

## Notes from Marty Weiner workshop 9/26/99 Taken By Steven R Hamlin

**Please note:** To the best of my memory this workshop was held in Ojai, California. These notes were actually typed a week or more after the event (sometimes months later), from rough notes and memory. Certainly I make errors, and any confusion you find is mine, not Marty's. Listening to Marty speak, for me, was like reading Moshe - often I would have to run it through my mind several times to begin to understand. Marty had a quick wit, a subtle understanding, and his use of language was extraordinarily precise. These after-the-fact notes can only hint at this, they cannot reproduce it. He stretched my understanding, and also invited me to bring more presence to the words he was speaking. As well, I only made note of what I understood and what resonated. Another person's notes might be substantially different.

**Begin:** Marty spent lots of time explaining that the frontal brain is limited; it is where we worry and don't know what to do. Like clothes tumbling in a dryer. The same thoughts and neural connections are always buzzing. You get nowhere. You have to relax the frontal brain. Long history there of programming for all of us, from school etc. The frontal lobe is neurologically connected to use of hands. 80% of what we do in life is eye-hand coordination. It is what you do when you take a test, for example. So is crucial to practice disconnecting that link. Practice using hands as if they are extensions of pelvis, for example. As in following drill.

## How to get out of the frontal brain?

### Practice Drill #1:

Simply let the hands be extensions of the pelvis and feel; do only that for 15 minutes while resting your hands somewhere on your partner's feet or on lower legs. Do this type of work before any technique work; then while continuing only to (not think with frontal brain) feel them into movement. Use not even the slightest gentle aggression of doing something to them, of moving them. Feel them, flow them, into movement.

You may need to stop all movement and do "a Mother's touch" to connect to pelvis and eyes being settled in lower spaces; where there is no judgement or analysis (Marty earlier explained how, in the early days of his practice, he often felt like he did not know what to do. Then he asked himself "if their mother were here, and she had not seen her child for many years, how would the mother touch the child? There would be no "doing" in the touch, but yet, such a touch would be very deep, even healing, and the child would always remember that touch).

Attachment to a chakra - spiritual eye or wherever else - is still attachment. We want to be able to move fluidly between them all appropriately. To process information through all of them. Not to just be in the head and ignore the lower spaces.

Again, when I do move, insure that I have no idea of accomplishment and do no subtle aggression, it is important to first move the hands over the area changing or moving NOTHING in them; just feeling from somewhere besides the head; if I do use the head, OK probably it is unavoidable, but don't hang out there for long.

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**Practice Drill #2:**

Stand up and walk with the imagination that there is a fluid filling your three containers, skull, ribs, pelvis, and walk so as not to spill it. Then practice the opposite of that: moving somewhere to be there as a goal, to go where "I am not" (forgetting the body and just being goal oriented) as Marty says. Then go back to being inside, feel your lower spaces, feel the fluid, and move always from within, being in myself and not reacting to the need to move somewhere. It is as if there is no need to move, as if it is all a dream irrelevancy when you stay in your centered place. Master martial artists do this when challenged. Immediately. They don't get flustered.

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**Practice Drill #3**

Ask your partner to sit up or stand up, and feel them (Like Marty did with hand on Doug's chest) then "move them by pushing them. Just physically push them. Push without feeling, just push. Doug can easily resist the push.

Then feel and push. Feel his spine, shape of ribs, flow into him as you push. Doug cannot resist and goes backwards easily. Feeling into movement. You can do this with any body part in FI.

My experience is that I feel a connection with the pelvis. As if I had become a powerful martial artist or like a Japanese swordsman - that is the feeling that comes to me. But not - Marty would say, as something strange to do now and then. But a

place to access and often live, and be in, especially during FI and ATM and any time during the day.

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We need to understand that to act and move from that place has intelligence. Not like the brain. We want to quiet the frontal brain. We all know what an active frontal brain feels like. Worry. Planning. Analyzing. Watching TV creates a buzz in the frontal brain, big time. You can imagine a fluid filling the brain, so you feel the brain in a way besides frontal mind-static, while connected to deeper spaces.

