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Breathing as Teacher

By Charlotte Selver  
excerpt from Chapter 40, Reclaiming Vitality and Presence

Just as our heart beats, breathing can happen without effort, without being directed. The air exchange happens all by itself. When the exhalation wants to become deeper, let it become deeper. Don’t direct it. Even the slightest attempt to breathe is unnecessary. It happens by itself.

Do you feel your heart beat right now? You may want to use one of your hands to feel it. You don’t have to tell your heart, ”beat.” It beats by itself. Wonderful! My heart beats! Enjoy it! Here it is, a sign of life. You have no duty; it beats anyhow.

You can even feel how it’s easiest for your heart to beat just by being peaceful, feeling the natural movements of your own heart which you don’t create. How do

(Continued on page 2)

The Value of Sensing

By Charles Brooks  
excerpt from chapter 4, Reclaiming Vitality and Presence

Attention to sensing quiets what is compulsive in our thought, so that the mind becomes free and available for its normal function of perception. When the radio in the mind is stilled, everything else can come to life. The camper’s lantern is blown out, and the darkness fills with stars as the woods deepen and widen for him. The primitive world in which things appear and disappear, bloom and fade, eat and are eaten can be perceived surrounding us - and including us. I myself have feared this world, in which I have had little practice in living. I have spent much of my life in the half makebelieve world of words and know that, though it may often bore one,

(Continued on page 4)
you have to sit, for example, where is it easiest for your heart to beat? Some people slump and that's not easiest. Some people straighten up, and that's not easiest. Where is it easiest for you? Just you. This one person in the world which is you.

In the same way, you could be permissive to breathing. As I look out the window right now I can see a tiny breeze outside. Perhaps one or the other of you can see the fine way in which the breeze moves the curtain. The muscles inside are like that curtain, if you permit it. Like the curtain is moved by the wind, so we are moved inside by our breathing, without doing anything for it. If you gently give up doing it, you will experience that it comes all by itself. We should not be the educators of breathing. Breathing should teach us how it wants to be without our admonishing it.

There is this wonderful nervous system which we all have, from our foot soles up to the top of our head. Everywhere it feels. You can feel whether here or there your breathing is going on, without your doing. Or, as Elsa Gindler would say: "Don't hinder it." When you don't do it and don't hinder it you will feel what happens. Something is going on. From moment to moment, whether you are asleep or awake, there it is. So you don't have to worry about breathing. Who enjoys the idea? No worry! Breath and heartbeat: there they are, and you feel there is something happening-beating in me and living and doing something in me. And I don't do it.

I would suggest when you wake up in the morning that you don't jump out of bed right away. Lie therefore a little while as you move from sleeping to being awake and feel how breathing goes. You can learn a lot from it. And you can feel also when you are doing breathing. Many people have learned to do breathing. It's terrible. It's as though we spit creation in the face. Breathing goes all by itself, no matter what we are doing.

I remember one time in class with Elsa Gindler we worked very quietly, and I fell asleep. I woke up and I thought, "Oh, I fell asleep." And my next thought was, "Nobody could see it." I had my eyes closed. But when I opened my eyes there stood Elsa Gindler right next to me and she asked, "Was it good?" That was a great moment. I will never forget that.

Without us knowing, breathing goes on and on. Thank God! You can hinder, but you have to permit at least a little bit of it. When you do too much, you become unnatural; when you do too little, you become stingy. You can feel for yourself what you need, and just allow it. You trust your own feeling. You might feel that you have always denied breathing, that you have always hindered it. Many children, when they are afraid of their parents, don't dare to breathe, really. They don't know it, but they hinder breathing.

You can feel the slightest bit of unnaturalness when you do breathing, even just a tiny bit. I warn everybody who wants to work on breathing to give up these ideas of how breathing happens - just be very quiet and feel what happens by itself.

Letter from the SAF President

Dear friends,

In my first letter to you as SAF President I am pleased to report on many important developments which have positive implications for our future. Let’s begin with the success of our recent conference at Mt. Madonna Center. In addition to making over $5,000 our goals of attracting new students to Sensory Awareness (what we call “the work”), and of bringing together many of those who lead others in its study were both achieved.

Adding to the beautiful residential setting and frequently glorious weather was the growing openness and camaraderie among the participants, reminding me of what Charles Brooks once wrote: “In working together even for very short periods in Sensory Awareness, a group of people develop a sense of respect and affection for one another which is not often met with.” Indeed the simple power of this work is quite remarkable.

