



eTotempole

September 2002

Dear Friends

Welcome to the second issue of the eTotempole.

It is with great sadness, due to the death of John White on September 13th 2002, I complete this issue. Kiki and William Larro were very kind in sending me photos of John from the 1994 and 1999 Festivals in Germany, which I have included here.

Debra Vickroy and I had briefly spoken about gathering items, letters, photos, jokes etc. from the animal Community to cheer John and Glenda through this illness. I still feel it would be a valid means of commemorating John and of supporting Glenda, Fletcher, Rhonda and Nathan now he has passed on. I invite anyone who would like to contribute to a special memorial issue of the Totempole to do so in what ever way they feel is appropriate. Memories, stories, photographs and of course, any of John's infamous jokes would be gladly received. Please send contributions to me by October 1st 2002 as I would like to have it ready for John's Birthday on October 11th.

Kiki and William Larro, Frank Coughlan, Debra Vickroy and Christian Lerch have been the main contributors in this issue.

If you would like to submit something for the next official issue, which will be out in December 2002 please send it by December 1st 2002 to Mary Diggin: animalwork@espanola.com

Please feel free to distribute this by email, printing it out or even uploading it to your homepage. The html link would read similar to `<ahref="etotem.pdf">eTotempole`.

You need simply to upload it as is; i.e.. in PDF format.

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Practitioner's Council Notes

Debra Vickroy
May 3-5, 2002
Sky Meadow Retreat Center

15 Practitioners participated in the first Practitioners' Retreat on May 3-5, 2002 at Sky Meadow Retreat Center near Greensboro, Vermont. It was a relaxing setting in which to explore our concerns about being Practitioner's, to heal some old wounds, journey into our own growth work and begin to form a Council.

On Friday evening after dinner we had a lovely ceremony led by Dianne and Debra. It was quite wonderful to see old friends and meet new ones - quite like a Festival, in that way. On Saturday, after a talking staff, everyone journeyed to determine how they most needed/wanted to spend the day. Some people found others to journey with, some just enjoyed time with nothing to do and nowhere to go on the beautiful land, others simply napped. What was enchanting was that everyone was able to get their needs/wants met and there were no demands on anyone. In the evening staff there was some deep sharing of life situations that were deeply moving to us all. Sunday was spent addressing practical concerns such as how we envision the Practitioners' Retreat evolving and the needs we would like to see it meet.

It was agreed that we would plan two meetings a year; one in the Spring and one in the Fall. The next meeting will be September 20-22, 2002 at Sky Meadow. In Spring 2003, Jeannette Samanen agreed to organize the meeting at Temenos Center in Pennsylvania (Tentative dates of March 7-9, 2003). Fall 2003 may be in the Appalachian Mountains in Kentucky with Spring 2004 in California.

The areas that we most want to explore together included: development of special projects, promotion of the work and professional exchange of ideas and concerns. We began the process of exploring how we might work with IIVR to develop imagery projects and find funding for them. We began exploring some of the issues involved in promoting the imagery work to the general public.

Practitioners shared some of their successes and their failures. We identified the four steps toward commitment to the imagery work: 1) awareness, 2) interest, 3) involvement, and 4) commitment. We agreed to explore this topic further at the next meeting. We also agreed to allow time during the next weekend for Practitioners to explore their experiences as guides and to exchange information on dealing with difficult situations.

We hope that you will be available in September and will considering coming to our next gathering.

Next Gathering:

September 20-22, 2002
Sky Meadow Retreat Center, Greenboro, VT.
Cost: \$150.00 including dormitory sleeping and vegetarian meals (Friday dinner through Sunday lunch)

For more information contact: Debra Vickroy at debvickroy@aol.com

Online Animals

I would like to explore the possibility of setting up an online animal group during the months after the festival. I would like to hear from people who might be interested in such a group. Ideally I would like to hear from people who have either completed the training or who have been to many workshops.

I intend to use Paltalk software and a private paltalk discussion group which you would enter using a password. Technically, you would need a computer with internet access and a microphone headset or microphone and speakers. In the group, one person can talk at a time: like an online talking stick! Once set up, this process does not require anything beyond basic computer skills.

I am already involved in an online group of this type so I know that it can work. It would be ideal for people who would like to do imagery work but who are geographically isolated from other animal people. But of course, I look forward to hearing from anyone willing to give it a try.

If you are interested, email me at fcoughla@bigpond.net.au

Frank Coughlan

The IIVR Webpage

Due to the mysterious disappearance of our former Web Master, Dave, the page has not been updated in the past few months. Rhonda and Debra hope to soon acquire the necessary codes that will allow us access again to the site and to enable us to update the information currently displayed there.

Apologies to all who have been inconvenienced by this.

Until the site is up and running again, I would suggest that the community use the eTotempole for letting people know what is happening with workshops and other community news.

Thanks
Mary

John White



John White and Tom Templeton 1999



John and Glenda 1994



John White 1937-2002



John's Circle Germany 1999



John White and Steve Gallegos 1994



Group Photo 1994 Germany



John and Children 1999



John White 1994

Dear Friends

If you wish to help the Animal Community put together a memorial issue of the eTotempole for John White please send all contributions to animalwork@espanola.com, by October 1st.

I leave for the Festival in Australia on the 14th and would like to have the Issue ready before then.

Here are some specifications that will help it come together more easily:

PHOTOS:

Best sent via email as a jpg (jpeg) attachment, with a resolution of 300 and sized at 2 inches (5cm) width. A high Resolution is important.

If you need an editing program, Graphic Converter from Lemke Software is a shareware program that is very good. You can find it www.cnet.com.

