NEWSLETTER SPRING082:Newsletter 1-2003.qxd 6/19/2008 11:39 AM Page 1

SAF Newsletter

What is it to be more fully alive?

Sensory Awareness Foundation Newsletter Spring 2008

In This Issue

When Breathing Fails *by Len Shemin* 1

President's Message 2

Sensory Awareness and Drawing Book *By Connie Smith Siegel* 5

Book Reading in Canada *By Mary Connelly* 5

You Know the Way *By Hannes Zahner* 7

Charlotte Selver Oral History Update *By Stefan Laeng-Gilliatt* 6

The Wonders of the Organism *By Charlotte Selver* 8

SAF Publications 10

Help support the future of Sensory Awareness

Renew your SAF yearly membership now for 2008

... or become a new member. With your membership you ensure that the SAF can continue with its work through publications, conferences, sponsored workshops, it's web site and more ...

Memberships are by calendar year.

If you have not renewed your membership for 2008 please do so now.Thank you!

For more information and membership benefits see page 10 and 11 and the President's letter.

Charlotte Selver Five Year Memorial

Soon after her death in 2003 a beautuful memorial stone was placed in one of Charlotte Selver's favorite places close to her home in Muir Beach overlooking the Pacific ocean.

In August of this year at this site the SAF will conduct a memorial event honoring this wonderful teacher on this the fifth anniversary of her passing.

The occasion will include the setting in of a special plaque next to this stone.

Please contact the Foundation if you would like to attend and/or receive more specific details

If you cannot attend and would like to send some written words to be read, flowers or some other appropriate gift, please feel free to do so.

A New Look

After many years this Newsletter is the first not produced by our multi talented former SAF President Stefan Laeng-Gilliatt. As our printing operations have moved to California, this Newsletter will be the first produced and mailed by our new printers who follow "green" earth friendly practices including the use of recycled paper. We invite you to check out our updated website at **www.sensoryawareness.org** which is in the process of being redesigned by Lisa Goetell. We hope you like the changes. Please let us know what you think.

When Breathing Fails

By Len Shemin

SAF Board member Len Shemin recalls the crucial role Sensory Awareness played when he was hospitalized

.

It was in January of 2001 when I collapsed in my home, unable to breathe. An ambulance whisked me away to at Alta Bates Hospital in Berkeley, California where I stayed for a week in the Critical Care Unit as the doctors tried vainly to diagnose my ailment. Through the sensing work I had done with Charlotte Selver for over 25 years and through an equally long practice of Vipassana meditation I was able to establish a sense of familiarity and balance in an alien hospital world, and experience a shift from feeling a victim to becoming empowered. What follows are excerpts from that time:

(Continued on page 4)

SAF board left to right: Eugene Tashima, Len Shemin, Richard Lowe, Stefan Laeng-Gilliatt, Sara Gordon. absent: Lee Klinger Lesser (photo by: Penny Smith)

President's Message

Over the last two to three years the SAF Board has been focusing diligently on the best ways to support the future of Sensory Awareness. It is clear there are quite a few challenges facing us. Our members are spread out all over the world, many of the leaders Charlotte Selver approved to offer classes and workshops are struggling financially to do so, there are many other practices which seemingly compete with Sensory Awareness for potential students, and the work itself is not well known by the public.

Even more importantly, without the charisma and guidance of Charlotte who was so central to our identity as a practice, our existence as a foundation and a key to our fund raising ability, how do we hold together and grow together as we explore productive ways to develop this valuable legacy she has left us?

To help us in our efforts, the Board hired skilled facilitator Lisa Goetell to lead it through a formal strategic planning process to guide it in assessing its strengths and weaknesses while helping it to better redefine and clarify its goals. As a result of this completed process the Board is now refocused and reenergized in its efforts to help Sensory Awareness become a more widely accessible and vital practice in the world. I want to share with you a brief overview of the Foundation's identified major goals for the near future:

1- To support approved Sensory Awareness leaders by helping them develop greater community and communication amongst themselves; by encouraging them in their efforts to clarify how new leaders will become approved; and by supporting them in their efforts to promote their professional work as leaders.

2 - To make Sensory Awareness more accessible to the public through sponsoring approved leaders in offering regional workshops, improving our website, continuing publications about the work, developing and distributing recordings and videos of Charlotte, and through continuing to sponsor ongoing yearly conferences.

3 - To record and distribute CDs and videos of approved leaders.

4 - To forge connections and alliances with affinity groups and other institutions such as universities, research programs, mindfulness and somatic studies based organizations, and community outreach programs.

5 - To ensure the sustainability of the Foundation for years to come through strategic fund raising efforts and sound financial practices.

Please note that our next yearly conference is scheduled for May, at Mt. Madonna Center near Watsonville, California. As an experiment we are holding the conference this time in the Spring vs. the Fall. We believe such conferences are vital in helping promoting public awareness and support of this work while building community. Such conferences also provide a way to bring many Sensory Awareness leaders together in a residential setting to meet together and dialogue about their work and the future of Sensory Awareness. We very much hope you can attend. More information on the conference will be posted on our soon to be redesigned web site and in our future mailings.

