

The Hermit's Journal

JANUARY 3, 1999 SUNDAY 9:32 PM

All the distraction takes us away from listening.

JANUARY 3, 1999 SUNDAY 9:32 PM

Listen to the challenge of controlling your body.
Listen to the challenge of being
more purely the spiritual perfection that you are.

JANUARY 3, 1999 SUNDAY 9:39 PM

Listening is the key. What we choose to listen to is the key.

JANUARY 3, 1999 SUNDAY 9:49 PM

Listening at all is the challenge.

JANUARY 3, 1999 SUNDAY 9:54 PM

Feelings are something we listen to or try to ignore.

JANUARY 3, 1999 SUNDAY 10:05 PM

What other workout gives you such balance? Understand why
it gives such balance and you understand

JANUARY 3, 1999 SUNDAY 10:07 PM

So often younger players don't know how to get the pieces in
place.

JANUARY 3, 1999 SUNDAY 10:09 PM

We hide (what we believe to be) harmful information from
those we love.

JANUARY 6, 1999 WEDNESDAY 3:01 PM

It's a sad state of affairs when you're unsure if your perception
of the situation has any connection to reality, or if it's just
delusion driven by chemistry.

JANUARY 6, 1999 WEDNESDAY 3:10 PM

I think it's the spiritual connection we seek to make when our
attention is stimulated by the attention of another.

JANUARY 6, 1999 WEDNESDAY 3:19 PM

At what point does character matter?

JANUARY 6, 1999 WEDNESDAY 4:23 PM

I choose not to be afraid of you. Or to let you hurt me. Or to
be angry with you. Or to allow the sharpness of your blind
mind blunt the vision of mine. Or your condescension disturb
my foundations.

JANUARY 6, 1999 WEDNESDAY 4:33 PM

Let nothing take you out of the moment. Nothing can be more
important than being in the moment.

JANUARY 6, 1999 WEDNESDAY 4:34 PM

(((imagination hungers)))

JANUARY 10, 1999 SUNDAY 3:37 PM

Dear Especial Folk,

Please take the time to join me upon the enclosed journey of
discovery...Multiple millennia of study, research and that have
produced a myriad of empirical conclusions but none more
telling from human experience than that we are each and every
one of us as different upon the outside as we are within our
insides...Thusly our biological imperative from THE
Beginning is to express our uniqueness...Society in
paroxysmal irony is sadly geared towards suppression of that
which allow us to be appreciated at our most

beautiful...Average then is normal ordinary commonplace. It
distinguishes a bell curve reality that excuses its callousness
by virtue of statistical verification that is completely unable to
acknowledge the singularity that you've had a really rough
day. What your body wants you to do to dissipate the tension
is to squirm, to move, to belch, to yell, to grunt, to groan...Do
you do it? No! So what happens to the energy that wants a
means to let out? It punches against your pericardium, pushes
against your pleura, eats at your stomach, tears at your
connective tissue, knots your nerves...By this what you have
learned to achieve socially is sadly that you must suppress
your biology...But you sense confrontation with a major
dilemma, the healthier you are the more you are going to be a
truly unique expression of who you are...The job of society is
to create sameness, the job of biology is to create
uniqueness...Society lives within the narrow scope of limited
experience where average is considered normal. Is this then
not the conflict with concepts of independence? Think rather
in terms of our interdependence. That we are each the others'
medicine, our relationships are each others' homeopathic
remedies...By such a path are we interdependent in order to
achieve wholeness..."Wholeness" is a state of optimal
functioning for the confluence that is the kaleidoscope of
body/mind/spirit. These do not exist as separate distinct
compartments. They are always present simultaneously
forming the anchor upon which we fish for experience...We
gain our life's wisdom from experience...All experience is
valid. It is the interpretation that is left to question... The
quality of your interpretation is directly proportional to the
efficacy of that system upon which all other systems do
depend, your nervous system...Healing is an instantaneous
process...It is the path that begins the moment, the nanosecond
you have actuated more of the magic that is the organizing
intelligence which governs the body as it expresses itself;
Healing as occurred...The instant breath occurs more fully,
healing has occurred...The moment you spontaneously giggle,
or laugh, or cry, without conscious thought, healing has
occurred...Wellness is the degree of wholeness that is within
the kinesthetic dynamic ballroom dance created as self
awareness entwines graceful with wellness consciousness
commitment to express the radiant beauty of uniqueness that
we each and all can appreciate and respect within the
resplendent majesty of our mutual interdependence...Upon
such thoughts does our future depend...My wish then as the New
Year begins is that you live in celebration and reverence for
the blessing of your especial uniqueness...I do...Thank you.
Dr. Jason Connor

JANUARY 17, 1999 SUNDAY 9:14 AM

The listening that goes on, the isolation.

