

JULY 2021

# The Saybrook Spirit

THE OFFICIAL ALUMNI NEWSLETTER  
OF SAYBROOK UNIVERSITY

## WORLD POPULATION DAY - JULY 11th

World Population Day on July 11 is a holiday that's dedicated to focusing on the importance of population issues. The day was established by the United Nations as a result of the massive interest people had in Five Billion Day in 1987.

Today, there are approximately 7,874,965,825 scattered across the Earth. Overpopulation is a real and crucial issue. The increasing population magnifies health problems faced by women during pregnancy and childbirth, making the need for family planning, gender equality, and maternal health more important than ever. Demographical tensions increase with the population: crimes of gender inequality and human rights, especially in developing countries; governments and businesses that thrive on the inequity of income; violations such as human trafficking and child labor; and as resources become increasingly scarce, infanticide, child neglect, and poverty may rise significantly.

### HOW TO OBSERVE:

Consider giving to organizations like [Planned Parenthood](#), [Pathfinder International](#), [WINGS](#), and [Clinica Verde](#) provide family planning assistance, protect against domestic and child abuse, provide healthcare for children, and fight against the inequities that overpopulation will continue to exacerbate.

[alumni-saybrook@saybrook.edu](mailto:alumni-saybrook@saybrook.edu)

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*Saybrook*  
UNIVERSITY

# Alumni Spotlight

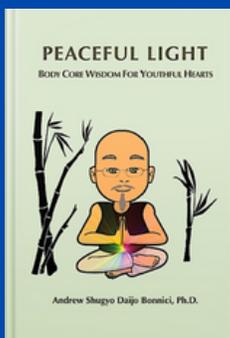


## Andrew Shugyo Bonnici, Ph.D. Doctor Of Humanistic Depth Psychology Master Zen Teacher And Counselor

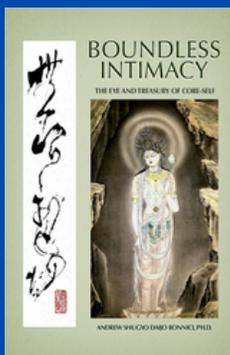
Andrew Shugyo Daijo Bonnici, Ph.D. is a Master Zen Teacher, Trainer, and Counselor with a Doctorate in Humanistic Depth Psychology. He received his Ph.D. from Saybrook University in 1978. After receiving his Ph.D., he established a private practice to help people achieve and sustain peak experiential states of health, healing, self-caring, loving, and wellbeing. At the same time that he started seeing individual clients during the day, Dr. Bonnici founded a traditional Japanese Zen Temple in Rohnert Park, California. There he taught, trained, and guided a dedicated group of lay-monastic Zen practitioners during the dawn of morning and in the early evenings. He also founded, trained, and taught two other Zen practice groups in Long Beach, California and Kamuela, Hawaii.

For over forty years, Dr. Bonnici has guided and empowered people from all walks of life to embody the farther reaches of personal growth, interpersonal intimacy, and transpersonal fulfillment. In 1996, he created a transformational website portal in order to extend his private practice and his embodied Zen teachings worldwide. You can view his transformational website at <http://www.zendoctor.com>.

On a personal note, Dr. Bonnici and his wife moved to Hawaii in 2005. In June of this year, they celebrated their 55th wedding anniversary. They have two precious sons, a loving daughter-in-heart, and four treasured grandchildren who all live on the Big Island of Hawaii. In Hawaii, Dr. Bonnici teaches and counsels people locally, writes weekly articles and publishes internationally, teaches daily on a variety of social media platforms, encourages and guides two online spiritual communities, and continues to expand and refine his transformational website portal. He also offers worldwide video counseling, training, and consultation to people who want to advance their personal growth, their interpersonal intimacy, and their transpersonal integrity while practicing and living a healthy, loving, and balanced life success in the sacred and timeless moment of Now.

