, however, the conference as a whole was excellent. Unfortunately, we suffered quite a financial loss due to the low attendance. During the conference there were interviews about our history as we celebrated the 60th anniversary of the formation of the IIBA and the future of Bioenergetic Analysis was discussed during a morning panel and during the membership meeting. At the membership meeting we asked each person to write something on a "post-it" that they could do when they got home to promote BA in their community. The IIBA Journal was published in French as well as English this year in keeping with the rotation of a different language each year.

Work on the 2019 conference in Portugal has already begun with a target date of the end of May. The theme will be "A Bioenergetic Approach to Healing: Love, Connection and Authenticity". Our conferences are such wonderful events, personally and professionally with contributions from our members from around the world. It is such a rich experience to learn from each other, play together and celebrate our cultural differences as well as what we have in common. Truly a multi-cultural event. I encourage all of you to start planning to attend the 2019 Conference.

This year at the conference we announced the first IIBA awards in three categories: Clinical, Research and Social Work. There will be more about that in another article in this newsletter.

Shortly, after the conference several other transitions began. Pilar Llobregat confirmed her date of retirement as our Administrator. We will miss her! She has done such an amazing job for many years. After several interviews and a great recommendation from Pilar, Nina Schubert was hired and began on November 1. Pilar promises she will not be far away to help with the transition. Nina comes highly qualified and brings a wealth of experience in the areas we need. I will say more about her in another article. She can be reached at iiba.spain@bioenergeticanalysis.com.

Vincentia Schroeter is also retiring as the Editor of the IIBA Journal. Read her article to get updated on the new editorial board. The BoT will continue the tradition of publishing the journal in an additional language each year. The next edition will be published in Spanish as well as English.

I encourage you all to engage in this global community that brings friendships around the world, inspiration, learning and a sense of belonging to an organization committed to making the world a better place. I wish you all a happy and peaceful holiday season!

Warmest Regards

Diana Quest,

President IIBA Board of Trustees



NEWS

Your 2017 Board of Trustees



We are Paola Bacigalupo, Jayme Panerai, Cristina Piauhy, Josette Van Luytelaar, Pilar Llobregat, Scott Baum, Ana Lucia Faria, Rosaria Filoni, Diana Guest, Rick Spletter, Anja van de Schrieck Junker and Michael Brennan.

Our new IIBA Administrator

Nina Schubert comes to the IIBA with international experience and is leaving Volkswagen to join us. She speaks German, English and Spanish. She has some basic use of French and Italian as well.

She has organized annual conventions and trainings and knows her way around a computer with many of the skills we require. She is working on her Masters degree in Project Management. In addition she has great people skills. She loves to hike and has been coaching a girls (6-8 years old) basketball team for the past 10 years. Please welcome Nina as our new IIBA Administrator.



From the Editing desk of the IIBA Journal

I am retiring as chief editor of the IIBA journal, as of this coming 2018 volume.

The new team will be Leia Cardenuto, Garry Cockburn and Mae Nascimento. I have enjoyed the editing team collaboration with Mae and Margit Koemeda as well as the process of shepherding valuable papers to publication for our community. Sharing your theoretical thoughts and innovative clinical interventions is a gift you can give to the rest of us. Send your papers (up until **September 1, 2018**) for the 2019 volume to Leia Cardenuto. Her email is leiacardenuto52@gmail.com.



Vincentia Schroeder

REPORT

News from the CFAB

Training: One of our 5 years training groups is finishing its process this November 2017. The training was built up and done in collaboration with the SOMAPSY Society in Brussels, Belgium, where the whole training took place. There were 21 participants at the beginning, and 15 participants going up to the end, women only. Certification procedure will be built up for time after the end of the training.

Last year (2016), we finished a 5 years training group at La Reunion Island, with 12 participants, a large part of them being already with a practice as psychotherapists, medical doctors or osteopath. Of them, 3 were certified, while some others are in their process of supervision and therapy in order to be able to present themselves to the Certification process when ready.

A new training group began at the end of last year (2016) at La Reunion Island, with 21 participants. The good news is that the certified therapists of the previous group are available now for the second group's students!

Bioenergetic Analysis Study Days in French took place in Toulouse at the beginning of October 2016, with the theme: "*Trauma and the Body – Therapy of Post-Traumatic Stress disorders*".

