

JANUARY 1, 2001 MONDAY 12:06 AM

Happily, a new year.
Another inhale comes along and away we go...

JANUARY 1, 2001 MONDAY 12:15 PM

"what we had" back in the time when

JANUARY 16, 2001 TUESDAY 2:57 PM

Whoosh! Zurich.

JANUARY 16, 2001 TUESDAY 2:57 PM

Thank you, Brady.

JANUARY 16, 2001 TUESDAY 11:54 PM

Being in the midst of such new exposure.

JANUARY 19, 2001 FRIDAY 12:53 AM

If you can afford the best what is stopping you?

JANUARY 22, 2001 MONDAY 10:24 PM

That was my flare, this journal out on the web, like Spock in a shuttle craft on a deteriorating orbit who expels the last bit of fuel in one futile hope of rescue.

JANUARY 22, 2001 MONDAY 10:30 PM

My spirit is yours with me.

JANUARY 22, 2001 MONDAY 11:11 PM

Has any of it ever changed? Ever?

JANUARY 27, 2001 SATURDAY 8:21 PM

Geist *m* 1. (Verstand) mind, intellect, (Denken) spirit, (Esprit) wit: *~und Körper* mind and body: *ein großer ~*a great mind (*od.* Thinker); *ein Mann von ~*a (man) of wit; im(e a) vor sich sehen::in one's mind's eye, b) bei j-m sein etc: in one's thoughts; humor. den~aufgeben give up the ghost, Motor, etc: a conk out, F j-m auf den~gehen get on s.o.'s nerves; scheiden III. 2.(Haltung) spirit, (Kamp *f*2 etc) morale: der~der Zeit (the spirit of the times); wes ~es Kind erist what sort of person he is. 3.spirit, ghost: böser ~ evil spirit, demon; der Heilige ~the Holy Ghost.

Neubearbeitung

Langenscheidts

Taschenwörterbuch

FEBRUARY 6, 2001 TUESDAY 12:09 PM

Start a t-shirt campaign that exploits the issue of public safety. The tyranny that is enforced for the sake of public safety.

FEBRUARY 6, 2001 TUESDAY 12:44 PM

Doing Pilates is stoking a furnace, you stoke the fires internally that consume your self. And it does it in a fluorescent way.

FEBRUARY 6, 2001 TUESDAY 1:21 PM

Everyone paints themselves at the center of their universe.

FEBRUARY 6, 2001 TUESDAY 3:23 PM

the god-within's insistence of self expression

FEBRUARY 6, 2001 TUESDAY 3:45 PM

The quality of a man is equal to the quality of the woman it takes to manipulate him. mjm

FEBRUARY 6, 2001 TUESDAY 3:56 PM

Guys end up with the consequence of the impulse of their chemistry.

FEBRUARY 20, 2001 TUESDAY 7:28 PM

What bothers me the most about the structure of the Pilates alliance is that it reinforces the elitist aristocratic structure currently in place. Mostly seeking to defend its self against those that would surpass its claim to legitimacy.

The choice is clear. You can always deepen your roots, but never at the expense of broadening your understanding of what makes it what it is.

FEBRUARY 24, 2001 SATURDAY 11:18 AM

Media is about timing. Limited release, first run movies, then to cable, then to broadcast TV, then cable.

The value is in the newness of the information.

Unseen, never before digested.

FEBRUARY 27, 2001 TUESDAY 9:23 AM

Whoosh, out goes the email, and all that naked exposure.

Worked hard at it, gave it my best shot, and already warming up for the next pitch.

FEBRUARY 27, 2001 TUESDAY 9:29 AM

That's when I feel it the most, when I publish.

FEBRUARY 27, 2001 TUESDAY 9:30 AM

You can whine all you want to and quibble all you want to but the clarity of the view is what it is.

FEBRUARY 27, 2001 TUESDAY 9:34 AM

Yea, it's funny.

MARCH 4, 2001 SUNDAY 9:47 PM

Indirect formatting continues to be the key.

MARCH 4, 2001 SUNDAY 9:49 PM

(((and hugs the answer)))

MARCH 5, 2001 MONDAY 11:35 AM

From somewhere else:

**SEVEN QUALITIES
OF GOOD TEACHERS**

The have the ability to connect with and reach their students.

They create and manage effective learning environments.

