In This Issue

Mary Alice Roche, Contributions by various authors


SAF President’s Letter

Scattering Charlotte Selver’s Ashes

SAF Publications

Mary Alice Roche
January 6, 1917 - July 29, 2004

Mary Alice Roche died at her home in Caldwell, NJ, which was also the home of the Sensory Awareness Foundation for many years. She was 87 years old. We miss her very much. Her sincere and delightful presence, her dedication and love for Sensory Awareness and for many other things – for life really – were a great inspiration for so many.

We dedicate this newsletter to Mary Alice, without whom there would be no Sensory Awareness Foundation. As our colleague Jill Harris recently said in a conversation: "Mary Alice was the Foundation". Indeed, she was a foundation for us in many ways, holding a space for inquiry, for questioning, and for understanding the history of Sensory Awareness in a way that beautifully complemented Charlotte Selver’s teaching.

(continued on page 8)

Waking Up
The Work of Charlotte Selver

After many years of dedicated work by Bill Littlewood and Mary Alice Roche, we are delighted to announce the publication of this brand new book about Sensory Awareness. Derived from numerous audio tapes of Charlotte Selver’s workshops, the book “aims to represent the heart of her teaching as faithfully as possible, using only her own words” (from the preface). This publication is a worthy companion to Charles Brooks’ book, Sensory Awareness: The Rediscovery of Experiencing.

The following texts are excerpts from the book. (For more information, read the president’s letter on page 3. For ordering information, see page 9.)

From the Preface

[...] for many years Charlotte allowed only a modicum of material to be published from the many tapes of her many classes. However, in 1974, her second husband and colleague, Charles V. W. Brooks, published his own account of her work in his Sensory Awareness: The Rediscovery of Experiencing. Another major break-through came in the early 1980s, when Charlotte herself asked me to make selections from the audio

(continued on page 2)
tapes of her classes for the purpose of publishing a book of her actual classroom comments and interactions.

I had by then studied with her for ten years or so and had been a member of her first long-term (nine-month) Study Group of 1972–1973. Even so, I was intimidated by the task. How was I to know what Charlotte considered important? How could I hear with her ears, see with her eyes? Worried and unsure, I had several consultations with her about this problem during those first months, but despite my doubts she was always encouraging, and at length she said, “Pick out what you think is important.” With this mandate I settled down to reading through the available transcripts and listening to the many tapes. Over the ensuing years the resulting manuscript was compiled, revised, put away, resurrected, and gone over again and again with extensive editing help from Mary Alice Roche, who knew and had worked with Charlotte far longer than I, and with whom I have collaborated on other editing projects over the years.

[...] Charlotte’s constant emphasis on practicing Sensory Awareness at any and all times in one’s daily life has been her single most important lesson for me, and the time spent working on this manuscript has illuminated her teaching and impressed on me the subtlety and relevance of what she offers. I can now more easily trust myself to know when I am ‘out of balance’ and what to do about it. And, wonder of wonders, the habit of listening to what stirs in me keeps on growing. For me the bug has bitten, thanks to Charlotte.

—William C. Littlewood
San Miguel de Allende, Mexico
August 2004

May 23, 2004

Dear, dear Mary Alice,

I’m glad to hear you’ll go gently into that sweet night, that you’ll take charge of what you can, as you always have.

It has been a long and tempestuous trip for us, you and me. I’ve no better friend in all the world than you, despite our bickerings—maybe because of the them. I look back on the many kind years and the anticipated visits in each one, on the lovely eggs and the superb crunchy bacon for breakfast whenever I wanted, on our endless discussions about the Important Things in Life, and on how it felt to lie beside you on the floor of the study, just sensing what is.

That you should regret not getting to finish everything you’re interested in doing is apparently what life is all about, it seems to me. We do what most interests and pleases us, and when we can’t do it anymore, we’re annoyed. But even sadness and regret are interesting, and it pleases me to be sad and to regret your departure, for otherwise I’d have to mull over my many remembered regrets instead. This one is fresh and keen and to be cherished. And I do so love and cherish you.

Bill

Bill Littlewood wrote this letter to Mary Alice Roche before going to be with her for the last weeks of her life. Mary Alice had planned to take her own life if the pain grew too much, but she never carried it out.

The background artwork is by Mary Alice. It is from a card she sent to Charlotte Selver on Monhegan in July of 2002.

