

# The Hermit's Journal

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**JANUARY 8, 1998 THURSDAY 9:13 PM**

Stages

**JANUARY 8, 1998 THURSDAY 10:48 PM**

(((We can fight about it later, but make it first.)))

**JANUARY 14, 1998 WEDNESDAY 3:35 PM**

Depression. Never a victim. Never surrender. Defiance to death.

**JANUARY 14, 1998 WEDNESDAY 3:42 PM**

The sun goes down. The flower folds.

**JANUARY 14, 1998 WEDNESDAY 3:45 PM**

"I wrote this a long time ago." (((I wrote this a long time ago.)))

**JANUARY 14, 1998 WEDNESDAY 4:02 PM**

Black hole being. mjm Nothing can get out of it. Everything falls within.

**JANUARY 19, 1998 MONDAY 9:44 PM**

"There begins the pretense of power." mjm

**JANUARY 19, 1998 MONDAY 9:49 PM**

A false sense of charity.

**JANUARY 19, 1998 MONDAY 9:49 PM**

We are trapped in nets of the moment.

**JANUARY 23, 1998 FRIDAY 10:09 PM**

"I usually take a Ferrari." Crockett.

**JANUARY 23, 1998 FRIDAY 10:37 PM**

When you hug a woman, do it with empty hands. Use your palms and fingers. Complete the wrap of energy.

**MARCH 14, 1998**

The Searing Moment

The green of the eye

The red of the lip

Caught between desire and denial

I don't think I'll ever forget

how "in the moment"

that moment was.

For so many reasons

in so many ways

over my head

out of my depth

past my time.

Struck hollow and speechless

by the searing moment.

**APRIL 6, 1998 MONDAY 7:32 AM**

While on the road: (((Get a life; live the truth.)))

**APRIL 6, 1998 MONDAY 7:39 AM**

From the Egoscue Method tape:

Run up a hill

tremendous, I really felt that

your body needs to be in balance

this is where the athleticism has to be put back into the

training of athletes

"unders"

crabs

backward crabs

donkey kicks

vaulting--up and under

balance--hip function

explosion + function

lateral unders

vertical/forward/straight--unders

stump jump

back extension muscles turn right into speed and quickness because it resets the position of the hips

bear crawls

suppleness

our "patch" can produce and promote quickness

speed runs

Swiss bar pushups

saddle back flips

lead to unsupported back flips

backup up: feet up Swiss ladder

leg ups: back to bars in extension legs lift to go vertical

inverted

quick and smooth

power comes from the coordination of the whole body.

explosion and quickness are tied into functional strength.

Vince Lombardi:

position: assume or move through

cheetah--full range of motion

Egosque: the method restores function and corrects

allignment.

Explosion

gait pattern

balance is more important in any athlete, much more important than you might think.

Swiss ladder: arm pushups

**APRIL 6, 1998 MONDAY 2:45 PM**

Lead-ins

progressive movement patterns

touch your talk.

**APRIL 6, 1998 MONDAY 2:54 PM**

"If you let a problem go long enough it solves itself." CR 2-22-98

You will inhale. mjm 9:43 PM 2/21/98

"I may gasp." CS 2/21/98

**APRIL 6, 1998 MONDAY 2:54 PM**

Never ask a woman a direct question. mjm

**APRIL 6, 1998 MONDAY 2:57 PM**

Control--

Concentration--listening

Center--vectors vs. spirals. Kagel. Worms

Precision--tracking, energy flow

Flow--breathing (round) in exercise, blood

Breathing--movement, percussive, inhale away from center to initiate

**APRIL 6, 1998 MONDAY 3:07 PM**

The Wisdom of the Body Moving by Linda Hartley (Body Mind Control)

Dynamic Alignment Through Imagery by Eric Franklin isbn 0-87322-475-2

Method Putkisto by Martha Putkisto isbn:0-7472-7760-5

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Yoga The Spirit and Practice of Moving into Stillness by  
Erich Schiff na isbn.0-671-53480-7  
Developmental Riding Therapy by Jan Spink

**APRIL 6, 1998 MONDAY 10:09 PM**

"I feel" being enough for any answer.  
When you don't know what to say, don't say anything. (You  
don't have to let your response be your reaction.)  
"Learn early enough to love yourself."

