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## SAF Co-President's letter

Dear Friends of the Sensory Awareness Foundation,

Sometimes, when we work on our connection with the floor, there will be a student who – after a while – will claim that the floor has become softer. She will be quite adamant about it although what really happened is that her tissues have become more giving and her quality of perception may have changed. That is, however, apparently not felt by the student. Instead, the floor appears to have changed. Similarly, the way we perceive the world at large can vary wildly. On some days, we can only see the destruction and violence and we fall into despair. On other days, the world looks much more hopeful and – in spite of all the problems – we feel encouraged and engaged. While we may think that things look up, it is really not because the world has changed but because of our changed perception and attitude. The world – people, icebergs, birds and trees – is still troubled

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When I try to convey an accurate image of the human potential, it is not merely to benefit individuals in their growth but so that insights into and realization of this potential kindle a person's interest in the development of humankind, which includes a positive and peaceful shaping of the social conditions.

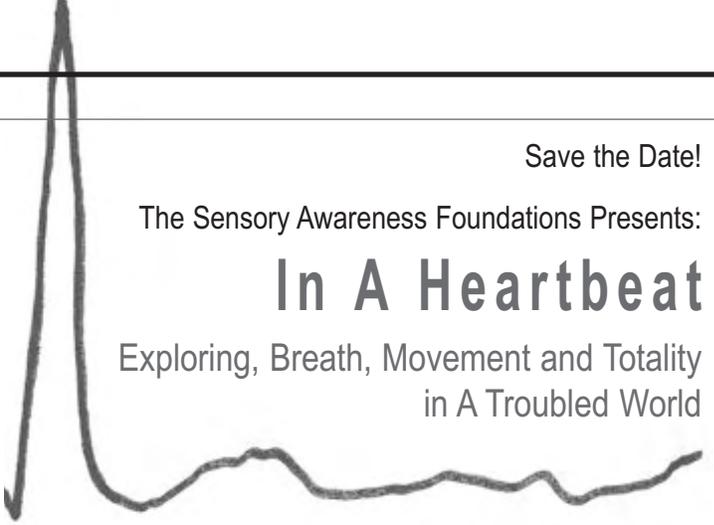
*Heinrich Jacoby*

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and in a state of dangerous imbalance. So, while it may appear to us that the world has changed suddenly, it is really often a question of our perception. However, this changing back and forth seems largely out of our control and that is maybe why we believe it to be happening outside of us – and soon we place the blame for our ever-changing reactions on the outside world. This inner imbalance is not a solid foundation for positive developments.

It is both my experience and my hope that the practice of Sensory Awareness is of tremendous value in this respect. As we come to our senses, we become more precise in our perception and we recognize that change is rooted within ourselves. We are being changed by the world we perceive and our response has an impact on the world in turn. If we let it reach us, we will connect in a way that compels us to respond accurately. This may happen in small ways, responding to needs in our immediate environment, or it may happen on a larger scale. But, as Charlotte Selver sometimes said, "Sensory Awareness is a demanding mistress." Sensory Awareness is not only, as the name may suggest, about being aware. Becoming aware is but an essential aspect of a practice that aims at the unfolding of the human potential on all levels. Sensory Awareness – although it is in a way a practice of non-doing – has always been about "action" in the sense that accurate perception supports "accurate action." Whether it is in the way we sit or work, in the arts, in taking care of our children or in caring for the world at large – Sensory Awareness is always

Save the Date!



The Sensory Awareness Foundations Presents:  
**In A Heartbeat**  
Exploring, Breath, Movement and Totality  
in A Troubled World

The 3<sup>rd</sup> Sensory Awareness Conference  
October 13 - 15, 2006  
at Mount Madonna Center, Watsonville, California

about 'functioning' in the world. And for that, we need to practice, because – I speak for myself really – our ears are plugged, our eyes are covered with dust and our joints are rusty.

Sensory Awareness is not a static method but a living practice, a tool which becomes more refined as we practice. As such, it has proven to be of utmost value, and because of that I am not only committed to practicing, I am also aware that the practice itself needs nurturing. We can nurture Sensory Awareness in our society by supporting the efforts of the Sensory Awareness Foundation. At the SAF, we are currently working on different levels to build a solid foundation for the work. We will be able to tell you more about that in the next newsletter but would already like to mention the next Sensory Awareness Conference – In A Heartbeat (see announcement on this page). Our efforts are currently focused on this conference, which will be preceded by a large leaders meeting. It is our hope that both of these event will spark renewed enthusiasm and interest in Sensory Awareness and we hope to see you there.

At this time, the continued existence of the SAF is not secured and we urgently need your support. I ask you to do your part and nurture the practice by either renewing your membership with the SAF or by becoming a new member. Your support is appreciated at all levels. A regular membership is only \$50 per year. If all of the recipients of this newsletter make a donation at that level, we will have covered a good part of our expenses for next year and together with major donations we will be able to continue our work. Thank you for your consideration!

I would like to close with a big thank you to Hannes Zahner and our Swiss sister organization 'arbeitskreis jacobly / gindler'. The current newsletter was only possible thanks to their support – in a heartbeat – at a time when my plans for it crumbled unexpectedly. I hope you will appreciate the contributions of Jeanine Buol Hug and Hannes Zahner as much as I did. I am both grateful for their insights and their humor. I believe it is the first time that we are publishing a satirical piece in a SAF publication. Enjoy!

Sincerely,

Stefan Laeng-Gilliatt