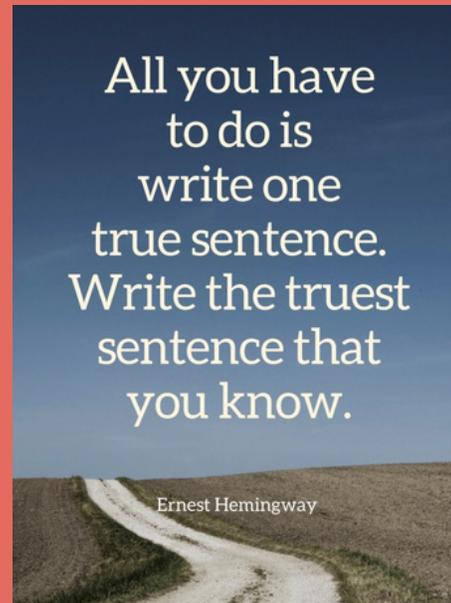


Dr. Bonnici recently published two books entitled Peaceful Light and Boundless Intimacy. Peaceful Light is a playful and enlightening book that teaches the daily practice of deep somatic mindfulness, engaged inborn stillness, holistic self-care, empathic inclusion, racial equality, behavioral wisdom, and compassionate action. Boundless Intimacy is a groundbreaking book that teaches you how to access and apply the still-intelligence of your core-Self, how to daily recover and enjoy the clarity and wonder of your beginner's heartmind, how to wisely and compassionately meet the arising challenges of everyday life, and how to gratefully live and love while in boundless intimacy with all beings and things. Both books emotionally and experientially transmit psychotherapeutic insights and behavioral life skills as taught and embodied by Carl Jung, Abraham Maslow, Carl Rogers, and the Ancients of Taoism and Zen.



You can Look Inside both books by going to his Author sites at:  
<http://www.zenintimacy.com> and <http://www.peacelight.net>.

# News You Can Use!



Cassondra Jackson  
Student Employee

When it comes to writing, whether for business, school, work, pleasure, etc., you always want to make sure of several things like grammar, your tone, writing style, and the list go on.

Unfortunately, not everyone holds English degrees or has a professional editing background, and sometimes hiring for those types of services can be costly. In walks Grammarly to save the day! Grammarly is a delightful artificial intelligence application that analyzes your writing to help you communicate more efficiently and effectively. Not only does it provide grammar and spelling help, but it checks your tone, audience, provides synonym suggestions, and checks for plagiarism too!

Even more amazing is the fact that it's available across a wide variety of platforms. It can be easily integrated with your internet browser, added to Microsoft Office suite (even has an add-on for your Microsoft Outlook, yay!), and can be installed on IOS and Android devices as well.

And guess what, you can download a free version too! You can do a lot with the free version, including grammar, spelling, and punctuation, along with some limited tone and conciseness analysis. That version is great for starting, but the premium version includes over 400 different checks and features! And lastly, Grammarly is lovely at explaining why it makes the suggestions it makes to your writing so that you can learn more about editing as well! So whether you write regularly or not, Grammarly can be a best friend!



Carmen Bowen, MBA  
Dir. University Relations

Sometimes, the toughest part of writing is the first sentence. Next is ensuring your grammar is correct. Recently, I began using a tool called "Grammarly" to help improve my correspondence. It helps me review wording and punctuation in my email, presentations, and more. Using this application helps me edit and feel confident that I am clearly communicating the intended message. My favorite "Grammarly" quote is "To Err is human, to edit is divine."

**Take a peek at "Grammarly," it just may be a game-changer!**

# What is Saybrook Serves?

[Click Here for  
More  
Information](#)



**“Act as if what you do makes a difference. It does.” – William James**

**“What is the essence of life? To serve others and to do good.” – Aristotle**

**“Wherever you turn, you can find someone who needs you. Even if it is a little thing, do something for which there is no pay but the privilege of doing it. Remember, you don’t live in the world all of your own.” – Albert Schweitzer**

# URGENT REQUEST! VOLUNTEERS NEEDED



## How Can You Volunteer?



### Virtual Guided:

- Yoga
- Nutrition
- Self-Care
- Hypnosis
- Counseling
- Relaxation Techniques
- Psycho Therapy
- Sustainable Business Info
- And much More...

## Where Can You Volunteer?



Do Good.  
Do Goodwill.



HIRE HEROES USA



It's Easy! **Click here** and let us know which agency interests you, and we will set it up for you!



For more Information, click o the Icon or go to

[www.saybrook.edu/saybrookserves](http://www.saybrook.edu/saybrookserves)

Email: [saybrookservesinfo@saybrook.edu](mailto:saybrookservesinfo@saybrook.edu)

Upcoming  
Events



# REGISTER NOW!



July 19th – July 20th, 2021



Virtual Event

Register here: <https://app.groupize.com/e/saybrook-university-film-book-and-poetry-festival>

Saybrook UNIVERSITY | UNBOUND

# FILM, BOOK & POETRY FESTIVAL



## Join Us!

Attend to experience  
and support the talent  
and creativity from  
the Saybrook  
Community



**Great Books,  
Poems & Films**

*See you there!*

**Click Here & Register to Attend**

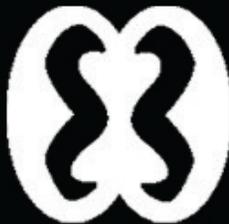


**Full Event Admission \$10**



**Saybrook Active Student Admission \$0**

# ABPSI CONVENTION 2021



**BLACK**  
.....  
**Forward**

Black Forward is a call for an agenda of **self-determination** to address the health and wellness needs of the Black Community.