The purpose was to hear presentations of different therapists of our Societies bringing the experience with other modalities and the way they take elements of them to enrich our Bioenergetic's practice, such as EMDR, Hypnosis, Somatic Experiencing, T.R.E., Attachment Theory, Mindfulness Meditation. New training activities hopefully coming on for next year !



Maryse Doess



From Hugo Steinman, SGBAT President



Hugo Steinman

Bioenergetic Analysis, our somatic psychotherapy approach SGBAT / IIBA is seeking governmental approval in Switzerland.

In April 2013 a new law for psychological professions in Switzerland became effective. At present there exist 60 different curricula for physicians or psychologists leading to a psychotherapy state licence. In order to gain the renewal of this – so far provisional - governmental certification of our curriculum SGBAT for the next 7 years (and then apply for another renewal), ours as all other training programmes need to undergo an examination before March 2018. After several years of (tedious) preparations we are now finally ready for this scrutiny and will present ourselves – SGBAT, curriculum, faculty, staff, bylaws, accommodations – to three experts in our field and delegates from the governmental agency on **January 15th and 16th 2018**.

Over the last two years most of the Executive Committee's and the SGBAT members' resources of time and money were spent on this process. Despite decreasing numbers in membership there was a good spirit of cooperation within our society. We are happy having an ongoing training group of 10 trainees trained by Dr. Margit Koemeda-Lutz as the coordinating trainer, Dr. Vita Heinrich-Clauer and Dr. George Downing.

Social Media Committee – Expansion



Jayme Panerai

Dear members, the Social Media Committee is working to expand Bioenergetic Analysis to people who use social media as a way to connect and get information.

We hope to increase our presence on Facebook, we have new Facebook page, look for: International Institute for Bioenergetic Analysis Facebook page. Please add your photos of workshops, trainings and society gatherings. You can post information about upcoming workshops. We want to show the world what we are doing and have an active page for members to see what is happening in the Bioenergetic world. Feel free to post in whatever language you speak. We are also planning to have a presence on Twitter, YouTube and Pinterest. We are asking people to send videos about Bioenergetics that they feel would be good for YouTube to Dante Moretti at dantemoretti@yahoo.com.br. He is working on a video that we will be able to add subtitles in our different languages. The members of our committee are Janet Pinneau from NANZIBA, Dante Moretti and myself from Brazil. We do not have a representative from Europe so if you are interested please contact me at jayme@libertas.com.br.

New York Society

Danita Hall



Our best news is that we have a very strong group of candidates in their 3rd year of training, many of whom attended the IIBA conference in Toronto.



In our professional offerings this year, we are holding a series of workshops for professionals as we gather interest in forming a new training group to begin in Fall of 2018 or Winter of 2019. We continue to offer 1-day experiential workshops focused on personal growth as well as bioenergetic movement groups.

Moscow Training Group (BA Society)

Vladimir Levitin
and
Alexandra
Sadokova

The Moscow BA program was started in March 2012.

Our Training Coordinator is Rebeca Berger from San Paulo BA Institute (Liane Zink is Director). The first group already finished the education and several members of it earned their CBT. Now we have two junior groups – one has already had 15 workshops and the other has had 5. Since 2014 we have organized summer festivals, devoted to Alexander Lowen.

This summer we had the 4th such festival. We invite different people from other countries to lead workshops and to give therapy sessions. Fred Lowen visited the 1st festival and gave lectures about his father.

Now we are in the process of establishing our local BA institute, where the graduates of the international program will teach the students from all over Russia. We also started a website, where we publish different articles dedicated to BA and body oriented psychotherapy, most of them we have translated from English, but others are written by the members of our society. We rent a hall for the classes with our local groups. This is a brief description of our activities and we will be glad to answer all your questions if you have any. Sorry for the delay, we hope it will help you to have an idea about Moscow part of BA movement.



6th Annual Fall Conference

Sarah Putman

The MSBA hosted the 6th annual fall conference at the Essex Woods Retreat Center in Essex, MA.

The conference theme was: *Love, Sex, and Self Respect*, featuring Phil & Vellie Helfaer as guest speakers as well as leaders of the advanced group. The Helfaers also participated in a panel discussion, which included Peter Fernald, Yardi Kaldes, and was moderated by Susan Kanor. Phil's keynote address explored the themes of sex and self respect and the importance of fostering autonomy in our work with clients.