**APRIL 6, 1998 MONDAY 10:20 PM**

Listen carefully; always be able to laugh.

**APRIL 6, 1998 MONDAY 10:25 PM**

Christopher recommendations:  
Snow Falling on Cedars by David Gutterson  
Neroli by Brian Eno and Music for Airports (Tuesday  
Afternoon) On Land  
Harold Budd + the Pearl (underwater) Babilion of Dreams  
(comn down)  
Chuckle head

**APRIL 6, 1998 MONDAY 10:27 PM**

Contextual significance of the underlying structure of the  
method.

**APRIL 9, 1998 THURSDAY 6:34 PM**

Ah, the log, like a confessional really.

**APRIL 9, 1998 THURSDAY 6:58 PM**

When you live in the moment you transcend the moment.

**APRIL 10, 1998 FRIDAY 9:49 AM**

What is your best reason for doing the method?

**APRIL 16, 1998 THURSDAY 7:32 AM**

I once tried to have a competition of the method and people  
weren't ready for it. That's because they didn't understand the  
nature of the method, and that the performance of the method  
could be evaluated.

**APRIL 16, 1998 THURSDAY 7:41 AM**

The dialogue dosne't stop inside.

**APRIL 16, 1998 THURSDAY 7:52 AM**

With Pilates, there is no governing body except your own.

**MAY 21, 1998 THURSDAY 9:13 AM**

Lineage supports the elite but not the elitist.

**MAY 21, 1998 THURSDAY 9:44 AM**

Understanding Pilates is one thing, embodying Pilates quite  
another.

**MAY 21, 1998 THURSDAY 9:44 AM**

Uniform eccentric loading will always be what makes the  
method a method. mjm

**MAY 21, 1998 THURSDAY 9:46 AM**

The order you do things in matters.

**MAY 21, 1998 THURSDAY 9:51 AM**

(((Breathe on top of your lungs.)))

**MAY 21, 1998 THURSDAY 9:54 AM**

Yuma 5  
AMDG

**MAY 21, 1998 THURSDAY 9:54 AM**

FOOD  
GROWS  
WHERE  
WATER  
FLOWS  
(Seen on highway from San Diego to Tucson.)

**MAY 21, 1998 THURSDAY 9:55 AM**

"Nom vele" relax in Japanese (all long vowels)

**MAY 21, 1998 THURSDAY 10:06 AM**

I just have one image I deal with.

**MAY 21, 1998 THURSDAY 10:06 AM**

Sophisticated support systems.

**MAY 21, 1998 THURSDAY 10:19 AM**

"punishingly beautiful" mjm of life

**MAY 21, 1998 THURSDAY 10:20 AM**

Don't reject the ride of the wave beneath you.

**MAY 21, 1998 THURSDAY 10:21 AM**

"Oh, you give my your eyes.  
What a pleasant surprise!"

**MAY 21, 1998 THURSDAY 10:27 AM**

(((Finish your exhale.)))

**MAY 21, 1998 THURSDAY 10:27 AM**

"He has full sails up in the wind of creativity." mjm of bw

**MAY 21, 1998 THURSDAY 10:28 AM**

"Keep it accessible to the group." Joanie

**MAY 21, 1998 THURSDAY 10:29 AM**

Where is your willingness to make effort?  
You can't get enough of your self into the effort.

**MAY 21, 1998 THURSDAY 10:31 AM**

Signs along the way:  
Report shooting from highway. Carlin, Nevada

**MAY 21, 1998 THURSDAY 10:34 AM**

Nan: innate and intuitive

**MAY 21, 1998 THURSDAY 11:32 AM**

What am I doing? What am I teaching? How am I giving of  
my self?

**MAY 22, 1998 FRIDAY 9:24 AM**

What is missing is the distinction between what makes the  
method a method and where the method leads you.  
The method is an idea. Doing the method means seeking to  
embody the idea. The idea is uniform eccentric loading. The  
whole body organically, cellularly connected in movement  
that comes out from the center.  
Joe called his method a science, The Joseph Pilates Science of  
Contrology. The fact that he considered the method a science  
is significant.

# The Hermit's Journal

**MAY 24, 1998 SUNDAY 12:57 PM**

That I am what I am.

