

The Threshing Floor

August 2017

Newsletter of the Guild for Psychological Studies

Web site: www.guildsf.org

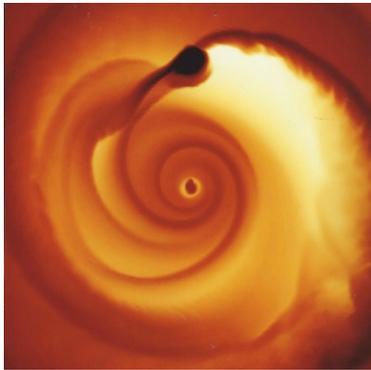
Phone: (415) 561-2385

P.O. Box 29385, San Francisco, California 94129-0385

e-mail: office@guildsf.org

Guild Vision: The Guild envisions a world in which the significance of each person's truth, authority, and inspired purpose finds fulfillment in life and community.

Guild Mission: Guild seminars offer a way of psychological and spiritual transformation that inspires individuals to live their purpose, expand consciousness, and discover and create meaning in their lives and community.



A REFLECTION ON THE RECENT SEMINAR "ANXIETY AND JOY"

By: *LynneAnne Forest*

What if I said that this seminar was the best seminar I have ever attended? I can say that the content and experiences -- visceral, head and heart -- were profoundly transformative for me.

During the seminar, these words began taking shape within me: "to not stay with the anxiety of no clear answers, but make choices based on the intolerability of not knowing what to do, can abort the birth of new possibilities."

I can count at least five major decisions I made too hastily these past few years because I did not know immediately what to do. In some cases, I was afraid what others would think.

I know now that if I had waited longer to wrestle with and discover the possible outcomes, there **may have been authentic joy because I had chosen what was more life giving for myself and others.**

The leaders, Patricia Stenger, Manuel Costa and Jennifer Larson made great choices as they prepared for the seminar. They selected, in beautiful sequence, the texts with questions, mimes, play dialogues, art, music, personal dialogues, and evocative photographs in which we might see our own anxiety – **all this richness helped each of us engage with our relationship to anxiety and joy.**

I come home now knowing. that the Longing for the birth of a Third-Point-Possibility is not just within me, but in that Sacred Mystery that both drives and accompanies us through this process.

This new knowing does not mean that I never again will stop "looking for Love in all the wrong places" but **I feel more prepared to discern, name, imagine and make choices in a different way.**

From the seminar: Anxiety & Joy

By: *Hal Childs*

Anxiety hates the river.
Joy is the river.

Leap into the arms of anxiety;
make love (loud, noisy, unashamed)

Joy will kiss you like a dog
(happy, sloppy, wet).

Hey

By Bob Barrum 4/27/17

How goes the Battle?? I trust you are A-OK and keeping a good healthy perspective on your good ole heart and soul. I have been reading some good stuff on the Soul which has been good for me to get a better grip on. It gets down to the Mind is the fulcrum or the center between the Brain and the Soul, so that the Brain and the Soul are both contributing to our MIND. Now I will try to put that into good ole English a person can get a hold of. This is good for me because it makes me have to think and try to figure out how it can be a more meaningful picture.

So the Mind works to help us figure out what the Brain needs to solve problems. We read books to help us know history, math, music, etc. Our Mind also gets conditioned by our growing up. If you have spent lots of time around motorcycles and guys that love them, your Brain will be up for a ride on one and you will feel a different confidence than if you were looking at a bike for the first time. Now the Soul is a deeper experience in us that is caught by meaning, value, and "WOW." If all you ever rode was a 50cc bike and then at age 50 you saw a 1000cc bike, you would gulp and say, "WOW! Could I try THAT thing?" Then you might say, "I not only want to ride this thing, but I want to live like this and not like 50cc. I can feel the power, the joy, the alright, let me live and feel this good delight that this bike gives me." The Soul says the same when you hear boring music and then you hear music where you just can't keep sitting down for another second longer. And a tough reality is that we Americans and even we Christians can be too much into our Mind and therefore be Brain smart, but starving at the Soul level.

So, when Jesus says to love the Lord your God with all our heart, mind, SOUL, and strength, what is he getting at, regarding Soul? Well, it seems to me that it might have to do with what it says in the Bible when the Psalmist says, "The fear (the word is AWE) of the Lord is the beginning of wisdom." What really touches our Soul and not just our Brain? We don't "WOW" and fall in love with a lady because she can cook, do the laundry, and change the oil in the car. No, that is all good for the Mind, but to be "AWED" is to feel like if I could ever marry that lady, my heart, mind, Soul, and strength would all be just hoopdeedoo!!! The Bible gives us lots of symbols to help our Soul--like Psalm 1: "and he shall be like a tree." A WHAT??? A TREE.

