

January 2, 2002 Wednesday 8:25 AM

So, this courseware is not meant to be interactive. I'm not going to try and whip up conversation and interaction. This is a one way street, me out to you through the courseware, like a bulletin board on one particular subject.

The subject of Pilates Continuing Ed on the Web has the main message that Pilates is an idea. The more you climb the mountain of folklore, the further back you reach for what is "classical" and "pure" the further you come away from an understanding of what it is you are trying to understand, until you take what you know and look at the tradition through the context of an idea.

Too much of today's Pilates is about Joe, and not enough about what Joe was passionate about. I'm passionate too. It is the subject of passion that overlaps with me and Pilates, not who some guy was and how much of a genius he was and off into the worship of the man to assure your place in the lineage.

Sift through the Pilates flotsam, take the pieces and parts that you get from any of the aristocratic heritages, (that all say we're the best, most classical, most contemporary, deepest rooted) and you will find that the aristocracy is a pretentious emperor wearing an imaginary cloak of authority.

I've been twenty years into the exploration of Pilates, and I'm walking down the hill of pure, classical, tradition, and saying to all you who naturally are climbing up in your search to hold Pilates in hand, "There's no answer in tradition, tradition and folklore can only point to the subject of Joe's passion—Contrology, the complete coordination of mind, body, and spirit."

In these days it is the spirit part that is thrown out with the bath water. The public is almost ready to acknowledge the body/mind approach, and those who would keep Pilates limited to an intellectual involvement are more than willing (because it is self serving) to keep in just body and mind.

That's because spirit is a tricky issue. Spirit leaps too quickly into an association with religion in most people's minds and they've already got a religion. So there comes an uncomfortable rejection of spirit because it smacks of religion.

Spirit is also downplayed by those who live in their minds, actually whose minds live their lives. Mentality screams out to encompass perception, to be everything. To miss the spiritual part of Pilates is to miss the complete coordination of body mind and spirit.