

The TRAGER[®] Newsletter & Schedule

Fall/Winter 1998-1999

Volume XVII, Number 3

Seasons of Change

Don Schwartz, Ph.D., Executive Director

This is a time of much change and growth for The Trager Institute. I have much to share with you in describing and reflecting our current developments.

Emily and Milton Trager Bequests

In addition to Dr. Milton Trager's gift of his work to all of us, Emily and Milton have made three bequests to The Trager Institute. They have bequeathed the vast majority of their material possessions. Our Board and administrative staff have begun sorting through all of these items. We look forward to making some items available for purchase by Friends, Students, and Practitioners as a fundraiser for our organization. And we look forward to creating a special place for Dr. Trager's papers, photographs, and the many mementos of his distinguished and exciting life, so they can be seen and enjoyed.

Emily and Milton Trager also bequeathed a gift of us\$250,000. to The Trager Institute as an "endowment fund" called The Emily Laser and Milton Trager, M.D., Endowment Fund. An endowment fund is a sum of money which will not be touched, but the interest or dividends may be utilized in various ways. This bequest contains a stipulation that the Institute shall conduct an annual fundraising to add to this endowment fund. The fund's interest will be used to support our organization's basic operations. Please note that the larger this fund becomes, the more interest and dividends it pays. The more we receive from this fund to support basic operations, the more we will be able to use our two primary incomes--annual license fees and training service fees--for direct services that support both trainings and Practitioners. Also, the larger our endowment fund, the less pressure there is to increase these fees. However, in any case, we all must recognize that the more support we provide our organization, the more support the organization can provide to us. We welcome your donation of any amount at any time to this endowment fund.

Finally, Emily and Milton bequeathed a cash gift of \$400,000. I have recommended to the Board of Directors that this gift be used as follows:

- \$150,000. to be allocated for worldwide marketing, promotion, and public education. I welcome hearing your thoughts and ideas about marketing. Please send them to me at our international headquarters in Mill Valley.
- \$100,000. to be held as an emergency operational fund to cover possible annual budget deficits.
- \$100,000. designated as our building fund for the eventual purchase of combined international headquarters and regional training site.
- \$50,000. to be contributed to the endowment fund.

These gifts are a heartfelt and strong statement from Emily and Milton Trager that they wish us to carry on Dr. Trager's work with vigor, grace, excellence, and dignity. On behalf of all of us, I express appreciation to their spirit for this loving and generous support.

The Board has accepted my recommendations, and we are developing procedures now to share the marketing funds throughout the *Trager* world.

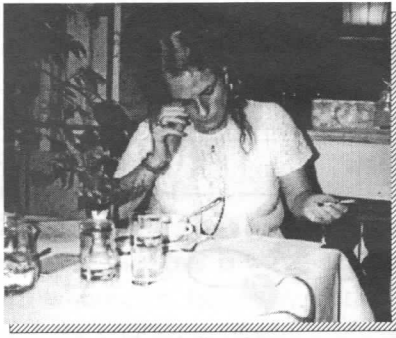


International Developments: A Meeting in Austria

After Dr. Trager first demonstrated his work publicly at Esalen Institute, in Big Sur, California, in 1975, it spread rapidly to Europe. The Trager Institute was "born" as an international organization, but we did not know how best to structure ourselves. Over the past two decades we have been struggling with issues of financial policies, translations, cultural, economic, and governmental differences across national boundaries.

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Elizabeth hard at work at the European meeting.

This year, I was invited by the European *Trager* Representatives Committee to attend their annual meeting. Our Board of Directors quickly gave their support for this opportunity. Through fortunate happenstance, our attorney, Elizabeth

Reifler, was in Europe on other matters at the same time, and was also able to attend this meeting.

At the one-day meeting I was moved and inspired by the tireless and heartfelt dedication of this group of Tutors from European nations who meet annually to discuss their valuable work on behalf of The Trager Institute's mission. We shared our overall visions of the Institute's international structure, and clarified both what we have in common and what differences may exist in our respective visions of the Institute.

Working together, we completed a long-standing draft of an international agreement which enables and empowers national associations to carry on the Institute's mission in their respective countries. There are more specific terms and procedures that need to be developed to implement this agreement, but the basic agreement and structure has been completed. I was deeply impressed with the professionalism of these European leaders, and with the grace, dignity, joy, and Hook-up with which they conduct their meetings.

Currency Exchange: Over the last year our administrative staff and Board of Directors have been receiving questions arising from the growing strength of the U.S. dollar around the world. This means the value of the dollar has been going up, requiring many to pay larger amounts of their own currencies purchase the same amount in U.S. dollars.

The situation is particularly difficult now, at this time of our annual renewal. Our organization has yet to decide upon a comprehensive policy on international pricing. We are committed to dealing with this issue in 1999.

In the absence of a set of policies that works for all involved, we need to reach out at this time to our non-U.S. Practitioners who are so dedicated to their training and practice, and to playing their part in fulfilling the Institute's mission. Therefore, just for this renewal period, and only for renewing Practitioners, we are offering a 10% discount on annual renewal. For the typical Practitioner, this is a reduction of US\$12.50.

We realize that for some Practitioners even the lowered fee will still constitute a personal financial sacrifice to renew their status. Please be aware that The Trager Institute, too, is making a sacrifice in light of these current international circumstances. The basic costs of doing business continue to rise. There will be a postage rate increase in 1999, and it costs our international headquarters *more* to service non-U.S. Practitioners. However, it is hoped that both the savings involved, and the sincerity of this gesture will inspire a large renewal at this challenging time.

It is a timeless axiom--the more we invest into our organization, the more support it can then provide.

Japan: There is more exciting news on the international scene. Thanks to the coordination and translation work of *Trager* Practitioner Naoyuki Sekino of Miruagun Kanagawa-ken, Japan, 15 Japanese Students flew to California, and experienced the Beginning training presented by Instructor Jean Hopkins. This was an unprecedented experience, and our administrative staff was totally delighted to participate in and support this new beginning--we all had a chance to meet. *Trager* has now rooted in Japan, and we look forward to many blossoms in the months and years ahead. My gratitude to everyone involved with this special class.



The VIIIth International *Trager* Conference

This exciting and heart warming event took place October 1-4, in Cleveland, Ohio. It was coordinated by Practitioner Anna Marie Bowers, and it was her second conference as coordinator. Anna Marie did an incredible job, and deserves many accolades for her selfless and tireless work on our behalf. I had the pleasure of meeting many Practitioners, and I was so moved by the excitement, support, and Hook-up I experienced in these meetings. Many told wondrous stories about their practices, and have promised to write them up for our newsletter. I look forward to reading all of these articles in our 1999 newsletters!



Two International Tutor Conferences in Europe & the U.S.

A European Tutor conference took place in Austria, in early September, although I was unable to attend, you may read more about it elsewhere in this newsletter. A Tutor conference also took place in the U.S., in association with the above-mentioned International Conference. That, too, is presented in this newsletter. These conferences serve as a valuable opportunity for our educational staff to experience camaraderie, develop skills, and to promote excellence and consistency in practice and teaching.



Research

I am pleased to announce that the Board of Directors is supporting two research projects. One will be conducted by the Department of Family Medicine at the University of Southern California School of Medicine's Health Care Consultation Center. Thanks to Practitioner and Milton Trager biographer Jack Liskin for initiating this project. The next project, initiated by Tutor Denis Lafontaine of Montreal, Quebec, will research *Trager* and Parkinson's. It will be conducted at two universities: the University of Quebec in Montreal, and McGill University. It is anticipated that each project will lead to further and deeper research. This is a vital activity for The Trager Institute in fulfillment of its mission, an activity from which all of us will benefit.



Body Wisdom

The Trager Institute is a major co-sponsor of **Body Wisdom: The 1999 International Somatics Congress**, at Arrowhead Springs, near San Bernadino, California, February 25-28, 1999. This is going to be a major event--with plenty of pre- and post-conference activity--in the world of massage, bodywork, somatics, movement education, etc. Our own Deane Juhan will be a presenter along with a huge host of leaders and key figures of the somatics world. In addition to the co-sponsorship publicity The Trager Institute is already enjoying, there will be a *Trager* booth for further and more direct promotion. For more information contact: AHP Society for the Advancement of Somatics, P.O. Box 2123, San Anselmo, California, 94979, 415-339-8606, somatics99@aol.com. For information about participating at the *Trager* booth, contact Student Michael Elliff at: 618-398-5874.



Our Trager Website <<http://www.trager.com>>

Finally, we have our own Website. This site was constructed by Burt Nathan of Australia. He is the husband of Tutor Layo Nathan. Additional elements were added by our local computer consultant Paul Meileur.

This is a basic site, and we envision expanding it as soon as possible. The first expansion will be a facility that allows for the search for currently certified Practitioners in the user's area. This facility will include the option for the Practitioner to purchase a "personal Website" linked directly from their name on the list which appears to the user.

For a reasonable price Practitioners will be able to have key information about their practice and themselves available as a Website administered at international headquarters. Practitioners who already have a Website

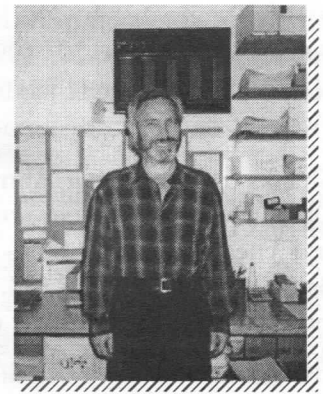
may be able to purchase a link for a nominal fee.

Next we need to examine how we may make our site multilingual. I consider this step a critical one, because of our international function and identity.

After that, we need to create topical pages which communicate current events and opportunities.

As the Internet develops, I also look forward to real-time audio and video meetings between people from around the world.

In closing, I want to thank you for your support of, and participation in The Trager Institute. I hope we have a strong renewal this year, to further enable our organization to provide the kind of support necessary for all to grow as Practitioners and teachers. As always, please contact me with your questions and concerns.



Don Schwartz

Media Watch

Compiled by Don Schwartz

Patience is a virtue: Our administrative headquarters received a call from a woman in Illinois, who had saved an article about *Trager* from a periodical which came out more than 7 years ago. She was now ready to try *Trager*!

Trager work is featured in "Fitting Complementary Therapy Into Standard Treatment" by Mike Le Postollec in the June 29, 1998, Vol. 9, No. 26 issue of *ADVANCE for Physical Therapists and PT Assistants*. For this article, the author interviewed *Trager* Practitioner Ilene Watrous, M.A., P.T., of Princeton Junction, New Jersey. The dynamics of the relationship between allopathic and non-allopathic approaches to healing and health continues to be explored in both the natural health and the mainstream media. *ADVANCE* has a long history of recognizing and supporting the value of Dr. Trager's work. For more information, contact: Merion Publications, Inc., 650 Park Avenue, Box 61556, King of Prussia, PA 19406-0956, 800-355-5627, ext. 279.

