

PHYSICAL ALCHEMY

[Recommended Reading Re-patterning Diagram]

G.I.Gurdjieff, *Views from the Real World: Early Talks of Gurdjieff*, 1976, Routledge & Kegan Paul, London.

P.D.Ouspensky, **In Search of the Miraculous**, 1987, Penguin Arkana.

This tome sat on my shelf for a number of years until I felt strangely compelled to open it one day in early 2013. It has since become quite possibly the most influential book I have read (and re-read). First published in 1949 and written from notes even earlier (Pre-First World War) it feels contemporary because of the timelessness of the subject matter. "A very provocative book that can lead to a complete reassessment of what a reader takes to be his knowledge." – Saturday Review

Serge Augier, **Shen Gong and Nei dan in Da Xuan: a manual for working with Mind, Emotion and Internal Energy**, 2015, Singing Dragon.

One of the books available in English from my Daoist teacher, Serge. This is a very clear and concise manual of Daoist internal alchemical practices from the Clan Daoist school of Da Xuan (of which I study). This book clarified a number of points for me in a very nice way and the set out of the system presented was exceptionally useful for me. Highly recommended.

Bruce Lee, **Tao of Jeet Kune Do**, 1975, Ohara Publications, Santa Clarita, California.

A fascinating glimpse into the life and art of a truly creative individual. This manual contains the late, great Bruce Lee's notes and musings on the creation of his art and method. More than for the martial arts techniques and theory I include it here because it was my introduction (at a young age) to some of the concepts/ideas that have become part of my life. It is an exceptional read for those interested in physical re-patterning work.

Ed., John Little, *Bruce Lee: Artist of Life*, Tuttle, 2001.
Mel C. Siff, *Supertraining* -, 6th Edition, Supertraining Institute, Denver.
Deane Juhan, *Job's Body: A Handbook for Bodywork*, 3rd Edition, 2003, Barrytown/Station Hill, New York.

Morris Berman, **Coming to Our Senses: Body and Spirit in the Hidden History of The West**, 1989, Unwin Paperbacks, London.

A fascinating read, drawing from a dizzying array of sources. The basic theme, of which I subscribe, is that humankind as a whole, and Western nations in particular, have lost much of the sensuous, somatic dimension of our lives and, very importantly, of our history, too.

Chan Master Sheng Yen, **Song of Mind: wisdom from the Zen Classic Xin Ming**, 2004, Shambala Boston & London.

A suggested book from my Teacher [L]. This beautiful book by Chan Master Sheng Yen is a guide and test for experienced practitioners.

Chan Master Sheng Yen, *The Method of No-Method: The Chan Practice of Silent Illumination*, 2013, Shambala, Boston & London.

Zen Master Seung Sahn, **The Compass of Zen**, 1997, Shambala Dragon Editions, Shambala, Boston & London.

This is my favourite book on the Buddhist tradition (of the many varied ones I have read), for it is clear, simple and direct – pointing to practice, rather than getting caught up with doctrinal and philosophical debate. The book covers Hinayana, Mahayana and Zen in a way that is intentionally non-academic. A quote from the back summarizes perfectly: "The Great Way and a dozen side paths: all are present in The Compass of Zen. However lost it may get you, it always points to true north, because it issues straight from the great bodhisattva heart of Zen Master Seung Sahn."

Stephen Mitchell, *Dropping Ashes on the Buddha: The Teaching of Zen Master Seung Sahn*, 1994, Grove Press (re-issue), New York.
Zen Master Seung Sahn, *Bone of Space*, 1984, Four Seasons Foundation, San Francisco.

Ida Rolf, **Ida Rolf Talks About Rolffing and Physical Reality**, Harper & Row, 1978.

A distillation of the collected wisdom of Ida Rolf. This one reads like a casual 'coffee shop conversation' with Ida..! There are many gems of wisdom about the body and it's re-patterning in this small and very potent book. Highly recommended.

Ida Rolf, *Rolffing: Re-establishment of the Natural Alignment and Structural Integration of the Human Body for Vitality and Well-Being*, Healing Arts Press, Rochester, Vermont, 1977.
Janet Travell, David Simons & Lois Simons, *Myofascial Pain and Dysfunction: the trigger point manual Volumes 1-2*, (Volume 1, [2nd edition] 2001; Volume 2, 1992), Lippincott, Williams & Wilkins, Baltimore.

Kit Laughlin, *Stretching & Flexibility*, (2nd edition), 2014, Bodypress., (Stretching and Flexibility, 1st edition, Simon & Schuster, New York).

Stanley Keleman, *Emotional Anatomy: The Structure of Experience*, 1985., Center Press, Berkeley.

Don Johnson, *The Protean Body: a Rolfer's View on Human Flexibility*, 1977, Harper & Row Publishers.

Thomas W.Myers, *Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists*, 2008, 2nd Edition, Elsevier, Edinburgh.
Thomas Myers, *Structural Integration: Collected Journal Articles*, Anatomy Trains, Maine
Thomas Myers, *Body3 - A Therapist's Anatomy Reader*, Anatomy Trains, Maine.

Jean Liedloff, **The Continuum Concept: In Search of Happiness Lost**, 1986, Penguin Arkana.

A remarkable little book about the loss of natural well-being and aliveness in Western cultures, written by an author who spent time with a tribal people in the South American jungle. The Continuum Concept offers a deeply thought out and well observed theory on why human beings in industrialized nations feel ill at ease in their own muscle, flesh and bone. It also offers very interesting, if somewhat provocative, insights into child-rearing practices – and I am deeply thankful for my friend Simon (Ancestral Movement) recommending me this whilst my wife was pregnant with our daughter. One of the primary things that the Physical Alchemy method could be said to be aiming at is restoration of 'broken Continuum' within the adult population.

Morris Berman, **The Re-Enchantment of The World**, 1981, Bantam books, Toronto.

A favourite and a key text in the Physical Alchemy syllabus. It forms the starting point of metaphysical re-patterning for people of a secular background. A fascinating overview of that crucial period of history that was the transition from the hermetic-alchemical to the mechanistic, industrial paradigm of the scientific worldview. The Reichian de-construction of Sir Isaac's life is alone worth the price of admission.

Daniel Quinn, *Ishmael: An Adventure in Mind and Spirit*, 1995, Bantam, Re-issue edition.

Daniel Quinn, *My Ishmael: A sequel*, 1998, Bantam, re-issued edition.