This year's conference was especially meaningful, as the MSBA celebrated its 35th anniversary, honoring the Helfaers who originally founded the society. Friday evening included a toast and cake along with informal reflections from Phil and Vellie to mark this anniversary. Attendees learned about the early days of the MSBA in Cambridge, MA, the first training program, and how the chapter grew. As in years past, the conference included daily morning exercise classes, evening Journey Dance, hot tub use and chair massages. Midday workshops were led by Ingrid Cryns, Carol Melnick, Terry Hunt and Yardi Kaldes. A strong sense of community permeated the conference atmosphere.

Some quotes from attendees:

"I participate to be part of a life-giving community." – *"Overall it's one of the best conferences because it is embodied and there seems to be a clarity of intention and a united working front."* – *"The gathering was rich and nourishing and I am very grateful."*

Next year's conference is scheduled for **Oct 31-Nov 4, 2018**, with Violaine DeClerk from Belgium as our keynote speaker and leader of the advanced process group. JOIN US! Details will be coming at www.massbioenergetics.org Other MSBA notable news: We held an introductory course, Bio Basics, this year, over 6 Saturdays in Cambridge, MA. Participants learned clinical and personal applications of Bioenergetics. We are excited to be planning a training group to begin in the **fall of 2018** in conjunction with the Atlantic Canada Society.



Body and Mind Wellness



Irene Sollazzo

Bioenergetic Analysis in Springtime: body and mind wellness is a project ideated by SIAB post-graduated in Rome, joined by the same wish to make the Bioenergetic approach known between more and more people. The project's aim is to improve psycho-body wellness through the Bioenergetic practices. From the very beginning, *Bioenergetic Analysis in Springtime: body and mind wellness* looked at getting people in Rome involved in finding a new way of improving their quality of life. After quite a good feedback received in 2016, the year after SIAB decided to repeat the format, extending it to Milan and Naples.

The project is held in May and it lasts a month. May is considered the best month to concentrate all the useful initiatives for psycho-body wellbeing. Moreover, the weather is generally good in May and ideal for performing outdoor activities and the idea is to fit them between concurrent initiatives which take place in Rome at this time of the year. Bioenergetic in Springtime is a very interesting project for people who don't know BA or want to develop their knowledge.

SIAB psychotherapists offer various activities and services completely free of charge: Free interviews (SIAB psychotherapists meet and talk to people); workshops; Bioenergetic exercises practiced in parks and "villas", in the centre but also and in the outskirts of Rome. All these outdoor activities are essential to achieve a direct approach to the people living in this area.

The project will be advertized through: the SIAB website, traditional media channels (leaflets, posters put in the areas close to the events sites, press releases), social media (Facebook), creating a specific profile for the project and using existing profiles of other ongoing projects.

The following data were collected in Rome, in these last two years of work.

In May 2016 we received e-mails from 65 new contacts, and about 100 people got involved in our activities held in Rome parks, 82 people attended our workshops. We gave 5 consultations and we were contacted by 1316 people through Facebook.

In May 2017 we received e-mails from 33 more people, we gave 15 consultations, and about 50 people got involved in our activities held in Rome parks, 61 people joined our workshops and we were contacted by 18.180 new people through Facebook.

This is the result of the cooperative job of a cohesive work group composed by about 15 people motivated by the same goals. A group where everyone expressed their own skills and professional competences in a mutual exchange with other colleagues. "Bioenergetic Analysis in Springtime: body and mind wellness" experience will be repeated in 2018.



The China Faculty



Diane Guest



The China Faculty is happy to announce that the first group of trainees in China completed the academic portion of the training.

We have 11 graduates. They are now working to complete their therapy hours and supervision. Congrats!! It has been quite an adventure for all.

Diana Guest, IIBA Coordinating trainer – Scott Baum, IIBA faculty – Danita Hall, IIBA faculty – Linda Doutre, CBT therapist to Grp 1

Congress of the Italian Society of Psychotherapy



Patrizia Moselli

I am pleased to communicate also that SIAB will be participating actively in the next Congress of the Italian Society of Psychotherapy (SIPSIC) on the theme "Trauma and Society" that will take place from **September 27th to 30th** in the lecture hall of the University of Rome. SIAB had been also involved in the past SIPSIC conferences, demonstrating a large participation of members and trainees.

