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Being Human Workshop for Teachers and Parents

In early May Solihin and I went to Vienna to teach a special Being Human workshop for teachers, parents and those who work with children. We were invited by Faustina Ramos who runs a Montessori school outside Vienna. Faustina has done many of our Being Human/ Life Forces workshops over the years, and has for some time been incorporating the model of the Life Forces with great success into her work with the children aged six to fifteen. She wanted to offer the opportunity for her teachers to gain an experience and understanding of the work so they could all speak the same language and share a common vision to support the growth and development of the children in the school. Both Solihin and I were excited about the new development for us of teaching teachers, and also deeply touched by the dedication and commitment to the children of these particular teachers.

The workshop was a personal experience for each participant based on where they are at in their lives, but also touched repeatedly on their relationship with the children and their parents, their role in the classroom, how they could support the children.

Some of the areas of



discussion were about the role of a teacher in a classroom system, and that the behavior and function, or lack thereof, in a class system, largely depends on the state and integrity of the teacher. Some other areas we addressed together were:

The importance of being authentic and accepting the child as they are rather than wanting them to change.

That an environment can be created that fosters the growth and development of human beings.

That a teacher needs to be a living example of how to be, rather than telling a child what to do.

Being aware that teachers, parents and children can hold a child in an old pattern by only seeing them that way, rather than allowing the space for something new to emerge, in its own time.

That quiet/silence/ surrender can be part of each day; before.

To be able to talk about

Welcome! to our ezine. After a long hiatus we will be sending out a new and improved monthly version of the newsletter to all of you. However, you do need to sign up at the website in order to continue receiving this. **Please go to www.adhumanitas.com and click on subscribe to ezine.** Also, please note our new business address located on 1305 SE Clinton Street in Portland, Oregon 97202.

Exciting Changes!

There have been a number of changes with Ad Humanitas over the last few months. In April we moved from our house in the country into Portland. We are loving being close to everything, great old house, lovely neighborhood, riding our bikes, walking and being more engaged in the local community, as well as

more accessible for private consultations. Please take note of our new contact information. In May, we were glad to have Mila Le join us to work on the administration and development of Ad Humanitas. She has introduced herself below. We look forward to reconnecting with you on a more regular basis.

With love,
Alicia and Solihin



Living the Life Forces in Marrakech

"Morocco is like a tree nourished by roots deep in the soil of Africa, which breathes through foliage rustling to the winds of Europe."
King Hassan II of Morocco

You are invited to join us in the fabled city of Marrakech, Morocco next February 2008!

Everyone had such a wonderful time last year that we decided return to Marrakech to offer another Living the Life Forces workshop. Once again we will be staying in Riyad Edward, a beautiful traditional palace in the old walled city, and it will be our base to explore the fascinating city of Marrakech and the surrounding area. We can see the Atlas mountains from the roof terrace, and hear the call to prayer from the nearby mosque and the sounds of life in the medina drift up towards us. The purpose of the Living the Life Forces workshop is to take an inner and outer journey, in that while we are exploring our outer surroundings we will be integrating that with our inner experience and seeing what arises for us in the context of the life forces by inhabiting a completely different place from that which we are used to.

We will gather for part of each day to workshop and then wander the narrow streets of the old medina, explore the labyrinthine bazaar, visit the Djemaa the model of the life

el Fna, the main square with its attendant snake charmers, street performers, storytellers and food vendors. We will visit beautiful buildings inlaid with exquisite tiles and carved Arabic script from the Qu'ran (the holy book of Islam), tiled open courtyards with rose petal strewn fountains, walled gardens and pools, bargain for beautiful woven rugs while drinking mint tea, experience the local hammam, hear the call to prayer five times a day, absorb the exotic flavor of the old city and eat fresh and delicious food.

The cost of the workshop is €1500 (Euros), which includes seven nights accommodation (double occupancy), breakfasts and dinners, inclusive trips and workshop journal.

Registration taken on a first come basis, and there is a great deal of interest, so do not delay!

Registration will open at noon (US Pacific Time) on September 1, 2007 €200 non-refundable deposit required to hold your space.

Register by phone or email
503 863 9112
800 304 4464 (inside USA)
mila@adhumanitas.com

For more detailed and comprehensive information, please visit us on the web at <http://www.adhumanitas.com/page2/page36/page69/page69.html>

Exploring Cranial Fluid Dynamics

I was privileged to instruct, along with my co-teachers Tomas Jones, Konstantin Trifonov, and also accompanied by our assistant Maj Clarsdedt; an intimate, vibrant and dynamic class. It is thrilling to start a series because we begin with fresh soil. Few in this class had any working knowledge of kinesiology, although all had experienced it in some form. In fact there were several who were not even sure of the content of the class they were about to take, but as we proceeded, became enthralled by the approach.

