

Tributes to Alexander Lowen

Name: Pietro Trentin, Italy

Date: 10.Nov.2008

I got in touch with Bionenergetic Analysis in 1989 and it has been the most important experience of my life. I wish to pay tribute to Al Lowen and honor his enormous work to help people achieve a better life.

Name: Patrizia Moselli, Rome, Italy

Date: 11.Nov.2008

On October 28th 2008, Alexander Lowen, our chief master, has completed his path in life. His whole existence has been a witness of his attachment to life and energy. Al reminded the whole world of psychotherapy the centrality of the body. His concepts of body language, energy, grounding, vibrant health, surrender and its studies on the character analysis had a deep impact basically in the world of body psychotherapy and in part in the all field of clinical psychology. Al was a man of great value, deeply human and professional, unique in his style. My experience of therapy with him was of a brilliant person, deeply intuitive and empathic and, for that reason, it's always been impossible for me to understand some criticism about his therapeutic style. His writing, ever so sharp and passionate, simple and complex at the same time, can easily reach so many people, both those who had the chance to meet him personally and who was able to appreciate him through his books. That's why everyone who has been touched by him or his writings, can certainly feel him like a friend who leaves us, leaving however a legacy rich in theoretical explorations and values with which all of us feel even more committed to witness and spread his human and cultural message. Patrizia Moselli
S.I.A.B. Director

Name: Susan Kanor USA

Date: 11.Nov.2008

Dear Friends, I, too, am sad as I hear of Al's death. Al gave a gift to all of us and we in turn share that gift through our personal and professional lives. This is how he lives in and through us. I am grateful for his wisdom, sensitivity and love. I am glad to hear that his death was peaceful and for the love that surrounded him as he died. May he rest in peace. Fondly, Susan Kanor

Name: Mario Nigro, Italia

Date: 11.Nov.2008

Carissimo, Scott Baum. Non ho avuto il piacere di conoscere personalmente Alexander Lowen, ma ti posso assicurare che la notizia della perdita del fondatore dell'Analisi Bioenergetica ha riempito di tristezza il mio cuore. Attraverso te e l'IIBA vorrei che arrivassero le più sentite condoglianze alla famiglia di Lowen da parte mia. Grazie, Mario Nigro

Name: Bob Lewis, USA

Date: 11.Nov.2008

He was such a big part of my life- and directly or indirectly of most all of ours- that anything I say will be inadequate. It seems merciful that he was finally released. I imagine that we will each carry him within us in our private ways. With Affection, > Bob

Name: Helen Resneck-Sannes, USA

Date: 11.Nov.2008

I am grateful to hear that he had a peaceful death. He lives on for me in the legacy of his writings, his spirit, and his deep commitment to the truth of his work. Helen

Name: Michelle Blateau, France

Date: 11.Nov.2008

C'est avec tristesse que j'ai appris le décès d'Alexander Lowen. Je remercie et j'apprécie le travail qu'il a fait et qui a permis une évolution de nos consciences. A bientôt au moins en pensées. Michelle Blateau de la Société française d'Analyse bioénergétique : SFABE

Name: Malu Millerman, USA

Date: 11.Nov.2008

To all that have been blessed to know Dr. Lowen I feel very sad about Dr. Lowe's' passing, but at the same time I feel so fortunate to have had him as my therapist for more than 14 years and also working with him in his office, being so close to all his theory and life until he closed his practice in New York and continue it in his house in Connecticut. So many questions and answers from him, besides my therapy about body, energy, feelings and the true meaning of life. Vibration, breathing movement and the flowing of energy to feel life. Many times he showed me through his way of life that he was living exactly the same way he used to talk about it. Every day that he walked around his house, he kicked his legs 500 times, he did summer salts like a child, showing me the easy way to do it and with no fear of getting hurt. Every time that I was with him, he used to say: "I am an old man but I feel good, I dance and I move my body to avoid rigidity", and his eyes always shining, very alive. In his last years, he became a softer person, with an easy smile and showing affection. "Life can be hard, but you have to balance it with fun, joy, dancing and love" he used to say. Many things he helped me to feel and understand, many of that I have recorded, maybe one day I will write about our sessions. When I learned about his stroke in August 2006, I was dealing with my mothers' health problems, and had to go to Brazil to stay with her many times until she passed away in October with lungs infection. It was very hard for me because she did not want to die, she was a very strong person fighting until the body surrendered. It was the same thing with my dear friend Dr. Lowen. He prepared his body to last almost forever, but he also knew that we cannot control when time comes do die. In his case he breaths the life until the end and then he gave up. It is hard for me to write about his death when he was The Life, for me he used to say: "We cannot choose how and where we are born, but we can choose how to live and die" It is always painful to loose somebody that you love and cannot be replaced, he was a unique person, he was a leader, mentor, friend, inspiration, his legacy is bondless. We all mourn the loss of a vivacious man who showed to us how to be connected to our body and feeling. The joy is his memory would never die. The intense moments that we shared will stay forever in my memory. Thank you for being in my life and help me see life in a different and more intense way. This is for you my dear Dr. Lowen wherever you are now: Your eyes were the color of water, now you are the water. They were like yourself, transparent and like the air; now you are the air. Now you are the Sky, you have become everything. I will be looking for you always; I will see you in every bird, in every tree, in every sunrise and sunset, in everything You surrendered to your body; now the body surrendered to you. I hope your journey has been good, because you already arrived and now your life is shared with the cosmos. Fly high my friend, and enjoy your eternal life. I love you and will always miss you - Malu

