

# Trager® Newsletter

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## My Life With TRAGER

Adrienne Stone

*Adrienne Stone is a Tutor and physical therapist from Santa Monica, California. She also co-instructs the annual "Reflex/Response" class. In this article, Adrienne relates her introduction to The TRAGER Approach, TRAGER's introduction to her work place, St. John's Hospital in Santa Monica, and her experiences with Dr. Trager.*

Some ten years ago, I found my way to Gary Brownlee's home for a TRAGER Introductory workshop. Without hesitation, by September 1982, I had become a Practitioner. This was the beginning of the natural integration of this deserving work into the physical therapy department at St. John's Hospital and Health Center where I was employed as a staff therapist. The global support and encouragement that I received within the department began immediately and has continued to date.

In November of last year I assisted Gary at an Intermediate Training. At one of the closing circles, Gary asked each of us to say where we were at, etc. A flood of emotions filled me. Included in the circle were Ninfa Bramble, Sherry Briant, P.T., Shelley Siefert, P.T., and Shari Nordell, P.T. All are an integral part of St. John's P.T. Department. The excitement and the acknowledgement that I felt was grand. Now, some nine years later, as my status changes to *per diem* therapist and I enter into a more full time private practice, I am surrounded by my colleagues, continuing to expand with TRAGER work at St. John's Hospital. I can still recall the feeling of exuberance that I felt that evening.

In total, there are six staff members, including myself, involved in some level of their TRAGER training, with one more scheduled to do the Beginning training in February. They seem to be practicing at least one lunch hour a week. In fact, they recently asked me to join them to give supervision. Picture this: A whole row of curtained off padded tables enclosed with one outer curtain; five physical therapists armed with volunteer bodies, all practicing TRAGER work during their lunch hour! How exciting!

I also want to acknowledge Lisa Marder, P.T., for her promotion of TRAGER work at St. John's, and her recently becoming a TRAGER Practitioner and setting up a private practice in Santa Monica.

Since I now have a more flexible schedule, Monday mornings look like this:

7:00 AM - Drive down to Mission Viejo, the Trager's new home town.

8:30 AM - Give Milton a session.

10:30 AM - Teach a MENTASTICS class to the residents of Heritage Pointe, the retirement community where Emily and Milton live.

12:00 Noon - lunch with the Trager's and back to my office.

Working with Milton is--to say the very least--a wonderful experience. After all these years he is finally willing to receive his work without hopping off the table and teaching in between every other move. The most treasured part of the working with Milton is his availability to help bring me into deeper and deeper "Hook up." I am also learning more about what "nothing" is. Greater ease feels as though it continues coming into my work.

The MENTASTICS class is both fun and challenging. The mean age of participants is some eighty years young. Milton usually sits on the couch watching us, helping to spread "Hook-up" throughout the room. This, as you can all imagine, he does extremely well! Emily, of course, is my prize pupil!

My main focus is first seeing that everyone standing is well balanced. Secondly, to see that no one is working so hard that they might injure themselves. Thirdly, maintaining my voice at an audible level. This being challenging at times, with my voice going down, the more relaxed I get, and the status of their hearing mechanisms. We encourage "don't try" which seems to be a new concept to some of these folks. Talk about long-time patterns! Milton is also helping me to learn a few Yiddish phrases which we've been using to bring more familiarity to some of the gestures. For example, for the arm toss, "get out of here", we say "gay aveck". We've been ending with the song "To you I give," from you I receive" as sung by Joseph and Nathan Seigel, the Trager's northern California Rabbis. Milton becomes wonderfully animated and he dances expressively around the circle. With his grace and projection the entire room becomes enraptured. Peace and "Hook-up" come to Heritage Pointe once again! Note: If you are ever in the area Monday morning and would like to join the class, please call Emily or myself. We would love to share the opportunity.

I recently assisted at our first Practitioner Review training in Laguna, on February 17-19. The training was presented by Milton with teaching assistance from TRAGER Instructors Gail Stewart and Bill Scholl. This training, for me, was about subtleness and laughter. I have never had such a good time at a training. Milton was at a peak energy level. When he came into the training he announced that he would be teaching from his level, rather than from where the students were. As Milton presented his training, it became obvious to me that his work continues to evolve with his life. I am so excited and honored to be so much a part of Milton's life

at this time, to experience the current evolution.

The work he presented at this training was characterized by profound subtleness. The class received Milton's work very well, and were in awe at how little he needed to do, and how much happened. Milton was much more directive than I've ever seen him, and he was very focussed on helping each student with problems in their own body/mind as much as possible. We did a lot of MENTASTICS, and Milton conducted the class with spontaneity and fluidity.

I want to express my appreciation for the contributions Gail Stewart and Bill Scholl made to this class. They worked well together, and provided the environment and instruction we needed. They were able to focus on the needs of the students, and brought us all together in a very soft, flowing, subtle manner that supported exactly what Milton was doing with his work.

Subtleness was the theme of this training. And, this experience has created in me an exploration into: What is subtle? Subtle is...?

My ongoing involvement with this work and with Emily and Milton is bringing such a richness to my life. It is sometimes hard to believe that there continues to be more. *Shanti...*and, thank you.

## Quotes from Milton

*These comments by Milton Trager about his work were recorded this Fall and Winter by Practitioners Layo Calder, Adrienne Stone and Maryann Zimmermann*

"Nobody knows how subtle not-trying can be."

"Subtleness gets deeper."

"Lead into bringing out new things without thinking about it. Don't try to do it, it just happens."

"Thinking about, well how should it be."

"The degree of strength and "let go" needs to be refined to develop the subtleness of the how and when!"

"I want your brain to know how it feels to 'let go'-- becoming so sensitive to be able to teach the brain to 'let go'

It's not a matter of strength!"

"I feel who is this guy? What has he got? What don't I like?"

"Even the way I drop this [the arm] is important! It tells the mind!"

"Until they have felt it--it's just words."

[Regarding MENTASTICS] Everybody is trying to make so much out of relaxation. All it is is a

feeling."

"The minute you feel it, you've learned it."

"What is the feeling of being less?"

"Not so much--what is lighter or how should it be?"

"What is the feeling of being less?"

"I wish I could have wires connected from my brain to all of you so you know who I am, what I feel."

"The more time you can spend on Hook-up during the day, the better you will be."

"I have to be much softer than I was before--more subtle. Your whole attitude will change, and you won't wear yourself out."

"Investigate subtleness as a way to break up the aging process in tissues."

"All this should bring you into a subtleness, a nothingness of motion."

"The more subtleness, the more you can bring to the session...Bring together Hook-up and subtleness."

"The answer will come if you get enough of yourself out of the way."

"This has been a really big breakthrough for me--such peace."

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## Leaving and Feeling Good... Thank You

Carlo Rossi

*Carlo is our outgoing--in both senses of the term-- Executive Director.*

As I move to completion and closure on my three years with the Institute, I've discovered that it is quite easy to feel both joy and sadness at the same time. The sadness is leaving an organization that has been an intricate part of my life for three years; one that has meant so much to my personal and professional development. The sadness is realizing that I won't have regular contact with our incredible members--individuals who are truly committed and dedicated to bringing this beautiful work into the world--sadness that I won't be working day to day with our fine administrative staff.

The flip side is the joy that I experience when I remind myself that my decision to leave is one that comes from the heart...one that is made with my personal, professional, and family needs as a priority. The joy is recognizing and celebrating the accomplishments over the last three years...of the associations and relationships that have developed...the times we've shared...the good we've done...the storms--and an earthquake--we've weathered...and the love and respect that has been present.

I leave, and I am proud of what our organization has accomplished. We now have over 1,750 members in fourteen countries. We have revised and simplified class registration procedures, we publish almost everything on desktop



Emily and Milton at Monday Morning MENTASTICS

publishing, we increased our translation capabilities, and have instituted a marketing and public relations program. We have revamped and regionalized our Practitioner trainings. In addition, the members in Europe are improving communications by organizing in language groups; we have added three new Instructors, expanded our Board of Directors, and have a dedicated and enthusiastic administrative staff that is committed to meeting the needs of our membership and of expanding and clearly expressing the beautiful work of Dr. Milton Trager.

I encourage all of you to continue your support of our Board, our Administrative Director, Don Schwartz, and our administrative staff; they are committed to the values and goals of our organization, and they are one of the finest groups of people with whom I have had the privilege to work. Top quality, effective, and efficient leadership is in place to support you and the continued changes, growth, and development of The TRAGER Approach and The Trager Institute.

So it is with both emotions strongly present that I say good-bye and thank you to all. I leave knowing that TRAGER will always be a part of my life--my wife, Martie, being a Practitioner will certainly help--and that my experiences here have made me a better, fuller, happier individual. I look forward to our paths crossing again; I wish you love, prosperity and peace.

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## Partire e sentirsi bene ...grazie

Carlo Rossi

*Carlo è il nostro estroverso Direttore esecutivo in partenza.*

Stanno ormai per scadere i miei tre anni di collaborazione con l'istituto Trager, e mi rendo conto di provare gioia e tristezza allo stesso tempo.

Tristezza perché lascio questa organizzazione che è stata parte integrante della mia vita per tre anni e tanto ha contribuito al mio sviluppo sia professionale che personale, e tristezza anche perché non avrò più contatti regolari con i soci dell'istituto e con il personale dell'amministrazione, persone di grande valore che si dedicano a far conoscere il nostro lavoro nel mondo.

Il rovescio di questa medaglia è la gioia della consapevolezza di aver fatto questa scelta con il cuore, per motivi di famiglia, personali e professionali. Di avere tanti bei ricordi di cose realizzate in questi tre anni, di amici con i quali ho passato momenti esilaranti, e momenti difficili, burrasche e... un terremoto... e ricordi del bene fatto insieme, e del rispetto e affetto sempre presenti.

Lascio l'organizzazione fiero di quanto essa è riuscita a compiere.

Annoveriamo più di 1.750 soci in 14 paesi. Abbiamo rivisto e semplificato le procedure di registrazione per i corsi, quasi tutte le nostre pubblicazioni sono fatte direttamente da noi tramite computer, abbiamo incrementato le nostre capacità di comunicazione in diverse lingue ed abbiamo implementato un programma di marketing e pubbliche relazioni.

Abbiamo altresì rinnovato e regionalizzato

l'addestramento per i praticanti, e i nostri soci europei si stanno organizzando in gruppi secondo le varie lingue.

Ci sono tre nuovi istruttori, il nostro consiglio di amministrazione si e' espanso e ci avvaliamo di uno staff amministrativo in gamba e qualificato in grado di far fronte alle necessita' della nostra associazione.

Vi chiedo di continuare a sostenere l'amministrazione, il suo direttore Don Schwartz ed il personale. Dal canto mio li considero tra gli individui piu' validi con cui ho avuto il piacere di lavorare, dedicati ai valori ed agli scopi della nostra organizzazione.

Essi sono in grado di stare al passo con i continui cambiamenti e la crescita dell'apporto TRAGER e dell'istituto.

