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*Day 61 September 19,
2005*

*Introduction ~ Efrem &
Diana Razumny & Carl
Ginsburg*

Announcements and welcoming

NOT RECORDED

*Discussion #118 ~ Carl
Ginsburg*

Introduction

CD#13/T01 [7 MINUTES]

Awareness and the method.

*ATM Lesson #135 ~ Carl
Ginsburg*

Circling arm, on side

CD#13/T02 [76 MINUTES] [AMHERST JULY 10, 1980 AM]

Scanning breath, touching torso. On L side, arms straight out in front, head on floor, knees/hips bent @ 90, R palm down, slide palm on floor, arcing arm in direction overhead then down towards knees, then all the way around in circle. Roll to lye on R side, R palm down to floor, circle R arm on floor, eventually bending elbow and sliding fingertips under waste to complete circle. Both directions. Stopped to observe 6 people doing movement of circling "bottom " arm. Return to the floor to circle R arm a few times while lying on R and L sides. Stand, lift each arm overhead, compare. Stand, shifting weight to feel standing on each leg.

*FI Exploration #72 ~ Carl
Ginsburg*

*Bringing hand to head, around,
down, on back*

CD#13/T03 [26 MINUTES] [DVD#13 SCENE 1 (23 MINUTES)]

Demo with Ellen, on back, picking up L arm from wrist, bringing through middle front, overhead, then down to side again. Repeat and compare with R arm which was explored in the ATM circling of arm. Have them lie on the L side and circle L arm like ATM lesson. Observe and then place hands somewhere to bring awareness. Have them return to back and compare bringing arms up and around again. Demo with skeleton to show holding the wrist and supporting the elbow. Return to FI practice

*Discussion #119 ~ Carl
Ginsburg*

Eliciting your genius

CD#13/T04 [16 MINUTES]

Talk about the movement is not the issue. Looking for a new pattern or different way. Stop and wait when you get to an area the movement doesn't go easily. Find another trajectory. Slow down and let your genius come out. Everyone didn't incredible things when you were a baby without anyone telling you how to do incredible things. Your biological system has what you need, the capacity to put together very complex organization. Ended with standing, swinging arms like swinging a bucket.

*ATM Lesson #136 ~ Carl
Ginsburg*

Breathing in various positions

CD#13/T05 [44 MINUTES] [ALEXANDER YANAI #17]

*Discussion #120 ~ Carl
Ginsburg*

Who is this Carl Ginsburg?

CD#13/T06 [25 MINUTES]

Carl shares some of his history.

*Day 62 September 20,
2005*

*Discussion #121 ~ Carl
Ginsburg*

Questions about FI practice

CD#13/T07 [18 MINUTES] [DVD#13 SCENE 2 (13 MINUTES)]

Bob with Ayesha and Carl with Michelle. Stopping before the strain.

*ATM Lesson #137 ~ Carl
Ginsburg*

Crossing arms #1

CD#13/T08 [43 MINUTES] [AMHERST JULY 16, 1980 AM]

On side, review sucking from last segment. On back explore sucking. Use fingers to move lips. Sit cross legged, sucking. Lengthen R arm in front, turn whole arm in/out. Repeat w/L arm. On back, R arm to ceiling, turn arm in/out, soft elbow. Sit, repeat straight arm rotating in/out. Observe 6 different people doing movement of arm in sitting. Return to ATM to explore different variations observed.

*FI Exploration #73 ~ Carl
Ginsburg*

*Crossed & interlaced hands
moving towards chest*

CD#13/T09 [44 MINUTES] [DVD#13 SCENE 3 (4 MINUTES)]

Everyone sit, R arm out in front, thumb down, L arm cross over R, interlace fingers, bring interlaced hands down and in towards you. Repeat w/non-habitual finger interlacing. Half of class observing other half of class. Partners guiding shoulders with movement. Jensey question about changing interlacing of fingers changing things. Sit, change crossing of legs. Demo with Nancy sitting with changing legs and interlacing of hands, noticing curves in spine.

*ATM Lesson #138 ~ Carl
Ginsburg*

Crossing arms #2

CD#13/T10 [35 MINUTES] [AMHERST JULY 16, 1980 AM
BASICALLY WITH INFLUENCE FROM MIA]

On back, arms straight out in front, one crossed over, interlace fingers, bring hands, down around and through so hands come up by face/mouth. Repeat, lift head to meet hands coming towards face. Change interlacing. Change arm crossing. Leave head down, bring hands in front of face and over head then behind head. Arms straight out in front, palms together in normal clasping, take arms R/L. Allow elbow to bend on side arms are going towards. Add rolling head to look opposite the direction of the arms. Take just R arm straight forward and turn like

earlier in lesson, compare. Repeat with L arm. Sit, arm straight out in front, turning arm in/out like in beginning. Returned to observing original 6 people. August question about ease and stopping soon enough. Little demo with August sitting.

*Discussion #122 ~ Carl
Ginsburg*

Questions

CD#13/T11 [6 MINUTES]

*FI Exploration #74 ~ Carl
Ginsburg*

*Facilitating bringing interlaced
hands towards chest*

CD#13/T12 [11 MINUTES] [DVD#13 SCENE 4 (9 MINUTES)]

August: lengthening the arm? Carl: house in Germany built by Hunterwasser. Demo: Sue. Practice with partners. Have person interlace hands, lengthen towards ceiling, follow along on shoulders. Continue following shoulders while person takes hands towards chest and then up towards head. Add lifting head while hands come up middle. Have person interlace hands behind head to lift with arms, follow along on shoulders again. Then place hands on the elbows, taking elbows down to help lift head. Lift person's head for them and add depressing sternum. Lift head while lifting C7. Leave head down, lift C7 with two hands watching for movement in sternum. Return to all the above in reverse to notice changes.

