you have to sit, for example, where it is 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. 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, nothing is going on. From moment to moment, whether you are asleep or awake, you have to sit, for example, where it is 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.

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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 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

SAF Newsletter

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