Dal canto mio Vi dico arrivederci de grazie; parto con la certezza che TRAGER fara' sempre parte della mia vita, mia moglie Martie e' una praticante e cio' indubbiamente mi sara' di aiuto. Tramite questa mia esperienza triennale mi sento un uomo migliore, piu' felice e piu' risolto, e sono certo che i nostri sentieri si incroceranno di nuovo. Nel frattempo Vi auguro, amore, prosperita' e pace.

## Partir e se sentir bein....Merci

Carlo Rossi

*Carlo est notre sympathique directeur executif qui nous quitte*

Mes trois ans de cooperation avec l'institut Trager sont presque terminés et j'éprouve a la fois un melange de tristesse et de joie.

Tristesse parce que je quitte cette organisation qui a fait partie de ma vie pendant trois ans et a beaucoup contribué a mon developpement professionnel et personel, et tristesse aussi parce que je ne verrai plus regulierement tout le membres de l'institut et la personnel de l'administration pour lesquels j'éprouve beaucoup d'estime et d'affection et que je considère des individus de grande valeur devoués a faire connaitre notre travail dans le monde.

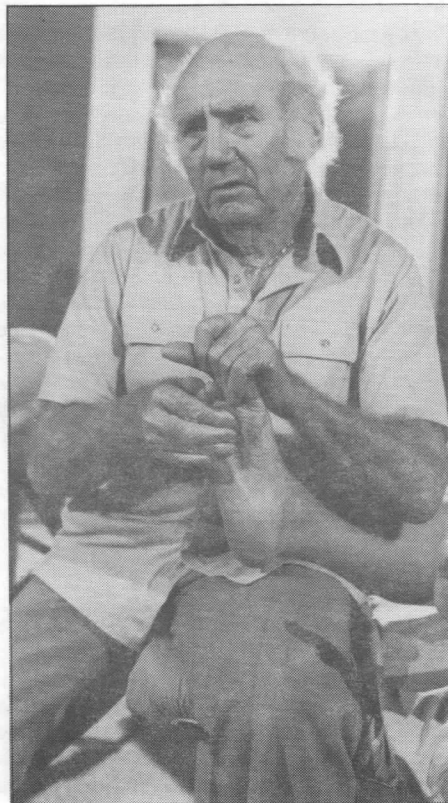
D'autre part je sui conscient d'avoir choisi de quitter l'institut Trager pour de bonnes raisons, ma famille étant le principale. Je conserve de très bon souvenirs de ces années, souvenirs de choses accomplies de 'amis avec lesquels j'ai vecu des moments exaltants et des moments difficiles, des orages, et ...un tremblement de terre...souvenirs du bien fait ensemble et du respect et de l'affection toujours present. Je quitte cette organisation fier de ce qu'elle a reussi à accomplir.

Nous comptons plus que 1.750 membres dans 14 pays. Nous avons simplifié les procedures d'enregistrement aux cours, presque toutes nos publications sont faites par l'institut lui même avec un system d'ordinateur, nous avons augmenté notre capacité de communi-

tion en langues étrangères, et nous avons mis au point un programme de marketing et de relations publiques. Nous avons aussi renouvelé et regionalisé la formation des praticiens, et nos membres européens sont en train de s'organiser en groupes selon leur langues. Nous comptons trois nouveaux instructeurs, notre conseil d'administration a augmenté et nous avons maintenant un personnel administratif qualifié et capable de faire face aux besoin de notre association.

Je vous demande de continuer à donner votre appui a l'administration et a son nouveau directeur monsieur Don Schwartz. De mon coté, je suis heureux d'avoir eu le plaisir de travailler avec les membres de l'administrations que je considère des individus de grande valeur, devoués aux buts de notre organisation.

Je vous dit donc aurevoir et merci; je quitte avec la certitude que TRAGER fera toujours partie de ma vie, et ma femme Martie qui est praticienne m'aidera sans doute dans ce sens. C'est grace a ces tros années que je me sens un individu plus complet et plus herueux. Je suis certain que nos chemins se croiseront de nouveau et jusqu'à ce moment je vous souhaite beaucoup d'amour, prosperité et paix.



## Approaching The Trager Institute: Building a More Effective Organization

Don Schwartz, Ph.D.

In the light of Carlo Rossi's moving on, and my moving into new responsibilities, I want to take this opportunity to share with you my perception of our organization's strengths and weaknesses, and the ways we can build together a more effective organization.

Our strengths are two: the TRAGER work itself, and our international membership. The work is our central focus, what we are here to support and promote. The vast majority of our members are sincere and committed in the valuing and support of TRAGER as well as The Trager Institute.

Our weakness lies in our financial structure and communications. Our financial limitations reduce the organization's ability to serve its membership and the public; and, one of the services that is limited is communication--especially with Trager people outside the United States. We are also in need of clarifying our standards of professional practice and professional conduct for each service the Institute offers through its educational staff and professional membership. This clarification can support internal harmony, and improve our service to each other and the public. We are also in need of reducing the hardships associated with our current continuing education requirements.

I truly appreciate the spirit of continuing education--especially when it comes to TRAGER work which has its own form of continuous evolution as modeled--as lived--by Dr. Trager. However, it is clear that meeting our current continuing education requirements is a hardship for many Practitioners. With an expanded certification program and improved continuing education system we will feel more assured of the quality of our Practitioners' work. The call for international promotion and marketing has come from all quarters of our membership. I am supportive of the Board of Directors' decision to allocate funds--even in these trying times--for promotion and marketing services. There are some individual Practitioners and groups of Practitioners who have shone in their ability to promote TRAGER. One group that has always done an excellent job of promotion is the Practitioners from the Canadian province of Quebec, and I look forward to sharing some of their promotional activities with you in the future.

Our financial position has never been strong, and it needs to become so in order to increase membership services and to insure our long-term survival and growth. With some minor changes in our financial structures, we can increase the Institute's income and services. My

proposed changes involve disciplining ourselves to have larger trainings--12 to 18 students instead of 4 to 12 students. Overhead costs for trainings do not increase proportionately with class size. So, larger classes can provide additional income for the Institute without reducing existing levels of compensation for Instructors and sponsors. This means that a greater percentage of your training fees can go directly to the Institute, and thereby be used to provide increased membership services.

I support modest increases in dues over time to cover rising operational costs and increased services. I also want to support and participate in the process of attaining financial support from outside the organization.

With an improved financial flow we can increase the size and frequency of our newsletters, schedules, and other mailings. We can enhance national and international promotion. Equally important, we can increase our translation services for our international membership. With increased communications, we can have a more informed, aware, and participatory membership. We can have a well-connected global community capable of bringing TRAGER into the world, as well as providing leadership to the greater international bodywork and somatic education community.

The clarification of our standards of practice and codes of professional conduct for all of our services--the work itself as well as its teaching in various contexts--can support quality assurance and enhance internal harmony by allowing clearer and easier yes/no decisions.

A stronger financial base, improved membership and public services, an improved certification program together with streamlined continuing education requirements, documentation and research on the effects of TRAGER, and international promotion and marketing will make The Trager Institute a more effective organization. The work itself, the Practitioners, and the organization can all appreciate increased national/international credibility and legitimacy. I look forward to working with you, our educational staff, and the Board of Directors in realizing our individual and collective potentials.

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## Avvicinando l'istituto Trager: Costruire una organizzazione piu' efficace.

Don Schwartz

Approfitto dell'occasione della partenza di Carlo Rossi e delle mie nuove responsabilita' per parlare dei punti forti e deboli della nostra organizzazione, e delle possibilita' che vedo di renderla piu' efficace.

I nostri punti forti sono due: Il lavoro TRAGER in se stesso, e la nostra associazione

internazionale.

Il lavoro e' il punto focale, e' cio' che cerchiamo di sostenere e promuovere, e la stragrande maggioranza dei nostri soci e' sinceramente dedicata a questo scopo.

I nostri punti deboli sono: la struttura economica e le comunicazioni. Le nostre limitate risorse economiche rendono difficile un buon servizio sia nei riguardi dei soci che del pubblico in generale. L'aspetto che soffre particolarmente di questi limiti, e' quello delle comunicazioni, specialmente per quanto riguarda i nostri soci esteri.

Ritengo altresì necessario un chiarimento per quanto riguarda i nostri standards di pratica e condotta professionale. Questo chiarimento e' importante per l'armonia interna ed il miglioramento della qualita' dei servizi offerti al pubblico.

Un altro punto che a mio parere andrebbe semplificato sono i requisiti di aggiornamento. Pur apprezzando lo spirito in cui sono stati costituiti i corsi di aggiornamento, mi rendo conto che cosi' come sono, essi rappresentano un problema per molti praticanti. Espandendo il programma di certificazione e migliorando i programmi di aggiornamento, penso che potremmo acquistare maggiore tranquillita' per quanto riguarda la qualita' e continuita' del lavoro dei nostri praticanti.

Ci sono stati richiesti fondi da piu' parti della nostra associazione per la promozione a livello internazionale ed il marketing. Sono d' accordo con il consiglio di amministrazioni sull'allocazione di fondi per questo scopo, anche se i tempi non sono proprio favorevoli. Alcuni individui e gruppi sono stati particolarmente efficaci nel settore della promozione e marketing; mi riferisco in special modo al gruppo di praticanti della provincia canadese del Quebec. Saro' felice di rendervi partecipi delle loro strategie ed attivita' promozionali. La nostra posizione finanziaria non e' mai stata forte, ed e' necessario rinforzarla per assicurare la sopravvivenza e la crescita della nostra organizzazione nonche' la qualita' dei nostri servizi.

Le mie proposte in proposito comprendono:

- L'aumento del numero di studenti nei corsi di addestramento dagli attuali 4 - 12 a 12 - 18. Dato che i costi non aumentano in proporzione al numero di studenti, classi piu' numerose garantirebbero all'istituto un introito maggiore senza ridurre il compenso degli istruttori e degli sponsor, e di conseguenza una migliore qualita' dei servizi.

- Piccoli aumenti delle quote nel tempo per far fronte ai crescenti costi di gestione ed all'aumento dei servizi.

- La ricerca di aiuti finanziari anche al di fuori dell'organizzazione.

Un maggior flusso di denaro assicurerebbe l'aumento sia in volume che in frequenza dei nostri bollettini, programmi ed altri servizi postali. Potremmo incrementare la promozione sia a livello nazionale che internazionale cosi' come pure i nostri servizi di traduzione ed interpretariato per i soci esteri. Con una migliore rete di

comunicazione la nostra associazione sara' meglio informata e piu' efficace; avremo la possibilita' di diventare una comunita' a livello globale capace di espandere l'approccio TRAGER nel mondo ed occupare una posizione di primo piano nella comunita' internazionale di educazione somatics. Una maggiore chiarezza per quanto riguarda i nostri standards e codici di condotta professionale assicurera' qualita' dei servizi e rapporti armoniosi all'interno dell'organizzazione rendendone piu' facile la gestione. Una base finanziaria piu' forte, una migliore organizzazione e la qualita' del nostro lavoro daranno una maggiore credibilita' alla nostra associazione nel mondo cosi' come pure un programma di certificazione piu' efficace anche a livello degli aggiornamenti, la messa a punto di una vasta documentazione sugli effetti dell'approccio TRAGER ed una buona promozione e marketing a livello internazionale.

