SELBSTDARSTELLUNGS-EVENING • LECTURES

AAO

HUNTER COLLEGE
Mon Nov 14/8 pm 69th St/Park Ave
WHAT IS THE AAO?

the AAO is not a utopian vision of an ideal society, it is an existing model for a new social life praxis. the AAO is the practical proof that it is possible to live together without aggression and the use of violence, without sexual repression. the AAO is a living social model that can be realized within existing society. in the history of the AAO ten principles have been developed for a society worthy of humans:

1. collective living together
is the fundamental basis which made it possible for the AAO to begin. we had no theoretical concept in mind, but worked out our real needs in common life praxis and realized them together. we have been living together for seven years and during this time we have developed from a small group into the AAO, which has become an international organization. at present there are AA groups in vienna, berlin, geneva, munich, hamburg, bremen, kiel, nürnberg, oslo, and paris with the international AA center at friedrichshof. there are presently 500 people living in the AAO.

2. free sexuality
the couple relationship was found to be an obstacle to the collective life in the group. the couples were continually forced to withdraw and isolate themselves from the group because of their jealousy and fear of being deserted or betrayed. for this reason we dissolved the couple relationship in may 1973 and established free sexuality, which was recognized as a fundamental human need. no longer divided into separate couples, the group developed a unity that gave each person a feeling of security and satisfied their sexual needs. free sexuality gave the whole group a strong creative impulse.

3. common property
the need for common property developed by itself shortly after the dissolution of the couple relationship, there is no money within the AAO, no one can get rich because whatever is not directly used for material needs, which are satisfied by the whole group, is invested in the growth of the AAO. there are no social differences, people who enter the AAO bring all their property with them as a loan which they get back if they ever decide to leave the group, less a deduction for living costs. all the property of the AAO, buildings, land, means of production, and entire assets belong to everybody collectively, since the second international congress, when delegates from all the AA groups met on friedrichshof, we have been able to realize international common property, there is an international common fund in which all the excess revenue of the AA groups is held. its further use is decided upon collectively.

4. common economy
since the AAO is considered to be a model for a future society it is important to establish a sound economy with collective work and production. the various businesses of the AAO provide the material basis of the group. at present the production is still in its early stages, up to now we have trucks for transport in all groups, our own mechanics workshops, a printing shop, several carpentry workshops and painting companies. in nearly all cities where there is an AA group we have an AA store, where we sell jeans and work clothes. all members of the AAO work in our own businesses. the AA production supplies only goods necessary for life in the AAO such as food, clothing, building materials, tools, machines etc. to simplify work we intend to utilize the most advanced technology.

5. common living spaces, clothing and nourishment
collective accommodation in houses conducive to communication was the automatic result of collective living together. there are no private rooms, all spaces are divided according to their functions: living rooms, rooms for communication, for sleeping, working, SDs and bathrooms. six to twelve people live in one area with shelves for their personal clothes and a sitting area for communication within the group. our intention is not to create mass quarters, but rather living spaces that facilitate individual development. the rooms are equipped in a practical and functional way (prefabricated units). the same principles are also true of clothing: we wear practical work clothes that come from our own stores. the collective nourishment is prepared in the collective kitchen following biological whole food principles. the quality of the food and the living standards should be the same in all AA groups. by buying in quantity, growing our own fruit and vegetables, and having our own meat production, we are able to eat much more cheaply than in nuclear family society. in comparison with the NFF the AAO saves from 50 to 70% of costs (including savings on energy due to industrial machines).

6. collective children
from the very beginning our children are with their mother and receive the breast as often and as long as they want. they grow up in an existing community, and are cared for by the adults in the children's group. the mothers are exempt from all material work during the first years and can devote themselves to the development of consciousness and to their child, as the children get older they decide more and more for themselves. they grow up in undamaged surroundings in the countryside, where they experience no limitations to their psychomotoric development, they learn through play and through the work of the adults. even damaged children from the NF recover quickly in our children's group and often become lively, active and creative in only a few weeks. we have started with an AA school on friedrichshof and in addition we plan to build AA children's villages in the future, where children can live together in groups and grow up together.
7. collective SD, spontaneous emotional self-expression

In order to work out the damage caused by the NF which prevented communication in the group, we began verbal analysis in 1972 which was based on studies of fraud and theft. This later developed more and more into actions analysis with emphasis on emotional expression. In the course of the actions analysis people go through breathing, screaming, vomiting, crying, infantile hate and the birth experience. These stages are portrayed in a simplified form in the AA parabola. The positive need for love, which everyone has within him from birth on, is freed by the birth experience. Only people who can show their positive need for love can satisfy their need for contact and communication in the group. From the single selbstdarstellung with a helper we went on to darstellung in front of the whole group. Music, dance and making speeches were added. With the participation of the audience the SD developed a new form, which completes the transition to reality, from overcoming damages to the treatment of general themes and the realization of creating the environment.

Above: during an SD evening
Right: a selbstdarstellung from claudia
Below: the children playing at bull fighting

8. collective consciousness work and consciousness spreading

In the summer of 1975 we began consciousness work. We held courses, which at that time were called "commune courses". These have developed into SD groups. Since that time several thousand guests have come here, many of whom have moved into the AAO or founded groups which later

9. collective administration, organisation and consciousness structure

At the second international AA congress, it was decided by all delegates that the AAO should form an organizational unit in all areas of economy and consciousness work. AAs authorized to carry out the resolutions of the congress were elected.

