

THE PRACTICE OF PRESENCE

Patty de Llosa.

Morning Light Press (morninglightpress.com), 2006

PP 316. \$14.95 paper

Reviewed by Jeff Zaleski

Sincere spiritual search depends on both openness and critical thinking. Teachers from the Buddha to G.I. Gurdjieff have recommended that seekers question everything but at the same time reject nothing out of hand that might help their search. To do this may demand a difficult balance but, as Patty de Llosa shows in this splendid contribution to the literature of search, that balance is attainable.

The Practice of Presence reports on Llosa's exploration of five paths for spiritual growth: T'ai Chi and Taoism, Jungian studies, prayer and meditation, the Alexander Technique, and the Gurdjieff Work. How did she—how do we—know, in this world of a thousand offered ways, which path(s) to follow and which not? For that one needs a compass, a way that serves as a starting place and also as an orientation for all that will follow. For Llosa, that way is the Gurdjieff Work, into which she was born. It's her experience within that teaching that begins the book, and that informs all that follows.

Openness and critical thinking flourish best in an atmosphere of rigorous honesty. One of this book's admirable qualities is de Llosa's courageous and emotionally true reporting of her messy, fitful (that is, human) progress through the five ways (a courage and faithfulness to truth perhaps not surprising in someone who worked as a reporter for both *Time* and *Fortune*). "I felt as if I'd embarked on a three-year venture into frustration at not being able to give up 'my way' of doing things," she writes of her apprenticeship in the Alexander Technique.

This frankness makes de Llosa's words of value on a daily, practical level. Anyone who has explored any of these paths will recognize in the author's experiences common touchstones on the way toward understanding; and will take heart from her willingness to stumble, and to learn from her stumbles. At the same time, de Llosa's coverage of each path, while necessarily brief, offers an impressively comprehensive sketch of that path's principles and principal methods, always



enlivened through the author's many anecdotes; those interested in the Gurdjieff Work, for instance, will benefit from her presentation of this enigmatic teaching and also from her accounts of meeting Gurdjieff and working with Madame de Salzman, his most prominent student.

The Practice of Presence is a warm, welcoming, and wise testament to a life of search well lived, and an invaluable source of advice to those who would wish to live equally well.

Jeff Zaleski is editor of *Parabola*.

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Many new titles offer a mélange of physical practices, mixing East and West to come up with something new. Notaras says this stems from many people's current interest in world religions. "I think

we are a society that is moving away from sectarianism and toward universal truth," she says. Titles along these lines are *The Practice of Presence* by Patty de Llosa (Morning Light Press, Mar.), offering wisdom and physical practices from tai chi, the Alexander technique, Jungian studies, Gurdjieff's teachings, and prayer and meditation. *Shamanic Christianity: The Direct Experience of Mystical Communion* by Bradford Keeney

(Inner Traditions, Mar.) blends shamanic practices with Christianity through meditation and rituals.

"I see [mind-body-spirit] as a category that is continuing to emerge," says Munro Magruder, associate publisher and director of marketing at New World Library. "The paradox is that technology was supposed to make our lives easier, but we are struggling to keep up and looking for solace from the constant demands." Llewellyn recently hired Carrie Obry as an acquisitions editor specializing in alternative health, healing and self-help titles. And Richelle Zizian, a publicist at Hay House, sees no end to the readers in search of wholeness. "No matter how many times you write the same thing, say, about yoga, there is always someone who has never read it before."





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'The Practice of Presence,' by Patty de Llosa