Please also note that tax deductible donations can be made directly to the SAF earmarked for Stefan Laeng-Gilliatt's important Charlotte Selver Oral History and Book Project. This new project will compile for the first time a detailed biography of Charlotte's life, and beyond that an oral history of many of those who have been personally touched by her and her work. We expect this to become a very valuable source book on Sensory Awareness. You should know that any such donations will go entirely to the project and do not support the SAF itself.

An important new book on Sensory Awareness and creative expression has just been published by long time Sensory Awareness leader and artist Connie Smith Siegel. It has taken Connie many years of hard work to prepare this book for publication, but

President's Message (Continued)

it is finally done and promises to be a ground breaking book with many practical applications for artists and those interested in the creative process.(See Connie's article on page 5)

The SAF Board believes we are presently at an exciting and important stage in our development and we ask you to join us in our efforts to promote this important practice If you are not now a SAF member please consider becoming one. As a member you will not only help support our many important projects including our website and newsletter, you will also receive discounts at future SAF conferences and sponsored workshops, plus discounts on books, publications, and CDs. This year all members will also receive a surprise free gift. More importantly your membership adds to the Sensory Awareness community. We are a small community, in many ways like a family, and it is through our very connection, energy and honoring of this work that we draw our true strength and help the work live on.

Best wishes,

Richard Lowe

Reflections:

"Exploring breathing really needs to be a practice, but a practice which is absolutely new each time, not a repetition of old ways, but a finding out what is going on in the condition and activity in which you happen to be at a particular moment. No moment can be compared with another; in each there is something new to discover….. It is one of the most wonderful, most gratifying practices in which you can engage, because as you are finding out about breathing through experiencing it, you will become quieter and quieter, freer and freer, healthier and healthier, and more and more alive."

-- Charlotte Selver, Reclaiming Vitality and Presence

"As old as I am, all these moments of a new reality, of a new experiencing, make everything so alive and full. I feel how it affects me when I'm only in my head, with my thoughts, and when I really feel in my tissues, in my nerves, in my bones. When I am really sensitive from moment to moment I live a completely different life."

-- Charlotte Selver, Reclaiming Vitality and Presence

"The saying "Buddha is in everyone" can be understood as referring not to any special divinity, but to the potential of full consciousness in every organism according to its nature. This would restore to the organs of consciousness, our senses, the dignity which is due them."

-- Charles V.W. Brooks, Reclaiming Vitality and Presence

"In the years since biofeedback was invented, researchers like myself have asked why these external devices are necessary. Why must people look to biofeedback machines for feedback rather to internal cues? In other words, can we train ourselves to become mindful of processes within our own bodies?"

--Ellen Langer, Mindfulness

"It's actually a tremendous act of humility just to listen, to sense, to receive. It's a totally simple presence—natural and rare. To perceive that you are perceiving, aware of yourself seated on a chair, seeing and hearing and feeling together – that is the original meaning of the expression common sense."

-- Peter Kingsley, author of Reality, Interview in Parabola Magazine, Spring 2006

"Charlotte Selver's groundbreaking work with "sensory awareness" stands as one of the great developments in the human potential movement. Her work has influenced a couple of generations of somatic and existential therapists".

Charlotte and Charles during the construction of their home in Muir Beach, 1976 (Photo by Alan Barbour)

SAF Newsletter

Editor: Richard Lowe
Send your comments to: Richard Lowe, 221 Bayview St. San Rafael CA 94901; email: richlowemft@yahoo.com
The deadline for the next newsletter is October 31, 2008.
© 2008 Sensory Awareness Foundation
955 Vernal Ave., Mill Valley, CA 94941
www.sensoryawareness.org

When Breathing Fails *(Continuing from page 1)*

Each shallow breath was a painful, laborious adventure as I lay motionless in my CCU bed. I could vaguely overhear snippets of conversation between my wife, Anna, and the doctor as she tried to pin down his analysis of the illness. "I've got some thoughts about it," I overheard him say. "But let's see what the blood tests show."

Once it registered upon me that they would be checking my blood, my mind began reacting. It immediately brought up the leukemia that had been the cause of my mother's death 10 years earlier. I remembered her bone marrow transplants and multiple transfusions as the doctors tried to strengthen and cleanse her blood.

My thoughts galloped ahead of me heightening my fears. "Maybe I have the same disease as mom? Maybe it's hereditary? If so, there's no solution. Once there's cancer in the blood it's over with. It flows all over the body," I assessed with finality.

Before I realized what was happening, my fearful thoughts had led me into a state of considerable stress. It was'nt until I was able to shift my focus to what was actually happening in my body, moment-by-moment, that my mental condition calmed and became less oppressive. In this way, my thoughts lost their power to mesmerize me and transport me to some fictitious future. Instead I was drawn into the intensity of the uncomfortable sensations that were occurring each moment. My body and the attention that it required became the foreground, as thinking slipped into the background.

"Allow each moment to be exactly as it wants to be. Step into the moment and feel what is needed. Be honest enough to meet what is happening."

