



# SANE Newsletter

Newsletter of the Sensory Awareness Foundation

Fall 2007

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Two experimenters at our recent conference.

Note: All class photos in this issue are from the conference compliments of Lisa Goettel.

## 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

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You can help support the future of Sensory Awareness

Please renew your SAF yearly membership now for 2008

... or become a new member. With your membership you ensure that the Sensory Awareness Foundation can continue with its work through publications, web site, conferences, sponsored workshops 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 9 and 10 and the President's letter.*

## 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,

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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.

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## 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

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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

photo by: Peggy Crawford



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.



photo by Stefan Laeng-Gilliatt

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

## SAF Newsletter

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[www.sensoryawareness.org](http://www.sensoryawareness.org)

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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.

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.

### *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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# 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.

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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 from 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

the dictionary and found the word for forehead, eyes, nose, cheeks, mouth, lips, chin. All the psychologists were lying on the floor and I began to ask questions . . . Silence. I was very impressed with their attention. At last, when I came to the chin – there was still a deadly silence – suddenly Dr. Diaz sat up and he asked: “What did you say?” (Laughs) [This is when I] realized nobody had understood my Spanish and that everybody could speak English. (More laughter). After that everything went beautifully and until today the psychologists and psychiatrists either come or send their patients to my courses in Mexico.

When I gave this first course in Mexico we worked always Tuesday, Wednesday, and Thursday. And then there was a pause until the next week. And I was invited by one of the patients of Dr. Chavez to live in a very beautiful and sumptuous house in Mexico City. I was also permitted to bring four friends with me, who also were invited to live there. This was the first time that I brought Charles Brooks with me who was one of my students. And there was also a torch singer, a very fabulous woman. So we were living in this house; we were beautifully take care of; we eat there; everything was just unbelievably sumptuous and beautiful. But that was only the first time. Later I rented my own place and a room for working. This was very extraordinary, this first time and the connection with these psychiatrist and their relatives has been very warm and very deeply appreciative during all these years – until today.

SLG: So, and then one year you traveled with Charles through Mexico.

CS: Yeah. We traveled through the big, big valley of Mexico. And suddenly we saw a very elegant new truck with a sign on the side: “Barra de Navidad. The Côte d’Azur of Mexico.” Charles saw the sign first and said, “What, Barra de Navidad, The Côte d’Azur of Mexico? Let’s go!” So, we went long, long ways traveling with our little Volkswagen through Mexico and came at last to a river. There were a number of boats, no bridge, nothing. And there were also two or three boats over which wooden planks were laid, where one could go with one’s little car on one of these boats. And Charles rolled his trousers up to his hips and waded through this very unusually stony river. And always, when he found a little more of a passage, he would give us a sign that we could come. In other words he was the guide. When we landed on the other shore we went a little bit further and finally came to Barra de Navidad, the Côte d’Azur of Mexico. (Laughter)

I can’t tell you how it looked. The cows were on the beach; and the dogs were chasing the cows over the beach; and not a single person. There was absolutely nothing except for a place where we could have a drink, and where we took quite some drinks, I remember. The only other

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

*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.

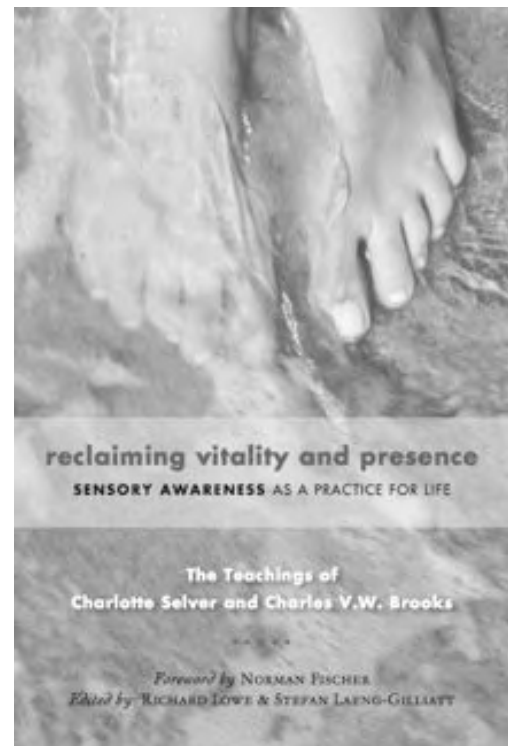
CS: No, I don't. But I could – I could probably dig it out. In any case: The owner of this place loved to sing. He had a beautiful voice and he always wanted the most lovely girls to sit on his knees. He always sang and made music between our Study Group sessions. It was a hilarious time. The people 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.