JANUARY 17, 1999 SUNDAY 9:16 AM

Being around women, sharing stories, attitudes, feelings. It is
a peaceful thing. And somehow there is enlightenment in it
for me. Feeling the obvious separation. Like someone going
through boot camp that I so intimately remember. Wanting
that frame of mind, hoping that frame of mind is only
currently absent, not outgrown. (But really it doesn't fit me
anymore.)

JANUARY 17, 1999 SUNDAY 9:21 AM

"I wrote the Hermit's Journal."

The Hermit's Journal

JANUARY 17, 1999 SUNDAY 9:29 AM

Too much thinking, always thinking wants its self at the expense of listening.

JANUARY 23, 1999 SATURDAY 4:50 PM

The agony of not being lonely on the inside, what you must stoop to in expectations for your self.

JANUARY 23, 1999 SATURDAY 4:53 PM

To be moved. What moves you?

JANUARY 23, 1999 SATURDAY 4:59 PM

MICHAEL MILLER develops personal improvement training materials, including, audio and video training tapes for improving health through exercise and methodic movement. The MICHAEL MILLER trademark is a symbol of ideal posture and perfect body alignment. Predicated upon the physics of angular momentum, and the natural emmination of spiral movement out into space found in galaxies, whirlpools, shells, wind and light. Only by assuming the natural and counter-balancing tensions of reality in our own body can we mitigate the stress of gravity and move pain free with ease and grace.

"Rotation stabilizes movement"

JANUARY 23, 1999 SATURDAY 6:00 PM

The intimacy we seek from others is only the prelude to the intimacy with seek within ourselves. mjm

JANUARY 24, 1999 SUNDAY 11:03 AM

I think life is an explosion into imbalance.

FEBRUARY 11, 1999 THURSDAY 10:21 AM

To perceive that there is process, that is the key.

FEBRUARY 13, 1999 SATURDAY 8:21 AM

Go there. Do that. Have fun.

FEBRUARY 13, 1999 SATURDAY 8:52 AM

In the movement you find your calm.

FEBRUARY 13, 1999 SATURDAY 8:52 AM

"Torso torsion" mjm

FEBRUARY 19, 1999 FRIDAY 2:29 AM

Happiness is something that finds you.

FEBRUARY 19, 1999 FRIDAY 2:56 AM

Your biggest refinement as an instructor comes from the point of view you choose.

FEBRUARY 19, 1999 FRIDAY 1:42 PM

Listen, relax, respond.

FEBRUARY 19, 1999 FRIDAY 1:45 PM

What to listen to becomes the question. How to digest. What view? What structure.

FEBRUARY 25, 1999 THURSDAY 8:10 PM

Where is my shadow?

Where is the light that shines on me so brightly?

Was I a fool to run, or wise to run away?

Doesn't matter, right? C'est cera cera.

FEBRUARY 25, 1999 THURSDAY 8:12 PM

I am here with you, beyond the warmth of your gaze, beyond the lilt of your laughter, or the grace of your gate. I have no words for you that don't quickly turn shallow in an ocean of feeling. Still, I am here with you, missing you, wishing you, being you.

MARCH 7, 1999 SUNDAY 8:49 PM

The bounce back into the journal is never easy. So much better to be sending it out to another than within. But as always, within is where it all is headed anyway. You might as well come here and avoid the shock of finding your self alone once again.

MARCH 8, 1999 MONDAY 3:33 AM

Quality bespeaks itself, and is its own authority.

MARCH 11, 1999 THURSDAY 5:47 PM

Days from email, miles from my self, moments from thoughts of you, a sanctuary from isolation.