I remembered these words from a workshop with our dear friend and teacher Charlotte Selver, who Anna and I had studied with for 25 years. Charlotte had a small, frail body that housed a fierce warrior spirit. Her hearty laugh and dry sense of humor evoked warmth and European charm for me.

"Every moment is a moment when the air comes and goes. Allow your breath in and out without thinking, without demanding anything. Don't have an idea of how it should be. But really enter the moment as it is."

"Each situation is an invitation. It can be like fresh bread, not like old bread."

"Everything we do is worth experiencing more fully. Fully be there for the difficulties also. Permit your organism to be more there for this moment."

Although the very nature of the sensory world I was currently experiencing was one of considerable discomfort, being present for it at least enabled me to be grounded in the moment, rather than indulging in fearful, depressing mental fantasies. Calling upon the Charlotte alive-in me, I resolved to sense and explore everything "as it is," just the moment-by-moment sensations, no judgment, no labeling good or bad, just inviting it in, being present for it without trying to change anything.

I felt much better the next morning. I now saw the hospital more clearly as a kind of retreat center, a place where I could learn how to be in the moment free from mind games. After a warm greeting, my nurse Lori and I chatted during my morning check-up, quickly discovering that we were each Vipassana meditators. Applying the "seeing it as it is" quality of Vipassana practice to my physical discomfort was my way to stay balanced and be in the present. This moment-by-moment practice which was closely aligned with Charlotte's work was the only course of action that made any sense to me.

After a bland hospital breakfast, Anna arrived. and I shared with her all that I had been experiencing . This led us to make a pact not to speculate about my condition until we had concrete information from the test results. We would only give credence to what was actually known. But since friends, nurses, and doctors all had their concerned and thoughtful opinions about my condition, this was not an easy discipline to apply, particularly in a hospital environment. Whenever uncertainties would arise in the days ahead, I would watch the tendency of my mind to go off on fearful flights about the future. Whenever I was able to see that this process consisted of unreal fantasies, the cycle would instantly be broken and I would return to the present moment of each breath.

In my condition there was no "natural" breathing. I had to plan and strategize each new breath, sometimes shallow and gentle, at other times painful and compressed, usually with considerable discomfort. Out of these circumstances, "being present with what was happening, pleasant or unpleasant", became my silent mantra and my primary intention.

In these intimate hospital moments of breath-by-breath excursions into the unknown, Charlotte's teachings spoke loud and clear to me: "Everything we do is worth experiencing more fully. Fully be there for the difficulties also. Allow your organism to be more there for this moment."

Remembering Charlotte's inspirational words helped me navigate the stressful hospital world in a balanced way, providing me with solid ground to stand upon to meet the next moment whatever it was, pleasant or unpleasant. This helped me to be more available for what was occurring moment by moment….the touch of my legs and torso upon the

Editor's Note: We intend to have more such personal stories to help document the importance of this work in peoples' lives. We invite you to send us yours.

bed-sheets, a telephone ringing at the nurses station outside my door, the IV needle stinging in my arm, sunlight shining through the window, pressure and constriction with each breath, cool air on my cheek. These simple events now took on new meaning in the hospital setting where I found myself living and struggling to breathe.

These blessings and teachings allowed my heart to open, even with relative strangers like the hospital staff. I realized that I was part of their life, their job, what they did every day. And they were part of my life, my lifeline in the hospital. We were inextricably linked, bonded into the fabric of each others lives, even if only for the moment. By experiencing this in my heart I felt alive and present in the hospital rather than a sad, powerless victim of circumstances. This was how my illness acquired the flavor of a gift beyond measure.

"We are part of the whole Realize that every breath in you and every drop of blood in you is the same life substance as in everybody else, and it's just as important and just as precious as that of everybody else." I felt now I more fully understood what Charlotte was trying to convey with those words.

After 13 days I was released from the hospital. I was given no specific diagnosis but the doctors told me, "It's a virus but we don't know what's causing it". Four liters of fluid had been drawn from around my heart and lungs during that time. Upon discharge I was taken outside in a wheelchair for a curbside pickup by my son. It was a great relief to feel a cool breeze touching my face in the morning sunshine bringing with it the realization that I was no longer engaged in a breath by breath struggle to survive.

Sensory Awareness Book Reading and Demonstration in Canada

By Mary Connely
(Mary is a member of the Sensory Awareness Leaders Guild who offers classes in New Bruswick Canada)

After receiving some information from the SAF suggesting that Sensory Awareness leaders consider having a book reading in our local communities to help promote the new book *Reclaiming Vitality and Presence*, I contacted the local bookstore to see what might be possible. As it turned out we were able to rent the large foyer of the Mount Allison University Art Gallery in Sackville. There was enough space there to demonstrate the actual practice of Sensory Awareness with all in attendance taking part. Posters were distributed throughout Sackville as well as other neighboring towns advertising the event.

A reporter from the local weekly newspaper interviewed me and ran an informative article about Charlotte and Sensory Awareness the week before the presentation.

March 26th, the evening began at 7 pm and ultimately there were 38 people who attended. I interspersed some readings from the book with actual demonstrations and experiments. I think that over the course of the evening everyone took part. The bookstore was present with books for sale. They actually sold out and took orders for more We finished Up at 9 pm with everyone agreeing the evening was a success.