Name: Ezio Zucconi Mazzini, Italia

Date: 11.Nov.2008

We were informed about the death of our friend, teacher and founder of the SMIAB Alexander Lowen. We loved him a lot and we will remember him and his teaching forever. Ezio Zucconi Mazzini ant the SMIAB

Name: Maria Ercilia Rielli, Brasil

Date: 11.Nov.2008

Dr Lowen ao citar o místico Tagore já nos mostrava sua abertura para o transcendente. E o poeta diz: “A compulsão não é atração básica para o homem, mas a alegria é , e a alegria está em toda parte. Está na grama verde que recobre a terra, na serenidade azul do céu, na incansável exuberância da primavera,na abstinência silenciosa do inverno, na carne viva que anima nossa estrutura corporal, na postura perfeita da figura humana - nobre e ereta- ao viver , no exercício de todos poderes... Só terá alcançado a verdade decisiva aquele que souber que o mundo todo é criação da alegria” Rabindranath Tagore Lowen foi alguém que sempre nos encantou pela sua coêrencia e sabedoria. Descanse em paz querido mestre, no jardim da alegria.... Maria Ercilia

Name: Michael Conant, USA

Date: 11.Nov.2008

Al and I were very close. I am glad our warrior went peacefully. I loved the man. Michael

Name: Jeffrey Cohen, USA

Date: 12.Nov.2008

This is indeed a very sad day, and I weep with great sadness over Al's passing. He has helped me feel deeply as well as learning to love deeply. Regards, Jeffrey Cohen

Name: Ron Robbins USA

Date: 12.Nov.2008

Sadness blurs the often clear perceptions that move through me when Al arrives unbidden. Asking a deeply psychotic patient to smash the bed - Watching two hits and seeing a transformation - a smile on the face. Me filling with wonder about the powerful potency of physical expression and emotional release. Al really knew and gave something profound. Feeling my own primal feelings when attacked during a reach-out phone call for Barak Obama - The response from the other end was a mocking race-hating diatribe. I felt the powerful rush of my own murderous feelings - Their intensity testifies to the truth of basic emotion - the clarity it brings, the knowledge of how deeply held are the values being violated, -- values arousing response from the core of my self. Thanks for a method of experiencing emotional power, clarity, and the balancing centering of the pathway to the ground. Remembering in times of hardness, the opening of my heart to the gushing warmth of love that came several days after a breakthrough session softening my chest. - Love a feeling experience! - an aspect it seems to me so rarely written about by philosophers and religious preachers. -- The heart, the greatest of the many treasures I received from Al. Then came the final road and the intermittent pain I felt these last several years as Al lived his life, while his body, what seemed to be his roadmap for life, was, as I saw it, failing him. A painful long slow process - till finally, thankfully in sleep, it let go. Of course there's more - the beauty of his reason laid out in his work; the unbelievable steadfastness of his own work on himself; his willingness to allow his own difficulties and flaws to be seen; his vibrancy; his unyielding demand for respect; his clear, not very good for marketing statements, that life was hard, ... difficult, ... but there was always the chance to take a deep breath, and the hope to move to pleasure, dance, joy. There was always more work to be done, more memories to be seen and worked through. Al wasn't afraid to live his flaws - at times they caused others pain. For us as therapists, it is not enough to cycle through the remnants of these pains, we need to heal them

for ourselves, our community and for the therapeutic possibility for which we witness. Thanks to all of you for sharing your response, and to June great appreciation for you, the teller of this moment. Ron

Name: Maria Stallone Alborghetti, Italia

Date: 12.Nov.2008

I wish to deeply share the sorrow of Alexander Lowen's Son and all the Colleagues and Persons who could get the benefits of the wise lessons received from our great Master who taught us to get a creative life, full of love and vital energy. In the world of bioenergetic people, everybody is now singing together, looking at heaven and saying: "thank you, Alexander Lowen, could your soul enter in the energy of universe, and could your soul thence live inside of all of us". Maria Stallone Alborghetti Rome, Italy

Name: Oswaldo Guimara~es, Brasil

Date: 12.Nov.2008

Dear friends, We brazilians have a very clear notion that we are all Lowen's children, and we are very proud to carry on his basic work and ideals . This is a time to accept and respect our differences and work together for the expansion of our hearts and souls. Warm regards, Oswaldo

Name: Virgínia Rodrigues Vasconcelos, Brazil

Date: 12.Nov.2008

Thank you a lot for the announcement of the passing of Dr. Lowen. I felt a lot but I know that he is present in all of us through of his teaching. Virgínia.

Name: Rebeca Léa Berger, Brazil

Date: 12.Nov.2008

Dear Malú, thank you for sharing your sweet and strong feelings. Your words allowed me to deep into my own feelings of gratitude for the opportunity I had to learn from Lowen's work and lessons for life, and with this nice feeling of be connected to to all who feel as blessed to know Dr Lowen, as you said. Rebeca Léa Berger

Name: Davide Rabboni, Milano, Italy

Date: 12.Nov.2008

I got in touch with Bionenergetic Analysis in 2002 and it became one of the most important part of my life. Lowen's books help me to feel always his thought and feelings close to me. Bioenergetic therapy help me to look for a better live. May his soul rest in peace.