They are knowledgeable in their field of teaching.

They have effective classroom management skills.

They have effective methods of evaluating the learning of students and can use this to give helpful feedback to students and parents.

They work collaboratively with colleagues.

They continually grow and improve.

MARCH 10, 2001 SATURDAY 10:58 AM

Pilates is about fusion. Don't let anyone tell you different. If all they are talking about are the effects, they are coming from injury and looking backwards. Maybe that's why the predominate perspective seems to be coming from fear. All the reasons to worry about the impact of what you do. Rather than coming from hope. Moving outwards with joy trusting the thrust of life that drives up forward.

The Hermit's Journal

MARCH 10, 2001 SATURDAY 12:27 PM

The more you have something securely pocketed the less you take it out to look at it.

MARCH 11, 2001 SUNDAY 11:17 AM

Humanity feeds upon humanity.

MARCH 14, 2001 WEDNESDAY 9:12 AM

Follow the money. Within the community equipment manufacturers have all the money. Outside the community the insurances companies have (literally) all the money. So what you get offered internally is pushed by equipment sales, and what you get to claim externally depends upon your credentials. That's where the other player at the table comes in, those who would turn to the throng and deem themselves worthy to judge. ((this is where it gets pretty funny))

To this day, Pilates is dominated by a legacy of aristocratic authority. Presumable because that is the only authority that exists, and the elitists would have you believe it could only be that way. Which leaves all the newcomers out, and keeps the aristocracy in place.

But in a gold rush, which is what this is, you don't care what the brand of shovel as long as it turns to coin. The readily available, and the easiest to use, the one that makes the most sense, will prevail.

MARCH 14, 2001 WEDNESDAY 8:12 PM

"There are rich and compelling reasons for using both..."

MARCH 19, 2001 MONDAY 7:49 AM

Aerosmith: "what he's trying to say is that our train of thought makes all the stops"

MARCH 25, 2001 SUNDAY 8:37 PM

See, I don't know where to get off. I don't know how I got on.

Everything has gone by, unnoticed.

Was there an off ramp I missed?

Is it even plugged in.

MARCH 25, 2001 SUNDAY 8:51 PM

When it was here, before the keyboard, when here was enough, didn't care about anything else, only holding the vigil for the muse.

MARCH 25, 2001 SUNDAY 8:57 PM

Alone? Surrounded by love and never known it any different.

MARCH 25, 2001 SUNDAY 9:02 PM

"God bless you all with peace, tranquility, and good will."

Bob Dylan

MARCH 25, 2001 SUNDAY 9:04 PM

"If you're on the downside of what's possible and operating on just courage, it's possible." Russell Crowe

MARCH 25, 2001 SUNDAY 9:12 PM

"I think we measure greatness by what we create and who we include." Chocolat

MARCH 28, 2001 WEDNESDAY 7:21 AM

You never talk to a woman about another woman.

(when you are in a woman's presence, she is the center of your universe)

MARCH 31, 2001 SATURDAY 8:59 PM

Michael Miller Pilates makes sense.

APRIL 3, 2001 TUESDAY 5:53 PM

To me the world is one big studio.

APRIL 7, 2001 SATURDAY 9:20 AM

(((I go because I must and I come back because I get to.))))

APRIL 7, 2001 SATURDAY 9:44 AM

Now that anyone can use the word Pilates, everyone is quick to establish legitimacy by whatever their claim to fame is.

Usually that's Whomever. The roots of the program rather than the richness of the soil that it is planted in.

All too typical, really—the assumption that length of involvement matters more than quality of product.

APRIL 13, 2001 FRIDAY 8:46 AM

I've a very passionate person. Pilates is a good sponge for that passion.

APRIL 13, 2001 FRIDAY 9:48 PM

"Anybody can like watching a football game. But imagine if you didn't understand the rules," Kamen says. "The rules of the universe are physics and mathematics. Why would you want to go through life without knowing that?"

APRIL 29, 2001 SUNDAY 8:13 AM

When you look at the way movement bursts upon the scene we call reality a primary, if not the primary pattern, is the spiral.

APRIL 29, 2001 SUNDAY 8:16 AM

Feed your young. mjm

APRIL 29, 2001 SUNDAY 8:16 AM

That's what love used to feel like.