If you cannot alter the photo as above, send it anyway and I can alter it here.

TEXT:

Any Word or Macintosh (apple) document is fine.

Poems, stories, journeys, jokes are all acceptable.

If this becomes a very large document, I will upload it to a website and send a notice to the Community as to what URL it can be downloaded from.

Many Thanks
Mary

Sometimes a snake would show up, once a turtle, and another time there was a whole group of animals. The connections with inner animal guides support children going through crises.

By Christian Lerch

The Hedgehog

When I was teaching fourth grade children I had a significant experience with one of my students. I'll call her Anna. The class was planning to go to the mountains for a week long retreat where we would live, learn, and play together. Anna had never been away from home. She was scared and didn't want to come along. Her parents and I tried to support her to overcome her fear, but she was very convinced that she was not to leave home for these five days.

In preparation for the week away, I guided the children on a journey to meet an animal that would guide them through the week. Every student drew a T-shirt with the animal painted on it. Anna was also present for these preparations, even though we had supported her decision that she would stay home. A hedgehog showed up to guide her. It told her that it supported her to defend herself. This was the only communication the girl and the hedgehog had. Anna was content with this.

Anna was so open to the world of imagery that she visited her hedgehog every evening after school. Every following day she would tell me what happened. Hedgehog showed her where it lived; they drank lemonade together; they took hikes to discover different places. This went on for eight days without any instructions from my side. I just listened to her stories. After about ten days Anna arrived at school with tears in her eyes. She told me that her hedgehog had died.

I was deeply moved and I asked her if she were willing to stay after school to journey with me. She agreed. I guided her and the dead hedgehog appeared. It said: "You don't need me anymore. But look there, there is another animal coming." Anna turned around in her imagery and there came a panda bear.

Panda bear said, "I am strong. I help you to defend yourself, also. But what is new is that you can hug me." Anna hugged Panda. She went home very happy.

Two days later, Anna contacted me and told me that she changed her mind. She decided to join the class for the five-day retreat in the mountains. She brought a stuffed panda bear with her. She had a lot of strength and comforted other students when they got homesick. Her parents and I were amazed.

Hedgehog knew exactly what this girl needed and supported her totally in her "no."

Journeys to Inner Animal Guides

It has been ten years since Anna's journey, and since then I have guided many children and adults on journeys to the world of deep imagery. I support the children to connect with the inner animal guides who show up spontaneously during their inner journeys.

The animals spring forward from the individual energy of each child. Through their appearance they connect the children with their inner resources. Sometimes these resources are sane, sometimes they are broken. It is touching to watch the great variety of what appears in each child's journey. The more a child gets in connection

with the animal guide, the more the child is connected with his or her own resources and potential. At the same time the animal guides are bridge builders between the subjective and the objective reality – between everyday life and spirituality. Children are often coming naturally from the realm where the inner and outer reality is one.

It is comforting to the children to feel supported in making a connection with this inner dimension without assigning any esoteric or analytic concepts to the child's world or labelling or interpreting their experience.

I will describe what can unfold in the journeys in the following four cases:

The Turtle

Fourth grader Paul came to the beginning of a group, called "Rituals for Relaxation." I offered this after school program at a public school. We met every Tuesday for 90 minutes, on six consecutive Tuesdays.

Paul was very hyperactive. He had some problems in school and was already in different therapies. He was full of energy and I could tell that he didn't decide to take this group. He said: "Well, I am just here to check out if this is cool what you do. If not, I will leave again." I assured him that he is free to decide after the first session.

It was very hard for Paul to stay calm during the journey. I went to him and touched him physically, so he had an outer focus to relax, which helped him.

I guided the children to an animal that would help them to relax in stressful situations.

After the journey we shared the stories. Paul was angry, even furious: "What a stupid, fucking animal I have. To hell with it. I don't believe how stupid it is." A turtle had come to Paul. "I wanted a tiger and instead of this I get a turtle. I won't visit this animal once again. I will kill it!" I was astonished. He himself could have created the tiger that he wanted so badly. But he didn't. He gave space for the turtle to come forward.

Paul had to hurry home, because he didn't want to miss a TV show. Before he left I told him: "Are you willing to give turtle a chance for one week? We can kill it together next week." He agreed. I was felt better.

Next week Paul rushed into the room and told me that he was in the city shopping with his mother. He told about the variety of turtle toys and soaps shaped like turtles that he saw. He was surprised about that. He told all this in a very excited way. At the end he said, "But it is still a stupid animal!"

As we prepared to journey and all the kids were settling down, Paul went into a closet and tried to close the door. It dawned on me that he was going into the energy of the turtle. He was looking for the shell. So I let him do it.

After the journey he was very calm but also excited. He said, "I was with turtle. And turtle told me that she is a magic turtle. She said, whatever I wish, she has it under her shell. Now I can have whatever I want. Turtle is now my friend!" I was touched at how turtle found a way to reach the boy and also at how the boy was longing for this place under the shell, where he can get what he needs.

Turtle helped Paul to find a place of quietness and resources within himself. My task at the beginning was to endure his anger and rage and to support him not to act it out by killing the turtle immediately.

The Variety

In one group an 11 year old boy I'll call Manuel. He was a very gifted child and had the best grades in school. On one hand, school was boring because he was not challenged enough. On the other hand, Manuel had social

problems, because he was teased and bullied by the other kids who called him “a grind” and so on.