**MAY 24, 1998 SUNDAY 12:59 PM**

People are drawn to the results, even if they don't know why.  
About Pilates.

**MAY 24, 1998 SUNDAY 1:03 PM**

"I hate to see you go but I love you watch you leave." Some movie.

**MAY 24, 1998 SUNDAY 1:04 PM**

Pilates begins in the mind. It is where I discovered it, and so, fall victim to what I often criticize in others--falling victim to presenting Pilates to others on only the level that they came to it. Still, from Joe—"It is the mind itself which creates the body." And in many ways, having just finished this tour, I'm so much more involved in the mental lay of the land than in its fundamental performance.

It's not what you do, it's in how you do it. Organic, cellular, efficient, functional.

**MAY 25, 1998 MONDAY 7:41 AM**

Happy Birthday Slug. 40.

**MAY 25, 1998 MONDAY 9:41 AM**

It depends upon your point of view, more importantly it depends upon your expectations

**MAY 25, 1998 MONDAY 9:43 AM**

Isolation, coming to terms with who you really are. Carol Ann called it stream of consciousness. What does that mean? Listening to the stream, maybe that's why Siddartha is so appealing, sitting by the river helping those who need passage. But the sitting beside a river is the same as listening to a stream--of consciousness.

As though there were any other choice. What do you do if you're stuck listening? Can't turn it off?

**MAY 25, 1998 MONDAY 9:52 AM**

I don't think I belong teaching Pilates. I don't do it for healing, I do it for coping. I do it for going "there", into fusion, into a more complete state of being present.

**MAY 25, 1998 MONDAY 9:54 AM**

I remember how good it felt to be sitting on the locker room bench.

**MAY 25, 1998 MONDAY 9:55 AM**

And the reason language is so important is that it reflects the stream of life, time, and how the nature of life is process. To the extent that language reflects process makes it viable. Life is process.

**MAY 29, 1998 FRIDAY 8:36 AM**

Asatabulum: Where the head of the femur fits into its socket

6 degrees of external rotation is anatomically neutral.

Valgas: knees aim in relative to feet that are in line.

The Physiology of the Joints

I.A. Kapandji

Volumes 1 2 3

ISBN: 0-443-01209-1

(The bible of bio-mechanics)

Spinal Manipulation

J.F. Bourdillon

ISBN: 0 7506 0576 6

(so-so)

Orthopedic Physical Assessment

Magee

Principals of Manual Medicine 2nd Edition

Greenman

(Green book)

Muscles

Testing and Function 4th Edition!

Kendal

ISBN: 0-683-04576-8

(Must have)

Anatomy of Movement

Blandine Calais-Germain

(Nice and simple, some bio-mechanical mistakes)

The Body Moveable

David Gorman

\$95 hard cover

\$76 soft cover

519-836-8800

519-836-7204 fax

Ampersand Press

123 Woolwich St.

Guelph, Ontario

CANADA N1H 3V1

(It's great!)

Grants Atlas of Anatomy

Anderson

Available in paperback

(Good nerve book.)

(Great visual teaching aids.)

(You don't have to struggle with your eyes.)

Observational Gait Analysis Handbook

Rancho Los Amigos Medical Center

(Workshop book.)

("The" book on gait.)

The Pelvic Girdle

Richard Jackson

(Can't buy.)

(Video might be out.)

You want the femur to articulate off the pelvis and not vice versa.

Bottom lift--headrest down or shoulder bridge on mat:

"Bridge up-Bridge down. Bridge up-Stay up."

"Bridge" same as "plank"

You're always trying to bring it back to function.

# The Hermit's Journal

Maintain the integrity of the 3 curves of the spine.

On a dysfunctional right S.I. you "typically" see tight left hamstring, tight right quad and no glut maximus firing on the right side.

Safe

Functional: designed or developed chiefly from the point of view of use

Efficient: being or involving the immediate agent in producing an effect: productive without waste

Organic: forming an integral element of a whole: fundamental: having systematic coordination of parts: organized

Embodiment: the act of giving body to (a spirit): to make concrete and perceptible

Cellular:

Gage:

Integrated:

**MAY 29, 1998 FRIDAY 4:48 PM**

PILATES

Strengthen and condition from the core outward with precise, flowing movements that ride within the breath. The Pilates method is a sequence of exercises which emphasizes concentration to create a fusion of body, mind, and spirit.