Sono convinto che noi tutti, praticanti, soci ed amministrativi abbiamo a cuore questo scopo, e saro' felice di collaborare con gli istruttori ed il consiglio di amministrazione per realizzare al massimo il nostro potenziale collettivo.

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## Approchant l'institut Trager: Comment construire une organization plus efficace.

Don Schwartz

Je profite de l'occasion du depart de Carlo Rossi et de mes nouvelles responsabilites pour vous parler de ceux que je considere les points forts et les points faibles de notre organisation, et les possibilites que j'envisage pour la rendre plus efficace.

A mon avis nos deux points forts sont: le travail TRAGER lui - même et notre association internationale. Le travail est le point principal, il est ce que nous cherchons à protéger et promouvoir, et la majorité de nos membres sont sincerement devoués a l'expansion de l'approche TRAGER dans le monde.

Nos points faibles sont: notre structure economique et les communications. Nos ressources financieres étant limitées, il est difficile que nos services soient efficaces et de qualite', et les services qui souffrent le plus de cette situation economique sont les communications, touchant tout specialement nos membres étrangers.

Je pense aussi qu'il serait necessaire de clarifier nos normes de pratique et conduite professionnels associe a chaque service offert au nom de cet institut. Une clarification dans ce sens contribuerait a une meilleure qualite' de services même et a des relations plus harmonieuses entre nous.

Un autre point qu'il serait utile de dimplifier

sont les conditions de stages d'information. J'apprécie beaucoup l'esprit dans lequel ces stages ont été créés, mais je me rends compte qu'à l'heure actuelle ils représentent un problème pour beaucoup de participants. Repandre les programmes de certification et améliorer les stages d'information est à mon avis indispensable pour assurer la qualité et continuité du travail de nos praticiens.

On nous a demandé de plus parts de notre association des aides financières pour la promotion au niveau international et pour le marketing. Je suis d'accord avec le conseil d'administration en ce qui concerne le débours de fonds dans ce but, même si les temps ne sont pas des plus favorables en ce moment. Nous remercions les particuliers individus et groupes qui ont été spécialement efficaces dans le secteur de la promotion et du marketing, et particulièrement le groupe de praticiens du Québec. Je serais heureux de vous informer de leur stratégies et activités promotionnelles.

Notre position financière n'a jamais été forte, et il est nécessaire de la fortifier pour assurer la survivance de cette organisation et son expansion, aussi bien que la qualité des services offerts à nos membres.

Mes idées à ce sujet sont:

- Augmenter le nombre d'étudiants par stage de formation à un minimum de 12 à 18. Actuellement ils sont 4 à 12.

Considérant que les coûts n'augmentent pas en relation au nombre d'étudiants, des classes plus nombreuses donneraient à l'institut un revenu plus élevé sans réduire les compensations des professeurs et des sponsors. En bref, un revenu majeur, pour l'institut offrirait la possibilité d'améliorer la qualité des services offerts aux membres.

- Je suis aussi d'avis d'augmenter légèrement les cotisations pour faire face aux coûts administratifs et à l'augmentation des services, et qu'il serait utile de chercher des aides financières en dehors de l'organisation.

Une plus grande disponibilité d'argent assurerait une meilleure qualité et plus grande fréquence de nos bulletins, programmes et autres services postaux. Il serait possible de développer la promotion aussi bien au niveau national qu'international et nos services de traduction et d'interprétation pour nos membres étrangers. En améliorant les communications notre association sera mieux informée et plus efficace; nous aurons la possibilité de devenir une communauté au niveau global, capable de répandre l'approche TRAGER dans le monde et d'occuper une position de leadership dans la communauté internationale d'éducation somatique.

Une plus grande clarté en ce qui concerne nos standards et codes de conduite professionnelle faciliterait nos décisions à l'intérieur de l'organisation en créant une plus grande harmonie entre nous.

Une base financière plus forte, une amélioration de l'organisation même et de la qualité des services offerts au public un programme

certifié plus efficace à tout niveau, y compris celui des stages d'information et la possibilité d'une vaste documentation sur les effets de l'approche TRAGER ainsi qu'une bonne promotion et marketing au niveau international augmenteront la vraisemblance de notre organisation dans le monde.

Je suis convaincu que nous tous, praticiens, membres et personnel administratif envisageons ce but, et je serai heureux de collaborer avec les instructeurs et le conseil d'administration à la réalisation maximale de notre potentiel.

## "TRAGER MENTASTICS" Available in German

Congratulations to Milton Trager and Cathy Hammond on the translation of their book, "TRAGER MENTASTICS", into the German language. German TRAGER Practitioner Ranjita Heide Koubenec of Middletown, California, participated in the re-translation process with assistance from TRAGER Instructor Antonia Faeh of Switzerland. Ranjita wrote the forward for this German language version of the book. Recently certified Practitioner Hellmut Waldenfels of Germany reports that there is a great openness amongst his countryfolk to TRAGER, and this book will certainly help inform and interest the German-speaking public.

## Das TRAGER MENTASTICS Buch in deutscher Sprache veröffentlicht

Gratulationen für Milton Trager and Cathy Hammond zur Übersetzung Ihres Buches "TRAGER MENTASTICS" in die Deutsche

Sprache. Der Titel des Buches ist "Meditation und Bewegung" und es erschien im Februar dieses Jahres im Sphinx Verlag, Basel. Die deutsche TRAGER Praktikerin Ranjita Heide Koubenec aus Kalifornien hat die Übersetzung bearbeitet mit Hilfe der TRAGER Lehrerin Antonia Faeh aus der Schweiz. Ranjita schrieb das Vorwort zur deutschen Ausgabe.

Der neue TRAGER Praktiker Hellmut Waldenfels aus Deutschland berichtete, daß unter den deutschen TRAGER Leuten grosse Offenheit gegenüber der TRAGER Arbeit besteht und daß dieses Buch sicherlich helfen wird, die deutschsprachige Öffentlichkeit über den TRAGER Ansatz zu informieren.

## Professional Development

### Meine Erfahrungen mit TRAGER

Hildegard Schneider

Dreissig Speichen treffen die Nabe,  
doch das Leere zwischen ihnen  
erwirkt das Wesen des Rades...

Lao-tse

TRAGER hat für mich sehr viel mit ZEN zu tun.

Ich hab über diese Arbeit immer mehr erkannt, was es heisst: TUN im NICHT-TUN.

Das NICHT-TUN hat nicht s zu tun mit einem trägen Zustand, sondern mit wacher Achtsamkeit. Ich erlebe dieses immer wieder im Sitzen des ZEN, wo ich in einem äußerst wachen und zugleich total entspannten Zustand bin (sein kann!) Beim Tragen erlebe ich immer wieder ähnliches.

Besonders die Trainingstage mit Betty Fuller haben mir das Wesen von TRAGER näher gebracht.

Diese TRAGER - Arbeit oder das, was dahinter steht (das Wesen) löst unglaublich feine Schwingungen in mir aus. Dieses Tun empfinde ich manchmal wie eine GRadwanderung - bis an die Grenze der Möglichkeit, wo höchste Wachheit erforderlich ist, ganz präsent sein - und gleichzeitig loglassen, geschehen lassen, nur Beobachter sein, Kanal sein, Vertrauen haben, nur da-sein, nichts wollen. Dann fließt aller Druck, alle Spannung weg, Grenzen lösen sich auf, ich spüre, wie ich ganz leicht werde, wie etwas durch mich hindurch fließt. Jetzt bin ich erst lebendig, und wie! Dieses Gefühl läßt sich gar nicht beschreiben, ein Pulsieren im ganzen Körper. Bin ich in diesem "Fluß" ist es fast wie fliegen!

Grenzen sind da - und gleichzeitig nicht vorhanden - nur noch unendlich viel Raum - Weite - Luft und ein warmer Strom durch fließt mich - meine Hände arbeiten von selbst.

Spüre ich dies so deutlich in mir - ist auch beim Anderen sogleich eine Veränderung!

Nur ist dies noch nicht immer so. Ich muß immer wieder tief einatmen - ausatmen, Hände loslassen - nichts wollen - spielen - geschehen lassen - die Urkraft fließen lassen.

Vor allem hab ich gelernt nichts zu wollen! nicht geben zu wollen, sondern einfach nur da zu sein, Werkzeug zu sein. Dabei helfen mir die MENTASTICS am Tisch. Ich weiß inzwischen, wie wichtig meine eigene Haltung ist, die Bewegung aus meinem Bauch, aus meinem

Becken, aus meiner Mitte heraus.

Ich spüre auch inzwischen immer deutlicher die kleinste Verspannung bei mir, spüre die "Schwere" in mir, wenn ich wieder meine, et was tun zu müssen!

Die "Wollen-Gedanken" machen schwer.

Geduld hab ich gelernt und das Respektieren meiner Grenzen und dadurch auch, die Grenzen des Andersens nicht zu überchreiten, sondern liebevoll zu sagen: aha, dies ist also mein Spielfeld heute! morgen kann's ja wieder anders aussehen.

Natürlich ist es auch möglich mit liebevollem Fragen und humorvollem Locken die Grenzen zu weiten! Und das macht Spaß. Da muß ich dann immer aufpassen, nicht übers Ziel hinaus zu schießen.

Ja, und immer wichtiger werden die Pausen zwischen-durch, um nach zuspüren. Zu spüren in der Stille, wie die Energie gleich einer Welle durch den Körper fließt.

All diese schönen Erfahrungen möchte ich auch in Zukunft mit jedem teilen, der bereit ist, geschehen zu lassen, loszulassen, zu spüren, wie es ist, ohne "Gepäck" zu gehen oder zumindest eine Ahnung davon zu bekommen--einfach nur zu genießen, nur da zu sein.

Kennengelernt hab ich die TRAGER-Arbeit während meiner Ausbildung in Rebalancing. Nur schon das Zuschauen während der Demonstration hat bei mir eine Vibration, eine feine Wellenbewegung im ganzen Körper ausgelöst, die mich ein paar Tage nicht wieder verlassen hat. Und ich wußte: das ist es! das will ich lernen!

Es ging dann sehr schnell, ich war ja auch, "ange-steckt!":

Info mit Fabienne und dann einige Sitzungen mit Regine v. Staden. Hier hatte ich immer das Gefühl, mein Körper macht die Bewegungen von alleine. Ich hab mit Regine sehr schöne Sessions erlebt.

Und immer wieder auch Unsicherheit und die Frage: Rebalancing oder TRAGER? beides gleichzeitig war mir nicht möglich.

Während einer Sitzung hatte ich ein sehr schönes "Erlebnis", ein Bild:

Eine Blüte, noch sehr knospig, und doch ist der Duft schon sehr stark, die Farbe sichtbar, einige Blütenblätter schon nach außen gekrümmt.

Der Anblick dieser Blütenknospe verleitet immer wieder zum Schnuppern, zum Berühren. Die ganze Schönheit ist schon spürbar.