Why is it that way? Why does the light in a lady's eyes make life less when alone?

MARCH 20, 1999 SATURDAY 1:53 PM

"It's a physics thing." mjm

"Never interrupt the flow." (Did I get that right?) tdc

MARCH 30, 1999 TUESDAY 7:37 AM

I have no baggage...just a lot of lost luggage. mjm

MARCH 30, 1999 TUESDAY 7:39 AM

You assume you have answers, instead of searching for questions.

MARCH 30, 1999 TUESDAY 7:39 AM

"Road jam." mjm

Concentration means listening.

MARCH 30, 1999 TUESDAY 7:53 AM

Things that rotate matter to us. 08/03/03

MARCH 30, 1999 TUESDAY 2:32 PM

Trust what you know. Dare towards your heart. Richard Bach

APRIL 5, 1999 MONDAY 10:21 AM

Don't strain. (from the Rose Tour II)

APRIL 6, 1999 TUESDAY 7:58 AM

People wonder why I don't come to the log more often. I'm only here as a last resort, to get something out that has nowhere else to go.

APRIL 6, 1999 TUESDAY 8:17 AM

I'm not driven to report anymore, like being in the islands and finally giving up on pulling messages. What to stay in touch with, and what to do now?

It's like when I'm at home I'm in port, and only when I travel out to sea do I get a real sense of who I am.

At home I've always got lots of what to do and little to do it with.

APRIL 6, 1999 TUESDAY 8:26 AM

"The most satisfying thing right now is that a few of my clients are finally beginning to feel the work as more of a process/journey/inner web of

The Hermit's Journal

thought/breath/movement....rather than just a movement or series of moves they want to do the "right" way. The few who have actually verbalized that to me are what sustain me and give me hope that in spite of my junior status as a teacher, the genius of the work is glimmering through and I am somehow a catalyst for the clients to really feel the benefits in their bodies. In that process, I am learning, learning, learning." dt

APRIL 7, 1999 WEDNESDAY 3:27 PM

The turmoil of time.

APRIL 7, 1999 WEDNESDAY 3:47 PM

How do you relate information to someone that you know will change them forever?

As in: someone close to you has died.

APRIL 8, 1999 THURSDAY 9:04 PM

Words are written when you can't pick up the phone. Words are written when no one is there to listen. Words are written when the god within wishes.

I don't understand my self. I don't understand my heart or my head or my soul.

I don't understand why I feel the way I do, why I react the way I do, why I cry, why I feel so deeply. I don't understand, I just do.

APRIL 15, 1999 THURSDAY 10:12 AM

The fading standard.

The one attacked the most will be the most unassailable. The path to follow is into the dark hole.

Pilates is a physics thing.

APRIL 17, 1999 SATURDAY 8:58 PM

Where does the sadness in my heart come from?

APRIL 19, 1999 MONDAY 12:16 PM

So much of life is learning to live without what you want but can't have. And somewhere in there you learn to take what you can when you have the chance.

MAY 8, 1999 SATURDAY 7:42 AM

Truth never needs embellishment. mjm

MAY 8, 1999 SATURDAY 8:11 AM

Concentration means listening.

MAY 9, 1999 SUNDAY 6:00 PM

If you want to be the best in the world it has to obsess you. You have to take all of what you've got and more to embody the method.

To get there master the image and look to embellish.

MAY 9, 1999 SUNDAY 6:14 PM

So, to get anywhere with Pilates you have to see the move in your mind, have a desire to express your self and do so.

MAY 9, 1999 SUNDAY 6:16 PM

Being able to engage uniformly is a challenge.

MAY 17, 1999 MONDAY 12:48 PM

"She was the total case of desire—that destroyed him." mjm

MAY 31, 1999 MONDAY 11:43 PM

JUNE 1, 1999 TUESDAY 10:25 AM

Birthday over, what's next?

Writing? Nah!

Why not? I do feel a little like Hemmingway in this hotel room of mine.

I'm suffering cultural overload, after hitting Portuguese and Spanish, English even from London was a relief, then coming to Amsterdam—Dutch, I find my self in a German hotel.

JUNE 10, 1999 THURSDAY 4:57 PM

What you teach about Pilates can matter at very deep levels. What you teach through Pilates can have profound effects. You necessarily influence attitude.