This year the international guests will be Onno Van der Hart and Johan Vanderlinden, while Giovanni Liotti, together with important members of psychiatry and psychotherapy, will represent the Italian mainstream. SIAB will participate with the following contributions: I will be chair in a Symposium on "The Body and the Trauma" and I will be a speaker in a Plenary Session with a presentation titled "The Secrets of the Body: unveiling the hidden emotions"; Piero Rolando will present his contribution on "Dissociation and Removal in a Body-Therapy Perspective"; Piera Sacchi will talk about "The Sound of the Voice: a Powerful Way to Repair and Exit Trauma"; Maria Luisa Manca and Marisa Orsini will lead a workshop titled "Looking at a body, reading a trauma"; Maria Luisa Manca will also be in a panel discussing the future of the psychotherapy.

Bioenergetic therapists have always managed with Trauma, so being present in events on this topic, represents a great opportunity to get more visibility. So, I'm happy to share with all BA community all these SIAB goals that I believe could be significant for all of us.

Clinical Center for Psychological Support (SIAB)

Flavia Luisa Ricci
Arianna Marzano

The SIAB Clinical Center in Rome carries out its activities in order to improve the protection and promotion of health and psycho-body well-being. In consideration that the mental health of people is a precious and necessary life element, SIAB decided to create a space accessible to all. For this reason, since 2002, the Clinical Support Center has been created to promote a low cost psychotherapy service. The Center's aim is to give the opportunity to redirect the person in difficulties, creating a "listening place", where it is possible to help people in situations of discomfort, confusion and suffering. It's possible to find professional support for discomfort arising from interpersonal, familiar and work conflicts, traumatic disorders, depression, anxiety, panic attacks, obsessive-compulsive disorders, eating disorders, insomnia, and more. In addition, the Center offers the opportunity for personal growth paths, since it is possible to acquire stress management skills, increasing your own vital expression, and to learn to accept - and effectively manage - emotions.

The Clinical Center for Psychological Support was thought and implemented by the President of SIAB, Patrizia Moselli. Its aim was to promote health, improving the psycho-body well-being and the quality of life of people through the Bioenergetic Analysis. From that date, the Clinic Center has seen its team growing with the collaboration of psychologists, psychotherapists and doctors who have been working in their own specialist field for several years and ensure a personal and multidisciplinary approach to specific cases.



Patrizia Moselli

The Centers are now functioning in several cities as Milan, Naples, Genova, Bologna, Perugia.

FOR YOUR INFORMATION

Early Survival Strategies: Another Type of Addiction



Alice Ladas

Addiction has many forms in addition to substance abuse. This didactic experiential workshop helps clinicians discover clients' goals for therapy and the coping strategy they used to stay safe in their family/culture of origin. When that habit/addiction to a particular way of being persists, it limits clients' ability to live as they wish today. Since the strategy was life preserving, it is viewed as valuable even when socially unacceptable. Once identified and a commitment is made to change, clients are warned their primitive brain will tell them change is dangerous and anxiety will ensue. Simple strategies to handle the anxiety have to be discovered, demonstrated and practiced. In addition, it is essential to discover how these coping strategies manifest in the body. Also important for those new to this approach is a brief presentation of how body psychotherapy evolved in the United States and its relevance to coping strategies.



Alice Ladas
The most senior CBT
in the IIBA World

Last July, Alice Ladas, who helped to found IBA in 1956 and was on the first IBA and subsequent Boards, presented a workshop at The New Earth Institute of Southwestern College in Santa Fe NM. The Conference topic was "Wellness in a Culture of Addiction". Gabor Mate was the featured speaker. Alice's workshop was titled "Early Survival Strategies: Another Form of Addiction." It was well attended and received very positive evaluations. During the paired couples work, the place sounded like a miked beehive.

Although Alice has always asked new clients, "If we decide to work together and are successful, what would that look like?", she recently began to add another question early on. "What did you have to do to stay safe in your family and culture of origin?". Once that pattern is discovered, we know what we have to work on. She has found it helps to move progress forward more rapidly.

Ditching a behavior pattern that once kept us safe is difficult. It creates anxiety, often severe. Our amygdala tells us "Don't do that. Keep on doing what kept you safe." So you may feel very anxious as you attempt to modify a behavior that no longer works. We need to find helpful ways of coping with the ensuing anxiety and being patient with small steps. It makes the original behavior right instead of wrong which feels better than just being diagnosed with an illness. That fosters a positive connection between client and therapist. And it becomes clear, early on, what they have to work on. When working in couples in the workshop, those in the role of therapists also asked clients to discover where and how, in their bodies, the behavior is felt. This was new to many participants, who had little or no experience with body psychotherapy.

