

Anavami Center

For Mastering the Art of Life



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River Hot Spring
at Rio Caliente



It has taken me almost three weeks to find my way back into my life in Santa Cruz after returning from Rio Caliente, Mexico and the 10 day Psoas Workshop with Liz Koch. The natural hot spring spa in the La Primavera National Forest outside of Guadalajara was truly a place out of time. The airline flight with ritual lines, endless waiting, custom officials and the added tension of crossing borders that define distinct worlds did indeed alter normal consciousness. On landing, then there was the mad dash through Guadalajara and to the outskirts of that big dirty noisy city and up into cobbled streets of mountain villages, like a dream distanced me further from the seasonal and circadian cycles that held life in place.

As we neared we crossed streams billowing steam, emerging from the earth at 150°F, passing a vacant chapel and nunnery that once housed an order of healing sister who took care of the afflicted with the herbs and spring water. The story goes that the spa guest would often visit the nuns with for their ills, but were hesitant to take their concoctions wrapped in cloth and twine. On arriving in Rio Caliente, the long needled pine trees breath with red marked birds at the feet of the huge sentinel palms; another world, in another time. Terracotta roof tiles, formed from clay in the old way on the thigh of a man, set the rhythm in this cozy spa; clean and efficient. It could have could have been the 1950s or 30s or 1100's, in another era, another world. And yet the archetypal image of human beings seeking healing, rest and regenerate from nature is universal.

The graciousness of the staff reflects their values of life. Quick with greetings in Spanish as they visit with each other tending the garden and hot pools, preparing the meals. The menu is vegetarian designed for detoxification. There is a range of treatments. The newest technology of Bioresonance, offered in Europe and Mexico, but not legal in our country: There are various massage techniques, mud body wraps, aromatherapy, clay detox, facials, reflexology, yoga, hiking horse back riding, movies in the evenings of the newest health and spiritual documentaries, as well as underground steam room and hot pools.

... continued on the back

CALENDAR, BOOKS, & WEBSITES

Wednesday evenings, 6-9 or Friday mornings, 10-1 PAINTING into ARCHTYPES of Major Arcana

Thursday Mornings 10-1 JUST PAINTING Continues to stimulate and inspire all other aspects of your creative life. -Majio.

April 9 evening and Saturday the 10th 9-5 STALKING the WILD PSOAS, Creative Expression Workshop with Liz Koch, return to Midline and Core Awareness through painting and movement.

July 9th-11th 2010 CULTIVATING AWARENESS of WHOLENESS through PAINTING in Abiquiu, New Mexico:

www.anavamicenter.com/Cultivatingclass.html

Evening of July 16 through 18th 2010 PAINTING into AWARENESS through EXPERIEMENTATION and EMBODIMENT Abiquiu, New Mexico: www.anavamicenter.com/Awarenessclass.html

September 6-15 2010 TOUR ITALY'S TUSCAN & UMBRIAN HILL TOWNS, Develop Creativity by expanding SENSAZIONE, traveling through the Italian Countryside with International Sierra Club Tour Guide Diane Cornell and mixed media artist Majio. More information: www.anavamicenter.com/tours.html or 831 423-5925

WEBSITES: Here are some of the resources from this Psoas Workshop:

Liz Koch: www.coreawareness.com/

Cass Phelps: www.awake-one.com/

Emily Conrad: www.continuummovement.com/cm-emilie-bio.htm

Core Strength: An Interview with Powerlifter Deric Stockton ... CA and the creator of SymetriCore™, a system for developing a powerful core. www.psoasdvd.com/categories/podcasts/

Dr. Valerie Hunt: www.valerievhunt.com

Hot Springs Retreat Spa outside of Guadalajara, Mexico, www.riocaliente.com

Bioresonance: www.riocaliente.com/html/comforts/bioresonance.php

Vipassana Meditation: www.manda.dhamma.org/

BOOKS: (I am currently using)

Core Awareness, Enhancing Yoga, Pilates, Exercise and Dance by Liz Koch

The System for Soul Memory, Using the Energy System of your Body to Change Your Life by Susan Kerr (I am using with) Tapas Acupressure Technique created by Tapas Flemming.

Mind Mastery Meditations, A Workbook for the "Infinite Mind" by Valerie V. Hunt.

