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## Table of Contents

Week 1: 9-13 June 1980

9 June 1980

### Morning Session Tape #1a

- 1 – Introduction
- 3 – Talk—Manipulation, Orientation and Timing
- 4 – ATM—Sucking: Life’s First Movement

### Morning Session Tape #1b

- 11 – Remembering by Forgetting
- 13 – The Next Movement a Baby Would Do
- 14 – ATM—Movement of the Eyes Left and Right
- 18 – If You Know What You’re Doing
- 18 – ATM—Movement of the Eyes Left and Right (continued)
- 19 – The Most Important Quality of All
- 20 – ATM—Movement of the Eyes Left and Right (continued)
- 26 – Why We Do Movements in the Order in Which They Evolved?
- 27 – Again, Remembering by Forgetting
- 28 – Silly Questions

### Afternoon Session Tape #2

- 33 – Talk—Pain and Definitions of ATM and FI
- 40 – ATM—Lifting the Head to Activate Flexors
- 47 – Real Learning is Having Choices
- 48 – ATM—Lifting the Head to Activate Flexors (continued)

10 June 1980

### Morning Session Tape #3

- 55 – Talk—About Invariance
- 60 – ATM—Flexing the Upper Body, Elbow to the Knee
- 60 – Talk—About Invariance (continued)
- 60 – ATM—Flexing the Upper Body, Elbow to the Knee (continued)
- 67 – Questions
- 74 – ATM—Flexing the Upper Body, Elbow to the Knee (continued)
- 77 – If You Don’t Make Mistakes, You Can’t Learn

### Afternoon Session Tape #4

- 80 – ATM—Rocking and Rolling
- 88 – Demonstration
- 89 – ATM—Flexing the Upper Body, Elbow to the Knee (continued)

11 June 1980

**Morning Session Tape #5**

- 107 – Demonstration—Reference Points
- 108 – Review of Yesterday
- 110 – ATM—Extensor (incomplete)

**Afternoon Session Tape #6**

- 114 – ATM—Extensor Lesson Part 1
- 124 – ATM—Extensor Lesson Part 2

12 June 1980

**Morning Session Tape #7**

- 133 – What To Do About Feeling Nausea
- 134 – ATM—Minimal Eye Movements Part 1
- 134 – Observing a Person's Organization
- 137 – ATM—Minimal Eye Movements Part 1 (continued)
- 138 – What To Do Instead of Taking Notes
- 139 – ATM—Minimal Eye Movements Part 1 (continued)
- 146 – The Impreciseness of Language
- 150 – ATM—Minimal Eye Movements Part 1 (continued)

**Afternoon Session Tape #8**

- 153 – ATM—Minimal Eye Movements Part 2
- 164 – Questions
- 167 – ATM—Use of Eyes and Inclusive Attention
- 169 – We Must Do To Understand
- 170 – ATM—Use of Eyes and Inclusive Attention (continued)
- 172 – Talk—Inclusive Attention vs. Exercise
- 173 – ATM—Use of Eyes and Inclusive Attention (continued)

13 June 1980

**Morning Session Tape #9**

- 179 – Talk—Chronology of Movements
- 186 – ATM—Rolling Back to Sid

Week 2: 16-20 June 1980

16 June 1980

**Morning Session Tape #10**

- 1 – Talk—Foreground and Background
- 8 – ATM—Rolling With the Entire Self
- 13 – Why We Do Things Lying
- 14 – ATM—Rolling With the Entire Self (continued)

**Afternoon Session Tape #11**

- 26 – ATM—Swivel on Buttocks and Spinning Legs
- 37 – Gurdjieff and ‘Stop!’
- 39 – ATM—Swivel on Buttocks and Spinning Legs (Ends with Rolling Back to Side)

17 June 1980

**Morning Session Tape #12**

- 51 – ATM—Seated and Twist Left, Part 1
- 64 – Talk—About Functional Integration with Mark Reese

**Afternoon Session Tape #13**

- 73 – ATM—Seated and Twist Left, Part 2
- 87 – ATM—Seated and Twist Left, Part 1 (continued)

18 June 1980

**Morning Session Tape #14**

- 94 – ATM—Seated and Twist Left, Part 3 (Includes Swiveling)
- 98 – Talk—Importance of the Head
- 103 – Age and Change
- 105 – ATM—Manipulating Head with the Hand / Rolling the Head Between the Hands

**Afternoon Session Tape #15**

- 114 – The Habit of Patterns
- 116 – ATM—Manipulating Head with the Hand / Rolling the Head Between the Hands (continued)
- 127 – Functional Integration Specialists
- 129 – ATM—Four-Points Personal, Part 1 / Standing on Four-Points Personal, Part 1

