



David Boadella

(Born: July 6th, 1931; Died: November 18th, 2021)

A Collection of Tributes

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from

Memorial Zoom Meeting, 16th January, 2022

On 16th January 2022, over 200 people, comprising the family, colleagues, students and friends of **David Boadella** came together to celebrate his life after his passing over on 11th November 2021.

You can find the link of this recorded live event on the International Biosynthesis YouTube channel. The RECORDING comes in three parts:

Part 1. Family and Friends. Link: www.youtube.com/watch?v=_XvtXnT3Kps

Part 2. Biosynthesis Institutes. Tribute to David Boadella.

Link: www.youtube.com/watch?v=HCHn1xZ1EO0

Part 3. Sharing in the community. Link: www.youtube.com/watch?v=ct-LJk-I7RQ

The PROGRAM in each part was as follows:

CELEBRATION FOR DAVID BOADELLA

16th January 2022

Part 1: Family and Friends

Music Albinoni: Adagio in G minor –

Silvia Boadella

Till Boadella

Inês Boadella

Adam David

Mary Easteal

Sally Potter

Courtenay Young

Renato Waldburger

Joke van de Belt-Optiker & Joseph Optiker

Part 2: Institutes Tribute to David Boadella

Music Mozart: Requiem in D Minor, K.626: 3. Sequentia: Lacrimosa –

Liane Zink

President OABS, Brasil; Dir. Biosynthesis Sao Paulo
Coord. Argentina, Natal, City Americana, Riberiao Preto
(Cecília Valentim, Singer)

Lily Anagnostopoulou

President EABS, Greece; Dir. Biosynthesis Greece

Eunice Rodrigues

Vice President OABS; Dir. Biosynthesis Bahia

Gerlinda Buchholz	Dir. Biosynthesis Berlin; Dir. Biosynthesis Georgia
Victoria Orlova Berezkina	Dir. Biosynthesis Russia
Svetlana Gusarova	Russian Inst. for Biosynthesis
Gil Arad	Dir. Biosynthesis Israel
Paz Cardín	Dir. Biosynthesis Spain
Garazi Larrazkueta	Spanish Inst. for Biosynthesis
Josune Alkorta	Spanish Inst. for Biosynthesis
Dineke Kodden	Spanish Inst. for Biosynthesis
Attracta Gill & Austin Breslin	Dir. Biosynthesis Ireland
Julia Mitchel	Irish Institute for Biosynthesis
Claudia Correia	Dir. Biosynthesis Portugal
Marina Chandoutis	Greek Instit. for Biosynthesis
Gabrielle Hope	Biosynthesis Somatic Coaching
Joke van de Belt-Optiker	Biosynthesis Somatic Coaching
Daniela Sinsel	International Inst. for Biosynthesis IIBS
Masha Spelsiek	International Inst. for Biosynthesis IIBS
Astrid Camposeco	International Inst. for Biosynthesis IIBS
Alejandro Olea	Dir. Biosynthesis Chile; (Andrés Benitez, video)
Diana Nikolaishvili	Georgian Inst. for Biosynthesis
Nutsa Verkhviashvili	Georgian Inst. for Biosynthesis
Ketevan Beridze	Georgian Inst. for Biosynthesis
Vassilis Christodoulou	Dir. Biosynthesis Cyprus

Part 3: Sharing in the Community

Open Space for Colleagues, Therapists & Students

We thank all those who contributed to this celebration and all the participants. Our special thanks go to the Cyprus Institute for Biosynthesis who organised and hosted the event, together with Lily Anagnostopoulou, who also provided the video together with Paz Cardin.

In the name of David Boadella, with love,
Silvia Boadella and Till Boadella

*This booklet of Tributes was collated by Courtenay Young:
Body Psychotherapy Publications, Edinburgh, February / March, 2022*

Tributes

In Remembrance of David ...

My brother and I had always kept in touch over the many past years.

David was the poet in the family and I, to my surprise, started writing poetry recently with much encouragement from David.

Here is a poem to share with you from last year ...

THE ONE AND THE MANY

A spring arises from the deep,
the trickle becomes a stream
no name as yet.

Now a river is born
it acquires a name,
many thousands around the globe,
all with one destination
becoming one with the open sea

*Mary Easteal
(née Boadella): David's sister.*

I sat next to my father on the evening that he passed away.

I didn't know at the time that he wouldn't wake up the next morning. He had been sick with a lung infection for a few days already.

On the evening that my father passed away, I suddenly had an impulse, an inner feeling that I had to speak with him. I didn't know why but I knew it was important.

So, I sat next to his bed and spoke with him for the next two hours. I expressed my gratitude and told him over and over again that he was surrounded by love. I held his hand, and while he couldn't speak anymore that evening, he signalled that he could hear me by slightly squeezing my hand.

He tried to speak but he couldn't. I told him that it was okay and that I knew he could hear me. I realized in that moment the four qualities that my father possessed:

Deep love
Deep kindness
Deep patience
Deep wisdom

This is who my father was for me.

I told this to him several times and again, he gently squeezed my hand letting me know he could hear me. He used all of his remaining strength, all of his life force to answer me and make contact.

Although it might have looked like I was speaking to myself, this was the most important conversation I ever had with my father. I believe both for him and for me.

After several hours of speaking to him like this, the next morning, I found him dead in his bed. There was no moment of shock, only a feeling of peacefulness in the room.

The four qualities of deep love, deep kindness, deep patience and deep wisdom are the gift my father left. And I promised him that I will pass this gift on to my own children as well.

We all, and the world as a whole, would be better off if we cultivated these qualities more. And because of this, I believe they can be seen as his gift, not only to me, his family, his friends and his students, but to the world as a whole.

Thank you!

Till Boadella: David's younger son.

He counted his life from full moon to full moon
 and in the last big eclipse he rode out of sight.
 He had a strong body
 and on his solid chest we could lean to heal our wounds.
 He had an enlightened mind
 by which he illuminated our spirit.
 He had a warm heart
 through which he instilled in us the devotion to the juices of life.
 And so, we remain devoted to his work.
 He had a generous spirit
 by which he gifted us with the jewel of Biosynthesis.
 He changed the lives of thousands of people around the world,
 who will continue to do the same through the power of his legacy.
 Blessed all of us who were touched by his presence.
 So long dear David
 until we all meet again on the other side of the moon.
 We remain in full gratitude to your gifts
 and in the place of your loss
 we hold the joy of the precious moments of the poetry
 that your life had been and which you generously shared with us.

