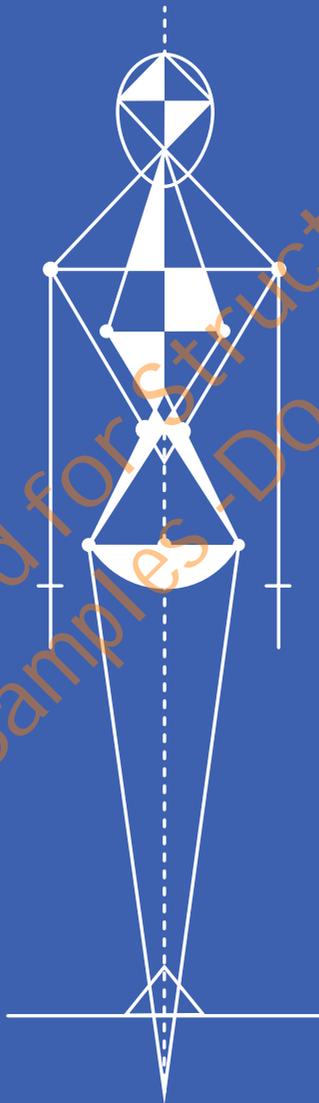


Structural Integration

The Basic Series in All Its Abundance

An Homage to Dr. Ida Rolf's Work Inspired by John Lodge



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About the Material in This Book – The Story Behind the Story

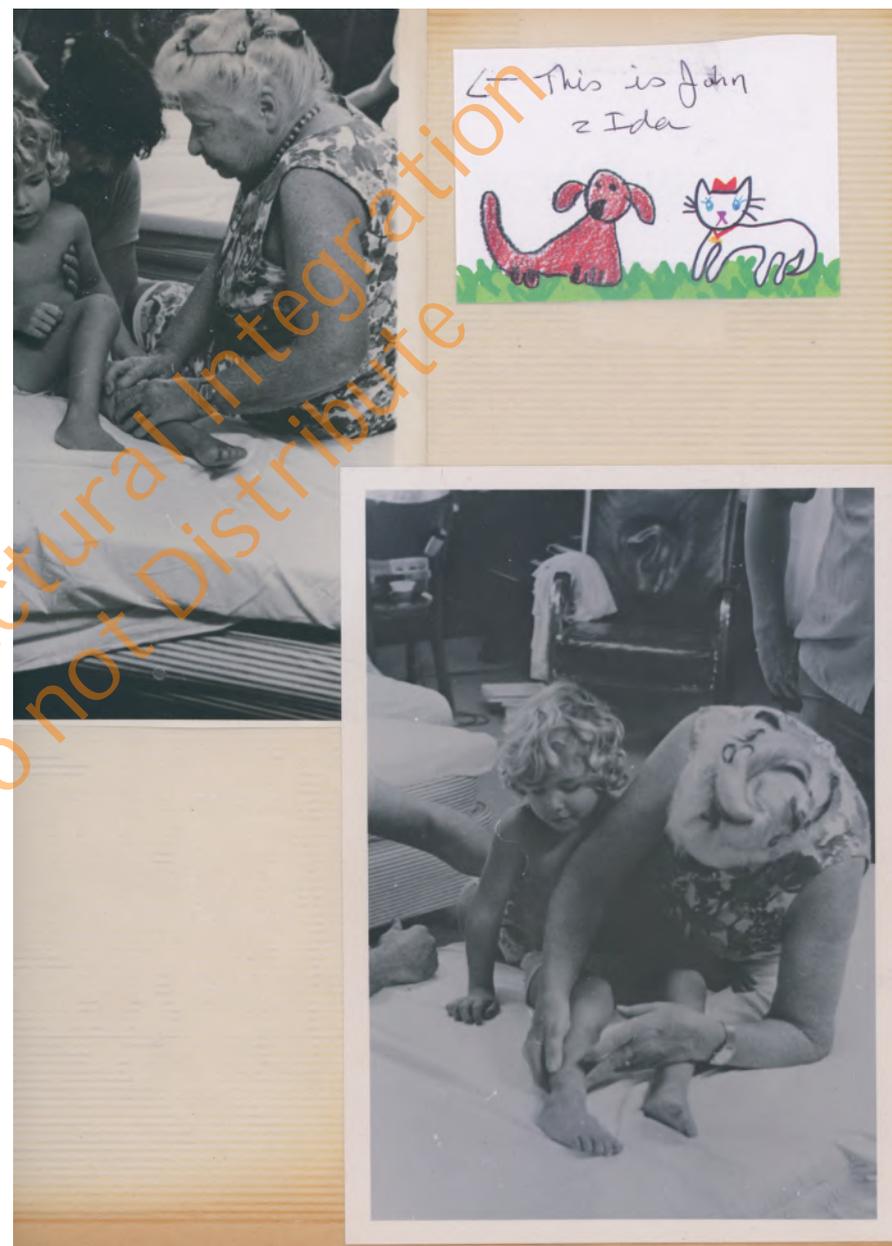
I didn't know John Lodge. I knew of him. I knew that he was the artist who had drawn all the pictures in the book **Rolfing – The Integration of Human Structures**. He was the artist, whose sketches of 4-year-old Timmy served as the basis for the "Little Boy Logo" of the Dr. Ida Rolf Institute (see page 28). Little did I know at the beginning of the year 2020 that I was soon to get acquainted not only with him, but also with the history of Dr. Rolf's book.