Alt•HealthWATCH is a database of international publications focusing on alternative, complementary, and integrated healthcare and medicine. *Trager* has now been added to their publications. For more information contact: Softline Information, Inc. 20 Summer Street, Stamford, CT 06901, 203-975-8292.

An article was published in the San Diego Union-Tribune, Sunday, September 20, 1998. It described massage and bodywork as different modalities of touch and included *Trager* as one of many forms of bodywork.

Thanks to Practitioner Anna Marie Bowers of Cleveland, Ohio, for bringing to our attention the inclusion of *Trager* and The Trager Institute in an article called "Besting Bad Backs" in the August, 1998, issue of *Vegetarian Times*. For more information, you may contact the magazine at: P.O. Box 5042, Clifton, NJ 07015.

Trager Websites

Dr. Andrew Weil's Website, <<http://www.askdrweil.com>> has a subsection called "Practitioners", and that section now allows users to search for and find *Trager* Practitioners in the U.S. The site is managed by a TimeWarner firm, and I look forward to their expanding the site to include Practitioners outside the U.S.

Jack Liskin's website at <http://www.movingmedicine.com> has lots of interesting information on *Trager*.

Joe Griffin's website at <http://www.premierweb.net/users/swimwell> includes Chessie Practitioners and events and also articles he has written.

WHEEEEEEE....ANNA MARIE!

Maryann Zimmermann

Maryann is a Tutor and past chairperson of the Tutor Committee living in San Diego, California.

You did it girl!! and a resounding heartfelt "Thank You" for the courage, skill, and willingness to generate and create the makings of a fabulous *Trager* International and Tutor Conference. It was a wonderful, growthful, learning, fun experience from pre-conference through the Tutor conference.

I particularly appreciated your boundaries....doing whatever you could to meet needs and wants and when not possible, just handing it over to party or parties involved and letting she, he, or them explore what the possibilities were for solving "How should or could it be?"

Also, it was much simpler to employ your idea of one person, in this case you, being at the helm, albeit...careful listening to preferences....with delegation and open volunteering rather than consensus. For a vehicle of this type, it seemed to work best and easiest. It appeared to me that it may have saved a lot of valuable time and energy in the

on-going process..... and yet all-embracing involvement was there and felt.

There seemed to be a structureless structure...a leaderless leadership...if you will.. and a lot of spontaneity and exploring with what is, and going with that...so *Trager*-like and tao-like and effortless and ease.

I acknowledge your supportive husband and great children in all they did on-going to support you in this endeavor. I know how imperative that component is in any process and particularly one as large and broad as the *Trager* Pre-conference, day off, international, Tutor, and Post-conference.

I loved Cleveland...the people were down-to-earth, real genuinely friendly and helpful...right from the Holiday Inn thru downtown Cleveland...the Rock and Roll Museum, the Flats, the Art Museum, the cab drivers, *ad infinitum*.

Congratulations! Congratulations! To you and yours and all who got on board for the ride, the dance, the celebrating, the development, the connecting with our beautiful *Trager* global family colleagues!

The Best Way to Prepare for a Trager Conference

Anna Marie Bowers

Anna Marie is a Trager Practitioner and was the 1998 Conference Facilitator. The second part of this article is a thank you letter received by all Conference attendees.

It was July, and I was busy fretting about the upcoming *Trager* conference. Ann Windau, another Cleveland area Practitioner, received information about the Whole Life Expo scheduled to come to Cleveland September 11-13, Even though this was, only a few weeks before the conference, she thought it would be a good experience, and she called to find out about booth space. She was told all the bodywork booths had been taken, but, there had been one cancellation that morning....she called me, enthused we took the booth. Thus began a journey that prepared us more-than we thought it would for the conference, A journey that taught us more than we thought it would about talking about *Trager*. A journey that ultimately changed the way we do the work.

We went to exhibitor meetings, often taking our children with us; we had a *Trager* banner made (those of you at the conference saw it); we had business cards printed, and The Trager Institute printed a special card/brochure for us.

The booth was 10' x 10'. We decided to put one massage table inside the booth, place literature on the large table in front and have several chairs available to also show the work in chairs. We were going to charge \$10 for fifteen minute mini-sessions. One of us would do the mini-session, the other would talk to people passing by. We thought we were ready.

After the first four hours, we had to revise our plan. We had a line of people waiting. We began to do sessions in chairs and on the table. By the third day, we had a sign-up sheet! We did a lot of *Mentastics*, using slinkies and bean-bags to expand the experience of "feel the weight."

There were more than 17,000 people through the Expo over the course of three days. It was loud, busy, and so crowded it was difficult to get to the food area for lunch. There was local TV coverage (they missed our booth, but, covered the Expo), exhibitors were also doing trades, and the Feng Sui people enjoyed their sessions and came back later to clear the energy in our booth.

We met a woman who plans educational programs for residents and students at Case Western Reserve Medical School. She was looking for people to do presentations about alternative care. We are continuing to follow up on this.

We worked on each other (standing on concrete for 10-12 hours is a bit much!) It was then we understood how there people could lie down, and after only a 15-minute session, get up with the usual "Trager Glow." Sometimes we did legs, sometimes arms, sometimes a neck, often, we rocked the back, always we gave *Mentastics*. They were "getting it." How was that possible in all this noise? When I laid down on the table and Ann picked up my leg., amazingly, the noise ceased to exist. I was aware of my body and how it felt. After only a few minutes, I could feel myself relax. Surprise this stuff really does work!

Then there was the woman, who was so tired from walking around the Expo, that when she saw our table, she asked if she could just lie down for a few minutes. We gave her a free mini-session. There was another woman who brought her baby, and I was able to show her a few things she could do with the baby herself.

Then, Saturday evening, a woman drags this tall gentleman to our momentarily empty table, saying, "Mr. Redfield, you really need a massage, Here's a table." Yes, this was James Redfield, author of *Celestine Prophecy*, one of my favorite books. I explained what *Trager* was, and he got a mini-session.

By Sunday, people were coming back for a 2nd or 3rd session. Our favorite repeat customer story involved a former

bodybuilder/athletic trainer. This guy was very muscular, and when he came by on Saturday, I was not sure fifteen minutes would give him the "feeling" of lightness and looseness. He got up from the table with that "Trager Glow," and asked how to become a *Trager* Practitioner! On Sunday, he came back and talked with Ann about trainings and said he came back because he wanted another "cloud ride."

During the weeks following the Expo, both Ann and I had regular clients in our offices. We found we both had the same question: Why do we work for longer than fifteen minutes? We realized that we had learned from doing the Expo how to really focus attention and listen intently to the client. This experience has changed both of us in terms of our work, our confidence, our ability to describe and demonstrate The *Trager* Approach, and our ability to relax and have fun with it. We learned that when you spend 10-12 hours a day asking "Well....how could it be?", you discover many surprising answers.



aaaaahhhhhh... the conference

...breathe...mmmmmm...remember the feeling...the music, the stories...tablework:going

deeper, the hook-up...the workshops...broccoli, cauliflower and carrots...beyond repertoire:expanding

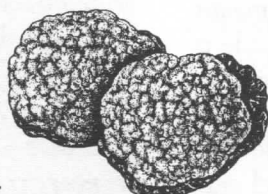
mentastics...the magician...talent night...the pool, hot tub, woods, the pond...cauliflower, broccoli and carrots...Lake

Erie...museums, shopping, taxis...attitudes and communication, acceptance...the music..the dancing...more workshops...sharing...the stories...memorials...meetings,

discussions...carrots, broccoli and cauliflower...the *Trager* Store...for some, 14 days away from home.....the

music...Wallabys...professional conduct, exploring the possibilities...announcements...trades and tutorials...newlyweds and newly certified Practitioners...networking...connecting...continuing the spiral of the *Trager* dance...*Trager*...remember this feeling...

A total of 177 people from ten countries attended the Eighth International *Trager* Conference and the Tutor Conference which followed. Countries represented were:



Australia, Canada, Israel, Italy, Japan, Netherlands Antilles, Sweden, Switzerland, United Kingdom, and the United States.

I need to acknowledge that it took many people to make this conference the success it was. I would like to especially thank my family for all of their patience and support, during the past three years planning for this conference.

In addition, the Mid-Atlantic *Trager* Association (MATA), volunteered as a group to put together one of the most entertaining and exciting evenings of the conference (The White Magic - night of talent, magic and dancing). A big thank you to Ron Fine for all of his time dealing with DJ's, magicians, and Michael Crear did a masterful job with decorations; and Roger Tolle, Kate Juliano, and Carolyn Amala Viola organized a fabulous talent show.

Thank you to the many people who shared stories, dances, poems, and songs on Saturday night. (Can we get the music and lyrics for "The Magic of Milton?") A special thanks to Gae Henry and Henry Bornstein for providing the music and videos to tie it all together.

The Chesapeake *Trager* Regional Group volunteered to coordinate the schedule for the trade/tutorial rooms which were available throughout the conference. John Levy and Bob Clark spent a lot of time making sure things flowed smoothly.

Mike Elliff, Hank Agney, and Craig (what was your last name?) were the people who not only operated the *Trager* Store, but, did the organizing and decorating in the store and coordinated the raffle. Their attention to detail meant that for every sale we had a receipt, and this had made it tremendously easy to do the bookkeeping. Their willingness to be committed to the store as a first priority was a true gift.

Ernie Larson was a full-time volunteer and was always willing to do whatever was needed, and somehow always there when something needed to be done.

Thank you to all who brought tables and sheets. They are the tools of our profession, and I appreciate those people who were willing/able to travel with them.

Many people volunteered their time to help stuff folders, help with registration, and move tables, etc. I know I will forget to mention someone if I name them, and so I would like to simply thank all of the people who helped in some way at the conference. There were MANY helpers, and EVERYONE was willing to help when asked. Thank you to all the attendees.



CONFERENCE ITEMS ARE STILL FOR SALE

If you missed the conference and want to have a mug, a polo/golf shirt, a scoop neck T-shirt, a set of massage table sheets, a tote bag, a night light, or a gardenia scented candle these items are still available. Remember client gifts are tax-deductible, and the holidays are approaching.

An order form is being included with the newsletter. We will be sending these items from Cleveland, rather than shipping to California. Please note we can only accept money orders, bank checks, or cashiers checks in US Funds only.