Name: Viktor Amacher, Switzerland

Date: 12.Nov.2008

Dear Scott, Dear bioenergetic colleagues Thank you for letting us know about the passing of Alexander Lowen. We have connected to him and his heritage in our last board reunion. To his family and friends we'd like to express our condolences and best wishes for this time of grief. We support the IIBA Board of Trustees' plans for memorializing events on behalf of Alexander Lowen. With best wishes and warm regard Viktor Amacher President SGBAT

Name: Anne Shaw, Toronto, Canada

Date: 12.Nov.2008

I wish to express my gratitude at Al Lowen's passing for all that bioenergetics has brought into my life-my awareness of self, the daily experiences of grounding and the breath, the

capacity to deal with deep pain, the ability to reach out when in need, the joy, happiness and fun of deep friendships, and a life's work! Thank you very much Al for your legacy.

Name: Maria Goretti Coelho, Lisboa, Portugal

Date: 12.Nov.2008

Thank you Al., for the opportunity to know about bioenergetic analysis, professionally and personally. It has been a great way to understand the human soul, my own soul and the people I love, more and more deeply. I have no doubt that the spirituality is in the body and comes through the body. Thank very much. See you in the eternity.

Name: Rick Pope, USA

Date: 13.Nov.2008

Dear Scott Baum or Whom It May Concern: Thank you so much for the recent e-mail.....I felt shocked and very sad about the news, although I've never personally met Dr. Lowen. Please send me more details such as circumstances of his death, planning, how to honor his legacy, etc..... Sincerely, Rick Pope

Name: Gunilla Blomqvist, Stockholm, Sweden

Date: 13.Nov.2008

Dear Al, you will always be in good memory preserved. We first met in fall 1975 when I came to a Connecticut covered with colorful mapleleaves. To discuss the researches I at that time was working with at the University of Uppsala. You turned the discourse to my own person and concluded my problem was with my father. So witty and straight forward! When you asked me to start International Training in Sweden I did. It looked like you became my new father! And several educational programs in Bioenergetic Analysis in Sweden were completed that finally was well approved by the Swedish Educational Board. Even a wider group could benefit from you and other IIBA trainers thorough open workshops. Thank you all! I have a dear memory with you sailing with me and my family in the archipelago of Stockholm. It happened to be the last tour with the boat since it was going to be sold. It became a special sharing. From my heart I wish you Al a good journey!

Name: Odila Weigand, Brazil

Date: 13.Nov.2008

Dear Friends and colleagues, With a mixture of sadness and gratitude we say goodbye to Dr Lowen, keeping from him his teachings, a memory of his straightforwardness, of his ever present belief in the life of the body to promote and maintain health, joy and happiness. Odila Weigand

Name: JOCELYNE MOULET-FARGE - PARIS - FRANCE

Date: 13.Nov.2008

Time: 13:52:26 -0500

It's with sadness I read that Alexander Lowen was gone. I want to thank him for all he gives us, for his living understanding of the human being. It was and will stay something precious for me. Jocelyne Moulet-Farge

Name: Maria Teresa Goulão - Lisboa, Portugal

Date: 13.Nov.2008

Dear Al Lowen When I received the new that you have passed away, I felt a deep sadness as if I had lost a dear parent. I felt better when I read the notice of your Foundation informing you had left peacefully. Unfortunately, I have never had the opportunity of meeting you, but I feel I knew you from all the books and articles you have written along decades and the

knowledge you have transmitted to your readers and followers. Wherever you are, I should tell you that you have completely changed my life during almost two decades and you are doing it yet. I'm sure you will be very happy to know about your success in dealing with arthritis rheumatoid in spite of your doubts about it. When I begin my training, co-ordinated by Ed Svasta, I suffered from terrible pains all over my body. Every articulation ached, I could hardly move and I saw frequently the shadow of a wheelchair. I almost give up my training. My colleagues and trainers' encouragement as well as my willingness and commitment made me go ahead. It was not a miracle, but a hard and continuous work together with my trainers, supervisors and therapist following your principles and methods. Slowly but consistently I began to defreeze and to conquer my mobility back as I could elaborate better and read the signs my body sent to my mind constantly. At last, I could breathe more deeply with weaker restraints and cuts and take conscious of and express my emotions instead of repressing them as I did in the past. Finally, the split between my body and my mind began to heal and I believe that this will be a never-ending process, as you have referred in your auto-biography. I'm 58 old and I have never felt myself with such a sense of freedom, entireness, aliveness and faith as nowadays. I simply feel joy and happiness. This is my tribute and my debt towards you. Believe me, you still are and will be alive in the memories of my recovered body (head included) and always present in my practice with my patients. I'll try to go on honouring your work, your legacy. Thank you and rest in piece by the excellence of the role you have played on earth. Maria Teresa Goulão Lisbon, Portugal