Lily Anagnostopoulou
President of the European Association for Biosynthesis (EABS)

Dear David, I first met you about this time of the year,
 In January 1980, forty-two years ago, at the Boyesen Centre
 in Acton in London.
 You were leading a weekend training group session; the first of many.
 It was such a relief for me to meet someone who was a gentle man,
 very English, highly intelligent, deeply compassionate, and very, very skilled.
 A role model – maybe?
 I felt we bonded a little then. Subsequent contacts over the years have reinforced that feeling.
 You have been a mentor for me; I have been a sounding board for you.
 You were once a therapist for me, and worked deeply on my long-blocked diaphragm
 That night, with my partner in bed, I had my first proper orgasm.
 I thank you for that!
 Once, you offered me the editorship of *Energy & Character*:
 I was deeply touched, but I felt that I could not take it on then.
 Instead, I helped you with the publication of *Lifestreams* – that felt such a gift!
 I also got the Reich book re-printed as a paperback with Arkana: for you, with you,
 Such an amazingly broad and detailed piece of work.
 It brought him to life
 I thank you for that.
 We have worked together well; in groups; with books; in committees; at conferences.
 We have danced together (metaphorically) in many arenas: on many ‘dance-floors’:
 in a sushi restaurant in Strasbourg;
 with other European Body Psychotherapists;
 In France, in Paris; in Lisbon, Portugal; in Vienna, Austria;
 in Travemünde, Germany;
 On your way to your Trans-Siberian Railway journey,
 and when coming back from Japan;

At the Minster Centre, in London,
 where I acted as an assistant for a course you gave.
 And in letters, emails and phone calls;
 over many years, with many meetings,
 where I got so much from you.
 I thank you for all that!
 You asked me to help with complications with Andreas Wehowsky
 and the German-language edition of *Lifestreams*;
 but – at the Travemünde Conference that day – you both spoke German: *nichts für mich!*
 We met and worked together in the EAP – with your 15 Questions,
 and the early in-fighting with Digby Tantam,
 and with the incredibly complicated Hans Krens affair.
 I have visited with you in Abbotsbury,
 when you burnt your ‘mala’ from Bhagwan;
 I also visited you in Zurich, with Silvia and your young son, Till
 and we met at many, many conferences,
 in the UK, mostly in Europe, and also once in America.
 We have eaten together in a Sushi restaurant in Vienna,
 re-bonding, re-forging our relationship.
 Many different dances – different dance-floors!
 You have published some articles of mine in *Energy & Character*
 and I have published articles of yours in the *IJP*.
 I still have a very early copy of *The Charge of Consciousness* –
 where you had started working out your ideas on therapy.
 I have a manuscript copy of your book with David Smith
 that never really saw the light of day.
 I would have liked to have visited you in Heiden
 and spend most of the time in your library.
 Tapping your sources, doing little tap-dances.
 More recently, we met again and again and again
 by Skype with Silvia, on many Sunday afternoons,
 working together on your latest book
 dancing through the chapters, to the music of your magnificent prose.
 Your ‘magnum opus’ – *The Handbook of Biosynthesis*
 Thank you both for that!
 Strangely, I knew you would ask me to help you with it
 many years ago; I am just sorry it took so long;
 But, hey! We finished it! Just before your recent birthday.
 Hurrah! Hurrah! Hip-Hip-Hooray!
 Three Cheers!
 A long dance together: teacher, pupil; mentor, chela;
 not a father-figure, for you have your sons;
 A role-model, definitely!
 I thank you for that!
 I was with you – you were with us – just after the tragedy with your daughter Eilidh
 That March, in 1980, – it was our second group meeting.
 Amazingly, you gave us your grief that weekend.
 We danced with your tears.
 I had had a sister who died suddenly:
 my tragedy swayed and it pulsed a bit with yours.
 I thank you for that!

I have a copy of your 'religious' book:
 where you worked on your feelings about her – Eilidh's – Christianity
 It is sub-titled 'Impressions of Jesus the Heretic' – ever the dry humour
 But the title is almost a poem – from the Gospel of Thomas –
Whoever is near to me is near to the fire
 maybe also near to the fire that killed her.
 Nearness, distance – time passing – many meetings
 We will still dance together – to different rhythms – in different ways
 In – maybe – many different roles
 You are not gone; you are in my heart.
 And I thank you for that.

Courtenay Young, Psychotherapist Colleague

A Farewell to David

When I started my journey with Biosynthesis
 as a client
 I was lost.

In my first year with Biosynthesis as a student
 For the first time in my life
 I knew where I was going
 I had a direction.

Biosynthesis opened for me
 The door to a road along which
 It guided and helped me
 Heal innumerable wounds
 Deal with my demons
 Find a meaning in life and in relationships
 Find my purpose.

Biosynthesis has been
 And will always be
 A precious map, a compass
 Guiding me through rough paths from
 lows to highs
 grief to joy
 solitude to connection
 rage to laughter
 weakness to strength
 immobility to meaningful action
 rushing to slowing down
 to find the middle ground
 My centre, My ground, My Self, My Essence.

Words are not enough to express my deep gratitude for all that I have learned and achieved and am still learning and achieving thanks to David's work.

I had the chance and the honour to meet him, to see him at work, to feel his gentle, soothing, reassuring and empowering presence that touched and spoke to the child, the adult and the therapist in me. To witness his wisdom, which he shared with us with such humility.

David has bequeathed to us a treasure for us to enrich and continue spreading for a better world.
 Dear David, thank you.

Marina Chandoutis

Jesus and the Two Disciples

The Bible tells us of a passage in which Jesus was resurrected after he was crucified. In an analogy with what has happened to David Boadella and Biosynthesis in the last period, I would like to share with you a few words from this passage of the Bible:

Two disciples of Christ went from Jerusalem to Emmaüs after Jesus' death. On the way, they were talking to each other about his death and how their hopes, beliefs and expectations had been destroyed because they hoped to be saved by Him. In spite of their sadness and disappointment, in spite of their confusion, they continued on their way. Outwardly, they were going to Emmaüs. Inwardly, they were moved by their togetherness.

On their way, they were joined by a Third, whom they did not recognize. He showed them the connection of the past, present and future, and how these need to be integrated in order to understand the wholeness and fullness of life.

This parable reminds us that David Boadella accompanies us still today, for those who are disoriented, disappointed, or have lost their inner clues. This parable captures the strength of our beliefs, the importance to keep the way, to move forward and to be able to engage in a dialogue that allows our vision to become clearer, more distinct, in which solitude finds a new meaning.

When we are moved by something bigger than ourselves, when we move together in dialog, we gain the ability to think, feel and plan things that each of us could not separately. In moving together, one moves to a new place where the hidden circle is broken.

It turns out that there is a Third One, as it is described in this parable, also in our teachings of Biosynthesis, inspiring us then and inspiring us now, opening our eyes to a new perception. Every conversation that has the character of a common journey leads us to where we desire, to our Emmaüs. Let us continue and enjoy this journey together bigger than us, contributing to a better World & keeping his memory alive in our hearts.