LOST AND FOUND

Anna Marie Bowers

While I appreciate all the new sheets I have acquired, if anyone is missing something --- no, Gail, I did not find your shoes---following is a list of items I have in my possession:

Set of Dark Green T-Sheets, Small Grazia Scarf, Light Green Pillow Case, White Sheet with Flowers, White Flannel Flat Sheet for Massage Table, Pink Fitted Flannel Sheet for Massage Table, Lavender Flannel Sheet Set with *Trager* logo in a circle, Light Blue Flat Sheet, 2 Dark Blue Flat Sheets, Pink Blanket.

If anyone wants these items, please contact me, preferably, before the end of the year. My new email address is: anna_marieb@hotmail.com

Thank you to the Institute staff!

Thank you to the staff of The *Trager* Institute for their support of the conference. I would like to especially thank Dale Bach, the bookkeeper. Without her meticulous attention to detail and willingness to try something new, we would not have been able to use credit cards for the conference or the store.

A Letter from Stephani

Stephani Murdoch

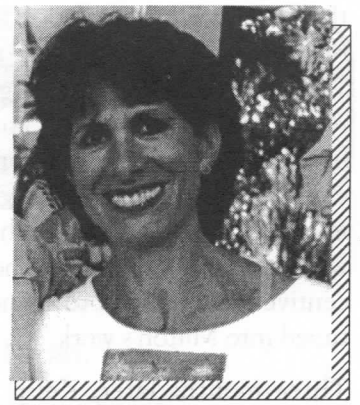
Stephani has served as the Tutor Chairperson for the last two years. She lives in Pennsylvania.

It has been four years since our last International Conference. It took but moments upon arriving to feel how much I had missed the connections we all share. As Kate Rose said, "There is not a place anywhere that I have felt so received and accepted. It is overwhelming and so very inspiring." There were four days of workshops, meetings, trades, dancing, Milton stories, Harris stories, personal stories, and dining together. There were voicings of concerns as well as expressions of heartfelt acknowledgments. I felt excited and renewed about the future (as well as the present) of The Trager Institute even in the face of challenges that lie ahead. What an incredible group of people! What talent! What focus! What minds! What hearts! What integrity! All of these qualities carried over to the Tutor Conference, which was co-chaired by Martin Anderson and Kathryn Hansman-Spice, and drew 55 people. (That's almost 1/2 the total world wide Tutor population!) Beginning with *Mentastics* led by Lucinda Lea, we "arrived" in a place, which inspired joy, connection, and Hook-Up. During the business meeting, Natasha Heifetz from the Board of Directors, Gail Stewart and Jean Hopkins from the Instructors Committee, and Elizabeth Ormyron, Tutor Representative from Europe, all gave clearly defined overviews of their visions of The Trager Institute's future. We then had an open forum allowing all those present to share their concerns and comments about the goings on in the world of *Trager*. Also very exciting was a "taste" of a new and yet another creative way of teaching *Trager* anatomy introduced and taught by Pamela Johnson and Elna Adams. On our second day of the Tutor Conference, the Instructors, Gary Brownlee, Amrita Daigle, Betty Fuller, Jean Hopkins, Gail Stewart, and Roger Tolle, each demonstrated their individual gifts by addressing issues that may arise with tablework and *Mentastics* during tutorials. I want to add that the Instructors played a professional, invaluable part in both the International Conference and the Tutor Conference. I am truly grateful for their presence and committed willingness to blend with us.

Anna Marie Bowers deserves a triple BRAVO! For her role as coordinator of the 8th International *Trager* Conference! Anna Marie gave an incredible amount of her personal time and her deep love to orchestrate this event. Thank you so much Anna Marie, from the bottom of my heart.

And finally, I really want to express gratitude for having had the opportunity to serve as Tutor Committee chairperson over the last two years. I'd like to acknowledge

Martin Anderson, Nutan Joy, and Pamela Sharni who have contributed a lot of time and caring energy toward dealing with Tutor issues and policy. I would especially like to thank Sandra Berger, Tutor liaison at the Institute's administrative offices for her hard work, support, and always-patient availability. To the newly elected committee members, Jack Blackburn, Audrey Mairi, Kate Rose, Sage Madrone Self, and Heidi Stieg, welcome, and thank you for stepping forward. Also, a long overdue Thank you! goes to the 1994-96 Tutor Committee, chaired by Maryann Zimmermann for paving the way.



Stephani Murdoch

Spotlight on Success

Michael Madrone

Michael is a Tutor living in Italy. This is Michael's last article in this series. Thank you Michael for all of your interesting articles. Would anyone like to continue this column? Now is the time to step up to the plate...

"How would you like a *Trager* job? No not a *Trager* practice, but a *Trager* job, with your training paid for, and a table, and an office thrown in for good measure? Well incredible as that may sound, that's exactly what Keith Hall of West Sussex England has managed. On a recent trip to the U.K. to do tutorials, I met Keith and heard his incredible story.

Keith is a likable Englishman with a friendly smile. Rumor has it he plays a mean blues guitar. But he floored me with his line: "I got a full time *Trager* job." "What?!" I asked, surprised. He explained the background to his incredible story.

The Adur Carers Association is a registered charity providing support for caregivers who care at home for a loved one or member of their family. The charity is financed by fund raising and donations etc. and has about 400 subscribers or members, with the number growing all the time. At the beginning of February '98 they moved into new and much bigger premises with about 12 rooms. It seems that Margaret Wilson, Community Welfare Officer for Adur Borough Council had received three or four practice *Trager* sessions from Keith when he was a *Trager* Student. "She was smitten with *Trager*" said Keith.

"When all these rooms became available, she suggested to

the Carers that they take on their own resident therapist." Keith told me. "They went for the idea, and gave me a room, paid for the paint, bought the blinds, bought a brand new super duper couch, paid for my indemnity and said in effect, 'There you are Keith, let's see what you can do.' All this wonderful incentive base on the word of one woman tuned into Milton's work."

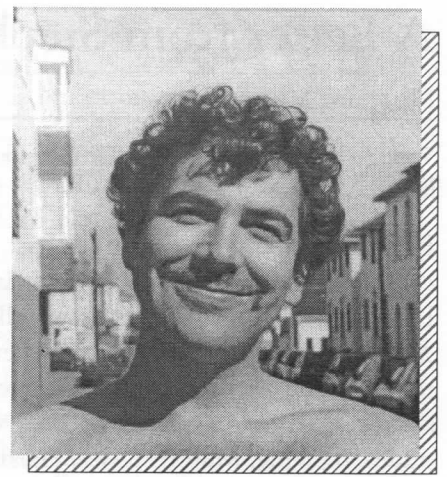
Three months later, Keith is doing about fifteen sessions a week, and demand is rising as the word spreads. "The Association is so impressed with the results of the *Trager* Approach they are organising a buffet lunch, as part of National Carers Week, in June and are writing to 80 local health care professionals to attend a talk/demo on the *Trager* Approach." Keith said.

Keith's original contract was for six months, but half way through the contract they already have extended it. The whole situation was facilitated by a national jobstart program and Keith was also hired to do massage and aromatherapy, but 99% of his sessions

have been *Trager*. "The people coming for sessions have a myriad of conditions/ailments, all of which respond to *Trager*. Even the local priest comes regularly for his *Trager*, hallelujah!" tells Keith.

Apart from his work, Keith notes that *Trager* has helped his guitar playing and singing also. "Being in the recording industry for 15 years and having played guitar for over 25 years one learns to breathe with a certain amount of discipline, but *Trager* taught me how to let go! Moving with the weight of the instrument (electric guitar) instead of 'trying' to coax it to go where I wanted it to go has had a profound effect on every aspect of my performance.

My fingers are much more relaxed and in tune with the music I hear in my head. My body holds the weight of the guitar with no problem and I finish a set with much more physical energy at my disposal instead of feeling washed out. I can now give everything and still have lots left for



Keith Hall

me!"

Finally, Keith makes a point of expressing his deepest gratitude to Jill Dunley. "Without her guidance there simply would be no *Trager* in the U.K." he confides. Oh, and he adds, "And if you need a one man blues stroke R'n B spot for any *Trager*'chinwags' give me a call." Well done Keith, will do!

Trager Research Project

Jack Liskin

We are in the design stage, at the University of Southern California School of Medicine, of a clinical research project involving *Trager* work in the treatment of chronic headache. One of our most highly regarded professors of Family Medicine is involved, along with a professor of biometry, whose expertise in statistics and study design will help insure a valid and high quality piece of research. There is much thought and planning that must go into the design process to insure the validity of the study, but the result of that work will, we expect, be a product that the Institute and all *Trager* Practitioners can use to extend the range and acceptance of the *Trager* Approach.

We are at a stage in medical practice where many clinicians are more open to using alternative approaches than ever before, but they are demanding proof that these approaches really work. A well thought out research project, published in a mainstream medical journal, should help meet that demand and expand opportunities for *Trager* work. Such an article would be the outcome of this project. Along these same lines, I will continue to periodically offer my workshop, *Trager Work in the Medical Setting*, to help practitioners learn easy and practical ways to understand and communicate effectively with medical people, and to document and chart their work in ways appropriate to the medical environment. The next workshop will be offered March 5, 6, and 7, 1999, in Los Angeles.

Feature Articles

The Trager Approach and Stress

Jack Liskin

Jack is a Trager Practitioner and Assistant Professor of Clinical Family Medicine at the University of Southern California School of Medicine.

I was asked by the Institute to prepare a brief piece on Trager and stress, and to answer requests for information on this subject. The accompanying article is the result of that effort; I hope you find it useful for your clients.

The idea of stress originally came to physiology and psychology from the field of physics, where it refers to a force acting against resistance. Research spanning many decades confirms that long term stress increases our susceptibility to illness and can ultimately devastate the body and mind. The heart and blood vessels, the immune system, and other body systems are vulnerable to stress-induced disruption and disease. In fact, stress effects are epidemic in technologically advanced countries; it has been estimated that up to 70% of visits to primary care physicians stem from stress and lifestyle-related problems. Yet we typically fail to acknowledge the signs of stress, thinking instead that our insomnia, headache, chronic neck/shoulder/back pain, gum disease, gastric and bowel disturbances, frequent colds, and jaw pain, to name a few, are independent ailments, unrelated to the way we live our life.

