

**JANUARY 25, 2000 TUESDAY 8:03 AM**

The reason people have relationships is to create distance from the overwhelming pressure of their day to day existence.

**JANUARY 25, 2000 TUESDAY 8:36 AM**

One whilst while wonders what one writes for.

**JANUARY 25, 2000 TUESDAY 8:42 AM**

Once you know the answer to a riddle it doesn't matter when you learned it, or who you learned it from. The real magic is in how well you deliver the idea into the being.

**FEBRUARY 3, 2000 THURSDAY 11:42 AM**

the money...  
the action  
is in the money.

**FEBRUARY 3, 2000 THURSDAY 12:08 PM**

Check your anchors.

**FEBRUARY 14, 2000 MONDAY 8:38 PM**

How alone it is to publish. The huge vacuum.

**FEBRUARY 17, 2000 THURSDAY 10:58 PM**

chronological

**FEBRUARY 22, 2000 TUESDAY 7:43 AM**

One reason is as good as the next.

**FEBRUARY 26, 2000 SATURDAY 7:58 PM**

Oh how I forget my self, in this large fragile world.

**FEBRUARY 26, 2000 SATURDAY 8:04 PM**

When to lay down the spear?

**MARCH 8, 2000 WEDNESDAY 7:50 AM**

No longer reluctantly crouched at the starting line,  
The idea is alone, in a time of need,  
I'm going the distance,  
I'm going for speed,  
And thinking there is something for which he still burns.  
From the lyrics: Cake.

**MARCH 8, 2000 WEDNESDAY 7:54 AM**

You have got to approach doing Pilates as free diving into the depths of concentration.

**MARCH 8, 2000 WEDNESDAY 8:06 AM**

No matter how long you've been teaching or doing Pilates or Pilates based work, you'll want to hear Michael Miller explain what makes this method a method and how his trademarked view of body dynamics empowers the performance and teaching of Pilates.

**MARCH 9, 2000 THURSDAY 8:42 AM**

It's self denial of circumstance that often leads to limitation.

**MARCH 9, 2000 THURSDAY 8:47 AM**

bust through the facade of physique.

**MARCH 11, 2000 SATURDAY 7:20 AM**

Never initiate a hug from a woman.

**MARCH 11, 2000 SATURDAY 8:39 AM**

If it were easy to teach it wouldn't be hard to learn. mjm

**MARCH 11, 2000 SATURDAY 10:05 AM**

Concentration yields connection.

**MARCH 11, 2000 SATURDAY 10:06 AM**

Your breathing is your effort.

**MARCH 11, 2000 SATURDAY 10:06 AM**

"I think I've used that machine, but not like she's using it." gc

**MARCH 11, 2000 SATURDAY 10:07 AM**

She never was a was.

**MARCH 12, 2000 SUNDAY 8:09 AM**

In one word...

Pilates is exercise. In two words, corrective exercise. (Which is what makes it so efficient.) In a sentence, Pilates is a method of physical and mental conditioning. A method is a means by which to seek an end, conditioning means to put into a higher state of readiness. So Pilates is a means of getting ready for whatever might come up. Consider Joseph Pilates' definition of fitness:

the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure

In three words, what makes this method a method is -- uniform eccentric loading. Uniform, in that the whole body acts as one singular, cellular, organic fluorescent whole. Eccentric, in that the effort emanates from the core of the body. And loading, in the sense of weight bearing. (To make any exercise harder you add load, and then take the load further away from center. To make any exercise easier you bring the load closer to center, then you reduce load.) Rotation stabilizes movement, it's a physics thing. Human bodies move by counterbalancing rotation between its axes. If imagination can precede movement, then the quality of the imagination can influence the quality of the movement. That's why I'll be happy if the only thing about Pilates you learn from me is the image I have trademarked and hold out as a symbol and tool for anyone interested in the body dynamics of movement.

My image of counter balancing coils of energy to enhance mobility and achieve less stress

It's a physics thing. As water based creatures living on land we have to cope with gravity.

My view of body dynamics is based upon angular momentum--rotation stabilizes movement.

Movement occurs within gravity. Gravity is the source of stress in your body when not properly aligned with it. And alignment is what the physics thing is all about.

**MARCH 19, 2000 SUNDAY 1:02 PM**

Way, way deep, busy splashing on the surface, the ultimate dive--life.

**MARCH 20, 2000 MONDAY 12:24 PM**

Michael Miller

Will be appearing:

will be explaining the idea Joseph Pilates was pointing to (uniform eccentric loading)

sharing the meaning of the Michael Miller trademark (rotation stabilizes movement)

## The Hermit's Journal

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and how the image of the trademark can profoundly impact your ability to do and teach Pilates.

to make it devastatingly simple, and infinitely complex. to take the physics ideal and express abstraction.