Flow comes from how tight the revolution is. The tighter the revolution the greater the control. Control goes up when you get closer to the core.

Gravity and rotation, one the peephole into the other. That is rotation being the peephole into the nature of gravity. And how weird that it all has a mathematical consistency, ((or do we only fool ourselves into thinking so?))

JUNE 10, 1999 THURSDAY 7:03 PM

Classic Pilates questions asked to get a feel for where you stand?

Do you initiate on the inhale or on the exhale?

Flat spine or neutral?

Whose equipment do you use?

JUNE 11, 1999 FRIDAY 4:45 PM

Here, before Van Gough's work, amid so much other art, it towers above all the rest. Nowhere is there a more potent inspiration of light pressing through us. We use the art to come closer to the man.

Imagine, a whole museum of just your own work.

08/03/03

JUNE 12, 1999 SATURDAY 3:23 PM

(((maps: before
during
after))))

(((it holds the place of nothing.))) "0" "10"

JUNE 12, 1999 SATURDAY 3:26 PM

(((when was the last time I was with someone who spoke English?))) I can't remember.

JUNE 12, 1999 SATURDAY 3:28 PM

It's a game of gravity and your body.

JUNE 12, 1999 SATURDAY 3:49 PM

(((Stay in this for the long haul.)))

JUNE 12, 1999 SATURDAY 3:49 PM

Focus on the ideal, not the impediment.

JUNE 12, 1999 SATURDAY 3:56 PM

Truth never needs embellishment.

JUNE 17, 1999 THURSDAY 3:31 PM

You are in my world
standing so close,
come closer.
Lean into me
so I can lean back.
Touch me,
so I can touch back.

The Hermit's Journal

Hold me,
so I can hold you back.

Kiss me,
so I can kiss you back.

Our kisses are like children
learning to play with each other,
flowing going back and forth,
pressing pulling, laughing,
deep within the flow that won't let go.
Enjoying, appreciating, savoring, treasuring,
releasing, breathing, taking in and letting go,
to be with you once is to be with you forever.

JUNE 18, 1999 FRIDAY 8:00 AM

There is only one method.
All who reach for the money will end up teaching the same thing.
And once it becomes the same thing the money won't be there any more—but the clarity of the idea will be.
As long as there are those who hold the fusion card, who can get past pieces and parts, and take a client into that fusion of being, the priority of approaches will be evident.

JUNE 18, 1999 FRIDAY 8:10 AM

The cure for the disease, the remedy, that Pilates offers is fusion of the body and mind into a higher state of being (that has great side effects.)

JUNE 18, 1999 FRIDAY 8:11 AM

(((See? Parens offer a pretty sophisticated refined way of maintaining focus without losing detail.)))

JUNE 19, 1999 SATURDAY 8:57 AM

You get by with misusing your body for only so long. ds

JUNE 21, 1999 MONDAY 8:45 AM

So, you're running off to an Italian convent because you can't handle your feelings toward me. I understand.

JUNE 24, 1999 THURSDAY 9:32 AM

Here, in the journal I grew to know you by listening to my self.

JUNE 24, 1999 THURSDAY 9:36 AM

I had all that time, and all that feeling. Sometimes it's tough to remember where you came from. How you might have ended up here.

JUNE 24, 1999 THURSDAY 9:40 AM

So many things clutter the mind.

JUNE 24, 1999 THURSDAY 9:42 AM

(((Why is it so difficult to live the ideal?)))

JUNE 24, 1999 THURSDAY 9:45 AM

Pilates is about controlling what you think.

JUNE 24, 1999 THURSDAY 9:46 AM

Control your breathing. As soon as you take your attention to you breath you close the chain. Just like rolling-like-a-ball, seal, and rocking. So you make exercise from the moment you focus on your breathing. Breathing is something that happens without you thinking about it, but, you can think about it and control it, not as some do to still the heart, but as

others do to fuel the heart. To turn the heart off is one end of the spectrum. To activate the heart is the other.