His first imagery was very colorful and full of different animals. The next day his mother called me and told me that her son couldn't sleep last night. The mother was upset. So we met together. It came clear that the boy thought that he made up everything that happened in his imagery. All the other children met one animal in their journeys. He had a variety of animals. He felt that he is wrong and an outsider again.

With my support, Manuel began to trust the way of the imagination. The children in the group loved to listen to his journeys, because, they were so special.

After about two years of coming in this imagery group, Manuel told me after a session that he was confused and doubtful that his images in the journeys were real. “I have the feeling I am lying, just making it all up.” I couldn't work with him because another group was waiting. So I told him, “Why don't you ask your animals once during this coming week.”

Four days later he phoned me and said: “I am afraid to go ask the animals about my problem.” I asked if he would be willing to do it with me right there on the phone. He closed his eyes and called an animal. An eagle came. Eagle said, “Yes, sometimes you do create an animal by yourself, but this is very important for you. If you don't meet the animals you make up, you would miss some very important teachings. And the teachings come by themselves. Also, sometimes the animals come by themselves to you.” I helped him ask if it was necessary for him to know when the animals are real and when he makes them up. Eagle said: “No, that is not important. The important thing is that you communicate with them.” At the end of our phone session I said to the boy: “Ask Eagle if you made him up or if he came by himself.” I was just curious. Eagle replied: “Didn't Mr. Lerch listen? I already said that it is not important to know this!” I was astonished once more about the integrity of the imagery world.

The issue of “being wrong” was transforming for the boy. It was not such a heavy issue for him anymore. He felt much more integrated within his class at school, although it was still boring for him from time to time.

The Solution

I was with a Training group in Germany. The couple who ran the place we were staying had a son, Tom, who was 9 years old. Tom asked me at the beginning of the Training, what we would be doing in the coming week and if he could participate. . At this time, school was tiring for him because he had so many ideas. I told Tom what we were going to do and that it would be boring for him if he were to attend the whole time with us adults in the Training. I offered him to guide him on a journey and asked him, if he would be willing to do it in the circle of the Training group. He agreed. In fact, it was exciting for him.

On the third day he came in to the group room. He laid into the middle of the circle and closed his eyes. It seemed to be easy for him. After a short relaxation, I let him find his most beautiful, comforting power place. He found himself in the rainforest. There he called out for the animal who was willing to guide him for this time in his life.

Nothing happened first. After a while a Panda bear appeared. Tom said: “Panda is afraid of the hunters. They hunt him.”

“Ask him, if he needs something from you.”

“He needs help from me, but I don't know how to help.”

“Ask Panda, if he knows, how you could help him.”

“No, he doesn't know either.”

This appeared to be a tricky situation. Tom was lying here and within his journey was Panda who needed help and who was afraid and didn't know where to go for help. Both of them didn't know how to proceed. I let Tom be in his dilemma for a while. I also had to endure this tension of no solution here in the middle of the Training

group.

After a while I asked: "How is this for you and Panda?"

"It is not nice."

"Are you afraid yourself?"

Tom opened his eyes. He looked at me astonished and asked me, "Wouldn't you be afraid in this situation?"

After a period of silence Tom said, "Panda has an idea. I should call all the animals of the rainforest so that they could support each other to help him." So Panda and Tom called all the animals of the rainforest. All of them appeared. But they had also no solution. They themselves were being hunted by the hunters.

After a while Tom said, "The elephants have an idea. They have friends in the circus. They perform there. The elephants have the idea to ask their friends to refuse to perform until the hunters stop hunting the animals." You see, the circus also belonged to the hunters. Tom and the animals were excited about this idea. They went together to the circus and all the animals of the circus agreed to strike, not only the elephants.

After a while Tom said: "The hunters have not given up their hunting. The danger is still present. We don't know what to do anymore."

It seemed that Tom was getting tired. The animals also meant that it was enough for the moment. I let him give thanks to the animals and say good by. He was a little bit confused when he returned from his journey.

I trust the inner process even if it doesn't lead to a solution right away. In the circle of the Trainees I felt challenged a bit. Some of the Trainees had difficulties with the fact that I let the boy hang in this unsolved energy of the journey.

For Tom it wasn't so difficult. He was quiet and rested with himself after the journey and he seemed to be more in his own thoughts. One day before our departure, I asked him how Panda and his animals are doing. Naturally he answered: "Oh, they found a solution. They took a plane and are on the way coming to Germany." I asked him if all the animals will come to him. "For sure. They just landed in Frankfurt and I am curious when they will arrive here."

Some weeks later I received a drawing of the arrival of the animals at Tom's place.

The Poison

When the time is ripe, blockages can dissolve very easily for a child through imagery.

Susi was eight years old. She was in one of the relaxation groups. Her mother told me that Susi has been waking up every night full of fear and then has a hard time going back to sleep. This has been going on for a couple of years.

In the group I experienced Susi as quiet and withdrawn. It seemed to me that a lot was going on inside of her that couldn't find its way into expression. She didn't talk a lot about her journeys. In every one of her first journeys a snake showed up for a short time and then disappeared. After telling this in the fourth session, I asked Susi: "Are you willing to visit snake once again right now?" To my surprise, Susi was willing to without hesitation.

Susi closed her eyes in the middle of the other kids. Snake was there very quickly. She crawled back and forth in front of Susi.

"The snake is sad," Susi said.

"Ask her, why she is so sad."

"She is so sad, because she has no poison anymore in her teeth."

"Ask her, if she needs anything from you."

"Snake wants me to give her poison. But I don't know how to do this."

“Tell her that.”

“Snake tells me that I have a lot of poison in my own teeth and that I should squirt this poison into her mouth.”