**MICHAEL MILLER TOUR 2000**

Michael Miller

on

Joseph Pilates

and the

Michael Miller trademark

No matter how long you have been moving or teaching movement, Michael Miller is sure to alter your view, change the way you look at things, and deepen your understanding of body dynamics.

Michael Miller's view of body dynamics reaches deep into the physics and psyche of movement.

**MARCH 21, 2000 TUESDAY 9:40 AM**

What is Pilates?

"It's a physics thing."

**MARCH 22, 2000 WEDNESDAY 3:09 PM**

You won't want to miss the enthusiasm and clarity Michael Miller delivers with his explanation of what makes Pilates, Pilates.

Hear him explain his image of body dynamics, which will enrich your ability to do and teach Pilates.

**MARCH 24, 2000 FRIDAY 8:15 AM**

When you listen you never know what you'll hear, but there is always something to hear, and that is the point to listening.

**MARCH 25, 2000 SATURDAY 9:24 AM**

"Close battle, close call." TOD

"Nothin' good ever came out of a negative thought." TOD

"You people are such smart asses, you could probably sit on ice cream and tell what flavor it is." TOD

**APRIL 3, 2000 MONDAY 12:03 AM**

Your mind is in your way.

Uniform as in cellular, organic, fluorescent.

Eccentric as in out from the center

Loading as in weight bearing.

Now that your mind "knows"

what's left is:

understanding

sensation

delivery

**APRIL 4, 2000 TUESDAY 3:46 PM**

Alignment is an issue of frequency.

**APRIL 4, 2000 TUESDAY 3:47 PM**

You choose your attitude; choice defines character; attitude becomes character.

**APRIL 4, 2000 TUESDAY 3:50 PM**

When you start talking alignment you get into frequency which takes you into vibration which goes way beyond the visible realm of the spectrum.

**APRIL 5, 2000 WEDNESDAY 3:30 PM**

It's all about brand recognition.

**MAY 29, 2000 MONDAY 3:16 PM**

Back, ... again, in here.

**MAY 29, 2000 MONDAY 3:18 PM**

We are expressions of the physics we live in.

**MAY 30, 2000 TUESDAY 8:13 AM**

The uncertainty of getting to the next stop, of finishing the tour, the contrasting luxury of being "home". Quiet, birds, your computer, whew... such a contrast.

**MAY 30, 2000 TUESDAY 8:17 AM**

Makes me wonder why I did it, what I'm learning from it all.

**MAY 30, 2000 TUESDAY 8:17 AM**

It isn't hard to do if you know what you are doing.

**MAY 30, 2000 TUESDAY 8:22 AM**

Every teacher I know wants a better sense of what it is they are trying to do and how do they get better at doing it.

**MAY 30, 2000 TUESDAY 8:23 AM**

The objective of the method determines your approach to reps.

**MAY 31, 2000 WEDNESDAY 1:15 PM**

**JUNE 1, 2000 THURSDAY 5:15 PM**

If a woman is willing to put food directly in your mouth from her spoon...

**JUNE 1, 2000 THURSDAY 5:16 PM**

(((read sign)))

**JUNE 3, 2000 SATURDAY 2:42 PM**

The task before me is so large. I don't know how to, where to, what to, do.

**JUNE 3, 2000 SATURDAY 2:49 PM**

If I had to leave today, what would I say? "Good luck." have fun, follow your heart, forgive your self. (((let your self forgive you)))

**JUNE 4, 2000 SUNDAY 8:21 PM**

succinct

**JUNE 12, 2000 MONDAY 8:42 PM**

The glimmer of the insight, having to charge in order to be free to express my self.

**JUNE 17, 2000 SATURDAY 10:44 AM**

I'm

I'm I'm I'm...

I'm all empty.

I'd disillusioned.

Disenheartened.

**JUNE 30, 2000 FRIDAY 1:21 PM**

Gravity forces the issue of alignment.

Alignment is perceptible via tension.

Tension triggers fluorescence.

Fluorescence is emission of radiation resulting from and occurring only during the absorption of radiation from some other source.

requires endpoints.

Endpoints can be created in the body by oppositional rotation between adjacent axes.

# The Hermit's Journal

Tension triggers fluorescence.

**JULY 1, 2000 SATURDAY 11:19 AM**

You need tension to trigger fluorescence. (!) mjm

**JULY 1, 2000 SATURDAY 11:22 AM**

fluorescence n: emission of or the property of emitting electromagnetic radiation usually as visible light resulting from and occurring only during the absorption of radiation from some other source also: the radiation emitted.