BEGINNING MAT

Learn the principles and fundamental concepts of the method.

INTERMEDIATE MAT

Increase challenge and the number of exercises. Previous mat experience required.

FULL MAT

Deepen understanding and perform the entire mat sequence. Previous experience and instructor's permission required.

**MAY 31, 1998 SUNDAY 11:25 PM**

A great day! Fantastic ride, a chance to bob, and my first viewing of the Horse Whisperer.

**JUNE 3, 1998 WEDNESDAY 10:16 AM**

Understanding Pilates is a lot like that episode of Star Trek where Captain Kirk was on a planet battling a reptilian like creature. And Spock, observing the actions of Captain Kirk recognizes the he has figured out how to defeat his opponent. Spock says, "He knows."

When doing Pilates it is obvious whether or not you "know."

**JUNE 9, 1998 TUESDAY 7:46 AM**

The moment never changes. mjm

**JUNE 13, 1998 SATURDAY 1:43 PM**

The study of body mechanics facilitates the application of the method, makes it that much more efficient.

**JUNE 13, 1998 SATURDAY 1:45 PM**

Insecure snobs scurry to set themselves up as a (self-appointed) authority about what classical expression really is.

**JUNE 20, 1998 SATURDAY 7:11 PM**

The thunder rumbles into my memory of days long ago spent loving, listening, to each other and the thunder.

**JUNE 24, 1998 WEDNESDAY 1:14 PM**

There's nothing quite like the log, a stillness, an isolation in its own right, some reached for, some locked in. So much of what it is, for what it is.

**JUNE 24, 1998 WEDNESDAY 2:18 PM**

(((("Database massage is definitely in play."))))

**JUNE 25, 1998 THURSDAY 2:35 PM**

The method is uniform eccentric loading. Uniform means that the whole body is uniformly engaged, minimalistically to accomplish the movement.

What I am really teaching is my image of body mechanics.

**JUNE 25, 1998 THURSDAY 2:42 PM**

Everyone wants to speak for Joe, saying he would or would not be do or think this or that. His passion for what he called Contrology revealed an underlying truth to happiness, health, and fitness.

**JUNE 26, 1998 FRIDAY 8:02 PM**

I gave up once, but only to my father, and then he helped me, as always.

**JUNE 26, 1998 FRIDAY 10:46 PM**

"Allowing the movements to pass through you." bw

**JUNE 30, 1998 TUESDAY 10:39 PM**

When living loses it's luster,  
what else can you muster?

**JULY 5, 1998 SUNDAY 9:41 AM**

Where to go from here. Don't know. Don't care. It's the not caring that seems odd.

**JULY 9, 1998 THURSDAY 7:43 AM**

When women offer to shake hands they are indicating a willingness to touch you, meaning they want more.

**JULY 10, 1998 FRIDAY 1:08 AM**

The origin of the bubble.

**JULY 10, 1998 FRIDAY 8:25 AM**

From last night chat:

"the pure physics of it" pl  
...so--confess to me!

(I laughed) pass the hat

we all bear our burdens, don't we?

Groundless and arbitrary mjm avec pamelapigeon feather

"Losing his ability to control his existence" pl

(((Be on your guard and cynical--because I am about my self. 7/11/13 mjm avec pl))))

(((How do you blunt the piercing effect of your attitude? mjm 7-9-98 11:22 pm))))

"There's a couple kinda tears, I think." pl

I must retire soon. mjm 11:34 pm avec pl

an immediate toss from his grandfather's throw. mjm 12:09 pm

I think you're all part of the orgasm. 12:22 pm

The world always gets bigger than I can handle. mjm 12:24

## The Hermit's Journal

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AMDG is stretching the edge. (of Cornu)

"Adjusting to people's stupidity" pl

I feel out of phase.

I lived to be a better person.

Ushers its self. mjm 1:09 am 7/10/98

(((((Not moving it because you have to but moving because you want to.)))))) 1:21 am 7/10/98

### **JULY 16, 1998 THURSDAY 7:32 PM**

Sear -- to burn, scorch, or injure with or as if with sudden application of intense heat.