"What does that do for me?" Well, it gets me thinking about bigger, and stronger, maybe that 1000cc bike and not my usual old, rather boring 50cc. And a good Daddy like God Almighty wants us to feel, not our old self, but, again, the wonderful, step-up 1000cc bike. The TREE is full of meaning and maybe lots of WOW if I would get quiet and just let the tree pull me into a place where I get more deeply what it feels like to feel the good and delight of that good ole 1000cc feeling. Yes, and if Jesus talks about and promises "Abundant Life," how the heck do I let that touch my little 50cc Soul?? Well, if and when something does touch my Soul, it will give me a new feeling, a new awareness, a new and deeper sense of something new and deeper in my self--awareness and character. It probably will cause me to feel more adult, more mature, and just a bigger, better, wiser, deeper, more loving person to Jesus, myself and to others. And it all feels new and good and like I never knew I had that in me. And it tends to make a person want to thank God, our amazing CREATOR and Daddy, for the amazing Gift One feels.

Then the next challenge is how do I take on the new sense of self, maturity, love, etc., so that I literally grow into and become more of who I can be in terms of this new worth and maturity that I have sensed. Maybe some solitude, meditation, and mindfulness might help!!!

When I'm Living ●●●

By Bob Barram

When I'm living, the birds will sing,
When I'm living, a joy I'll bring,
My inner fear some muscles tense
Will give away to peace and sense.

I'll come to see the judge I hold
Is images of others, fierce and bold.
But when I'm living--the sense of ought
Will die as Self is prayerfully sought.

When I'm living, the Word will be,
I'll feel full confidence on land or sea.
The god I know in my little head
will become the Rock, my Being's stead.

When I'm living the life of love,
All the power that was above
Will rest within my very Soul
Because the splits in me have been made whole.

Many parts are wonderful--well.
Others give me but constant hell.
Yet the Self in this mass of me
Cooperates with God for His Glory.

When I'm living, aware I'll be
That the music is faint and I am me.
I'll know the joy, I'll know the pain,
I'll know that both will in me reign.

But the pain and joy in this old boy
Will not spring from some cognitive ploy.
It will be the quality of emerging Spring
Long overdue, when I'm living.

And so to Self I must attend
To find the dark to apprehend.
The joy and pain of what I feel
Will add God's light on what to heal.

So when I'm living, my arms outstretched,
I'll take in all as not far-fetched.
Broader will come with deeper joy
When I'm living in this Old Boy.

I changed my mind about. . .

By Janet Boeth Jones

Liver and onions, when I added curry,
Reading aloud, when I wasn't to hurry;

Telling opinions, when not asked to defend them;
Writing sharp emails, when I learned not to send them;

Reading my stories, when others shared theirs;
Being impatient with old folks on stairs;

Omniscience of doctors, professors, and priests,
When I started to value my own expertise;

The value of goodness and high moral ground,
When wholeness and insight were really more sound;

My plainness of face and angular bod,
When old photographs began to look good;

Nothing on schedules for days at a time,
When reading and napping became quite sublime;

Nothing to do on a Saturday night,
When I realized aloneness was more than all right.

Today's Words

Here Am I,
This I,
Now.

Wisdom Speaks:

Nothing Belongs more,
is Needed more,
is Loved more
by Creation.

Find that Reality
in your Breath.
Welcome it
in your Anxiety.

They know.
So do you.

Be your Knowing
until Joy comes.

by Elizabeth Bremer, 7/1/17
at "Anxiety and Joy" seminar

From Anxiety & Joy Seminar

By Wilene Chang

What I learned most from this seminar is "anxiety" in this moment is sufficient in itself, and a miracle in itself. And "your Joy is your sorrows unmasked." I like this quote but I'm not sure who quoted it. Anxiety is always with us and Joy is waiting. My two words that chose me were "seek" and "the miracle." The moment "now" is the miracle. So, as the parable suggests in S38E, "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Let the day's own trouble be sufficient for the day."



Mary Freedlund Has Died

From Ali Freedlund

Hello,

I am Mary's daughter. She had her most profound transformations of her life at Four Springs. I want to inform you that she died, peacefully in her home on 7/15/17. Thank you for all your great work and, in particular, holding the torch for higher consciousness. Much love, Ali

Mac McCaslin

From Mac's Children, Sue Barush, Max McCaslin, Pat McCaslin

Our dad, Mac McCaslin, died on Sunday, June 18th, at the age of 97. Notes and cards are appreciated.