19 June 1980

**Morning Session Tape #16**

- 135 – ATM—Lying on Stomach, Part 1 / Tonic Neck / Turning Head on Stomach
- 145 – Talk—The Eyes Organize the Body
- 147 – ATM—Eyes
- 149 – Why Do We Feel Nausea?
- 151 – ATM—Eyes (continued)

**Afternoon Session Tape #17**

- 157 – “I Know What Not to Teach Now”

- 159 – ATM—Lying on Stomach, Movements of Legs, Eyes and Head
- 165 – “I Know What Not to Teach Now” (continued)
- 170 – ATM—Four-Points Personal / Standing On Four-Points Personal, Part 2
- 171 – Three Ways of Crawling
- 174 – ATM—Four-Points Personal / Standing On Four-Points Personal, Part 2 (continued)
- 175 – Three Ways of Crawling (continued)

20 June 1980

**Morning Session Tape #18**

- 177 – Talk—Crawling and Brain Functions
- 182 – ATM—Eye Movements / Eye Movements and Rolling

Week 3: 23-27 June 1980

23 June 1980

**Morning Session Tape #19**

- 1 – ATM—Lying on Stomach (Part 2) / Moving Feet
- 14 – ATM—Standing and Touching Floor with Left Hand
- 16 – Demonstration
- 18 – ATM—Standing and Touching Floor with Left Hand (continued)

**Afternoon Session Tape #20**

- 21 – ATM—Four Points Personal (Part 1) / Standing to Sitting and Lying
- 31 – ATM—Four Points Personal (Part 2)

24 June 1980

**Morning Session Tape #21**

- 41 – ATM—Four Points Personal (Part 3) / Standing to Lying
- 51 – ATM—Tilting Left to Left, Prone / Lying on Stomach

25 June 1980

**Morning Session Tape #22**

- 62 – ATM—Sucking: Interlacing Fingers and Toes / Interlacing Hands and Feet
- 75 – ATM—Hopping on the Left Leg

**Afternoon Session Tape #23**

- 81 – ATM—Rolling Head and Getting Up (Part 1)
- 90 – ATM—Rolling Head and Getting Up (Part 2)

26 June 1980

**Morning Session Tape #24**

- 101 – Talk—Stability and Instability
- 107 – ATM—Stability Experience

27 June 1980

**Morning Session Tape #25**

- 125 – ATM—Holding Chin and Rolling (Part 1)
- 136 – ATM—Holding Chin and Rolling (Part 2)
- 141 – How Do You Know Which is the Right Side?
- 142 – ATM—Holding Chin and Rolling (Part 2) (continued)

Week 4: 30 June - 2 July 1980

30 June 1980

**Morning Session Tape #26**

- 1 – ATM—Rolling to Right and Left Part 1 / Hand Holding Chin (Included On Back Like X, Lifting Head / Legs)
- 12 – ATM—Rolling to Right and Left Part 2 / Hand Holding Chin

**Afternoon Session Tape #27**

- 23 – Talk—Parasitic Movement
- 27 – ATM—Rolling to Right and Left Part 3 / Hand Holding Chin Rolling (Includes Rolling to Stand)
- 36 – Rolling to Right and Left Part 4 (Includes Standing to Sit Facing Front with One Foot on Floor and Other Leg Crossed Under)

1 July 1980

**Morning Session Tape #28**

- 43 – Talk—Thinking to Remember
- 46 – ATM—Tilting the Knees Part 1
- 46 – Talk—How Should a Human Being Lie?
- 49 – ATM—Tilting the Knees Part 1 (continued)
- 56 – ATM—Tilting the Knees Part 2

2 July 1980

**Morning Session Tape #29**

- 65 – ATM—Crossing the Knees / Tilting Crossed Legs Part 1
- 66 – Talk—The Importance of Doing It on One Side
- 67 – ATM—Crossing the Knees / Tilting Crossed Legs Part 1 (continued)
- 70 – Talk—Altering Habits
- 72 – ATM—Crossing the Knees / Tilting Crossed Legs Part 1 (continued)
- 75 – Talk—Altering Habits (continued)
- 79 – ATM—Crossing the Knees / Tilting Crossed Legs Part 1 (continued)
- 79 – ATM—Crossing the Knees / Tilting Crossed Legs Part 2

**Afternoon Session Tape #30**

85 – ATM—Rolling the Fists Part 1

97 – ATM—Rolling the Fists Part 2

3 July 1980

**Morning Session Tape #31**

107 – Talk—Love and Violence Part 1

119 – Talk—Love and Violence Part 1 (continued)

120 – ATM—Diagonal Pressing

**Afternoon Session Tape #32**

126 – Talk—Love and Violence Part 2

135 – ATM—Diagonal Pressing and Lifting

Week 5: 7-11 July 1980

7 July 1980

**Morning Session Tape #33**

1 – ATM—Rolling From Sitting Part 1

8 – Talk—The Quality for Doing ATM

13 – ATM—Rolling From Sitting Part 1 (continued)