By April 2020 I had started to familiarise myself with John Lodge – through his writings, his drawings, his ideas. I had empathised with his quest to understand Ida Rolf's inquiry into the balance between gravity and man on a much deeper level than the pure mechanics of Structural Integration. I had bonded with him when I had learned that he had been, like myself, an actor – the sheriff in some episodes of "Bonanza." I sensed his longing for something that surpassed "consensus reality." I got to know John Lodge – the dreamer, the visionary, the philosopher, the mystic – I got to know him by way of material that had been stored for decades in an attic.

Backtracking two months to February 2020, I was looking for unpublished pictures of Ida Rolf and her first instructors Emmett Hutchins and Peter Melchior. I had been inserting subtitles into Peter Melchior's Basic Series videos and had started posting some of them on International SI forums. There was a very positive resonance and my few scattered posts metamorphosed into a blog which I kept going over three months. In the course of this project I had the idea to create a calendar in honour of Ida Rolf's 125th birthday in 2021 with some of these valuable insights. So I asked on the forum for pictures and Margaret Van Der Waerden responded, telling me that she not only had some pictures, but also a "box." Its contents, notes and drawings by John Lodge and texts by Ida Rolf, are at the heart of the material presented in this book.

Letter from Margaret Van Der Waerden

John Lodge and I were married and we considered ourselves to be soul mates. For 20 years, John also worked as the Rolfer in my physical therapy clinic doing the 10 Series and occasionally Advanced Work. During that time, I frequently sat in on sessions to watch him work and I learned quite a bit from him over the years. I had initially learned Myofascial Release as a PT attending work-



Timmy – from a photo album

One does not have to do Kundalini Yoga, however, to awaken the energy at the base of the spine. Structural Integration awakens energy in the spine and nervous system. While ascending energy is described as subtle energies, a Kundalini event is anything but subtle. Dr. Rolf was aware of and worked with energy and energy fields long before it became acceptable.

Dr. Rolf went to Egypt at least seven times. We assume she encountered R.A. and Isha Schwaller de Lubicz at the Temple of Luxor where they studied in residence for 12 years. Schwaller was a mathematician, Egyptologist, mystic, Hermeticist, and Alchemist who resurrected the principles of Sacred Geometry, Sacred Architecture, Sacred Science, Sacred Space, and Sacred Symbols. He also articulated the intelligence of the heart which was so important to the Egyptians and something we are rediscovering today. In the 1970s, Schwaller's book, **The Temple in Man**⁸ was recommended reading at the Rolf Institute as were Isha's books, **Her-Bak: Egyptian Initiate**⁹ along with Elizabeth Haisch's book **Initiation**¹⁰, all books about previous lives in Egypt. Dr. Rolf felt that some form of what we call Structural Integration, which emphasized vertical alignment and balance, was practiced in ancient Egypt. Reincarnation is a river that runs through the esoteric origins of the work she resurrected. The caduceus is an ancient symbol of healing and medicine. Could it be that an awakened initiate of Hermes channelling Kundalini into another body for healing is the proverbial laying on of hands?