JUNE 28, 1999 MONDAY 10:00 AM

"Glute Dance" by Ariane Shapero
[a.k.a Home. Start position to work Right glute max.
Left facial cheek on mat.
Legs out long: arms down by sides]
1) Bend both knees to 90° (flexion), keep knees together. Take care to maintain contact of fronts of hips into mat.
2) Lift Right leg and extend to straight. Foot should end up slightly higher than hip. Extension of right leg equals glute max firing.
3) Shift legs left until left leg is parallel and resting on mat: Right leg still in extension. Knees are still together. Both right and left shoulders should remain in contact with the mat.
4) Slide / draw left knee along mat towards the chest. This is not a huge movement.
5) Extend left arm along and then off the mat to feel engagement of left lat.
6) Think of drawing left knee towards the ceiling without really lifting knee off the mat. KEEP EXTENDING THROUGH THE RIGHT LEG.

To return:

7) Slide Left knee along mat away from chest
8) Lower Left arm down to mat
9) Send Right knee to 90° angle, i.e. bend Right knee to Left Knee, keep knees together.
10) Return both knees--hips to center to return hips to straight. Turn onto Right facial cheek to do Left side.

Latissimus dorsi

Main Concept:

*"neural wrapping"

Create synergy. Engage glute max with diagonal lat to close the gap around the S.I. joint.

Anterior Pelvis -- Right obliques synergistically wrap to Left adductors to stabilize pubic symphosis.

JULY 4, 1999 SUNDAY 3:29 PM

Alone. What does that really mean? Is it a choice or a surrender?

JULY 4, 1999 SUNDAY 3:30 PM

"Yes, dear."

JULY 4, 1999 SUNDAY 3:33 PM

Reality is but a ping to our awareness. mjm

JULY 4, 1999 SUNDAY 3:37 PM

Women, Jesus! What a subject. Ahhaa,

JULY 4, 1999 SUNDAY 3:44 PM

My friend, get a load of this one: Women mock men for not being able to control their orgasm, when much of the time they are choosing not to come to maintain control of you. (no shit.)

Women never need to know who you've been with and what you've done since the last time you slept with them, so don't even go there. They will try because they usually don't learn from failure.

The Hermit's Journal

JULY 4, 1999 SUNDAY 4:15 PM

The real struggle is gaining control of your attitude. In doing that you choose a pattern, you choose an ideal, and in the choosing find peace.

JULY 13, 1999 TUESDAY 1:16 PM

Never initiate a hug! Always let a woman give you a hug. If a woman is giving you a hug drop whatever you might have in your hands so you can completely engulf her in your arms and hands.

The instant a woman starts to release the hug it is over. Let go.

The slower you go into the hug the longer it is likely to last. When you don't initiate hugs women sense that and tend to want to know what a hug from you feels like.

Never talk about another woman to a woman.

Never admit you've had sex with any other woman. Let the response be "we are good friends."

JULY 13, 1999 TUESDAY 1:27 PM

How many times have you wished there were someone to talk to and there was nobody there? Especially if you are in pain?

JULY 18, 1999 SUNDAY 12:05 PM

Discretion, choosing

JULY 21, 1999 WEDNESDAY 1:01 PM

I know you think I'm evil, but I'm not! sssv
Accessible but not exclusive.

JULY 24, 1999 SATURDAY 9:17 AM

The focus of the eye
the attraction to what we see

JULY 24, 1999 SATURDAY 6:36 PM

Not only are you alive, you are witness to it. mjm

JULY 26, 1999 MONDAY 9:26 AM

It's supporting you to be able to go deeper in there. In where?
In there deeper into the coil.

JULY 26, 1999 MONDAY 11:08 AM

Sick humor on a bumper sticker: Mary was drugged.
(That is funny.)

JULY 26, 1999 MONDAY 11:10 AM

I forget about the journal, until I get pressed and am straight for too long. Then magically, from scrapings in the bottom of my kit, I am here and I am calm again. At peace, in peace.
Watching the current.

JULY 26, 1999 MONDAY 11:33 AM

Even all the love isn't enough to keep me from bouncing around inside of my experience.
I desperately try to "plug in" and it only takes me further off balance.
So, off to bobbing I go, lucky for me but it's so.

AUGUST 8, 1999 SUNDAY 12:32 PM

If she reaches out and touches you, she wants more.

