

TRAGER CONVENTION: SPRING 1981

Probably on May 30 & 31, 1981, the first annual meeting of The Trager Institute will be held at a convention site in central California. The meeting is planned as a weekend event - professional, educational and social - for all members of the institute.

We are on the waiting list of Asilomar, a beautiful conference center at Asilomar State Beach in Pacific Grove, California. Should our 1981 convention not be booked there, we are assured of dates in 1982 and 1983. Meanwhile, we are searching for alternate sites, particularly in central California (accessible from both S.F. and L.A.).

Your suggestions, brainstorming and offers of help (preferably in writing) should be sent to Gail Stewart, 15 Alvarado Road, Berkeley, California, 94705, who is acting as organizer for the convention (she received the assignment in a "Trager dream" while receiving a session).

DON SCHWARTZ shares this information on the membership and expenses:

In 1979, what began as the Trager Association grew to a membership of 216. From my experiences with the birthing of new organizations, this is, in fact, a substantial charter membership. For 1980, thus far, 60 of the 1979 members have rejoined, and there have been 74 new 1980 members. Both new members and renewals are coming into the office quite steadily. I estimate that in 1979, we handled approximately 800 requests for information on Trager work and training. Also, about 100 requests for referrals have been handled.

Since our check book record is at the accountant right now, figures for expenses are rough approximates. About \$1600 went towards advertising. Approximately \$800.00 was spent in printing newsletters and other announcements. And, about \$300.00 in postage for the newsletters, requests, and other business.

Don has been the bones of this association and holds the whole thing together. He deserves our thanks and support. Say hello to him when you contact the Institute, and offer to assist.

ROSEANN GOULD shares this information on her Pod.

The San Francisco Trager Pod has been meeting continuously since late October, and have done so every Monday night with few exceptions.

The Pod is comprised of the following committed members: Mary Campisi - Daly City, Roseann Gould - San Francisco, Julie Green - Oakland, Aquiles Suico - Albany, and Jerry Neuman - San Francisco, and periodically Mark Bauman visits. Tom Frankenberg left to move to Los Angeles in February.

In December, Betty came and visited the Pod, and gave us input, shared her energy and enthusiasm and a little Christmas cheer. Each week the members usually trade a Trager - often the only time they get worked on. On occasion, they deviate from this and may work on specific areas of the body or demonstrate some new moves which someone has brought back from a workshop. Sometimes they do mentastics, and even though they all agree they should start each week with Mentastics, they don't always make the time.

The Pod has built a trust and sense of friendship within the core group - how could they help it hooking up week after week. Visitors are welcome especially those on an intermediate level, and practitioners in the bay area are invited to call a pod member and arrange to join the Pod some Monday night.

The Pod members encourage others to start their own Pods. The benefits are great and the learning and input from other practitioners is invaluable. It is a time to give each other support, honestly critique each others work, improve skills, and to receive a session that reviews interest and enthusiasm to carry them through the coming week.

THE OTHER GAYLE STEWART sent in this suggestion to promote Trager and your own practice. She calls it a Touchaware party (a takeoff on Tupperware). This is a light way to communicate a light experience.

Have a client, who appreciates the work, sponsor a demonstration in their home. In exchange, they get a free session. When people arrive, they take a number, and whoever gets the lucky number is the receiver.

Gayle plans to do this on a large scale in a joint effort with a person who does facials and a masseuse. They will give three (3) sessions as gifts at the party and have the parties in their own homes. She hopes you will be as successful as she will be with the idea. If you want to share your successes, write to her at 978 Indiana Avenue, Venice, California, 90291

BARBARA McMENAMIN is requesting some assistance in a research project she is conducting. The letter follows:

We all know the aim of Trager Work is to reach the mind. We also know handwriting is the written expression of motor responses from the brain (mind). As a new Trager trainee and graphologist, I have started collecting before and after the session samples of handwriting on the client's FIRST visit. I have begin to detect noticeable, subtle differences in the two samples. As the mind is reached through Trager, the handwriting also becomes freer, more open, and space is used differently.

I am excited about collecting as many samples of writing as possible, Your assistance in this investigation would be most appreciated and drastically reduce the time gathering the data. The more samples, the more significant the findings. For those of you who choose to help this project, here are your directions:

1. On 8½ x 11 plain, unlined paper have the client write (no printing if possible) the following paragraph before and after the Trager session.

MY WRITING

Handwriting is a skill I, _____ (full name) _____, will use all my life. It is important that other people be able to read what I write. My writing is a very special part of me, Every stroke I make is a written picture of movement within. No one in the world writes exactly like I do because this pen is an extension of my thinking brain.