‘On the Road to Emmaus’ by Duccio di Buoninsegna (c.1260-c.1319), painted 1308-11.

Submitted by Paz Cardin, Biosynthesis, Spain.

I was very sad to hear that David had passed away before Christmas. It has been a long time since I have seen him, although we did correspond a few years ago, which was nice, and I think, benefited us both. I was his daughter Eilidh's boyfriend back in the day, and shared his loss (of her) at the time, but obviously not the depth of his pain. Mine was bad enough...

I would like to say a few words about when he first came into my life and the affect he had on the village school back in the early sixties. In 1963, David Boadella became the new Headmaster of Abbotsbury County Primary School, the same year that I started as a new pupil, aged four and a half with the other village children of the same age. This was a very different place to what we know today: Abbotsbury was a small village with an almost feudal outlook. We were the children of tenant farmers, fishermen and estate workers. There were only about 40 pupils in the school, divided into two classes, three years in the Infants class with Miss Midgely, learning to read and write, then four more years in the Juniors, under David, learning just about EVERYTHING else!

It soon became apparent that David was a very good teacher, inspirational, dedicated and quite a breath of fresh air in the village! Nothing was ever boring, or mundane. No matter what the subject, he made everything interesting and exciting, whether it was illustrating the sheer size of a Blue Whale by getting us to form a human chain along the roadside to the required length, or introducing us to the delights of oil painting and pottery.

At his first morning assembly, he held up a descant recorder and said “I am going to teach every child in the Juniors how to at least play a tune on one of these”. And he pretty much did! He taught nearly all of us to play the recorder even though some of us were more much suited to the triangle! This

eventually led to us performing Haydn's entire Toy Symphony in three movements in a competition for Primary Schools from throughout the West country, organised by a local TV Station! We made the semi-finals! He also taught Drama, not just the compulsory Christmas Nativity, but also a summer play for the Village Fete, like "Peter Pan" which was well received, and great fun.

He taught Creative Writing, and entered our efforts in a national poetry competition every year, with great success! He eventually published two volumes of our prize-winning poetry! We listened to Bob Dylan in assembly.

He took a few of us to a junior Chess Club on a Friday evening in the Weymouth Technical College and also Judo, once a week in Dorchester, which led to some of us taking part in the South West Championships in Plymouth!

I have fond memories of bouncing down isolated farm tracks in his tiny Hillman Imp, about five kids jammed in the back, some in the front and him driving, taking us home after these evenings. On dark winter nights, he would stop the car on the way home, in the middle of a country lane away from any light pollution, and point out the stars and planets in an impromptu astronomy lesson too!

He was indeed a wonderful teacher, always trying to expand our thinking beyond what was expected, and going the extra mile. Most of all he taught us the joys of creativity, the values of friendship and the need for an enquiring and open mind. We revelled in it. The friends I made then, under David's teaching, half a lifetime ago, are still very much, my friends today.

Robin, David's daughter, Eilidh's boyfriend.

When I was invited to speak today, I asked myself the question: what do I love about David? I have chosen three of his qualities, from many: His body of knowledge; His open and generous spirit; His sense of wonder.

First, his body of knowledge; embodied in David, the brilliant and confident teacher, communicating so clearly about the visible world. I met David for the first time when he was giving a talk in a crowded meeting room in East London. I sat, enraptured, by the scope of his talk: the relationship between embryonic development and consciousness. David spoke of the neural tube and the intestinal tube, taking in nourishment, digesting and expelling, uniting humans with all other living organisms. He implied that we all came from the same root, though we develop into different forms. The blend of biology – the science of the body – with the environmental and the metaphysical was an intoxicating bridge between often distinctly divided ways of thinking.

Second, his open and generous spirit, embodied in David the student, quietly exploring the world of the invisible. We met in Denmark every year, often twice, over a fifteen-year period, for courses ran by the healer and teacher Bob Moore. In Bob's meeting room, David was the modest, respectful and diligent student, taking notes, listening attentively, meditating, occasionally offering a poem or an insight. He shared his dreams and his own struggles. He offered the gift of his vulnerability, knowing that this is a gift that gives strength to others by suggesting that they, too, may have something to give. In this spirit, I was honoured to be invited to be present at the birth of Till, collaborating with David in supporting Silvia at such an ecstatic moment, thrilled to be included at this intimate physical and metaphysical event. Our friendship was cemented.

Third, David's sense of wonder. He was a man enchanted by discoveries. I remember one example amongst many: David talking, excitedly, about David Bohm's work, and, in particular, string theory – the discovery that something could be both a particle and a wave; could, in effect, be in two places at once. Here was David the great adventurer into the world of ideas.

When David left his physical body, we were left with the great, mysterious, puzzle of presence and absence. Perhaps this set of ideas that he found so exciting could give us a clue. David is absent. And he is present. He is not here; and he is here. Both are true.

Sally Potter

It was just 20 years ago, when I got to know David. He gave a lecture about the main ideas of biosynthesis in our clinic for internal medicine in the local hospital in Heiden. The lecture was for the hospital doctors and the practicing doctors from the area. I was very impressed by David's performance. Here stood a friendly man with a secure and self-confident appearance, who was not himself a medical doctor, but spoke to a group of medical doctors, didactically skilful, about theories of connections between body, feelings, spirit and character, as I had never heard or read it before. I knew about Sigmund Freud and Gustav Jung, but at that time Wilhelm Reich was largely unknown to me. The lecture kept me busy, and as a first step I bought David's book «Lifestreams», whose German title was «Befreite Lebensenergie».

Reading the book deepened my interest in the material. And, a few years later in 2008, I began the Biosynthesis training. Although I was then already 52 years old, the 5 years of Biosynthesis formation have changed me. Considering always the proportions, becoming clear in saying yes and no, feeling and expressing gratitude for the miracle of life, being well connected to my emotional balance, looking always for cooperation, and many other capabilities have enriched me a lot, in my private life and also at work. All these made it possible for me, to successfully run the clinic in the Heiden hospital, even in times of very difficult external conditions.

A beautiful friendship developed. I became David's medical doctor for the last ten years, which was a great honour for me. Rarely have I had a patient, who was so interested in information about new medical possibilities – and, at the same time, was able to accept his increasing physical limitations so calmly and without complaint. Several times he was also an inpatient at our hospital. He then was extremely charming with everyone, who came into contact with him. This was noticed, and was often a positive topic of conversation between the nurses.

In my view, David was a “scientist” in the sense, that he was always looking for rational, provable arguments. At the same time, however, he had a broad view of the whole, especially of the “invisible part of life”, that accompanies and shapes us in every moment. David was a great philanthropist; he was always interested in hearing about other people's experiences; he was always welcoming; his speech was always poetic; very often he put some humour in it. He believed in the model of cooperation between people.

Dear David, I thank you, that you existed on this earth, and that you continue to exist for me in the invisible world.