The Body Ecology Diet, by Donna Gates

ANNOUNCING: March 2nd, Tuesday evening beginning at 6:00 in the Chanticleer Studio, discussion of the WHEEL of FORTUNE Archetype and (weather permitting) a bon fire at Twin Lakes Beach after. Bring your personal spin on the archetype, whatever you want to release and inspire for the ritual burning of the New Year. Wood to burn and bonfire treats are good too. Contact Majio with any questions: anavami@cruzio.com

ANNOUNCING: March 5th 2010 FIRST FRIDAY ART TOUR <http://www.firstfridaysantacruz.com>

Majio's loft: 1030 River Street, Tannery Art Space, Santa Cruz, CA #118 will be open 6:00-8:00. Come by for a glass of wine!

The pools contain no chemicals and are always open with a private plunge for nude bathing. I want to give you sense of how ten days in this environment with the incredible work and information that Liz offers of Core Awareness can change your life.

Those of you that work with me on an on-going basis know that I am interested in investigating models which bring more awareness and thus more conscious presence into our lives. The 10 day Vipassana Meditation retreat I attended in December brought in a proprioceptive awareness to the physical body which set the stage for what followed at the retreat in Mexico. After a rebirthing session in the pools with Liz, I experienced a level of embodiment and clarity that I had not known before. The new component was bringing my **body** into presence. What a concept! How important do you think it is to tone your physical presence in relation to your core? Apparently I never quite got it before! I think on some level I have been hedging my bets! Although I am more 'in my body' than ever before, I found how I was not using my neurological system to relate to the physical. The Vipassana meditation brought to my attention the gaps of awareness and congruency of body awareness.

Going to the Psoas workshop was a rather sudden and guided decision, which proved to be everything that I hoped for personally and more. I am actively continuing to develop the information that was presented with Liz by working with the Santa Cruz fitness trainer, Deric Stockton and doing Continuum Movement. Liz Koch and I are planning an evening and day exploration with a Creative Expression Workshop, **Stalking the Wild Psoas**, April 9 & 10. (*Be sure and register early as there is already much interest and the size is limited to ten.*) I am interested in bringing this new awareness into the painting circles and would love to open the dialogue to include everyone.

An Artist's Path...

Ellen shares her current image and thoughts about her process. She is in the PAINTING into ARCHETYPES for TRANSFORMATION Painting Circle.



*Painting & Story
By Ellen O'Hanlon*

I have known I was an artist most of my life

The Way I saw and experienced the world. I often felt I was 'in' a painting... but I couldn't draw...

I'm in my 50's now, I've been painting off and on for a few years.

I decided I needed to 'teach myself'... I lost interest after short periods of time,

I wondered HOW people created images from their imaginations? I heard about Process Art. Art for Art sake, quieting negative self talk, all of this spoke to me. So I 'tried'.

Sometimes I had real satisfaction in my personal expression. I stumbled upon- 'Happy Accidents'...

Not really knowing what or how I did what I did,

Except sometimes... I drop into a place and I am Aware of an aliveness happening.

I'm awake in response to what I've created,

I FEEL into my response as if blind.. feeling my way back..

"touching in" inside of me. Opening, I sense a longing, a ache, an impulse... a wondering.. I FEEL it - Alive, awake, ready.

Sometimes, I relax In or Breath in or Move.. Shake, Jump, Dance make Noise, Play music or... Stop.

Sit, Quiet, Wait, Listen.. Connect.

As I Move from this place, I stay ahead of my mind.

Allowing as what's inside pours through my hands, ahhh but I must be sly... sneaky almost... gently not letting my mind see what I've done, She might try and tell me what she 'thinks'. This one she likes, that one junk....

Aliveness isn't interested... Just to BE Alive, to Express, in this case, through Painting is Enough.

I am satisfied.. my longing continues, for this I am grateful,

I believe My Soul speaks to me through my Belly, My Heart, my feeling place.

Majjo, asked us one day in class, to go into a 'visceral' place, I 'saw' my 1st birth, my son...

I connect to that place in me which moves as if waves crash up and through me...the rhythm my Breath know so effortlessly.... I Painted my first piece from here. Aware of the Birthing I was experiencing... of my own creative expression I have freedom now. I can express from this place. This time with Awareness. I found my way a touchstone, if you will.

I no longer wonder how others paint from their imaginations... I have within me, a Place I connect to and Move from...

I am aware now this is MY Process, My inner Artist is awake and free.

Majjo guided me into this Awareness. I am and will be forever Grateful.