The SAF has been sponsoring these conferences partly as a way to bring many approved teacher/leaders together for a few days. We feel it’s important that there be ongoing opportunities for leaders to share their work and explore creative ways to help support the development of this valuable study in the world.

This year the leaders who attended the two day leaders’ meetings held prior to the general conference worked diligently with a facilitator and the newly elected president of the Sensory Awareness Leaders Guild, Virginia Veach, to identify and then prioritize the most important issues they felt facing the Guild and the work. As a result there was much discussion about the Guild itself, its structure, purpose, by-laws and how its members could best improve communications between each other.

In addition, the group also approved the forming of a Guild advisory council to explore creating possible criteria for the approval of new leaders. Since Charlotte Selver’s passing there has been no agreed upon way to approve new
leaders, and a growing number of Guild members believe that the time is now to tackle this delicate question. This advisory group will attempt to get feedback from the full Guild membership with the intent of eventually making a formal proposal for its members to vote on.

Recently the SAF Board has begun the very important process of strategic planning with the help of a facilitator. The intent being to help focus the Foundation’s energies and resources on the most effective ways of ensuring a stronger future for Sensory Awareness and spreading its influence. Work on this should be completed in February and we will share the results with you in our next Newsletter.

As many of you may know, the SAF has recently sold Charlotte and Charles’ summer home on Monhegan Island in Maine. This was a particularly difficult decision for the Board as this home holds many dear memories for those of us who have been fortunate to experience its charm. Happily the new owners are long time Sensory Awareness students and leaders Bob and Penny Smith, who, like the house, are something of island landmarks themselves. They have assured me that fellow students will be welcome to visit the house whenever they are on the island.

This decision was based on what the Board felt would be ultimately in the best interests of the work and the Foundation, particularly in light of a declining trend in donations and membership since Charlotte’s death. The funds from this sale will greatly enhance the SAF’s ability to help the work grow and develop, and will also enable us to explore more creative and effective ways of fund raising and increasing our membership.

And as for membership, as we near the end of the year it’s important that you to please renew your membership dues and donate what you can so that together we can, indeed, continue to build a stronger future for Sensory Awareness.

In closing I would like to give my appreciation to the many people who made our conference so special. Three stand out: Sara Gordon, Stefan Laeng-Gilliatt and Ruth Denison. For so many years Stefan and Sara have worked tirelessly and unselfishly to support the Foundation and the practice of Sensory Awareness. Where would we be without them? At the conference and during its planning stages they helped out in a multitude of ways and were a great support to me.

One of the particular highlights of this year’s conference was the lively participation and spirit of Ruth Denison, pictured above joyfully driving Terry Ray’s scooter through the conference room at the end of our final session. As a well known and respected meditation and Sensory Awareness teacher in her own right Ruth came to the conference simply to experience the work as a student/participant. As such she exemplified what Sensory Awareness is all about. At age 85 her energy, enthusiasm and playfulness were wonderful to behold. Her passion for this work should be an inspiration for us all.

With warm wishes for the holidays and the new year,

Richard Lowe

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Design: Stefan Laeng-Gilliatt
Send your comments to: Richard Lowe, 221 Bayview St.
San Rafael CA 94901; email: richlowemft@yahoo.com
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it is comfortable, and one is loath to give it up. This is the familiar and the "secure," even in its insecurity. When it seems inadequate one can always dwell in the past or add a new dimension like heaven, or tomorrow. In the world of perception the present is infinite; the only authority is I, the perceiver. We cannot know the future, and only the least trace of the past. But when we breathe the air of the night woods, and let their forms and almost imperceptible sounds into us, or when we stand silent in the sunlight that glows on rocks and leaves and city buildings, and perhaps feel the earth sustaining us, we know that we exist, at first hand, surrounded by innumerable other beings who exist too. Need we ask more?

The study of this work is our whole organismic functioning in the world we perceive, of which we are a part-our personal ecology: how we go about our activities, how we relate to people, to situations, to objects. We aim to discover what is natural in this functioning and what is conditioned: what is our nature, which evolution has designed to keep us in touch with the rest of the world, and what has become our "second nature," as Charlotte likes to call it, which tends to keep us apart. We shall discover a spectrum spreading from the perceived to the conceived, in which our upbringing has found us at one end and pushed us to the other, where it has held us. In sensing, we shall gradually return to that broad area in the center of the spectrum where our birthright is balanced with our culture, and from where we are freer to move in any direction.

**Personal Stories in Sensing....**

In the early 70s I had my first opportunity to study with Charlotte and Charles. The whole experience with them was one of coming home to my self. At that time I was a student of dance, and I remember that during a break - this was at the New York School for Social Research in New York, and there was a veranda outside the classroom - I started to dance and had the experience that "it" was dancing me. It was effortless and I felt myself being carried like a sail in the wind.