APRIL 29, 2001 SUNDAY 8:17 AM

The thought between the thought and capturing the thought leaves you in observation of the difference.

APRIL 29, 2001 SUNDAY 8:25 AM

Humanity is beautiful, brutal, and divine. lh.

APRIL 29, 2001 SUNDAY 8:25 AM

I don't know if I'm ever going to get my act together before my act is over. mjm

APRIL 29, 2001 SUNDAY 8:32 AM

"So, that was your gift in life, to have that body to play with." el

APRIL 29, 2001 SUNDAY 8:32 AM

"They must move of their own accord."

APRIL 29, 2001 SUNDAY 8:36 AM

(((prestige))))

APRIL 29, 2001 SUNDAY 8:40 AM

Pilates will always have it's roots in passion and it's expression in art. mjm

APRIL 29, 2001 SUNDAY 8:43 AM

I was a disappointment to my self.

The Hermit's Journal

MAY 16, 2001 WEDNESDAY 1:53 PM

Rosetta Stone
Excalibur
Theory of Relativity
Press the flow to get the fusion.

MAY 16, 2001 WEDNESDAY 1:54 PM

That it is an idea
What the idea is
How to apply the idea
Being present.
Breathing
Fluorescence
Geist

MAY 16, 2001 WEDNESDAY 1:58 PM

((((take it for what you will))))

MAY 17, 2001 THURSDAY 7:46 AM

The depths of this log...not tapped in a long time. No need.

MAY 17, 2001 THURSDAY 7:49 AM

"Tragedy and heartache are part of the journey." Nicole Kidman

MAY 18, 2001 FRIDAY 10:32 PM

So, the reason you want fun to be your objective when you teach Pilates is because if it can be fun it means that you have such mastery of your presence in the moment that you need not engage the effort of intention.
Your intention arises from the tension of the moment.

MAY 18, 2001 FRIDAY 10:46 PM

See, it's true. I live here, within, my log the best toss out of the well I'm in.

MAY 18, 2001 FRIDAY 10:48 PM

My vision is already out there.

MAY 19, 2001 SATURDAY 12:39 PM

You read this to see if you made it into the journal. Of course, you are here.

MAY 19, 2001 SATURDAY 12:41 PM

Why I'm here is to listen to what I hear.
I'm here to listen. That doesn't mean being passive or quiet.
You must make tension to feel

MAY 26, 2001 SATURDAY 8:01 AM

Last day of the Rose Tour 2001. Last set of privates, last workshops. Then a long drive back to Boulder. Nostalgia, so many miles, so many people, so much fun.

MAY 28, 2001 MONDAY 7:49 AM

Falling through getting there, there's nothing better.

MAY 28, 2001 MONDAY 7:52 AM

Spiritualists ignore life feeding upon it's self.

MAY 28, 2001 MONDAY 8:13 AM

((((Will, what is will other than a repercussion of gravity?))))

MAY 28, 2001 MONDAY 11:26 PM

What people don't get about Cornu—its depth.

MAY 28, 2001 MONDAY 11:30 PM

The thing I don't get about my life, about my experience, is the globality of consciousness I'm tapping into with the people I'm finding something in common with.

MAY 29, 2001 TUESDAY 12:28 AM

(((It's 12:30 AM Michael, give it a break.)))

MAY 31, 2001 THURSDAY 9:45 PM

Such a perfect day. The sunny rain on the pond. Dinner with Kim.

JUNE 9, 2001 SATURDAY 7:54 AM

You stand in the doorway and joust with the arrival of the inhale.

JUNE 9, 2001 SATURDAY 8:05 AM

Seems like I haven't had much time, and therefore much impulse to write in my journal.
I can't believe all the time I've been afforded by my family.

JUNE 15, 2001 FRIDAY 12:37 PM

(((It still gets crushingly lonely.)))
But there, in the heart of that loneliness, in the grips of that despair, lies your innate godliness. The fungible goods that lay at the heart of our essence.

JUNE 17, 2001 SUNDAY 7:57 AM

"you need this if you want to have the edge."

JUNE 19, 2001 TUESDAY 2:19 PM

If he says to me one more time "Where you out there?" in that tone of voice....
From The Robe.

JUNE 20, 2001 WEDNESDAY 9:01 AM

See what so deep about cynicism is that it takes you into that third eye perspective.
(as long as you don't take your cynicism to heart)

JULY 8, 2001 SUNDAY 7:59 AM

The challenge is to have living alone be enough.