Hermetic wisdom is encapsulated in the Kybalion. Its basic tenet is that the universe runs on natural laws and that we can use these laws for Self-Mastery. Hermeticism represents a pre-Christian lineage of Gnosticism. The surviving writings of Hermeticism are known as the "Corpus Hermeticum," composed as a series of letters of the Master Hermes Trismigistus. These letters were lost to the Western world – likely a part of the apocrypha destroyed by the church in the 3rd and 4th centuries but which survived in Byzantine libraries. In the fifteenth century the letters were rediscovered and translated into Latin by the Court of Cosimo de Medici. The writings were so influential that they acted as a catalyst in the development of Italian Renaissance thought and culture. In them, Hermeticism pursues empirical knowledge pertaining to spiritual mysteries. The 7 Laws shared in the Corpus Hermeticum have been found in part in both the Nag Hammadi library as well as the Emerald Tablets of Thoth. These Laws are some of the oldest and most influential systems of thought for aiding the conscious evolutionary process.

We find these laws articulated in John Lodge's notes, and can infer that they had value to Dr. Rolf. The 7 Hermetic for Self-Mastery are:

- 1: *The Principle of Mentalism*: All is mind, the universe is mental. Knowledge of this corresponds with the other unseen, or causal planes, reminding us that there may be more to our thought than we perceive. Thoughts are not limited to the physical plane and have an effect on energetic and spiritual levels.
- 2: *The Principle of Correspondence*: As above, so below, as within, so without. The macro is in the micro and vice versa.
- 3: *The Principle of Vibration*: Nothing rests, everything moves, everything vibrates. This Principle embodies the truth that matter, energy and spirit are varying rates of vibration.



Dr. Rolf's camera bag with the sticker from Cairo bears witness to her many travels to Egypt.

One Artistic Experiment



Sharon Wheeler

The GI Bill was paying my way through college until I either got a four year degree or I turned 28. According to a guidance counselor I tested "off the charts" at three dimensional puzzle solving, but it was just too bad that there wasn't anything I could do with it." I was going to classes year round trying different majors; searching for something interesting that I was good at.

It was the 60s. The best of times with great music and good friends to share it with. On the weekends, I went dancing in the Haight-Ashbury where I met Lars Larson. He invited me to come down to Esalen to meet all of his friends. I answered him, "Big Sur? I know that place. It is cold, wet, and foggy, and it is a long way from Oakland. I don't have time to come down there. I'll just see you when you come up here." We went dancing on the weekends until one day he said to me "My friends don't believe I have a girl friend." He did have a point. Christmas break was coming up and I told him he could have New Years. I drove

down and met his friends, braved my first co-educational bath and had a lovely dinner in the "Lodge" (with the bar and nowadays WiFi, you can eat, meet your best friends, and find quiet refuge in a corner). I was informed that if the cook liked you, you were "somebody" and would be allowed into the kitchen for the New Year's Eve party. Neal Powers was the cook.

In the kitchen was a huge circle of people with their arms around each other swaying and "Ohm-ing." We joined the circle. Next to me was a short, 80+ year old man with white hair and beard. Just as I started to relax, I felt his hand creeping up under my shirt. Shocked, I looked down at him and said, "Excuse me!" He smiled and wiggled his hand up higher. I decided on revenge. I allowed him to get high enough to pin his hand against my ribs and did my level best to break his fingers. He jerked and pulled frantically trying to get away. When he finally escaped he looked up at me with such wounded reproach. I experienced a phenomenal rush of rage that swept up from my feet. I wanted to kill him in the worst way. I closed my eyes to gain control and silently admonished myself: "Now Sharon. You can not kill an 80 year old man on your first night at Esalen. You. Just. Can't." I ran for it instead. Ducking out of the circle, I informed Lars I was leaving and probably never coming back, and drove home to Oakland on New Year's Eve to escape the crazy people.