Name: SFABE - PARIS - FRANCE

Date: 14.Nov.2008

We are touched to hear Alexander Lowen has gone. He will stay in our hearts. We, from the sfabe thank him for all he gave us, for the profound impact he has in the world of the bodypsychotherapy. His passion for life, his warmness, the quality of his presence when we had the chance to work with him in a session will follow us in our life and in our work with our patients in bioenergetic analysis. 'We thank him for his human, clinical and theoretical work. We all from the sfabe are and will stay grateful to him. We will research to awake or increase the passion of life in our work, as he taught to us. SFABE Paris- France

Name: Eleanor Greenlee, USA

Date: 18.Nov.2008

My heart is saddened to hear about Al's passing and, also relieved to know that he has moved on into whatever the universe has to offer us when we die. I know it saddened him to not be as vital as he had been and now he is granted peace. I deeply appreciate him for all that he has given to me and the great contribution to the world of psychotherapy. His memory will live on in all of us. I want to thank June Gray for contacting us, keeping us aware of his process and to dear Monica who was at his side caring for him and most of all to Fred, Al's son, for continuing to keep Al's memory alive. fondly, eleanor greenlee

Name: Cecily Gordon, Margaret Perowne, Australia

Date: 18.Nov.2008

It is with great sadness that we learn of Al's death. He has been an inspiration to us and his work has revolutionised many of the lives it has touched through our practice. We are grateful to him for his courage and insight in devising Bioenergetic Analysis. We will remember him well. Cecily Gordon, Margaret Perowne CBTs

Name: Izaskun Azkutia EHABE País Vasco

Date: 19.Nov.2008

Queridos colegas Quiero compartir con vosotros mi tristeza por la muerte de A.Lowen y

homenajear a este hombre por todo lo que nos ha dado. Ha sido un honor para mí, coincidir con él en varias ocasiones y siento mucha gratitud por todo lo que el Análisis Bioenergético ha aportado a mi vida, por las personas que he conocido y por las experiencias tan enriquecedoras que he tenido y espero seguir teniendo. Gracias Lowen y mi reconocimiento a todas las personas que formamos parte de la Comunidad del Análisis Bioenergético. Un saludo afectuoso Izaskun

Name: dorte nørregård fåborg denmark

Date: 20.Nov.2008

lowen has taught me about feeling alive, and I have taught the acting students gronding, breathing , vibrations and so on, He has been my master, private and in teaching..... I am so grateful!!!

Name: Dany, Rome, Italy

Date: 23.Nov.2008

Ciao sentinella della luminosa energia di vibrazioni, muscoli e postura sibillino divulgatore della reale magia, discepolo e maestro di una passione imperitura. Intorno ai tuoi saggi, corteggiatori e altrettanti detrattori un cammino irto, per scelta, in salita dove la vetta è rampa di nobili viaggiatori dove la mente è sbeffeggio della saggezza ormai sparita. Ciao sagace artefice della bioenergia precursore sottile dell'imminente salto, respiro e cavalletto sono ormai la via ciò che E' in Basso è come ciò che E' in Alto.

Name: Valerie Smith, Sah Harbor, USA

Date: 25.Nov.2008

Lowen and my time with Bioenergetics saved my life, and my life is grand!

Name: SOBAB, Belgium

Date: 27.Nov.2008

Hommage à Alexandre Lowen Il nous a quittés, il s'en est allé. Mais qui il ? Alexandre Lowen, souvent appelé le « père » de l'analyse bioénergétique. He left us, he is gone. But who, « he » ? Alexandrd Lowen, often called the father of bioenergetic analysis. AL a marqué et marquera les générations futures, pas seulement au sein de la grande famille de l'analyse bioénergétique. Dans la plus grande famille encore des thérapeutes, il fera figure d'un pionnier, d'un homme à proprement parler « génial », à plusieurs égards, dont voici trois exemples. Al marked and will mark the future generations, and not only within the large bioenergetic family. In the larger therapists' family, he'll be considered as a pioneer, a really "unique" man, for different reasons. Hereafter three of them, as an example. Tout d'abord, il a senti qu'il fallait nous guérir de la fracture corps-esprit. Et il a mis sa vie au service de cette intuition et de cette conviction profondes, en développant son approche globale de l'autre, une approche qui accompagne l'autre dans l'intégration de qui il est – corps, esprit, énergie, émotions –, et dans la maturation de sa relation aux autres et au monde extérieur. First of all, he felt the need to heal the body-mind fracture. He dedicated his life to these deep intuition and conviction. He did it developing his approach of the other as a whole, an approach accompanying people in the process of integrating who they are- body, mind, energy, emotions -, and in the ripening of their relationships to the others and to the outer world. L'acceptation aussi, est au cœur de son travail, il l'écrit à plusieurs endroits. La recherche scientifique psy se penche actuellement sur les effets de l'acceptation, par le biais de l'ACT (Acceptance and Commitment Therapy). Acceptance too is in the heart of his work, he has written it several times. Nowadays, ths scientific psychological research studies the effects of acceptance, i.e. through ACT, Acceptance and Commitment Therapy. Enfin, son amour de la vie ! Le dynamisme du travail bioénergétique nous oriente vers la vie, même s'il nous amène

par ailleurs à revisiter certains fragments du passé. Ce dynamisme va dans le sens du courant plus récent de la psychologie positive. His love for life is the third example! The dynamism of bioenergetics directs us towards life, even if, on the other hand, it leads us to revisit certain periods of the past. This dynamism is met by the younger positive psychology. Toute la Sobab vous remercie Al, du fond du cœur, The Belgian Society, the Sobab, thank you with all its heart, Al. Bruxelles, novembre 08 Brussels, November 08