Before leaving the planet, Alice would welcome the opportunity to teach this work which she believes is her first useful contribution to therapeutic methods. (Previously her work focused on helping women use their bodies as they wish... breastfeeding, educated childbirth, the G Spot book, and (armoring) prevention at the Reich's Infant Research Center). Invitations to do a workshop either as part of a staff meeting or for clients would be welcome. She asks that her expenses be paid. If fees are charged (and this is optional) 1/2 would be donated to IIBA.

Winner of the best Social Work – 24th IIBA Congress



Maria Cristina Francisco
Winner of best social work
24th IIBA Congress

By Renata Berloff
Sherina

When I received an invitation to present the theme of racism on the 24th IIBA Congress in Toronto, I felt like a recognition of my experience in this field and an opportunity to give voice to an unspoken issue, especially in the fields of mental health. It gave me a chance to bring to an international body-psychotherapy community information that could make them aware of the pain and misery caused by the perverse effects of racism to the body and psyche of a black individual.

Liane Zink and I got very inspired by the theme of the congress - Reflecting Back, Looking Forward: Essence and Growth in Bioenergetic Analysis. The presentation would discuss about the future of the struggle against racism in bioenergetics bringing a new and expanded view on how to embody and integrate the ethnic aspect in the specific personality of a black person. To get involved in the fight against racism is to help the black person to rediscover his or her once stolen body, and to restore his or her human identity. We must take into consideration the color of the skin when we do body reading. The black body talks, screams and reveals what at times was hidden, even by that very person.

First, we took a glance back to the historical moment when the ideas of Wilhelm Reich and Alexander Lowen became known in Brazil. In the 70's, in the middle of a military dictatorship Reich's ideas came up opening the possibility to restore the repressed body. Then, in the 80's Bioenergetic Analysis emerged as a tool for the liberation of human potential.

Our presentation gave emphasis to the testimonies of the black people in therapy, along with images. And to my surprise many people in the audience felt that it was their own challenge and shared their pain. A white canadian mother shared with tears her experience with her black son at a Montreal school and the prejudice he is suffering to the point of wanting to die. She expressed her feelings of helplessness in front of the inability of the school to deal with this issue. She knew I was seeing her pain and understanding her words, although I'm not fluent in English. Another white american woman also very moved shared her pain of having suffered social discrimination in the past just by having black people as friends. Former social activists remembered their past experiences as well. Latin and asiatic immigrants were deeply moved and thankful for the exchange, among many others shared feelings.

It is our challenge to persist in discussing this theme which is still rarely addressed. But if this issue is ignored, the Bioenergetic analyst will lose the very pride of being a health catalyst of the individual and collective transformation.

Brazil has been plagued by colonial domination and slavery, as many other countries. To legitimate the individual is to acknowledge the pain and the suffering by understanding how violent is the struggle against racism to the body and the intrapsychic subjectivity, otherwise the energy can remain frozen resulting on a numb body or even re-traumatizing the person.

The IIBA Congress in Toronto was altogether a joyful experience for we broke the silence on this issue. It gave us a sense of hope that the Bioenergetic treatment could become more efficient in using the multiple resources and tools to transform this cruel and unjust reality, based only in the egoic white person's belief system that denies the presence and value of the black body.

* * * * *

Maria Cristina Francisco is a clinical psychologist; a Certified Bioenergetic Analyst and Supervisor by the Institute of Bioenergetics in São Paulo - IABSP. She is also a Certified Biosynthesis Psychotherapist and Supervisor by the Brazilian Institute for Biosynthesis – IBB-SP and coordinator of the AMMA Psyche and Blackness Institute.



INVITATIONS

2018 Southern California Bioenergetic Conference



Janet Pinneau

Bringing Shame Into The Light – **February 22-25, 2018** – Lake Arrowhead, California

Bioenergetic workshops * Small-group process * Hiking & deep relaxation

[Register now »](#)

Shame resides in the dark recesses of our psyches. It restricts the flow of energy in our bodies and deadens the spirit. One needs a safe environment of curiosity and vulnerability in order to allow shame to come out into the light. And maybe... to look with interest at rage and its origins and its cycle with shame. Join us for an inspirational, healing weekend in the beautiful mountains of Lake Arrowhead! For more information, visit <http://conference.sciba.org> or contact us at conference@sciba.org or (858) 900-3155



Experiential Anatomy Class



Linda Hines

Dallas Society Bioenergetic Analysis local trainer, Linda S. Hines, offers a two-day Anatomy and Alignment Class for Bioenergetic trainees and experienced Bioenergetic Therapists. This experiential course combines an introduction to the body and various muscles with a hands-on approach to learning alignment while focusing on the concept that bones go where muscles tell them to. Grounding in the body requires changing the alignment of the body.