“ Are you willing to do this?”

“Yes,” replied Susi.

It was clear to Susi what she had to do. For about two minutes she made chewing movements with her mouth. After that she said, “Now it is good. She is happy again.”

“Thank her and tell her goodbye,” I said.

Snake said to Susi, “You can call me any time when you need me. Okay?”

After this journey Susi looked totally relaxed. The energy of her journey was fascinating. I didn't analyse it. One week later Susi's mother brought her to the next session. She told me that Susi slept through the night every night last week, the first time in months that Susi had done this.

We all have this tremendous treasury of growing, living, and healing inside of us. Most children live very close to the door of this reality. The connection with inner animal guides is one way to open the door to this treasury and to access to these living resources.

Weise Freunde

Durch den Kontakt mit inneren Krafttieren, können wir heilsame Kräfte in uns finden. Kleine Anregungen und Präsenz unterst, unterstützen Kinder, diese Kräfte freizusetzen.

Von Christian Lerch

Der Igel

Als ich noch Lehrer der Mittelstufe war, hatte ich ein Schlüsselerlebnis mit einer Schülerin, die ich hier Anna nennen will. Geplant war ein einwöchiges Lager in den Bergen. Anna war noch nie von zu Hause fort gewesen und hatte Angst. Sie wollte nicht mitkommen. Die Eltern und ich versuchten ihr zu helfen, ihre Angst zu überwinden. Dennoch weigerte sich Anna hartnäckig mitzukommen.

Bei den Vorbereitungen suchte jedes Kind auf einer Bilderreise ein Krafttier, das es durch diese Woche begleiten sollte. Zu Anna kam ein Igel, der ihr sagte, er helfe ihr, sich zu wehren. Das war die einzige Aussage, die dem Igel auf dieser Reise zu entlocken war, und Anna war damit zufrieden. Der Igel war da, um sie zu begleiten und sie war offen genug, ihm zu vertrauen. Was jetzt passierte war faszinierend. Jeden Tag nach dem Mittagessen legte sich Anna auf ihr Bett und besuchte den Igel.

Am Nachmittag in der Schule erzählte sie mir immer als erstes, was sie mit ihrem Krafttier erlebt hatte. Sie ging mit dem Igel spazieren. Er zeigte ihr seine Wohnung und sie tranken zusammen Limonade. Dies dauerte etwa acht Tage, ohne dass ich weitere Anleitungen gegeben hätte. Ich hörte mir ihre Geschichten mit Interesse an. Ab und zu dachte ich, dass dies schon speziell sei und sich fast “kleinkindlich” anfühlte. Zum Glück behielt ich diese Bewertung des Mädchens für mich.

Etwa zehn Tagen später sagte mir Anna unter Tränen, dass ihr Igel gestorben sei. Nach der Schule blieb sie noch da und ich begleitete sie zurück zum toten Igel. Dieser sagte ihr, dass sie ihn jetzt nicht mehr brauche, da ein neues Tier zu ihr komme. In diesem Augenblick tauchte ein Pandabär auf. “Jetzt bin ich für dich da. Ich bin stark, und du kannst mich umarmen”, sagte er. Anna war glücklich über den Pandabären. Leicht wie eine Feder verabschiedete sie sich.

Nach zwei weiteren Tagen sagte sie, ihr sei es jetzt klar: Sie werde mitkommen in die Berge. Sie nahm einen Stoffpanda mit und tröstete andere Mädchen, wenn diese Heimweh hatten. Die Eltern und ich waren verblüfft. Der Igel hatte gewusst, was sie brauchte: Er hatte sie bedingungslos in ihrem Nein unterstützt.

Kraftreisen

Inzwischen begleite ich seit mehr als zehn Jahren Kinder und Erwachsene auf inneren Bilderreisen. Dabei rege ich die Kinder an, mit Krafttieren, die sich ihnen auf diesen Reisen spontan zeigen, in Kontakt zu treten. Diese Tiere, diese Bilder, stehen für die inneren Kräfte und es ist bereichernd zu erleben, was sich dabei alles zeigt. Je mehr ein Kind mit diesen Tieren in Kontakt kommt, desto besser ist es mit den eigenen Ressourcen verbunden. Gleichzeitig sind diese Tiere auch Mittler zwischen der objektiven und der subjektiven Realität – zwischen Alltag und Spiritualität. Kinder kommen aus einer Welt, in der die innere und äussere Realität eins ist. Es tut den Kindern gut, wenn sie von Erwachsenen in diesen beiden Welten unterstützt werden, ohne ein analytisches oder esoterisches Konzept übergestülpt zu bekommen. Was dabei herauskommen kann, zeigen die folgenden Imaginationsreisen von Kindern. Die Analyse lasse ich weitgehend sein.

Die Schildkröte

Viertklässler Paul kam in die Gruppe "Rituelles Entspannen". Er war hyperaktiv, ein sogenanntes POS-Kind, mit entsprechenden Problemen in der Schule. Als ich ihn zum ersten Mal sah, war er voller Energie. Er hatte eine derbe, gar grobe Sprache und meinte: "Ich schaue mal, ob das cool ist, was ihr so macht."

Paul hatte grösste Mühe still zu sitzen. Bei den Entspannungsübungen und Bilderreisen unterstützte ich ihn, indem ich ihn körperlich berührte. Das beruhigte ihn und gab ihm anscheinend Sicherheit.

