

[REDACTED], [REDACTED]

As the oldest male in our small family constellation I will be continually communicating my insights and realizations about life to my children. I view that as part of my genealogical responsibility. What is the point of 70 years of life without telling you about what I have learned.

So, regarding the issue of Rolfing, when I look at my mother I see the inevitable very human path that she is living into, gravity is being allowed to win. She knows nothing about this issue. All she has observed is that I seem to be getting taller. We all have a choice regarding the relentless pull of gravity. We either yield to its pull and allow ourselves to yield or we find something that will assist us in resisting the fate that my mother is experiencing.

There is in anthropology, the concept that our advance from walking on all fours can be charted in the gradual move from dragging our knuckles along the ground to finally standing vertically. That vertical stance appears to have been useful to support our large brain, larger than any of the other 15 other bi-peds that were on the planet 200,000 years ago. By 30,000 years ago we were the only bi-ped alive. I connect all of these things and want to give my children, not only this information but also the actual benefit that is available from the experience of Rolfing which gently breaks up adhesions in the fascia layer that surrounds and keeps all of our muscles in place. When these adhesions are released, our inherited postural pre-disposition is disappeared and we are then able to cause our own vertical posture.

What is so great about this you ask? Well my inquiry into the Eastern view of existence suggests that there is Chi always flowing through our bodies, some from the outer Cosmos and some from the Earth. Being able to self create our vertical posture promotes the flow of those energies through our bodies, promoting our health and well being. The eastern model also suggests that all our sickness, both mental and physical, are the result of blocked Chi. One of the physical aspects of blocked Chi is collapsing or crooked posture.

This is the thinking and personal involvement behind my relationship with Toporeck. He learned from the originator of this type of massage and is a master. He has Rolfed thousands of people and hundreds of babies. I have complete faith and trust in his intentions and skill and would never have introduced him to my family 8 years ago if I did not believe and trust in what Rolfing could do.

It never the less remains as a choice for you to make or to not make. I really am OK with whatever you chose. Till now I have been remiss in not clarifying why I think that Rolfing is so valuable. I have now done that. This is not something that is required to live out a full and complete life, my mother is doing that and she has never had any body work.

The offer of Rolfing is made out of my love for you all and to share some of what I have come to understand about what there is that may support my children and grandchildren in having a long, prosperous and healthy life.

Please take a look at the enclosed CD.

Much Love,