It is is very important not to get seduced by analyzing a client, to figure what to do to them, to make that the game. Instead, stay always with your own feelings. THAT can never be wrong. The analysis of the other person often can be wrong, in fact usually is. But if you stay with your settled in, deeper process, you are never wrong. You are always ready to be proved wrong.

Marty analyzed me walking across room. Going into my experience; not taking me into him. He expands out into me. Feeling like that. He was watching with eyes that were extensions of his own pelvis. Perhaps because he was watching me like that, I also felt different while walking, more like Japanese swordsman feeling I get so often if I want to. The eyeballs got heavy. Breathing deeper. Feet grounded. Many other changes. It is a place, I remember thinking, that I need to go more often.

Marty said I hit heavier on the L foot, and listed over to the L as I walked. When I was sitting he felt to confirm/disconfirm. And truly, at about T-10 , I laterally bend to the left easily (Marty was putting his hand on my shoulder and bony spinous process at T-10 pulling it to L) and it went EASY. But the opposite,

impossible, it jams. So this would be a starting point for an FI. It is the *ONLY* sensible way to start an FI: Start with the general impression and proceed to the details.

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#### **Practice Drill # 4:**

Do the same thing as above with your partner.

Marty spent long time getting us to not do this process from the frontal brain. To enter into their experience is a whole body, whole chakra experience, because guess what? That is what *THEY* are. They are not an intellectual construction of any kind, they are not pieces put together however cleverly. PT's are good at doing this. They are tremendously educated, for instance, about muscles and how they work and connect.

He would ask us not to look for anything in particular, to feel the pelvis as the place from which we watched and gathered information; that the eyes can also connect in that way. Usually - our habit is to use the frontal brain - because the eyes gather the most information, and it is processed by the brain- frontal brain. But that does *NOT* mean it has to be that way. You can look with feeling-the-weight-of-eyeballs type eyes, with eyes that feel what is going on in the eyes more than what is going on in the gathering outside of information.

Going outside of ourselves to be somewhere that we are not. That is what the frontal brain does to us. Takes us out of our center. Eating , too, can be done without greedy going-out-of-self eyes instead of with inner process eyes.

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Marty for years would see people and then see a possible good outcome for an FI and do the FI and there it was. One day it stopped working; he had to discover another way. So for 2 years he did his two mantras, "His mother could not be here today, so she sent me instead" and "God could not be here today so he sent me instead". Using these two mantras, he transitioned into another place where he could see new things about clients, what to do with them.

Move from a place of stillness. It can be learned. It is the same concept as working for God in the world, which is commonly taught in Eastern spirituality or Zen. You are in the world but not of the world. Meaning, moving a body part in FI can be just as profound and connected as holding it in a deep inner stillness. You have to open yourself to be a wider channel for energy to direct you and flow through you.

Marty said stage fright is like that; he has been learned that it is only an increase in energy to prepare us for the greater opportunity/challenge coming up. And you CAN flow with it, in such a way as to be very grounded and connected and not agitated at all. The problem is that usually people think butterflies in stomach is something to get upset about. That is only because they don't make their "opening" that allows energy to flow through them large enough, so the energy backs up and swirls and agitates. You need to open and flow with it.

Be sure never to be seduced by clients saying "Do what you did to me last week, it felt so good and I had no pain etc..." . What you did last week was bring your presence to the situation, get creative and adaptive, do what you do. So you do that again.

NEVER try to mechanically bring forward specific techniques or protocols from the past what to do.

I had a verbal exchange with Marty telling him my frustration and difficulty in doing this kind of thing. It seems so inaccessible most of the time. Why? Etc.

Marty basically said to me - that I try to be neutral, non-attached, non-reactive FROM THE BRAIN and that won't ever work. The brain is always active and reactive. That is its job. You have to get out of the head. And for me that means more like a jump, taking a leap into another place. You can't get out of the head from the head, you cannot go there from the head. You just feel the pelvis and be there. That's all. And rest there. Affirm and know that the lower chakra centers are all working just fine at all times and there does not need to be any special effort or beam of light from the brain, or God, or whatnot to go there and benefit. The brain still works but I am "in" my whole body, full body, full color chakra system, and with that as the tool of connecting consciously, then you are cooking.