In their development all AA members go through various stages of consciousness which depend on their ability to communicate, their social behavior and their ability to take on responsibility. The consciousness structure is not a rigid division into classes, it changes and develops constantly with the growing demands of reality. Each AA has the possibility of reaching all stages of consciousness. The rate of development depends on the degree of the individual's damage.

10. common ecological identity

Creating a common life for all humans in accordance with the ecological requirements of the earth means making use of alternative energy, doing away with luxury articles, especially fashion, small electrical appliances as well as the NF car. Drastic reduction of pollution:—by reducing the production of luxury articles.

—by reducing commodity production to the level necessary for the satisfaction of the material needs (reducing the present production by 90%).

The squandering that results from small household is replaced by collective living and generous group architecture. Common birth control and planning the children in the group is based on the economy and the space available, as well as the emotional capability of the mother, which is the factor which determines if the children can grow up in a social community without nuclear family damages.
SD COURSES ON FRIEDRICHSHOF

courses in selbstdarstellung, spontaneous emotional self-expression, are offered at the european AA center friedrichshof throughout the year. the collective selbstdarstellung enables the individual to overcome inhibitions that prevent communication and learn to express himself creatively in the group. the positive group climate of the collective selbstdarstellung is conducive to experiencing various emotional levels and regressing to an infantile state in the selbstdarstellung, everyone can resolve emotional problems by tracing them back to their origins in the childhood, and can share their experiences with the entire group.

I. BASIC COURSE 10 days $160 £ 90
II. GROUP COURSE 10 days (for 5 or more persons) $120 £ 65
III. INTENSIVE COURSE 10 days with 5 single SDs $270 £ 160
   4 weeks with 14 single SDs $640 £ 380

USA

the possibility exists to participate in various selbstdarstellungen courses in the boston area. these courses are led by an experienced SD leader from the european AA center friedrichshof. these courses range from two-day selbstdarstellungen marathons to 6-day intensive courses. the boston AAO group also extends a general invitation to participate in an evening of collective selbstdarstellung every tuesday and friday at 8 pm, contribution 2 dollars. for further information, registration, etc., contact: AAE BOSTON.

ADDRESSSES OF THE AAO GROUPS

AAO CENTER FRIEDRICHSHOF
postfach 3, A—7100 neusiedl/see
02167/8163

AA EXPERIMENT,
59 munroe st., sommerville, MA 02143, USA
(617) 628 — 855

AAO VIENNA
praterstr. 32/2/12
A1020 wien
0222/26 51 32

AAO BERLIN
bühlw. 90
1 berlin 30
030/262 33 60

AAO KIEL
schumacherstr. 28
23 kiel
0431/93978

AAO HAMBURG
rahlstimp 2
D-2000 hamburg 54
040/54 40 57

AAO BREMEN
fährstr. 10
28 bremen
0421/49 11 48

AAO MUNICH
schwanthalerstr. 141
8 münchen 2
089/50 34 13

AAO OSLO
1390 vollen
postboks 87
hlesabergveien 16
791053

AAO GENEVA
10. rue william rappard
CH-1293 bellerue
022/29 78 20

AAO PARIS
5-7, rue du 14. juillet
F-94700 maisons-alfort
2075281

AAO NÜRNBERG
hochstr. 23
85 nürnberg
0911/26 13 88

SD courses in paris, hamburg berlin and geneva

selbstdarstellungen courses are also offered in the various other european AA groups, hamburg, berlin, geneva and paris. these courses include participation in all aspects of group life as well as the collective selbstdarstellung every afternoon and evening.

I. BASIC COURSE 6 days $65 £ 35
II. INTENSIVE COURSE 6 days $170 £ 95
the intensive course includes participation in the collective selbstdarstellung every afternoon and evening as well as a single selbstdarstellung with an experienced selbstdarstellungen leader everyday.

AA PUBLICATIONS

the AA news is published regularly by the AA press and contains all of the latest information and developments in the AA, as well as many relevant political and sociological themes. in the AA news, life praxis in the AAO is portrayed through personal reports, photos, theoretical explanations, reports from all european AA groups and much more. important topics such as children growing up in the AAO, sexuality, consciousness work, historical analysis and the latest results of a fascinating ongoing social experiment are presented in an understandable, stimulating journal with many descriptive photos and graphics.

order from
AAE, 59 munroe st., sommerville, MA 02143, USA.
or AA verlag, hochstr 23,
D.8800 nürnberg, germany.

this book is a comprehensive written and illustrated documentation of the most significant social model presently existing. it is not a theoretical dissertation dealing with sociological questions that must remain unanswered within nuclear family society, it is much more the first results of an experiment in revolutionary life praxis which has now been going on for seven years. the AAOCLP has created a society that corresponds to the basic biological needs of the human, the emotional needs as well as the material needs. everyone who is seeking social innovations must have read this book and become acquainted with the ideas presented in it. some of the chapter titles are: actions analysis and selbstdarstellung, AA children growing up, history and consciousness, politics, the woman, art, early childhood damage, religion and mysticism, sexuality, AA praxis.