Signature/Date

2. Cover, do not allow the person to see the first sample until after they have written the second sample. In most cases, both samples should fit on one side of the paper.
3. On the reverse side of the paper state the age, sex, handedness, and note if there are any serious physical or emotional difficulties. Identify who did the Trager session. The identity of all samples shall be protected.
4. Send samples to: Barbara McMenamin
PO box 524
Spring Valley, CA 92077

CATHY GUADAGNO shares this information on her new center:

The San Diego Trager Center is located on 3½ acres of land in Del Mar just 25 miles north of San Diego. The purpose of the Center, besides enjoying the ocean, hot tubs and country views, is to promote Trager Work and those involved in doing this work.

The June schedule is on the Master Calendar. If you are interested in being on our mailing list or attending any of our workshops, please write to:

Cathy Guadagno
San Diego Trager Center
PO Box 901
Del Mar, CA 92014
(714) 481-6215

LIGHT STUFF:

Sheila Merle Johnson will be doing a special training for a group from France on August 11 through the 15th in Oakland. She is looking for some assistants who speak at least a little French as the course will be done entirely in French. If you think you could help out, call Sheila Merle at (415)652-5506.

Emily has sent a thank you to the Family for the birthday gift that sent Milton and she to the "Music Man". The show has special meaning to them as Milton is a personal friend of Meridith Wilson. He heard the music first when Wilson was playing it for prospective backers of the show. Their seats were perfect and they loved the show.

Betty Fuller is requesting that you call her at the Institute until further notice (415) 383-7074. You are driving her landlady crazy with the number of calls to the house.

Milton will be doing small, intermediate trainings in Hawaii during the year (see schedule for July 4-6 details). There will be others in late fall and winter. Enrollment is limited to 8 people and the cost is \$300.00. Make your advanced reservations through the Institute. Dates for the later training will be in the next newsletter.

This newsletter has been edited and produced by the San Francisco Pod. The Institute will be asking more of us to assist with the tasks that will serve the membership. Betty had been carrying the Association with Don's assistance, and was reaching the burn-out point. The new plan is to share the responsibilities of the Institute and one of the first steps was to let others share in the responsibility for the newsletter. Gail Stewart will be responsible for the September newsletter. Please send her your contributions.

PERSONAL STATEMENT

My first exposure to Tragering and Mentastics was at the October, 1978 Beginning Training. In Tragering I see simplicity, easiness, gracefulness. Honest and deep human contact, open, allowing, respectful of the dignity of both practitioner and client, still light and fancy-free. Acknowledging and living within the universal life-energy in a natural and ordinary way. Becoming both strong and gentle in a framework of love. I see that it is peaceful, harmonious in every aspect; orderly and still infinitely varied.

The use of rhythmic movement speaks to me deeply--it is a feeling of union with the past, present, and future. The smallest spinning particles of atoms, the great universe expanding and contracting, the oceans, the heartbeat, the breath, man's ancient and original urge for self-expression through dance.

I see a spirit of playfulness, light, free, energetic, and innocent. An encouraging of fluff, a breath of fresh air, youthfulness. Rigidity dissolving into softness, worry replaced with lightheartedness, effort becoming nothing, dullness turning into vibrancy. Even overwhelming ecstasy melts into a new everyday happiness free of mystery or awe.

Tragering is truly an expression of the joy of life.

And now I am looking back at some of the changes I've experienced since I took the Training. There was simply such an abundance of new things to learn. Learning to move my hands and body to do Trager "moves", trying to remember those moves, and getting used to contact with all types of bodies took nearly all my attention at first. Eventually, I was better able to relax and have fun, to remember hook-up, to notice more about the differences between bodies, and to start to adjust my movements to what I was feeling. All this is more second nature to me now, so I have new clarity and simplicity in my work.

These days my focus is on just being there; really with the person. As I am increasingly able to achieve this simple being there, I find growth for myself, and my body feels more alive. This pleasure seems to increase the more I move towards the simplicity of just being and the less I am concerned with "doing". Results have been consistent: whatever the person is like when they lie down on the table, they get off the table freer, looser, lighter, taller, softer. I've been playing more, and I'll be going along--playing, exploring, asking questions with my hands, listening for the answers--and then I feel a softening or an increase in vibrancy--and it's such a good feeling. Often lately, I find myself spontaneously feeling a deep respect and awareness of the dignity of the person.

And I have developed a new understanding of the idea "you must be lighter". Now it means to me that I must look within myself and become lighter. It is not that I must think of touching the person in a different way, but rather that I must be a different way, by allowing my muscles to jiggle more freely as I work, by softening my breathing, my posture, my intention. The actual pressure or vigorousness of my work may or may not become lighter, but the effect is lighter, as wind or water can be both soft and very strong.

