



Please Forward

FIRST CLASS

The ASSOCIATION for  
TRAGER PSYCHOPHYSICAL INTEGRATION  
110 Tiburon Blvd., Suite 5  
Mill Valley, Ca., 94941



TRAGER REVIEW DAYS  
WITH  
BETTY FULLER

This series of Trager Review Workshops is open ONLY to Trager Trainees and Practitioners. It is designed to allow time for sharing experiences, exchanging sessions under supervision with correction and instruction of new approaches. Special emphasis is given to Mindfulness in Mentastics in practice and teaching.

- Each group limited to 10 persons.
- Reservations must be made in advance by calling 383-7074 or 435-4492 (415)
- Bring bag lunch. Salad & drinks provided.
- HOURS: 10:00 am - 4:30 P.M. includes lunch.
- FEE: \$30.00 each person in the group.
- DATES: February 9 and 12 (Sat & Tues)  
March 2 and 3 (Sund & Mond)

Directions will be given to those enrolled. First come/first served.

## MILTON TRAGER AND H O O K - U P

Transcript of a tape recorded training session in San Diego, CA in October, 1979. Recorded and transcribed by Cathy Guadagno. All rights reserved. This material and these excerpts are provided to students of Trager who are members of the Association for Trager Psychophysical Integration and Mentastics and may not be re-produced in any form without the express written permission of Dr. Milton Trager

"This is a never ending kind of work. You'll never have it all. I'm only scratching the surface, that I know. I work because of the response I get back from the patient. There is no greater thing than this response.

You don't just start to work. You sit until something tells you that you're ready.

Hook-up is a state of being. It is a hook-up of this power that you are surrounded by. It is a life-giving, life-regulating power that has always been there and will always be there. And you can't try to get it. You can't try to hook-up because to try is to fail. You don't try. To try is effort and effort is tension. We don't try. We just allow it to happen. You are going to feel. It is not the moves I do or the technique. Drop the word "technique." This is not a technique. It is something different...

I'm feeling...and my mind tells my hands what to do. I don't know what to do. When I tell you I don't know what I'm doing, I'm telling you the truth. The sooner you can get with it that it's your mind not your hands that feel, the better you're going to be. ...

Her neck isn't in this condition because of the muscles. Let's get that clear. It's not the muscles. The tension that has been built up in her mind is what we feel in the tight muscles of her neck. And the tougher the tissue and the heavier the person, the more sensitive you must become. Not the harder. It's just the **opposite** of what you would suppose. Feel your way in. How much, how much? You ask. How should it be? Well...how should it be....HMMMMMM?

A feeling - a feeling of the tissue - how beautiful. What can I bring to this person? How lovely. The response is wonderful. I think of it and it happens. That's how sensitive I want you to become... each move leads into the other move. Each move just follows into the other as normal and as natural as can be. No one has to tell you about relaxation...

Every touch, every squeeze, every gesture is to reach the mind. Forget the body, it's the mind we're after. In a full session there must have been two or three thousand moves. And this builds up and builds up in the person's mind to where they become what I want to happen. That many moves conditions the unconscious mind. It has received new patterns. The person can be different only because the mind has been reached. And what is more important is that the treatment is not for the moment. She will be able to use it for the rest of her life. She will be different for the experience she has received....

Just get the feeling of your hands on the tissue and your mind doing it, not your hands. This is lovely, more beautiful, more beautiful....Take this mass of tissue and bring a different meaning to it. When we're talking about tissue change, we're talking about the autonomic nervous system - that is the only thing that could be happening with this work...Just feel the tissue. Get acquainted with the tissue and the technique will just come. Feel the tissue. Feel, feel, feel, feel, feel. And just play with it and feel it. It's a constant, steady, rhythmic, going, going thing. What is softer? Softer is.....Well? You just don't dive in and fight to be soft. You're soft before you start.

You're surrounded by a force, a life-giving, life-regulating force. It's a vibratory force. It's a very pleasant thing. It isn't anything that you try to do because you would fail, absolutely. Please know and walk about with the knowledge that this force has always been out there. You're surrounded by it - allow it to come in. And it's not special...it's just, ...hmmmmmm - a state of being."