New book on Sensory Awareness and Drawing

By Connie Smith Siegel

After many years of preparation, I am happy to announce the publication of **Spirit of Drawing, A Sensory Meditation Guide to Creative Expression,** a weaving together of my life experience as artist, university art teacher, and long time student and leader of Sensory Awareness. This new approach to creative expression began in 1972 as I explored drawing with fellow members of the first Sensory Awareness study group, starting in Mexico. When the group rejected my favorite university exercises, we explored the source of drawing more directly—in the sensations of movement, touch, weight, and space. From very simple drawing processes, often with eyes closed, we moved naturally to the magic of seeing and drawing the world, noticing the effects of each different perception on our state of being and drawing style. As we worked together it became clear that drawing is a natural language inherent in everyone, an important means of inner discovery and an intimate connection to the vitality and wonder of the world. From these first exciting beginnings on a porch in Barra de Navidad, I evolved the processes that appear in the book. The experiments presented are illuminated by many examples of students, colleagues, and well-known master artists, which can inspire, but leave the reader free to find their own creative way.

Charcoal drawing of a stone, influenced by the sensation of weight.by Liana Kornfield,

The book, published by Watson Guptill, is available on Amazon.com, and can be ordered in bookstores as well.

Stefan Laeng-Gilliatt has begun work on a book on the life of Charlotte Selver. He estimates it will involve about two years of research, interviews and reviewing past transcripts and audio recordings. The SAF is pleased to support this important effort and now has a way that tax-deductible donations can be made to the SAF earmarked for this specific project.

Report from the Charlotte Selver Oral History and Book Project

By Stefan Laeng-Gilliatt

Thanks to a generous group of supporters, among them the Sensory Awareness Foundation, I have the great privilege to realize a dream I've had for many years, a Sensory Awareness exploration of a different kind, namely to document Charlotte Selver's life. I embarked on this adventurous journey, which is projected to take about three years, late last year. The main goal for the first year of the project is to record memories from longtime students, family and friends of Charlotte. Now, a few months into the endeavor, I'd like to share with you some of what I have experienced and let you hear from three of the 23 people I have interviewed so far.

What has been most rewarding is to experience the warmth with which the interviewees have received me. Clearly, for most people it is as gratifying as it is for me to remember and share their "life with Charlotte". And I am always thrilled when the conversations go beyond the biographical to include an exploration of the significance of the practice of Sensory Awareness in our personal and professional lives.

One of my trips brought me to Santa Barbara, where Charlotte, together with her husband and colleague, Charles Brooks, started to offer workshops at La Casa de Maria in the late 1960s. For a catholic retreat center to host Sensory Awareness was at that time controversial. Don George was director of La Casa for much of the time Charlotte worked there: "When Charlotte was coming with her work, no one was doing that. It was so different from any other kind of learning we were being exposed to. When you see there are possibilities of doing things differently, that's really significant. And there are not that many things that come along that can hit you on the side of your head and say, wait a minute, here is a whole another world of being. Charlotte was a gem, and I admired her so much, but it was also that the work was altering the way we were being in our learning and, yes, in our spirituality even. I know she said it is not spiritual work, but it is. Today, we understand so much more of Gaia and the whole connection, but Charlotte had it back then and just didn't call it what we might call it today."

In Santa Barbara I also met with June Christensen. Her eyes sparkled with life when she opened the door to greet me. What a warm, immediate welcome! June, now in her eighties, was a dancer when she met Charlotte. Charlotte's relationship with dance, with performance in general, was complex and she often gave dancers a hard time in her classes when she sensed that they were performing and not exploring. I look forward to finding out more about this in the course of my research and writing. June: "Charlotte was very hard on dancers. Don't do any performing for her! She was the Germanic master when it came to that. But I learned how to put the spirit in the dance. Later, I gave up teaching dance and became very interested in learning, in education itself. I ran an alternative school looking at how kids learn, rather than what they're learning. [I was offering] a lot of movement along with that, honoring that many people actually learn kinesthetically. I did that and then I became a consultant for a couple of years, and then I started working with adults. And all that time I was doing sensory awareness classes off and on too, which Charlotte gave me permission to do. I clearly remember that experience: We were exchanging rocks, we each had a rock and we were walking around and exchanging. And in the reporting afterward I just said that it had come to me that giving and receiving were one thing". And June recalls Charlotte's response: "Now! Teach that! But don't tell your students, make them discover it for themselves."

Some interviews I conduct from my home in Santa Fe by phone: A few weeks ago I spoke with Sensory Awareness leader and psychologist Robert Kest in Montpelier, Maine. Among many other things I asked him about the relevance of Sensory Awareness for his professional life. Robert: "The issue of character was always an integral part of sensing for me. The first time I noticed this was in an experiment [moving other students' arms]: To just feel how totally different every person was, and to feel their whole life! Charlotte would ask the question: 'Are you working with an arm or with a whole person?' And moving their arm I could almost feel what their relationships are like with the world. Krishnamurti once said that we only have one relationship and that's our relationship with life, and we do it everywhere. The way someone walks, speaks, is with their breath, is in lying – their whole life is right there and in a given moment it can all show. Sensing really helped that sense of the whole person. So many people were talking about trying to integrate mind and body and spirit, but Charlotte was saying that's a misunderstanding. You're not integrating it, it's the same thing."