*Discussion #123 ~ Carl
Ginsburg*

*Questions and intentional
movements*

CD#13/T13 [28 MINUTES] [DVD#13 SCENE 5 (7 MINUTES)]

Demo with skeleton for C7. Pelvic floor question. Charlotte shares. Movement has intention. FI is related to something the person wants. Addressing what the person wants without getting caught up in focus of person's desire instead of what they need.

*ATM Lesson #139 ~ Carl
Ginsburg*

Breathing #2

CD#13/T14 [22 MINUTES]

On back, feet standing, hand on chest and lower belly, feeling breath. Expand belly with inhale. Take lower back to floor while extending belly. Tap chest, ribs, sides with fingertips. Exhale long, inhale short. Tip of tongue at back of front teeth making quick little sound on exhale. Change to "papapa", lips together/apart. Switch to "shashasha". For throat make a "gagaga" sound on exhale. Switch to "kakaka". Return to lips "bababab". Make an "ah" sound on exhale.

*Day 63 September 21,
2005*

*Discussion #124 ~ Carl
Ginsburg*

Check-in

CD#13/T15 [12 MINUTES]

August and her toe. Diana and her breathing. Carl's story about breathing in/out. Charlotte tired from NM kitsch. Sue about arthritis.

*ATM Lesson #140 ~ Carl
Ginsburg*

Crossing arms #3

CD#13/T16 [44 MINUTES] [AMHERST AUGUST 4, 1980 AM BASICALLY]

Sit, arms bent in front of chest, crossed at forearms, R closer to chest. Slide inside of L forearm against back of R forearm so L elbow/wrist comes towards while R stays still. Same line of contact but move the R arm against the still L arm. Lie on back, repeat arm movements. Return to sitting, repeat, add idea of L hand coming towards R shoulder or R side of neck. Note head movement. Story about ATM strategy – taking the function out of the movement so you won't be trying to do something familiar. Sitting, switch so the R hand goes towards L shoulder or side of neck. Move both hands towards neck, think of R elbow to go inside the L elbow. Most tasks focus on the periphery. Culturally we loose connection with our center. Sit, arms crossed again, slide L hand along R to elbow, upper arm to shoulder, allow R arm to move so L hand can touch the neck, also R hand touches neck. Observe people doing movements. Partners lightly suggest movement in the shoulders for each other. Return to sitting, change arms, L closer to chest, repeat moves. Repeat on aback. Sit, bring elbow through, moving both arms. Do with one arm closer to chest then other. Slide elbows all the way through, turn palms towards each other and interlace fingers. Keep interlacing and take elbows in/out. Rest on back, note line of spine.

*ATM Lesson #141 ~ Carl
Ginsburg*

Eyes, open focus

CD#13/T17 [32 MINUTES]

On back, note breath, focus of attention. Bring palms over eyes to cut out light. Note what appears. See black or dark blue. On belly, cupping eyes with hands, face to floor. Looking into distance/infinity. Imagine a dot of light moving slowly towards you. Move the light closer/farther. On back, imagine watching feather fall from ceiling down to forehead between eyes. Move head/eyes. Stand walk with soft eyes.

*FI Exploration #75 ~ Carl
Ginsburg*

Open focus exploration

CD#13/T18 [32 MINUTES]

Joe, Erin and Bob shared about ATM. Everyone stand, walk with open focus, be aware of self in whatever way comes. Switch from open to focus, noticing details about how you're walking. Find partner, one walk, other walk behind, focus attention to analyze persons pattern walking in front. Change to open focus and imitate person's walk. You can identify patterns more easily by taking on a pattern. Switch roles. Discuss with partner then with larger group. Carl about non-judgment in open focus. Nancy about missing the larger picture in hard focus. Personal walk was imbalanced in hard focus. Sharing by Joe, Erin, Bob, Michele, Ellen, Duncan, Charlotte. Attention not having to be tense. Movements, motor cortex and effecting the whole. Bob's inquiry about getting glasses. School, looking at blackboard, keeping fixed focus for long time. Bates method for eyes. Book: *Eye Body* way of working with eyes. Standing with open focus into lunch break.

*FI Exploration #76 ~ Carl
Ginsburg*

*Touching foot with open/narrow
focus*

CD#13/T19 [16 MINUTES]

Partners, one touch other's foot. Start with feeling details of boney structure. Switch to open focus by letting go of the focus of sensation on bones of foot and the eyes. Sharing experience afterwards.

*Discussion #125 ~ Carl
Ginsburg*

About FI Exploration

CD#13/T20 [20 MINUTES]

Carl about inter-subjective state in cognitive studies. Consciousness as a private experience or shared. Daniel Stern about mothers and babies. Emotional and affective states. Matching states, connecting and inter-subjectivity. Touching is a medium for that kind of connection. Stern said music communicates as a affect as well as emotional. Create huge inter-subjective state in an audience listening to music. Similar with a charismatic figure, like with politicians. Dissolving boundaries is not simple. Important to keep your boundary.

*FI Exploration #77 ~ Carl
Ginsburg*

Lengthening arm overhead

CD#13/T21 [24 MINUTES] [DVD#13 SCENE 6 (14 MINUTES)]

Demo with Talon. Person on back, bring arm across chest and overhead, one hand holding wrist, other at elbow, pulling thinking of ribs and connecting down to opposite hip.

*Day 64 September 22,
2005*

*ATM Lesson #142 ~ Diana
Razumny*

*Use of arms #1, on back and
hands/knees*

CD#13/T22 [64 MINUTES]

*Discussion #126 ~ Carl
Ginsburg & Diana Razumny
About arm lesson, meta themes
and constraints*

CD#13/T23 [36 MINUTES]

August had questions about meta themes, reversibility and constraints. Charlotte about Leban "x". Ideal movement and reversibility. August relates it to the lesson of taking pelvis to the floor. Nicholi Bernstien Russian scientist interested in movement, similar to some of Moshe's ideas. Well performed movement is one organized in the environment, not muscle strength. Using force of gravity. Dynamic relationship with environment. Moshe got it from Judo. Constraints coming from cybernetics. Learning in cybernetics says you have to have something to work around. Example of robot walking around room with lots of objects and not bump into them. The objects were constraints. Carl tied it into the arm lesson.