Today Is Not Then: Today Is Today
Charlotte: So our behavior today is very often the result of conditioning we have received in early times, and we have never understood that today we could go about living differently. In other words today is not then, long ago, but today is today. And today is not only today; this hour is this hour and this minute is this minute and this second is this second and this split-of-a-second is this split-of-a-second.

In any moment in which we are living we can be there for what is going on and have our energy mobilized for what we’re doing. That would be a healthy living. In the moment when we are not any more clinging to the past, but are letting ourselves be free for what is happening now, we function. There is no room any more for holding back or being lukewarm or all these different manifestations of a protection against something which may not at all exist now. And in case we actually need to protect ourselves now we can do it openly. We can protect ourselves in freedom instead of carrying all this constriction which pretends to protect us.

Very often conditions are so built into us that they are like our second nature—so strong that they have become unconscious, and we don’t feel them any more. At first when we do something to ease ourselves and come more into the neighborhood of our real nature we may not feel the changes yet. There may still be resistance deep down in the tissues to what we want to allow, and we may not feel that it resists. But by and by thawing sets in and rigidity gradually gives up. Then we begin to feel what we are doing. We become sensitive.

Honoring Everything With Our Inner Attention
Charlotte: When once you see—really see—somebody who has sensitivity, you can never miss it. I remember a Hindu dancer doing a temple dance. He was standing. He drank out
SAF President’s Letter

Dear Friends of the Sensory Awareness Foundation,

Less than a year after Charlotte Selver’s death, we are mourning the death of Mary Alice Roche, founder and longtime managing secretary of the Sensory Awareness Foundation. She died at her home in Caldwell, NJ, only months after having been diagnosed with pancreatic cancer.

Many wonderful things can be said about Mary Alice and as I share my feelings of gratitude in this letter I look forward to learning more about Mary Alice from those of you who knew her much longer than I did. As the acting manager and president of the SAF for the past nine years, I was very fortunate to have had in Mary Alice a friend who was always there to help me. Whenever I had a question about the history of Sensory Awareness and its representatives, or when I wondered about the existence of an old document, or when I had more profound questions about our organization, I could turn to Mary Alice and she was right there. Without her encouragement and her support, her humor and wisdom, my engagement would not have been the same. I am profoundly grateful to her and she will always remain an inspiration to me and everybody at the Sensory Awareness Foundation.

As we mourn her loss, we also celebrate Mary Alice’s last gift to us, the publication of Bill Littlewood’s Waking Up: The Work of Charlotte Selver. The history of this book goes back as long as the SAF itself and at times it looked like it could never be published. Mary Alice spent much time assisting Bill in the completion of this manuscript—and she spent the last months of her life making sure it would be published. Molly Nelson Haber, the consulting editor of Waking Up, writes in the latest Sensory Awareness Leaders Guild Newsletter: “Although diagnosed with a grave illness this spring, Mary Alice was able to oversee the contractual arrangements with AuthorHouse and to supervise the submission of the manuscript in its complete and final form.”

A number of people assisted Mary Alice in this process. To Molly Nelson Haber go our very special thanks. New to Sensory Awareness, Molly started working on the publication of the book only this spring and has generously volunteered countless hours helping Mary Alice and Bill Littlewood with the final editing of the manuscript, dealing with the publisher AuthorHouse, proof-reading galleys, checking cover revisions, patiently answering my questions, and many more things of which I am probably not even aware. Thank you, Molly! Thank you also to Louise Boedeker, who was instrumental in bringing Molly into this process. We are also very grateful to the many people who faithfully helped to finance this project.

Many thanks go also to Bill Littlewood. I am afraid I have no way of ever fathoming the amount of work and dedication Bill put into this book and other publications on Sensory Awareness. Bill’s long and deep commitment to the practice of Sensory Awareness is truly remarkable. Thank you very much, Bill!

On a different note, I would like to thank Norbert Boehmer for his engagement as a member of the SAF Board of Directors. Norbert decided to resign from the board. I have very much enjoyed working with him and hope to continue our collaboration in new ways in the future.

We are very fortunate to have found a new board member in Eugene Tashima, a long time student of Sensory Awareness. Welcome, Eugene!

Finally, I would like to ask you to continue supporting our efforts by renewing you membership of the Sensory Awareness Foundation for 2005 now. Your help is vital. Thank you!