My school was Merritt Junior College, home to the Black Panthers. They demanded the board of governors create a black studies program starting the semester after Christmas break. The board thought this was a fine idea – but it was too late for this semester. How about in two semesters? The Panthers closed the college down. I showed up to attend my first class and found the parking lot deserted except for one Panther patrolling with a sawed off shotgun on his shoulder. It was too late to transfer to another school.

No school meant no money. I swallowed my pride and asked Lars if I could stay with him for one semester. He was delighted and invited me to stay as long as I liked. He had built his home out of salvaged Japanese shipping crates that had washed up on the Big Sur beaches. It was cantilevered out over the ocean, hidden within a cypress tree. There were windows all around and a balcony. You could drop things into the surf from a trap door that had a hanging ladder leading to a trail down the cliff face to the beach 200 feet below. We had kerosene lamps, a two burner gas stove and a metal cooler in the floor that kept the butter cold. There was a wood stove for winter. The kitchen sink rested on

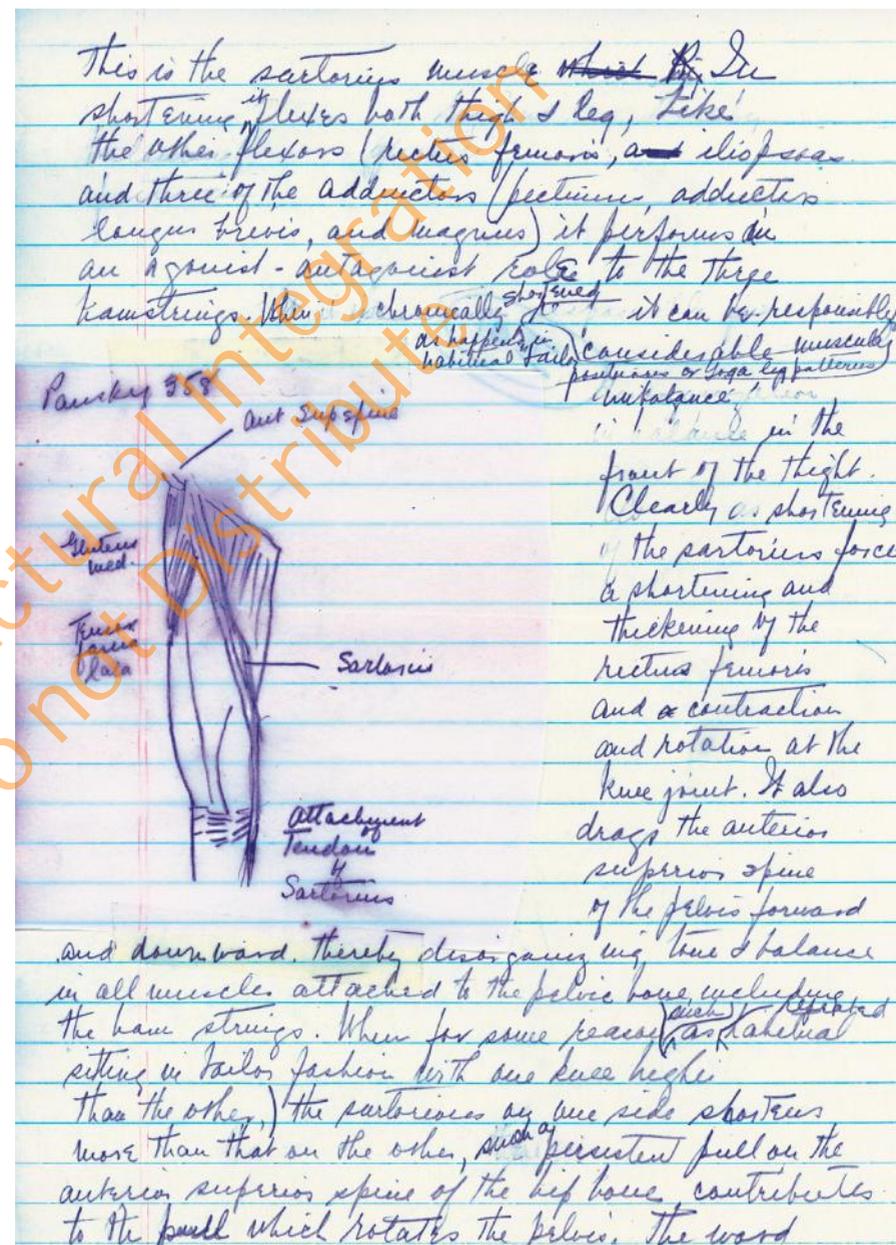
Session 5 – The Coupling / Psoas

- ▶ The grounding solid matter is hooked into the "breath of life:" crura, lumbar plexus. Session 5 is a perfect demonstration of the circularity of the work of SI and is preparation for 6th and 7th sessions.