*ATM Lesson #143 ~ Carl
Ginsburg*

Crossing arms #4

CD#13/T24 [37 MINUTES] [AMHERST AUGUST 5, 1980 AM
BASICALLY]

Sit cross legged, lengthen arm forward turning hand. Repeat OS. Repeat with legs crossed other way. Both arms straight out in front, cross and interlace fingers, take arms side/side first following with head/eyes and the take head opposite. Arms crossed and interlaced, bring hands to chest and up through towards chin, take interlaced hands side/side then towards one ear and other, eventually circling hands around face. Repeat with arms switched. Arms crossed, interlaced, lengthen to arms forward. Arms crossed in front, palm towards face, violin move of sliding one arm against the other. Cross/interlace arms/hands again, bring hands up through to face, slide elbow through/across

*Discussion #127 ~ Carl
Ginsburg*

Functional Integration

CD#13/T25 [9 MINUTES]

Where the name came from. So what is function? Doing. What is integration? Summation.

*FI Exploration #78 ~ Carl
Ginsburg*

*Pushing through the leg,
lengthening diagonal arm*

CD#13/T26 [22 MINUTES] [DVD#13 SCENE 7 (16 MINUTES)]

Demo skeleton. Demo with michela. Observe person standing and force going down through to legs. On back, push through each leg to note how the force goes through to head. Pull on arm thinking through diagonal leg. Do other side, return to legs, note changes. Return to standing observation. Discussion before switching sides. What to look for? Example of Joe then Debbie with crutch. Making it easier to stand on other leg. Jincey.

*Discussion #128 ~ Carl
Ginsburg*

About FI Exploration

CD#13/T27 [19 MINUTES]

Story about woman in coma that Carl worked with. Switched roles in FI exploration.

*Day 65 September 23,
2005*

*ATM Lesson #144 ~ Carl
Ginsburg*

*Arms wrapped around, turning &
look up/down, sitting*

CD#13/T28 [48 MINUTES] [ALEXANDER YANAI #?]

Sitting, soles together, lean on hands behind, roll pelvis forward/back. Sit bones to rock on. R hand on L ribs, hold R elbow w/L hand, turn L, sliding R hand around ribs a little more. Note axis turning around. Add: head/eyes to R as turn L. Axis change? Pause, sit, soles together, note sit bones. Repeat on OS. Rest can be a short pause so learning can continue. Return to 1st position, fold and turn side/side while folded. Repeat OS. Arms folded around again, lift feet as fold. Continue and flip legs to side sit, fold again and flip legs to other side. Repeat w/other arm crossing. Arms crossed as before, lift/lower arms, looking up w/arms up, stay w/arms up and turn side/side. Stay w/arms up, take head through frame of arms, leave arms up, look up/down. Partners: Observe from back each other doing last move. Observe 3 people, placing hands on back to bring awareness to various places. Afterwards imagine what could make it easier for these people. Return to lesson, do last move, note comfort. Note if sitting is easier.

*Discussion #129 ~ Carl
Ginsburg*

Use of imagination

CD#13/T29 [9 MINUTES]

August question about imagining. Imagining kinesthetically. Frank shared about small imagining. Research shows imagination stimulates the muscles. Jincey imagining and being in the position. What's happening in the nervous system in imagination. Bob sharing about being in position first before imagining. Donna shared about just reading a lesson and feeling like she'd done the lesson. Carl's story about Sandia class in Albuquerque.

*FI Exploration #79 ~ Carl
Ginsburg*

Demo with Talon & Debbie

CD#13/T30 [51 MINUTES] [DVD#13 SCENE 8 (23 MINUTES)][DVD#14 SCENE 1 (18 MINUTES)]

Talon with discomfort in clavicles. Debbie with her crutches.

*ATM Lesson #145 ~ Carl
Ginsburg*

Circling leg puzzle

CD#13/T31 [24 MINUTES]

Lie on "good" side, circle "bottom" arm like first lesson of segment. Sit, legs in front, circle one leg completely around keeping pelvis down. Mostly self exploration and discussion. Swiveling completely by coming onto belly and then change orientation few different times/ways.

*Discussion #130 ~ Carl
Ginsburg*

Boundaries

NOT RECORDED [9 MINUTES]

*Day 66 September 26,
2005*

*ATM Lesson #146 ~ Diana
Razumny*

*Use of arms #2, on back and
hands/knees*

CD#14/T01 [60 MINUTES]

On back, arms to ceiling, alt reaching until roll onto sides. L arm out at shoulder height on floor, lengthen R arm to ceiling, roll L, allow R leg to go back, L in front, bend R elbow, back of R hand on back, roll head/face to ceiling, shoulder/elbow go back towards floor. Switch sides. Repeat, add R knee nestled behind L, tilt cross legs up when rolling upper body towards back, end up cross legs standing and lying on R arm. Tilt legs L/middle, shoulder/arm stay on floor. Switch sides. Repeat position, lying on R arm, crossed legs standing but tilt R/middle. Switch sides. Repeat on both sides, tilting legs R/L each side. R arm behind, L leg crossed over R, tilt legs L, roll head R. Compare to rolling head L. Switch sides. Repeat but change tilting of legs, when R arm is behind, tilt legs R, turn head L, compare to turn head R. Switch sides (L arm behind) R arm behind, tilt crossed legs L, turn head R, lengthen L arm overhead on floor, rolls you to L side and extends. Head variation, look at L hand going overhead on floor. On hands/knees, cross R behind L, tilt pelvis L, pelvis to floor, come to lie on L side. Return to hands/knees by lifting head first then try pelvis first. Switch sides. On back, arms to ceiling, reach/roll alt. Continue so roll to side, one leg back, other forward when on side. Head/spine arches back. Stand, lift one arm, other, both, note nearness to ears.