Nach der Reise, in der wir ein Tier zur eigenen Entspannung riefen, war Paul aufgebracht und wütend. "Dieses Scheisstier. Was soll ich mit so einem doofen Vieh anfangen? Am liebsten würde ich es umbringen und in die Hölle schicken." Eine Schildkröte war zu ihm gekommen. Ich fragte ihn, was ihm an diesem Tier nicht passe. Er sagte, es sei so langsam und langweilig. Er hätte lieber einen Tiger gehabt, da wäre jedenfalls etwas los gewesen.

Ich war erstaunt. Paul hätte ja leicht ein Tier erfinden können. Doch nur wenige Kinder kommen bei dieser Arbeit auf die Idee zu mögeln. Immer wieder sagte Paul, er werde dieses Scheissvieh gewiss nicht noch einmal "besuchen". Höchstens werde er es umbringen. Er hatte es sehr eilig nach Hause zu gehen. Ich fragte ihn, ob er der Schildkröte eine Woche Zeit geben könne, bevor er sie umbringe. Auf diesen Vorschlag ging er ein.

Eine Woche später stürzte Paul ins Zimmer und erzählte mir, dass er mit der Mutter in der Stadt gewesen sei. Dort habe er viele Spielzeugschildkröten gesehen. Er habe gar nicht gewusst, wie viele Schildkröten es in den Geschäften gebe. Das erzählte er zwar ganz begeistert, doch zum Schluss sagte er: "Doof sind diese Tiere aber trotzdem."

Für die nächste Imaginationsreise zwängte Paul sich in das unterste Regal eines Schrankes. Ich sagte nicht zu ihm, so könne man sich nicht entspannen. Mir war plötzlich klar, dass der Schrank auf ihn wie der Schild seines Krafttiers wirkte. Als die Reise vorbei war, kam er ganz verwandelt aus dem Schrank. Es war kaum zu glauben. Er war für Momente ganz bei sich und in einer Ruhe. Im Kreis erzählte er sehr berührt, und mit einer anderen Sprache als sonst, von den Erlebnissen mit der Schildkröte.

"Die Schildkröte war ganz toll. Sie hatte unter ihrem Panzer viele Schätze und sagte mir, ich könne von ihr wünschen, was ich will. Sie könne mir alles unter ihrem Panzer hervorzaubern. Jetzt kann ich zu ihr gehen, wann immer ich will." Es sprudelte aus ihm heraus und er strahlte übers ganze Gesicht. Jedenfalls respektierte er jetzt die Schildkröte. Ja, er liebte sie sogar und begann, sie in sich zu integrieren. Sie begleitete ihn während der weiteren drei Kursstunden.

Die Schildkröte hat Paul geholfen, einen Ort der Ruhe in sich zu finden. Meine Aufgabe war es, am Anfang seinen Ärger auszuhalten und ihn dahin zu bringen, dass er die Schildkröte nicht sofort tötete. So konnte der ruhende Pol den Zugang zu Paul finden.

Die Vielfalt

In eine Gruppe kam einmal ein Knabe, den ich hier Manuel nennen will. Der elfjährige Junge war ein ausserordentlich begabtes Kind. In der Schule hatte er fast überall die besten Noten und war unterfordert. Im Selektionssystem unserer Schule befinden sich nicht nur die sogenannten schwachen Schüler am Rand sondern auch die sogenannten guten. Manuel zog offenbar den Neid seiner Mitschüler auf sich. Er war als Streber verschrien und wurde geplagt. Sein Auftreten war unsicher und verschüchtert. Ich begleitete die Gruppe auf eine Reise zu einem Tier, das die Kinder unterstützen sollte, sich in Stresssituationen zu entspannen. Alle Kinder begegneten einem Tier. Manuels Reise war bunt und vielfältig. Er traf auf Anhib nicht bloss auf ein Krafttier wie die andern, sondern auf mehrere, und Aladin mit seinem fliegenden Teppich kam noch dazu.

Am Tag nach dem Kurs rief mich seine Mutter an. Sie war aufgebracht und fragte mich, was ich mit ihrem Sohn gemacht habe. Nach dem Kurs habe er die halbe Nacht geweint. Im Gespräch mit ihm und den Eltern stellte sich dann heraus, dass er schon wieder das Gefühl hatte, falsch zu sein, da seine Reise doch so anders verlaufen war als die der andern. Dies brachte seine schmerzlichen Erfahrungen aus der Schule an die Oberfläche. Jetzt war er auch noch bei diesen Entspannungsreisen ein Aussenseiter. Unglaublich, wie stark diese Prägung spürbar wurde.

Mit meiner Unterstützung gelang es Manuel mehr und mehr, seiner eigenen Art des Reisens zu vertrauen und sie zu geniessen. Das Thema "falsch sein" entspannte sich zusehends. Da ich die Schüler nicht zu bewerten hatte, waren Manuels Geschichten einfach ein Teil unsres Kreises. Die anderen Kinder waren gespannt darauf, was Manuel wohl zu erzählen hatte.

Nach etwa einem Jahr in der Gruppe kam Manuel nach einer Stunde zu mir und sagte: "Herr Lerch, ich habe das Gefühl, dass ich lüge. Das kann ja gar nicht sein, was ich da erlebe. Es ist oft so anders als bei den andern Kindern." Das Wort "lügen" machte mich betroffen. Doch da ich mich beeilen musste, sagte ich kurzerhand zu ihm: "Sag das doch mal deinen inneren Tieren und schau, was sie dazu meinen."