Der Rebalancer geht hin und berührt den Stengel, schüttelt etwas: na, tut sich noch nichts? Er versucht die Blütenblätter vorsichtig zu öffnen, ein wenig nachzuhelfen, manchmal auch etwas kräftiger. Er verletzt keineswegs, doch er will etwas tun, nachhelfen. Es geschieht schon mit Liebe, doch diese Liebe ist noch etwas ungeduldig. Und es ist für mich beim Erleben dieses Bildes, als wenn die Blüte die Luft anhalten würde, in ihrer Entwicklung eher ein Stillstand eintritt, sie sich zurückzieht.

Der TRAGER-Therapeut nimmt liebevoll die ganze Schönheit dieser Blüte wahr, atmet

ihren Duft ein, ja, trinkt ihre Schönheit. Er ist ganz still und schaut, er nimmt alles in sich auf und beginnt so zu tanzen. Er tanzt einfach um die Blüte herum, voller Freude und Leichtigkeit und gleichzeitig mit großer Energie. Es ist eine seltene Mischung, die ich da spüre. Er tanzt einfach--ist einfach da--Die Blüte lacht, reckt sich, bewegt sich. Ein Blütenblatt nach dem anderen öffnet sich, während der Therapeut einfach um sie herum tanzt! er ist ganz selbstvergessen im Tanz, total.

Da war so viel Freude - Heiterkeit - Wohligkeit - Singen - Tanzen - Weite - Raum - Fliegen in mir beim Erleben dieses "Bildes", daß wohl ganz klar ist, wofür ich mich entschieden habe.

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## My Experience with TRAGER

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Hildegard Schneider

*Hildegard is a Practitioner from Alfter, Germany.*

Thirty spokes meet at the hub yet it is the empties between which composes the essence of the wheel . . . Lao-tse

I find that TRAGER has a lot in common with Zen.

In the course of this work, I have discovered the meaning of doing through non-doing.

Non-doing has nothing to do with some inert condition but with total awareness. Sitting in Zen, I often experience this state of being, awake and aware, while at the same time totally relaxed.

During a TRAGER session I often experience a similar condition. Especially the training with Betty Fuller who conveyed to me the essence of TRAGER.

This TRAGER work, or what underlies it--its essence--releases incredibly fine vibrations in me. I sometimes find this activity to be like an upward moving spiral to the limits of possibility, where greatest awareness is called for, total presence and, at the same time, relaxation, let go, being witness, a channel, trusting, just being there, desiring nothing. Then all pressure, all tension evaporates, boundaries dissolve and I can feel myself becoming quite light as something flows through me. Then I am really alive, and how! This feeling is difficult to describe, a pulsation throughout the entire body. When I am flowing like this, it feels like flying!

Boundaries are there and, at the same time, not there--just limitless space - vastness - air, and a warm flow streaming through me--my hands work by themselves. Whenever I feel this so clearly, at the same time, change is happening in the other!

Only this is not yet always the case. I need to breathe deeply again and again, let go in my hands, not wanting anything, playing, allowing it

to happen, allowing the cosmic energy to flow.

Above all, I have learned non-desiring! Not to want to give, simply being present, acting as a tool. In this respect MENTASTICS at the table are helping me.

In the meantime, I am aware of the importance of my own posture moving out of the belly, out of my own center. I have come to feel more clearly the least tension in myself, I feel the heaviness when I catch myself feeling obliged to do something!

Thoughts of "wanting to" make me heavy.

I have learned to be patient, to respect my limits and not to push others beyond theirs. Instead to say with love: "Aha, this is my range of play for today! Tomorrow it might be quite different."

It is, of course, also possible to expand the boundaries with gently provocative questions and good humor! And this is fun. Only I must always take care not to overshoot the mark. Yes, and the pauses during a session are increasingly important; to feel in silence, the energy flowing wavelike through the body.

In the future, I would like to share all these wonderful experiences with everybody who is open to relax, let go, to feel what it is like to move free of all the "baggage", or at least to receive a glimpse--simply to enjoy a sense of being.

I became acquainted with TRAGER during my Rebalancing-training. Merely watching the demonstration released vibrations, fine wavelike movements in my whole body. And I know: this it is! This is what I want to learn!

Things moved fast after that, I had been, so to speak, "infected"!

I received information from Fabienne Hirsch followed by several sessions with Regine v. Staden. Here I always had the feeling that my body was doing the movements on its own. I had really beautiful sessions with Regine.

And again and again the uncertainty and the question: Rebalancing or TRAGER? Both were not possible at the same time for me.

During a session I had a very beautiful experience and received the following image:

A blossom, still a bud, and yet the fragrance is already very strong, the color visible, several of the petals already opening. The sight of this blossoming bud inviting the senses to smell, to touch--its beauty unfolding before the eyes.

The Rebalancer goes up to the flower, touches the stem, shakes it a bit: "hmmm, is nothing happening yet?" Carefully he tries to open the petals, to help it along, sometimes with strength. He doesn't hurt it, yet he wants to help, to do something. The approach is loving, yet a love that is somewhat impatient. And it seems to me, observing this image, as if the flower would hold its breath, pull back, as if it were halted in its development.

The TRAGER Practitioner acknowledges lovingly the entire beauty of this flower, breathes its fragrance, yes--drinks its beauty. He is quite still observing; he absorbs it all and begins to dance. He simply dances around the blossom--full of joy and lightness and, at the same time

with great energy. It is wonderful what I see and feel. He is simply dancing--simply being there--the bird is laughing, moving, stretching itself. One petal after the other is opening while the Practitioner dances around it--totally lost in the dance.

Living this image, I felt so much happiness, joy, well-being, song, dance, openness, space, soaring flight--that it is quite clear which approach I have chosen.

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## TRAGER and Psychotherapy

Marianna Fay Hartsong, Ph.D., RMT

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*Marianna is a TRAGER Practitioner, Tutor, and MENTASTICS Leader, from Toronto, Ontario, Canada. This article is written from her unique perspective as both Practitioner and psychotherapist, and contains insights, ideas, and opinions about TRAGER in relationship to itself, herself, and her practice as a psychotherapist. The opinions expressed below are the author's and not necessarily held by The Trager Institute and its educational staff. This article is a condensed version of a larger piece which is available from the author. Marianna's current address is: 452 Grace Street, Toronto, Ontario, M6G 3A9, Canada.*

Because I am a psychotherapist, I was asked to participate in a roundtable discussion: "TRAGER and Therapy" at the first European TRAGER Forum in Noirmoutier, France, in May of 1990. My participation in that discussion inspired me to articulate some thoughts that had been fomenting for some time. I am delighted to be able to share them, and hope it will stimulate yet another round of discussion.

I have known for years that I do not do psychotherapy as I was trained. In fact, I no longer think of what I do as "therapy". Rather, I consider myself an educator. One day in the Fall of 1979, it occurred to me to ask myself when a new client arrived, not "What was wrong with them and how could I fix them?", but rather: "what had they come to teach me?" Immediately the "therapist-patient" relationship was transformed into a "teacher-teacher" relationship: I had skills to share with them that they wanted to learn; on the other hand, they had life experiences to help me grow more sensitive, more humble, more open to new possibilities.

My goal is to catalyze changes that allow people to be able to better care for themselves, and to choose what they want in life; to help them discover what possibilities there might be out there for them. What could be lighter, freer, easier?

True transformation cannot come via the conscious or logical mind, because the ego, the outward manifestation of who we are--or at least who we think we are--has too much invested in maintaining its identity or status quo. The ego presents "resistance" when its underlying struc-

ture is challenged and holds on tight, thereby blocking change.

A form of neuro-muscular re-education such as The TRAGER Approach can, for the most part, allow fundamental transformation to occur without incurring ego resistance. Milton says, "We are reaching the unconscious mind". For me that means accessing the pre-conscious or body-mind, and thus by-passing the conscious rational mind, or ego structure.

The body-mind has a subtle and highly sophisticated defense system, which is rarely integrated consciously into the ego structure.

The following case history taught me the hard way about the importance of not overlooking cognitive resistance in a form of body-mind re-education that accesses as deep levels of the psyche as does The TRAGER Approach.

The client was a 26 year old, 260 pound, graduate student whose wife made the appointment for him. He arrived at my office, large, rigid, far too stooped for his age. Little did I know at the time how big an answer I would get to my question, "What has this man come to teach me today?" Even as I was asking myself that question, my ego had already got in on the act, judging his overweight and stiffness, and mumbling under its breath about heavy unconscious people and how hard they were to give session to.

Letting go of my judgements and coming more deeply into Hook-Up, I approached him as I would anyone else with "Well...?" and, "How can this be...?" I started gently, slowly at first, surrendering to and following what his tissue allowed, which was a general let go and melt-down. At the end of the session, he said, "I feel like a bowl of jelly. I have never felt so relaxed in my entire life." He looked blissfully happy. He moved gracefully and easily, and stood unwittingly tall. His wife--who was part of his old existing ego structure--came and scooped him away.

Two days later, she called to say that five hours after the session the effects wore off--as if I had given him some sort of narcotic. He was more stiff and sore than before, and two trips to the chiropractor had been unable to relieve his pain.

After checking with Milton and other colleagues, the way I could best understand this client's reaction was that the body experience with which he had left the session was too unfamiliar to feel safe with. Neither he nor his wife could recognize him. The ego panicked and set about reconstituting the known structure, and to make sure it would really stay this time, tied it up even tighter than before. Although I offered him another session, the wife refused to let me speak to him, and I never saw him again.

In this case I had created no *conscious* context either for him or his wife for the profound changes that occurred. Had this man returned for further sessions, I have no doubt that he would have learned to recall and integrate this state of greater relaxation into his known ego-structure.

In retrospect I could not help laughing at the

similarity between this case and that of a man Dr. Trager describes from his internship days. Milton sat next to a man as he came out of anaesthesia. This man, although so loose while anesthetized that it took eight men to turn him over, came back to consciousness packaging himself back into his known rigid personality structure, muscle by muscle.

In both cases, as the state of relaxation--one induced by chemicals, and one through a TRAGER session--wore off, the conscious mind or known ego-structure of the individual, recreated its familiar neuro-muscular state-of-being-in-the world. The holding pattern was of the mind not the tissue. Our tissue only holds on or lets go according to messages sent from the central nervous system.

The difference between the anaesthesia and the TRAGER session in terms of neuro-muscular learning is that the relaxation learned during a TRAGER session is available to cognitive recall at any time and becomes part of the neuro-muscular memory bank, while the relaxation induced chemically only lasts as long as the chemical intervention is present. Repeated TRAGER sessions reinforce the "pleasure file", and cognitive linkage helps in the formation of a new and supportive ego-structure.

Over the years, I have become aware of greater subtleties and differences in tissue response and pre-conscious resistance. This has led to the recognition of a whole category of clients whose nervous systems seem to have no knowledge of STOP, or boundaries. These are adults, who as children, suffered physical or sexual abuse. To these clients I teach *conscious resistance*. More about this in my next article.

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## TRAGER Rock 'n Roll

Molly Smith

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*Molly is a client of Practitioner Linda Aris of Edmonton, Alberta, Canada. She wrote this poem after attending an Introductory Workshop in Edmonton, on October 20, 1991.*

TRAGER makes waves  
in the fluids  
of our bodies,  
to lull body  
and unconscious awareness of body  
into open repose.