*ATM Lesson #147 ~ Carl
Ginsburg*

Crossing arms #5, sitting

CD#14/T02 [46 MINUTES] [AMHERST AUGUST 1980]

Sitting, forearms crossed in front of chest, R inside of L (closer to body), slide L forearm along R and then R moving against L, then both at same time so one elbow comes inside the other, crossing so hands can come towards interlacing. Continue so fingers are interlaced, slide elbows to straight arms out in front so hands stay interlaced. Keeping hands interlaced, bring elbow through, come out and straighten arms out in front. Repeat on other side. Rest on back, interlace hands, hands resting on belly, lift elbow from floor, alternate elbows lifting, note wrist, heel of hands stays on torso by moving clavicle/sternum. Sit and do same thing. Demo with Sue. Return to crossing elbows, interlace hands, bring interlaced hands out in front, straightening the arms. Note one shoulder goes up, other down. Go back and forth then switch arms and repeat. Interlace fingers in non-habitual way and note difference. Rest on back,

stay on back, cross forearms in front of chest, slide one along the other then both until elbows cross and interlace fingers, take the elbow in/out. Cross forearms in front, R closer to chest, slide L arm along so L elbow comes to R elbow, bring R elbow through/past L, bring hands to sides of neck, maybe behind neck. Go in/out of that. Interlace hands, bringing hands overhead, continue exploring with hands interlaced or not, explore bringing hands behind neck w/elbows crossed in front, touching fingers behind neck.

*FI Exploration #80 ~ Carl
Ginsburg*

*Monitor partner crossing
arms/elbows, sitting and on back*

CD#14/T03 [20 MINUTES] [DVD#14 SCENE 2 (14 MINUTES)]

Demo skeleton. Demo with Leslie. Sit as in ATM, cross arms, sliding through, interlacing hands. Partner sit behind and monitor to keep it easy. Demo Erin.

*Discussion #131 ~ Carl
Ginsburg*

Individuation and patterns

CD#14/T04 [12 MINUTES]

Patterns and psychological organization is all the same. August question about why would her "problem" toe feel better aft the lesson with the arms that she actually was having difficulty with. Carl gives example of finger and toe connection

*FI Exploration #81 ~ Carl
Ginsburg*

Breathing and patterns

CD#14/T05 [33 MINUTES] [DVD#14 SCENE 3 (30 MINUTES)]

Demo: Ayesha on back, observe breathing, supporting knees and head to ease the breathing. Hands on pelvis to roll either up or down, depending on person's pattern. At shoulders, lift a little looking for pattern. Go with pattern of shoulders and pelvis. Demo skeleton.

*ATM Lesson #148 ~ Carl
Ginsburg*

Breathing #3, gluing the lung

CD#14/T06 [25 MINUTES] [ALEXANDER YANAI]

*Day 67 September 27,
2005*

*ATM Lesson #149 ~ Carl
Ginsburg*

*Use of arms #3 part 1, sitting,
lifting leg*

CD#14/T07 [57 MINUTES]

On back, recall last lessons. Sit, legs spread, lift L straight leg. Stand R foot, lean on R hand behind, lift/lower L leg. Lean on L hand behind, R forearm on R knee, continue lift/lower L leg. ROB. Repeat on OSSit, stand R foot, L leg long, lean on L hand, lift/circle L straight leg, reverse circling. ROB, repeat OS. Note pelvis/lower back. Note where doesn't move easily, pause. Tilt head R/L. Return to circling leg. Circle other direction. Sit, stand R foot, L leg long, lean on L hand, rest R arm on R knee, repeat L long leg circles. Face L, bring R hand behind head to L ear, lower R elbow to R knee. Add knee lifting towards R elbow. ROB, repeat OS. Note lower back/chest.

*FI Exploration #82 ~ Diana
Razumny*

*Lifting shoulder, connecting arm
to chest*

CD#14/T08 [56 MINUTES] [DVD#14 SCENE 4 (47 MINUTES)]

Demos with skeleton, Ken; Leslie with Tracy; Demo with Ariane.

*Discussion #132 ~ Carl
Ginsburg*

*Arm crossing observation and
awareness*

CD#14/T09 [33 MINUTES] [DVD#15 SCENE 1 (9 MINUTES)]

Partners from yesterday in the arm crossing ATM and recreate the observation. Demonstration with Donna and Ayesha. Levels of awareness about what you are doing. Awareness is: Listening to yourself while acting. It's that part of your thinking apparatus that is listening to yourself while acting. Discussion between Moshe and Katsir about conditioning a response with animals., Asleep, awake and consciousness. Conscious and awareness are two different things. How many panes of glass are in your living room? Awareness is consciousness plus knowledge. Demo with Bob and Frank.

*ATM Lesson #150 ~ Carl
Ginsburg*

*Breathing #4, gluing lung, on
back*

CD#14/T10 [38 MINUTES]

*Day 68 September 28,
2005*

*ATM Lesson #151 ~ Diana
Razumny*

*Use of arms #4, scissoring legs, on
back*

CD#14/T11 [61 MINUTES]