We tend to consider these problems as normal and expected, rather than as signals from the body that some-

thing in our life must be changed. Our culture supports this false belief by devoting billions of dollars to advertise products which are designed to combat these ailments. The message is often, "Fight the problem; destroy the symptoms with a pill or potion." Such combat never addresses the source of the problem, but veils it or pushes against it. The Trager Approach, by contrast, sends a message of awareness to mind and body: "Here is what balance and peace and relaxation feel like. This is normal." In relation to the concept of stress from physics, Trager work does not apply force against the body's resistance, but instead encourages the letting go of unnecessary resistance. It is a de-stresser.

The possibility of feeling good, which Trager work promotes, changes our notion of what is to be expected from the body. It heightens our body awareness and educates the mind about the feeling of health. That new possibility may conflict with our long held patterns of mind and body that sustain ill health and treat the body only as a source of symptoms. Because Trager work feels good, however, it gently nudges us to resolve that conflict positively, by making better decisions in our moment to moment living, using the memory of good feeling in body and mind as a friendly and nearby reminder. Through such education in positive health, we learn to feel stress signals earlier, recognize them as a departure from normal, and take action to return to the healthy state. The action may range from taking a relaxing breath to asserting oneself in a difficult work or personal relationship, but they all are based on remembering and returning the body and mind to its normal state of ease,

flexibility, and relaxed readiness for life. In that state we are best equipped to deal with all of the ordinary and extraordinary stresses in our environment.

Receptivity

Julie Greene

Julie is a Tutor and Tutor Seminar Leader living in Northern California.

[Italian Tutor] Piermario Clara e-mailed me (and a lot of others I assume) a request for our comments on what receptivity means to me. This (the paragraph below) flowed out of me and I wanted to share it with you. JG

For me, to cultivate the quality of receptivity in myself as a Trager Practitioner is to cultivate a combination of presence, understanding, and feeling-awareness. In order to be receptive, I want to cultivate an ability to both be with you, and have a sense of myself at the same time (in other words not losing myself in you). I want to let my experience percolate through me feeling-full-ly, I want to be sensitively resonant, to notice the subtleties of the music of my experience, to allow the picture to develop more and more completely. I want to be conscious of my perceptions and observations of you, how I'm experiencing you in the moment, and how that is changing moment-to-moment, while at the same time remaining open to and interested in your experience (not assuming that it's what I'm guessing it might be). I want to have an attitude of curiosity about you and at the same time a confident patience (no urgency to find out -- I have forever to wait) - being with you is satisfying. What a beautiful state I experience that to be, to the degree that I am there: nothing to accomplish, nothing to grab at, no effort, no trying, just present with as much aliveness as I can connect with in myself and in you, and being as open as I can be, open to receiving what-

ever is there to receive and letting it surprise me.

Whatever I receive is what I am receiving, is what I am receiving, is what I am receiving. Delighted with the exploration and with the contact -- allowing, opening, feeling, noticing. This is what receptivity means to me.

“Integration of a Psychophysical Approach Using Touch in the Care of the Elderly”

by Jean-Louis Marie, M.D.

Reviewed by James Reid. James is a Trager Practitioner living in Ontario, Canada.

Recently, I had the privilege of reading this remarkable report. It is a comprehensive presentation, including detailed case histories by Jean-Louis Marie, a Medical Doctor in France, who is also a *Trager* Practitioner.

Jean-Louis Marie has been a Medical Doctor since 1978. He is a *Trager* Practitioner (1985), Tutor, and the President of the French *Trager* Association. He is in private medical practice as a General Practitioner in La Rochelle, France, as well as the Medical Staff Director in a geriatric clinic. Since his involvement with geriatric medicine (1989), *Trager* work and the elderly has become his main field of experience. This monograph is a report on the work he did for his certification in Gerontology (1996); using the *Trager* Approach with geriatric clients. Jean-Louis is a strong advocate of *Trager* work and *Mentastics* both in his private medical practice and in the hospital setting.

Jean-Louis Marie documents at length and in detail his work using the *Trager* Approach with geriatric clients. He speaks clearly of his frustra-

tations imposed by the limitations of verbal communication between patients and medical staff in gerontology. Notwithstanding the advances and marvels of modern medical technology, he is convinced that effective care for elderly people is directly related to the quality of relationship and communication between caregiver and client. He speaks of “the importance of a high quality of presence of the medical staff, of verbal and non-verbal relationships, and of touch as a tool of communication and adjunct therapy.”

This article includes an outstanding description (& history) of *Trager* work and excellent observations and explanations of its effects and value for both geriatric clients and their caregivers. Jean-Louis deals in depth with both *Mentastics* and tablework. Six complete and informative case histories illustrate the practical benefits

Swinging under the tree of Milton's light

Mucie M. Allred

Mucie is a Trager Student living in West Virginia. She wrote this poem following the Trager Conference.

The moment of contact brings a sigh,
The tension of the cords let me fly,
the feeling of freedom calms my mind
and I soar.

The familiar place is new each time,
elements of energy settle in me,
My mind responds YES
I feel the release.

“swinging...ever so delightful thing a child can do”

The child inside me smiles,
The sky glows a holy rose,
I find myself at peace.

and the problems encountered using *Trager* work with these clients.

An excellent “discussion” follows which deals with special situations; clients in wheelchairs, clients with dementia, clients at the end of their lives and in the process of dying. He develops his conviction of the benefits to both clients and caregivers of communication through touch. He speaks both of the advantages and some of the limitations of *Trager* work in this context. He is clear about the educational model of *Trager* work; that it is not a “therapy”, neither Physiotherapy nor a form of Psychotherapy. He is lucid about “the language of touch”: what helps, what *hinders*, what is positively detrimental; and why. Jean-Louis’ “Reflections on Aging” would make Milton smile!

This report can be of significant value to any practitioner working with aging and/or terminally ill clients. It could be a very useful tool to help promote *Trager* work to Medical Personnel and Administrators in Nursing Homes, Retirement Homes, Hospices and Palliative Care facilities. I have found Jean-Louis’ insights of benefit not only with elderly clients, but also, especially his remarks about self image (“narcissistic restructuring”), extremely relevant to HIV/AIDS clients. Overall, the clear presentation of *Trager* work, dealing with *Mentastics* and *Tablework*, including both the, “what” and “how” of its effects, make this document worthwhile reading for anyone with interest and sufficient professional background to appreciate the terms of reference, not necessarily limited to the field of Gerontology.

Thanks to Jean-Louis Marie, M.D.; also Esther Cherk and the Institute administrative staff for the English translation. The French manuscript is 34 pages; English translation: 40 pages; You can order copies from The *Trager* Institute @ .10 USD per page. Canadian *Trager* Practitioners may order from James Reid @ .15 CDN per page.

A Rebuttal

Cindy Black is a Trager Student living in Ithaca, New York. She is the co-director of The Finger Lakes School of Massage. The next text is a rebuttal of Neil Williams article of the "1998 Summer Newsletter" and then his rebuttal to her rebuttal.

I read with great disappointment Neil Williams' article, 'Differences' in the Summer Newsletter. Although Mr. Williams states that "listing differences is not intended to try and 'prove' that Trager is superior to massage," the impact on me of the article was exactly that. Not only am I disappointed that the article was written, I am disappointed that The Trager Institute would choose to print it.

I am a massage therapist, instructor, co-owner of a massage school, student of Trager, and a sponsor of Trager trainings. I must say that since my Beginning Training, I have felt the attitude from many Trager practitioners that massage therapists are generally an untalented group who pay no attention to themselves during a session, who only work hard on their clients, and who really don't know what they are doing. Since I have tendency toward judgement and criticism, I have carefully watched my process in relation to my attitudes, always wondering of this feeling of mine was just another manifestation of self-judgement.

Of course, to some extent, my feelings were just that; however, it is also clear, as both the writing and publishing of Neil Williams' article so clearly demonstrates, that there is something to this condescending attitude that comes, not from me, but from many Trager Practitioners.

I would like the space to speak to each of Mr. William's points as a Massage Therapist.

1. *Trager is non-intrusive... massage can be gentle but (italics added) ... works deeper into the muscles ... often with vigor and sometimes discomfort.*" The initial assumption

here is that massage is intrusive, vigorous, and creates discomfort. As I read this first statement, I reflected on my massage education that constantly asked the questions, "Am I working within the clients comfort zone? Am I creating contraction or relaxation?" I also reflect on so many massage sessions I offered in stillness and quiet, and I feel I must add here that I practiced this type of work before I had even heard of the Trager Approach.

"2. Massage works from the outside in Trager movements stimulate responses much deeper into the core of the body and resonate toward the surface." The impact of this statement for me is, "Oh, my massage work is superficial, Trager is what really goes to the core." I really wonder just exactly what is meant by the term massage in this article in order to get to the idea that massage does not contact one's "core."

"3. Massage work is limited to a specific area at any one moment even though the entire body may be addressed sequentially throughout the session... Trager gently stimulates widespread neural activity throughout the session while such stimulation during massage is very localized." Again, I must report to those of you who think that this is true, it is by far not my experience of both giving and receiving massage. If a client comes to me due to a specific condition, as is often the case, I do not just work on that spot, nor do I work in a rote, systematic way with each client. I will hold the specific condition in my consciousness as I contact the body with a variety of different techniques in a manner that arises from the wisdom and creativity of my body.

"4. Massage moves muscles in various directions, some of which are not part of the natural movement paths of the muscles." An interesting blanket statement of the work of massage therapy. Again, this statement holds within it the attitude that as a mas-

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Words

Vicki Sainsbury

Vicki is a Practitioner living in Ontario, Canada

I sat enjoying lunch with two fellow Trager Practitioners as they mused over the predicaments of life. "Oh, well," one said, "the Universe will provide." My stomach did it's usual lurch upon hearing this term and unfortunately I swallowed all the words I wanted to say along with the well of emotions that had enveloped me. This was not the first time that I had noticed this choice of words flowing freely among the Trager community.

I wonder if we ought not to step back and take stock of this term. It appears to me to be a statement of one's belief system which is fine but would we appreciate biblical verses being freely offered if we were of another faith? I feel this is a very personal belief and if used indiscriminately, could unknowingly cause great pain, as it did in my case.

You see I look around and wonder from where all this faith in the "Universe Providing" is coming? I don't see it providing for the frail children we see starving in African countries or for the abused and neglected, daily struggling in households around the world. How has the universe provided for parents who long for their missing children or for the partners who see the ravage of A.I.D.S.? I long to see the Universe interceding before another disabled infant is born.

I have had much grief as well as great joy in my life and at the end of each day, I give respectful thanks for the gifts of that day for I know that I have no control over the unfolding of the universe and for many the same day has meant terrific loss.

We as practitioners have a tool to assist in this universe but we must choose our words carefully and never underestimate their impact on another.