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# Report from the National Certification Forum

Maryann Zimmermann

The recently created Council of the National Certification Program for massage therapists and bodyworkers held an input session last February 2nd, in San Diego, California. The council is developing national certification for massage and bodywork practitioners. Raymond Castellino, D.C., organization liaison for the Council, invited a few TRAGER folk to the meeting. It turned out that San Diego TRAGER Practitioners Vanita Garner and Maryann Zimmermann were able to attend, and this article is Maryann's report. Opinions expressed in this report are those of the author, and do not necessarily reflect any official position(s) of The Trager Institute at this time.

There are a number of publications you may acquire to inform yourself about the developing national certification program. A complimentary copy of "In Touch With The Future", a 40 page handbook which addresses issues of national certification, and which is published by the American Massage Therapy Association is available to all Institute members. To receive it, just write to: AMTA National Office, 1130 West North Shore Avenue, Chicago, IL 60626-4670. The July, 1990 issue of *East West* magazine contains an article by Bill Thomson called "Bodywork: The Great Certification Debate". For back issues you may write *East West* at: 17 Station Street, PO Box 1200, Brookline Village, MA 02147, or call: 617-232-1000.

Steve Eabry, massage practitioner, bodyworker, and husband of TRAGER Practitioner Martha Eabry of San Luis Obispo, California, writes: The ongoing process towards a national exam for bodywork will affect TRAGER, each Practitioner individually and especially your consumers. For those who have not yet taken the time to understand the issues, I urge you to read the extensive coverage in the Jan./Feb., 1991 issue of *Massage* magazine - "National Certification: The exam that will shape the future of touch therapies in America", by Melissa Mower, with side bar articles by a number of individuals--including me--who have distinct points of view on the process. You may contact *Massage* magazine at: PO Box 1500, Davis, CA 95617-1500, 916-757-6033.

The National Certification Forum/Hearing was held at the Catamaran Resort Hotel. It consisted of eight volunteers from various disciplines, and not necessarily A.M.T.A. members, who constitute a council to explore, investigate and serve as a conduit toward an examination that would provide acceptable national certification to everyone who works with soft tissue manipulation. In addition to the council board, there were approximately thirty liaison representatives from around the country to offer testimony and their view points and needs regarding their particular work form.

The purpose of the meeting was to receive input from a variety of "hands-on" organizations and schools to augment what the council has received from the job analysis survey that had been circulated to randomly selected bodyworkers around the nation. The council has been working with this for about a year, and it will probably continue for a year or two more for a thorough understanding of what is needed and what will be acceptable.

The format of the day included a warm welcome from the council chair-person, George Kousaleous, an introduction of the council members, and their presentation from 9:00 AM to 10:00 AM. Liaison oral presentations were given from 10:00 AM until noon. Lunch lasted to 1:30 PM. Liaison presentations continued until 3:30 PM. The Forum was capped with a question and answer period from 3:30 PM to 5:00 PM.

The above mentioned job survey was sent last August, to 6,930 massage therapists and bodyworkers randomly in both rural and urban areas throughout the United States. A job analysis was created from survey results. Findings, questions, and considerations arose to be addressed from this job analysis. Some of these are:

1. There is strong agreement on a core body of knowledge for entry level to massage/bodywork.
  2. The National Certification Council is following the steps necessary to create a legally competent examination process.
  3. The diversity of approaches does not preclude the intentions of national certification.
  4. Is there a definable core body of knowledge that can bridge the gap of diversity?
  5. Even though diverse, are there core similarities at basic levels?
  6. Gathering enough information to reflect the general and the specific.
  7. We are better educated than we thought we were.
  8. This is a first glimmer snapshot of what we look like.
  9. The field of massage and bodywork encompasses practitioners from little formal education through the doctorate level, people with handicaps, and people who do not test well, but who do have great skill, talent, and effectiveness in what they do.
  10. From an accumulated body of knowledge and research, do we have enough information that exists for all who do soft tissue manipulation to develop a comprehensive examination?
  11. Should the examination be "entry level" only?
  12. Practice settings for massage and bodywork are diverse.
  13. 72% of practitioners are women.
  14. There are consumer related concerns that cross disciplinary boundaries.
- Regarding the above, Ray Castellino comments that: "The job analysis study did find a core body of knowledge and skills for massage/bodywork practitioners. More study has to be

done in order to include specialty areas, i.e. various forms of massage and bodywork. We are fully committed to creating a user friendly examination. Moreover, the job analysis study has provided us with valuable data which is available to all of us as we present ourselves to the public. The published results will be available soon by the National Certification Council for a nominal fee. All of us on the National Certification Council welcome constructive input and questions from the field. We look forward to other opportunities to meet and exchange with you. Please write us in care of: National Certification Council, 1130 West North Shore Avenue, Chicago, IL 60626-4670."

My own experience of the Forum day was one of surprising delight. I went there to fulfill a request thinking this was a done deal. The serendipity of that was to recognize and appreciate the enormous task and undertaking involved in national certification, and the genuine, deep attention it is being given. I am touched by the pragmatic considerations in this whole process which include costs--\$60,000. for the job analysis survey--and even about that, the amount of voluntary person hours devoted with awesome commitment to getting the job done, and done effectively. The council is uniquely careful about inclusivity, professionalism, age, color, creed, and socio-economic position. They honor the field deeply, not only the disciplines, but the peoples it represents.

A summary report is in progress. There is an open willingness of any council member to come to any group meetings in the United States to answer questions and receive information. There is no fee charged by the member other than travel expenses. The entire forum was taped, and is available upon request.

There is a responsibility of each of us to communicate what we want and need to the council. The process is enriched by participation. Toward the goal of national certification, we move out of separateness to a broader view for consumer protection and see ourselves as a unit. This can lead our orientation to a major effect and shift. We must ask questions or we won't know. The professional status, credibility, and recognition of all in soft tissue manipulation is emerging. National certification can mean a quantum leap in that evolution.





## Awakening to the Flow of Life

Lucinda Lea

*Lucinda is a recently certified TRAGER Practitioner from Philadelphia, Pennsylvania. This article is the personal statement she wrote for her Practitioner application.*

As a dancer suffering from a chronic lower back and hip injury, my first experience of a TRAGER session was one of the most profound of my life. Besides receiving great comfort and relief from pain through the session, I immediately knew I had discovered a new life work and a way of life, as I would be able to use TRAGER in my own self-development to release me from my limiting patterns. Additional sessions and my experiences during trainings enabled me to feel and to know at a deep intuitive level that life can indeed be lived from a place of wholeness--with an integration of body/mind/spirit reached through effortless acceptance of change as the ultimate reality. The gentle nurturing approach revealed how any resistance can be melted away through questions rather than demands, as I listen for answers rather than try to make things happen or change.

Session and trainings bring up painful issues, but the process of working them through can be transforming and exhilarating. They reveal my responsibility in creating my own life and sharing the truth with others. In essence, TRAGER has enabled me to reclaim and love my True Self. I am finally saying "yes" to myself, embracing the good, asking for what I need, beginning to accept, allow, receive, and revel in my vulnerability rather than hide or run from it. TRAGER is helping me let go of the need to control. I am learning to identify and feel feelings and to trust my intuition and act on it. I'm even having fun! I am understanding the need to "Hook-up" to a Higher Consciousness and let it flow through me so I can make contact with other Being even as the process helps me better relate to my Self.

TRAGER has provided me with an entirely new manner of dealing with pain and injury. I now simply notice when I feel pain somewhere, accepting it, and asking what I can learn from it, rather than fighting it and feeling victimized by that part of my body/mind. I can gently nurture myself and listen for the letting go. I use MENTASTICS as a way to release tension, to get quietly centered, more able to deal with problems and stress. I now use this attitude when faced with interpersonal conflicts. I am slowly learning to be patient and not to be invested in the outcome of events. I am less interested in "fixing" things or changing people or situations. What a relief!

The TRAGER Approach has reshaped my own dancing. Whereas dance used to provide an escape from the world--reality, my body, my "not-OKness"--a high that in a way was a denial of Me, now I feel I dance to celebrate and share life, love, beauty, music, my essence. My body/

mind/spirit connect to express its ultimate freedom, not escape its limitations.

TRAGER has also transformed the manner in which I teach dance. I encourage an interactive questioning/listening approach, where everyone takes responsibility for his own training process. Through MENTASTICS and hands-on techniques we explore the feelings connected with movements, learning experientially as well as visually and intellectually. We seek to find internal and external balance through expanding, extending energy from our minds and hearts to communicate a sense of lightness, effortless-ness, joy. Classes vibrate with a sense of wonder, new-found self-respect, trust in the ability to move more fluidly as body/mind/spirit are integrated. We teach what we need to learn, and as I see this approach work so well with dancers in the studio, I gain faith in it as a guiding philosophy of life and I begin to trust my intuition with clients on the table. I continually discover the truth of "less is more", especially in my own sessions. The more subtle the work, the deeper it goes, the more I trust, the less my fearful mind hangs on and emotions and energy begin to flow.

My seriousness, intensity, desire to achieve are being transformed into playfulness, curiosity, delight in extending love and accepting myself and others as they are. During the training track one of my major struggles was dealing with overwhelm in learning situations. I can be very self-critical, wanting to figure everything out and do things perfectly. With the gentle encouragement of Tutors and Instructors I was allowed to feel and express my fears, daring to ask for help to overcome this negative pattern. Their example has given me a model to use as I grow. Learning a whole new way of being can be frustrating and terrifying even as it excites and challenges. The deep knowing that this path is exactly right for me enables me to be gentle with own resistance. As I accept my resistance I find it becoming easier to meet my clients in theirs. I use MENTASTICS to help me get out of thinking into quiet awareness. I enjoy sharing it with my clients and students who love exploring it for themselves.

I feel this work is an incredible gift which will continue to enhance my life as I grow and share it with others. As I live The TRAGER Approach, my mind and heart are opening into a spaciousness which allows for the awareness of joy, peace, and love.

## How I Found My Bounce

Glennnda Adair

*Glennnda is a TRAGER Practitioner from Mission Viejo, California. She works full time with computers, and part time with TRAGER. Glennnda also sees Emily and Milton frequently, and does many kind favors for them for which they and we are grateful.*

Every now and then when things become heavy on our minds, we seem to get heavy, depressed, or lackadaisical in our attitudes and actions.

I was in one of these situations just before going on a much-needed vacation and I decided to treat myself to a TRAGER session in anticipation of getting the necessary rest that I hoped to derive from my vacation.