On L side, knees bent, R knee behind on floor, open/close bent knees. ROB, repeat OS. On L side, R knee bent on floor behind L bent knee, roll head/shoulders back to R, stay facing ceiling, open/close bent knees. Note chest, sides of lower back. ROB, repeat on OS. On L side, face/shoulders towards ceiling, R knee bent behind L, open/close knees. Leave knees open, lift knees pivoting over feet, take knees to other side, open/close knees on this side then leave open, lift/take to other side again. On L side, knees spread as before, face/shoulders facing ceiling, R arm out to R, lift/lower R knee so foot stands. ROB, repeat OS. On L side as before, lift R knee, foot standing, lift/lower inside/outside border of foot. Return to lift/lower R knee, note diff. ROB, repeat OS. On L side as before, both arms to ceiling, elbows soft/rounded, roll upper body L/middle, more and more to R, R/middle. Repeat OS. Explore lifting head/arms towards "back" knee. On L side, knees apart, face to ceiling, arms down, stand R foot, start straightening R leg keeping sole of foot on floor, heel turning out. Note: back arching, R hip lifting. ROB, repeat OS. L side positing, arms up/rounded in front, turn head/shoulders R, move knees to R, alternate side/side. Switch to taking knees opposite head/shoulders/arms. L side position, stand R hand on floor in front of chest, slide R sole on floor, heel out, keep leg straight and lengthen, feel how can take you up onto L elbow. ROB, repeat OS. Return to original move of open/close knees on side, compare to beginning. Stand, note chest/sternum/head carriage. Turn foot/ankle out, allow turn whole self

*Discussion #133 ~ Carl
Ginsburg*

Carl's articles

CD#14/T12 [7 MINUTES]

Carl's articles. Consciousness and "First person experiments"

*FI Exploration #83 ~ Carl
Ginsburg*

Twisting, on side

CD#14/T13 [43 MINUTES] [DVD#15 SCENE 2 (33 MINUTES)]

Demo with Duncan. On back references-observe shoulders and pelvis. Push through each foot noting connection to head. Lift shoulders to note ease and

connection through ribs. On side, roll in undifferentiated way with top arm lying long on side. Roll just pelvis, note transference of movement. Roll from shoulder to note same. Top hand/palm connected to forehead, roll head/arm/shoulder back towards table. Touch spine to note how rotation travels through spine with rotation. Lift at spine to rotate. Lift top knee and elbow to roll undifferentiated then differentiated. Return to references of rolling from pelvis and shoulder, looking for sequential movement through torso. Return to references on back.

Discussion – trivial machines. Humans like predictability and try to make other humans predictable and trivial. Demo with Ayesha showing where to put the foot when lifting the person from the knee and elbow.

*Discussion #134 ~ Carl
Ginsburg*

FI practice

CD#14/T14 [23 MINUTES]

Trying same thing with several people so you feel the differences and what's similar and so you more automatically go to just the right place with whatever person. You keep feeding your system. Practicing between segments is necessary for developing your skill. Talon shared about working with Carl and being confused.

*ATM Lesson #152 ~ Carl
Ginsburg*

Use of arms #3 part 2, sitting

CD#14/T15 [40 MINUTES]

Sit, R foot standing, face L, lean on L hand, R hand on L ear, direct R elbow to L knee. Note R hip joint. Lift L knee to R elbow. Leave knee on floor, bring R elbow to L knee, note ease. ROB, repeat OS. Sit, R foot standing, L leg long, lean on L elbow/forearm, face L, R hand on L ear from behind, lift L leg, circle. When leg is up take R elbow towards knee. Change direction of circle. ROB, repeat OS. Sit, R foot standing, L leg long, face L, circle leg, fold knee/elbow toward each other, reverse circling. Repeat OS R foot standing, L long, lean on L hand, face L, R hand on L ear, R elbow to L knee, note ease. Repeat OS. Stand R foot, lean on R hand, face R, L hand behind on R ear, spread legs, L elbow to R knee. Take elbow beyond knee towards floor. Repeat OS. Sit, stand R foot, face R, L hand on R ear, lean on R hand, direct elbow toward knee, lift R knee towards elbow. Straighten R leg, slide along L arm to armpit. ROB, repeat OS. Sit, legs long, spread, lean on R hand, face R, L hand behind R ear. Direct elbow to R knee/beyond, lengthening back. L hip lifts from floor, thinking elbow past knee. Repeat OS ROB Sit, stand R foot, L leg long, lean on L hand, R forearm on knee, lift L leg, circle, note changes. Repeat OS. All fours, R knee behind L, take pelvis to L, chest to floor, elbows

in air. Lift head first to come up then try lifting pelvis first. Push belly out. Change over knees, repeat OS.

*Day 69 September 29,
2005*

*ATM Lesson #153 ~ Carl
Ginsburg*

Crossing arms #6, sitting

CD#14/T16 [61 MINUTES]

Sitting, slide forearms against each other. Extend arms out in front, one crossed over and interlace fingers. Try both crossings, noticing shoulders. Bring interlaced hands up and through near chest. Take hands up/down, in front of face then to sides of head. Keep interlacing and hands near face and take elbow through. Cross forearms in front, sliding one against the other, think of taking hands to sides of neck, going towards fingertips touching behind neck. On back, do similar explorations. Sitting, arms extended, cross and interlace fingers non-habitual way, bring hands in close and up and slide elbow through. Repeat, open space between forearms to slide head through. Switch which arm is on top and repeat.

*Discussion #135 ~ Carl
Ginsburg*

ATM teaching

CD#14/T17 [13 MINUTES]

Leslie had question about teaching. Teaching mechanically and not interested in the process and it will be felt from the class. You have to be interested to get your students interested. Knowing the lesson well enough helps to improvise. Using open attention will help notice if someone in an ATM class is doing something funny. Nancy asked if it's possible for everyone to get their head through the arms in the recent ATM. Important to stay with the process and not have the goal.

*FI Exploration #84 ~ Carl
Ginsburg*

Shoulder work, on side

CD#14/T18 [31 MINUTES] [DVD#15 SCENE 3 (30 MINUTES)]

Demo with Cici: Sitting, observe shoulders, lift arms with bent elbows. On side, take shoulder forward/back, up/down. Sit behind person, loop your arm under theirs so your hand is on the front of their shoulder and their elbow is draped over your forearm, their forearm hanging down in front of them. Your other hand on their shoulder, exploring movement in all directions. Can lift so elbow goes higher. Sit at their head, take their "top" hand to their forehead, hold hand connected to head and other hand at the shoulder or spine and roll them. Lift head, keeping hand to head and think down into their ribs and spine. Roll pelvis and lengthen down and back while holding at spine then neck.