**Determination, Focus, Strength, and Power.**



**JULY 22 - 26, 2021**  
**VIRTUAL CONVENTION PRESENTED ON**  
**THE REMO PLATFORM**  
[WWW.ABPSI/CONVENTION](http://WWW.ABPSI/CONVENTION)

@THEABPSI #ABPSI2021

**REGISTER NOW**

REGISTRATION RATES  
REFLECT THE VIRTUAL EVENT

**CALL FOR PAPERS**

SUBMIT YOUR ABSTRACT  
**DEADLINE: MAY 7, 2021**

**SPONSORS, VENDORDS, AND ADVERTISERS**  
SHOWCASE YOUR COMPANIES TO SOME OF THE MOST INFLUENTIAL  
INDIVIDULAS IN THE PSYCHOLOGY WORLD. OUR SPONSORSHIP  
BOOKLET IS AVAILABLE [HERE](#).



## FEATURES

**DYNAMIC** workshops from leading experts

**IMMERSE** in African centered practices

**LEARN** innovative approaches to teaching psychology courses

**ACCESS** special events and events for students

**DELVE** in social justice initiatives

**CELEBRATE** the Enstoolment Ceremonies with us!



## WHAT IS ABPSI ( PRONOUNCED AY-BEE-PSY)

The Association of Black Psychologists, Inc. (ABPsi) is an African-centered non-profit psychology membership organization made up of chapters across the globe with members comprised of:

- Mental Health Professionals
- Students
- Researchers
- Activists
- Educators
- Healers
- Community Champions



Who are dedicated to fostering wellness for people of African ancestry





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COLLABORATION

Continuing the Conversation Surrounding Racial Injustice

MONTHLY SPEAKER SERIES

PRESENTS



**The Embodied Practice of Social Liberation**

**July 21, 2021**

**4:00 pm to 6:00 pm PDT/7:00 pm to 9:00 pm EDT**

FEATURING GUEST SPEAKERS

**Reggie Hubbard**

**Register Here:**

<https://app.groupize.com/e/the-embodied-practice-of-social-liberation>

Reggie is a 500 hour certified yoga teacher and the founder/Chief Serving Officer of Active Peace Yoga. His wellness journey was born of curiosity; forged in the adversity of a toxic employment situation and has now become his lifestyle. Adopting disciplined yogic practices has saved his life, serving as impetus for sharing them widely in service to the well-being of all. He has also been a featured speaker on new consciousness, racial justice, and civic engagement for leading wellness publications, podcasts, and platforms (CTZNWell, Wanderlust, the Be Here Now Network, the Hanuman Academy, Yoga Alliance, Upaya Zen Center among others).

In addition to his yoga teaching practice, Reggie has held many senior strategic and logistical roles across a variety of fields, ranging from global marketing, digital and community organizing, government relations, international education to Presidential campaigning. Reggie has taught Members of Congress, Congressional Staff, leading progressive organizations, and individuals from all walks of life. Reggie's dharma sits at the intersection of bringing more peace and balance to activists, guiding the wellness community toward being more engaged, concerned citizens, and enhancing the well-being of all walks of life. Achieving this balance is how we catalyze transformative change in our society, which we are desperately in need of at this moment.

**Please contact [anti-racismcollab@saybrook.edu](mailto:anti-racismcollab@saybrook.edu) with any questions.**

Photo Credit: Dan

UNBOUND  
SAYBROOK  
INSIGHTS



**UNBOUND: Saybrook  
Insights with President  
Nathan Long & Carmen  
Bowen**

Nathan Long, President of Saybrook University & Carmen Bowen

Saybrook University has a podcast co-hosted by President, **Dr. Nathan Long**, and Director of University Relations, **Carmen Bowen, MBA** called "Saybrook Insights."

**Fascinating  
Guests**

**Relevant  
Topics**

**Thought  
Provoking**

**To access the podcast, go to:**

<https://saybrookinsights.buzzsprout.com/>



*Canva*  
OF

**Spotify:**

<https://open.spotify.com/show/5q6SRiwAXY95YyvckJ15GN?si=mLzys-WaTD2zE3q-KCNjPg>



Thank you, from the Saybrook University  
Alumni Council Team!



Jeremiah Pearcey, PhD



Shelli Jackson, PhD



Tori Bowers, PhD



Taylor Williams Capozziello, PhD



Jiselle Esparza, PhD



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[www.saybrook.edu/alumni](http://www.saybrook.edu/alumni)



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