Dr. med. Renato Waldburger

It is with great sadness that we have learned of David's death on November 18th 2021. I am so very sorry to hear this tragic news. On behalf of the European Association for Psychotherapy, I send our deepest condolences to you. David was a great psychotherapist, and he has made such an enormous contribution to our profession through his pioneering work. He will be greatly missed by many colleagues throughout the profession.

Patricia Hunt, EAP President

A Personal Acknowledgement of David Boadella, His Life and Work

I'm very sad to say goodbye to David Boadella who died in November 2021.

I first met David in the early seventies when I attended one of his workshops at Acacia House. I had been in training since 1969 and then working in the staff team at the North London Polytechnic in the Applied Behavioral Science Division of the Management Studies Department. This was the beginning of the Humanistic movement in Britain and we taught organisational change, small and large group and inter-group dynamics, interpersonal skills, leadership and decision-making skills. We used 'experiential learning methods' based in the Humanistic principles that were emerging at that time. We saw ourselves as pioneers and revolutionaries. I think it was clear that we had subversive intentions to overthrow the status quo and create a brave new world of equality, justice and peace. It was still the Sixties after all.

I set this scene because it is important in understanding the context in which David came to mean so much to me.

I began to realise in the work we were doing at the Polytechnic, as creative and innovative as it was, that we came up against rigidity and limits within people that stopped them opening to their own experience and each other. It felt as if what we were doing only scratched the surface of the possibilities for change. I felt the need to look for deeper solutions. It was during the beginnings of this search that I came across David.

I remember him speaking at the beginning of his workshop about the possibility of a world where we were all open to the free flow of the life force within us and that this energy released our potential for connecting our hearts, minds, souls and bodies. In this way we would be able to fulfill our own potential and be fully present with each other: 'Centering', 'Grounding' and 'Facing' were the key concepts.

It really hit the spot for me, speaking to my idealistic hopes and dreams of a different and better world. Politics and how we live our lives as individuals came together for me at that moment in a way that I have never lost. This was in the days after we'd learned of Reich's theories on the 'Mass Psychology of Fascism' and before the concept of 'emotional intelligence' and ideas about the fundamental healing powers in the quality of relational contact became commonplace. It was in fact revolutionary at the time.

I have to say at this point, despite having a personal life that was in tatters, divorced and with two very young children to bring up on my own, it didn't occur to me that what I was embarking on was for my personal benefit. I was still in heroine mode – something I might say I have still not managed to shift – and saw this as part of my training to help others. I think many of us started in therapy at that time under this illusion. Therapy was seen as 'educative' rather than therapeutic or relating to mental disorder or illness. Mental illness was something different and carried with it shame and taboo. A dividing line was established about what was 'normal' behaviour and what was mentally abnormal, and this marked out territory for different professionals to intervene – medical, psychological or educative. Sadly, this divide still dominates the way we understand human experience and the politics of provision of care for those struggling or not coping with life. In truth, we now know that there isn't a simple divide between mental ill-health and well-being and that it is a spectrum along which most of us travel all our lives. Psychotherapy can help at any point along this spectrum. However, the debate still rages about the role and usefulness of therapy in accompanying a soul in deep distress.

I remember at this workshop one of the things David said to me while my whole body was vibrating with life was that I was afraid of my own power. This still resonates with me today and while, at the time, I didn't understand what he meant, over the years I have learnt a lot more about it, how it manifests and where it comes from in my experience.

Shortly after this, he invited me and a colleague to be trained by him. He proposed an unusual scheme – we would meet fortnightly for an hour together. Alternate weeks, he would work with one of us and the other would assist him. This arrangement went on for seven years. It was an extraordinary privilege and deep learning experience. The training included attending workshops and learning theory, but this arrangement was the core.

David's way of working was to pay absolute attention to the smallest movement of life in the person's body. He would see it flickering and find creative ways to support this life and bring it into fruition. He would use contact to encourage the movement to increase, using his presence, his hands, his eyes or at times his whole body. It was miraculous to see a person coming fully alive time and time again, and to experience it myself. There was very little analysis and very few words, mostly none at all during the process. Often the discussion afterwards would ground the experience through dialogue between us. What did it mean for the person experiencing it? How did it appear to us accompanying the person? This dialogue was simple, but very profound.

I say of David that he gave me back my frozen insides – and there is no way of adequately thanking a person for such a gift.

I remember one particular session where I was the patient. During it – and towards the end – a terrifying scream emerged spontaneously from my belly. Afterwards, I connected it to images of my brother. David said to me that this had been an expression of core fear. I tell this because when I got home, across London, my children and partner said something strange had happened. My brother was in an upstairs room helping us with some plastering. Apparently from downstairs they heard him roaring like a raging, wild animal. My youngest son said to me 'Mum, it sounded just like a session'. I don't understand this experience of course. It is one of life's mysteries. But naturally it spoke to me of deep and powerful transpersonal resonances that transcend time and space and the limits of what we know about everyday conscious experience.

This was one of the most important contributions to body psychotherapy of David's work. He developed Reichian theory to encompass and integrate the physical, emotional and metaphysical or transpersonal elements of body process in a methodology that later became Biosynthesis.

After seven years, David said in one session to me and my colleague, 'It's time for us to stop – I think I've taught you everything I know'. I can't remember if that was it, or whether we had one last session. But whichever, it felt right. We accepted it as a rite of passage and felt we ended with his blessing.

He shortly afterwards asked me to join his training team in Japan, Switzerland and Germany. It was in Japan in 1982 that I first met Silvia, who was to become his wife. I witnessed the beginnings of their love which lasted till his death. David acknowledges Silvia's contributions as key to the theoretical development of much of the transpersonal and spiritual elements of Biosynthesis.

I remember at the time he was against building organisations or institutions because he thought they easily became rigid structures, dogged by power dynamics and the establishment of pecking orders. He preferred the idea of seeding the work far and wide – releasing its potential in others.

I was very pleased to be invited to attend the celebration of his life and work in a zoom which involved over 200 people from all around the world from Chile to Switzerland. I was thrilled to see the individual, different and creative ways people acknowledged David and his work using poetry, song and moving videos, expressing their cultural and physical landscapes. Their contributions were full of love and respect. They demonstrated to me David's legacy and how he had put this belief into practice. He was a man of integrity. He would have been so proud to see them. He was an 'educator' by profession and to his core. It was also clear how important to David Silvia's loving care of him had been in the last days of his life amidst the Covid pandemic. Their expression of this love through exchanging poems to each other that had begun in Japan continued to the last moments of his life.

He was one of the leading psychotherapists who brought the Humanistic movement to Britain in the early 70's. An internationally renowned author, he was also a scientist, innovative and creative theoretician, poet and a sensitive, attuned practitioner. But most importantly, he was a loving, generous, kind, patient and wise man.