*Discussion #136 ~ Carl
Ginsburg*

*Differentiation, integration and
synergy*

CD#14/T19 [31 MINUTES]

*ATM Lesson #154 ~ Carl
Ginsburg*

*Arms behind, swinging legs, on
back & sitting*

CD#14/T20 [18 MINUTES]

On back, arms under lower back, palms down, lift one leg straight up and swing it across to other side. Repeat with other leg. Sitting, bring hands together behind back, interlace fingers, bring hands up/down.

*Day 70 September 30,
2005*

*Discussion #137 ~ Carl
Ginsburg*

Parts and whole

CD#14/T21 [6 MINUTES]

Our work effects all our systems, down to enzymes.
"Vitality affects" term by Daniel Stern in book on
"Present moment".

*ATM Lesson #155 ~ Carl
Ginsburg*

*Fingers to toes moving each other,
on back*

CD#14/T22 [50 MINUTES]

On back, stand R foot, slide L foot through gap of foot and pelvis, reach R hand down towards L foot, touch fingers to toes, thumb to big toe and so on. Push on toe with finger then think of toe pushing back. Stand R foot, rest L ankle on R thigh, bring fingers to toes again, repeat finger pushing and imagining each toe pushing back. Return to foot under gap of standing R foot and pelvis, repeat finger toe. Have hand near foot but not touching, imagine stick between each finger and toe. Cross ankle on thigh, imagine stick between fingers and toes and imagine pushing from toe to finger and finger to toe. Stand, walk, feel differences in sides. Sitting, soles facing each other, imagine sticks between toes, imagine pushing toes back and forth through the sticks.

*Discussion #138 ~ Carl
Ginsburg*

*Babies imitating and mirror
neurons*

CD#14/T23 [60 MINUTES]

Stern's book and babies imitating mothers. Mirror neurons.

*ATM Lesson #156 ~ Carl
Ginsburg*

Lifting pelvis from side

CD#14/T24 [38 MINUTES]

On R side, lift pelvis. Try with one knee in front. With L knee on floor behind, open/close knees then make circle with ankle/knee on floor. Circle both knees/ankles at same time. Circle the two legs in opposite directions. Open/close legs with one knee in front and then the other. Lift pelvis with knees together or one in front of the other. On L side, lift pelvis. Repeat some of the above on the L side.

Day 71 October 3, 2005

ATM Lesson #157 ~ Yvan Joly Head under the gap #1, on front

CD#15/T01 [63 MINUTES] [AMHERST 1980]

On front, face to easy side, arm up on face-side, roll pelvis side/side, take head towards looking under shoulder on side facing. Stand hand on face-side, look under arm towards knee, allow pelvis to roll, note knee starts to bend a little. Eventually slide knee up towards head/head towards knee. Return to just rolling pelvis side/side.

Discussion #139 ~ Staff ATM teaching project

CD#15/T02 [52 MINUTES]

SUPPORT TEAMS of FOUR (1 teacher teaches to 3 people) - Meetings prior to teaching days: Start by discussing the ATM you plan on teaching. Why did you choose the lesson? Share with your support team the difficulties you had in preparing the lesson.

Comment on the structure of the lesson, the main movement learning theme (what is this lesson is all about movement wise), the metathemes, the constraints, the strategies, the keys, as you understand them. What are some challenges you find in teaching this particular lesson? Find out if anyone else has prepared or taught this same lesson or a version of it. Discuss any understanding they have that may enlighten your teaching of it. Find out if the rest of your team remembers doing this lesson in class. Use each other in any way you can think of to further your understanding and teaching of the lesson.

Consider holding the following beliefs about your support team: If any one person in the group learns and grows the whole group benefits. That each person has every team member's best interest in mind. Starting with these beliefs, consider the following process for feedback.

Teachers: Share with your support team what you would like feedback about when you do your teaching. Decide if you want to hear what they think you could improve or only what they appreciate. You can also choose from the below list what you would like feedback about from your support team. Debriefing after your teaching will begin with you sharing your experience and insights about your teaching and then hearing from your support team about your requested feedback.

Feedback categories

1. Clarity of instructions
2. Timing (too fast, too slow?)
3. Rest periods (not enough, too many, too long or short)
4. Noticing questions and directing of awareness
5. Voice tone, quality, volume

6. How well you know the lesson instructions overall
7. Comfort with yourself while teaching
8. You can add your own categories to this list

People (students) on the floor:

1. Think that your reactions, judgments, criticisms and appreciations say just as much about you as it does about them. Considering this, what can you learn about yourself?
2. Notice something you really appreciate about the lesson or their teaching.
3. Take note of any categories discussed above.
4. Attend to the category/ies the person wants feedback in.
5. What is the most valuable thing you learned about teaching ATM from your experience on the floor with this person. Make a statement about this in terms of what you will remember to do when you teach. Example: "I will make a point to allow for rest periods during ATM." "I will attend to the teaching environment when I give a class." Write down your statements to be handed in.

Hand in: Your name Your insights on ATM teaching Questions or requests for comments to Yvan and Diana

Support teams meet to discuss lessons

Not recorded

Discussion #140 ~ Yvan Joly Reading from "Awareness Through Movement" book

CD#15/T03 [14 MINUTES]

Support teams meet to discuss lessons

Not recorded

Discussion #141 ~ Yvan & Diana

ATM teaching project

CD#15/T04 [31 MINUTES]

Questions or sharing about support group discussions.