Sincerely,

Stefan Laeng-Gilliatt

SAF Newsletter

Editing & Design: Stefan Laeng-Gilliatt
Send your comments to: St. Laeng-Gilliatt, PO Box 701, Tesuque, NM 87574; email: stelaeng@comcast.net
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955 Vernal Ave., Mill Valley, CA 94941
www.sensoryawareness.org
of a cup. And then he sat down. That was all! I will never forget what happened to me while he was sitting down. He didn’t do anything else . . . nothing . . . and I suddenly realized what sitting means. Nothing else but this simple movement of coming to sitting. One felt that this man was absolutely there for it. There was a real electric quality in it, . . . at the same time the greatest peace and the most beautiful movement you could imagine. The whole big auditorium of people were absolutely breathlessly following this one motion. He came to sitting and sat. There was a dead silence. Then a kind of tumult started. Everybody was delirious with excitement, and rushed forward, wanting to get near this dancer.

Such things happen. What we allow of sensitivity is closely connected with love, and innocence. A person who is self-conscious cannot allow. It must come out of the direct contact of our real inner connection, without breaks.

I don’t know whether any of you is so far as to feel what actually is happening in these classes. I give away the secret: it is to allow everything one does, really. We have chosen the most simple things which we do all the time, to feel out to which degree we honor everything with our inner attention.

In China there’s a saying which calls lying, sitting, standing, and walking the four dignities of man. When we are babies we do them all fully. You know, when you see a child sitting, it’s perfect. It is sitting. When you see an adult sitting usually it’s no sitting. He has thrown that away. It doesn’t concern him.

We have this marvelous ability to sense, this wonderful equipment of sensing. And we don’t have to think about it; we have it all in us. Every person has gone through the stages of sitting, of standing. The discovery by a baby of standing is one of the most wonderful things to watch. How often he falls, how often he cannot come completely up. And in each time the same delight . . . and struggle. He is trying to get up until at last, when he is standing, he beams with delight. This satisfaction of arriving at something which is really ‘it’ is inborn in us. We feel it immediately when we come into the neighborhood of ‘it’. That’s ‘it’!

Now, what has impressed me so exceedingly with my teacher, Elsa Gindler, was that whatever she did she did fully. And whatever was being done was subject enough for her feeling it out and fulfilling it. Not thinking about it but actually permitting it to happen. For instance, Elsa Gindler would sit and turn a page in a book which was lying before her—without that she would pay any attention to it consciously, and the way she turned the page was one hundred percent. It was so beautiful to see. It was not what we usually call graceful. It was just ‘it’. She was fully in the moment, and when she let the page come to lying there you had the feeling that she took care of it—without thinking about it—in the same way in which she would take care of the most precious thing she had.

We cannot judge things, dividing them into two kinds: one which doesn’t concern me, doesn’t interest me, that goes without my paying attention to it. The others—the so-called higher things or deeper things—which I think are interesting, and devote myself to. When this judging gradually stops, and instead we would give each thing we do the same honor, then it would be quite different.

In Zen they say, “When I drink, I drink; when I’m angry, I’m angry; when I sit, I sit; when I sleep, I sleep.” You know? Undivided. Just it. And in this way I would like you to understand what we are doing here. In the moment in which the orchestra of the human being—our many-dimensionality—would give itself in a united way to action, then we would function. Who realizes that sensing has a right of its own? You can simply follow it.

I like always to speak about how ‘it’ wants to be. In other words, the message comes from inside without that you have any idea in your head about how it should be. For instance, when you are interested in a person, you don’t have to think about it—you feel it, you know? You don’t have to think about whether the water is cold or warm; you feel it. You don’t have to think about whether a situation is difficult or not, you feel it. So, is it possible to simply react immediately, spontaneously, to what’s happening? So that the whole living person is automatically reacting to what’s happening? Then it’s easy. Then it makes fun. Then you begin to trust your own sensations, and can simply follow your perceptions.

**While She Was In The Shower...**

Lie upon the floor, my dear, and feel the pull of Earth, the faithful force of gravity that teaches us from birth to know the weight and feel of things and somehow, then, their worth.

Relax upon that floor some more and let the weight come through, and know that every tug of it is shaping you anew while holding all in gravid thrall—

the kind of spirit glue, the kind that keeps us separate in crowds and clumps of things to mark how every one of us individually brings a voice to swell the chorus that the heart of matter sings.