I know many of you in our profession, particularly those in the Body Psychotherapy approaches will know him, or of him and his work. He will be a great loss to our tradition, but true to his word he has taught many of us to kindle the spark of life in others. What more can any of us as therapists try to do?

Tricia Scott, MSc., UKCP Fellow

LEARNING TO TRUST: REMEMBERING DAVID BOADELLA.

I found it hard to hear that David Boadella had died because it was so long since I had seen him. I had never visited the centre in Switzerland that he and Silvia had created with so much attention and love to give form to Biosynthesis. It was going to take time to take in the reality because also David had been such a formative influence in our lives as a family. He was always there for me as we had shared intellectual interests and spiritual passions that crossed the decades. I'm sure the inner conversations will continue and help shape the future, as they have in the past. I'm so used to drawing upon his voice and imagining a conversation that we might have – as if he will always be there in some way at the end of a line.

It was on the phone that in 1982 he helped me realise that I should *not* expect myself to be able to visit my older brother Johnny, who was dying of cancer in Westminster Hospital so soon after our child Daniel was born. He helped me trust the conversation with Johnny, if I were to say that I would visit whenever I could really *be there* for him in the visit. We were able to re-establish trust through working through childhood resentments, for example, the anger he still felt that I had charged him to do his homework for him. Giving space to really share difficult feelings, we had been carrying helped to establish trust and allowed him, when he was ready, to ask about whether he was dying. He was in a terminal ward and somehow a community of kindness and support allowed him to grow and form a connection with himself that helped him to face death and what might come after.

Anna and I had our first session with David in the autumn 1977, soon after a late miscarriage in Paris. He worked with us individually and together, as he was to over the next 5 or 6 years but refused to take money for the first session. It was a moment of deep loss and he helped us to be kind and caring as we dealt with the pain that we also had to deal with individually. David was always attentive and very present in sessions and able to trust whatever pain and longing bodies needed to express through touch and contact. He was very fluid in his approach and able to resonate with the needs of the moment. He had learnt from working with Reich's Scandinavian followers and had shaped his own theories of embryology. He had learnt to trust whatever emotions and feelings needed to come forward, as different bodily layers loosened their hold and energetic streaming allowed for inner shifts to take place as well as a sense of freedom.

David knew the wisdom of the Hebrew saying: "Not to know suffering means not to be a human being" (Genesis Rabbah, 92:1). He knew this through the terrible pain of the sudden tragic death of his daughter Eilidh and, as friends, we could be there for him as he had been there for us. As ethical humans, we had to learn to both give and receive within an equal relationship. This is what David taught and learnt for himself. His experience as a primary school headteacher helped him also understand joy and creativity as essential parts of human development. You had to laugh as well as cry – feel joy as well as sorrow as you learnt to deepen your connection with yourself and engage with the beauty and destruction of the world. I remember the concern we shared with David in Sondevig in Denmark as the atomic cloud from Chernobyl was making its deadly path across Europe. He traced its movements hour by hour and feared for where it might settle with devastating effects for animals and human beings.

David refused the distinction between the sciences and humanities that had shaped European modernities as he challenged – with Reich – the Cartesian distinction between mind and body, reason and emotion, flesh and spirit that had also formed orthodox Christianities that talked of sinful bodies and defined human beings as spiritual beings transcending the flesh. He was as concerned with science as he was with poetry, and I recall endless insights about the sources of psychoanalysis and body psychotherapies as counter-cultural traditions that allowed for different embodied and spiritual visions of ourselves as ethical humans. He sought inspiration in alternative spiritual traditions, crossing boundaries between Western and Eastern traditions and was always willing to explore new journeys of minds, bodies, spirits and souls.

I recall an early shift in David's thinking when he learnt, when working with someone, that it could be important for some people not only to *ground* themselves through their bodies and contact with the

earth, but to ground themselves through their spirituality. This was an opening that enriched his own life and learning and led him and Silvia to work with Bob Moore in Denmark. They were in the English group. David was always open to learning and taking the next step, learning from his own experience as he followed diverse paths. He was always excited to share his latest discoveries and each summer in Sondevig through the 1980s and 90s, we would renew and catch up in the spiritual community that drew therapists from across Europe and the world.

But I think engaging Reich's work, which was about grounding in bodies and nature, with Bob Moore's work that acknowledged subtle anatomy and psychic streams, as well as the interrelation between physical, emotional, mental and spiritual bodies, was to lay the basis for what became named as Biosynthesis, a term we talked about in Denmark. The focus on emotional expression in Reich and contact at different horizontal levels with ourselves and others could be supplemented with spiritual practices that allowed for nourishment, love and self-acceptance, as well as vertical connections with different levels of life and reality. It was through joy that contact could be made with the real.

There was an institutional politics of self-trust that was empowering in David's work and created space to challenge institutional relationships of class, race, gender and sexuality that led people to judge themselves according to accepted social standards. As a quiet rebel, David taught me to challenge the standards of academic life that can so easily undermine and disempower as "they grab you by the balls" he said. You need to trust your own insights, as he did with Reich and Bob Moore, even if they were not yet generally recognised for the values they carry, in the wider culture.

Discern your own values as an ethical human and dare to live by them, even if they mean challenging prevailing neoliberal racial capitalism that oppressed and undermined. Shaping a spiritual eco-humanism that had learnt from Reich, as it did from Moore, it was in standing up for yourself and trusting your own process as you took time to reconnect with your body, emotions and spirit, that you would deepen your connection to yourself as you engaged with transforming the world. This was to trust in life and love, as you learnt to identify and challenge prevailing relations of power.

David would have understood that, in changing ourselves we are changing the world, and appreciated the words of the African-American gay writer and activist, James Baldwin saying: "What one does realise is that when you try to stand up and look the world in the face like you had a right to be here, you have attacked the entire power structure of the Western world." (*I am Not Your Negro*, edited Raoul Peck, New York: Vintage International 2017)

David touched the lives of so many people he worked with. As a teacher and as a therapist he was constantly learning. He has left so many writings that we can still learn from and, as a person, he learnt to live with love, insight, kindness, joy and compassion. We can never tell what the future will bring, but we can be willing to face whatever it brings, as we learn to trust in these difficult and fearful times with Covid19 and the climate emergency.

*Professor Victor Jeleniewski Seidler
Goldsmiths, University of London*

I experienced wonderful moments in my life, when I was studying for an M.A. in Humanistic Psychology at Antioch University in London in the late 70's and had the honor of having David Boadella, as my professor in the course "Reichian and Neo-Reichian Theories". David was also my therapist at Acacia House, then the Boyesen clinic. David would come from Dorset to London every fortnight to give classes, supervise groups and see clients in psychotherapy. In those rich therapeutic moments with him, I had insights about the life streams in my physical and energetic system, that helped me to understand what I was studying and living at that moment. A flame of light awakened in my life together with the passion for the Biosynthesis method! This remained throughout my life until now!