Please send to:

2083 Aragon Court
Napa, CA 94559

In gratitude, Mac's children

Shirley Sait-Huneven

Shirley Sait-Huneven, long-time participant at Guild seminars, died on June 9 at the age of 94. She was most recently living with her daughter in Texas.

August Birthdays

Marilyn Baldauf Cooney	Aug 7
Skip Light	Aug 8
David Mann	Aug 9
Susan Hartz	Aug 11
William Snorf	Aug 15
LynneAnne Forest	Aug 16
Manuel Costa	Aug 20
George Stenger	Aug 20
Bob Ridder	Aug 21
Richard Christensen	Aug 23
Raiford Gaffney	Aug 25
Susan Warner Smith	Aug 25
Carnella Gordon-Brown	Aug 29
Patricia Calcagno Stenger	Aug 30

When I think of death to come
I see a cheerful, flower filled door
Swinging open - loving smiles
I want rush in there once more

A warm welcome, where wait
Those I loved and who loved me
Some I knew this birth, some past
On earth and air and in the sea

For many births in many forms
Come alive in me, beyond this life
Strangely, only love is there
No negative thoughts,
no wasteful strife

No skulls, no scythes,
No fanciful fires of a childish hell
Nor rivers of sticky milk and honey
No judging God, no tolling bell

Just sparkling life, wiser than before
I was born on this plane
Amazingly free, full of wonders
No mind to worry, no body strain

And creativity - far beyond magic
Whatever I think, I make appear
I can be wherever fancy strikes
There are no walls, there's no fear

In the gross world where we are
Cry not for me, you and you
Your loved ones are also beyond that door
And I will be there waiting, too

Kishore Asthana



Stay Connected

Bob Ridder, Administrative Coordinator, is available for all inquiries by phone at (415) 561-2385, or by email at office@guildsf.org.

Send your email address to office@guildsf.org so that we can keep you connected and up-to-date on Guild events. Also be sure that we have your current mailing address so that we are able to send you this yearly edition of the newsletter. Please keep us updated with your address changes.

Mailing Address

Guild for Psychological Studies
P.O. Box 29385
San Francisco, CA 94129-0385

Guild Website

Visit www.guildsf.org for information about seminars and events, and to register for seminars. The website also has general information about the Guild, past issues of the Threshing Floor, relevant news, and links to resources. If you would like to post information of interest to the Guild community, please email harryhenderson51@gmail.com, our web administrator.

Guild Facebook Page

<https://www.facebook.com/guildsf>, launched in January! If you haven't yet, please "friend" and "like" us!

Newsletter

To receive 12 issues of *The Threshing Floor* a year, please contact the Guild office. There is no charge for an e-mail subscription. For a print subscription, please send a check for \$25 to the Guild office.

Items for inclusion in the Threshing Floor should be mailed to the Guild Office, Attn. Threshing Floor Editor, or emailed to office@guildsf.org. The deadline for each issue is the 20th of the month. Items received after that date will be published the following month.

Production & Layout Editor: Wilene Chang
Content Editors: Janet Boeth Jones, Sue Renfrew
Distribution: Bob Ridder

Disclaimer: The opinions expressed in this newsletter (by contributors other than staff and directors) are the writers' and not necessarily an official position of the Guild.

Publishing House sales – books and CDs

Order publications on the Guild website, or contact Carina Ravely at guildpublishing@yahoo.com.

Donations

Many thanks to our donors! Your financial support in any amount helps the Guild with seminars and other events, with the training of leaders, with outreach, and with other new and ongoing efforts. Because the Guild is a registered nonprofit organization, with 501(c)(3) status, your contribution may be tax deductible. Donations should be directed to the Guild office address, or you may donate online using the PayPal link you'll find by selecting the Make a Donation link on the main page of our website.

Volunteers

There are several people who fill necessary volunteer roles in the Guild. If you would like to be a Guild volunteer, please contact the Guild office at office@guildsf.org and let us know particular volunteer roles that appeal to you. Currently volunteers are members of the editorial staff for the Threshing Floor; members of the Board of Directors; serve as continuing education coordinator; train to serve as seminar coordinator, committee person or cook; provide transportation to/from seminars for attendees; help to catalog or research Guild archive materials; write reviews for Guild books and other publications; etc.

Friends and Members

Friends of the Guild are donors and others interested in receiving Guild information who are not Voting Members. Voting membership requires active participation in some form of leadership or committee role, or other volunteer effort, and the payment of annual dues. Voting members may receive a print subscription to the Threshing Floor upon request.

Board of Directors

Jennifer Larson, President
Hal Childs, Vice President
Harry Henderson, Treasurer
Denise Dinwiddie,
Secretary
Elizabeth Bremer, Member of
the Board