A review by MARY GREENE

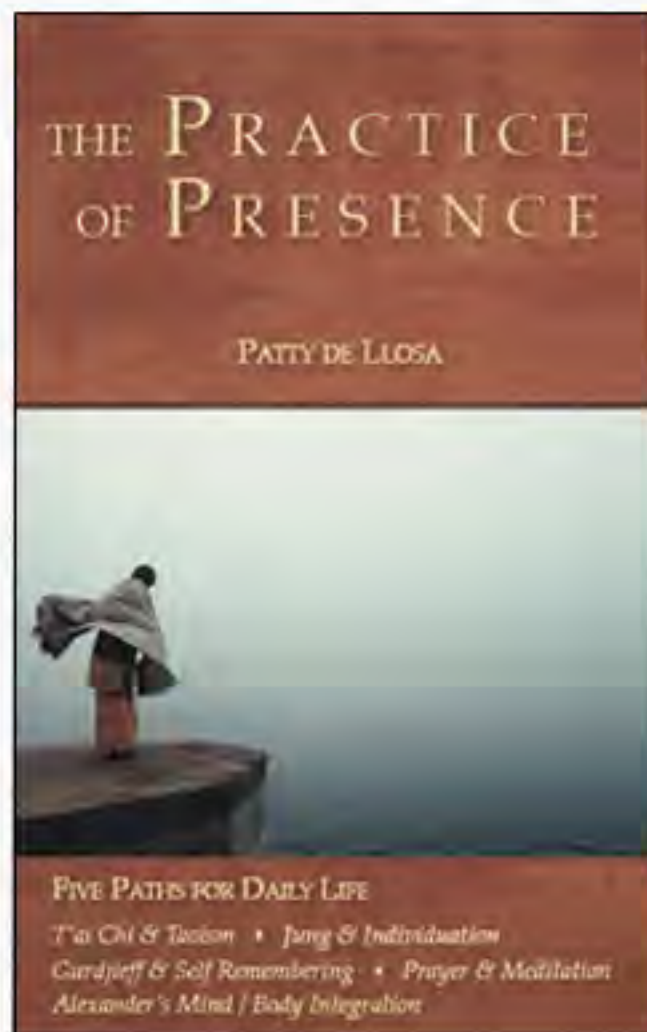
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"Whenever we practice presence," writes Patty de Llosa, "we begin again. We come alive right where we are. It's in the present that we discover the meaning of our life and healing for our wounds. But, like the inward and outward flow of our breathing, our attention to this inner life comes and goes. We can't solve the riddle of presence once and for all and have done with it... Rather, our challenge in this life is to practice consciously, again and again, the return to... the whole of ourselves."

De Llosa, who is coming to Sullivan County to conduct a workshop on the practice of presence, writes eloquently on five different paths that she has explored in her lifelong search to "return to the whole" of herself. Her book, "The Practice of Presence" (Morning Light Press 2006), is an inspiring introduction to these five paths.

The first path, to which de Llosa was introduced during childhood through her parents, is the study of the philosophy of G. I. Gurdjieff. Not many of us in the United States have even heard of this powerful Russian thinker and philosopher of the 20th century, yet his ideas have taken root among some groups. Often expressed in parables, his notions include putting assumptions into practice and learning through hands-on experience. He challenged his students to practice close self-examination, without judgment or condemnation. "He invited us to get out of the basement where we are caught up in desires and creature comforts," writes de Llosa, and occupy a different sort of "intelligence of the heart." Gurdjieff was interested in—and accepting of—the many contradictions of being human, stating that the key was to put these contradictions together in a new way.

The second path explored in the book is T'ai Chi Ch'uan, which de Llosa calls "investing in loss." This discipline, also introduced to her by her mother, became important to de Llosa as a way of coming in touch with her vital physical energy, called chi, and harnessing her overly busy nature by learning to yield rather than conquer. "T'ai Chi," she writes, is "especially valuable to people who live with a general sense of stress, who feel tense all the time because they are trying sincerely to do all that... is required of them."



Contributed photo

With its slow movement and principal of "non-doing," T'ai Chi has physical as well as emotional, mental and spiritual benefits.

Next, de Llosa introduces us (surprisingly, and wonderfully) to the ideas of Carl Jung. Jung's ideas about the unconscious, archetypes, personas and the shadow self afforded de Llosa a way to continue looking at parts of herself she was condemning, denying or shutting off. Her book invites the reader to engage in a similar search to integrate and embrace those parts of

ourselves, revealed through dreams and other methods, that we learned early on were unacceptable and even dangerous.

The fourth path described by de Llosa is the Alexander Technique, developed by a young Australian singer in the 19th century who was having trouble finding his voice on stage. The idea behind Alexander is to become aware of the ways our bodies have been shaped by habits, illness, injury or experience. Changing habitual (but not necessarily beneficial) ways of moving can lead to a new freedom and can assist in relieving chronic pain and disease. De Llosa herself was so taken with the technique that she spent three years becoming a certified Alexander teacher.

Finally, de Llosa invites us to explore the pathways of prayer and meditation, which begin, she says, as a search for connection and meaning. Prayer can be used "as petition," for courage, for praise, for guidance and—again—as a centering device, to integrate the human mind, body and spirit. The book discusses Christian ideas of prayer as well as those belonging to Zen Buddhism, Hinduism, Sufism, Islam and other disciplines.

De Llosa weaves her own story through the book, using it again and again as a living example of the search for the authentic self. A high-powered journalist who worked for both *Time* and *Fortune* magazines, a mother who lived in Peru and New York, trying to balance the needs of family, career, money, health and self, she knows from the ground up what it is to struggle with these matters. Her writing style is fluid and clear, illuminating complicated concepts in language that engages and inspires. Her teaching style is energetic and hands-on.