David was a simple, kind, very charismatic person, much loved wherever he was giving teachings. At the beginning of 1980, in London, he had named his therapy system as Biosynthesis, at this point he stated that it would be an open and free system and would resist any kind of dogmatism or institutionalization. Years of teaching in various parts of the world followed, including Brazil, where he gave therapeutic and teaching workshops for different groups. In São Paulo, he was teaching a group composed by the current leaders of Biosynthesis in Brazil. It was some years of delightful and inspiring experience!

At this time, he had started the organization of Biosynthesis method and created a center for research and studies. Then it was baptized as the “Centre for Biosynthesis.” I accompanied David on trips throughout Brazil in his research of the subtle levels, which, as he said, “*are like envelopes of experience around us*”. During these trips, he met researchers in this area such as Chico Xavier and Hernani Andrade, who helped him in his search for spiritual expansion. This research contributed to enrich Chapter IX: “The womb, the tomb and the spirit” of his book, “Lifestreams”. More than the interest of the scientist and researcher was the pain of a father who had tragically lost his daughter and wanted to understand the meaning of life beyond the body, beyond existence, which led him to “*better understanding the connections between body and soul, hope and despair, faith and fate*”.

What was really enchanting about David as a therapist was the deep knowledge of the vegetative streams flowing through the body searching balance. His loving presence, precious touches would help awaken the free flow of emotions and movements making easier the contact with the inner source of love and light.

I am very grateful to David for the wonderful teachings during all these years, learning one of the main qualities of Biosynthesis which was embodied in himself – the wisdom of the heart.

*Eunice Rodrigues, M.A. Psychotherapist,
Senior International Trainer Biosynthesis,
Director of Training – Centro de Biossintese da Bahia, Brazil.*

Dr. David Boadella, founder of Biosynthesis Body Psychotherapy, passed away in the arms of his loving family on 18th November, 2021. He was one of last great founding members of Body Psychotherapy and was an international expert in trauma recovery and interpersonal neuroscience. His legacy is immense. David trained Biosynthesis Body Psychotherapists world-wide since the 1970s and was a founding member of the European Association of Body Psychotherapy in 1989. He as key to Body Psychotherapy receiving international scientific recognition. David’s influence on all modern Somatic Psychotherapists and scientists and can never be underestimated or forgotten. On a personal note, he was our friend, our mentor and teacher. We were very fortunate to spend 5 years in Switzerland working and learning from him. We remember him with deep love and gratitude for all he gave to us and the world of psychotherapy. May David rest in peace in the arms of his beautiful daughter, Eilidh, who passed away many years ago.

*Attracta Gill & Austin Breslin
Directors of the Irish Biosynthesis Institute*

The One Who Paved the Way

He is the one
 Who Taught me
 About Reparative
 Motor Fields
 Like the Extension Field
 Which
 Encouraged my arms
 To reach out
 Just like the
 Little Baby
 I once was
 Now a woman
 Who has needs
 That deserve to be met.
 He is the one
 Who taught me
 That Centring
 Emotional Breath
 Brings regulation
 Of my nervous system
 A return to the
 Window of tolerance
 A safe place
 Within
 For all the memories
 A safe place
 To create
 Healthy Boundaries
 He is the one
 Who taught me
 The importance
 Of solid Grounding

Rooted like a tree
 As the storms raged
 Around me
 He is the one
 Who taught me
 The courage
 Of Facing my past
 In the present
 As I welcomed tears
 For all the years
 I had none
 Moulding my heart
 Into a melting pot
 Of compassion
 And self-care
 Strong to my core.
 David is the one
 Who spoke as a poet
 A dancer of words
 Restoring healthy
 Pulsation
 Through progressive
 Movement
 A soul pulsator
 A body pioneer
 A giver of light
 A giant of a man
 David Boadella
 You are the one
 Who paved the way

Attracta Gill

David Boadella, the man that I deeply appreciate and love so much, gave me and others the best reasons to feel so. But what he gave to the world, is much more than what a personalised tribute can say about him. He was born on July 6th as the Dalai Lama did, for me he was the Dalai Lama, and surely also for the world of body orientated Psychotherapy. Understanding the body is one thing, but his cognitive, spiritual and emotional intelligence, broadly knowledge, wiseness and abilities that woven together that wonderful integrative open system of Biosynthesis, is what made it to be as remarkable and complete. I've learned several methods in the last 40 years, nothing was so entire as the Biosynthesis. I loved to be his student, I loved to be his client, I loved to be his assistant and I love to give further what he gave me, us ... David can't die and never will!

Avi Applestein

Dear Silvia and Till, my sympathy to you.

I like to start with a sentence that is used to give comfort in such a situation:

*“If you search me, search me in your heart.
If I have found there a place, then I will be with you.”
“Wenn ihr mich sucht, sucht mich in eurem Herzen.
Habt ich dort eine Bleibe gefunden, werde ich immer bei Euch sein”.*

Rainer Maria Rilke

David Boadella was able to reach my heart and I had a big trust in his work on a personal and a professional level. I had a resonance with him. This feeling of resonance I had even on our first meeting in Berlin. These years in Berlin were happy years for me. They will stay in my heart and I hope that I can pass it on.

Through him, I had met heartfelt, very heartfelt people in Biosynthesis and I am so thankful that I had and still have this enrichment in my life.

I felt, I could not only learn from his intellect but from his attitude, from his intuition, his lightness, his humour and his borders. He was structured but not dogmatic.

Last but not least it was a gift to see his miraculous access to his work with the body. He inspired us all. Learning from a human example seems for me the best way to expand.

For me it was a gift, to see him age. To see how he was working with us handling his illness.

It was with openness and dignity. And how you Silvia supported him on this. I have good memories of this process too. I wish us all peace of mind. Thank you

Gerlind Buchholz-Fritzsche

About David

He was a teacher – in his younger years, he was also working with the young, learning from them and with them, while he was asked to educate, to teach, to accompany them, through and in spite of the hardships of their lives ...

He was a dancer – having learned from and worked with inspiring teachers, about movement(s) and moving, the body and its impulses, the diverse and fine qualities that come with dancing, and living itself ...

He was a poet – loving language and literature, putting words, creating sentences in a most imaginary way, to express, reach out and touch life and all that comes with it ...

He was a scholar – his intellectual scope was huge, his reading profound, his horizons were wide, the agility of his mind just impressive, opening up new spaces, again and again ...

He was a therapist – *“ein Gramm Kontakt ist wichtiger als eine Tonne Energie”* [an ounce of contact is worth more than a ton of energy], this is what he showed us, this is what we have learned, what we can keep in mind, wherever we are going, whatever we are doing ...