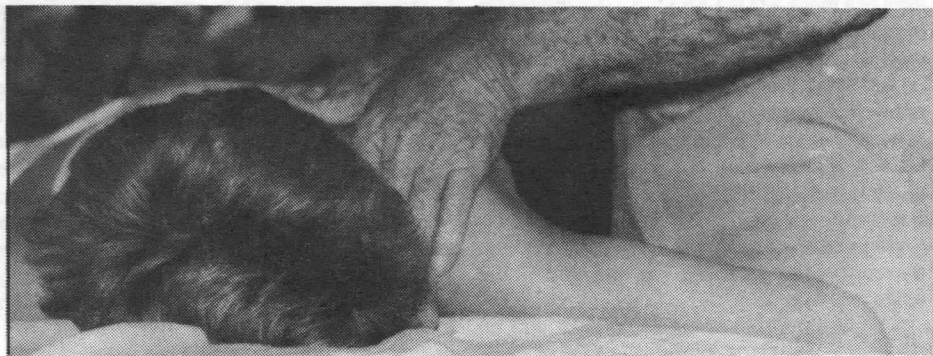
Maryann Zimmermann, San Diego TRAGER Practitioner, was showing me a new MENTASTICS move she had learned. It was beautiful to watch. All of a sudden there was a gentle bounce that seemed to come from within Maryann. The bounce started at her shoulders and slowly drifted throughout her body and became a much fuller bounce encompassing her whole body.

I closed my eyes to visually imitate what I saw in Maryann. I just couldn't do it. All my body would do is sway back and forth. I couldn't find that beautiful bounce inside of my body!

I started my vacation driving up the coast and noticed a change come over me. I was becoming much lighter in my actions.

I stopped the car and decided to do some MENTASTICS on a huge rock by the side of the road. As I did the MENTASTICS, I was looking out at that big expanse of the Pacific ocean, and I felt great. The feeling inside of me was not only happy, but also light and feathery.

I decided it was time to do that new MENTASTICS move again. I closed my eyes and pictured Maryann gentle creating a bounce from within. And then it started... it was so easy! The bounce started high within my body and gently came around my shoulders and filtered throughout my body. What a pleasant experience! I couldn't help but smile... for I had found my bounce!



## Institute News

### The MENTASTICS® Leader Status

Carlo Rossi

MENTASTICS Leaders are Certified Practitioners authorized by The Trager Institute to lead MENTASTICS classes for the public or for Institute members. A number of months ago I placed a freeze on all applications for MENTASTICS Leader--as well as all other special statuses. I took this action because of concerns that I had with the overall concept of special statuses including the required qualifications and the cumbersome application and selection processes. I wanted the opportunity to examine what part special statuses played or should play within the overall structure of our organization. If statuses were necessary and needed, I wanted to develop procedures that were timely, fair, equitable and meaningful.

We are still in the process of determining how we can most effectively incorporate MENTASTICS training into the overall Institute training program. We have asked the Education Committee to include this item as a point for discussion.

In the interim, and as a result of a great deal of input and urging from members, I have decided to reopen the application process for MENTASTICS Leader. Listed below are the requirements which when met, will authorize Practitioners to lead MENTASTICS classes:

1. Practitioner in good standing
2. Completion of Practitioner 1 plus at least 2 additional Practitioner trainings.

A written recommendation from two different Instructors, from a. and/or b. below: (More than two of these supervised teaching experiences may be required before the potential applicant is recommended.)

a. A special Tutorial with an Instructor in the form of a mock MENTASTICS class (no fee for participants), in which the prospective applicant teaches the class with the Instructor evaluating.

b. Assisting for 3 or more days in a Beginning or Intermediate training, during which potential applicants need to demonstrate skills necessary for the MENTASTICS Leader position, i.e. group leadership, MENTASTICS teaching, logistics etc.

If you are interested and have already met the first two pre-requisites, you may contact the office for an application packet.

A one-time processing fee of \$15 and an

additional fee of \$30 to upgrade membership dues to MENTASTICS Leader status must accompany your returned application. Removing the freeze will allow us to continue the development of MENTASTICS and MENTASTICS Leaders while we consider ways to include advanced MENTASTICS training into a restructured and strengthened certification program.

### Milton's Birthday In April

Milton will be celebrating his 83rd birthday this month on April 20th. Adrienne Stone is coordinating a birthday celebration for Milton at Leisure World in Laguna Hills, California on April 27th, from 2:00 PM to 6:00 PM. A \$10. donation is requested for each participant. This money will be used to fund the video taping of Milton Trager at the Reflex/Response class that will have occurred in April. For more information please call Adrienne at: 213-451-4625 or Maryann Zimmermann at: 619-488-1921.

Since most members will not be able to attend this particular party, everyone in the TRAGER world is welcome to celebrate Milton's birthday and honor the individual who has given us the gift of his work.

Please note that Emily and Milton will be celebrating their 26th wedding anniversary this May 22nd; and, on top of that, Emily will also be celebrating her birthday on the very same day!

### Report from the Board of Directors

*This article presents summaries of minutes from our Board of Directors meetings. The members of our Board are: Harry Friedman, Betty Fuller, Natasha Heifetz, Deane Juhan, Jan Stevens, Anne Wormood, and Stephen van Beek.*

At the October 10, 1990 meeting, the Board approved the now implemented plan for Institute-sponsored Practitioner Review classes. An Executive Director evaluation committee was appointed. Results of the Practitioner Survey were reviewed, and the Board directed that they be published in the newsletter. The marketing sub-committee made a report of its ongoing progress. The Institute attorneys were directed to complete a contractual template to describe the relationships between regional member organizations and the Institute. A motion was passed which requires all Board members to abstain from voting on matters in which they have a direct, personal financial interest. The need to clarify Institute training sponsorship and scheduling policy was discussed. The Board members received a report on the Tutor conference--including the global vision statement.

At the November 14th meeting a motion was

passed for the Board to adopt an ad hoc "working" committee structure. In order to facilitate Board decision making, single issue committees will be formed. Each committee will thoroughly explore all aspects of an issue, form a recommendation, and present it to the whole Board. In light of this new approach, the Board voted to meet every other month. 1990 projected financial figures were reviewed; and Board member roles and responsibilities were discussed. Carlo Rossi's resignation was accepted, and a transition sub-committee was appointed to present a plan at the December meeting.

The Board also approved a motion to proceed with the incorporation of The Trager Institute in Canada--pending the clearing up of certain ambiguities and inaccuracies in the proposed Canadian Institute's bylaws and other questions. The Board approved the implementation and funding of a marketing proposal by marketing consultant Jayne Bonfiatti pending clarification of costs, timing, goals, deadlines, and criteria for measurement of success.

At the December 12, 1990 meeting, the Board accepted the proposed budget for 1991. Board members also voted to limit the terms of any Board member to three consecutive two-year terms, at the end of which time the Board member must leave the Board as a voting member for a period of at least one year before they may again be considered for Board membership. Co-founder, Betty Fuller, was exempted from this limitation. Board members reaffirmed that one candidacy each be available for nominations from the Tutor group and Instructor group respectively. Jan Stevens accepted the position of acting president until 1991 officers are elected. A transition committee recommendation was accepted--including establishment of an interim Education Committee chaired by Deane Juhan, and charged with developing:

- 1) a plan for implementing the recommendations of the August, 1989 strategic planning task force.
- 2) a proposed structure for a permanent education committee.

Pros and cons of Canadian incorporation were discussed. Outgoing Board president Linne McAleer was recognized and acknowledged for her contributions over the last 5½ years--including her exemplary work as Board president during 1990. Harry Friedman, a former TRAGER Practitioner and current osteopathic physician was voted in as a Board member replacing the just-resigned Linne McAleer. Dates for Board meetings in 1991 were set: May 29, July 24, September 11, and November 6. The Board also plans on meeting together with the Instructors committee and administrative staff this May. A motion was passed that regional communities and resident Instructors must reach an amiable arrangement regarding sponsorship of trainings in their area before any trainings are allowed by the Institute in that area.

At the January 23rd meeting it was reported that a member group contract template had

been completed by attorney Elizabeth Reifler, and was going through a revision in partnership with service mark attorney Katherine Spelman, and Canadian attorney Gordon Clarke. The Board reviewed further information on Canadian tax and immigration issues. Don Schwartz was designated "Administrative Director" effective March 1, and he accepted this new position with an expression of commitment and dedication to the Institute and its membership. A final wording for a new training and scheduling policy was accepted unanimously. This reads:

1. The Trager Institute's Board of Directors requires that all participants in the planning, scheduling, and conduct of all TRAGER trainings--required and elective--comply with the terms of The Trager Institute's "Code of Ethics and Conduct".
2. The Board recognizes and supports both member group and individual member sponsorship frameworks.
3. The Board requires a full commitment to cooperation, communication, and full disclosure between all interested parties.
4. The Board requires a commitment to comprehensive planning of all TRAGER trainings within a region. The Board affirms the need to insure that:
  - A) all components of the training and certification program be available;
  - B) that all scheduling follows a logical sequence that supports the smooth conduct of the certification program;
  - C) that all trainings be scheduled so that they do not conflict with each other within a region, and so that they optimize enrollments.

The next election of Board members will take place on November 6, 1991. Nominations are now being accepted for that election. For information on qualifications for nomination please contact: Betty Fuller, The Trager Institute, 10 Old Mill, Mill Valley, CA 94941-1891, U.S.A. The deadline to receive nominations is September 6, 1991.

## Two New Instructors and One on the Way

### The TRAGER Instructors

Congratulations to Antonia Faeh of Switzerland and Karen Hortig of Hawaii on completion of the training program for Instructorship. They are now full-fledged Instructors and are available to teach Beginning trainings throughout the

global TRAGER network. Our third Instructor candidate, Amrita Daigle of Quebec, Canada, due to another 9 month project with which she has been involved--please see the Member News section--will be completing her training soon. The Instructors welcome all three, and anticipate that they will make a worthy contribution to The Trager Institute's training program.

*Please note that Antonia's and Amrita's contact information can be found in our current, 1990, roster. Karen, however, has moved, and her new address and phone are: 77-326 Sunset Drive, Kailua Kona, HI 96740, 808-329-8630.*

## Institute Activities: We Now Accept Credit Cards!

### Don Schwartz

Your administrative staff is pleased to announce that we are now accepting VISA® and MasterCard® credit card payments for virtually all Institute services and products--including trainings and dues. The training application and products ordering forms are being revised to reflect this new service, and we will also be taking telephone orders for our products.

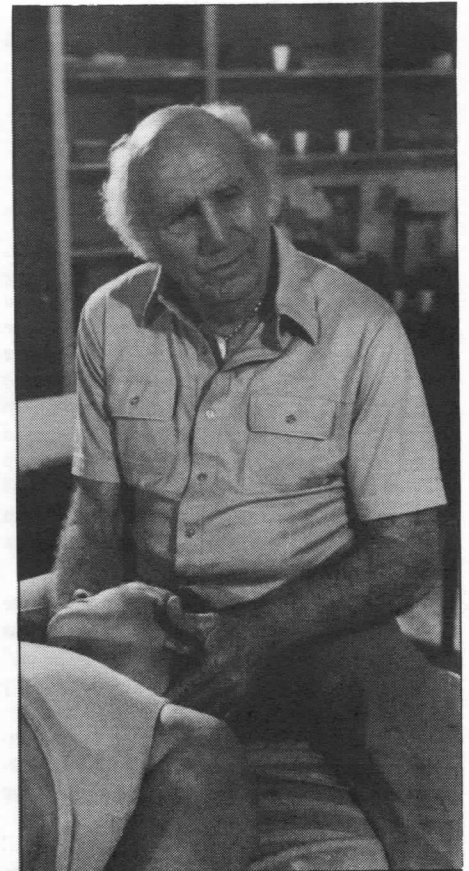
Our Next International Conference? A committee of TRAGER folk to organize our next international conference has yet to emerge. However, Practitioner Maryann Zimmermann of San Diego, California, has initiated an exploration into having the conference in Southern California, very close to Emily and Milton Trager. More information about this will appear in our next newsletter...if not sooner.