So let that tired bodymind engage the primal force, allowing kinks and problems all to melt without remorse, and you can rise renewed again, a phoenix from its source.

Bill Littlewood wrote this poem for Mary Alice Roche while visiting her in 2003.
Scattering Charlotte Selver’s Ashes

Charlotte’s ashes were scattered last summer in both the Atlantic Ocean and the Pacific Ocean during two ceremonies:

On August 10, a group of students and friends gathered on Monhegan Island in Maine, where some ashes were also scattered on the island itself.

Another group of students and friends gathered in Muir Beach, California on August 22, the first anniversary of Charlotte’s death. Some ashes were scattered in the ocean and some buried “up on the hill” near Charles Brooks’ ashes.

In the Dharma world there is no coming, no going, no birth, no death, no appearance, no disappearance.

By the power of Buddha's vows we arise in a phantom body in this dream world – and as quickly we fall away.

Yet we never arise, we never fall, and our heart pervades the world endlessly as sky and water, earth and light.

Truly this world is its own magic! Who can fathom it, who can define it, who can honor it?

Yet something knows.

Every moment is a moment of return.

Now we return you to your true home, Charlotte, to the earth and sky and sea from which you came, and where you will forever reside.

Every moment is a moment.

*Norman Fischer at the ceremony for Charlotte Selver’s ashes.*

Peter Gracey, pouring water over the stone which marks the place where Charlotte’s ashes were buried.
Obituary for a Non-existent Newspaper

Mary Alice,
Not born in a palace,
Did die in Caldwell:
So, ring a loud bell.
The years in between
She created a scene
Of kit-kats and chit-chats
And cookies supreme.
Pictures she took
For many a book,
Then a student of sensing
To learn about tensing
She wrote a lot
With meaning fraught.
It was not hot;
Not much was bought.
A husband she married;
Two children she harried.
A grandson named Aaron
Exceedingly darin',
Gave Gram, as he oughter,
A sweet great-granddaughter.
Mary Alice then,
Did say "Amen."
With nought amiss
She entered bliss.
Haloo, halay!
Hooray!

by Mary Alice Roche, January 20, 2000

Mary Alice Roche
January 6, 1917 - July 29, 2004

Mary Alice Roche died at home on July 29 at the age of 87. The daughter of the late Vesta (Kemper) and Edward Candor, she moved to Caldwell in 1945 where she and her husband, the late Jack Roche, opened a studio for horticultural photography.

In 1970, after her divorce, she helped to establish the Sensory Awareness Foundation (then Charlotte Selver Foundation) where she was managing secretary and editor for twenty years. She continued to study, teach, write and publish articles on Sensory Awareness and remained a valued consultant for that organization.

In recent years Ms. Roche was also involved with the Lifwynn Foundation where she joined other members meeting regularly to practice social self-inquiry. This study was an extension of her explorations into the importance of being aware of one's self and one's actions in order to bring about better communication and clearer understanding of the effects of our actions on others.

Her long and full life was enriched by her love for music, dance, art, working in her garden, and most of all long discussions with friends. Always an interested listener, she gave generously of her time, energy and attention helping and inspiring others.

Great-grandmother, grandmother and mother, Ms. Roche will be missed by her family: Deirdre Roche; Michael and Ken Dubanowich; John, Tuul and Jessica Mekeel; Allegra Asouvi; and by numerous dear friends, colleagues and students.

This obituary was written by Mary Alice's daughter Deirdre Roche for the Caldwell newspaper The Progress.
January 7, 2004

Dear Stefan, Lee, and Pat (and others on your Board and committees),

I think you are all wonderful. It is most heartening to hear what you are doing. I loved getting your letter regarding the Conference in May, with both SALG and SAF on the letterhead. That feels very good.

I found the request for feedback an opportunity – and a challenge – to arrive at some kind of statement regarding what I find at the heart of the practice of Sensory Awareness. That seemed to ask a distillation of an entire lifetime of experience. Might take about six months, yes? But you have a deadline for responses, so this will have to do - for this moment, anyway. Throw it into the pot.

For me, Sensory Awareness is awareness of living in relationship. Of course, we are always in relationship. The question is if we are aware of it. It's the awareness of that experience that is the key – and infuses my whole life. (A title for a conference might be: "Sensory Awareness – Living in Conscious Relationship.") This awareness is what seems to be fundamental to all the rest, including the important aspects of Sensory Awareness written about by Connie and Stefan.