One of our tasks is to dispel the notion that this is a craniosacral derivation. Instead, it has evolved out of osteopathy, my own background, merged into our understanding and experience of the life forces, and then taken a distinct ontological approach whereby we look at the 'accidents' that alter the organizational niche of an organism. We use mudras to elicit the client's story rather than our own palpation to interpret a client's body. The first part of this series looks at the skeleton and how the individual bones carry a force or set of data resonances affecting the organism. What does that mean? In real terms it would appear that we carry, in our skeletal make-up, particular nuances that have become embedded into the matrix of the individual bone.

Let's look at an example: The two bones that hold our feet in an upright stance - the navicular and cuboid - maintain both lateral and medial arches of the foot. We often hear of people saying their foot arch has collapsed, that it has actually dropped or that they have a flat foot. The cuboid on the other hand, when functional, prevents our feet from rolling outwards, otherwise we



would find ourselves off our vertical axis. Thus, the two bones metaphorically hold us between heaven and earth - the navicular stopping us from being off kilter and the cuboid carrying from our inheritance, patterns of disorganization that determine when certain genes become dominant and also our positional relationship in other bones. Both carry ancestral patterns of inability to hold steadfast and upright, so developing arches that are too high [head in the clouds] or flat [held to the earth, unsupported by all our resources]. Over the years, this may manifest by a sense of being off laterally from the straight and narrow [rolled foot], or having made choices that are not strictly true, honest or upright. Although this example elaborates and gives emphasis to a particular issue, in actuality, the unique and individual stories elicited by modes, become features within the story of a dysfunctional body. It helps to explain habitual patterns in individuals and why we appear to be unsupported in life.

So, despite the large amount of material presented, our participants did a wonderful job in beginning application. This extensive opportunity for hands-on training to perceive the resonance and the particular cranial rhythm that accompanies the material or bony aspect of us, helped to ground the dense intellectual model being presented, while the constellation lessons elaborated the action of the forces allowing participants to embody and begin to experience the forces. -Solihin

Featured Person | Mila Le



Hello Everyone! and thank you for such a gracious welcome! I am so excited to be joining the Ad Humanitas circle as an administrator, participant and friend to all of you. Prior to my arrival here, I served as Director to a state-wide non-profit agency dealing with crisis services. My background also includes leadership positions and service within local, state, and international government. I have served on a variety of boards whose foci range from arts, cultural diversity to sustainability. Recently, I made the decision to begin graduate studies in Classical Chinese Medicine and the Five-

Element style of Acupuncture. I believe my passion for healing has brought me to be with all of you! In time, I hope to integrate the mission of Ad Humanitas into my own life practice and have the opportunity to work with and learn from all of you! -Mila

If you have questions, suggestions, or comments, please don't hesitate to contact me at 503 863 9112 or mila@adhumanitas.com

Personally, it allowed me to re-visit certain mudras and their particular meaning and essence from a perspective covering twenty-five years ago until the present. My experience and understanding is so different from when I first received the work, that it enables me to teach the work in a completely different way. It allows me to be more flexible and diverse with meanings and methods, such as working with mudras.

All the participants of Inner Dialogue were seasoned practitioners so we galloped into the work with a shared grounding to address such questions as: How do we get people to

think ontologically? How can we really see, hear, and note the 'tone' of a conversation? What is the subtext of the words unsaid, the nuance or taste not yet expressed? How can practitioners work laterally, yet keep on the straight path?

This particular series delves deep into aspects of the other workshops to collate differing modules that students have learnt previously, thus merging an appreciation towards a more fluid and dynamic practice. Being with the participants, I could really feel their dedication and perseverance to this work and it certainly manifested in the maturing of their practice! -Solihin

Being Human: Exploring the Forces that Shape Us and Awaken an Inner Life by Solihin and Alicia Thom and Alexandra ter Horst



Being Human offers a coherent framework for understanding the hierarchy of life forces which underlie human potential for transformation. Integrity, flexibility, reflectiveness, surrender and value are each aligned with one of the life forces in this practical self-help guide. Honest, personal stories by each of the three authors are interspersed throughout the text, bringing a very "human" touch to Being Human. -Alternatives Magazine, \$19.95

Being Human Card Set

We have produced a boxed set of cards that represent each of the life forces and qualities of the caduceus. Each box comes with instructions on how to use the cards. They are very helpful for mapping out one's present state and seeing it in visual form, or for explaining the forces and how they affect us to someone else. \$15



Calendar Snapshot

Aug 17 - Sept 19
Sept 1
Sept 13-16
Oct 13-15
Oct 24-27
Nov 2-4
Feb 9-16, 2008

Value and Purpose Workshop | Goodwood in West Sussex, England
Registration open for Morocco at 12:00pm | Contact Mila Le at 800.341.4356
Cranial Fluid Dynamics 1 of 4 | Clackamas Banquet Hall in Oregon, USA
Cranial Fluid Dynamics 2 of 4 | Clackamas Banquet Hall in Oregon, USA
Understanding of the Ontological Process | Vienna, Austria
Understanding Energies and Forces | Vienna, Austria
Understanding Energies and Forces | Vienna, Austria

PRINT me, SNIP me, and JOIN me!