AUGUST 16, 1999 MONDAY 11:17 PM

The humiliation of the male. Being gay or being abusive.
What a choice. Where are the role models? (Don't look at

me.) Would a male's perspective of HBO's sex and the city fly? No interest? Too threatening? Taken as misogynistic?

AUGUST 16, 1999 MONDAY 11:23 PM

(((I'm always out there in electrons.))))

AUGUST 16, 1999 MONDAY 11:42 PM

My plan is to empower you with the idea. The rest is up to you.

AUGUST 16, 1999 MONDAY 11:44 PM

What it means to be a certified instructor is that some one is willing to admit they state you know something.

AUGUST 17, 1999 TUESDAY 9:32 AM

Women are only interested in guys who will give them the time of day.

AUGUST 17, 1999 TUESDAY 9:45 AM

The journal is always there. You can always find your self in electrons.

AUGUST 22, 1999 SUNDAY 11:33 PM

The wanting, how do you handle the wanting?

AUGUST 22, 1999 SUNDAY 11:34 PM

The awareness of presence, how do you handle it?

AUGUST 22, 1999 SUNDAY 11:44 PM

You make me feel so alone. (((((Why does that make you feel so deeply?))))))

AUGUST 23, 1999 MONDAY 12:11 AM

"The land will be ours and all that comes with land will be ours too." Conagher.

Land can be meant metaphorically.

AUGUST 23, 1999 MONDAY 1:32 AM

What is Pilates? It is a means to attain an end. The means is uniform eccentric loading, the end is readiness.
Really, it is a way to embrace fusion of mind and body into a higher state of readiness, being more present, achieving a higher state of sensitivity.

AUGUST 23, 1999 MONDAY 1:38 AM

Pilates is ideal.

SEPTEMBER 2, 1999 THURSDAY 7:58 AM

My objective is to acknowledge the underpinning idea to this method of Joseph Pilates.
He was a purist. (I suspect) And he hung around people who used their bodies for a living, ((just like he did)).
Acknowledge the idea and set it free.
I want to do some exercise, and I want you to give me an idea to base it upon.
You say uniform eccentric loading, and I don't know what you mean, so then you reduce it to a word, gravity, and I hear you loud and clear.
Gravity. It's a physics thing.

OCTOBER 1, 1999 FRIDAY 10:16 AM

(((every day real to you))))

OCTOBER 4, 1999 MONDAY 2:19 PM

In the beginning you take Pilates to the body, but always keeping in mind that ultimately you are taking the body to

The Hermit's Journal

Pilates. Many would disagree, but it is the scope of the method in which they choose to limit themselves that causes their view.

OCTOBER 7, 1999 THURSDAY 11:23 PM

The mystery of a real woman, a woman like marilyn monroe. Soft, sensuous, defined by the quality of signal.

OCTOBER 12, 1999 TUESDAY 1:01 PM

Listening takes intent.

OCTOBER 12, 1999 TUESDAY 1:03 PM

Success to me is being heard, which means somebody has to be listening.

OCTOBER 13, 1999 WEDNESDAY 9:04 AM

What men have most to learn is how to project their energy. How to see themselves within more than just themselves. To have a sense of others and especially the soup within which we swim.

OCTOBER 13, 1999 WEDNESDAY 9:09 AM

Politically summarize your current position based upon who you know and what you know and state what your objective is and how you plan to get it.

OCTOBER 16, 1999 SATURDAY 9:08 AM

The huge agony of life, the agony of surrender. We all come from expecting to live forever, when really it is how long a shot we get. What we do with the limited amount of time we have.

OCTOBER 24, 1999 SUNDAY 9:53 AM

I have come to realize that I don't care about certification. I care much more about understanding and sharing that understanding.

Until now, authority has been claimed based upon who taught you. Now, authority can be claimed based upon your comprehension of the underlying idea. I believe that the value of what you know always trumps who you know. (unless you have ulterior motives.)

OCTOBER 27, 1999 WEDNESDAY 2:40 PM

I teach my view of Pilates. You will include my view along with your view once you hear it.

OCTOBER 29, 1999 FRIDAY 5:02 PM

A date stamp, an arbitrary reference in time, only time, nothing to do with space, or ... feelings.