14 – ATM—Rolling From Sitting Part 2 (Included Flexor Rocking on Back; Pressing Parts to Floor on Stomach Rocking; Stand to Sit, Flopping Knees)

**Afternoon Session Tape #34**

20 – ATM—Rolling the Pelvis Part 1

27 – Demonstration—Freeing a Frozen Shoulder

29 – ATM—Rolling the Pelvis Part 2

35 – Talk—Logical Thinking

36 – Story—Chicken-Egg

37 – Talk—The Notes are Useless

8 July 1980

**Morning Session Tape #35**

41 – Talk—Proximal-Distant Movement

43 – Talk—Psychosomatic Pain

47 – ATM—Rolling the Pelvis Part 3

9 July 1980

**Morning Session Tape #36**

63 – ATM—Rolling the Pelvis Part 4

75 – Talk—Action, Orientation, and Timing

78 – ATM—Rolling the Pelvis Part 4 (continued)

79 – ATM—Rolling the Pelvis Part 4 (continued)

**Afternoon Session Tape #37**

88 – ATM—Rolling the Pelvis Part 5

92 – Joke Number Twenty-One

93 – ATM—Rolling the Pelvis Part 5

10 July 1980

**Morning Session Tape #38**

111 – ATM—Circling Right Arm and Leg on Floor Part 1

119 – ATM—Circling Right Arm and Leg on Floor Part 2 / On Back Moving Arm in Circle

**Afternoon Session Tape #39**

127 – Talk—The Habit of Patterns

128 – ATM—Moving Right Leg in Circles Under Body on Side, Back and Stomach  
(Includes Swiveling Stomach to Sitting and Visualization of Left Arm Circles

140 – Demonstration—Turning Bucket in the Air

144 – ATM—Circling the Arm in the Air

11 July 1980

**Morning Session Tape #40**

147 – ATM—Right Index Holding Big Toe Part 1 / Sitting on Back and Rolling

148 – Talk—When Parts are Engaged in an Act, You Cannot Do Another

150 – ATM—Right Index Holding Big Toe Part 1 / Sitting on Back and Rolling  
(continued)

157 – Talk—Neurotic Learning

158 – ATM—Right Index Holding Big Toe Part 1 / Sitting on Back and Rolling  
(continued)

160 – ATM—Right Index Holding Big Toe Part 2 / Brining Elbow Over Knee

14 July 1980

**Morning Session Tape #41**

1 – ATM—Tilting Elbow and Knee Inside and Outside

12 – ATM—Passing Elbow Over Opposite Knee / Moving Toes to Free Hip Joint

**Afternoon Session Tape #42**

25 – ATM—On Hands, Elbows, Knees Sitting on Heels / Sitting the English Way Part 1

36 – ATM—On Hands, Elbows, Knees Sitting on Heels / Sitting the English Way Part 2

15 July 1980

**Morning Session Tape #43**

42 – Talk—Both Sides of Habit—Invariance and Achievement

52 – ATM—Integration of Arms Lying on the Stomach / Circles Under Body

16 July 1980

**Morning Session Tape #44**

63 – ATM—Integrating Arms/Crossing Arms Going From Stomach To Back

74 – ATM—Integrating Arms/On Back Rocking Shoulders, On Stomach Crossing Arms

**Afternoon Session Tape #45**

84 – ATM—Moving Elbow into Gap

97 – ATM—Index finger Holding Big Toe

17 July 1980

**Morning Session Tape #46**

103 – ATM—Rotation of Head and Teleceptors

105 – Talk—Symmetry

108 – ATM—Rotation of Head and Teleceptors (Continued)

115 – Talk—Symmetry (Continued)

**Afternoon Session Tape #47**

120 – ATM—Mobility of Head—Body Tonus Part 1

130 – ATM—Mobility of Head—Body Tonus Part 2

18 July 1980

**Morning Session Tape #48**

139 – Questions by Petition

142 – Story: Lepers

142 – Questions by Petition (Continued)

143 – Story: Deaf Girl

- 144 – Questions by Petition (Continued)
- 145 – ATM—Mobility of Head–Body Tonus Part 3
- 148 – Why Do a Movement is a Peculiar Position?
- 149 – ATM—Crossing Knees–Crawling Part 1
- 151 – Old Patterns vs. New Patterns
- 152 – ATM—Crossing Knees–Crawling Part 1 (Continued)
- 156 – Talk—Symmetry (Continued from July 17)
- 157 – ATM—Crossing Knees–Crawling Part 1 (Continued)
- 158 – Old Patterns vs. New Patterns (Continued)
- 159 – ATM—Crossing Knees–Crawling Part 1 (Continued)
- 161 – Story: Koizumi and Achievement