Later, I had a dream in which I was having a similar experience and Charlotte was there nodding and smiling, "The less you do, the more you dance," she repeated several times.

Pamela Strong, San Francisco

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**Editor's Note:** We intend to have more Personal Stories in Sensing.... to help document the importance of this work in peoples’ lives. We invite you to send us yours.
Lying as an Activity
By Charles Brooks
excerpted from chapter 18, Reclaiming Vitality and Presence

Normally in this work we travel along at an everyday pace. For most people at the beginning the attention span is short, and if they are not to wander off we must now and then shift direction. I believe this is the basic difference between our approach and that of zazen. There the student persists through thick and thin for the appointed time, hour after hour, despite all difficulties. Our work, which has a similar ultimate objective of full presence, takes a varying course, with many interruptions, changes, and times for rest.

What we use for resting is what most people unhesitatingly associate with resting: namely, lying down. And since we have only a floor to lie on, that is what we use - hoping, often vainly, that when people lie down they will neither get lost in daydreams nor fall asleep.

But it is by no means assured that in lying the student will either remain awake or come to rest, let alone both, regardless of the hardness or softness of what he lies on. So again and again, paradoxical as it may sound, we work on lying and resting itself. Indeed, we may remember that lying, which is the mode we have chosen for resting, is one of the "four dignities" of the old Chinese saying.

The reader, like the student, will almost certainly assume that work on resting means practicing relaxation. I must state, however, that in certain vital respects it is the opposite. For most people's idea of "relaxation" is a kind of limpness, or what Charlotte often likens to a flat tire, or a flower without water, and this is what the practice of relaxation very often produces. We have heard too much of the "tensions of modern life" and have too little recollection of the marvelous tonicity of healthy living creatures— for instance, our own young children. So lying for us will be an activity, just as standing is. And as in all our activities, we will aim equally at inner openness for our own life processes and at sensitive contact with the environment. Whether this leads to more fatigue or to more refreshment is something each one can discover for himself.

Lenore Tawney, 1907 - 2007

Lenore Tawney died at her home in Manhattan on September 24. She was 100 years old. Lenore was a close friend and student of Charlotte Selver. She was an innovative fiber artist and an influential figure in the development of woven sculpture as an art medium.

From a letter by Lenore to Charlotte*:

"I began to realize that my suffering was caused by my resistance to change, that I have a deep and basic fear – of "the other" of everything that is not me.

It is a beautiful world, made for joy. I look out at the river reflecting the sun in the millions of points and these reflections reflecting shimmering light on my ceiling. One speaks glibly, settles everything with words. I have lately thought how beautiful to be mute like the animals” then to convey only the truest feelings with the eye and body. All the superfluous noise cut off. “

* From an collage of letter excerpts collected by Mary Alice Roche. This excerpt appears to be from a letter dated October 2, 1959.
SLG: I was hoping that you would tell me a little bit about your work in Mexico. How it came about and – also how you discovered Barra.

CS: I don’t remember the year in which Erich Fromm and Daisetz Suzuki, the old scientist of Buddhism, had together a seminar in Cuernavaca, Mexico, which a great deal of psychotherapists attended*. At that time Erich Fromm was very interested in Sensory Awareness and he invited me to join him and give a talk about our work. So, I went to Mexico and it was for me a very significant and beautiful occasion. The relationship between Erich Fromm and Daisetz Suzuki was a very beautiful and close one. Erich Fromm felt of Daisetz Suzuki as the wise father of knowing.

For me, a great moment in the conference was when Erich Fromm began to explain what he wanted to offer during this time and then gave the word to Daisetz Suzuki. Suzuki was at that time already near eighty and had spent his entire life digging deeply into Buddhist knowledge and Buddhist beliefs. He raised his eyes to the audience and said: “I want to introduce myself. I am a student of Zen." – after which all the doctors and professors [who had previously introduced themselves with all their titles and credentials] nearly crawled under their chairs with shame. As they so proudly sat there in the audience . . . “I’m a student of Zen.” I will never forget this. This is very similar to what Elsa Gindler meant when she said, “I want not to teach, I want to find out, and want to go as deep as possible into the forces which move the human being.” I was greatly impressed by this statement. It’s also very similar to that what Shunriu Suzuki said in the book titled:Zen Mind – Beginners Mind. So, we all are in the same boat.