JULY 8, 2001 SUNDAY 8:09 AM

All that depression is just outside that fragile bubble of choosing to be involved.

JULY 20, 2001 FRIDAY 7:37 AM

"Ah washté cola" John Ford movie with John Wayne, Wayne and the Chief wishing each other good bye.

JULY 20, 2001 FRIDAY 7:41 AM

"A firestorm of criticism and an army of fans." MASH documentary.

JULY 21, 2001 SATURDAY 2:21 PM

When you care you get paranoid: when you don't care you don't get paranoid.

JULY 22, 2001 SUNDAY 12:08 PM

(((Mobile artillery)))

JULY 22, 2001 SUNDAY 12:08 PM

Directing intelligent effort.

The Hermit's Journal

JULY 22, 2001 SUNDAY 12:15 PM

"Let's get with it" (((get with it)))

JULY 22, 2001 SUNDAY 12:19 PM

((here, making journal entries, not bad Michael, not bad.))

JULY 22, 2001 SUNDAY 12:37 PM

Assessment, grouping and sequence, it all comes down to that.

JULY 24, 2001 TUESDAY 11:15 PM

And so it begins...

this new phase of focus.

JULY 28, 2001 SATURDAY 12:15 PM

Paranoid is caring. mjm

AUGUST 1, 2001 WEDNESDAY 7:55 AM

New month, new objective, still time to finish last months project.

AUGUST 1, 2001 WEDNESDAY 7:56 AM

At the heart of what Pilates is, it doesn't take a messenger to guide you there. So beware the person that inflates their importance as messenger, instead of standing humbly in presence of the message.

AUGUST 1, 2001 WEDNESDAY 7:58 AM

What's the message? Perhaps the message is Geist. You come from your minds eye

AUGUST 4, 2001 SATURDAY 8:59 AM

You see the same motion from two different views. Is that possible? Really?

AUGUST 4, 2001 SATURDAY 2:23 PM

Embodiment is the issue, the ultimate authority.

AUGUST 8, 2001 WEDNESDAY 8:30 AM

Goal is geist!

AUGUST 9, 2001 THURSDAY 9:40 AM

Michael Miller Pilates leads the way. Unfortunate for many of the old guard, who seek to embellish and deepen the interpretation of Pilates through aristocratic association. Funny for a guy who called his work a science and held an idea as the ideal.

AUGUST 9, 2001 THURSDAY 10:08 AM

Embodiment of the idea is the ideal.

AUGUST 9, 2001 THURSDAY 10:09 AM

Teachers want to be saying words that connect to the movement that they see. Only deliver the "sing-song" instructions when they are needed, otherwise they just get in the way.

AUGUST 17, 2001 FRIDAY 7:49 AM

Happy Birthday, Eric.

AUGUST 17, 2001 FRIDAY 7:52 AM

There always seems to be that panic that I'm in this world alone. No significant other, no significant family, just friends and passion. Is that enough? I really don't know.

AUGUST 22, 2001 WEDNESDAY 9:05 AM

The thing about Pilates is its transcendence of thought, it's embodiment of spirit as part of the body mind connection. And what an awesome thing, to be taken into spirit without religion, to be taken into a complete presence in the moment, the mind suspended in neutral, alert, predatory.

AUGUST 27, 2001 MONDAY 8:15 AM

Michael Miller embodies the spirit of Pilates.

I'm starting to see how it is easy to stratify the delivery of Pilates into three levels. Body, Mind, and Spirit.

The Pure Spirit of Pilates.

That's where I'm coming from, that's the message I have to deliver. More so than ever, because those who deliver Pilates from the Mind are usually limited by their minds, and so seek to make Pilates their dominion (as if they ever could) ((that's the dominion of thinking))

Truth is, the method works no matter how you deliver it. If you deliver it only in the body, monkey see monkey do, the method works.

If you deliver the method only from spirit the method works. You don't need to physically do it, you don't need to intellectually understand it.

Works how well? Achieves what goal?

I want to offer the training.

AUGUST 28, 2001 TUESDAY 10:11 AM

a better brand of Pilates

SEPTEMBER 23, 2001 SUNDAY 9:29 PM

Wondering if I'll get home to the floatilla.