De Llosa will teach a "Practice of Presence" workshop on Saturday, September 22 from 2:00 to 5:00 p.m. at the Beaver Brook Cottage and Classroom in Narrowsburg, NY. (See related story on page 17.) The class is sponsored by the Upper Delaware Writers Collective (UDWC) (www.upperdelawarewriterscollective.com). Cost is \$25 for non-UDWC members, \$20 for members and \$15 for students and seniors.

For more information about the book and its author, visit www.practiceofpresence.com. For more information and to register for the workshop, call 845/252-7506.

FIVE WAYS TO PRACTICE LIVING

The Practice of Presence: Five Paths for Daily Life by Patty de Llosa, Morning Light Press, 2006. Ppbk. 316 pages. \$14.95.

By Jim Ward

With most spiritual and even physical practices one often gets the warning, "Just stick with this way to make progress." The advice usually comes from someone who has committed their life to the practice



of a particular method and has nothing good to say about other approaches to the spiritual life. This advice reminds me of the Christian oriented couples who come to the door to offer the wisdom of the Bible and Jesus. They quote chapter and verse. But try and get them onto other approaches to the spiritual life and their eyes tend to glaze over and they search through their Bibles for some other gem of wisdom. They keep trying to get you back to their only source of wisdom. They barely acknowledge you as someone who might have made other discoveries in other spiritual traditions. I believe the New Testament has much truth in it. But there are other paths too.

Patty de Llosa's book *The Practice of Presence*, provides five approaches to being present in one's life. They are Gurdjieff's, Tai Chi's, Jung's, the Alexander Technique's, and that of Prayer and Meditation. In serial fashion, Llosa explores each of them as they impacted her own life. Each brought much needed solace to this single mother holding down a full time job at *Fortune Magazine*. She eventually left *Fortune* to study the Alexander Technique full time eventually became a certified teacher in the technique.

This is a wonderful book for

those who want to examine each of the above approaches to life. They are so authentically related because Llosa lived them intensely for various periods of time. Usually such guides to different approaches to life are more academic and head oriented. She applies each approach to spirituality to her own personal struggles and emerges from them a different person. She takes each to heart, their common focus being on practicing the presence in the present moment. The theme brought happy memories of reading Brother Lawrence's, *The Practice of The Presence of God*.

Llosa had some advantages not given to the rest of us. She had a mother and stepfather who pursued Gurdjieff's 'Work' and often took their child along to sessions. They also introduced her to Jung and Tai Chi. Gurdjieff emphasized the importance of bringing the heart, head and body into harmonious relationship with each other - as described in Ouspensky's book on his work *The Fourth Way* - rather than being isolated in each one at a time. Llosa informs us, "A moment of balance between the centers is a moment of presence."

Llosa's transition to Tai Chi was spurred by the Gurdjieffian penchant for uniting the head and the body. Tai chi

practice focuses on chi energy flow and conservation. It is a kind of relaxation different from the typical one of releasing all muscle tension. It is a combination of meditation and action in which mind, intention and chi are combined. She learned how she had a tendency to push her body through the day rather than, letting herself "...be propelled by the chi energy."

As Llosa experience Tai Chi, "When the chi circulates freely throughout the body, one's feelings, perceptions and touch become very sensitive and one's mind clear." In this section she also discusses the hexagrams of the I Ching and Yin and Yang.

Common to all the disciplines practiced by Llosa is the focus on conscious self-observation, often referred to as *The Witness* in various traditions.

Llosa's insights into the other three disciplines are informative and personal which makes this well-written book a stimulating read ... though in its emphasis on practicing the presence, stimulation is not its intent.

Patty de Llosa, sponsored by Quest, will be speaking at the Quest Bookshop on Friday March 24 at 6 pm. Her book can also be obtained there.

Journal: Reviews

The Practice of Presence

by Patty de Llosa

Sandpoint, Idaho: Morning Light Press, 2006

by Neil Schapera

Patty de Llosa has directed much of her energy over the last forty years to the quest for self-improvement, and the readers of this book are the beneficiaries. This search led her to the five practices that she describes in this interesting and useful book, each clarifying what it means to be more present to one's life. The author writes from her theoretical and practical experiences of Gurdjieff, T'ai Chi, Jungian Individuation, Alexander Technique and Prayer/Meditation. The "memoir" style descriptions of her personal experiences are particularly informative and engaging.

She describes how her first experiences of the Alexander Technique led to a very welcome sense of being more present to herself, and that an "organizing factor" was put into play. The process of being present and the invitation to bring attention to her body, feelings, and thoughts continued during the Alexander training that she subsequently completed.