I was asked to give a lecture [at this conference] and I did so with the help of slides. The conference attendees were very interested. After the lecture two leading psychiatrists in Mexico, Dr. Dias and Dr. Chavez asked me if I would be willing to give a longer course in Mexico. This then later on took place. I don’t know whether I should mention my own attempts at speaking Spanish. It was very difficult for me because I thought, “All the Mexican people. How can I possibly work with them, not being able to speak Spanish? So, I took a dictionary and wanted at least to know with what I would work [in the first session]. I looked into

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A Book about Charlotte Selver

Stefan Laeng-Gilliatt will be undertaking the challenging process of writing a book on the life and work 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 is currently looking into a way that tax-deductible donations can be made to the SAF earmarked for this specific project. We will be sending you more information about this soon.

Richard Lowe (for the SAF Board of Directors)

Charlotte Selver Oral History and Book Project

By Stefan Laeng-Gilliatt

I have had the desire to write about Charlotte Selver’s life for years, certainly since the late 90s, when Charlotte and I spent much time going through her archival materials. That is also when I interviewed her extensively as well as a few longtime students.

It seems to me that collecting memories from Charlotte and her students is important and that the time to do this is now. Charlotte’s path was inspiring for so many and her life story deserves to be told and preserved. She had an incredible life and there are many memories about her that should not get lost. As a first step I am planning to interview longtime students and family. This “Oral History” part of the project will not only be a vital source of information for the book; it will be a collection of stories in its own right, by people who have been deeply touched by her and her work.

Over the next months I will also transcribe about 25 hours of conversations I taped when working with Charlotte on her archival materials. Only very little has been transcribed so far. What follows below is a taste of this “raw material” that will build the base for research on Charlotte’s life. This is from a conversation I had with Charlotte in Barra de Navidad, Mexico, in January of 1999. The interview has been slightly edited to make it more readable.

From “Zen and Psychoanalysis” to Barra de Navidad

SLG: I was hoping that you would tell me a little bit about your work in Mexico. How it came about and – also how you discovered Barra.

CS: I don’t remember the year in which Erich Fromm and Daisetz Suzuki, the old scientist of Buddhism, had together a seminar in Cuernavaca, Mexico, which a great deal of psychotherapists attended*. At that time Erich Fromm was very interested in Sensory Awareness and he invited me to join him and give a talk about our work. So, I went to Mexico and it was for me a very significant and beautiful occasion. The relationship between Erich Fromm and Daisetz Suzuki was a very beautiful and close one. Erich Fromm felt of Daisetz Suzuki as the wise father of knowing.

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When I first heard about Sensory Awareness, I was a Zen student in New York City. Through the Zen practice, I had begun studying Shiatsu after work. My work was as an Administrative Assistant at a small foreign study organization. Friends told me about Charlotte Selver’s workshops on Monhegan, and as my vacation I went for a one-week session. We worked a lot with awareness of breathing. The work was so simple and so profound. I felt more quiet and open.

Back to work the next Monday, I sat down at my typewriter, and noticed that my breathing had shut down. I could feel the diaphragm holding still. I was alone in the office, so I stood up, went into the next room and lay down on the floor to follow this through (or: to explore this sensation?). What I realized was that I hated my job. What really drew me was the practice of Shiatsu, my hobby.

I soon gave notice and went full-time into my new career.

Pat Meyer-Peterson
Charlottesville, North Carolina
guests were a Scottish man who sat silently with his drink and a nurse tried to win his attention. (Stefan laughs) The man who owned this restaurant was a lover of Spain and behaved like a Spanish Grande: Always when I came he kissed my hand and bowed deeply. I was anything but the Côte d’Azur of Mexico (laughs). Of course we were the sensation of the place. But it was so inviting – and the man who owned this place was also so inviting. So I said: “For the next Study Group we could come to Barra de Navidad – the Côte d’Azur of Mexico. (Laughter)

SLG: You probably don’t remember what year that was.

CS: No, I don’t. But I could – I could probably dig it out. In any case: The owner of this place loved to sing. He had a beautiful voice and he always wanted the most lovely girls to sit on his knees. He always sang and made music between our Study Group sessions. It was a hilarious time. The people who were mainly fishermen were speechless. They couldn’t believe that such a thing as we existed. It was one of the most hilarious Study Groups I ever gave.

SLG: I’m trying to imagine how much this place must have changed since you were first here.

CS: Yeah. It was really a fisherman place. But now it’s unfortunately becoming more and more of a resort.

* Seminar with Erich Fromm and D. T. Suzuki: Zen and Psychoanalysis, held in Cuernavaca, Mexico, 1957.
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.

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