**JULY 15, 2000 SATURDAY 10:56 AM**

Never dance for a man.

**JULY 15, 2000 SATURDAY 10:57 AM**

Never let your plate be cleared before your date is ready to have theirs cleared. You don't want to make them feel rushed to finish because you are already finished eating.

**JULY 15, 2000 SATURDAY 10:58 AM**

"Between the ears" workout.

**JULY 15, 2000 SATURDAY 1:23 PM**

"overwhelmed and consumed" Andrea Gail

**JULY 20, 2000 THURSDAY 2:10 PM**

Pilates is not what you do to empower the performance, Pilates is the performance.

**JULY 28, 2000 FRIDAY 8:59 AM**

Communion, as a sacrament, affirms that there is something to commune with.

**JULY 28, 2000 FRIDAY 9:00 AM**

The challenge to believe is like gravity, never lets up.

**JULY 28, 2000 FRIDAY 9:02 AM**

I forget just how much pleasure it is to sit here in communion and, ahhhh, release my gravity. (express my self in this journal)

**JULY 28, 2000 FRIDAY 9:04 AM**

I don't know what that is, that inner sanctum, holy of holys, but it is there, and when you are in it, you float in the grace of that awareness, colloquially expressed and being in the presence of god. But you see, "God" confuses the issue.....precedence in time, that which came before.

**JULY 28, 2000 FRIDAY 9:08 AM**

Journaling really still is the ultimate high.

**JULY 28, 2000 FRIDAY 9:09 AM**

Like journaling, Pilates gets you connected to the moment. Both require listening. Listening brings you more into the moment.

**JULY 28, 2000 FRIDAY 9:14 AM**

((((Out of the hat.))))

**AUGUST 4, 2000 FRIDAY 8:48 AM**

You can't fit Pilates inside of dance. Dance fits into Pilates. (that's why most dancer's have difficulty teaching the right approach to the method)

**AUGUST 4, 2000 FRIDAY 8:50 AM**

I'm sorry, you're wrong. The assumption that you have an advantage in learning and teaching Pilates because you are a dancer is mistaken.

**AUGUST 4, 2000 FRIDAY 8:51 AM**

"I don't want to see your lily white perfection, I want to see you work out!"

Conditioning, the nature of conditioning, the effort and focus of preparing to be ready.

**SEPTEMBER 18, 2000 MONDAY 8:57 AM**

Roxolana is a fragile flower of intense godliness.

**SEPTEMBER 29, 2000 FRIDAY 9:10 PM**

"Some stories you tell, and some stories you try to forget." And they are the ones that haunt you for the rest of your life.

**SEPTEMBER 29, 2000 FRIDAY 9:15 PM**

Uniform eccentric loading through progressive patterns of movement (is what makes the method a method.) Rotation stabilizes movement (is Michael Miller's view of body dynamics) Gravity forces the issue of alignment. Alignment is perceptible via tension. Tension triggers fluorescence.

Pilates introduction:

Something about Joe  
Something about you  
Something about what makes it what it is

Touch your talk/talk your touch.

Uniform: mind/body....whole body....uniform....fluorescent  
Eccentric: out from the center (to be eccentric, you have to start at ease)

Loading: harder-more weight further away from the center, easier-closer to center less weight

In one word: exercise.

In two words: corrective exercise.

In a sentence: a method of physical and mental conditioning. Lead-in exercises—exercises that communicate a feeling in a small specific way that lead into bigger more dynamic movements.

Rotation creates a tension point

The roll down series:

Stabilize the hip axis.  
Stabilize the shoulder axis while anchored.  
Stabilize the shoulder axis while rolling.  
Lateral side stretch to release.

Challenging control from the outside in:

Low chair: foot/ankle, pumping, up/down  
Ped-i-pull: pull downs

You exhale out into the void,...and wait....for the inhale bus.

**OCTOBER 1, 2000 SUNDAY 8:38 PM**

Look, I don't have long. I'd just as soon do my work extensively

**OCTOBER 4, 2000 WEDNESDAY 7:07 PM**

The empty log, the blinking cursor.

**OCTOBER 5, 2000 THURSDAY 9:27 AM**

When you say to your self, "I'm glad you're there.", who is talking to whom?

# The Hermit's Journal

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**OCTOBER 5, 2000 THURSDAY 9:28 AM**

When you're in the moment time ceases to exist, yet time still goes by.

**OCTOBER 5, 2000 THURSDAY 10:07 AM**

The dialogue is always within, and you don't even get to speak, only listen.