Translating: The need and call for translations of all Institute publications has always been loud and clear, and is getting more so. The funds for translations have not been available. However, the administration is now devoting more of its resources for translations. This process has been made more efficient with the advent of desktop publishing at our offices. Our first priority it to translate our basic forms into French, German, Italian, Swedish, and Hebrew. In addition to the financial expense of translating, there is also much time consumption. We want to do as good a job as possible, and will have our translations double checked before they are formally distributed. When articles appear in other languages in this newsletter, that means they were submitted in both languages. We are not able to do the kind of proofing for the foreign language translation that we do for the English, and we apologize for the errors which appear in the foreign language translations.

With desktop publishing we are now mailing newsletter galleys to foreign language centers in Canada and Europe at the time the newsletter is printed. This allows the TRAGER folk there to do what they can in the way of translating the articles into their respective languages to share by phone, meetings, and/or mailings. Over time, the administration hopes to find ways in which the Handbook, all of the newsletter, major articles about TRAGER, etc. can become available in many languages. This will involve a highly cooperative effort on the part of many members around the world. We are grateful for your assistance and suggestions.

Referrals: The Institute's administrative office receives daily requests from the public for names of Practitioners in their locality. Often people want to know if any of the Practitioners we refer have experience in a particular area such as the lower back, AIDS, adults who were abused children, senior citizens, stroke patients, Parkinsons, etc.

It would help if we knew who of our referrals are also health professionals with particular areas of focus. So, drop us a line if any of the above refers to you, or if you have expertise with other types of clients, and we'll add it to your computer screen.



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## 1990 Financial Information

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Jan Stevens

*Jan Stevens is both a TRAGER Practitioner and accomplished business woman. A member of the Board, Jan also oversees The Trager Institute's fiscal operations.*

Preliminary financial statements for 1990 reflect a gross income of \$353,188, which is \$7,374 higher than 1989. Receipts of membership dues increased \$45,659, offsetting a \$35,471 decrease in sponsored training income. Gross expenses were \$319,039, \$30,778 lower than 1989. Expense increases included \$11,368 in wages and payroll taxes, \$5,960 in legal fees, \$3,765 for telephone, \$2,318 in postage. Expense decreases included \$27,307 in Instructor fees, \$6,231 in printing/typesetting, \$6,242 in travel and hospitality, and \$2,281 in office supplies.

The apparent \$34,149 surplus in funds received over funds expended provides us with operating capital to cover the extended dues renewal period. In addition, \$10,000 of the surplus has been designated to fund the services of a marketing consultant, an action taken by the Board in direct response to Practitioner and Instructor input. Thanks again to Dr. Trager and the TRAGER Instructors for the donation of their Laguna Practitioner training teaching fees in 1990. Final financial figures will be published in the next newsletter.

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## The TRAGER Family Circus: A Video

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Gae Henry and Henry Bornstein

*Gae and Henry are Practitioners from Berkeley, California. This article describes their video taping of the talent show from our last international conference. Gae and Henry have absorbed all the costs of the taping itself plus the labor-intensive editing process; and, they are donating the master to The Trager Institute as a fundraising project. On behalf of the membership, administration, and Board of Directors, I want to express deep appreciation for their generosity. Funds received will help pay for video taping of Dr. Trager's work this Spring at the "Reflex/Response" class. Please see below for ordering information.*

At the International TRAGER Conference in Indianapolis, the traditional talent show was presented as the "TRAGER Family Circus." The entire event was videotaped and copies may now be ordered from the Institute office.

Because the show was set up as a "circus-in-the-round," both the audience and the performers are captured, and the tape really gives the feeling of being there.

See mimes, dancers, musicians, jugglers!! See "wild animals"! See poets and clowns! See

TRAGER "babies" swarm the stage! Don't miss the Gigantic Singing Beet! This tape not only includes the performances of the many talented TRAGER people who put on the show, but also captures Dr. Trager surprising us all by dancing to his favorite music, Emily Trager joining the cast to juggle scarves, and of course, an integral part of this event, the entire audience. All in all, quite a celebration!

As a special treat, the tape also includes Milton and Emily Trager being surprised at the Conference by Al Chung-liang Huang, Tai Chi master and the artist who created our TRAGER logo. They had not seen each other in years. It's a wonderful sequence and includes Betty Fuller telling the story of how they all met, Milton and Emily reminiscing about their time in Hawaii and Milton and the group doing MENTASTICS to the beautiful music of Al Huang's bamboo flute.

*To order your copy, just send US\$25. to: The Trager Institute, 10 Old Mill, Mill Valley, CA 94941. Cost includes postage and handling. European orders should have an international money order for US\$30.*

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## International Marketing and Promotion

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Jayne Bonfietti

*Jayne is a marketing consultant hired by the Board of Directors to help promote and market the TRAGER work itself, the Institute and its certification program.*

The TRAGER Institute has retained my services as a marketing consultant to develop a comprehensive two-year marketing program for both the Institute and the individual Practitioner. I was chosen for this position for my background in marketing, advertising and publicity for major U.S. corporations, and because of my ability to promote myself as a bodyworker, health lecturer and marketing consultant to holistic practitioners.

My energy will be focused in two areas, developing an efficient and effective marketing strategy of international scope for the Institute, and development and implementation of a Practitioner marketing manual which will take you step by step through the mechanics of the marketing process and challenge you to create your own message.

My initial focus will be to catalyze media coverage of the TRAGER work itself, significant Practitioners, and the work of The Trager Institute.

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## "Share Your Keys" to Foundation Grants with The Trager Institute

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Glenn Goldberg

*Glenn Goldberg is the Executive Director of the California Consortium for the Prevention of Child Abuse. His wife, Kari Zeh Goldberg, is a TRAGER Practitioner in the Sacramento, California area. Glenn has obtained millions of dollars in foundation and public grants during his career as a public interest attorney and nonprofit consultant and director.*

Every state and community across America is blessed with family and corporate foundations that together award billions of dollars each year to tax-exempt, nonprofit organizations like The Trager Institute to promote worthwhile education, research, and service objectives. As the TRAGER Institute's "wish list" of research, service, publication, public awareness, and professional development and standards projects continues to grow faster than its resources, foundation grants could become a very important new source of funding to underwrite these efforts.

TRAGER Practitioners may hold the keys that can open the doors to foundation grant funding! Every foundation has a Board of Directors that decides what grants to make. While larger foundations often have professional staff to screen proposals and recommend allocations, the tens of thousands of small family foundations or trusts usually operate on a very informal basis, relying upon their personal networks to alert them to worthwhile causes and special projects.

Most municipal libraries have publications (such as the Foundation Directory, the National Data Book, and directories of foundations within a particular state or community) listing the various foundations and family trusts and their Board members. Even without research, you probably already know people and families of wealth in your community, and you can ask them if they have family foundations or trusts or serve on their boards.

If you have a foundation or trust contact, we encourage you to help advance our professions and invest in your own future by informing the TRAGER Institute staff. Depending upon your preferences, the staff can approach the foundation with a proposal, perhaps using you as a local reference; or you can jointly approach the foundation; or the staff can provide you with information, background materials, and the Institute's "Wish List" so that you can discuss the possibility of a grant with your contact.

It's important to understand one reality: foundations and trusts have often been established as part of tax-reduction strategies by wealthy individuals and families, and they are legally required to give away their money! In asking them for funds, you are applicants, not

suplicants! You are simply offering them a worthwhile opportunity to make good use of the funds they must dispense.

## 1992 Tutor Conference

Roger Tolle announces that May 21-24, 1992 are the dates for the next conference of TRAGER Tutors to be held in New York state, at the Phoenicia Pathwork Center, located in the Catskill Mountains. The conference's theme is "UPLIFTMENT". In addition to Roger, the committee includes Martin Anderson, Terry Bremmer, Steve Buchbinder, Carolea Burgess, James Day, Maxine Guenther, and Stephani Murdoch. The committee requests all Instructors and sponsors not to schedule classes at that time so that Tutors do not face the conflict of having two different Tutor events from which to chose at the same time.

## Open Line

As announced in our last newsletter, the Institute's Board of Directors has directed that the newsletter expand its content to include divergent views and opinions as expressed by both members and non-members. This new section will present letters to the editor on articles from the previous newsletter and/or related subjects. At this time, our space is severely limited, but I want to get as much as we can into our newsletter--this section included. Please send in your comments typed, double-spaced, and as brief, to-the-point as possible.

We "primed the pump" so to speak in our last newsletter by publishing Practitioners' comments from our first Practitioner survey. TRAGER Practitioner Judy Archer further primes the pump in her response to that article.

Dear Editor,

I have some comments about the TRAGER Practitioners survey. The opening statement was "This survey will assist our administration in developing promotion and marketing strategies". Instead the results were published in the newsletter. The assumption I made from your statement was that the process was internal.

Generally to build trust in survey results it is advisable to let people know how the information will be used. It was implied that it would be part of an internal process. In addition it was published in the newsletter. The impact is that people may not trust how information is going to be used for fear that their comments will be published without their permission.

I appreciate the intent on building dialogue between Practitioners and the Institute. Being clearer about your part in this process could help to deepen this dialogue. I hope that my comments contribute to the dialogue.

## Your Administrative Staff

Don Schwartz

In the spirit of increased Institute communications, I want to introduce you to the people who work for you.

Claudia Bourbeau is starting her third year as Membership Administrator--a highly detail oriented job which includes handling Practitioner certification and membership renewals. She also receives and dispenses all funds, completes monthly and annual financial reports, oversees TRAGER continuing education requirements, and is actively involved in the coordination of French, German and Italian translations.

Claudia grew up in Portland, Oregon, and has lived in New York City, London, and San Diego. She recently completed an Intermediate training with Gail Stewart, and is working towards certification. In addition to bodywork, Claudia's interests include the intuitive arts, music, meditation, long walks in the woods, and a deep caring for the environment. As a result of her influence, the office is now recycling all of its paper refuse.

Esther Cherk has been our half-time Prod-

Esther Cherk



ucts Administrator/Office Assistant and general support person for over a year. She handles the purchasing and processing of books, journals, T-shirts, videos, etc., sends out materials for trainings, helps with information requests, mailings, and answers the constantly ringing phone. Esther is also in charge of all the filing, and--in anticipation of renewal activities, moved eight filing cabinets, and completely reorganized the filing system. The rest of her time is spent helping Claudia with computer entries, certificates, preparing bank deposits, helping Marcia in such areas as charting out the year's schedules. She also helps me with copying and mailings. Esther has started to organize and put in binders past TRAGER newsletters, schedules, published articles, and photographs--with the goal of having material handy and ready to assist TRAGER members. All of this, remember, on a half-time basis!

Esther was born in China, but has lived most of her life in the San Francisco Bay Area. After graduating from U.C. Berkeley, she taught briefly, but eventually opted to stay home and raise her four daughters. She feels that working part-time gives her the flexibility to continue to assist her architect husband, Dart, in his profession, and to continue her involvement with community activities.