Remember, the test: if you are in the head, you judge or analyze. The real embodiment of being grounded in this way will show you what to do next, not what to do in 25 minutes. The voice that says you are no damn good, the training was a waste, how can you call yourself a practitioner, on and on, that is frontal brain. You just take that kind of thinking as a message to go to another place inside of yourself where you do know what to do. That is all.

Marty had many FIs from Moshe. Never once did Marty feel or say "gee, that was a great FI". No, he was always involved in his inner process afterwards. So DON'T get attached to the expectation of people saying how great they feel after an FI.

Don't work with that result in mind. Instead work to get them involved in the process.

You can often think during FI that the person created you just to let them feel themselves more completely.

Ask your clients why they keep coming, if you have doubts about the effectiveness of your work. Or whether it is all about just feeling good.

If you are attentive and present with a client there will always be a positive outcome. Trust to that. Know that their system will improve.

Moshe said you can never do too little, but can easily do too much. Marty told a story - about a man with shrapnel in his knee, he got the knee working almost normal. But it was too big a change in his life; he never came back. It was a good FI outcome perhaps, but not a good outcome. If you are doing good work, getting results, but clients don't come back, think about this.

The lesson is always the same; to learn not to react to what we find in the other person. Not to judge or try to fix, all of that comes from reacting. So it is not about what we can do for the other person, but what can WE learn or get from the interaction. Do THIS and they will absolutely learn from you, too, at the same time.

When touch happens, it is a meeting place of two awarenesses. When you touch someone, what is between your two hands? Just the other person? No. Two nervous systems. Two Awareness systems.

It is no surprise then, when the client says before you say it, something about what you are feeling. He is there too. With you. So the client can learn from you not to react, not to try to fix, to gather information not from the head, to love one's self, etc.

Our evolution as conscious beings is the real issue. Some people can learn in a cave to evolve. Deal with hunger, thirst, loneliness, bugs and rats. But a time will come to go out into the world. To deal with people who may push all the wrong buttons. To learn to deal with that is a higher evolution. Marty believes Feldenkrais Practitioners have evolved to that point, where they are ready to learn and evolve in that way.

Marty had a client yesterday - a strong voiced blunt New Yorker, a woman, wired, defended, but he never quite said it that way, being as directly analytical as I just wrote it here in these notes. No, what Marty said was: "I could not find the center of her organization, so I spent 45 minutes searching". That is all. You never look at someone as a mess, but as very finely organized. If you see a mess, you get a mess. It is a lot of work to clean up a mess.

So she would not shut up. She would go into a trance like state and then ask questions, taking herself out of that learning state. So Marty took progressively longer and longer to answer her questions, until finally he stopped answering at all.

**YOUR PRESENCE IS ENOUGH.** You can learn that now, and save years of struggle and unnecessary gathering of information and workshops, or not.

You make the person the center of your life for the FI time. If you make the lesson primary, or techniques, you are working as if with heavy gloves between you and them.

GET INTO THEIR EXPERIENCE. This is not the same as saying "get into their nervous system" as some say. That is WAY too limiting.

To move into their experience - yes. A place of power, to stay there. To work for outcomes means getting trapped in an irrelevancy.

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### **Practice Drill #5:**

(Also consider this as homework): without reacting, just notice how you feel with a client. Anxious? Nervous? Not knowing what to do? Fantasies? Don't judge yourself for this. Remember you are teaching your client how not to judge themselves too. You don't react but you DO just shift to another place inside yourself and go to that place of healing. THIS is what you do when you don't know what to do.

People ask you questions. They want answers. Try to draw them back into their own experience. The answer is there inside somewhere. Answer questions in such a way to do that.

You learn to trust that you don't need techniques. To be comfortable with the anxiety of not knowing what to do. Say to yourself "I have hands, a head, a heart, a pelvis, eyes, a history, feelings and I CAN MAKE IT UP AS I GO ALONG". This will never fail you.