### **JULY 16, 1998 THURSDAY 7:38 PM**

(((((Michael, you're in L.A., don't fuck around.))))))

### **JULY 18, 1998 SATURDAY 12:21 PM**

I am so defeated by life, so crushed by life, it is a wonder I'm still here.

### **JULY 21, 1998 TUESDAY 2:04 PM**

We all find something deeply personal in the method.

### **JULY 22, 1998 WEDNESDAY 9:20 AM**

Even silence speaks volumes.

### **JULY 23, 1998 THURSDAY 8:52 PM**

(A smirk at my self, so lost in the being, so cautious in the course.)

So much color

I sway in its breeze.

### **JULY 29, 1998 WEDNESDAY 9:49 AM**

See what you can't do is be current with everyone. There are limits to how much time you can spend communicating. You know it surprises even me that my imagined paradigm for the projection of the journal, and why it strategically makes so much sense, has come to be.

### **JULY 29, 1998 WEDNESDAY 10:19 AM**

Pilates is about surviving in gravity.

### **JULY 29, 1998 WEDNESDAY 10:36 AM**

We don't travel though time, time travels though us.

### **AUGUST 5, 1998 WEDNESDAY 8:38 AM**

Some mornings my body relishes the languish of being awake but staying still.

### **AUGUST 5, 1998 WEDNESDAY 8:51 AM**

There's no "why" in her movement, only "what".

### **AUGUST 5, 1998 WEDNESDAY 8:51 AM**

We have blundered into our own inadequacy.

### **AUGUST 5, 1998 WEDNESDAY 9:58 AM**

Pilates is poetry in motion. Too many people try to add words and phrases and punctuation that dilutes and distracts from the purity of what already exists.

### **AUGUST 6, 1998 THURSDAY 8:58 AM**

What makes Pilates, Pilates?

(Said another way, what makes the method a method?)

Uniform eccentric loading.

("Uniform" because the whole body has to be involved.

"Eccentric" because the movement comes out from the center.

And "loading" as in weight bearing.)

Do you teach Pilates? Aspire to?

Believe that all teachers are not created equal?

Feel the magic of a session

that takes you beyond

what you thought you were capable.

### **AUGUST 7, 1998 FRIDAY 10:28 AM**

There are a lot of good teachers in this town and it would be wise to reach for a well rounded experience. . What you get from me is my attention to improve your control. (Unless you can disappear into the doing you really aren't doing.) . It is true I usually teach teachers, but teachers are only like the rest of us, serious students.

My sessions strive for the exhilaration that comes from the fusion of mind and body into being more present. You will feel in your own body the understanding of what makes the method a method. (uniform eccentric loading) You will also come to feel how the image of Cornu facilitates a deeper sense of movement and posture.

### **AUGUST 9, 1998 SUNDAY 3:45 PM**

(((((how we choose our love, how we choose our life))))))

### **AUGUST 9, 1998 SUNDAY 3:50 PM**

I'm an artist. I'm a writer. I don't have any idea beyond that what I am.

### **AUGUST 14, 1998 FRIDAY 8:27 AM**

Always I end up here, inside my own head frantic with listening and hearing nothing, only feeling the crushing presence of my self.

### **AUGUST 14, 1998 FRIDAY 8:29 AM**

So I come here, to the journal, to expose my self to my self and to you, here, in this journal. I don't do it for you. I do it for me. It helps me listen. For I am the vehicle of my self. I drive it's will.

There's such a fine line between it's will and mine, how deceptive and easily we choose only from our will and not from the broader will at hand. It is a matter of listening.

### **AUGUST 15, 1998 SATURDAY 10:14 AM**

We all scurry for a piece of paper that has little to do with the bottom line. It's not who taught you what you know that counts, it is what you do with what you know.

The self evident truth we point to is that an idea once brought into light takes form.

These truths to be self evident, we live in a world of physics.

### **AUGUST 15, 1998 SATURDAY 10:18 AM**

I've finally done it, wandered off far enough into the hills to find a home.

### **AUGUST 15, 1998 SATURDAY 11:53 AM**

(((((Down From the Mountain.))))))

### **AUGUST 15, 1998 SATURDAY 11:54 AM**

If you don't define what it is you allow everyone their own hocus pocus and mumbo jumbo. (((!)))