Marcia Koski has entered her sixth year as our Registrar and C.E. Units Director. In addition to receiving, processing, and confirming registrations, she participates in the scheduling of Institute-sponsored classes, books the training rooms, answers a myriad of phone calls, and single-handedly produces the TRAGER Schedule--no mean feat since it involves inputting into the computer and then proofing all those tiny little dates, addresses, and phone numbers while answering those myriads of phone calls. Marcia also handles applications for special statuses, sells T-shirts, etc. at trainings, keeps track of bed and breakfast accommodation information for training sites, and is very proud of the fact that she can eat lunch while talking on the phone without sounding as if her mouth is full. Marcia is also a good copy editor, and I avail myself of her services frequently.

Marcia is from New York, and her background includes professional theater--both on-stage and backstage. She has taught drama to children and developmentally disabled adults, was a library coordinator for two K-5 schools, has been a 3rd grade classroom teacher, and writes childrens books in her spare time.

As individuals and as a team, Marcia, Esther, and Claudia are constantly evaluating their administrative work, and searching for the most efficient approaches to all of their tasks in order to serve you, our members, better. They embody a positive, supportive, and giving spirit in their approach to their work on our behalf, and I cannot overstate my gratitude for myself and the Institute in having them here.

## Regional News

As was reported in the introduction to this section, the Institute's Board of Directors has been advised by service mark attorney Katherine Spelman of Townsend and Townsend, of service mark registration questions and issues in relationship to the development of member groups. Although service mark issues are critical to our organization's international integrity, the Board's commitment to the support of member groups remains strong. Our general counsel, Elizabeth Reifler, is working with Ms. Spelman as well as our Canadian counsel, Gordon Clarke, to develop a member group contract template which will address key legal, fiscal, and service mark issues, and support the ongoing development of member groups--local, regional, state, provincial, national, and/or international. Information about the development of this template will be shared as it becomes available.

## News from Israel

Practitioner Pamela Sharni of Tel Aviv, our main coordinator from Israel, reports that all the TRAGER people there are OK, and are looking forward to their next TRAGER pod meeting. Pamela thanks all the people that called--including the TRAGER office--for their concern, warmth, and kind wishes.

Pamela also reports that Roger Tolle's and Maurice Hirsch's classes there were well received, and looks forward to more Instructors, Tutors, and workshop leaders coming to Israel soon.

At first glance, and as a general observation, it appears that member group activity has diminished somewhat in the United States, but has increased internationally. European members are developing a common language-based system of sharing information.

## San Diego Regional News

Priscilla Dick

Priscilla is a long-time Practitioner from San Diego, California.

Congratulations San Diego! Our two years of monthly get-togethers have been a great tribute towards our commitment to community growth and mutual support. Daytime pods, pods in the evening, outside on sunny days or inside by a warming fire, all precious times together, an

opportunity to pause in the space of love, respect, deep sharing, healing one another in kindness and mutual caring.

The community truly appreciates Charlise Mosgofian and Danya Richardson hosting pods in North County. Maryann Zimmermann, Cathie Wegryzn and yours truly open our homes for central San Diego. The marathon Christmas holiday pod and potluck was a festive occasion with tablework, fun, and food.

We wish to acknowledge Sandra Golden for opening her lovely Kensington Health Center for on-going monthly demos. Response has been excellent. Jan Bennett, Beth Brownlee, Vanita Garner, Alicia Gates, Cathy Hammond, Barbera and Joe McMenemim, Gaye Porter, Will Putnam, Cathie Wegryzn, Maryann Zimmermann have all shared their time and individual presence to these public service and informational evenings. Evening formats vary and often consist of video viewing, informal group sharing/discussion/questions, MENTASTICS, followed by the demo itself. Mini-sessions by any Practitioner present may be purchased for \$5.00. Now, you know that's a bargain!

We have a number of upcoming events this year to share with you. Before I even mention them, I want to let you know that the San Diego area TRAGER folk have many possibilities for informal bed&breakfast type housing and hospitality. This cuts costs substantially when you attend workshops here.

Carol Campbell's "MENTASTICS with Clients" is to be presented in San Diego, on April 12-14. This class is co-sponsored by Sandra Golden and Cathie Wegryzn. Experience MENTASTICS so you understand why it is called tablework without the table. For more information, call Sandra at: 619-283-9008.

I am particularly excited about co-hosting Betty Fuller's Practitioner 1 and Motion and Emotion workshops in early November. Please see your schedule for more information.

When you visit the San Diego area we sincerely invite you to join us in experiencing this dynamic TRAGER Community--devoted to deepening down into its highest good.

## TRAGER Minnesota--1990

Nancy Harold

It is December. It's my turn to write and send out the minutes of our last TRAGER Minnesota meeting. I sit down to write and realize that it's hard to figure out what to say. What occurs to me is that Marjorie Huebner, one of our active members, is right--TRAGER Minnesota, like TRAGER work itself, seems constantly to be evolving toward greater depth and connectedness, toward less work and more play.

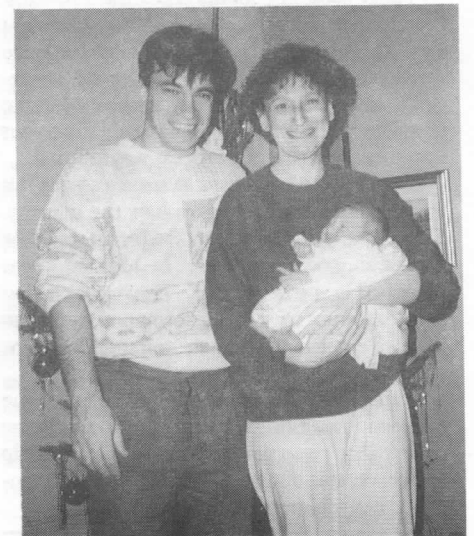
It has been four years since a small group of us began to meet for mutual support and professional development. Initially we worked to establish our organization, to set up trainings, to promote ourselves and our work. Recently, however, we have decided to work less and play more. We came together in December, 1990 with no agenda and no tasks to accomplish. We ate, we talked, we shared our personal stories. The talking went on so long we didn't even get to give each other mini-sessions, as we'd planned. There just didn't seem to be enough time to do it all!

The one piece of "business" discussed was the new practitioner review training format. We were pleased when our tutor, Sheri Bellis, told us Minneapolis would be the site of one of these trainings. In the past, we have hosted trainings as a community, sharing the work and using the profits for the benefit of our community. We are now beginning to examine the way in which we should proceed regarding this new training.

## From Toronto, Ontario, Canada

Shelly Siskind reports that TRAGER folk from the Toronto area held a meeting on March 4th with 11 in attendance. She writes that: It was the best TRAGER meeting ever held. A safe climate was created that allowed open sharing. It was suggested that we, as TRAGER Practitioners committed to a lifelong journey of self-development, support this work by both giving and receiving oral and written feedback to people with whom we trade.

Amrita and Family





Inghard and Katinka

## Member News

### Notre surprise de Noël...

Amrita Daigle

David, notre petit garçon, est né le 26 décembre. Il est arrivé trois semaines avant la date prévue, à 8 livres et 2 onces! Ces événements - la grossesse, la naissance et la présence du bébé - ont tellement enrichi ma vie! Ce sont des occasions pour apprendre à lâcher prise, n'est-ce pas?! L'accouchement s'est bien déroulé et je me suis découvert beaucoup plus de force dans mon corps et dans ma capacité à me centrer que je ne croyais. J'avais d'avance une grande confiance dans le potentiel humain; elle s'est encore accrue. Je me sens bénie: à travers tout cela je m'épanouis. D'être en contact avec mon fils m'ouvre et m'adoucit. J'ai en plus la sensation d'être aux premières loges du spectacle de la vie: David se développe à une vitesse vertigineuse! Et, savez-vous quoi?! Le toucher doux et le Hook Up soulagent les coliques!

Amrita Daigle  
Instructeur stagiaire

### Our Christmas Surprise . . .

Amrita Daigle

*Amrita is an Instructor candidate from Quebec City, Quebec, Canada.*

David, our little boy, was born on December the 26th. He arrived at 8 pounds and 2 ounces, three weeks before his due date! All those events--pregnancy, birth, and presence of David--have brought so much richness in my life. They are occasions to learn to let go, aren't they?! The delivery went all right and I have discovered much more strength in my body and in my capacity of being in Hook Up than what I thought. I already had a great confidence in human possibilities, it's even greater now. I feel blessed; through all that, I develop. Being in contact with my son, I soften, I blossom! And I have the feeling of being a privileged witness of life development. And you know what? Soft touch and Hook-up help in tiny belly aches!

### Welcome Katinka

Inghard Andorfer-Uppendahl

*Inghard is a Practitioner from Passau, Germany.*

I'd like to announce to you all--and especially to all teachers and students who were in Noirmoutier, France last June--the birth of our daughter, Katinka, on August 28, 1990.

I was 7 months pregnant in Noirmoutier, and I/we got so much special and loving touch throughout the conference and especially the P2. Katinka, by now over 4 months old, is very

sweet, peaceful, and harmonic, yet very awake and "physical". I'm sure she has felt quite a bit of TRAGER lightness in her life already and we are very thankful for it.

All the best for '91 to you all.

Inghard, Steve and Katinka Uppendahl

### Congratulations to...

...TRAGER Tutor Monika Ammann-Sutter and her husband, Christoph, of Kilchberg, Switzerland, on the birth of their child, Sarah Rose, on February 2, 1991.

### MENTASTICS on the Mountaintop

Cynthia Harada

*Cynthia is a TRAGER Tutor and registered nurse from Los Angeles, California. She is also our esteemed models coordinator for the "Reflex/Response" class.*

On July 29, 1990, six of us ascended the summit of 14,495 foot Mt. Whitney, the highest point in the contiguous 48 states. After an extremely difficult morning of slugging up the mountain, I led the group in MENTASTICS on the mountaintop. Throughout our two-day hike we did MENTASTICS regularly. As a result, our weary bodies and spirits revived readily and enabled us to successfully meet our challenge of the ascent.

### Natasha in Italy

TRAGER Tutor and Board member Natasha Heifetz from Berkeley, California is now in Italy, and is exploring opportunities for working and playing there. By the time you read this she "hopefully" will have her own apartment and phone number. Her current address is: c/o Pietra Pertusa, km. 18.100 Via Flaminia, 00060 Riano de Roma, (Prima Porta), Roma, Italia. Natasha's fax number is 06-3004672, and phone messages can be left at 06-3004600.

### And Yet Another TRAGER Baby!

Congratulations to Tutor Cindy Popp-Hager and her husband Clyde Hager of Sterling, MA, on the birth of their second child, Amaryllis Elaine Hager, on March 13, 1991. Amaryllis was born at home, and weighed in at 7 pounds, 3 ounces.



#### Credits

Editor and Desktop Publisher	Don Schwartz, Ph.D.
Assistants	Cladia Bourbeau Esther Cherk Linda DeVere Betty Fuller and Marcia Koski
Cakes	Jean Kronfield

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