**OCTOBER 5, 2000 THURSDAY 10:04 PM**

So, one and all, we see the end in sight. Transition is everything because it is the nexus of the flow. (If you do just one of each mat exercise where is the transition and where is the exercise?)

I suggest you each individually write down a mission statement that you will continually refine. It will be helpful in your plan towards continuing ed.

Remember that Joe was fond of quoting (I think it was Schoupenour (sp)) "It is the mind itself which creates the body."

Key phrases. What key phrases have you learned? In which exercises do they occur?

What is the prime concern of the instructor?

What is the goal of any session?

What triggers the transformation that you are after in the "Pilates" experience.

You are learning the Miller View of the Pilates Method.

What is the idea of Joseph Pilates' exercise program?

What makes the method a method?

Uniform means...

Eccentric means...

Loading means...

What is Michael Miller's view of body dynamics? (rotation stabilizes movement)

Gravity forces the issue of ...

Alignment is perceptible via tension.

Tension triggers fluorescence.

Fluorescence means uniform usage.

It takes two end points to trigger tension.

The body creates endpoints by controlling rotation around its axes.

The Cornu image reveals the body dynamic as one of counter balancing coils between its axes of rotation.

The diagnosis is always the same: apply the method and the result will always be more balance between strength and stretch.

How do you recognize tight?

How do you get tight loose?

In order to be eccentric you have to start...

When you release to at ease within a gravity field what happens? (Stretch)

Keep 'em safe, keep 'em movin', don't break down into thinking. (ya folla'?)

What roles (plural) do springs play in the delivery of the method?

What's the organization of a normal private session?

When in doubt...

**OCTOBER 9, 2000 MONDAY 7:08 PM**

The only way to accomplish a diagonal is to establish parallel. mjm

**OCTOBER 9, 2000 MONDAY 7:10 PM**

It is in the very inflection point that we find ourselves.

michaelmiller@hermit.com

**OCTOBER 9, 2000 MONDAY 7:12 PM**

Conical whirlpools in opposition expanding out from the same point along the same axis.

**OCTOBER 9, 2000 MONDAY 7:17 PM**

((Give me a fucking break. The way you guys think gets boring.))

**OCTOBER 9, 2000 MONDAY 7:52 PM**

You cannot afford to teach a body an exercise that has no ability to do it.

**OCTOBER 15, 2000 SUNDAY 6:19 PM**

You have to learn to deal with women in pairs. mjm

**OCTOBER 15, 2000 SUNDAY 6:34 PM**

These tours force me into , onto, the peak. I guess that's what I'm doing, isn't it? Holding the torch out from the Hermit's peak.

**OCTOBER 15, 2000 SUNDAY 6:52 PM**

The nebulous cloud

**OCTOBER 15, 2000 SUNDAY 7:43 PM**

I'm in town, just coming mid stride

**OCTOBER 19, 2000 THURSDAY 8:37 PM**

Who do you talk to when you are the soul of the machine?

**OCTOBER 19, 2000 THURSDAY 8:52 PM**

I get lost thinking that I am living where I'm only visiting.

**OCTOBER 20, 2000 FRIDAY 9:07 PM**

Histrionics

**OCTOBER 21, 2000 SATURDAY 12:44 AM**

The Advanced Intensive, beyond the alphabet, beyond the exercises, and into syntax, language, culture, and inflection.

**OCTOBER 21, 2000 SATURDAY 6:01 PM**

I have an attitude.

**OCTOBER 21, 2000 SATURDAY 6:05 PM**

An orientation in space, an orientation in gravity, aligned in gravity.

**OCTOBER 22, 2000 SUNDAY 10:10 PM**

Pilates is about controlling your attitude.

...in space, inside, outside.

**OCTOBER 22, 2000 SUNDAY 10:18 PM**

"Sensation junkies" mjm

first of SL and in retrospect of NH.

(and it takes one to know one of course)

**NOVEMBER 2, 2000 THURSDAY 11:42 PM**

Women decry men for not being men, when in truth, in these times, it is expected from them.

**NOVEMBER 2, 2000 THURSDAY 11:44 PM**

What now? What now?

**NOVEMBER 4, 2000 SATURDAY 7:45 AM**

I have a large family, spread out all over the world.

## The Hermit's Journal

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**NOVEMBER 4, 2000 SATURDAY 9:03 AM**

When it comes to Pilates, I can deliver the goods.

**NOVEMBER 12, 2000 SUNDAY 12:01 PM**

Imagination can precede movement.

Can perception precede imagination?

**NOVEMBER 12, 2000 SUNDAY 12:23 PM**

Stay calm, stay focused, move forward.