Trager as Self Healing

Mariana Hartsong, Ph.D.

Marianna has been a Trager Practitioner since 1978, Tutor, IW& SPL leader, lives and hosts guests at Hartsong Haven Retreat in North Central Arizona. She also plays viola for the Flagstaff Symphony.

What becomes of a Life when all you ask at each turning is: "What can be lighter, freer, easier, more connected, more present?" I believe it is a very Good Thing. In June of 1978 I took my first training with Dr. Milton Trager. This June it is 20 years -- more than 1/3 of my life. I am well(er?) now, and happier, more open and easier going, and much more "hooked up" in every way, than I was back then. Thank you, Dr. Milton!

I have always known that I feel better at the end of giving a session than when I began it. Even on a long day of sessions, say 6-8 hours of giving Trager sessions, there is some physical fatigue, yes, (who wouldn't be a bit tired after dancing awake for seven hours!), but I always feel a remarkable sense of peace and at-oneness. I am profoundly grateful for this gift.

Recently I had two "Trager as self-care" experiences which caught my attention. The other was just a few days ago and is very short to relate. Here at Hartsong Haven one of the many hats I wear is "farm hand". Well, I had an enormous black-and-blue spot on my right forearm from I don't know what. It was day two of the bruise. Because it was right in front of my eyes while I was giving a session, I noticed it's size and coloring in the morning when I started my first session (I had had no clients the day before). By the end of three sessions, it was virtually gone. I thought: "interesting". I did not "touch" or Trager my arm directly -- and yet, it had received all the benefits of a good Trager session. Somehow having this very visible shift in such a short period of

time caught my attention. So, not only do we feel better emotionally/spiritually at the end of giving a session; we are different at a cellular level as well. And I remembered how Milton always used to say: "Well, you can only give what you've got!"

Another Trager self-care learning happened some months ago, just as the snow was melting, and our local river was swollen with water. One day I received an invitation to go solo kayaking. Now, I grew up, so-to-speak, in a canoe. But I had never river kayaked before. The day went very well until I claimed beginner's over-confidence, and, dropping from hook-up into ego-play, chased after my instructor into a pretty zippy little set of rapids. Momentarily, there I was swimming, instead of paddling, in water that was snow the day before! Now within minutes they helped me out of the water. But I had to continue paddling for another three hours, wet to the bone, on a cloudy day. I realized in retrospect that I pushed particularly hard, grabbing my paddle harder than necessary, in an effort to generate some much needed warmth. Now the word "effort" was not part of Milton's vocabulary, and "Push" and "Grab" are very un-Trager like things to do. Milton always admonished us to get lighter, easier when one met resistance -- an old lesson come home to teach me, yet again!

[As an aside, I have learned that in the garden, pulling weeds, that the tough ones are more likely to let go, the lighter I pull!]. It was only when I finally got home and showered that I began to shiver and realized how considerably hypothermic I had become.

The next day I had six hours of rehearsal (I play viola in the Flagstaff Symphony). I was using the same muscles in my hand, on the fingerboard and to hold the bow, as I had the day before to hold the two-ended kayak paddle -- a similar move to what many of our population do daily at typewriters and computers.

The next evening, I again had a three hour rehearsal. That night however, I found myself weak-muscled and barely able to hold the bow, and my fingers were reluctant to move on the fingerboard. I had considerable pain in each of my wrists, with both lateral and up and down flexion and extension virtually impossible. I was scared I would not be able to play the concert -- let alone do my Trager work!

Now, I had three clients booked the next day. Instinct somehow directed me not to cancel, despite the pain in my hands and wrists. When I started my first session, the pain was so acute it made me catch my breath, and I

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Announcing the New Trager Handbook!

Bill Scholl, Amrita Daigle and Sandra Berger have been working diligently worked on the newest handbook during this year. We hope it will provide assistance to new Students and Practitioners, and bring more professionalism to our materials as well.

If everything goes according to plan, it is scheduled to be sent to all Students and Practitioners next Spring with the Newsletter and Schedule.

A Testimonial

Elizabeth Ormyron.

Elizabeth is a Tutor and European Trager Committee Representative member living in Geneva, Switzerland.

For Peter, a "cerebral" man who values reason, logic and clear discourse, feeling (apart from feeling pain) was not his thing. Words are his thing, in a professional world of legislation, politics and committees.

When I went to his house, he was folded up on a couch, in a lot of pain, and had an appointment for disc surgery the following week. Could *Trager* give him some relief in the meantime? As usual, I said "I don't know..."

With infinite care, his wife and I helped him onto my table and made him as comfortable as possible with lots of cushions. I remembered Milton putting his hand on my back one day and telling me "Just be there", so I waited for my hands to tell me what to do. They did, and as I moved about, asking silent questions about softness, about "How could it be?" I felt the tense body, the taut fibres and the frightened mind begin a subtle change. It was strange, like surrender, like trust, like a ray of hope. I kept saying "Thank You" to or for whatever... And suddenly Peter's body began to shiver, his teeth chattered and he felt extreme cold. We covered him with blankets, and as his wife went to make him some tea, I reassured him that his nervous system was processing something, asked him just to allow that to happen, and I continued to just be there, in hook-up and physical contact with him. After a while he wanted to get off the table, and he was able to stand up and walk about. I suggested a couple of *Mentastics* and asked him to go very gently and to call me the next day.

On my way home I wondered what on earth had happened. I still don't know. The surgeon called it a miracle, and my belief in the power

of the unconscious mind soared that day. Peter cancelled the surgery and, apart from an occasional twinge, he is generally well, doing yoga and *Mentastics* for his back. One day, he sent me the following poem, which he said "came to him, in the small hours". I consider it an unsolicited testimonial.

Last night I dreamed of soundlessness:
I heard the silence speak.

The body hears the silence speak in eloquence of touch.
A braille of visceral, understanding needs no verbs;
Its nouns vibrate, its adjectives caress in voiceless phrases,
The flesh resounds and modulates across the vocal sinews.

Then tongue be still, let fingers do your work,
Or with your tender tactile tip spell out unsounded feeling.
Tongue and fingers knead and lick to shape a moving language of taste and touch vibrating in the telling spaces
To rock and sway and mould away
The muscle strain and tension.

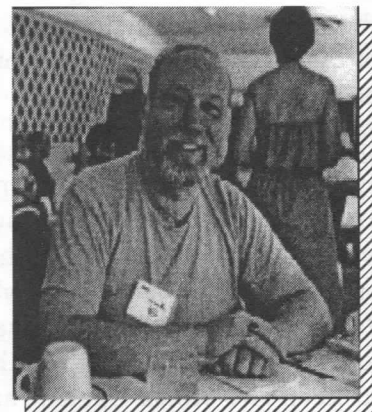
Mute articulations dumbly utter senseful tidings,
The memory of cells records; replies in utter silence,
The belly resonates a toneful acquiescence
Of thigh relief in warm belief of soundless friction.

Be quiet and feel the meaning.

from Peter

A Passing

Harris Zeff was a friend/lover/husband of Gail Stewart. He died on August 29, 1998. The first part of this piece is his obituary. The last half is a letter he wrote to the Instructors in February 1996.



Harris Zeff

We miss him terribly. His presence was a blessing. Harris listened; he laughed and made us laugh; he was firm and safe ground when we were in trouble. He would borrow in order to have the pleasure of giving to someone else. He was a unique and precious individualist who chose life - again and again, who lived his healing, not his illness. He was vitally here until his last moment. During the final years of his life, one of his great accomplishments was to surround his friends, family and acquaintances with an atmosphere of kindness and love.

Contributions in his name may be made to memorial scholarships for Esalen Institute, Highway 1, Big Sur, CA 93920 or Ting-Sha Institute, PO Box 226, Point Reyes, CA 94956.

•••

Dear Folks,

Thank you so much for letting me join you last night. It was wonderful to see you all. I thought of specific times we have shared together one with the other.

As you must know by this time I am dying and I am dying as slowly as I can. I have taken the best that western medicine can offer and my body

has not been cooperative. One of my doctors predicted a few months ago that I had a few weeks to live. Some of my doctors are a little fascinated that every time they see me I seem stronger and/or healthier and they are not interested in *knowing how* since they know it is alternative or as some of them are now calling it "complementary."

Gail is doing her very best to keep me around for a while. She saved my life for a second time on my birthday. We were standing there arguing whether or not to call an ambulance when I decided that I would just drive myself; however, I was using both hands to keep the stoma opened and it would have been difficult to drive with no hands at all. I finally consented to let her drive me and all was well.

I thank the Insitute and the staff, the various Instructors and all of the members. It is a fantastic community. I have traveled with Gail to a few places and have felt well received and cared for. I never became a Practitioner because I was always wanting to do my own thing. The real beauty of the work, I believe, is the concept of Hook-up and that is available to use in every circumstance. I thank Dr. Trager and Auntie EM as well.

Last night may not have been our last time seeing each other and I really hope we have many years together. That is my intention, my hope and my dream. No one can say and so I wish you all the best. I felt a lot of love and joy in the room last night and that was a wonderful sight and feeling to me. As you may know I have not lived a perfect life, nor is The Trager Institute a perfect institute; however, it is pretty damn good. (Yes, I know I misspelled *perfect*.)

Light and love, Harris

Canadian Trager Committee (CTC)

Report on the October 1998 International Trager Conference

Karl Faes, Alberta representative; Winnie Hunt, British Columbia representative; Kateri Morin, Quebec representative; Paul Overy, Ontario representative (Acting Chair)

This Conference provided Canadian Instructors, Tutors, Practitioners and Students with an important opportunity to share ideas and perspectives on the future of The Trager Institute. Canadians in attendance met twice during the Conference, and their discussion centered largely around two key issues:

1. Denis LaFontaine's draft proposal for the restructuring of the Institute and its relationship to its members to better reflect members' needs. Denis was mandated by the group to further develop his proposal by December 1998. At that time, the proposal will be translated into English and then circulated to all Canadian members of the Institute for comments, revisions, and recommendations.

A consultation will also be concurrently conducted with the European Trager representatives and (if possible) key practitioners in Australia and Japan. The intent of this broad consultative process is to develop an organizational model which reflects the needs and aspirations of the global Trager community.

Members receiving the proposal in early 1999 will be asked to respond within 3-4 weeks, so please be prepared to provide your valuable input at that time.

Once input has been received and integrated into the report, it will be presented to the Board of Directors of The Trager Institute for formal consideration and response.