But to carry a script - meaning to do a lesson on them, to a technique on them -- is like going on a date, and using a cue card to carry on a conversation with your partner. Which is NOT to say you don't ever do lessons or use techniques. But they can be done as a natural but guided outcome of being present fully with them. It is difference between having a page of notes during a lecture and reading it mechanically, vs knowing what the page says, and even while reading the words, speaking to the audience from the heart and soul connecting spontaneously and appropriately, paraphrasing the general knowledge of the page.

We did an ATM. An exercise in awareness (and as Marty said, NOT as an exercise in movement which unfortunately what ATM is becoming nowadays).

Brief Outline of this short ATM:

Imagining a fluid filling the head. Rolling head while on back. Then pelvis, using pyramid arms. Then rolling pelvis. First rolling with, then without fluid in pelvis. Then letting fluid roll the container. Without jiggling the fluid. Then standing and walking first normally, then with fluid in the three bowls, pelvis, ribs, and skull. The image of fluid in the skull will help take you out of frontal brain buzz. You walk by letting the fluid organize the walking. Don't upset or spill it.

To walk from point A to point B intentionally is to try to go someplace where we are not. Instead move so that the fluid up against the front of the chest is not disturbed. This keeps you in your own process. Not projecting your consciousness to somewhere you are not. Another way is to move from your pelvis.

No effort is involved, yet it is hard to stop by pushing the person moving this way.

TO START AN FI: Imagine that the pelvis is an intelligent area, it can/does know-all, sees-all. By being in your own pelvis, you don't need to just be aware of their pelvis. The pelvis area or the Hara, can see-All and know-ALL. But it is not the kind of knowing the brain likes to analyze and create judgements around. If that is happening you are not enough in the pelvis. A help to get out of the over-analytical mind is to imagine the fluid filling brain front to back.

So Marty says he goes out , in his awareness and not in the physical space of the room, to where they are, and feels them. Nor does he "bring them inside himself". He has enough stuff there of his own to deal with, he says. His awareness expands out to them. So it is actually still in himself he feels the other, but in his expanded self. He has to consciously do this. It does not happen if someone is casually walking across the room. But if he knows he will be working with someone, then yes, he does this.

To get a clear understanding and powerful focused intention about what to do in FI, almost always you will need to first see them globally, as in walking, seeing not from the head but from the pelvis, the lower chakras, the Hara, there are many models to explain this process. All agree it is NOT a thinking from the head process. Use whatever model fits your understanding.

After the global information intake, then you can get specific with hands and FI work.

ASK OFTEN - are you using the head to try to get the head out of the way. Are there thoughts buzzing about not being in the

head. It will never work The head can't get the head out of the way. You have to jump to another place. Trust the other place is alive and well - it is, always.

STORY ABOUT CHICKEN SORTERS. These people are taught to sort baby chickens by looking at 1000 pictures of baby chickens with M or F on the back of picture. After several passes of the 1000 cards, they get to be 99.9% accurate. But no one know why or what are the clues. By staying with OUR OWN experience of clients we clarify our understanding and knowledge about what is going on for them, just like the chicken sorters. But notice, the information and the power is in the staying with OUR OWN EXPERIENCE of the interaction.

Marty says if he conducted a training, first thing he would teach people how to see. It would be by getting out of the head and taking in globally the whole picture. What the trainer is doing, saying, his demeanor, his thoughts and feelings. The subject. The audience. The ambience. Feeling and processing that inside. Staying with their own experience. We can NEVER BE WRONG doing this. It IS subjective! But we can often be very wrong making a judgement or analysis of someone or some body. Staying with the experience, not going outside yourself.

When we are in the frontal brain, we usually are leaning forward, eyes bugging out, going out to analyze and gather information, trying to learn to know what to look for, wondering if you have it, feeling discourage that you don't, beating yourself up for being such a dunce, all of that comes from frontal brain, bug eyed, forward leaning information gathering. DON'T EVER GO TO THAT PLACE.

The frontal brain is not a place you evolve out of to a better place. It is only a trap, a place to be stuck in until you realize somehow (by hard experience, by mentoring, somehow) that is not a place to spend time in.