Nach drei Tagen rief mich Manuel zu Hause an und sagte: "Herr Lerch, ich getraue mich nicht, meine Tiere zu fragen. Ich habe einfach das Gefühl, dass ich diese Tiere, diese Bilder und alles erfinde." Ich fragte ihn, ob ich ihn gleich am Telefon auf einer Reise begleiten könne. Er fand das eine aufregende Idee, und so bat ich ihn, die Augen zu schliessen und ein Tier zu rufen.

Ein Adler erschien und meinte: "Stimmt, du erfindest manchmal Tiere, die dir begegnen. Sie sind aber genau so wichtig, wie diejenigen, die aus dir herauskommen. Auch von erfundenen Tiere lernst du Wichtiges." Ich half ihm den Adler zu fragen, ob es wichtig sei zu wissen, wann er ein Tier erfinde und wann es "echt" sei. "Nein, das ist nicht wichtig. Wichtig ist, dass du mit ihnen sprichst und sie ernst nimmst", war die Antwort. Die Reise ging noch weiter und am Ende riet ich: "Frag Adler, ob er echt oder erfunden sei." Ich war einfach neugierig. Lange blieb es ruhig. Dann sagte der Knabe, der Adler sei wütend auf mich: "Hat Herr Lerch nicht aufgepasst. Ich habe doch gesagt, dass das nicht wichtig sei."

Das Thema "falsch sein" veränderte sich bei Manuel offenbar auch in der Schule. Er fühlte sich viel integrierter in der Klasse. Langweilig war es ihm deswegen trotzdem noch ab und zu.

Die Lösung

Ich war mit einer Ausbildungsgruppe in Deutschland in einem Kurshaus, als mich der Sohn des Gastgebers fragte, was wir in dieser Woche machten und ob er teilnehmen dürfe. Ich will den Kleinen hier Markus nennen. In dieser Zeit war es für ihn sehr mühsam, zur Schule zu gehen, denn die Schule nahm ihm wertvolle Zeit für Sachen, die ihn brennend interessierten.

Ich erklärte Markus was wir vorhatten und dass es für ihn langweilig wäre, die ganze Zeit bei uns Erwachsenen mitzumachen. Ich bot ihm aber an, ihn auf einer Krafttierreise zu begleiten, wenn er Lust dazu

habe. Er wollte dies unbedingt und es war für ihn in Ordnung, dies im Kreis der Ausbildungsgruppe zu tun. Er war gar begeistert.

Am dritten Tag kam er in die Gruppe, legte sich auf die Matte und schloss die Augen. Dies schien für ihn ganz natürlich zu sein. Nach einer kurzen Entspannungsphase liess ich ihn zu seinem Traumplatz gehen. Er war im Urwald. Dort rief er ein Tier, das ihn in der nächsten Zeit begleiten wollte. Zuerst geschah nichts. Plötzlich kam ein Pandabär. Markus sagte: "Der Pandabär hat Angst, weil er von den Jägern verfolgt wird." Ich: "Frag ihn, ob du ihm helfen kannst." Markus: "Er sagt ja. Er will, dass ich ihm helfe. Ich weiss aber nicht wie." Ich: "Frag den Panda, ob er weiss, wie du ihm helfen kannst." Markus: "Nein, der Pandabär weiss es auch nicht."

Eine verzwickte Situation. Markus lag da in seiner Geschichte. Der Pandabär wusste weder ein noch aus und brauchte Hilfe von ihm. Beide wussten aber nicht, wie dies hätte geschehen sollen. So blieb Markus eine Weile in diesem Dilemma und auch ich musste aushalten, dass es offenbar im Moment keine Lösung gab.

Nach einer Weile fragte ich: "Wie ist das für dich und den Panda?" Markus: "Nicht schön." Ich: "Hast du Angst?" Markus machte bei dieser Frage sofort die Augen auf, schaute mich erstaunt an und fragte: "Hättest du keine Angst?"

Nach einer Weile meinte er: "Jetzt hat der Pandabär eine Idee. Ich und er sollen alle Tiere des Urwalds rufen, damit sie helfen können." Pandabär und Markus riefen die Urwaldtiere. Sie kamen alle, doch auch sie wussten keinen Rat. Auch sie wurden von den Jägern verfolgt und waren hilflos.

Nach einer Weile meinte Markus: "Die Elefanten haben eine Idee. Ihre Freunde arbeiten beim Zirkus, und dieser Zirkus gehört den Jägern. Die Elefanten wollen nun ihre Freunde fragen, ob sie bereit seien nicht mehr aufzutreten, bis die Jäger die Tiere nicht mehr töten werden."

Diese Idee fanden Markus und die andern Tiere gut. Sie gingen zusammen zum Zirkus und alle Tiere machten bereitwillig mit. Sie weigerten sich, weiter aufzutreten. Nach einer Weile sagte Markus: "Die Jäger hören aber immer noch nicht auf zu jagen. Die Gefahr ist immer noch da, und wir wissen nicht was tun." Markus schien müde zu werden. Die Tiere meinten dann auch, dass es genug sei. Ich liess ihn sich bei den Tieren bedanken und verabschieden. Er war etwas verwirrt.

Grundsätzlich vertraue ich den inneren Prozessen, auch wenn sie vorerst nicht zu einer Lösung führen. Im Kreis der Ausbildungsgruppe forderte mich diese Situation speziell heraus. Einige Teilnehmer hatten Mühe, diese Geschichte so stehen zu lassen. Sie meinten, man könne ein Kind doch nicht so im Ungelösten hängen lassen.

