

Zelda Hall Psychologist and Therapist



Issue no. 6 October 2010

Welcome to Zelda's e-zine

I've been living in Amsterdam for more than 30 years now. Through my work, I've met many people from all corners of the globe. My e-zine provides the opportunity to stay connected with people from past, present and future. Where ever they may be on their life's journey!

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If you have any comments or feedback about my e-zine, please feel free to drop me an [email](#). You received this e-zine because you are on my mailing list. I have no wish to create yet more spam in the world so if you would prefer not to receive further emails please unsubscribe below.

The elephant in the corner

I had a dream last week about playing with an elephant in the corner of a room. I was stroking its leg and then it rolled over to have its belly tickled. Maybe the only way to talk about what we are trying to avoid or find difficult to discuss, is with a dose of humour?



A couple of weeks ago I was in Ireland. I flew to Dublin and gave a lecture and then went up North and gave a talk on dreams there too. While I was there yet another bomb exploded, not killing anyone but causing considerable damage to property and triggering more fears of a return to the violence of the past.

The subject of integrated education was also in the news. While a majority of people in Northern Ireland believe that integrated education is important to the peace and reconciliation process, a small minority of sectarians, both Protestant and Catholic have done their best to maintain segregation.

However, their attempts seem doomed to failure as Northern Ireland's school-age population is contracting and many schools will have to merge anyway!

I know that the situation in Northern Ireland is quite incomprehensible for those with no experience of it but to be honest, I find it heartbreaking to notice how the anger and bitterness that is so much a part of Northern Ireland's history still bubbles below the surface. And bringing children from different communities together at an early age seems so essential.

More heroes?

I was thinking of this when I read about Naif el- Mutawa, a Kuwaiti from a wealthy family who lives in the USA for three months out of the year. He was exposed to American culture from an early age when his parents sent him to a summer camp in New Hampshire, year after year without realising that their son was the sole Arab at a predominantly Jewish summer camp.

"I mean, it wasn't religiously Jewish, it was culturally Jewish, but we were just kids. There was no way of knowing. It wasn't until I was a teenager that I figured it out."

This week DC comics, will publish the first of six crossover issues, in which "The 99", the world's first Islamic inspired superheroes, created by Dr. El-Mutawa will be fighting crime alongside The Justice League of America. The fictional superhero team that includes Superman and Batman.

I like the sound of Batina, the female superhero from Yemen who wears a burqa!



El-Mutawa mentions in an interview his cousins, who he describes as "hardline-no-pictures-in-the-house-big-beard-Muslims" trying to dissuade him from his project.

Read the whole interview with Dr. El-Mutawa [here](#).

Every culture tends to think it's right and superior to others. But I find it alarming when anyone claims to have God on their side. It usually means they think they have a licence to bomb, or at least persecute, someone.

I once came across a definition of fundamentalism as 'the inability to tolerate uncertainty'. We live in uncertain times. With change occurring at an extraordinary pace. And there is a rise in fundamentalism of all kinds. Christian, Islamic and scientific fundamentalism.

...and the villains

When I was a child we had a toy called Mr. Potato Head. There may well have been a Mrs. P. Head too. It consisted of plastic bits and pieces, which you could stick into a potato shaped body, forming a figure. I found myself fantasising about a sort of Mr. Potato Head 'make your own terrorist' kit.

The following piece of writing is by Sam Keen, a philosopher which touches me deeply, and is about the need to recognise our own 'shadow'.

To create an enemy

Start with an empty canvas
Sketch in broad outline the forms of men,
women, and children

Dip into the unconscious well of your own
darkness with a wide brush and stain the
strangers with the sinister hue of the
shadow.

Trace onto the face of the enemy the
greed,
hatred, carelessness you dare not claim
as
your own.

Obscure the sweet individuality of each
face.
Erase all hints of the myriad loves,
hopes,
fears that play through the kaleidoscope
of
every infinite heart.

Twist the smile until it forms the downward
arc of cruelty.

Strip flesh from bone until only the
abstract skeleton of death remains.

Exaggerate each feature until man is
metamorphosized into beast, vermin,
insect

Fill in the background with malignant
figures from ancient nightmares – devils,
demons, myrmidons of evil.

When your icon of the enemy is complete
you will be able to kill without guilt,
slaughter without shame.

The thing you destroy will have become
merely an enemy of God, an impediment
to the sacred dialectic of history.

From: Faces of the Enemy-Sam Keen.

*"Imagine the vanity of thinking your enemy
can do you more harm than your enemy" -
Augustine*



What's that on your head?

Barack Obama has been advised to call off his planned visit to the Golden Temple in Amritsar, the holiest site of the Sikhs. The reason apparently being that he would have to wear a head covering.



The spin doctors were concerned that pictures would immediately circulate around the world fuelling the rumour that the US president is really a Muslim. It seems that 18% of Americans polled think Obama is a Muslim!

This is of course quite unlikely because, as we Irish well know, Barack is a **Paddy**. With a name like O'Bama how could he be anything else? That the apostrophe got left out along the way is regrettable, but understandable since American English has some very odd spelling anyway. There's even a song about Barack's Irish background. Check out the [video](#).

Curiosity didn't kill the cat

When we see others as different from us - this provokes curiosity or fear. I remember a black South African friend of mine when I was a student in Dublin. He was one of the very few black people living there at that time.

He said that when he went outside of the city, sometimes kids would come up to him and rub his hands to see if the colour would come off. And that he didn't really mind this because there was no malice in it. I thought that was a very generous attitude!

There is a picture in our family album of my brother when he was about 9 sitting in a Land Rover looking decidedly uneasy, while surrounded by a crowd of black faces peering in at him with great curiosity.

When you next come across someone who is very different from you, try to look over the stockade. Be curious. Judgments are easily formed but often not well founded.

"I believe that to meet the challenges of our times, human beings will have to develop a greater sense of universal responsibility. Each of us must learn to work not just for one self, one's own family or one's nation, but for the benefit of all humankind. Universal responsibility is the key to human survival. It is the best foundation for world peace" - DALAI LAMA

Agenda 2010

WORKSHOPS
NOVEMBER

De Kracht van Dromen

21 november

The Wisdom of Dreams

27 November

**Register before 31
October to get a 10%
discount!**

Explore the connection of dreams with your physical, emotional and spiritual health.

Learn different ways of accessing the information available to you in your dreams.

Discover the meaning of recurring dreams.

Time: 10:30 till 18.00 hrs

Cost: € 90

(incl. coffee and tea)

* applies to participants registering and paying before 31 October.

Location: Lumen, Nieuwe Keizersgracht 58, Amsterdam

Register: zelda@zeldahall.com

Cost of the workshop is payable in advance.

For more information and payment details, please visit my [website](#) or [email](#) me.

What others said....

For me it was inspiring to do this workshop. I am a therapist myself (music therapy, counseling, physical approach) and it was surprising to me that working with dreams is so much more than... [read more](#)

Thank you for so much for Saturday's Dream Workshop. It set much more in motion for me than I was expecting - it's powerful stuff. From past experience I know to expect a professional workshop from you. This was no exception. I was particularly struck by your precision in... [read more](#)

If you're interested in coming along to a workshop but the day and time doesn't suit, or you'd like more information please [get in touch](#).

Now available my
Dreamwork Booklet

[ORDER](#) your free copy!

Interested in 1:1 Therapy or Counselling? Contact me via [email](#) or call 31(0)20-6831892.

The [Lumen](#) Group Practice Room in Central Amsterdam on the beautiful Nieuwe Keizersgracht is available for rent. Email [me](#) for more information.

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