She describes herself as moving from a pattern of being subservient to getting as many tasks done in a day as possible, with its attendant tension and exhaustion, to being more interested in how she used herself that day. This required regularly asking herself "what's going on?" practicing being present and awake, and, even more challenging, remembering to be more aware.

Drawing on her Alexander training experiences, the author describes very clearly how being present is interfered with and how it can be nurtured. She covers the basics of learning to be less habitual and using inhibition—"creating a critical pause during which our attention is gathered"—to "return to the being mode as opposed to the doing mode."

One of the most valuable and enjoyable aspects of this chapter is her description of concepts and practices she encountered on her training course, and she graciously acknowledges and quotes the teachers who helped her. To introduce this chapter, she chooses a very appropriate quotation from F.M. Alexander, one that has direct bearing on presence: "cultivate...the deliberate habit of taking up every occupation with the whole mind, with a living desire to carry each action through to a successful accomplishment, a desire which necessitates bringing into play every faculty of the attention."

The author refers regularly to insights from T'ai Chi, Gurdjieff, Jung, and Prayer/Meditation teachings that parallel and complement what she learned about presence during her Alexander training. While she writes about each section separately, the underlying message is how each one is an effective path toward "engaging in a more authentic life in the world" and how they often overlap and resonate. The reader gets to understand their similarities, while keeping a sense of their uniqueness. If the other four practices are described as accurately as the Alexander Technique is, then this book is an excellent introduction to them.

The final chapter is the most useful, with practical suggestions for inspiring readers to explore their own daily practice of presence and self-development.

This book should be on every teacher's reading list and would be a very useful addition to an Alexander training course library. The comprehensive chapter on the Alexander Technique includes clarification of key concepts and would be particularly helpful to trainees.

Neil Schapera is originally from South Africa, and trained in London with Walter Carrington. He and his wife, Vivien, are Directors of Alexander Technique of Cincinnati.

December 27, 2009

Practicing presence: Author shares five paths on her journey

Lauren Yanks
For Living & Being

Patty de Llosa has always been a spiritual seeker. While enjoying a number of careers — including working as a journalist for Time — de Llosa has always looked for the greater significance to human existence.

Her book, "The Practice of Presence" (Morning Light Press, 2006), examines five spiritual paths to help people find deeper meaning in their lives.

"A lot of people reach middle age and know there is more to life but don't know which way to go," de Llosa said. "My idea was to write about these possible deep paths."

The five particular paths examined in "The Practice of Presence" are paths de Llosa has studied at various times throughout her life. The first path de Llosa examines is the work of Gurdjieff, a worldwide spiritual seeker and teacher who died in 1949.

"My parents were students of Gurdjieff," de Llosa said. "Gurdjieff said human beings are not complete, and we have to engage in certain sides of ourselves. He also believed that you don't go away to a monastery to become more of who you are; you work in everyday life to become who you are."

When de Llosa went to Peru to teach some of Gurdjieff's sacred dances, she fell in love with a Peruvian lawyer, got married and lived in Lima for many years.

"I've had a pretty exciting life and have played many roles," she said.

Shortly upon arriving in Peru, de Llosa began studying tai chi from someone who would later become a renowned Chinese master. Tai chi is an ancient Chinese system of slow, meditative movements that promote good health.

"In my book, I tried to write how it would feel if you were a tai chi student," said de Llosa, now a New York City resident who continues to do tai chi every morning. "Tai chi brought me below the mind and connected me to the Earth. I couldn't live without it. It supports me."

The third part of de Llosa's book deals with the works of C.G. Jung, the Swiss psychiatrist and founder of analytical psychology. Jung believed we could understand the psyche through exploring the worlds of myth, art and dreams, and he emphasized the importance of balance.

"What Jung taught me is forgiveness and daring to look at the dark side," de Llosa said. "If you could find the myth or meaning behind what was going on in your life, then there was a broadening of your life. I faced many different aspects of myself."

The fourth part of the book examines the Alexander Technique, a method that helps people learn to rid their bodies of tension. While working as a reporter in New York, de Llosa took a couple of classes in Alexander Technique and decided to become trained in it. The training process was intense: three hours a day, five days a week for three years.

"I think the biggest thing the Alexander Technique taught me is that, in general, we live our lives reacting to everything and seldom pause and choose to blow our steam this way or that," she said. "It's a re-education of our psycho-neuro-physical system. It takes you back to the freedom of a child. You have a liveliness in your body that you lose as an adult."

The fifth part of de Llosa's book deals with prayer and meditation, where she talks a bit about her own practice.

"I'm not looking for nirvana, but I'm looking for me," she said. "It may continue to be a question, but it's a fuller question."

The final part of the book is about the importance of finding one's own unique path.