Für Markus schien das nicht so problematisch. Er war sehr bei sich und etwas nachdenklich. Einen Tag vor meiner Abreise, fragte ich ihn nach seinem Pandabären. Ganz selbstverständlich meinte er: "Die Tiere haben eine Lösung gefunden. Sie sind alle in ein Flugzeug gestiegen und nach Deutschland geflogen. So können die Urwaldjäger sie nicht mehr erreichen." Ich fragte, ob die Tiere denn alle zu ihm kämen, worauf er erwiderte: "Ja klar. Sie sind jetzt in Frankfurt gelandet, und ich bin gespannt, wie sie den Weg zu uns finden werden."

Ein paar Wochen später erhielt ich eine Zeichnung, auf der Markus die Ankunft der Tiere darstellte.

Das Gift

Wenn der Zeitpunkt dazu gekommen ist, lösen sich Probleme von Kindern manchmal in kurzen Begegnungen mit inneren Bildern auf.

Susi war etwa acht Jahre alt. Sie war in einer Entspannungsgruppe für Kinder, die ich jeweils über sechs Wochen anbiete. Ihre Mutter hatte mir gesagt, sie wache fast jede Nacht auf, sei dann voller Ängste und könne nicht mehr einschlafen.

Ich erlebte Susi in der Gruppe als zurückgezogen. Es schien viel in ihr abzulaufen, was nicht nach draussen treten konnte. Sie erzählte sehr wenig von ihren Reisen. Die ersten drei Male zeigte sich ihr kurz eine Schlange, die aber sofort wieder verschwand. Als sie das in der vierten Stunde wieder erzählte, fragte ich sie, ob sie bereit sei in der Mitte des Kreises die Schlange nochmals zu besuchen. Zu meiner Überraschung sagte sie zu.

Susi schloss die Augen. Die Schlange war sehr schnell da. Sie kroch vor Susi hin und her. Susi: "Sie ist ganz traurig." Ich: "Frag sie warum sie so traurig ist." Susi: "Die Schlange sagt, dass sie kein Gift mehr in ihren Zähnen hat." Ich: "Frag sie, ob du ihr helfen kannst." Susi: "Ich soll ihr Gift geben. Aber ich weiss doch nicht wie." Ich: "Sag ihr das." Susi: "Die Schlange meint ich hätte ganz viel Gift in meinen Zähnen. Das soll ich ihr in den Mund spritzen." Ich: "Bist du bereit dazu?" Susi: "Ja."

Offenbar war es ihr klar, was sie tun musste. Sie machte für eine Weile Kaubewegungen mit dem Mund. Danach meinte sie, dass es jetzt gut sei. Ich liess Susi sich bei der Schlange bedanken und verabschieden. Die Schlange meinte noch, Susi könne sie jederzeit um Hilfe rufen.

Danach sah Susi entspannt aus. Sie hatte eine faszinierende Reise hinter sich, die ich aber nicht zu analysieren versuchte. Vor der nächsten Stunde kam die Mutter vorbei und sagte, Susi habe die ganze Woche jede Nacht durchgeschlafen.

Wir tragen einen grossen Reichtum und ein grosses Potenzial in uns. Der Kontakt mit Krafttieren in inneren Bilderreisen ist eine Möglichkeit, diesem seelischen Reichtum ein Stück näher zu kommen.

Christian Lerch, Luzern, ist dipl. Ausbilder und Begleiter in der integrativen Imaginationsarbeit mit inneren Krafttieren nach Dr. Stephen Gallegos. Er arbeitet mit Kindern und Erwachsenen in Luzern in eigener Praxis und führt Seminare und Weiterbildungen in der Schweiz und in Deutschland durch.

Kontakt: Pilatusstr. 17, 6003 Luzern, 041 / 240 52 72, chlerch@dplanet.ch

Community News

This is the place for letting us know what is happening in the animal communities around the world. Tell us what is happening and also what it means to you Photos etc. are also appreciated.! Please send submissions for the next issue by December 1st 2002.

Australia Community News

Third Thursday Group.

The core of the animal community here is the Third Thursday group which meets once a month at the Quaker Meeting House in Brisbane. This group has been meeting regularly since 1996. It is a small group rarely more than six people. Two of the regular attenders, Sue Wilson and Helen Wilson, have been coming since the group began. Rachel Lindgren and Mairi McKay have been attending for several years also. Georgia Cassidy has become a regular attender over the past year or more. A number of others are irregular but committed. Generally, we continue to revisit our chakra animals and we have all come to appreciate the unique way each of us connects with our animals. It is a mutually supportive group and our imagery journeys often lead us to discussing the current themes of our lives.

Workshops.

I run workshops approximately every two months. I have varied these between weekend residential and non-residential. Workshop numbers have varied from 6 up to 23. Perhaps 200 people have come to these workshops since 1998. There has also been a core group of people who have attended many workshops including two people who have travelled from Melbourne on several occasions and one who has travelled from Adelaide to Brisbane where most of the workshops take place.

Festival.

We look forward to the Festival which is now only weeks away. You will see from our information that there is a wide range of interesting workshops at the festival. Because the core group of animal enthusiasts here in Australia is small, we have tried this year to attract to the festival people who may not have worked with their animals before. Also, we are linking with the aboriginal community mainly through the workshop offered by Mary Graham, from the aboriginal people who traditionally owned the land where the festival will take place. The opening ceremony will include the granting of permission by the Kombumerri Elders for the festival to take place on their traditional lands.

Frank Coughlan

If you wish to contact Frank Coughlan about any of the festival news, you can call, write or email him using the following information.

