

***"I do not want to teach anymore; I want to find out;  
I want to study. I want to discover.  
And whoever wants to come with me to study  
and discover together is very welcome." (Elsa Gindler)***

Dear Swedish Colleagues, Friends, Fellow Students and Practitioners---

Searching amongst notes, documents, letters, I came across the quotation above. It is originally from Elsa Gindler, the founder of Sensory Awareness. It came to me a few years ago from Charlotte Selver, student of Elsa Gindler,... teacher of Lily Ehrenfried..., teacher of Therese Bertherat.....teacher of Judith Koltai... and so we go on, as Einstein said, always on the shoulder of those who came before, moving forward from student to teacher, from researcher to discoverer.

"Tu es le fils de quelq'un" – you are (always) someone's child.

And in this rich ground, forging an always new and hard-earned path, both practice and practitioner change, grow, discover and re-cover. Boundaries dissolve and new roles and relationships get built.

So we come to learn from one another. So we have done together in Sweden for more than a decade.

The specific and unique gift of the practices we study together is the invitation to consider our body to be the learning ground on which our way of living gets revealed.

Our "ancestors" set the example, our teachers taught how to recognize distortion, we study, discover and restore.

The practice benefits from our discoveries and we benefit from the practice.

Albert Einstein reminds us:

A hundred times a day  
I remind myself  
that my inner and outer lives  
are based on the labors of other people,  
living and dead,  
and that I must exert myself  
in order to give  
in the same measure  
as I have received,  
and I am still receiving.

*((Albert Einstein, courtesy Francois G.))*

Please accept this heartfelt invitation to honour and re-discover the learnings from the past and the new discoveries offered to us in this rich and honourable lineage of practice.

We will study and practice in the pleasure of each other's company.

I very much look forward to that.

Fondly -

*Judith Koltai*