"I hope to help people try different things and find whatever feels right for them," she said. "I hope it is useful to others."

Recently, de Llosa decided to do an audio version of the book through the audiobook publisher Silver Hollow Audio in Ulster County. Run by voice-over performer Brett Barry and his wife, Rebecca Barry, Silver Hollow Audio produces audiobooks dealing with the intersection of nature, travel and history.

"The books we do are about nature and place," Brett Barry said. "Patty's book is more spiritual, but it is about finding yourself, so in a way, it's about finding your place — the journey into self."

Rebecca Barry really enjoyed de Llosa's book.

"I read it and thought it was great," she said. "There are certain things that really spoke to me; for instance, she wrote that if you're not fully engaged while exercising, you're not getting as much out of it as you could. I understood that because I always try to multitask while exercising, and I know I'm not getting as much out of it."

De Llosa narrated her book at Silver Hollow's studio in Chichester.

"I was surprised at what a great job she did, considering the grueling schedule — four long days in the studio," Brett Barry said.

Silver Hollow has produced other audiobooks, including "The Outermost House" by Henry Beston and "Autumnal Tints" by Henry David Thoreau, both of which received great reviews.

"We push ourselves to do one book a year," Brett Barry said. "Our next book will probably be a nature classic with roots in the Hudson Valley."

De Llosa found the experience of narrating her book very interesting.

"First of all, the studio was absolutely beautiful — it's in the woods by a stream, and there was a warm, friendly atmosphere," she said. "And listening to my own story in my own voice was very emotional for me."

Many people have been touched by de Llosa's work, including Jean Smolens, a retired teacher in Pennsylvania. Smolens attended one of de Llosa's lectures and then read her book.

"Her work has meant a great deal to me in my life," Smolens said. "I felt as if I was in a plateau in my spiritual life, and her work propelled me further. The practice of presence is very important, so that we don't get too hung up on the past or future. Patty's writing is very fluid and clear, and I know it's going to be a great audiobook."

Additional Facts

For more information or to download "The Practice of Presence," visit:

- www.silverhollowaudio.com
- www.practiceofpresence.com



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The Practice of Presence Five Paths For Daily Life

Patty de Llosa

Morning Light Press 03/06 Paperback \$14.95

ISBN: 1596750049

Patty de Llosa has led group classes, daylong workshops, and week-long intensives in the Gurdjieff work, as well as T'ai Chi, and Taoist meditation; she also teaches the Alexander technique both privately and to groups. In this paperback, she shares her spiritual journey which has incorporated what she calls five paths for daily life: Taoism and T'ai Chi, Jung and individuation, the teaching of Gurdjieff, prayer and meditation, and F.M. Alexander's Mind/Body Integration. De Llosa graciously models the spiritual practice of hospitality. She also discusses the connections between these diverse paths that all draw out our receptivity, acceptance, conscience, and mind/body interactions.

Naturally, we were quite impressed with the emphasis here on being present – alive to the moment. De Llosa contends that to do this we must practice every day and learn to develop conscious awareness. Her comments on the inner work taught by Gurdjieff, plus the quotations from him, shed light on his ability to lead people to a fresh appreciation of self-knowledge. We also appreciated De Llosa's explanations of the Alexander technique which helps individuals learn how to take better care of their bodies and the energies which animate them.

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Reviews

The Practice of Presence

Patty de Llosa, Publ. Morning Light Press, USA, March 2006. <http://www.morninglightpress.com>

Review by Alan Bignell

At one point in Patty de Llosa's book *The Practice of Presence* she quotes a spiritual master talking about "being caught between two stools."

Thirty years ago when I met Peter Gloster, an exceedingly wise man and long-time pupil of Walter Carrington, he used the same expression to warn those with an inner search against trying to follow more than one path at a time.

Patty is clearly the exception who proves the rule as she has managed to straddle no fewer than five 'stools' (including an Alexander one) during her own lifetime search for meaning.

As the title suggests, the underlying theme of the book is the need for daily practice for any spiritual or mind/body discipline. She relates this to her own experience of the teachings of Gurdjieff, T'ai Chi, Jung-based psychotherapy, the Alexander Technique, and Prayer and Meditation.

Wisely, the author treats each of these five paths separately. However, well-written as it is, trying to put across the ideas behind each approach, along with her own experience, makes for some pretty concentrated reading. As a result it can sometimes feel a bit like trying to digest a meal of five very rich courses.

Parts of the book are fascinating; her meetings with Gurdjieff as a child and teenager, for instance. Her emphasis on the importance of remembering to work on oneself many times every day strikes a note of truth, even though one knows one all too often forgets to do it.