Week 7: 21 – 25 July 1980

21 July 1980

**Morning Session Tape #49**

- 1 – Talk—Teleceptors /Accidents Are Not Accidents
- 8 – ATM—Tonic Effect of Head
- 14 – Talk—Inhibition in Learning
- 15 – ATM—Tonic Effect of Head Rotating with One Hand

**Afternoon Session Tape #50**

- 27 – ATM—Head Sinking Between Shoulders
- 41 – Demonstration—Ideal Organization
- 42 – ATM—Head and Knee Under the Gap

22 July 1980

**Morning Session Tape #51**

- 53 – Posture and the Jaw
- 54 – ATM—Lower Jaw
- 57 – Health and How We Eat
- 58 – ATM—Lower Jaw (Continued)
- 61 – The Tongue and Mouth
- 64 – Asking Questions
- 65 – ATM—Lower Jaw; Faces
- 75 – Changing Your Identity
- 76 – ATM—Lower Jaw; Faces (Continued)

**Afternoon Session Tape #52**

78 – ATM—Through Gap On Stomach and Back Part 1

91 – ATM—Through Gap On Stomach and Back Part 2

23 July 1980

**Morning Session Tape #53**

101 – Talk—Changing the Foundations of Our Thinking

105 – Talk—On Low and High Grade Energy

111 – ATM—Through Gap, Hand Held

24 July 1980

**Morning Session Tape #54**

119 – ATM—Morning Prayer

129 – ATM—Differentiation of Body Through Gap

135 – Talk—Differentiation

137 – ATM—Differentiation of Body Through Gap (Continued)

**Afternoon Session Tape #55**

142 – ATM—On Back, Moving Head Through Gap Quickly Part 1

154 – ATM—On Back, Moving Head Through Gap Quickly Part 2

25 July 1980

**Morning Session Tape #56**

163 – ATM—On Knees Flexing Pelvis Part 1

166 – Talk—Weber-Fechner Law

171 – ATM—On Knees Flexing Pelvis Part 1 (Continued)

**Morning Session (Continued) Tape #57**

174 – ATM—On Knees Flexing Pelvis Part 2

196 – ATM—On Voice / Sound

Week 8: 28 July – 1 August 1980

28 July 1980

**Morning Session 1 Tape #58**

ATM—Opening the Legs Part 1 (Intermingled talk: The Disease of Achievement)

**Morning Session 2 Tape #59**

Talk—Curiosity

ATM—Opening the Legs Part 2

**Morning Session 3 Tape #60**

Talk—Producing the Voice

ATM—Voice

29 July 1980

**Morning Session 1 Tape #61**

Talk—Awareness, Consciousness, Paying Attention

**Morning Session 2 Tape #61 (Continued)**

Talk—On Posture

**Morning Session 3 Tape #62**

ATM—Voice

Talk—The Mouth, Tongue, Jaw

ATM—Voice (Continued)

Talk—The Mouth, Tongue, Jaw (Continued)

ATM—Voice(Continued)

Talk—Chest and Breathing

ATM—Voice (Continued)

Talk—Chest and Breathing (Continued)

ATM—Voice(Continued)

30 July 1980

**Morning Session 1 Tape #63**

Talk—Scanning Dimensions

Story—Measures, Mr. Dreyfuss

ATM—Scanning Dimensions (continued)

Talk—How Do We Know?—Our Internal Appreciation

ATM—Scanning Dimensions (continued)

**Morning Session 2 Tape #63 (Continued)**

ATM—Mobility of Hip – Lying Down

Talk—How Do You Do It?—Our Internal Appreciation

ATM—Mobility of Hip – Lying Down (Continued)

Talk—Being Wired-In

ATM—Mobility of Hip – Lying Down (Continued)

**Morning Session 3 Tape #64**

Talk—You Don't Understand?—Sleep Appreciation

ATM—Hand Below Kneecap Sidelying

31 July 1980

**Morning Session 1 Tape #64 (Continued)**

ATM—Mobility of Hip – Hand Under Knee Part 1

**Morning Session 2 Tape #65**

ATM—Mobility of Hip – Hand Under Kneecap Part 2

Talk—(integrated in the ATM) – Know What You're Doing To Do What You Want

**Morning Session 3 Tape #65 (Continued)**

ATM—Sitting up with Hands Under Kneecap Part 1

1 August 1980

**Morning Session 1 Tape #66**

ATM—Sitting Up with Hands Under Kneecap Part 2

**Morning Session 2 Tape #66 (Continued)**

Talk—Hanoach Tel-Oren's Story (Israeli flautist who was shot)

**Morning Session 3 Tape #67**

ATM—Rolling to Sit Up