### **AUGUST 17, 1998 MONDAY 8:01 PM**

Guilliani about the press "feeding their own voyeurism"

### **AUGUST 17, 1998 MONDAY 8:02 PM**

"Tubbs: tough, unique, bad, bold, sassy" Miami Vice

## The Hermit's Journal

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**AUGUST 17, 1998 MONDAY 8:09 PM**

Stabilizing contact points

**AUGUST 18, 1998 TUESDAY 5:14 PM**

It is only natural to release from focus, to let go the making of effort.

**AUGUST 30, 1998 SUNDAY 9:20 AM**

I awoke this morning realizing how talented my student is. How young, how bright, how open to the truth. (whatever that is)

I also awoke painfully aware of my aloneness. Wishing it different but accepting it so. Even living your dream bears the burden of living.

**AUGUST 30, 1998 SUNDAY 9:24 AM**

I stare down at the keys, like the oils of a painter. Not really caring much what I paint, just accepting the invitation to make the connection and to watch the movement make the meaning.

**AUGUST 30, 1998 SUNDAY 9:26 AM**

The challenge to teach, to teach well, to teach efficiently.

**AUGUST 30, 1998 SUNDAY 9:29 AM**

The more talented we are the less we are here to take out of life and the more we are here to contribute to it.

**AUGUST 30, 1998 SUNDAY 11:56 AM**

The pain of being.

**AUGUST 30, 1998 SUNDAY 11:56 AM**

Sometimes I can't manage a laugh.

**AUGUST 30, 1998 SUNDAY 12:03 PM**

One reason is as good as the next.  
One reason is as good as the next.

**AUGUST 30, 1998 SUNDAY 12:05 PM**

Java is contextual extension.

**AUGUST 30, 1998 SUNDAY 12:20 PM**

The burden of talent, the piercing burden.

**SEPTEMBER 1, 1998 TUESDAY 11:48 PM**

There is nothing to compare. The imagery is so clean, so pure.

**SEPTEMBER 4, 1998 FRIDAY 8:34 AM**

The seduction of religion, of giving yourself into a place in your mind where all things are perfect.

**SEPTEMBER 14, 1998 MONDAY 2:05 PM**

People want to suck Pilates out of its essence. They want to turn it into a thought rather than an experience.

**SEPTEMBER 18, 1998 FRIDAY 11:03 PM**

I don't know. I only know that this separation within, this sense of isolation, aloneness, has been a constant companion. The rapture of the moment is also the piercing pain of awareness, that life is only flowing through me, that I am not it, nor ever will be, and the foolishness of youth assuming that it is that which passes through is long since past the privilege of self delusion.

So here I am, not a writer because I don't force my self to write, but writing none the less to distance my self from the intimacy of being I find difficult to bear or ignore.

I have no answers, I gave up asking questions, all there is is what there is, and you accept that or play with your self as distraction.

The rapture of the moment, once pursued in pleasure, is now available in less life facilitating venues. Either you let it flow through you, or you try to dam it up and challenge it to overwhelm you. Either way, you and it are distinguishable, separate, self aware, and in that self awareness the loss of the garden and the struggle for the bliss of ignorance that can never return.

**OCTOBER 4, 1998 SUNDAY 11:55 AM**

The MICHAEL MILLER trademark presents the body in a dynamic tension where balance is held by counter-balancing coils of energy, and mirrors the cosmos in the way matter moves through space.

**OCTOBER 9, 1998 FRIDAY 6:34 PM**

When attention finally falls upon you how will you respond? The bubble will really pop then, won't it?

**OCTOBER 11, 1998 SUNDAY 8:36 AM**

Listen. When you listen you are more of who you are then when you don't.

When I watch clients leave and head up the path, they carry a focus with them that comes from the heightened level of listening. They more clearly hear themselves. And they are listening more intently. It is not so much inside and outside as it is listening or projecting. Receiving and transmitting.

What we feel as identity is commonality.

The inescapable sense that who you are is not what carries you.

Our existence is no more that will probing imagination.

**OCTOBER 19, 1998 MONDAY 8:21 AM**

The Pilates issue has to result in one group over others gaining control of defining what Pilates is and is not.