NOVEMBER 1, 1999 MONDAY 7:02 PM

((((("Go and sin no more."))))))

NOVEMBER 1, 1999 MONDAY 11:16 PM

Waiting for a conversation that is already happening in your head.

NOVEMBER 2, 1999 TUESDAY 12:05 PM

It's so hard to put it all out there. It's so hard to push what you publish.

NOVEMBER 5, 1999 FRIDAY 1:07 PM

The use of Pilates equipment in any make or model is only an aid to doing Pilates.

The discussion of equipment is leading you to an understanding of what makes the method the method that it is and why.

NOVEMBER 6, 1999 SATURDAY 8:48 AM

My participation is for selfish reasons.

NOVEMBER 6, 1999 SATURDAY 11:16 AM

"Women are the gage of a man's weakness." Orson Wells in Prince of Foxes.

NOVEMBER 6, 1999 SATURDAY 11:17 AM

How can that be? How can I have no clue about what it is like for other people when my core belief is that the core experience of life is common to all?

NOVEMBER 10, 1999 WEDNESDAY 7:38 AM

Having good friends helps you cope with the aloneness you will always face.

NOVEMBER 10, 1999 WEDNESDAY 9:19 AM

The isolation of the soul, the solitude of its existence.

NOVEMBER 10, 1999 WEDNESDAY 9:19 AM

Little did I know that the quandary of self awareness was a life long condition.

NOVEMBER 10, 1999 WEDNESDAY 9:56 AM

There is no way to invest yourself without knowing what you are investing in.

NOVEMBER 10, 1999 WEDNESDAY 2:14 PM

I have something to teach. Something to share with the world.

NOVEMBER 15, 1999 MONDAY 7:39 PM

Passion comes from deep.

NOVEMBER 15, 1999 MONDAY 7:42 PM

The Gaze of God.

NOVEMBER 18, 1999 THURSDAY 5:23 PM

You have to run against life some to get a sense of who you are and what you're about.

Sure I love Pilates, but it has really only been the cocoon in which Cornu has blossomed.

My gift to humanity is Cornu.

NOVEMBER 18, 1999 THURSDAY 6:58 PM

"The spine is designed to flex, extend, rotate and laterally flex, and it is especially well designed to do this." Cp Who designed the spine anyway? The vanity of our ego. Nobody designed the spine unless you speak of the environment in which it grew as the designer, and then, it seems off a bit in perception, don't you think?

NOVEMBER 19, 1999 FRIDAY 10:16 AM

Having trouble finding the focus of the next video effort. It's like, why bother?

NOVEMBER 19, 1999 FRIDAY 10:17 AM

I want to travel around and explain body dynamics with a top.

NOVEMBER 19, 1999 FRIDAY 10:18 AM

There comes a point where the instructor has to step out of the way of the student and have the student listen to what comes from within.

The Hermit's Journal

Is that it? The mystery is that we are always stuck in the audience, banished into listening, observing, and experiencing that which flows through us? Our desire is to be the thrust of will, not what feels the thrust of will.

DECEMBER 15, 1999 WEDNESDAY 9:22 PM

You want an enlightened suggestion? Don't come out with a line of data names, come out with the standard set of data subjects.

DECEMBER 15, 1999 WEDNESDAY 9:24 PM

I say strip them of their power and wealth, (Microsoft) and have them start from scratch...and I'd still think they would end up with it all back.

DECEMBER 15, 1999 WEDNESDAY 9:25 PM

It boils down to one clear, distinguishable idea--uniform eccentric loading. Understand the idea, and then you decide.

DECEMBER 22, 1999 WEDNESDAY 8:45 AM

So you want to learn Pilates. I suggest you learn what makes it what it is first, and then learn how to apply it in the manner you have in mind.

DECEMBER 25, 1999 SATURDAY 9:36 AM

Merry Christmas, Slug.

DECEMBER 26, 1999 SUNDAY 4:54 PM

So much to do, so many different fronts, I feel like the wagon master galloping around the interior of the circle shooting on the fly.

DECEMBER 29, 1999 WEDNESDAY 8:23 PM

"You can stay as long as you're at, until you know where you're going."

When pressed you rely on patterned response.