



Spore-Addict Times

The Newsletter of the Pikes Peak Mycological Society

June 1994

Meeting News: "Get Acquainted Get Together" 27 June, 7 PM

The PPMS will meet at 7:00 pm on Monday, 27th of June, at the UMB Bank, Hwy 115 & Cheyenne Mountain Blvd.

Have you ever told a new member: "excuse my boarding house reach, but you were just about to step on my mushroom"?

If you have "been there, done that", or were even thinking about doing that, then read on.

Society President, Lee Barzee is hosting a get-acquainted-get-together and encourages all members to bring something to share, like insight gleaned from one or two mushroom books, favorite recipes, drawings, photos, slides, anecdotes or refrigerated mushrooms. New members will find out how nice we really are, when we are not in the very competitive foray environment.

Picnic Scheduled

This year's PPMS picnic is scheduled for Saturday, August 20th, at Fox Run Park. Plan to be a part of the fifth occurrence of this annual tradition.

News From the "Tribe Scribe" :

Note:

The following editorial may differ from the views of the PPMS or its membership at large.

Background:

Michael J. Cohen runs Project NatureConnect, from his home base at World Peace University, a non-governmental organization of the United Nations, in Roche Harbor, Washington. Michael J. Cohen offers home study training programs in Integrated Ecology, ecologically oriented therapeutic methods and materials, books and workshops.

Excerpt from Integrated Ecology, The Process of Counseling with Nature, The Humanistic Psychologist Vol. 21, No.3, an American Psychological Association division journal. Michael J. Cohen, Ed.D.

At birth we, and most other living things, biologically inherit at least 53 different natural sensory attractions. They are nature's way of building relationships, of non-verbally sensing, knowing and enjoying life. They include pervasive natural sensitivities like taste, sound, community, nurturing, place, compassion, reason, trust, music, hunger, empathy, language and belonging.

Each natural sense feeling fully conveys and integrates our vital natural connections. I offer the public a new science and learning process called Integrated Ecology. It uses personal sensory contact with natural areas, in backyards, parks or back country, to unleash our natural ability to relate and survive responsibly. Integrated Ecology teaches us to critically think about making sense of our natural lives.

We spend, on average, over 95% of our lives indoors, excessively separated from nature. Collectively, we spend less than 1 day per person per lifetime in tune with natural areas. We live over 99% of our adult lives knowing the non-languaged natural world through abstract words, facts and pictures about it, not through enjoyable sensory connections with it. We learn to estrange ourselves from Us within and about us, from natural love, support and beauty.

Being born and raised bewildered (wilderness-severed) assaults our thinking and our inner nature, the totally loving little child within us. Losing feelingful support from our multitude of natural attraction fulfillments stresses us. Bewildered, we helplessly seek help from equally nature-estranged helpers.

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P.O. Box 7432
Colorado Springs, CO 80933-7432

Spore-Addict Times is published monthly from April through October by the Pikes Peak Mycological Society, a non-profit organization dedicated to the advancement of mycology. Membership is open to anyone wanting to study mycology. Annual dues are \$10 for individual and family memberships. Submissions of ideas, articles, reviews, letters, artwork and recipes are encouraged.

President.....	Lee Barzee.....	(719) 634-4715
Vice President.....	Grazna Benda.....	(719) 488-9751
Secretary.....	Annette Campbell.....	(719) 593-9912
Treasurer.....	Lori Ligon.....	(719) 635-2213
Foray Coordinator.....	Esther Price.....	(719) 632-5880
Librarian.....	Pat Gustavson.....	(719) 495-4344
Hospitality.....	Doris Bennett	(719) 597-5410
Newsletter Editor.....	Walter Johnson.....	(719) 591-6788

In America alone, stress resulting from our excessive nature disconnection causes 44 million of us to suffer from the apathy that leads to acute mental disorders, drug abuse and low self-esteem. Our stressed immune systems invite diseases that further stress us. Stress dissolves 50% of our marriages and erodes the love in many others. It fuels the irrationality of alcoholism, greed, cigarette smoking and violence.

The cost: 500,000 deaths per year and \$250 billion spent from the health care system. Over 70% of our medical problems are stress related. We are not islands. As we remain estranged from Us, our negative social and environmental indicators rise. In the last decade we spent over 100 billion dollars in the war on drugs alone, yet because of nature-estranged education, psychologies and therapies don't address our estrangement, more people are addicted now than a decade ago.

Our biggest problem is the nature-estrangement of our thinking. It seldom recognizes that most stress results from the painful tearing of our inherent sensory bonds with Us, it seldom values re-connecting with nature.

Not surprisingly, Integrated Ecology nature-connecting activities dispel stress and apathy because they feeling-fully rejoin people to their natural origins. Each activity lets our critical thinking create a nature-sensitive moment.

During that special moment, our assaulted natural senses rejuvenate, strengthen and gain fulfillment from Us. We automatically think more sensibly.

Additional sensory activities reinforce this process, Ensuing ideas, feelings and understandings motivate natural sharing, community and interpersonal support. We feel better and gain new confidence. We revive, we begin to relate more responsibly.

For this reason Integrated Ecology finds a home in the fields of counseling, education, science teaching, spirituality, recovery, peace and natural history. Native elders call it "Indigenous Peoples' science" and "Awakening the Great Spirit within." The hands-on activities work because fully connecting with a wild rose offers 12 times more multi-sensory aliveness, wisdom and rewards than does just seeing its photograph or reading about it.

To believe that we can find lasting peace and sanity while continuously injured by our estrangement from the natural environment defines madness. Through sensory nature connecting seminars, workshops, courses and home study training programs, Integrated Ecology enables the perfection and powers of Us to help reflect and correct our estrangement and its discontents and encourages our reasoning and language abilities to seek and validate attractive connections with the natural world.

We discover responsible stories and sensations that move us. We begin to walk our talk, to live in our ideals and the peace of Us.

For a complete copy of Integrated Ecology, The Process of Counseling with Nature, you may leave your name and postal mailing address by computer at:

IGC econet WORLDPEACEU

Otherwise, write or call:

Applied Ecopsychology
P.O. Box 4112
Roche Harbor, WA 98250

Telephone: (206) 378-6313.