**OCTOBER 19, 1998 MONDAY 8:24 AM**

The harshness of reality being digital and our cultural efforts to soften the blow, such as in language "can't" instead of "can not."

**OCTOBER 19, 1998 MONDAY 8:26 AM**

I find my self thinking about quitting the teaching of Pilates, withdrawing the website, leaving only the journal.

**OCTOBER 19, 1998 MONDAY 8:30 AM**

What then?

**OCTOBER 19, 1998 MONDAY 8:34 AM**

I don't want to quit, really.

**OCTOBER 19, 1998 MONDAY 2:07 PM**

What is the plan? Every man for him self? Is there any interest in group activity beyond feeding upon the financial trough? Has it ever been anything different? Control is the issue

**OCTOBER 21, 1998 WEDNESDAY 9:38 AM**

God wants what God can't have--company.

**OCTOBER 22, 1998 THURSDAY 10:24 AM**

"A gentleman does not discuss his ailments." Alfred in the Batman Movie

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**OCTOBER 23, 1998 FRIDAY 8:07 PM**

Inflection points get you there.

For instance in a science fiction world I would say that to travel faster than the speed of light you have to reach out to a couple mass bases and reverse the Cornu pattern with your point of origin being the inflection point and your destination being the projected end of the coil.

**OCTOBER 25, 1998 SUNDAY 11:12 AM**

How well can you listen? What do you listen to?

**OCTOBER 27, 1998 TUESDAY 7:38 AM**

"I've been out of the exercise loop. Feel like recommitting."

**OCTOBER 27, 1998 TUESDAY 8:22 AM**

Sometimes the depth of crisis felt by one can only be recognized by someone at the same depth.

**OCTOBER 28, 1998 WEDNESDAY 9:16 AM**

I have been missing the point. I get so distracted, from here, writing, expressing my self as only this being can. ...expressing through me the god within. I don't know what to do with my feelings. Except listen to them.

**OCTOBER 28, 1998 WEDNESDAY 9:19 AM**

Listen closely, act smoothly.

**OCTOBER 28, 1998 WEDNESDAY 9:21 AM**

Be serious, it is not the number of exercises that he devised. It is the method of doing any exercise that he developed. Like the auto assembly line, the method of construction is adapted by all because it works. Can only the originator of the assembly line use assemble lines to make their cars? And can only the originator of the assembly line use the words assembly line?

**OCTOBER 28, 1998 WEDNESDAY 10:13 AM**

"No one can make you feel inferior without your consent."  
Eleanor Roosevelt.

**OCTOBER 30, 1998 FRIDAY 11:44 AM**

We can't stay underwater, but we can swim. Evolution infers what you leave behind.

**OCTOBER 30, 1998 FRIDAY 11:47 AM**

((((...this fucking connection!))))

**NOVEMBER 1, 1998 SUNDAY 9:42 AM**

"Nobody knows why lions kill Cheeta cubs." Prey and predator.

**NOVEMBER 1, 1998 SUNDAY 9:57 AM**

It takes three to make a pattern. Do whatever routine but you have to do three, and only three reps. This in turn patterns your thinking into--beginning, middle, and end.

**NOVEMBER 1, 1998 SUNDAY 10:00 AM**

Hold the image in your mind and find the feeling in your body. 10-30-98 11:00 AM ish

**NOVEMBER 2, 1998 MONDAY 9:36 AM**

Dear \_\_\_\_\_,  
I empathize with your frustration. You ask me to offer some advice, so here goes.

First off, I always remind people that you do not need to be certified to teach. If you feel like teaching, start. If someone says you need to be certified to teach for them, then ask them what certification will satisfy the need and decide if you want to jump through that hoop.

I joined a certification program (paid big bucks) because it was headed up by Romana, someone with deep roots in the method. To me it was important to learn as classically as I could. Four months after I joined a year long program, Romana withdrew and sided with another faction. (The New York Pilates Studio)

I got so fed up with the certification program I was in, I certified myself. That led to me "certifying" a few others that I felt had a handle on the method. I don't take candidates for certification, I just teach. If I feel someone knows what they are doing I give them a certificate that says so.