Name: barbara pellegrino rome italy

Date: 28.Nov.2008

Thank-you before you all was war and distruction... now all is love ...also the winter

Name: fabio c., from forli, italy

Date: 29.Nov.2008

i discovered lowen this summer, i found him very interesting and stimolating, almost 1 month ago i needed to discover something more about this man, i searched in internet and with a big surprise discovered that he was dead just in that days. i dont know what does it mean, but i think that people who knew him had a lot of benefits. ciao fabio

Name: Manuela Bacci, Piero Rolando, Italy

Date: 01.Dec.2008

We join all the ones who keep our beloved Al Lowen in their heart and who will honour his inestimable teaching. Forever grateful Manuela Bacci and Piero Rolando Milan, Italy

Name: Titus Mendell

Date: 10.Dec.2008

Bioenergetic therapy was the only thing that worked for me when I went through a severe depression in 1980. I was on Sinequan that is how bad it was. i READ ALL OF DR. LOWES BOOKS AT THAT TIME. I CAN'T REMEMEBER THE THERAPIST'S NAME, HOWEVER SHE WORKED THROUGH THE BARN

Name: Marc Bégin, Québec, Canada

Date: 11.Dec.2008

Tribute to Dr. Lowen There are moments, places and persons we do associate to privileged moments. Links then weave and furrows of sense burrow inside. My meetings with Dr Lowen left this type of prints in me. I would simply like to share with you all, who also weaved links with Dr. Lowen, some echoes of these unforgettable furrows. I worked with Dr. Lowen for the first time in 1990. He had just turned 80 years old and one could therefore consider him as an " old man " ... well at least on paper! Over the next ten years, I had several opportunities to witness the level and the quality of the energy of this man, and each time I was surprised. Even at my last workshop in Pawling in 1999, shortly before the decease of his spouse Leslie, the energetic way he wrapped up his bioenergetic stool in his bag still impressed me. The first time I met Dr Lowen was a decisive experience in support of my wish to dive into the ocean depths of my unconscious. I felt invited by his blue eyes to dive into this terrifying and extraordinary adventure, I felt sincerely welcome and reassured as he seemed to be staring at me with a tremendous compassion. I remember certain moments when I felt really privileged to be able to witness the art of this exceptional care taker of the soul, especially when some of his interventions were revealing all the delicacy, the correctness and the depth of his understanding of the issues that were so much at stake for us. I keep in mind the expression of his face beaming with a very simple joy, while he was gently hopping on the back of a female colleague lying on the mattress during a working session. His look had the freshness of a child who enjoys playing leapfrog. I also remember his open and attentive look, at the end of

working day in Saint Lucia, as we were trying to capture this unique moment when the sun disappears on the skyline of a calm sea, producing a short, bluish and intense flash. During the years I was close to him, I also met his gaze which carried on the infinity. This look seemed to me timeless, embracing life, time and space. It was a look of quiet eternity. When I think of it, I still feel inside the effect of every moment in his company. The effects of this look, which I still feel deeply, are part of the precious legacy of my years of contacts with Dr. Lowen. Meeting and knowing him gave me the opportunity to participate in a wonderful banquet of life, lodged right in the center of mysterious and very powerful fundamental energy processes. For me, Dr. Lowen was a warrior which confronted suffering and fright with the courage of the lion. At times, he had to face violent storms, but he was standing at the helm of his ship with confidence, with the deep belief of one who knows that he is sailing in the seas of one's deep truth. His trust in the processes he was trying to re-launch with the persons who asked for his assistance was unlimited. Dr. Lowen was a master-builder and a rallying person. I wish his impressive vitality and deep faith in energy processes will continue inspiring all the members of our bioenergetics' community. Allow me to offer my condolences to Fred and to all Dr. Lowen's relatives and close friends. Let me share also with you some pictures of these moments. With love, Marc Bégin, psychologist, CBT, Quebec city, Canada

