

---

## SAF Co-President's Letter

Dear Friends of the Sensory Awareness Foundation,

This newsletter is mostly dedicated to the recent Sensory Awareness Conference *In a Heartbeat*, which took place at Mt. Madonna Center in Watsonville CA. The conference, as well as the preceding Leaders Meeting, provided chances to reconnect for many long-time students of Charlotte Selver. They were also opportunities for people new to the work to get a taste of Sensory Awareness from a variety of leaders.

Rather than offering a report from the conference, this newsletter contains photographs and edited transcripts of the two presentations that were given as talks. Sensory Awareness is a nonverbal work and most of the presentations were offered as classes focusing on direct experience.

Those of you who attended the conference know that in 13 workshops leaders presented their own unique ways of offering Sensory Awareness, all exploring different aspects of living. I wish I could share this rich experience with all of you who were not there, but that seems impossible.

---

**We are seeking new board members  
or advisors willing and able to share  
their financial expertise with us.  
If you have such skills and would like  
to help creating a future for  
Sensory Awareness, please contact us.**

---

What struck me most about both events was the love we have for each other. In spite of all our differences, and even though Charlotte in a way did not encourage community, there was a palpable sense of deep care among all the participants. I never thought about this work being



about love – and curiously I feel almost like breaking a taboo writing this – but during these days it occurred to me that Charlotte and Charles, consciously or not, planted seeds of deep love among us that continue to flourish years after they have passed away. It even seemed to me that coming together and reconnecting as a community was as important as what we actually “worked on”. I believe and very much hope that newcomers felt fully included this sharing. Events like this conference help to nourish and deepen our bond, and for that I am very grateful. The two poems in this issue from friends who were not at the conference confirm that this bond reaches well beyond the conference attendees.

We now need to build on this renewed energy. The Sensory Awareness Foundation will be going through a crucial transition in the months to come. At the heart of this transition will be creating a new funding structure, so that we can continue to offer high quality “products” such as the conference. For that we are seeking new board members or advisors willing and able to share their financial expertise with us. If you have such skills and would like to help create a future for Sensory Awareness, please contact us.

We also need your support as a regular member of the Foundation. Please join us or renew your membership for 2007. Every membership helps to build energy for the future of Sensory Awareness. Donations at all levels are welcome. For a contribution of \$100 or more you will receive a complimentary copy of our new book, *Reclaiming Vitality and Presence*.

In the first months of 2007 you will see what we have been able to accomplish in the months past, thanks to your generosity. In February, we expect to receive the first copies of *Reclaiming Vitality and Presence*, a combination of Charles Brooks' writing from his book *Sensory Awareness* and excerpts from Charlotte Selver's workshops. Published by North Atlantic Books, this is the result of some years of effort by members of the Sensory Awareness Foundation. We are also in the final stages of producing a DVD that will present Charlotte Selver reflecting on Sensory Awareness in one of her last workshops in Santa Barbara.

I wish you all a very happy and fulfilling New Year.

Sincerely,

Stefan Laeng-Gilliatt

### SAF Newsletter

Editing & Design: Stefan Laeng-Gilliatt

Send your comments to: S. Laeng-Gilliatt, 2300 W Alameda St. A3, Santa Fe, NM 87507; email: stelaeng@comcast.net

The deadline for the next newsletter is April 15, 2007.

© 2006 Sensory Awareness Foundation  
955 Vernal Ave., Mill Valley, CA 94941  
www.sensoryawareness.org