Through experience, and as my own body improves, I have a greater capacity to feel. The weight of an arm, for instance, is less something out there, and more something I'm feeling in my own body. This has made an enormous difference.

I'm experiencing all this increasingly, but it doesn't happen all at once. It's an ongoing process of my development and there's infinitely more to come. How wonderful! I look forward to the years ahead as bit by bit new understanding and expanded capacity will become available to me.

WHY BE TRAGERED?....SOME FOLKS TELL WHY...

Jim Lambert took the beginning Trager training at Esalen March 7-14, 1980 and completed his 30th session April 29th to become a Trainee. Since it is required that these first 30 are given free, Jim asked his clients to write a statement afterwards about what they experienced. As none of these people had ever before experienced Trager work, their comments show how clearly Milton Trager's approach communicates with the mind of the client. Following are excerpts from their statements. It reminds us of the beauty of the Trager approach, to see these results from the work of a pre-trainee. Jim Lambert lives in Martinez, and he has recently completed trainee/assisting Gail Stewart's beginning class at the Gefion School in Berkeley.

"A feeling of giving up my mood, the thought patterns I'd been stuck in..."

"My breathing became deep and regular, making my mind seem relaxed also. Jim's touch was very gentle but firm -- at times so light and airy that it felt as if my body itself was doing the movement."

"...Made me feel content, relaxed, but very alert, two states which for me are real hard to experience at the same time..."

"I felt more length, fluid, like I might melt off the table... your certainty your firm and light touch, allowed me to let go..."

"...I liked feeling into my abdomen...there really was a sense of 'me' there."

"...The gentle wave-like action made me feel at peace...I feel a balance that was not there before..."

"I've experienced Swedish massage. Although it felt good, afterwards I felt tired, almost too relaxed. With Jim, afterwards, I felt centered, with a calmness and a lightweight feeling...Although work that night was more hectic than usual, instead of coming home tense and physically exhausted, I felt calm and relaxed. No knot in the pit of my stomach...this knot that I usually have most of the time, disappeared..."

"At the end of the session, I felt much lighter and as if I could jump way up into the air and almost float. As I stood up I felt taller and more mobile..."

"Feeling of light and airy..."

"I felt like a jump rope..Water. Calm. Secure. Friendly, Personal. Important. Nothing. Everything..."

BALLAD OF THE TRAGER PRACTITIONER
(To the tune of "I Will Follow You")
Adaptation by Anna Cooper

I will Trager you
Trager you wherever you may go
There isn't a muscle too tight
A tension so great it could keep me away

I will Trager you
Always asking "What is soft and free?"
Together We'll find that freedom
That beauty inside that will show, show you the way

From now until forever
Forever
Forever
You'll just keep setting better
and better
and better

I'll rock you;
I'll roll you;
I'll shake you;
Into hook up I will take you
You'll feel it
I'll show you
You'll start to do mentastics
Mentastics
Fantastic
Your body's so elastic
Elastic
Fantastic

I will Trager you
Bring about a sense of agelessness
You'll feel the elongation
And maybe someday when you're free
You'll Trager me
You'll Trager me

FORWARD IF NECESSARY

FIRST CLASS

THE TRAGER INSTITUTE
110 TIBURON BLVD., SUITE 5
MILL VALLEY, CA 94941

5/18/81

NOTABLE QUOTES FROM MILTON TRAGER, M.D.

"This thing about Hook-up...there's nothing to do. You can't try to Hook-up...It's always there... You're surrounded by this Force...It's called many things - God, Buddha, Allah, Cosmic Consciousness... Electro-magnetic field, etc...and you don't have to reach $\frac{1}{4}$ inch to have It. Just know that It is there."

"I see some of you go into a kind of dream state... You are real busy with a Nothingness... Well, yes, Hook-up is a No-Thingness...but this nothingness/ nothingness doesn't do it!" (Much laughter)

"Recall is very important...You KNOW the feeling so you just BE THERE - not trying to give a hell of a treatment - but asking...well?...how should it feel? And wait for an answer. Your hands will work quite independently, because you've stepped out of it... and from your own recall - knowing the feeling - you can pass it on. After their session, your person will be able to RECALL how it felt when you were working, and in that recall, they get that feeling all over again. And that they have for the rest of their lives! That is the power of this thing!"

"LEARNING comes from feeling experiences...Change comes from feeling experiences...you must feel, feel, feel...and ask. Well...what could be lighter, hummmmmmm? And wait for the answer."