Linda holds the class in her home in Oklahoma City, OK. The class is \$350. 9 am – 5 pm Saturday and Sunday. You have the option of arriving Friday evening and staying at Linda's home for an additional \$50 per night which includes breakfast and lunch. Dinner is on your own. (Don't worry Linda has lots of space!) Arrangements may be possible to be picked up from the airport which is 15 min from her residence.

Classes are arranged when at least 6 people have signed up. Summer is an excellent time to arrange a class because the pool is open for evening recreation.

Email: lindahines@lindahines.com 405-595-6603

Celebrating 35 years of the SGfBA



Gabriele Fütting

Dear IIBA Members, it is our pleasure to announce a celebration!

The 35 years of SGfBA Germany Celebration and Congress. SGfBA - lebendig pulsierend bewegt (free translation: lively and pulsating emotions) **26-28 October, 2018** in Frankfurt/ Main.

www.sgfba.com; bioenergetik@sgfba.com

Rendezvous with Yourself



Olaf Trapp

Bioenergetic Analysis
6 day self experiential workshop
in Crete, Greece

Olaf Trapp –
Certified Bioenergetic Therapist (CBT)

The workshops offer individual therapy in an international group setting, since 2013 people from 14 countries attended, many of them became friends. A maximum of 12 participants per workshop. **May 19 to 26, 2018 – October 6 to 13, 2018** at Seminar-Center MetaCom (www.meta-com.de). Working times: Sunday – Friday: - 9:30am – 1pm and 4:30pm – 7:30pm (on 2 days, only 9:30am – 1pm) Language: English and German In Anidri | Paleochora

999.00 € incl. 7 nights in a double room, breakfast and dinner.





CONGRATULATIONS TO THE NEWEST KNOWN CBT's



From Russia



Eugenia Belykh
Alexandra Sadokova
Eugenia Artikova
Alexey Ezhkov
Boris Suvorov
Tatiana Maslikova

From Australia



Bill Ryan

From Germany



Mechthild Kraan

From Italy



Gianluca Bondi
Paolo Daini
Anna Ripullone

From Poland



Elzbieta Pakoca
Malgorzata Fiuk

From Spain



Sabrina Andreu

And Aristeidis Iniotakis, also from Italy, became a supervisor.

From the USA



Homayoun Shahri
Gerry Perlman

EDITORIAL CONCLUSION

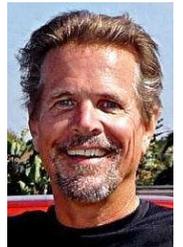
Greetings IIBA Members,

First off, I am wishing each of you wellness and hoping that each of you are functioning as vitally as you can no matter what your state or condition of health, illness, stress, vitality, love, rage, sadness, fear, anxiety, happiness, loneliness, aging and/or desire!

Secondly, I celebrate and thank all the new contributors to this Newsletter! I felt happiness seeing new names and faces appear before me as I attended to your submissions. I imagined a surge or swell of new energy coming from the IIBA world at large! Memories of experiences I had at the IIBA Conference in Toronto earlier this year came up in me. Many memories arose of meeting people for the first time, of re-meeting colleagues, acquaintances, friends, of experiencing streamings of joy, anxiety, sadness, sweetness, anger, hunger, desire, wanting, curiosity, tiredness, weakness, strength, appreciation and love.

Every two years a wellspring of vitalizing energy, manifested in many ways, is created in the form of the IIBA International Conference. Each time I have attended and participated, I have felt deeply grateful for having made the journey. The next IIBA Conference will be near Lisbon, Portugal in May of 2019. Time to start saving our monies in order to attend. I love Portugal! You probably notice that several new efforts to mobilize more of our bioenergies to let the World know of our commitment to support and vitalize the life in the human species have begun. Our healthy, functional actions can have a beneficial effect on those around us whether we or they notice it or not! Dare to do what you can when you can.

With Warmth and Appreciation, Michael Brennan, IBA Newsletter Editor



Michael Brennan,
IIBA Newsletter Editor

Layout: Hélène Génier