
SAF Co-President's Letter

Dear Friends of the Sensory Awareness Foundation,

What is Sensory Awareness? This question is posed to me very often. Yet, the answer to this seemingly very simple question never comes easy. I have always liked the name Charlotte Selver gave this work, although it can be misleading. Charlotte was very aware of the danger of naming what she offered and often worried that Sensory Awareness had become but a brand name or, as she put it, a stamp. The practice of Sensory Awareness is much more than simply being aware. Awareness is only the beginning, a prerequisite for a life lived in harmony with biological conditions and responsive to everyday demands. Life seems to always require new answers, new solutions that can only emerge from the lived moment. And this is what Sensory Awareness is about; it is a practice that re-connects us with the "immediacy of it all", as Seymour Carter suggests in his article.

The two feature articles in this newsletter embrace this question from different angles and from different time periods. The beauty of our work at the Sensory Awareness Foundation is that we can share diverse writings like these with you, from people who have been deeply touched by the practice Charlotte called Sensory Awareness. But our work is only possible with your help.

This year, we have a number of projects that are crucial for the future of Sensory Awareness. They need the full support of everyone who has been touched by this work. Here is what requires our attention now:

Sensory Awareness - Reclaiming Vitality and Presence, writings by Charlotte Selver and Charles Brooks. This revised and updated edition of Charles Brooks classic is scheduled to be published by North Atlantic Books in February of 2007.

Film Project: We are currently working on a film that will show Charlotte Selver sharing her wisdom in workshops. We are hoping to show the film publicly for the first time at the upcoming conference listed below. It will then be available on DVD.

In A Heart Beat - Sensory Awareness Conference
Experiential Conference at Mount Madonna Center near

Watsonville, California, October 13 - 15, 2006. The conference will give a larger audience the opportunity to rediscover the relevance of Sensory Awareness.

The conference will be preceded by a two-day meeting of Sensory Awareness leaders (practitioners): **Honoring the Past – Creating the Future**. It will be a rare opportunity for leaders from all over the world to meet and explore how to bring this work forward today.



"I attended a workshop of Judith Weaver in Japan. It was wonder-ful literally. I have been trying to be awake since. I wish all people in the world could have the opportunity to wake up. I hope SAF develops."

Dr. Yuji Sawaguchi, Japan

Oral History Project: I am working on collecting an oral history of Charlotte Selver. While Charlotte was alive I spent many hours with her to record her life story. Now, I need to interview Charlotte's long-time students, friends and family. As many of them are old it is very important to do this now. This is a long-time project and final publication is planned for a future date but we hope to offer some glimpses at the conference.

Monhegan Square House: Charlotte's former summer home needs a completely new septic system by the end of this year.

All levels of support are appreciated. A regular membership is only \$50 per year. Donations in excess of the regular membership help us

tremendously in our work to secure the financial future of the Sensory Awareness Foundation. If one of these projects is particularly close to your heart, consider a special donation. We will gladly provide you with more information about your chosen project.

Sincerely,

Stefan Laeng-Gilliatt
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SAF Newsletter

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