ATM Lesson #158 ~ Yvan Joly Head under the gap #2, on front

CD#15/T05 [MINUTES] [AMHERST 1980]

On front, arms bent up by head, face to one side, slide head forward. Take arm on back side of head down along side, arm on face side still bent up on floor in front of face, lift/lower elbow. Leave elbow in air over hand, take elbow away/towards spine,

shoulder blades sliding. Same position, take elbow in circle. Return to sliding head/knee towards each other, looking under gap of arm. Emphasize either the forehead, lips or chin towards the knee. Bend both arms up by head, take head forward/back, then under gap, sliding knee/head towards each other. Stand, walk, lie on front again. Both arms up by head, elbows up over hands, turn head side/side. Let it grow to looking under arm, add knee sliding towards head as head goes under gap towards knee.

Day 72 October 4, 2005

ATM Teaching

Six groups teaching

NOT RECORDED

Discussion

Groups debriefing

NOT RECORDED

Moshe Video

Psychotherapy & Inferiority

CD#15/T06 [50 MINUTES]

Discussion #142 ~ Yvan Joly

Moshe video

CD#15/T07 [14 MINUTES]

Discussion #143 ~ Yvan &

Diana

ATM Teaching

CD#15/T08 [12 MINUTES]

ATM Teaching

Six groups teaching

NOT RECORDED

Discussion

Groups debriefing

NOT RECORDED

ATM Lesson #159 ~ Yvan Joly

Head under the gap #3, on front

CD#15/T09 [33 MINUTES] [AMHERST 1980]

Day 73 October 5, 2005

ATM Lesson #160 ~ Yvan Joly

Voice #1

CD#15/T10 [18 MINUTES]

ATM Teaching

Six groups teaching

NOT RECORDED

Discussion

Groups debriefing

NOT RECORDED

ATM Lesson #161 ~ Yvan Joly

Voice #2

CD#15/T11 [42 MINUTES]

ATM Teaching

Six groups teaching

NOT RECORDED

Discussion

Groups debriefing

NOT RECORDED

Discussion #144 ~ Yvan &

Diana

ATM teaching

CD#15/T12

Discussion #145 ~ Yvan &

Diana

Teaching materials

CD#15/T13 [33 MINUTES]

Day 74 October 6, 2005

*Discussion #146 ~ Yvan &
Diana*

ATM Distinctions List

CD#15/T14 [37 MINUTES]

*Discussion #147 ~ Yvan &
Diana*

Using Images in ATM

CD#15/T15 [29 MINUTES]

*ATM Lesson #162 ~ Yvan Joly
Head under the gap #4, on front*

CD#15/T16 [29 MINUTES] [AMHERST 1980]

FI Demo ~ Yvan Joly

Demo with piano player

CD#15/T17 [55 MINUTES]

FI Exploration #85 - Yvan Joly

Sliding knee up to side

preparation, guided

CD#15/T18 [47 MINUTES]

Person lying on front side, head turned to one side, arm up on face side, arm down on back of head side. Note way shoulders are lying and comfort of head and neck. Sitting at their head, feel down their spine, noting whatever is of interest. Go to pelvis and roll side/side, noting direction of ease. Stand at foot end of table, note their heels and legs. Take leg on face side, bend knee so foot is towards ceiling, take foot side/side, feeling into hip joint and maybe pelvis moves. Bend both knees, holding both ankles, take side/side. Lift just the face-side foot, tilt to middle, lift at hip joint. (demo with Carl on how to move from leg and hip to eventually slide knee up to side)

On front, bend L knee, foot to ceiling, tilt lower leg R/middle. Stand L hand, elbow over hand, push to lift shoulder, taking shoulder blade towards spine. Hand standing, push hand to take shoulder back towards spine, roll pelvis to R while shoulder goes back to R and then differentiate pelvis/shoulder going opposite directions. Stand L hand, bend L knee, foot to ceiling, tilt lower leg to R, look under L arm and start to slide L knee up towards head. When head and knee are close to each other let elbow come down. From that position, lift elbow/knee at same time. Alternate knee/elbow lifting/lowering. Return to sliding head/knee towards each other with hand standing, creating the gap for head to go under.

Day 75 October 7, 2005

Discussion #148 ~ Yvan Joly

FI Demo from yesterday

CD#15/T19 [30 MINUTES]

Nancy's question about responsiveness of demo person. August's question about foot/shoulder connection. And what about pase speeding up and slowing down. Ariane's question about running commentary. Language, "body". Story of student and "out of body" experiences.

FI Exploration #86 - Yvan Joly

Sliding knee up to side

preparation #2

CD#15/T20 [45 MINUTES] [DVD#15 SCENE 4 (39 MINUTES)]

Demos with Tracy, skeleton, Ellen. Review from yesterday, adding lifting of elbow.

ATM Lesson #163 ~ Yvan Joly

Voice #3

CD#15/T21 [46 MINUTES] [AMHERST 1980]

Playing with long exhale, producing sounds, starting with "a", "ah", "o", "oo", "e", move from e -> a -> ah -> o -> oo in continuous way. Go back and forth between different sounds. Go around the circle quickly in a cycle. End with some giving of ATM instructions then return to cycling around sounds.

Day 76 October 10, 2005

Discussion #149 ~ Yvan Joly

Write something about the process of teaching

CD#16/T01 [2 MINUTES]

ATM Teaching

Six groups teaching

NOT RECORDED

Discussion #150 ~ Yvan Joly

Subjective, objective and feedback

CD#16/T02 [31 MINUTES]

Making distinction between subjective and objective. What we say about another it says something about us. Moshe's provocative question, "If we had not eyes would there be light?" Our perspective changes. Objectivity is shared subjectivity.

Discussion ~ Yvan & Diana

Three teaching groups meet for feedback

NOT RECORDED

Diana & Yvan each took three of the groups to discuss and debrief the teaching of the three teachers in that group.