Because Charlotte lived such a long life, many – in fact most – of the people who knew her, are long gone. Thus, in researching her life before the 60s, I will largely depend on archival materials. But then there is serendipity too: A few weeks ago, a violinist from Germany contacted me because she needed information about a somatic practice for a paper she's writing. My brother, who is also a musician, had given her my address. So we had a conversation in which I told her about Sensory Awareness. A few days later she contacted me again to let me that know she had told a fellow musician about Sensory Awareness and Charlotte Selver. It turned out that this musician is the granddaughter of Erika Donner, who was a student of Charlotte in the 20s and later became colleague and friend with whom Charlotte kept in touch until the end of her life. I had known about her but assumed, rightly, that she was dead. I knew she had a son but wasn't sure if he was still alive and how I could find out. Well, this woman is his daughter and Dieter Donner is still alive and eager to have me visit when I go to Germany this summer. He already sent me an account by his mother, in which she wrote about her life and Charlotte. Learning more from Mr. Donner will be very helpful in shedding light on Charlotte's early years.

If you want to learn more about Charlotte's life and hear and read excerpts from interviews, go to www.CharlotteSelverBiography.org. There, you can also find out how you can support the Charlotte Selver Oral History and Book Project.

You know the way.

By Hannes Zahner

(A long time student of Ruth Matter writes about his impressions of her. Ruth studied with Heinrich Jacoby who next to Elsa Gindler was Charlotte Selvers' most influential teacher)

Hannes writes: "I send you a little story about my time with Ruth Matter in Switzerland. I did work for many many years with her.. She did not work with groups and so it was a very intensive experience to work alone with her. May be you have to correct a bit the language-errors. Mit ganz herzlichen Grüssen, Hannes."

Editor's note: since I don't know German I took a few liberties to adjust some of the language for clarity, attempting not to diminish too much its heart felt charm

"You know the way". This is what Ruth Matter often said to me when I once again left my individual session with her with open questions. She handled words sparely and carefully. Just like her suggestions and directions, nearly primitive: "lift a foot. Feel how the hand weighs on the thigh, lift her and let her sink again. And repeat – no: do it once more, new".

Simple was the law . This was also reflected in her vocabulary: "Weight, pull, gravitation. "Let affect fade away."," and get ready" . "Get ready to lift a finger." Often in an experiment for one hour nothing, for one hour, nothing but getting ready to lift a finger two millimeters and let it sink again. And then the experience, that in these two millimeters the wholeworld moved.

Her conveying of the work was persistent and seemed to flow in a logical progression From time to time there was, when I looked at the death mask she had on her piano, a hint to the Swiss educator Pestalozzi*, This death mask of Pestalozzi was a heirloom from Heinrich Jacoby.

"You know the way!" The way for Ruth Matter was 'the Work' and she did not like to give long explanations on it. 'The Work of Heinrich Jacoby' was a declaration of love for her. She embodied this phrase with every part of her being; in the dignity of her person, in her alert and authentic interest. It was in her warm presence, which she showed during my time studying with her, it was in the soothing patience to leave something not yet in tune as the best at hand for now. Then from time to time she would give me a handshake that took a little longer than usual, indicating that something had changed in this session.

Sometimes she asked me to be passenger in her car when she drove on Saturdays to Kölliken. Well into in her eighties she didn't want to drive alone any more. At the steering wheel her normal leisureliness left her and the speedometer climbed above the allowed speed. With childlike pleasure she took shortcuts when there were too many cars; and her eyes had a young glow, when she talked about her first Mercedes cabriolet, at a time there where only two of them in the country.

Later I had the privilege to be her driver – sad to be not any more in the open Mercedes – on excursions to the favorite spot of Heinrich Jacoby. In memory this was a little nostalgic, but you could feel it was a good time for Ruth Matter as she remembered driving to a cosy seaside restaurant with Heinrich Jacoby to listen as he talked about 'the Work', listening, as now I did to her.

*(Editor's note on Pestalozzi from wikopedia.com :"His method is to proceed from the easier to the more difficult. To begin with observation, to pass from observation to consciousness, from consciousness to speech.")

The Wonders of the Organism

By Charlotte Selver

Editor's note: This is a transcribed excerpt from one of Charlotte's classes in which she speaks in part about her work with her teacher Elsa Gindler.

The change from insensitive to becoming sensitized is one of the wonders of the organism. In the moment in which our sensory attention is aroused, changes happen in us. So that at the moment when one might feel, "1'm pressing here, " it might change by itself, or when one might feel, "I'm too drowsy here. " it might wake up.