Readers of this review will probably be most interested in the section about the Alexander Technique. Patty de Llosa trained as a teacher late in life at The American Center for the Alexander Technique (ACAT) in New York and the Alexander section is principally about this experience.

She bravely admits to having been an out-and-out end-gainer throughout most of her life and takes us through the difficulties she faced during her three years at ACAT. Comparing the content of her course with my own was interesting, with the occasional "Oh I wish we'd done that" popping up. However, whether this is reason enough for an Alexander teacher to buy the book, I am not sure. Probably, one would need to be interested in at least one of the other paths covered.

Which brings me to the question I had when I started this book. Namely, who exactly is its target audience? When I finished I was still no closer to an answer. Maybe a clue was when I described the book's contents to a number of

my own pupils. To a man and a woman, they all immediately said they would like to buy it!

What Every Dancer Needs to Know About the Body

A Workbook of Body Mapping and the Alexander Technique

Robin Gilmore. Publ. Andover Press, Portland, Oregon, USA. 116pp; 60 illustrations. \$21.50 plus shipping and handling. <http://www.bodymap.org/ap/index.html>

Review by Vivien Turner

I have been looking forward to this publication since August 2004 when Robin Gilmore gave a delightful and informative workshop at the International Congress in Oxford.

This book is inspired by Barbara Conable's book *What Every Musician Needs to Know About the Body*¹ and this is a brave attempt to do the same for dancers. In the introduction Robin Gilmore immediately demonstrates her thorough understanding of the Technique, pointing out that "Thought produces action, and we can learn to choose our thoughts and observe the physical response."

She states that this book is not intended to be an Alexander manual, rather a "workbook and playbook", and there is a generous allowance reserved for the 22 Activities linked to each section. There is mention of the 'means-whereby' and looking at "the process rather than the product". Here a vital opportunity is missed to extend the Alexander Technique into the dancer's world by promoting further understanding about the reasons behind the steps in class, or warm-up exercises (which all have a purpose) in preparation for dancing and prevention of injury. She does encourage the reader to draw a large, detailed self-portrait, but it might also have been useful to link this in with faulty sensory appreciation before the next section on *Kinesthetic (sic) Sense*. As Alexander said: "Everyone wants to be right, but no-one stops to consider if their idea of right is right."

The section on *Body Mapping* is clearly expressed and pertinent to a dancer: "Adopting an accurate body map and utilising Alexander's principles can bring about a leaner look as unnecessary tension dissolves and muscles lengthen. This is not a 'quick fix' but a by-product of re-thinking your approach to your body and movement." This is an excellent selling point – timely too, since it comes directly after a mention of the mirror and dancers' tendency to distort the image they see, misinterpreting the sight of shortened, bulky muscles to mean 'overweight'.

The *Spine* section is inspirational and fosters understanding. Robin suggests drawing a side view of the spine as it relates to the line of gravity, which is what we did in the workshop. Included in this section is: "One source of rigid necks in dancers is 'mirroritis', the habit of moving with eyes fixed on one's own mirror image." A mention here of the habit of 'trying to get it right' might encourage dancers to observe themselves more keenly.

Tone



A forum for the consciousness-raising community in the Ottawa area

The Practice of Presence

By Elizabeth Somers

Bringing depth to one's life in the midst of the chores, the stresses, the demands we deal with every day, is the theme that Patty de Llosa will bring to the Glebe Community Centre on Sunday, May 7th at 5:30 pm. Author of *The Practice of Presence, Five Paths for Daily Life* (Morning Light Press 2006), Patty is coming to Canada at the invitation of friends in Ottawa and Toronto to talk about the five paths that have deeply influenced her search for living a meaningful and fulfilling life.

In her book, de Llosa describes the seminal ideas and experiential activities of five spiritual paths as seen through the lens of a seeker's experience. Some of them are well known, like Tai Chi, prayer and meditation. Others, like the Alexander Technique and the Jungian work for individuation, are not usually thought of as spiritual, while the Gurdjieff teaching is relatively unknown. She is convinced that each of these paths to wholeness is complementary to the others, calling on the body, mind and feeling in unique ways that can lead to a growing integration of all three. She has studied all these paths intensively for many years, while pursuing fulltime activities as a journalist, parent and teacher.

Can you say what influence the paths you write about had on you?

I have found it is possible to become more alive, more awake, to live more richly in the midst of an active life, by practicing attention to my own presence. These are paths that help me engage in that practice. I discovered that to deepen the sense of one's own presence in the midst of a busy life, a practice is necessary. Otherwise we forget.

Why and how did you choose these five paths?