Hommage au Dr. Lowen Il y a des moments, des lieux et des personnes avec qui nous vivons des moments privilégiés. Des liens se tissent alors et des sillons de sens se creusent à l'intérieur de nous. Mes rencontres avec le Dr Lowen ont laissé ce type de traces en moi. Je voudrais simplement partager avec vous tous, qui avez également tissé des liens avec lui, quelques échos de ces sillons tracés à jamais en moi. C'est en 1990 que j'ai travaillé avec le Dr. Lowen pour la première fois. Il venait d'avoir 80 ans et on pouvait donc déjà le considérer comme un. « vieil homme »...enfin sur papier! J'ai, par la suite, maintes fois été témoin et surpris du niveau et de la qualité de l'énergie de cet homme durant les dix années que je l'ai côtoyé. Même lors de mon dernier séminaire à Pawling en 1999, peu de temps avant le décès de Leslie son épouse, la façon dont il avait rangé son tabouret de respiration dans son sac de transport dégageait une vitalité qui m'impressionnait encore. Ma première rencontre avec lui fut une expérience déterminante dans le soutien à mon désir de plonger dans les profondeurs abyssales de mon inconscient. Je me suis senti convié par ses yeux bleus à plonger dans cette terrifiante et extraordinaire aventure, profondément accueilli et sécurisé par son regard chargé de compassion. Je me souviens de certains moments où je me suis senti privilégié d'assister au travail de cet artiste des soins de l'âme, lorsque certaines de ses interventions révélaient toute la finesse, la justesse et la profondeur de sa compréhension des enjeux avec lesquels nous nous débattons. Je retiens l'expression de son visage rayonnant d'une joie toute simple, alors qu'il sautillait gentiment sur le dos d'une collègue étendue sur le matelas lors d'une séance de travail. Son regard avait la fraîcheur d'un enfant qui a du plaisir à jouer à saute-mouton. Je me souviens aussi de son regard ouvert et attentif, à la fin d'une journée de travail à Sainte-Lucie, alors que nous tentions de surprendre cet instant unique où le soleil disparaît à l'horizon, sur une mer calme, produisant un bref éclat de lumière bleuté et intense. Durant les années où je l'ai côtoyé, j'ai aussi croisé son regard qui portait sur l'infini. Ce regard me semblait intemporel, embrassant la vie, le temps et l'espace. C'était comme un regard de tranquille éternité. Lorsque j'y reviens, je ressens encore en moi les effets de chacun des moments passés en compagnie de cet homme. Ce regard, dont je ressens encore en moi les effets, fait parti du précieux legs de mes années de contacts avec le Dr. Lowen. Ma rencontre avec lui m'a donné l'opportunité de participer à un fabuleux festin de vie, logé en plein cœur de processus énergétiques fondamentaux, mystérieux et très puissants. Pour moi, le Dr. Lowen était un guerrier qui affrontait les souffrances et les peurs avec le courage du lion. Il récoltait des tempêtes à l'occasion, mais il était à la barre de son navire avec l'assurance et la profonde conviction de celui qui sait qu'il navigue dans les mers de sa vérité profonde. Il avait une confiance inébranlable dans les processus qu'il travaillait à remettre en marche avec les

personnes qui lui demandaient de l'aide. Le Dr. Lowen a été un bâtisseur et un rassembleur. Je souhaite que son impressionnante vitalité et sa foi profonde dans les processus énergétiques continuent d'inspirer l'ensemble de notre communauté bioénergéticienne. En terminant, j'aimerais offrir mes condoléances à Fred ainsi qu'à tous les proches du Dr. Lowen. Avec amour, Marc Bégin, psychologue, CBT, Québec, Canada

Name: Marco Ermacora, Montreal, Quebec

Date: 18.Dec.2008

November 11, 2008 I knew Dr Lowen's death was coming but I am shocked nevertheless. The tears are flowing down my face here in a public library amongst strangers but I don't care. This exceptional wise person has been so much an important part of my life over the last 30 years even though I briefly talked to him only once on the phone. After living now for 50 years I can say that few people on this earth have my admiration , but Dr Lowen not only had my admiration, he had my deep admiration, respect and affection (the same for Wilhelm Reich and Robert Kennedy). I turn to his books when all else fails and I am always enriched, enlightened, and calmed down by the truths of what he writes. Always. His being just comes shining through. I will miss him: that humble heart, that astounding intuition, a true humanitarian. Goodbye Dr Lowen. Marco Ermacora Montreal, Quebec

Name: Margherita Giustiniani, Rome, Italy

Date: 19.Dec.2008

To Alexander Lowen, great master and dear spiritual father, my deep gratitude for his excellent innovating teachings ever aiming at the joy of life and for having given us his precious human and professional experience to the last and for ever. Margherita Giustiniani

Name: VVTIV, Belgium

Date: 23.Dec.2008

As Conceptual Interaction psychotherapists (<http://www.educatieve-academie.be/index.php?id=348>) we share the grief now Alexander Lowen has passed away and we try to honour him in our daily life and practice, since we value his approach dearly. His approach is for us a very important contribution when accompanying people on their path to mental and physical and spiritual health. VVTIV, Vlaamse Vereniging van Therapeuten in de Interactionele Vormgeving.

Name: Josh, Den Bosch, The Netherlands

Date: 30.Dec.2008

Alexander Lowen was the best psychologist ever. His writings and the ones of his teacher Wilhelm Reich will be with me for the rest of my life. Gone but not forgotten!

Name: Joseph Person, Ann Arbor, MI

Date: 31.Dec.2008

I am grateful for the efforts and accomplishments that Dr. Lowen has shared with the world. Having started bioenergetics in 2006, after the diagnosis of a sudden autoimmune disease, my health and my sense of being have continued to improve beyond my wildest expectations and I know that this will be for me a lifelong journey. While Al Lowen has left us, his gift to us - his insight and his exercises - continue to send ripples of comfort and illumination to a whole new generation.