As a student in Elsa Gindler's classes we spent many months every day in allowing just that. She would ask, "Is there anything where you suppose your head is? Do you feel anything there?" Or, "Is there anything feel-able in the region of your pelvis? Is there anything going on there? " And the question would sink in without that we had to make an effort to focus anywhere. We were just there and we could hear it. That means all our molecules can hear it. And when this happens then something begins to make itself on its way. That's the riddle. That's the mystery. That's the possibility which everybody has. That's, in other words, sensing.

Now, when you have been Jumping {the class has recently spent many minutes exploring jumping}, I ask, "Can you feel how the impact of what you have been doing continues in you? In which way it continues, and what happened?" Who noticed that I didn't ask you if the impact of your jumping continues in your arms or your legs or your other parts, but in you?

So what you are doing might influence you everywhere-not Just where you do it. When something opens somewhere, the need for opening in another area may be strong enough so that it also opens. If we are only sensitive in one area we could eternally work on opening here, opening there, opening another place.

When I'm concentrated on one region instead of being both sensitized and changeable everywhere, the hunger for more freedom where it isn't free is frustrated very much. (I like to say that when one child gets an apple the other children want also to get an apple, and they begin to complain when they don't get one,) But in the moment in which permissiveness is allowed everywhere we feel something of the self-adjustment of the organism which we hinder when we are too much concentrated on one spot.

This whole question is very much bound with wishful thinking, You know, very often after we have felt an astonishing change, our imagination becomes active, and we begin to feel to think we feel reactions. We get our hopes up for more. "How is it here?" we ask ourselves. "'How is it

there?"

When one isn't quite innocent anymore, when the sensations don't come by surprise, somehow watching comes in, wishes come in, and we distract ourselves with wanting more than nature offers us at that moment.

Now the art is not to watch it. Not to try to feel it but just to be there in it. You can't be in a higher state of being than to be there for something. In other words you are not thinking about it, you are not watching it. You don't even make an effort to feel it because every one of these things will diminish your possibility to sense, to get impressions.

Most of us are still under the influence of an education in which we were constantly watched, and watching, and judging was constantly asked from us. It was asked by our parents, and it was asked by our teachers, but they didn't understand what the organism actually is.

We have very much more endowment for being aware, for being alert, than most people realize. I must admit it is not easy to know the difference between letting something be conscious and watching it. And it doesn't come by trying to get it.

It will only come if we are hungry for it. We don't need to watch; we simply could be awake. The moment we watch ourselves, we split ourselves in two.

The Art of Renewal

We very much hope you can join us

for our 5th

Sensory Awareness Conference

May 29 -31

at beautiful

Mount Madonna Center

Near Watsonville, California

Mt. Madonna is a lovely residential conference center set inside a large forrested park with open views of the Pacific ocean and many trails to explore.

It provides an ideal setting for this work.

Please reserve the date now on your calendar

We will be sending you more information about this in the near future

and we will be posting it on our web site

www.sensoryawareness.org

Building Bridges

Part of the SAF's new strategic plan is to explore making connectionsand/or alliances with other related type disciplines and organizations (universities, body work centers, yoga studios, alternative healing centers, etc.). We very much would welcome any ideas you might have about this.

Building such connections would be an effective way to help get new people exposed to Sensory Awareness and what it can offer.This also could help to support the work of the many approved Sensory Awareness leaders who are spread out worldwide and help them get better known in their communities.

We'd like to hear from you

Please consider sending us your personal stories or articles about your experiences in Sensory Awareness. We are wanting to include more of these in the Newsleter

As you can see from this issue we have many such items and they add to the richness of our shared community.

So as Charlotte would frequently advise her students when she was encouraging them to share: "Don't be stingy."

An Important Way You Can Help Us

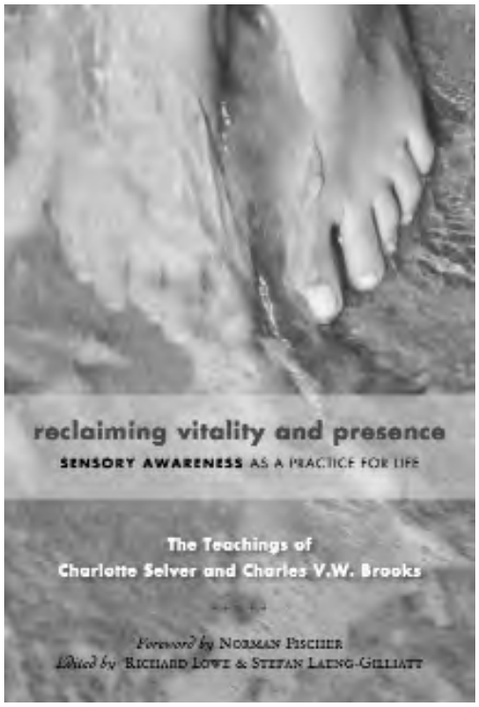
Promote This Work

The publisher of our new book Reclaiming Vitality and Presence suggests that an effective and easy way to get people interested in Sensory Awareness is to get its friends to write short reviews about the book on Amazon.com. The internet and this book are powerful tools that can help us attract new people to the work. Anyone who has purchased a book through Amazon is allowed to write reviews on Amazon's website of any book they sell. Many people "surfing" through Amazon's website base their decisions to buy on the reader reviews they see. Perhaps you have done so yourself..