2. Don Schwartz, in a meeting with Denis LaFontaine and Paul Overy,

Acting Chair of the CTC, put forward two main options for 1999 in response to the significant concerns expressed by Canadian Practitioners and Students regarding the low value of the Canadian vs. the US dollar and the consequent high cost of trainings paid in US dollars. These were shared with Canadian members, and the CTC was mandated to consult with all active Trager sponsors in Canada. Following this consultation, the decision of the CTC was that for 1999, each province will set its own fee structure for trainings held in that province. Further details will be included in the Institute renewal package.

Don stated that a financial consultant with international experience will be hired to address the currency-exchange issue on a worldwide level for the years 2000 and beyond.

The groundwork has been laid for significant evolution in our organizational and professional structure. We need your support and active participation as Canadian Instructors, Tutors, Practitioners and Students to enable desired changes to happen, and look forward to working together with you.

One final word on the Conference: A heartfelt "merci" to Amrita Daigle, Louise de Montigny and Paul Overy for providing simultaneous interpretation into (and from) French of workshop proceedings to enable the participation of three Francophone Practitioners.

Effective January 1, 1999 (and earlier, if possible), Winnie Hunt (250) 545-5636; Kateri Morin (819) 322-3669; and Paul Overy (416) 966-1528 will be stepping down from their roles as provincial representatives. The work of the CTC remains crucial to the success of Trager in Canada, however, and you are warmly invited to maintain the commitment shown by these individuals. Please contact them directly to find out how you can serve your Trager community.

Natasha's Notes

Natasha Heifetz

Natasha is a Tutor and serves on the Board of Directors.

Dear Trager Community,

Thanks to Anna Marie Bowers, the Eighth International Conference in Cleveland was focused on the Work, specifically on the fundamentals or what I have been calling the principles.

Anna Marie and her helpers did a wonderful job. There was hardly a glitch which is amazing since no matter what, there are always "glitches".

HIGHLIGHTS FOR ME: I was thrilled from the "get-go" to be walking down the hotel halls and find groups of people talking about the work rather than politics.

The entertainment was great and dancing with Trager folk was, as always, the most fun.

On Saturday night, there was a free-flow storysharing about Milton and Emily. It was moving, sometimes light, sometimes deep and emotional. Betty Fuller was at her prime telling a story about Milton. Bunni Tobias "signed" to the song "Goodbye Old

Friend". Personally, this broke me apart and was what I needed to truly grieve the loss of Milton. He was my friend as well as mentor and though I am happy he is out of pain and constrictioin, I still miss him. The group emotionality helped me.

The Instructors with the help of Tutors did a great job. Every morning was devoted to another area of fundamentals. I heard only positive reactions. The Hook-up feeling during the tablework morning was as deep as I have ever felt. There was constant evidence to me that so many people had internalized Milton that he was a part of us all.

The Tutor Conference was, as always, a deepening of old friendships, new friendships formed and an increased focus on developing excellence. The Instructors and the Tutors worked together in a new very satisfying format. It was wonderful. The Tutor trainees added much to the experience. We ended with renewed vigor and commitment to getting together more often.

Elizabeth Omyron represented the European community in a gracious clear, intelligent manner. She contributed greatly to the Conference and the Tutor Conference.

Thanks to the old Tutor Committee -- Martin Anderson, Sandra Berger (office), Nutan Joy, Stephani Murdock, Pamela Sharni, and the new ones now taking over Jack Blackburn, Sage Madrone, Audrey Mairi, Kate Rose, Hedi Stieg and Dale Bach(office).

The coming together face-to face was so wonderful and it leaves me pondering how our communication can get better when we are all at our respective homes. How about we find a village somewhere and move together?

I was disturbed at the number of people who do not read the Newsletter which is our consistent means of communication. Everyone complains about communication, or the lack of, but I haven't heard any suggestions on how to improve. More and more people are getting on E-mail--but that is clearly not enough. Face to face is the best. Any ideas? I encourage you to encourage others to read the Newsletter.

I found great encouragement for the restructuring of the Institute and generally on open receptivity to the direction that the Board is taking. There seems to be a fondness for the idea of Trager "schools" and more overall planning. There is clearly a lot of work to be done and I believe most of us are coming from the Conference encouraged about the future and more committed than ever to working out the problems.

Don Schwartz gave a short, clear, and committed speech at dinner Saturday evening, declaring once again his commitment to the future of the organization. He was well received and appreciated for all the years of his devotion and keeping us "in the black".

A major "highlight" for me was the witnessing of the letting-go of fear and suspicion, and the rising up of hope for the future of the Institute. And of course seeing and hugging old friends.

Shall We Change Our Name?

Don Schwartz

At the October 20th Board meeting, a proposal was made to change the name of our organization from "The Trager Institute" to "The Trager Institute International". This proposed change reflects the reality that our organization is international. What do you think? Please let me know by writing, faxing, or emailing your response to this proposal to me at our Mill Valley headquarters. Thanks!



From left to right: Esther Cherk, Dale Bach, Marcia Koski, Karen Cox and Sandra Berger

Who Does What?

To help you receive services and answers to your questions, below is a list of your administrative staff and our respective responsibilities. The staff meets weekly to explore how we may better serve you.

Dale Bach is the newest member of our administrative staff. She is our bookkeeper tracking all incoming and outgoing funds, and providing periodic reports. She is also the new Tutor Committee/administration liaison.

Sandra Berger handles all renewals and Practitioner recertification. She is our newsletter editor and does any desktop publishing that needs to be done. She is responsible for processing Practitioner applications, continuing education, service mark questions. She can answer any Tutor questions, however, Dale has taken over this area. She also serves as International Liaison.

Esther Cherk processes Student and Practitioner records, provides liaison with public and private bureaucracies, compiles all published articles with *Trager* in them, maintains a bibliography, purchases our products for resale, and organizes our file system.

Karen Cox answers the telephones, maintains our library of *Trager* articles, handles annual certificates, processes product orders, retrieves telephone messages, faxes, and distributes the mail, works with Marcia in handling training registrations, and keeps our office neat and clean.

Marcia is our training registrar as well as sponsor coordinator for trainings. This is a big job and takes most of her time. She also handles IWL, ML and SPL applications and questions and compiles and edits the *Trager Schedule*.

Marianne Pelet, originally from Switzerland, Marianne lives in Mill Valley, and comes in on an as-needed basis to help with a variety of administrative duties including helping us with some French and German translation needs.

Don Schwartz, Executive Director, oversees administrative operations, reports to the Board, and carries out policies established by the Board.

Roster Corrections

We apologise for any mistakes we have made!

Adash van Akkeren should have been listed as a Practitioner.

Guy Bedau was incorrectly listed in Montana. His correct address is in Massachusetts at 53 Twin Hill Road, Hubbardston, MA 01452.

Annie LeBus' correct P.O Box is 2453.

Three new Students in France were not listed in the roster. They are:

Veronique Perron

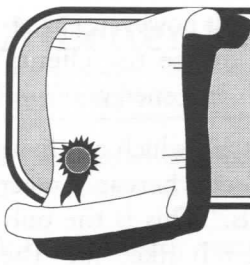
Av Al. de Musset Fortunio Bat A
F-33400 Talence
5-56-80 00 50

Catherine Chaillet

67 Bd Richard-Lenoir
F-75011 Paris
1-6929 7094

Jacques Degrand

5 rue Gaiffe
F-25000 Besancon
3 8180 1955



Congratulations to All Newly Certified Practitioners!

(May 6th - October 31, 1998)

Linda Alanen, U.S.A.

Ursula Baenziger, Switzerland

Melissa Biondillo, Canada

Christina Bour, U.S.A.

Lisa Bregman, U.S.A.

Lucy Brinew. U.S.A.

Cinzia Cavagnini, Italy

Pierre Chabot, Canada

Anne Chilibeck, Canada

Laurie Coe, U.S.A.

Ross Connors-Keith, U.S.A.

Martina Cremer, Germany

Denise De Gol, Italy

Theresa Dextrase, Canada

Diane Emond, Canada

Ulrike Engel, Germany

Renate Entfellner, Austria

Janet Fortess, U.S.A.

Lucie Froment, Canada

Manuela Garbella, Italy

Jo Gerhard, U.S.A.

Gaby Gruenig-Laeubli, Switzerland

Marina Hase, Germany

Marie-Lou Hebert, France

Sharon Hour, U.S.A.

Marie-Theres Janes-Traber, Switz.

Sirpa Jauhiainen, Finland

Helen (Sandy) Johnson, U.S.A.

Melvyn Johnson, U.S.A.

Eva Kessler, Switzerland

Susanna K. Kirsch, U.S.A.

Andrea Kuras, Austria

Melanie Lepper, U.S.A.

Kari Lygren, U.S.A.

Beth Michelson, U.S.A.

Wendy Mitchell, Australia

Vivis Moore, U.S.A.

Lucie Pare, Canada

Barbara Porro, U.S.A.

Justine Poyntz, Canada

Iain Ritchie, Canada

Patrizia Manuela Rottigni, Italy

Daniel Rybold, Italy

Naoyuki Sekino, Japan

Kelle Smith, U.S.A.

Janet Steele, U.S.A.

Kathleen Sterner, U.S.A.

Mary Ann Thomson, U.S.A.

Kathryn Tufano, U.S.A.

Ted Van Noord, U.S.A.

Ruth Waite, U.S.A.

Heidi Lyn Wood, U.S.A.

Peter Wright, Canada

Kevin Wynkoop, U.S.A.



New Practitioners!

Please feel free to call the Institute office if you should have any questions about anything!

Betty Fuller is alive and well!

Betty Fuller

Betty Fuller is the founder of The Trager Institute and Instructor of "Motion and E-Motion" workshop.

I was out of the loop for awhile and have made a marvelous recovery. Please get in touch and let me know what is going on in your life! Also, if you are interested in my "Motion and E-Motion" workshop, let me know. I loved the Cleveland Conference! Cheers for honcho Anna Marie Bowers for creating such a great user friendly Conference and for her version of the Beginners Mind - "Back to Basics" theme. It seemed to me that we all came together, feeling the presence of Milton and Emily and each other. It is up to us now to grow ourselves and our organization, to help bring world wide prosperity, health, healing, love, joy, and peace.

(continued from page 11)

sage therapist I must either not know the natural movement paths of muscles or I know them and disregard them. I began my learning in this area first with my study of karate, then with my study of anatomy, again in massage school anatomy, connective tissue, kinesiology classes, and I continue to wonder about the mystery of our movement through gravity in both my work and teaching.

"5. *Trager* routinely involves extensions and compressions whereas massage typically limits extensions/compressions to those clients with specific problem where such moves are indicated." Global statements such as these challenge me to move beyond my defensiveness. I really do not understand the assertion here that "massage limits extensions compressions..." I practiced traction and movement long before I took my beginning *Trager* training.