Name: Maria, Kiev Ukraine

Date: 19.Jan.2009

I would like to present my sincere condolences to Mr Alexander Lowen's family. I am truly

sorry for this extraordinary therapist and person. I read most of D's books and somehow got a feeling of him himself, though I obviously never met him in reality. Thanks God that such people exist or existed. Maria

Name: Kathleen Bobowski Goldberg, Portland, Oregon

Date: 19.Jan.2009

My dearest thanks to Al for his wonderful efforts and passion to understand human suffering and the beauty inherent in all of us. I had the pleasure of working with him 20 years ago in 1975 and for years with John Pierrakos. My studies in Bioenergetics and Core Energetics continue to inform my life and work. I know there are many people in the world better for Al Lowen's contribution. My heartfelt thanks and condolences to the Lowen family and friends. We are better for his touch and his brilliance. In the spirit of peace, Kathleen Portland, Oregon

Name: Dr. Erica Goodstone, Deerfield Beach, Florida

Date: 19.Jan.2009

In the mid 1980's, I experienced many sessions with Al Lowen, over a period of many months. When stretched over the bench, feeling total pain, almost agony, I remember saying to myself, "This is the way torture must feel, but at least I have the option to stop when I want." And when I was curled up in the child's pose and Dr. Lowen was pounding on my back, I remember gritting my teeth and thinking, "I won't give in." At times I felt that Dr. Lowen was a bit judgemental, telling me I was so tight. Often I felt I was not "doing" the bioenergetic analysis exercise or movement well enough. But then one time, at a weekend workshop during the group sharing, one participant said about himself, "I don't breathe worth a damn." I found that amusing - to think that we are judging the very basic human ability that all of us have that keeps us alive and that we must be breathing well enough if we are still alive. Another memory was a moment when I shared an experience of someone being verbally unfair to me, and my feeling powerless to do anything about it. Dr. Lowen explained that someone would only be able to do that to him once. They would realize they could not do it again, because of his confident response and ability to set boundaries. I never forgot that. I also just happened to eat in a Japanese restaurant where John Pierrakos was eating in Manhattan, Tatani, literally a few days (maybe a week) before his passing. In our brief conversation, he shared with me that he would have enjoyed hearing from his former colleague, Al Lowen. I don't know if Al ever did contact him, but I also had the opportunity to share that conversation with Al Lowen at the beautifully poignant memorial after John Pierrakos' passing. So although I did not take a formal training in bioenergetic analysis, I felt very connected to Dr. Lowen and his life process. That work was, for me, a direct contrast with the more gentle Rubinfeld Synergy work which is my main modality. Dr. Erica Goodstone Deerfield Beach, Florida

Name: Tony A Melbourne, Australia

Date: 19.Jan.2009

Alexander Lowen you will never cease being a great Man. Thank you for your body of work. Fly home now back to the energetic ocean free from this physical cage. My sincere condolences to the Lowen family. Tony A Melbourne Australia

Name: Pam Chubbuck, Atlanta, Georgia

Date: 19.Jan.2009

I am saddened by Al Lowen's passing and I know that Al achieved his task in life; his time had come. I meet this news with a quiet and grateful heart. I first met Al when I was a young mother, in the late sixties, when he came to Washington DC to give a workshop. I was enthralled with his knowledge of a method of Body Psychotherapy that I instinctively knew could save my life. And it has. I went to Al's office in Connecticut a couple of years later for

a private consultation. Al told me that I needed more energy in my pelvis to make it fuller. I was proud of my boy-like pelvis, but when Al told me that I could have more feeling, and much more pleasure, I was willing to allow it to grow! He whacked my back, manipulated my neck and I screamed. I felt great when I left there. I went on to study Bioenergetic Analysis professionally and practice it still, 40 years later. Many people thought Al to be pretty tough, but on several occasions I felt his soft and vulnerable side. I saw Al cry at a workshop and felt his heart open, as he shed a tear, at his 80th birthday when I went to tell him how grateful I was for his life and all he'd done for me and for the field of psychology. I visited him at his home in 2006. In his office he had a photograph of himself with his infant son. He also had a photo of his mentor, Wilhelm Reich, holding a baby. Al loved babies and was very clear about how we needed to raise them to create healthy children and healthy happy free adults. This was an important and wonderful gift he gave us all. Thank you Al. Your life touched me in deep and profound ways. I will always be grateful. I hold you in my heart and I will never forget you. Rest now. Be at peace. You deserve it! Pamela L Chubbuck PhD, CBT, Core Energetic Trainer [I have republished an article I wrote after visiting Al at his home when he was 95. I would love to share it with you. Please go to www.core-energetics-south.com] Pam Chubbuck Atlanta, Georgia

Name: Jim McNamara Toronto, Ontario, Canada

Date: 19.Jan.2009

Bioenergetics has been a very important tradition for me personally since 1978 and has become integrated into my practice and teaching of other psychotherapists. Without the fearless, pioneering work of Reich, Lowen, Peirakos and others we would not today be in a place where Somatic Psychology is a recognized discipline within accredited degree programs. In Ontario, where I practice and train practitioners, it has not, however, reached that secure status as the province goes forward with the regulation of psychotherapy. We have formed the Canadian Humanistic and Transpersonal Association (CHTA) to help ensure that these traditions, including Somatic Psychology, are appropriately represented in the scope of practice. Lowen's work stands as a reference beacon in this sense. To find out more about CHTA email jim@livinginstitute.org or visit www.livinginstitute.org Jim McNamara Toronto, Ontario, Canada