To often the method has become ego apparel. I pray to never appear the messenger is more important than the message. Trouble is, many who learn content only have that to teach without ever really grasping the context. What matters is the quality of what you learn, not the piece of paper that claims you know something.

If you are seeking certification, ask yourself why. Let your answer be your guide to where you go from there. Are you are looking to teach in a gym, a physical therapy office, a dedicated Pilates studio, or your own private studio? The future you envision will help you pick the flavor of training. Certification is about permission, and often snob appeal. Forget certification, seek out the best instructors you can find and learn as much as you can. When you have learned enough, you will know whose certification you'll want to claim, and the claiming will be much easier. I'm out of time. Did any of this help?

**DECEMBER 7, 1998 MONDAY 1:39 PM**

It's hard for me to rely on spontaneity to convey my meaning.

**DECEMBER 8, 1998 TUESDAY 11:28 AM**

So, the dialogue begins again. Superficially to others, ultimately internal.

To whatever that is...which doesn't matter, for it is still here in the process that I connect within the moment.

**DECEMBER 20, 1998 SUNDAY 2:12 PM**

You're never too old, or too young to feel the suffocation of being alone. Not just by your self, but having no one inside your bubble, even if they're there as a distant visitor.

**DECEMBER 20, 1998 SUNDAY 2:18 PM**

I wonder where all the passion has gone for writing. It's distraction now.

Everything is a distraction, there's too much meaning, significance in daily life to come here and seek solace.

**DECEMBER 20, 1998 SUNDAY 2:22 PM**

Email has made receiving addicts of us all. So hooked upon getting, no time spent in listening and formulating a good transmission.

**DECEMBER 20, 1998 SUNDAY 2:24 PM**

What would I send out? Now here? Discouragement. Distance.

**DECEMBER 20, 1998 SUNDAY 2:25 PM**

What about Pilates? What about teaching the method? Well, nothing's better. Maybe it's too good. Teaching a physical connection, a willful exertion of muscularity that alters stress from gravity, stress from mentality, stress from physicality. In making us more present it makes us more godly because godliness exists apart from time. Because it exists apart from time, it is a constant state, you either participate or not, and the participation takes on a matter of degree. How much thrill and excitement do you want? And in what ways do you reach for it? Car racing, sky diving, going to war. What form does the drive take you? And once you are there, what do you do with it? How well do you control it? How much does it control you? (smile)

**DECEMBER 24, 1998 THURSDAY 12:24 AM**

Knowing the axes in the body,  
being able to play one off the other  
moving in harmony with your surroundings,  
especially gravity.

**DECEMBER 24, 1998 THURSDAY 12:29 AM**

"You do Pilates with an empty belly." cc

**DECEMBER 24, 1998 THURSDAY 10:09 AM**

I've been told that enlightenment can take a life time, or it can take just three seconds.

This certification comes to you by virtue of the three second enlightenment. I was sharing the spider and only thinking of it in the prone position. When you suggested supine that clearly was my three seconds of enlightenment where you apparently heard what I was saying and went somewhere on your own with it. By virtue of that, in that moment, you graduated, you earned whatever certification I might have to grant. I thank you, and I applaud you.

All the best,  
Michael

**DECEMBER 25, 1998 FRIDAY 9:33 AM**

Is wanting to erase my mistakes the same as seeking self forgiveness? Or, more likely, do you feel that is what I am seeking? I don't know. Maybe you're right. The mistakes I've made...such disappointments in my self, no where to hide. Just go on delivering my lines until I'm granted the mercy of a final exit. I could never portray how agonizing life is to me. So rich in texture, so deeply moving in sense, the agony of will moving through me, masked as me, how can I be anything other than it?

**DECEMBER 25, 1998 FRIDAY 9:44 AM**

Men manufacture relationships in their minds and then treat them as real with others who are part of his projection. To what extent do we all dance within our own fantasy projections?

**DECEMBER 25, 1998 FRIDAY 9:48 AM**

One of my most intense moments this year was looking into vast pulsating green eyes over swollen rich red lips and feel the shear between the desperate wanting and the hopelessness of ever having.

**DECEMBER 29, 1998 TUESDAY 10:05 PM**

Love breaks hard. mjm

**DECEMBER 29, 1998 TUESDAY 10:05 PM**

From famine to feast. Shall I feast when it comes?