

Editorial

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The publication of this issue of the *Rosen Method International Journal*, RMIJ, marks its second anniversary. The journal continues to serve as a venue for more in-depth writing on Rosen Method and is an international, online, and open access resource for people inside and outside the Rosen community.

Invitation to Write an Article or a Book Review for the Next Issue of RMIJ

Why should you write for the Rosen Journal? The best answer I can think of comes from a letter written recently by RMIJ author, Teresa da Silva, a Rosen Bodywork practitioner from Denmark. Teresa's article, "Reducing Extreme Pain," can be found in Volume 2, Issue 1, 2009, or at <http://rosenjournal.org/journal/2/3.pdf>. Here is her letter.

Dear Rosen Colleagues:

I hope you are all having a joyous time with your fellow colleagues across the world. Although I will not be able to make it to the Global Congress this year, my heart and thoughts are with you.

The article "Reducing Extreme Pain" is actually, at this very moment, being translated back to Danish in the original version, and in an "appetizer" version to be distributed to magazines and different health associations. I have had people asking me if other articles have been written on fibromyalgia and arthritis. So we really need a database of articles that I and all of you can refer to, when approached.

I think the writing is an important part of communicating our work to the rest of the world and I hope more will conquer their fear of expressing themselves in a written form. I certainly did not know what I went into when I agreed with Alan at the last Global Congress to go home and scribble "something down". However it has been an unforgettable journey and you will have the best coach in the world. Alan patiently and caringly helped me rephrase my wording so that the message I wanted to express came out in a more clear and fluid way. He is at the same time persistent but supporting and even called me on the phone one cold, dark winter evening to hear if I was still breathing using my diaphragm. A week earlier he had returned my article with the second reviewer's comments and I remember seeing more colored lines with comments than in the entire rainbow. He and his staff at the Journal are so professional and loving and it is indeed to their credit that the article became a reality.

Writing is like having a session. You might meet "stuckness" and fear, but you will re-discover yourself in a new, enlightened, and joyous way, gathering renewed strength and courage to go beyond the boundaries that you thought you were limited to.

Submissions for articles and book reviews for the next issue of this journal are due no later than February 1, 2011. I encourage you to contact me at editor@rosenjournal.org soon if you have an idea for an article or

book review so that I can help you prepare it for submission. Guidelines for preparing your articles for submission can be found on the web site.

Invitation to Write a Commentary about Any of the Articles in the RMIJ

The RMIJ provides for commentaries on articles from previous issues. If you would like to comment on any article in any of the past issues for the next issue of the RMIJ – to agree, disagree, or discuss – please submit to editor@rosenjournal.org by February 1, 2011. Commentaries should be in the form of a WORD document and no more than two pages in length. Please include your name and your level of certification within the Rosen community.

In this Issue of the RMIJ

This issue opens with an important update on the Rosen Method global re-organization, “*A Progress Report on the Reorganization of the Rosen Institute*,” written by Mary Kay Wright, President of the Rosen Institute. As a background, readers may wish to consult Mary Kay’s previous contribution on this topic, “*Creating Vital Structures to Assure the Future of the Rosen Method*,” published in the Volume 1, Issue 1, 2008 of this journal, or at <http://rosenjournal.org/journal/1/2.pdf>. Comparing these two articles, one can see that a great deal of progress has occurred. We owe a debt of appreciation to Mary Kay and to all the people worldwide who have contributed to this enormous effort.

This article is followed by three book reviews of interest to the Rosen community. Rosen Method Bodywork practitioner and RMIJ editorial board member Carol Cober (USA) has written a review of “*The Speed of Trust: The One Thing that Changes Everything*,” By Steven M.R. Covey. Carol shows how trust affects both the business and practice of Rosen method. The ideas from this book are likely also to be useful in the global reorganization process and continuing global governance of Rosen Method.

Bodywork student Ralph Maliphant (UK) wrote a review of “*The Master and his Emissary: The Divided Brain and the Making of the Western World*,” by Iain McGilchrist. The book shows how the more intuitive, holistic, and “in touch” right hemisphere is needed to correct the apparent world dominance of the left hemisphere. Rosen Method is a program of study and training for the right hemisphere and thus contributes to balancing human life and work.

Finally, Bodywork practitioner, movement teacher trainer, and RMIJ archives editor Marjorie Huebner (USA) created a review and compendium of quotations from the work of Elsa Gindler, whose ideas about movement, breath, and awareness came to influence Marion Rosen’s work. Readers will notice important similarities between Gindler’s ideas and the bases for Rosen Method Bodywork and Movement.