Name: Marvin H. Berman, Plymouth Meeting, Pennsylvania

Date: 19.Jan.2009

Al Lowen helped me define myself as a man as a therapist and to care deeply and passionately about life. This is what I can pass on to those with whom I live and work. This is the legacy of Al's life and work. May you rest in peace as your spirit of joy of living and presence is carried on by all whom you've touched. Marvin H. Berman Ph.D., CBT, BCIAC (EEG) Plymouth Meeting, Pennsylvania

Name: Erica Kelley, Vancouver WA

Date: 19.Jan.2009

My British stiff upper lip and neck were never the same after attending one of Al Lowen's pioneering workshops in California during the mid-sixties. He, with John Pierrakos and Stanley Keleman, was presenting his neo-Reichian work in a group setting – a rather new concept and a powerful contribution to the Human Potential Movement of the time. I remain ever-thankful for that weekend as I embarked on life with Charles R. "Chuck" Kelley and the development of Radix Education. If Chuck were alive today, he would want to honor Al. He did pay tribute to him during their lifetimes, however, at the 1st US National Conference on Body Oriented Psychotherapy in Massachusetts in 1996, and his words remain valid today: "I have known Al Lowen since the last years of Wilhelm Reich's life in the fifties. Al and John

Pierrakos were busy organizing their new Institute for Bioenergetic Analysis in New York City. I remember, in the years that followed, attending lectures by Al at the Community Church in New York, thoughtful lectures that became articles printed by the Institute. Many of these evolved into chapters of his early books, such as Love and Orgasm and The Betrayal of the Body. My personal favorite among all of Al's books is still his first one, The Physical Dynamics of Character Structure, later reissued as The Language of the Body. No better book on character types and the body has ever been written. Al Lowen is an easy person to hate. Those who have taken verbal shots at him are legion. To tell the truth, I have had the impulse to wring his neck a time or two myself. He is aggressive, cocky and opinionated. He is also creative, insightful, and productive, a man who has made the most of his potentialities. Every one of us at this conference owes Al Lowen a large debt of gratitude. His books and the Bioenergetic movement he and John spawned have been the most significant force in body-oriented psychotherapy since Reich's own work. It has changed the face of body-oriented psychotherapy and personal growth practice. The system I created, Radix, grew from my association with Reich, and it is distinctively my own, but I use bioenergetic concepts and exercises in almost every session. So, I believe, do the great majority of the hundreds of other professionals at this conference – often without even knowing it. Such is the impact of bioenergetics on our field. And so it is our privilege and pleasure today to honor Alexander Lowen, to take this moment to pay homage to him and his work, and to express our gratitude for what he has done for each of us and for the profession that we practice. Thank you, Al!"

Erica Kelley
Erica Kelley Vancouver WA

Name: Alice Kahn Ladas, Santa Fe, NM

Date: 19.Jan.2009

Now, alas, I am the sole survivor of the original Board of the Institute for Bioenergetic Analysis! I owe a huge debt to the adventure of helping to found the Institute and to Al Lowen. That event shaped the rest of my life both personally and professionally in a profoundly positive way. In part, I owe my continuing good energy, and ability to continue to work and enjoy life at a ripe old age, to the work that we did together. And to John P. as well. Thank you both. Alice Kahn Ladas Santa Fe, NM

Name: Angélica Rodrigues Santos, Brasilia - Brasil

Date: 30.Jan.2009

Querido Dr. Lowen, Obrigada por todo o aprendizado que pude fazer junto a você e com as suas descobertas. Sinto-me profundamente agradecida pelo seu legado. Que seu espírito descanse em paz. Com carinho, Angélica Rodrigues Santos (Brasília - Brasil)

Name: Andre, Seattle

Date: 31.Jan.2009

Bioenergetics changed my life. I suffered from clinical depression for decades and was in therapy for 7 years. The final 2 years of therapy were with a bioenergetics analyst. After years of hopelessness and despair, bioenergetics lifted my depression. I have been off medication since 1999 and live a happy life. Alexander Lowen was a great man. It's a very sad thing that his work is not better known, that most doctors turn to medication instead of this powerful, natural method of psychological and spiritual healing. God bless you, Mr. Lowen!!! Thank you for handing my life back to me.

Name: Pamela Lesemann, Sarasota, Florida, USA

Date: 02.Feb.2009

Dr. Lowen paid me the highest compliment after I introduced him to my then three-year-old daughter in Cape Cod in 2005. As I was walking away from his table with her, I heard him

say to his breakfast companions, "When you're down in your pelvis, you have beautiful children." Thank you Dr. Lowen and God bless you always.

Name: Nelson Valderrama, Santiago, Chile

Date: 20.Feb.2009

At the distance, thanks Mr. Lowen for all the great contributions that your books and workshops made to my life and received as a wonderful gift. It helped me to understand myself and get relief. Kindly, Nelson

Name: Lana, Minsk, Belarus

Date: 25.Feb.2009

Thanks Mr. Lowen for all the great contributions that your books and workshops, for your help, for joy of our life. God bless you always.

Name: Michael Thompson Vancouver B.C. Canada

Date: 13.Mar.2009

I was introduced to bio energetics 16 years ago. I was 24. I was given hope from the experience. After reading "Spirituality of the Body", my eyes were opened as I was filled with inspiration. Thank you, Dr. Lowen! I have honored you today by doing the exercises lined out for me by my therapist. My heart open. I cried when I read of your passing.