- ▶ You need to get the lumbar back before the neck can be in alignment and ready to live.
- ▶ The principle function of the psoas is to span the lumbar and hold them back. Any deterioration of the psoas must affect the lumbar plexus, which lies on the psoas.

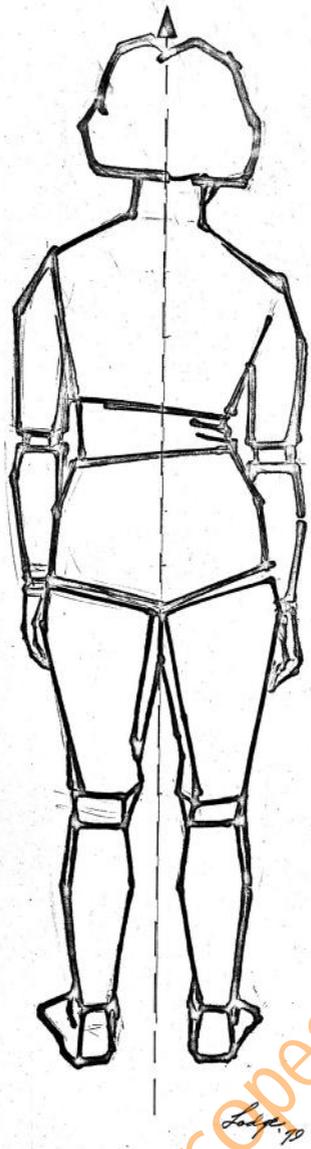
Transcript from the picture on page 139:

This is the sartorius muscle. In shortening it flexes both thigh and leg. Like the other flexors (rectus femoris, iliopsoas) and three of the adductors (pectineus, adductors longus, brevis and magnus) it performs an agonist-antagonist role to the three hamstrings. When chronically shortened, as happens in habitual tailor positions or yoga leg patterns, it can be responsible for considerable imbalance in the front of the thigh.

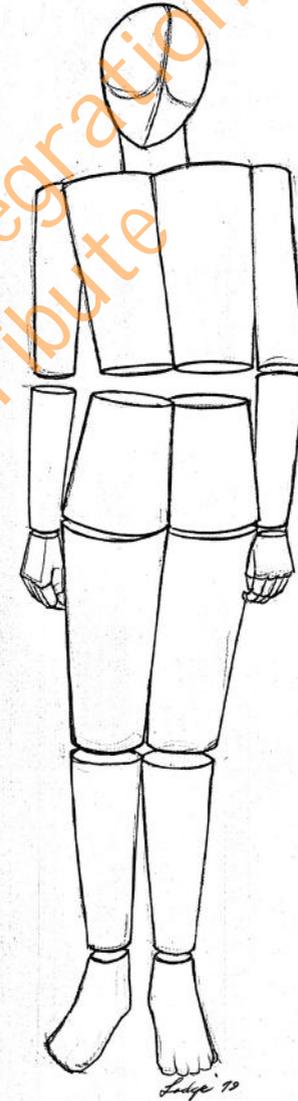
Clearly a shortening of the sartorius forces a shortening of the rectus femoris and a contraction and rotation at the knee joint. It also drags the anterior superior spine forward and downward thereby disorganizing tone and balance in all muscles attached to the pelvic bones including the hamstrings. When for some reason, such as repeated, habitual sitting in tailor fashion with one knee higher than the other, the sartorius on one side shortens more than on the other, such a persistent pull on the anterior superior spine of the hip bone contributes to the pull which rotates the pelvis.