At the heart of all great disciplines, including Sensory Awareness, is the question, 'Who am I?'' But I can only know who 'I' am by sensing myself-in-relationship with an "other." Through giving attention to my bodily sensations in breathing or any other kind of movement, great or small, I can discover that the so-called parts of me are not separate and can only function together, as a whole individual. But I also discover that this whole individual can only function in interaction with the air, the earth (the pull of gravity), the total environment, including the land, people, society, and the universe. I consciously experience "myself' as inseparable from the "other," in continuous relationship with everything else. "I" and "the other" may even disappear, leaving only relationship. Physically and mentally this sense of being relationship supports me in any situation, professional or private – when I am what is called "alone" or in the society of "others."

And it all starts with quiet attention to bodily sensations, attention to the coming in and going out of breath, the lifting of a stone, or of my foot, and putting it down upon the ground. Feeling the knife as it cuts the apple in two, seeing the white flesh, red skin, and black seeds of apple-genesis design. Being really aware of the taste of an orange on my tongue; the sound of footsteps – or the wind, the silky touch of my new sweater; of hands touching; of the inner response to the sudden meeting of eyes with a stranger in the subway.

Personal growth, social responsibility, and the possibility of a peaceful mind and peaceful action – both individual and societal – are all aspects of Sensory Awareness, which, for me, means becoming aware – of having the living experience – that "I am not separate from you." To feel the relationship throughout my entire body/mind.

***
MARY ALICE ROCHE (continued)

In 2001, Mary Alice wrote to Charlotte: "Dear Charlotte, I am grateful for so much in my life – but especially for meeting you and all that meant. I was going to say that it opened the world for me, but of course what happened was that it opened me for the world."

Similarly, many of us feel grateful to Mary Alice for opening for us the door to the roots of Sensory Awareness and its history. Through the Foundation’s bulletins, which Mary Alice edited so beautifully, she made us familiar with Charlotte’s teachers Elsa Gindler and Heinrich Jacoby; with Elfriede Hengstenberg and her work with children; with Emmi Pikler’s work with infants, to mention just the most outstanding of her publications. These publications continue to have a great impact on many students of Sensory Awareness and even beyond this practice.

As so many newsletters before, this newsletter is filled with contributions by Mary Alice. It is yet another testimony of her love and dedication for Sensory Awareness, her love of life, which is so apparent in everything with which Mary Alice was involved.

Stefan Laeng-Gilliatt
(For the Sensory Awareness Foundation)

The background photograph was taken during the scattering of Charlotte Selver’s ashes in Muir Beach. The painted eggs, given to Charlotte by the members of a study group, had hung on a branch in her living room for years. (All photos from this ceremony by Stefan Laeng-Gilliatt)

Attention

It seems to me that:

All life is relationship.

The quality of relationship depends on the quality of attention.

The quality of attention depends on how open I am to impressions.

Openness to impressions depends on the depth of my sense of security, of trust.

The sense of trust depends on the quality of contact I have with my ever-present source of support: the floor or ground; the pull of gravity; and breathing.

Good contact with my sources of support depends on how much – or how little – habitual tension constrains the functioning of my organism (body/mind/emotions).

The easing of habitual tension depends on the quality of attention to relationships.

The quality of attention to relationships decides the quality of living.

How did we get back here?

Mary Alice Roche
Caldwell, NJ, June 21, 2003

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.
New Books

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.)


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. Green Gulch Study Group 1988, class 5-2-88
T10TR LEARNING THROUGH SENSING. Monhegan Island, 7-31-90.
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, 11-14-77.
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.
T17TR ALAN WATTS ON THE WORK OF CHARLOTTE SELVER, and CHARLOTTE SELVER, GREEN GULCH 12-4-99
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
New Tape
T25TR NATURAL OR PERFORMED? -- A TIGHTROPE WALK Monhegan, 8-3-01

Tapes in German

G1TR VOM NACKEN ZUM GANZEN MENSCHEN, St. Ulrich, 10.4.01
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.

Each tape is of an actual class in the Sensory Awareness Work, and is intended for people wishing to experiment along with the work as it unfolds during the class.

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: kikidemont@aol.com (Please make checks payable to Sensory Awareness Foundation)

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

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For more information see the front page and the President’s letter on page 8.