(take a shower)...

**NOVEMBER 17, 2000 FRIDAY 9:28 PM**

Hello there. Whewwwwww....the god-within gets to inhale at last.

**NOVEMBER 17, 2000 FRIDAY 9:29 PM**

I'm very serious about my spirituality.

**NOVEMBER 17, 2000 FRIDAY 9:30 PM**

I'm lookin' for at ease, not at-effort.

**NOVEMBER 17, 2000 FRIDAY 9:31 PM**

Fluorescence.

**NOVEMBER 17, 2000 FRIDAY 9:32 PM**

The image is all you need.

The rest comes to order.

**NOVEMBER 17, 2000 FRIDAY 9:43 PM**

Innuendo and gossip got out of hand.

**NOVEMBER 19, 2000 SUNDAY 1:13 PM**

I am going to change the way you view Pilates.

**NOVEMBER 19, 2000 SUNDAY 5:07 PM**

I want you to read the words.

I want you to listen to the words.

I will not draw you a picture.

well, maybe one.

**NOVEMBER 19, 2000 SUNDAY 9:35 PM**

Too much exposed.

Way too much exposed.

**NOVEMBER 20, 2000 MONDAY 9:15 AM**

I'm afraid that working with me is beyond the realm or concerns of certification.

**NOVEMBER 21, 2000 TUESDAY 8:47 AM**

I swim in the big ocean of my passion for Pilates.

**NOVEMBER 21, 2000 TUESDAY 8:54 AM**

Always, all ways, driven by the art.

**NOVEMBER 21, 2000 TUESDAY 9:05 AM**

Each and every breathe you are willfully triggering instinctual inspiration.

**NOVEMBER 21, 2000 TUESDAY 12:44 PM**

Putting your self at the opportunity of the moment to be more.

**NOVEMBER 22, 2000 WEDNESDAY 8:24 AM**

Nobody gets it. That's OK, it's the story of my life.

**NOVEMBER 22, 2000 WEDNESDAY 10:50 AM**

I am blinded by the clarity of my own idea. All I can see is into the light.

**NOVEMBER 28, 2000 TUESDAY 10:26 AM**

Pilates fills the need to find meaning and purpose

“that the search for value and meaning in the circumstances of one's life was the key to psychological well-being.”

**NOVEMBER 29, 2000 WEDNESDAY 7:49 AM**

“I don't trust my imagination to have imagined all the possibilities.”

**DECEMBER 17, 2000 WEDNESDAY 12:30 PM**

You have a right to your anger.

**DECEMBER 17, 2000 WEDNESDAY 12:32 PM**

The complexity of our lives cannot be shared.

**DECEMBER 23, 2000 SATURDAY 11:21 AM**

The clarity of the image is what matters.

**DECEMBER 23, 2000 SATURDAY 11:22 AM**

Only through the clarity of the imagination can we make real.

**DECEMBER 23, 2000 SATURDAY 11:23 AM**

Our actions are like keystrokes, we can get out ahead of ourselves and not see the consequence of our actions because they are buffered like keystrokes delivered to a log that has not yet fully loaded.

**DECEMBER 23, 2000 SATURDAY 8:27 PM**

Knows his mind...better than any other interloper.

**DECEMBER 24, 2000 SUNDAY 11:03 AM**

Terminal velocity is when wind resistance equals gravity.

**DECEMBER 24, 2000 SUNDAY 11:03 AM**

“She made the most of it because she knew it might be the only chance she'd get.” PJs

**DECEMBER 24, 2000 SUNDAY 11:04 AM**

What if will took an evil turn?

**DECEMBER 24, 2000 SUNDAY 7:12 PM**

This performance of this MICHAEL MILLER Production, is presented by arrangement with the Michael Miller Trust and has been produced in accordance with the Michael Miller Style and Michael Miller Technique Service standards established and provided by the Trust.

**DECEMBER 25, 2000 MONDAY 1:14 PM**

It is the nobility of your intentions that defines your character.

**DECEMBER 28, 2000 THURSDAY 10:08 PM**

Pilates is an idea that may easily be embodied.

**DECEMBER 28, 2000 THURSDAY 10:10 PM**

((((feed the fire)))) smile. mjm

**DECEMBER 28, 2000 THURSDAY 10:10 PM**

Or not, depending upon how easily you can start the fire next time.

**DECEMBER 28, 2000 THURSDAY 10:31 PM**

I think your presumption that Charlie was anything other than at a level of clarity in purpose way beyond yours to this day is arrogantly presumptive.

Pilates has deep roots in aristocratic elitism.