"6. *Trager* seeks to find the client's body movement rhythms whereas massage work does not specifically utilize the client's body rhythms." It's true, I had basically no skill in the rhythmic movement of a client's body

before *Trager*. I did; however, pay attention to and utilize the clients' rhythm of breath and energy.

"7. Massage uses oils which can have a beneficial effect whereas *Trager* does not use oils." This is the only statement that felt like "just the facts."

"8. The *Trager* Approach offers the client a specific way to recreate in the body the results of the table work through the use of *Mentastics*. Massage does not offer a comparable way to replicate the results of the massage table work." I now understand that because my suggestions to clients to not have a trademarked label, that they are non-existent.

"9. *Trager* offers a theory of how the body works...the role of the unconscious mind in running the body. Massage does not have a comparable theoretical basis." I ask again, what is your definition of massage? From the sounds of this "difference", I must assume that massage is the unconscious rubbing of the body by another person. Where am I to find room in this assertion for the marvelous reflections and wonderings of so many of my teachers, students, clients and myself

In or Out

Don Schwartz

There is an increasing amount of activity in the individual states of the United States regarding the professional regulation of skilled touch, movement, and even, now, energy work. In many instances, legislation has been passed, or is being considered which would require anyone who touches to be a licensed massage therapist. Most *Trager* folk don't want that requirement in order for them to be legal in their respective communities and states as a certified *Trager* Practitioner. Indeed, The Feldenkrais Guild has a national policy that says that Feldenkrais is to be specifically excluded from such legislation. And they participate in legislative action in every state that has or considers this kind of legislation. My question to you, dear United States Practitioners, is would you want The Trager Institute to have such a national policy as does The Feldenkrais Guild? Please let me know by sending your input to our Mill Valley headquarters. Also, please contact me if you have questions about professional regulation, and if you and yours need support. Thank you for considering this question.

about how and why massage works? It is not too difficult to find volumes of theory for any particular modality of massage. For a comparable theory, since that is what this statement calls for, how about the notion that the stories of our lives (this would include both the conscious and unconscious parts of ourselves) are reflected in our biology.

"10. Massage clients typically are totally unclothed, although draped with a sheet. *Trager* clients are always partially clothed as well as covered with a sheet. Both modalities can be utilized with fully clothed clients, but in both cases the impact of the work is lessened." In both my work in massage and *Trager*, sessions done with fully clothed clients have been just as impactful as those who are undressed to a level that is comfortable to them.

Lastly, "There are times when I have worked on a client in the presence of one or more observers who have declared at the end of the session that they feel much more relaxed from just watching the session. I have never experienced or heard of others experiencing a similar result from simply watching a massage session." In the name of gathering information, I must tell you that I have experienced and witnessed this with massage sessions on many occasions throughout my years in massage therapy education.

As part of my recommending tutorial for the Intermediate training, the Instructor asked me to describe *Trager* work. I immediately began comparing it to massage, and how the two are different. She then did me a service, and asked if I would describe *Trager*, on it's own terms, not in comparison to massage. So, I ask myself and Neil Williams the question, what is the big deal if people at first do not know the difference between *Trager* and massage therapy?

• • •

Dear Editor: Thank you for giving me the opportunity to respond to Cindy Black's critique of my article. I believe there is a useful purpose in distinguishing differences between various types of body work modalities, not only to be able to respond to a clients interest in differences, but eventually to be able to specify more precisely what type of body work is most effective for various conditions, a topic I did not wish to broach in this exchange.

My reaction on reading Cindy Black's comments about my article in the 1998 Summer *Trager* Newsletter and Schedule was two-fold: gratitude that she took the time and effort to respond in detail to my comments, and a bewildered sense of curiosity about what seemed to me a somewhat vehement reaction to what I had written. In respect to my first reaction, her willingness to respond satisfied one of the reasons I wrote the article; to wit, having other people involved with *Trager* share their ideas about comparisons between *Trager* and massage. In respect to

my second reaction, it is not appropriate for me to speculate on possible reasons for the apparent emotional energy behind her critique.

Ms. Black comments in her second paragraph that she feels many *Trager* Practitioners have a condescending attitude towards massage therapists. She does not attribute such an attitude to me, although my name appears in the paragraph, which might lead a reader to infer I have such an attitude. Over the past thirty years of my life, I have received many massages from more than twenty CMT's of both genders. All of them were well trained, skilled, and demonstrated a commitment to the well-being of their clients. Massage has relieved certain painful problems in my body that *Trager* has never successfully addressed and I respect the modality and its practitioners.

Many of my clients have asked me how *Trager* differs from massage. The article reflects my thoughts based on my own experience of receiving massage and both receiving and giving *Trager* sessions. I am in an association of body workers, all of whom are CMT's. I asked each to read and comment on the article and revised several parts on the basis of their valuable criticisms. They all found the article as it appeared in the newsletter acceptable to them as massage therapists. This does not mean they, me, or the article is beyond criticism or in any way "the" final word on differences. It does mean, at least to me, that the article is one person's attempt to describe real differences between two types of body work--and differences are just that, with no implication that one is better, more effective, or more useful than the other. *Trager* and massage are not two words referring to exactly the same thing, so why not delineate the differences, especially when some clients want to know the differences.

In respect to Ms. Black's comments concerning point #1, most of my massages have been well within my comfort zone, but the massages that have caused discomfort (with my concurrence) have been the most effective ones in relieving certain problems. I did not, and do not, assume that massage is "...intrusive, vigorous, and creates discomfort." What I intended to convey, but did not do so adequately, is that massage encompasses a broader range of tactile experience than does *Trager*, a range that extends from gentle to vigorous, and even, at times, uncomfortable, although therapeutic.

Her comment about giving massages "in stillness and quiet" is an experience I have had from both massage and *Trager* sessions. I would have gladly offered it as a similarity if similarity had been my focus.

Point #2: That massage generally begins with surface muscles and works progressively deeper seems to me a fact since that has been my experience in receiving massage and is a statement my massage-trained colleagues agree

with. Perhaps I should have said "Initially, massage begins at the surface and then works deeper." It was not my intention to suggest massage does not go deep.

Point #3: I believe Ms. Black has missed the point of this paragraph. I accept as accurate her description of how she proceeds. The question is: Does massage work result in the extensive and almost continuous movement of the client's body that is typical of a *Trager* session? My own observation of and receipt of massage work says not.

Point #4: One of my massage therapy colleagues carefully described to me when, how, and why he massages muscles "across the grain" with his decisions based on a sound understanding of anatomy and physiology. This is a far cry from the uninformed, random, uneducated mucking around with a person's body that Ms. Black attributes to the attitudes of many *Trager* Practitioners ---- and it is a different technique than *Trager* people employ.

Point #5: Of course massage therapists utilize extensions and compressions when warranted. The question is: Do they usually employ such moves as extensively as *Trager* Practitioners routinely do in a *Trager* session? My experience of receiving both modalities is that there is a difference in extent, a difference my massage therapist colleagues agreed was a valid distinction. They all use both with a specific client when called for, but do not routinely incorporate the number of extensions/compressions they have all experienced from my *Trager* work.

Point #6: I was referring to body movement rhythms in this paragraph and was not thinking about breathing or energy rhythms and I thank Ms. Black for appropriately pointing out these are also involved and something a massage therapist can utilize, as she does. However, since I contend *Trager* work results in much more movement of the client's body than does massage, attending to body movement rhythms is more relevant to *Trager* work than to massage work.

Point #7: We agree on this point.

Point #8: A few massage therapists have suggested I perform certain stretching exercises after a massage session, but the majority have not offered anything that I can do to recreate the effects of the massage. *Mentastics* is an integral part of a *Trager* session and is recommended to clients specifically because it can recreate the table work experience.

Point #9: I completely agree with Ms. Black that "the stories of our lives are reflected in our biology."

However, the *Trager* viewpoint about the role of the unconscious in running the body is much more specific and is reflected in how *Trager* is presented in training sessions tutorials, how we as practitioners are encouraged to utilize our own intuition, and our choice of words and phrases as we work with clients. If massage is based on a theory that offers similar, specific direction, I am unaware of it.

Point #10: I have had a number of clients who have chosen to remain clothed when they first experienced *Trager*. Over time, as their trust and confidence in my work grew, they disrobed. The response from these clients has been unanimous-- undressed is best. This opinion matches my own experience at receiving massages -- undressed is best.

The point I made about clothed versus disrobed is also influenced by my belief, which I cannot substantiate beyond my own intuition, that direct skin contact between giver and receiver involves a subtle form of positive, desirable communication and flow of energy that is substantially reduced when clothing is worn by

the receiver.

In respect to Ms. Black's last comment about the impact on observers of a *Trager* or a massage session, I reported my experience. Her experience, especially with respect to massage, is broader than mine and I accept her statement that observers have benefited by seeing massage work done. Let us agree to drop my conclusion that I have stated a valid difference.

Ms. Black's last sentence asks, What is the big deal if people do not know the difference between *Trager* and massage therapy? I say there is no big deal if nobody asks. I wrote the article because a number of people have, in fact, asked me what the difference is and that, in my mind, makes it "a big deal."

I want to conclude by reiterating my appreciation for Ms. Black's willingness to share her reactions. Her critique has highlighted some shortcomings in my article wherein what I wrote was not precise enough in conveying what I intended. I thank her for her comments and I hope other members of the *Trager* community are motivated to share their views.

If *Trager* is a language
spoken from one body mind to
another
then only the body knows
when it is in the presence
of someone who's fluent.

by Susan Straus Kroll

(continued from page 12)

wondered what on earth I could do for this client (she later commented after that it was one of her best sessions.) I kept steady with Milton's old stand-by questions: "And what could be lighter? and what could be lighter than that? etc." The resistance to which I was responding this morning was the pain in my own wrists, not that of the client; but Milton's principle of "when you meet resistance get lighter" still applied. By the second session the pain was much less; by the third, I had not only regained complete mobility in both my wrists but I was pain-free as well -- in a matter of six hours of "Trager as self-care!"

That evening I received an email from a friend (serendipity) talking about agonists and antagonists, especially in things like repetitive motion injuries and carpal tunnel syndrome and it suggested the following. One very simple thing is to take 2-3 rubber bands that are about .5 cm. in width and 9 cm. in diameter. Put your fingers and thumb through them and extend your fingers and thumb out exercising the extensors. With the overuse of flexion, the flexion/extension ratio gets out of balance and the ratio needs to be restored. For example, if the flexion/extension ratio is usually 3:1, with overuse it gets to be 6:1 and that is where there can be problems (these numbers are not right, but I am using them for an example). As one increases one's extension strength with the rubber bands, so the ratio gets back to 3:1. Doing this frequently throughout the day can work miracles.