Notes on the 5th session.

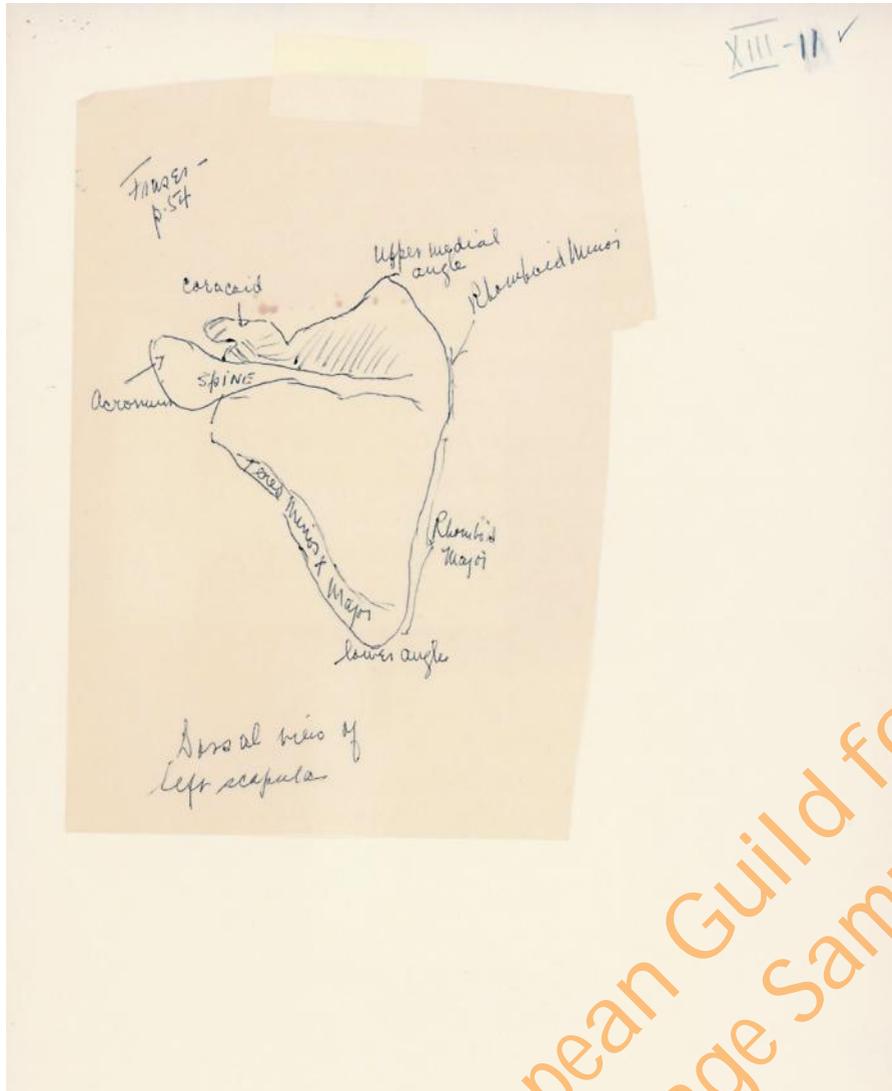


John Lodge – Sketch of the Human Form



John Lodge – Sketch of the Human Form

Hand Drawings by Ida P. Rolf



John Lodge used these sketches by Ida Rolf as a guide for his drawings in her book.