To do a training without making this clear from the beginning, well.....in Marty's opinion a lot of time is wasted.

Some people want answers before they settle in and get comfortable, to be able to get out of the head, before actually working with the client and work effectively. No, when you have a question, first go to the place where answers exist. And that is always NOT in the buzzing frontal brain.

Say - "I am working with myself, feeling what they feel.....my hands are extensions of my Hara".

To close the eyes and feel their uniqueness. Them. So that 10 years later if you were blindfolded and had to touch the legs or backs of 100 people, you could pick out this one client. You feel them in that way. FEEL them. Shape, temperature, structure, tonus, volume, skin tone, muscle tone, weight, impressions. Feeling in this way validates them. You are in the playing field of their uniqueness. This, Marty says, is where he is all the time working with a client.

Another way to think of the same thing is you are connecting like making love, only with no exploitation or actual sexual energy. A deep intimate connection. Something that pleases the hands to feel, that you enjoy them, as they are. Marty even moaned and groaned in pleasure to demonstrate this point. Note, if the hands feel they have to only temporally be in that space of neutrality,

because soon they are going to have to "go to work" and start fixing, this WILL BE FELT as subtle aggression.

Another way to say and do the SAME THING is to affirm that you are touching a FINISHED CREATION.

People are not allowed to touch a Michelangelo statue. Some used to pay \$1000 a touch. One or two people have been allowed. One famous Italian blind sculptor - he said incredible things about the experience later. YET HERE WE ARE TOUCHING a CREATION COMPLETED BY GOD HIMSELF. Feel them - each of your clients - in such a way as to understand why God felt they were a completed creation. You are touching essence.

The fear of not doing the right thing is only an indicator that you need to go with your consciousness to someplace else. You don't even need to quiet the mind. Just go to another place. Hara. Out of frontal brain, is usually the what is needed.

You can feel the internal process of the vision and eyes, more than the information gathered in seeing. As we usually do, to analyze it. Break up this pattern by instead focusing on what do the eyeballs feel, their weight, etc.

## **FI REMINDERS**

..they invented me to let them feel themselves. That is all.  
 ..eyes are extension of pelvis, seeing to gather much information but not to be processed by brain as is the old old habit.  
 ...Be with the process of vision, not using eyes to gather information

..touch to communicate NO DEMAND, to not put the system on alert in any way.

..get into a settled place of no judgement, out of the head, of acceptance and self-love. When Moshe did this, client often would soften and breathe and change even before he was touched by him.

..You know you are in your head if you are judging or analyzing  
..feel them into movement. Don't ever just move them. Moving someone, or doing a lesson or technique unfeelingly is a form of aggression, albeit subtle. It WILL be defended against, albeit subtly.

.. Say to yourself "I am the magic". The magic does not come from techniques or the FI lesson or The Feldenkrais Method. Be clear about this. We must accept that this is not an ego trip to affirm this. Instead it IS ego to deny this, that my awareness and soul-presence is POWERFUL. It is supremely powerful. We can spend years and years learning this truth, OR we can accept it now, with humility, and save ourselves MUCH SUFFERING.

..The most powerful thing we can do for anyone is to just be there for them. Our consciousness has an effect on the other person. Tell ourselves that it is our presence, not our skills, that is the magic of the interaction.

..being in the spiritual eye is fine, as long as you are not attached to being there. Attachment is attachment. Fluidly shift.

We want to not look at, analyze, or touch people from a "doing" frontal brain kind of organization. It is bug eyed, head forward, uncentered, goal oriented, critical way of being and working. Instead stay in your own process. Don't be reactive. But responsive to the information gathered in the moment, from a whole body-chakra connection, not just frontal brain.

Often reaffirm that just one human consciousness touching another is where the power lies. It is catalytic, in transforming a person. Out of all their troubles and into a different reality.

There is a book about this titled SIMPLE PRESENCE. A lady working with totally washed up people, just sitting next to them on a bench saying nothing. The transformations that happened. Marty wrote the forward for the book.