He was a citizen of the world – he never restricted himself to a specific national or social ‘ground’, he was welcoming everybody from everywhere, was welcoming to learn from others, from other histories, other cultures, other countries.

He was just a great spirit, he was just – human.

I am deeply grateful for all I could learn, witness and share with David.

With love, Susanne.

*Prof. Dr. Susanne Maurer
University of Marburg*

Tribute to David

I had the honour and joy to follow David as my teacher and watch him in therapies he carried out, how gently and respectfully he worked with everyone. In my heart however, I cherish the conversations we had with David about his youth and especially the two times he visited Cyprus. His descriptions and narrations were full of joy as that of a child's, describing his trips exploring the island, from Paphos to Apostolos Andreas, remembering all the places and describing landscapes in great detail. We shared beautiful moments during these conversations about his two visits to Cyprus, especially his second trip which lasted about a month and he had the chance to explore the whole island.

To David,

He who listens to his heart, sees the way...

He who binds the mind with the heart is on the way...

He who unites the Mind with the Heart and the Spirit is the Way...

David, for all of us who had the good fortune and the joy to meet you, you are the Path...!

And along with us, tens of thousands follow this Path that leads the real world to the True World!

The lamp of earthly life sometimes goes out...!

Earthly death, like a bullet, always beats in the hearts of those who remain! Courage Sylvia...!

Thank you for being an unfaltering companion and a guardian Angel!

The Sunshine of Love that we inherited from you, David, will never go out...!

Thank you Master!

*Dr Vassilis Christodoulou
Cyprus Biosynthesis Centre*

David Boadella's Memorial on the 16th of January 2022 was very beautiful, so full of light and gratitude. We are so many people who have felt a supportive presence by David, a soft push of challenge in the back, which developed an inner strength to change things to the better and more authentic in our lives and in this world.

And I also thank Silva Boadella for her structural thinking, for her belief in her work, and the building of the international Biosynthesis Community. I doubt that David would have managed that ...

So, came two different and loving souls together on the long journey on the trans-Siberian railway into a true and fruitful companionship lasting so long 'until death separated you'.

But – We are many who have taken on David's legacy around the globe, in the work we do, in our personal lives. As you wrote in your last poem, David: "I won't die". And so – your work will stay.

*Christina Bader Johansson
Past-President CH-EABP Switzerland*

Dear David

When I started the Biosynthesis training with you and Silvia almost 15 years ago, I repeatedly got into turbulent and exhausting emotional processes. Thank you for your loving, supportive presence in the trauma work, which – as you always put it – gave me the containment to successfully complete this really difficult work.

Well, what can I say? I would like to tell you that our joint processes have transformed me: I have matured and progressed in my personal development. I apply what I have learned from you not only in my Body Psychotherapeutic work, but also in my medical discussions and in my life.

A new quality has emerged.

Thank you for that, you will always be alive in my heart.

*Hans Lothar Michels
Doctor – homeopathy, Biosynthesis*

I first saw David on a Biosynthesis training power-point presentation. Little did I know that we would come to be a part of the same family.

I am deeply grateful to David for creating (together with Silvia) and leaving behind 2 masterpieces that I love so much and that changed my life: my dear husband, Till and the psychotherapy method that changed, fulfilled, and continuously enriches my professional life. It was an honour to share a full cycle of 7 years with David in my life, in which we enjoyed wonderful professional and personal moments. His quiet presence will always be missed at the kitchen table during meals.

I was lucky enough to have David as a grandfather for our two children and I am sure Lucas, our oldest will remember fondly waking him up in the morning and playing with his telephone. As for me I will miss having interesting conversations with him about his and my life. Always he could give enriching knowledge, advice and ask the right questions. Or just sit quietly looking through one of the many windows in Benzenrüti, while one of the kids slept on me or was breastfed. I will always see him when I look at my children's hands which they have inherited from David and their father. It was one of the first things I noticed when they were born: those long fingers.

His was one great and long life, and I am happy we could all see him right before his journey into another dimension. The week he died I dreamt of him, I could say goodbye in the dream space. I asked if we could have him more time. I don't remember the answer but he swirled away in a spiralling rainbow of many colours, and that is comforting. To finish, I translated a poem I think he would like, by a Portuguese poet, Sophia de Mello Breyner:

When my body perishes and I am dead
 The garden, the sea and the sky will go on,
 And just like today the four seasons
 Will equally dance at my doorstep.
 Others in April will walk through the orchard
 That I walked through so many times,
 There will be other sunsets over the sea,
 And others will love the things I loved.
 There will be the same spark, the same celebrations,
 There will be the same garden at my doorstep,
 And the forest's golden hair,
 As if I was not dead.

Inês Boadella
David's daughter-in-law.

When David Bodella came for a workshop here in São Paulo, we said Biosynthesis is the psychotherapy of the future. And I still believe that.

Our present time asks us to be teachers with a huge human heart. *"The human heart is very complex, but this demands the adventure and the capacity to die and be reborn."* (Edgard Morin).

David Bodella also asked us to work with an open heart.

As Biosynthesis is the integration of life at birth and throughout our development, it means we have a bond between three essential aspects of human existence.

When we work with the body, the breathing, and the movement, the incarnation of the psyche is there. And that's the flow of the open system, which means the healing process of the integration in Biosynthesis. *"The cosmic ocean together with the organic ocean."*

Liane Zink
Senior Trainer at Brazilian Institute of Biosynthesis, President OABS.

From Georgian Institute for Biosynthesis***David Boadella, You are in our Hearts.***

I am sad about him and I am glad that I met him in life. I remember his eyes looking at me, I could feel soft strength in them.

Nutsa Verkhviashvili:

I am very sorry for David, that he is not here. I prepared this candle for him, for his soul. I feel really honored that I met him 2 years ago and I felt so much strength. Nutsa said very right words: he was strong and soft at the same time and he was old and childish, it was so fantastic for me. Once again, I want to thank David for this wisdom that he gave us.

Diana Nikolaishvili

I am very sorry about David and when I feel such strong sadness I cannot find words to describe what I feel. I need time to process these feelings and I would like to see our pictures with David, but now I am not ready for that. For now, I have image of David sitting in the hall, in Hotel Linda and around are his students and he is declaiming a poem. This image is not sad, this image is alive. I am grateful to David for Biosynthesis and for the knowledge he gave us.

Ketevan Beridze

I was thinking about David and it is a pity, that I didn't have chance to meet him in person, in Heiden. I think that the most important thing that we have in life is time and connection. And time is most valuable thing and what doesn't happen, doesn't happen.

Maks Kirichenko

I feel very sorry for David. I am very happy to see you all today because I feel that this connection is what I needed very much.

Lika Tsaava

I feel a little bit sadness that I couldn't see him in life.