Quite unwittingly, doing the *Trager* sessions had exercised the under-used extensors of my hand, thus righting the ratio between the extensors and the flexors, after the overuse of the flexors from the paddling and the long rehearsals. I did play with the elastics as well. P.S. Playing the concert the next evening went easily and well, with no re-occurrences of stress in the fingers or the wrists.

Now, healing at the physical level is a piece of cake as compared to the healing at a soul level that many of us are being required this life time. I believe *Trager* is one of the best catalysts and conduits available in this process of soul healing. I learned this first in working with others, and, finally, in myself as well!

My private practice over the years has evolved into a kind of marriage between psycho-emotional-spiritual counseling and *Trager* psychophysical integration. I generally work in two hour blocks. The first twenty minutes to an hour is used to help the client hone and clarify what transformational issue they wish to address that day. The balance of time is spent on the table. It is my understanding/experience that what one brings to consciousness (pre-table) is what is digested, integrated, transformed at a cellular pre-conscious level during the *Trager* session itself. It has been my experience that clients are able to shift deeply and more rapidly with this combination than by doing either psycho-

therapy or *Trager* work alone. To be whole, we need both the cognitive understanding and the cellular assimilation. My favorite and most powerful work is now done in 3 to 5 to 7 day individual intensives here at Hartsong Haven.

There are two key elements that support this process of transformation and integration. The first is, that prior to starting the table work, I ask each client to: "Make a prayer of affirmation that you will receive that which is for your highest good out of our time together." This invokes the client's choice, and invites them to take responsibility for their own healing. I then ask them "to imagine it is the end of the session, you have received exactly what you came for, say out loud, so your ears can hear it, how do you feel?" Their answer becomes the template that the unconscious then uses to direct the session. This new integration is then reaffirmed at the end of the session through the recall of post-hypnotic suggestion that Milton has taught us.

We all know the adage: "Healer Heal Thyself." Milton said the same thing as follows: "You do this work for your own self-development." It has taken me twenty years of doing and receiving sessions -- four years of the integrative work I now do with clients -- and many years of bumping into my own resistance, stubbornness, fear, old holding patterns, even baggage I brought into this life -- to finally be able to "let go", and really "get" that "what could be lighter, easier, etc." is meant for me as well as my clients. As those who are close to me know, I have, in the past, worried internally for many years over my relationship, not so much with Milton, for I have always known this was my soul work, but with the Institute that grew up around his work. I have walked many a mile in the valley of hurt and resentment. This is a walk -- no matter how "justified" it may feel -- that saps one's life's blood. "What one resists, persists." I resisted and persisted for a very long time. I was hurt deeply when I was twice refused Instructor Candidacy -- the first time I was told it was because I was "over qualified" (which I believe at the time was some in-house jealousy regarding my association with Feldenkrais.) The second time I was turned down because I was a "well-developed maverick."

Over the years many wonderful *Trager* practitioners have withdrawn from their membership in The *Trager* Institute. I write this last part for those who, like myself, have been fence-sitting. I ask each of you to wonder what part of your ambivalence is truly Institute-related, and what is simply part of your own soul learning.

This spring a deep shift occurred within me. It had to do at once with forgiveness and letting go of any past judgments, and, a deep acknowledgment and appreciation for who I am and what I have been able to heal within me in this life -- much through the medium of what I learned

(continued to back page)

Trager Cinquains

Eileen Dickinson

Eileen wrote these after assisting a Beginning Training. She lives in Ann Arbor, Michigan.

"Trager"

delicious feast for the hands
munching, slurping, nibbling
feeding the non-conscious mind hew tastes
Yum!

"Trager"

vast ocean of pleasantness
streaming, swirling, shimmering
endless waves lapping the shores of the mind
aah...

"Trager"

river of effervescence
flowing, sloshing, dripping
ripples of pleasure meandering over stones of resistance
fluid

"Trager"

reverent presence
being, honoring, expanding
connecting to a sacred source
grace

"Trager"

gentle inquiry
asking, pausing, recalling
living the questions, embracing paradox
well....?

"Trager"

primal pleasure
cradling, rocking, nurturing
returning to the fluid womb
buoyant

"Trager"

symphony of movement
playing, fingering, improvising
pausing to appreciate the silence between the notes
harmony

"Trager"

rhythmic reverberations
rocking, rolling, rattling
listening to inner rhythms as the body moves
resonance

"Trager"

re-imagining feeling
sculpting, painting, dancing
appreciating an artful work-in-progress
beautiful

"Trager"

expansive playground of the bodymind
exploring, swinging, boinging
effortless spontaneity
free

"Trager"

dancing cloud
feathering, fluffing, floating
shapeshifting with the breeze of breath
weightless

"Trager"

mindfulness in motion
attending, breathing, releasing
presencing movement in every cell
nothingness

"Trager"

graceful movement
balancing, lifting, elongating
choreographing the inner dance
elegant

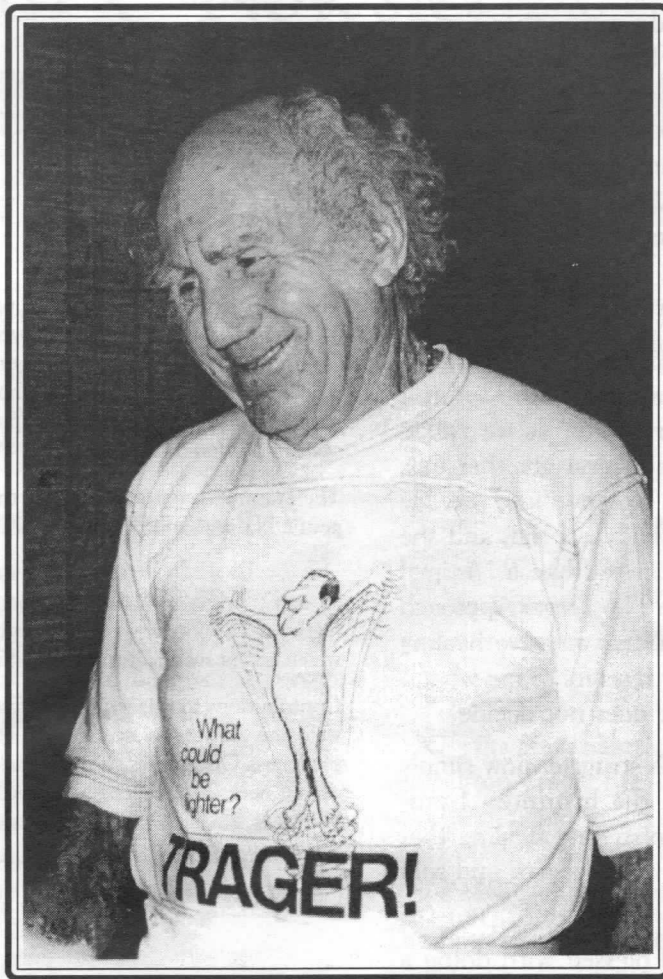


photo by Diane Hubner

Next Trager Conference?

The next *Trager* Conference will be held in the year 2000! Would someone like to volunteer to help plan this event? This Conference will be extra special for entry into the new millineum! Please contact the Institute office if you are interested.

A call for articles & photos

Please send us your articles for publication in the newsletter!
Also, include a photo!



(continued from page 21)

from one Milton Trager. I finally got that none of that outer "stuff" really has anything to do with either the essence of this work (*Trager*) or my life's journey. Milton gifted me -- like many others -- with his understandings, his intuitive gifts, his sensitivity. So the battle has vanished, the healing has occurred. I simply know that this IS my work, that this is my soul work, and I am to share it with whomever, however, to the very best of my ability, being the contagion of which Milton so often spoke. That's all. Whether I am dubbed an "Instructor" is totally irrelevant to that process of Being and sharing.

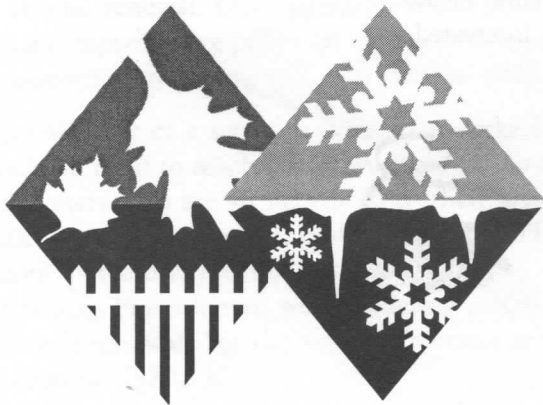
Years ago, in my first Reflex-Response class with Milton, I panicked when I saw my first "scary body" as we called them in those days. Milton gave me a great gift that day, which only now have I been able to integrate into me. He told me to "treat her like a normal body". I did, and she flourished. I now honor and treat myself like a "normal body", who has been privileged to use The *Trager Approach* as her primary medium to catalyze transformative healing in herself and in others. It no longer matters to me what a committee at some Institute does or does not decide.

My choice has been, in the past with struggle, now simply with love and ease, to work within the Institute. I profoundly love this work, this gift of planetary healing that Milton Trager left us and the world as his legacy and soul healing.

How many of us on the planet are blessed with doing a work that not only touches our hearts, supports us financially and spiritually, helps others to greater wellness, but also works its healing magic on us as we work?

Again, Milton, thank you for the gift with which you have left us. Such a fine case of measles!

I know that some day, because it is a contagion, and because the planet is ready for such a contagion, that *Trager* will naturally spread beyond the confines of any institution and become the vernacular for all people. That is when peace on earth will truly emerge. We are indeed ready. Thank you.



Credits

Executive Editor Don Schwartz
Editor Sandra Berger
DeskTop Publishing Sandra Berger
Mailing Administrative Staff

The *Trager Newsletter* is published three times a year by The Trager Institute for *Trager* Psychophysical Integration and *Mentastics*, a California, non-profit, public benefit, educational corporation which represents and supports *Trager* psychophysical integration and *Mentastics* movement education, the innovative approaches to movement education developed by *Milton Trager, M.D.*

The Trager Institute is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education provider.

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THE TRAGER INSTITUTE

21 Locust Avenue

Mill Valley, California 94941-2806

U.S.A.

415-388-2688

FAX: 415-388-2710

Email: admin@trager.com

<http://www.trager.com>

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Deadline Date

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