ATM Teaching

Six groups teaching

NOT RECORDED

Discussion ~ Yvan & Diana

Three teaching groups meet for feedback

NOT RECORDED

Diana & Yvan each took three of the groups to discuss and debrief the teaching of the three teachers in that group.

Day 77 October 11, 2005

Discussion ~ Yvan Joly

Community meeting

NOT RECORDED

ATM Teaching

Six groups teaching

NOT RECORDED

Discussion ~ Yvan & Diana

*Three teaching groups meet for
feedback*

NOT RECORDED

Diana & Yvan each took three of the groups to discuss and debrief the teaching of the three teachers in that group.

ATM Teaching

Six groups teaching

NOT RECORDED

Discussion ~ Yvan & Diana

*Three teaching groups meet for
feedback*

NOT RECORDED

Diana & Yvan each took three of the groups to discuss and debrief the teaching of the three teachers in that group.

Day 78 October 12, 2005

*ATM Lesson #164 ~ Yvan Joly
Head under the gap #5, on front*

CD#16/T03 [52 MINUTES] [AMHERST 1980]

On front, arm up on face side, other arm down, look under gap of arm. Slide knee up on face side, look under arm on face side, head/knee coming towards each other. Stay bent to side, arm resting on floor, roll long leg few times then bend that knee so foot comes towards ceiling. Leave leg long while other is still bent up to side, start lifting bent knee from floor pivoting over the whole foot, eventually bend and slide the long leg up and under the lifted knee. Pause in that folded position. Return to simply sliding head/knee towards each other, looking under gap of face-side arm.

*FI Exploration #87 ~ Yvan Joly
Head under the gap, C curve on front*

CD#16/T04 [33 MINUTES] [DVD#16 SCENE 1 (31 MINUTES)]

Demo with Mary, bringing her into pattern of looking under the face-side arm, while on front, and sliding same-side knee up towards head. Start with circling shoulder on face side, then lifting elbow and shoulder

*Discussion #151 ~ Yvan Joly
Chaos, functionality and flexibility*

CD#16/T05 [27 MINUTES] [DVD#16 SCENE 2 (25 MINUTES)]

Charlotte about chaos. Demo with skeleton. Other comments and questions before and after??? Erin about flexibility

*FI Demo ~ Yvan Joly
Demo with piano player*

CD#16/T06 [49 MINUTES]

*FI Exploration #87 cont. ~
Yvan Joly
Head under the gap, C curve on front*

NOT RECORDED

*Discussion #152 ~ Yvan Joly
Open forum structure*

CD#16/T07 [5 MINUTES]

*ATM Lesson #165 ~ Yvan Joly
Head under the gap #6, on front*

CD#16/T08 [29 MINUTES] [AMHERST 1980]

On front, arms up by sides, head to one side, take head forward/back. Roll pelvis side/side, take head

towards side away from direction pelvis rolls. Hands standing, elbows in the air, repeat previous head/pelvis move. Continue and add taking face to other side as you take the head towards back side of head. Add sliding knee up on side face is turned and take head under bridge to look at knee sliding up. Forehead on floor, roll pelvis and head in opposite directions. Stand elbows, look under gap of arm but slide the leg up on the other side

Day 79 October 13, 2005

ATM Lesson #166 ~ Yvan Joly

Head under bridge #1, on back

CD#16/T09 [56 MINUTES] [AMHERST 1980]

On back, stand feet, stand R hand above/near shoulder so palm is on the floor, fingers pointing down towards shoulder. Bring other hand to elbow, move elbow around to feel where force can go through forearm to floor. Repeat with just R foot standing. Add lifting R side of pelvis, rolling to L. Add thinking about taking head under bridge of R standing arm. Take head under bridge of R arm as the pelvis rolls to the L. Add having L arm long overhead on the floor, lengthening arm as head goes under bridge. Return to L hand on R elbow, rolling pelvis, taking head under bridge of R arm. Stand, walk in circle in each direction to compare. On back, repeat on other side in imagination.

Discussion #153 ~ Yvan Joly

Open forum structure

CD#16/T10 [47 MINUTES]

Four groups, four topics: developing ATM series; developing workshops; marketing and brochures; talking about the method.

Discussion #153 continued ~

Yvan Joly

Open forum structure

CD#16/T11 [74 MINUTES]

Groups continue to report.

ATM Lesson #167 ~ Yvan Joly

Bridging

CD#16/T12 [17 MINUTES] [AMHERST 1980]

Day 80 October 14, 2005

Discussion #154 ~ Efrem

Razumny

Guild packet, flyers

CD#16/T13 [28 MINUTES]

Bear talked about the guild packet. Staff shared support of guild.

Discussion #155 ~ Yvan Joly

Area of competency of FM

CD#16/T14 [20 MINUTES]

Yvan about using service marks on flyers. Implications of using word treatment. Our expertise is in the area of helping people know themselves from their experience.

Discussion #156 ~ Yvan Joly

ATM analysis

CD#16/T15 [33 MINUTES]

Everyone on back, cross bent legs and tilt legs towards top leg. Discussion about constraint of legs crossed and what is a constraint. Return to back, cross legs, create triangle arms, tilt arms/legs to side, eyes on hands. Stand one leg, lengthen other, tilt triangle arm. What does the constraint of the triangle arms afford you? More movement in the ribs. The movement before was an undifferentiated movement. Story of Milton Erickson working with man who washed his hands. Continued exploration of different combinations of the arms and legs tilting to demonstrate some ATM principles.

Discussion #157 ~ Yvan Joly

Study between segments

CD#16/T16 [17 MINUTES]

FI Exploration #88 ~ Yvan Joly

Review of segment

CD#16/T17 [49 MINUTES] [DVD#16 SCENE 3 (48 MINUTES)]

Demos with Debbie and Charlotte.

ATM Lesson #166 ~ Yvan Joly

Head under bridge #2, on back

CD#16/T18 [24 MINUTES] [AMHERST 1980]