At last check we had no such reviews written on their web site. To see a sample of what such a review might look like go to the Amazon.com review for our other book Waking Up. Can you help?

Another great way to help promote the book (as well as the work and the Foundation) is for Sensory Awareness leaders to offer book readings in book stores or other settings. A great example is Mary Connelly's report on page 5 of this Newsletter. Such book readings lead naturally into sensing experiments which can only help to deepen peoples' appreciation

Please note: We occasionally share our mailing list with Sensory Awareness Leaders Guild members who offer Sensory Awareness workshops but with no other organizations or individuals. Please let us know if you do not want us to share your address at all.



Reclaiming Vitality and Presence

Sensory Awareness As A Practice For Life

"This is a wonderful and welcome expansion of a true classic. It teaches us Charlotte's and Charles' remarkable way to be genuinely alive". -- Jack Kornfield

"This remarkable book is the most definitive account of the life-long work of Charlotte Selver. It speaks articulately of that which is hard to put into words." -- Edward L. Deci

Combining excerpts from Charlotte Selver's workshops with writings from Charles Brooks' book *Sensory Awareness* , no other publication so completely captures the essence of Charlotte and Charles' work. Here is an invitation to wake up and experience life firsthand again, with the freshness and wonder we once had as children—to come back to our senses, and regain the richness of our own lived experience.

Please support our efforts to promote this book and further the practice of Sensory Awareness by asking your local book store and library to carry it.

SAF Publications

1) **A TASTE OF SENSORY AWARENESS,** by Charlotte Selver. An overview of the work, with an edited transcript of a session from the 1987 NY Open Center workshop. 38 pages.

5) **ELSA GINDLER, Vol. 1.** Memorial to the originator of the work we know as Sensory Awareness. Excerpts from Gindler's letters, an article by her, and reports from her students; including Ch. Selver. 44 pages, with photos (1978). *

6) **ELSA GINDLER, Vol. 2.** Memories from Gindler students and an article about Heinrich Jacoby, innovative educator and colleague of Gindler. 44 pages, with photos. *

8) **ELFRIEDE HENGSTENBERG.** This issue embraces her own studies with Gindler and Jacoby, her work with children, and biographical notes. She was closely involved with Emmi Pikler's discoveries. 46 pages, with photos.

9) **HEINRICH JACOBY.** The Work and influence of Gindler's longtime collaborator, summaries of his books, interviews with his students, including his editor and colleague Sophie Ludwig. 46 pages with photos.

10) **EMMI PIKLER.** Dr. Emmi Pikler, Hungarian pediatrician, whose revolutionary practice and philosophy about earliest childhood upbringing has been very influential in Europe. Contains extensive selections from Dr. Pikler's first book, *Peaceful Babies - Contented Mothers*, and a paper by Judith Falk, M.D., then director of the Emmi Pikler Methodological Institute for Residential Nurseries. 48 pages, with many photos of young children.

11) **CHARLOTTE SELVER, Vol. 1.** Sensory Awareness And Our Attitude Toward Life. Collected lectures and texts. Containing: Sensory Awareness and Our Attitude Toward Life; Sensory Awareness & Total Functioning; Report on Work in Sensory Awareness & Total Functioning; To See Without Eyes...; On Breathing; On Being in Touch With Oneself.

12) **EVERY MOMENT IS A MOMENT.** A Journal with Words of Charlotte Selver from her 102 years of living and over 75 years of offering the work of Sensory Awareness. *(125 pages, with many color and black-and-white pictures.)*

13) **WAKING UP: THE WORK OF CHARLOTTE SELVER**, by William C. Littlewood with Mary Alice Roche. Talks about Sensory Awareness, Reports, Experiments, and Exchanges with Her Students. 140 pages.

NEW BOOK

14) RECLAIMING VITALITY AND PRESENCE: SENSORY AWARENESS AS A PRACTICE FOR LIFE, The Teachings of Charlotte Selver and Charles Brooks (*270 pages, with many pictures)*

* available in German translation.

Audio Tapes from Workshops with Charlotte Selver

T6TR **EXPLORING THE STRUCTURE OF THE HEAD.** Leaders Study Group 1990, class 7-3-90 p.m.

T7TR **BECOMING READY - BEING TUNED IN.** Leaders Study Group 1990, class 7-19-90

T8TR **FINDING MOVEMENT THAT IS TRUE.** Green Gulch Study Group 1993, class 4-1-93.

T9TR **LEARNING TO RECEIVE.** Monhegan Island, 7-30-92.

T10TR **LEARNING THROUGH SENSING.** Green Gulch, 11-14-77.

T11TR **FREEING THE EYES - BEING OPEN FOR SEEING.** Green Gulch Study Group 1993, class 3-31-93

T12TR **WAKING UP - BECOMING RESPONS-ABLE.** Green Gulch Study Group 1988, class 5-2-88

T13TR **PERMITTING INNER ACTIVITIES.** Monhegan Island, 7-31-80.