Address: 10 Hampson St., Kelvin Grove, QLD 4059 Australia

Email: fcoughla@bigpond.net.au

Website <http://www.deepimagery.com>

Phone 07 3356 1127

Mobile 0415 455602

Fax 07 3356 1546

International Phone 617 3356 1127

Denmark Community News

Steve Gallegos went to Denmark in August .and gave a number of talks and workshops there. There is going to be a training in Denmark, for therapists. The main language used will be English.

Kaare Claudewitz, a Copenhagen Psychotherapist is organizing the training Kaare is currently in training with Steve in Germany.

Contact: Kaare Claudewitz 0045-3990102 or email him at hypnose@webhuset.dk for further information.

USA Community News

The Animal community here prepares for the second Retreat Gathering for all Practitioners & 3rd Year Trainees to be held September 20-22 2002 at the Sky Meadow Retreat Center Burlington VT.

Debra Vickroy has all the details.

Contact her at debvickeroy@aol.com

Ireland Community News

Steve Gallegos will hold a Workshop Leader Training in the Kinvara area next year. September 10th-16th 2003. All applications to Steve at PO Box 468, Velarde, NM 87582

Germany Community News

The Totem Pole family in Germany is growing steadily. On 29 September 2002 a new training group (year1/2002) will start the work, with participants from Germany and Austria. They will gather at our new training site, the "Herberge" at Unteröd, just East of Munich, right between Wasserburg on the Inn river and Bad Endorf near the lake Chiemsee. The Herberge (the inn) is a very special place with great energy. This has been confirmed by the trainees of year 2/2002, who stayed there for their part I, in May this year. So we are saying good-bye to Bachtelhof in Bachtel, in December of 2002, when year 3/2002 finishes their part II, grateful for all the care and support the Totem Pole work and -workers enjoyed there.

In 2003 Steve will be at the Herberge:

1. 16 to 22 March 2003 with Training Year 1/2002, Part II
2. 31 May to 6 June 03 with Workshop Leader Training
3. 7 to 13 June 03 with Training Year 3/2003, Part I
4. 14 and 15 June 03 with Supervisory for Certified Guides
5. 2 to 8 August 03 with Training Year 1/2003, Part I
6. 9 to 15 August 03 with Training Year 3/2002, Part II
7. 16 to 22 August 03 with Training Year 2/2003, Part I
8. 9 to 15 November 03 with Training Year 1/2003, Part II



For information and booking please call Kiki Larro at 0049(0)8106-4115.

So the Totem Pole Process has ample time to grow its roots deep into the ground in and around the Herberge.

August was not all lost to vacation, sun, sand and sea.

Invited by Kaare Claudewitz, who is in the training group in Germany, Steve took the work to Copenhagen in Denmark and had a great outcome.

Happy Birthday

Margaret Vasington also held an ongoing workshop at Tretzendorf, Germany, from 3 to 8 August, where the group also celebrated belatedly her "special birthday" in their well-known way. Also from us a very Happy belated) Birthday, dear Margaret.



Margaret Vasington will lead a workshop again in Germany from 24 to 29 October at Tretzendorf. For Info and booking contact Mona Gimbel-Goepfert, at telephone (Frankfurt) 0049(0)69 - 751 997.

After organizing 9 Link meetings in Munich between July 1998 and May 2000, we stopped because of lack of interest.

So we are happy to report, that Silvia Figel and Maike Hoenge have now revived this idea on the weekend of 24 and 25 August by offering a "Totempole Support Group" with the possibility for all persons who have finished training or are in training, to journey and guide vice versa. It was a full success and the group has decided to meet again from 14 to 17 November 2002 at the Auerhof in Sondersbach. All Totem Pole Guides are invited to come. For Info and booking contact Silvia Figel, telephone / fax (Gengenbach) 0049(0)7803-9299404.

All the best from Kiki and William Larro



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13th International festival

Sun. Oct. 20 to Thursday Oct. 24

Numinbah



The Wild And The Tame

Within each one of us are two children, a wild child and a tame child. Sometimes these two are far apart, or perhaps they are even enemies, thus dividing our energies and our direction. In this workshop we will journey inwardly to meet each of these children, to discover their histories, and to support them in being friends or even in merging together in order to unify a vital focus within ourselves. **Steve Gallegos.**



Yoga

Pauline White offers a yoga workshop in a meditative and therapeutic style suited to beginners or advanced students. An opportunity to relax and integrate your energies. Pauline has developed her skills in Yoga, Art Therapy and Counselling over more than 20 years in Sydney and Brisbane.



The Power of Connection

Discovering your full potential to heal and move forward in life. Through guided imagery, awaken to both your vulnerable self and your transcendental self, so the inner Light can flow freely to do its work. **Phil Golding** is a Transpersonal Psychotherapist, Author and Director of the Inner Harmony Center, Brisbane.



Bushplay With Your Animals

Sandplay with a difference. Outside, create pictures/scenes/sculptures using miniature objects. At the beginning your animal to guide you will appear from pictures of animals and at the end there will be 'buried treasure'. **Lindsay Childs** is a Social Worker and Art Therapist specialising in Sandplay and Transpersonal Psychology.



Make your own Traditional African Drum

With Tunde Solanke, regarded as Australia's master craftsman of African drums. Different style drums can be made: Bongo, Congo, Darabuka, Dun Dun (talking drum), Djembe and bass Djembe. This is a double workshop including making the drum and in a later workshop, learning to tune and play the drum. Attend one or both. Note: extra charge from \$65 upwards depending on drum size.

Festival Info Phone (07) 3356 1127 Fax (07) 3356 1546

+ much more... workshops... art for sale... glow worm caves... kids workshops... post-festival rainforesttrek.. beautiful valley venue... evening of expression... t-shirts