My parents were part of a small group gathered around G. I. Gurdjieff, a philosopher/teacher of the first half of the 20th century, so you could say I was born into it! He emphasized the importance of consciousness and told us to wake up and remember who we were, saying that we tend to live in a kind of hypnotic sleep, forgetting the deep roots of our being.

Then as a young woman I connected with Tai Chi and the Taoist idea of gaining through loss. My urgent climb up the ladder of consciousness toward heaven was, luckily for me, undermined by a deep call to sink into body awareness and follow my energy in movement instead of pushing myself around all the time. It was just what I needed at that moment!

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Some years later, when I separated from my husband after 18 years of marriage with three children, I became depressed. At that time the books of C.G. Jung were a tremendous help to me. His path to individuation included facing what you could call the dark side of ourselves, the parts we put aside as useless to our immediate goals or too frightening to admit. My study revealed to me the stone that my inner builders had rejected, which was a necessary cornerstone for my understanding.

Patty de Llosa engaged herself in an active life-in-the-world, while she was pursuing these paths. She grew up in New York and after college she worked for six years as a reporter for *Time* magazine, until she married a Peruvian and went to live in Lima. When he became governor of Loreto province, she moved to Iquitos, where she served as president of the Green Cross, supplying treatment and medicines to the needy in the Amazon jungle. She also coordinated with the Peace Corps a summer visit of American doctors and young people to help build roads and schools. Returning to Lima, she founded and ran the first foreign chapter of the United Nations' pre-school, International Playgroup.

Returning to New York in 1979, de Llosa became editor of *American Fabrics & Fashions* and later *Leisure*.

Invitation to a Public Talk:

The Practice of Presence Five Paths for Daily Life

Patty de Llosa, author of a new book entitled *The Practice of Presence, Five Paths for Daily Life*, describes a journey towards inner freedom along five paths: Jungian studies, prayer and meditation, Tai Chi, the Alexander Technique, and the Gurdjieff teaching.

SUNDAY, MAY 7th, 2006

5:30pm - 7:00pm

GLEBE COMMUNITY CENTRE

MULTI-PURPOSE ROOM

REFRESHMENTS AFTER



"This Patty de Llosa you might also meet in her life and among her well-read acquaintances with advanced well-developed wisdom. I read the book, meditating, reflecting and had a great experience."

— Armin Weiseman, Jungian analyst and author

"In this honest and insightful book, Patty de Llosa shares her journey and many discoveries regarding her sense of the greatest wisdom and truth that is within us."

— Anita Hochstadt, professor of Philosophy at York University and author of *The Wisdom of Love*



For more information phone: 234-5222

EVERYONE WELCOME

Then she moved on to Fortune where she became deputy chief of reporters, retiring to take a teacher-training program at the American Center for the Alexander Technique, while working parttime as communications director in the New York office of the Ottawa internet company e-academy inc.

What practical advice do you have for people in balancing their daily demands and their spiritual practice?


I cannot overemphasize, based on my experience, the importance of practicing attention to one's own presence every day, even several times a day. It may be enough for some to go to church on Sunday, but with the stressful life I led and many people lead, daily contact with myself was essential. Every time I

returned to my practice, I returned to the discovery of myself, here and now. But it's not something that can be done alone and unrelated to others and to a discipline. We need the help of a path and companions engaged in the same self-development. Of course there are many paths, not just the five I write about here. But I speak for myself and show my own experience. These are the ones I was deeply engaged in through my life. I wrote this book for people who, like Dante, may be waking up in the middle of their lives in this dark wood that is today's frightening and confusing world and wondering how to find meaning in it. Here are five paths that might lead them to a different level of experience.

For more information about Patty de Llosa's talk on May 7, phone 234-5222.

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Healing Through Dialogs With Oneself

by BARR on SEPTEMBER 16, 2011

LET'S DO MORE

"You are your own worst critic." Have you ever heard that saying before? Do you believe it? I do...hole heartedly. The question is, can you break free of that bully from within, and *Tame Your Inner Tyrant*?

Taming Your Inner Tyrant: A Path to Healing Through Dialogues with oneself, by Patty de Llosa, may very well be that book your looking for. The book that can transform your inner self and help you reclaim that person you were meant to be.

Taming Your Inner Tyrant

A Path to Healing Through Dialogues with oneself

By Patty de Llosa

ISBN: 978-0-9822323-1-6

Pages: 213 / Paperback

ARP: \$14.95

Released: May 2011

Available @ Amazon, Barnes & Nobles and from the Author

Overview:

Too often the harsh critic who lives within us holds us back from our true potential. But Jungian Active Imagination techniques can help you break free and claim the person you were meant to be. Many therapists have described these techniques, but de Llosa is the rare client who vividly journaled what was going on in her inner and outer worlds and shares her path to health.