**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

A combination of Charles Brooks' writing from his book *Sensory Awareness* and excerpts from Charlotte Selver's workshops, 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 to our senses, and regain the richness of our own lived experience.

**You can support our efforts to promote this book and further the practice of Sensory Awareness by asking your local book store and library to carry this book. You could also write a review on an online bookstore such as Amazon. Thank you!**

## 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

- T6<sup>TR</sup> **EXPLORING THE STRUCTURE OF THE HEAD.**  
Leaders Study Group 1990, class 7-3-90 p.m.
- T7<sup>TR</sup> **BECOMING READY - BEING TUNED IN.**  
Leaders Study Group 1990, class 7-19-90
- T8<sup>TR</sup> **FINDING MOVEMENT THAT IS TRUE.**  
Green Gulch Study Group 1993, class 4-1-93.
- T9<sup>TR</sup> **LEARNING TO RECEIVE.** Monhegan Island, 7-30-92.
- T10<sup>TR</sup> **LEARNING THROUGH SENSING.** Green Gulch, 11-14-77.
- T11<sup>TR</sup> **FREEDOM OF THE EYES - BEING OPEN FOR SEEING.**  
Green Gulch Study Group 1993, class 3-31-93
- T12<sup>TR</sup> **WAKING UP - BECOMING RESPONS-ABLE.**  
Green Gulch Study Group 1988, class 5-2-88
- T13<sup>TR</sup> **PERMITTING INNER ACTIVITIES.** Monhegan Island, 7-31-80.
- T14<sup>TR</sup> **BREATHING AND FULL REACTIVITY.**

Monhegan Island, 7-28-92

- T15<sup>TR</sup> **EXPLORATIONS ON SITTING.** Green Gulch, 2-27-00
- T16<sup>TR</sup> **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 12-4-99<sup>TR</sup>
- T18<sup>TR</sup> **HIP JOINTS AND LEGS,** Santa Barbara, 4-1-00
- T19<sup>TR</sup> **COMING BACK TO EXPERIENCING,** Santa Barbara, 4-2-00
- T20<sup>TR</sup> **BREATHING AND THE DIAPHRAGM,**  
Study Period, Green Gulch, 5-12-00
- T21<sup>TR</sup> **GIVING UP DOING,** Barra de Navidad, Mexico, 1-19-01
- T22<sup>TR</sup> **BEING FULLY PRESENT,** Monhegan, 8-16-01
- T23<sup>TR</sup> **ARE YOU TUNED IN?** Monhegan, 8-6-01
- T24<sup>TR</sup> **BREATH AND HEARTBEAT,** Monhegan, 8-13-01
- T25<sup>TR</sup> **NATURAL OR PERFORMED? -- A TIGHTROPE WALK**  
Monhegan, 8-3-01

### Audio Tape in German

- G1<sup>TR</sup> **VOM NACKEN ZUM GANZEN MENSCHEN,** St. Ulrich, 10.7.01

**TR TRANSCRIPTS.** <sup>TR</sup> 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](mailto:info@sensoryawareness.org)  
(Please make checks payable to Sensory Awareness Foundation)

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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
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