T14TR **BREATHING AND FULL REACTIVITY.** Monhegan Island, 7-28-92

T15TR **EXPLORATIONS ON SITTING.** Green Gulch, 2-27-00

T16TR **CHARLOTTE SELVER TALKS ABOUT HER EARLY LIFE AND STUDY.** Green Gulch, 12-5-99.

T17 **ALAN WATTS ON THE WORK OF CHARLOTTE SELVER.** and **CHARLOTTE SELVER ABOUT HERSELF** Green Gulch 12-4-99TR

T18TR **HIP JOINTS AND LEGS**, Santa Barbara, 4-1-00

T19TR **COMING BACK TO EXPERIENCING**, Santa Barbara, 4-2-00

T20TR **BREATHING AND THE DIAPHRAGM**, Study Period, Green Gulch, 5-12-00

T21TR **GIVING UP DOING**, Barra de Navidad, Mexico, 1-19-01

T22TR **BEING FULLY PRESENT**, Monhegan, 8-16-01

T23TR **ARE YOU TUNED IN?** Monhegan, 8-6-01

T24TR **BREATH AND HEARTBEAT,** Monhegan, 8-13-01

T25TR **NATURAL OR PERFORMED? -- A TIGHTROPE WALK** Monhegan, 8-3-01

Audio Tape in German

G1TR **VOM NACKEN ZUM GANZEN MENSCHEN,**St. Ulrich, 10.7.01

TR **TRANSCRIPTS.** TR indicates that a transcript for this tape is available for an additional $5.

Check our web site for a complete list of publications.

For faster mail service to Europe for the above publications, and/or for a list of German publications related to Sensory Awareness, (including several translations of SAF publications), write to:
Wege der Entfaltung e. V., Mauerkircherstrasse 11
81679 München, Germany

Order online or send your order and payment to:
Sensory Awareness Foundation**, 955 Vernal Ave., Mill Valley, CA 94941**
If you have any questions call: (415) 383-1961, or e-mail: info@sensoryawareness.org
(Please make checks payable to Sensory Awareness Foundation)

ORDER / MEMBERSHIP FORM (PLEASE PRINT)
Please include your payment with the order.

SAF Members receive a 15% discount on publications. CA residents add 7.25% sales tax.

Please check items you want to order and indicate if you want more than one copy of an item.

1 A Taste of Sensory Awareness: $10
5 Elsa Gindler Vol. 1: $12
6 Elsa Gindler Vol. 2: $12
8 Elfriede Hengstenberg: $12
9 Heinrich Jacoby: $12
10 Emmi Pikler: $12
11 Charlotte Selver Vol 1: $12
12 Every Moment is a Moment: $22
13 Waking Up: The Work of Charlotte Selver $15.50
14 Reclaiming Vitality And Presence: $19.95

Individual Tapes are $14 each; Transcripts are $5 each. Please indicate with TR if you wish to purchase a transcript with a tape.

T6	T10	T14	T18
T7	T11	T15	T19
T8	T12	T16	T20
T9	T13	T17	T21
T22	T24	G1	
T23	T25		

Total Order from Price List	$
Membership Discount (15%)	$
CA Residents add 7.25% Sales Tax	$
Total Order	$
Shipping & Handling $6 for the first item, $1 per additional item (overseas $14 for the first item, $1 per additional item)	$
Membership 2008 (see reverse)	$
Total Payment Enclosed	$

Return Address:
Sensory Awareness Foundation
955 Vernal Ave.
Mill Valley, CA 94941

Address Service Requested

SAF Newsletter
Sensory Awareness Newsletter Spring 2008

Non Profit Org.
U.S. Postage
Paid
Santa Fe, NM
Permit No. 463

"Every moment can be cherished." *Charlotte Selver*

Next Sensory Awareness Conference:
May 29 -31, 2009
Mt. Madonna Center, Watsonville, CA

Is your subscription about to lapse?
If the "Last Contact Date" on your mailing label is earlier than 5/2007 or blank, you must write to us by April 15, 2008 – or you may be taken off our mailing list prior to our next issue. Please use the enclosed envelope and the coupon below. **We do not charge a subscription fee but your support is what keeps our foundation alive**.

ORDER / MEMBERSHIP FORM (PLEASE PRINT)

As a member of the SAF in the year 2008 you will receive:

- u the SAF newsletter twice a year
- u a discount on SAF conferences and sponsored workshops
- u a 15% discount on all of the publications of the Foundation
- u your donation is tax deductible (in the USA)

q Yes! I would like to support the Sensory Awareness Foundation with my membership.

q New q Renewing

q Low Income: $25 q Regular: $ 50 q Contributing: $75 q Supporting: $.....

q I do not wish to be a member at this time but I include $5 to subscribe to the newsletter.

q My "Last Contact Date" is earlier than 5/2007 or blank. Please keep my address on your mailing list.

You can also pay your membership by credit card through our web site at www.sensoryawareness.org or by calling our office at (415) 383 1961. This is especially convenient if you do not live in the US.

NAME_____ADDRESS_____

CITY_____STATE_____ZIP_____COUNTRY_____

PHONE / E-MAIL_____SIGNATURE_____