Her dialogues and discoveries brought into conscious awareness the cast of characters who live within all of us and how they may dominate our daily behavior in ways that aren't always in our best interest. The experiences and exercises she shares will resonate with everyone—these inner personas resemble the characters in our popular culture who now appear in the guise of superheroes, vampires, zombies and child wizards.

*Part psychological memoir, part roadmap to healing, **Taming Your Inner Tyrant** shows how anyone can make use of the tools outlined within to find lasting peace.*

Please visit www.TamingYourInnerTyrant.com for more information on the author and don't forget to grab your copy of *Taming Your Inner Tyrant*.

Final Thoughts:

Many of my regular visitors know, but to those that are new here; I was born with bilateral cleft lip and, in my lifetime, I've had to endure 23 facial surgeries, just to get to what I look like presently. I suffered a lot of pain in school from bullies and kids that were just plain mean and didn't understand what was going on. I was always called the ugliest names and it hurt, a lot. I grew to believe those words and even today, I can't shake those thoughts.

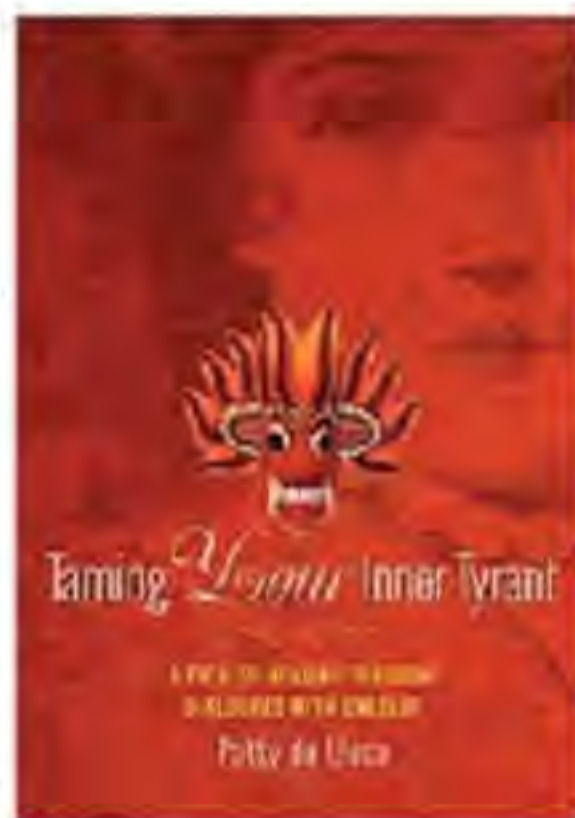
As an adult, because I didn't have the means to complete the surgeries needed to correct it, I still shoot myself down and tell myself things that I know I shouldn't believe, but I do.

The point is, I've let this inner tyrant hurt me long enough and after reading this book I feel confident that I can break free of that hurt and really dig deep to find and reclaim who I should be... a much better, more confident, peaceful me.

I believe this book can be very beneficial to anyone who takes the time to read it. I think that, no matter who you are, everyone has dealt with their own inner bully once in their lives. Sadly, I'm sure a majority of those people still do.

So what does your tyrant tell you?

*Disclosure: The title, *Taming Your Inner Tyrant*, was provided to me for the purpose of my review. Any thoughts and/or opinions expressed on Blogfully are always my own and are based solely on my experiences (or my family's).*



OUR



TOWN

EAST SIDE

Healthy Manhattan
See page 17

April 20, 2006

Your Neighborhood Is Our Business

Since 1998

Race is
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Along'

The Rules Have Changed

DE-STRESS — **Patty de Liosa**, author of "The Practice of Presence," talks about ways to integrate the body, mind and feeling in order to reach wholeness. Her book combines ideas from five great spiritual paths. The discussion is scheduled for Monday, April 24 at 7 p.m. at Logos Book Store, 1575 York Avenue. For more information, call 212-517-7292.



Swarthmore

MARCH 2006

COLLEGE BULLETIN

support, the author hopes to encourage readers who feel inspired or moved to their work settings to consider the benefits of such a group.

Patty (Martha Welch) de Llosa '54, *The Practice of Presence*, Morning Light Press, 2006. Focusing on the ideas of the five spiritual paths revealed in Tai Chi, prayer, meditation, the Alexander Technique, and Jungian studies, the author offers guidance on coming alive to the present moment and seeking daily what we truly desire behind all the urgencies and obligations of our lives.

Neil Gershenfeld '94, *Full: The Coming Era of Intelligence and Design: From Personal Computers to Personal Fabrication*, Basic Books, 2005.