Nina Rikadze

I take sadness positively, with the warmth. When our program was starting, before the pandemic, David was going to have seminar in Heiden, then the pandemic started and the seminar was cancelled and at that point I realized that I will not see David anymore. It was like inner sensation and/or anticipation. When I got to know that David passed away, I felt sorrow and also feeling of righteousness and fairness. I feel that what is going on is right, it is inner farewell and warm sadness.

Anatoliy Zotov

I am very sad that David is not with us anymore. I am very grateful for things he left to us. He gathered and united us around him and I have feeling that somehow he is with us. He left very valuable experience and very precious thing. I am very grateful for that.

Natia Batsikadze

I am very sorry that David has gone from us.

Maka Inanashvili

I was on the supervision session of biosynthesis when we received the news about David, this was very unexpected for everyone. For the memory of David, each of us named one word, and described its association and connection towards David and Biosynthesis. It was very beautiful, everyone, with different words but with the same meaning talked about life, the influence on many lives and it is very powerful and beautiful.

Ekaterina Belyantseva

David's death was really bad news for me. I had same feeling as Tatia, because I have never seen and met David, so I didn't have a live feeling of sadness, but it still affected me and is affecting me especially right now, when I am in the group. I always thought that birthday is something very special, me

and David we have birthday on a same day, this fact was very interesting and I don't know why, but I was very happy because of that. I have no idea why I am speaking about it right now, but it makes me emotional, the fact that we are together now, that we both have birthdays on a same day. Now I understand that I feel sadness, I feel really sad, I feel down.

Salome Meladze

I also have birthday on the same day as David, I also felt some connection towards him. I wasn't able to meet him, but somehow through this program and through his method I feel like I have met him. For me this is a symbol of life, because he brought light in many people's lives and in my life for sure. I don't know what my life would be without Biosynthesis, now I cannot imagine my life without it. I hope that I will carry a part of this light through my life.

Natia Maziashvili

Thank You, David!

(Music – Psalm 50 sung by a Georgian priest in Aramaic language)

From Russian Institute for Biosynthesis

Dear friends and colleagues, we would like to present you David Boadella's poem from his book, "*Mirrors in the Sun*" (2011).

Tears of Trust

So tears are pearls then
 Which run down your face
 When you bow your head in an act of grace
 And send gleams
 Of light once again
 Deeper than dreams
 Beyond time and space.
 "I won't paint any tears"
 You wrote in your last years
 On earth. Tears would only
 Be grooves of grief
 And lines carved without relief
 On the face of sorrow,
 Blinding us to tomorrow...
 But the tears of our rememberings
 Flow from the pain of the past
 Towards the hope of the future
 And glisten like dewdrops on the glass
 In the present. They nurture our nature.
 When Virgil sings
 He also remembers the tears in things.
 Every bird
 Reminds us our voice will still be heard.
 Tears of contact are the water you take
 Along with your daily bread:
 They are sprinkled on your bow head,
 (Like a marathon runner under stress
 Who manages this way to keep fresh).
 Tears are part of our wake for the living.
 A wise Tibetan once said:
 "Everyone dies, but no-one is dead".

We also would like to present you some David's quotes. We think it's a good idea to make a collection of these. It's our treasure, a gift, a blessing, a heritage.

- *The problem of therapy is not to cut the past away like dead wood but to re-work it, to regenerate it, so that the body can become charged with the significance of what it has truly lived.* (“Life Streams”, Cpt. 8, Facing and Sounding)
- *Walking is really controlled falling... A person, afraid to fall and tensed against gravity, therefore cannot walk freely. He has lost the pleasure of simply walking.* (“Life Streams”, Cpt. 7, Grounding as Communication)
- *The client is not required to follow the therapist's health model, replacing his patterns with therapist's one.* (What is Biosynthesis, lecture)
- *Depression is the loss of the ability to play. And the most important thing to do for such clients is to restore that ability. But they can't do that if the therapist is too serious.* (Interview with David by Sally Potter, Heiden, 2002)
- *Burning out happens when therapist is too symbiotically identified with depression, bad life conditions, trauma. If you too identified with burnt-out client, you will have a burnt-out therapist. It's a story about when to identify and when not. The opposite to burn-out is light-up. Light-up is a hope, inspiration, resource ... You can't renew a burnt forest, but you can protect the forest which is still alive.* (Interview with David, Heiden, 2012)
- *What a therapist tries to offer is care from the outside which helps to cure from inside. I am not curing people, I'm trying to care for their self-cure process. The healing comes from the inside.* (Lectures for trainers, Heiden, September, 2018)
- *It's very important to distinguish between “to care” and “to cure”. The same word “therapia” in Greek, means both. Yes, but we need to remember that care comes from the therapist and cure comes from the client.* (Lectures for trainers, Heiden, September, 2018)
- *The main goal of therapy to help client to move from problem to his recourse. So, he can live his life in a way of satisfying and become his own therapist.* (Interview with David, Heiden, 2012).

There are so many moments and memories that we all recognize having with David. For me, it is 19 years of admiration and respect for his teachings. However, the most profound and remarkable for my professional and personal process, happened in the last 3 years. Difficult years for the Biosynthesis community and for the world. His capacity for adaptation, evolution, and vision is once again present. Online meetings, evaluation of new senior trainers, congresses, meetings celebrating the international community, there David was with curiosity, enthusiasm, with his bright look and a genuine joy on his face. His excitement at seeing so many of his directors, faculty and students gathered to perpetuate his legacy. For me it remains the commitment and the promise that I made to him and will never forget ... I will do everything to fulfil it.

His kindness is of a great soul with whom I have had the privilege to be in contact. I will never forget his smile of happiness next to his beloved partner Silvia, on his garden bench on a beautiful sunny day in a facetime meeting, while I was telling him about the latest events and plans for the future, with his sweetness and kindness he told me “We and the whole community will be at your back giving you support, strength and courage”.

I have said it once before, but I repeat, I will honour his memory in every gesture, every word, every class and session. His light will always shine in all of us.

Cláudia Correia, Corporalmente, Biossintese Portugal

My Training Experience at the Biosynthesis Institute

I had already been in practice as a NYC psychodynamic clinical social worker around the arena of child and family when I met David in 1984. At the time that I entered Biosynthesis training, I was living in France as the resident international trainer for the Radix Institute, the then California based Neo-Reichian educational program. I had been reading David's journal, *Energy and Character*, for many years, as it was the primary, most inclusive, and most exciting source for concepts and practices in what was becoming my life's work, the arena we now call Somatic Psychotherapy and Somatic Psychology. I was drawn to this larger, deeper model, to its "synthetic" action, its lack of orthodoxy, its wider understanding of the whole-person and the multiple sources of health and vitality.

My trained with David and Sylvia Boadella at the Biosynthesis Institute in Zurich on the banks of the beautiful River Limmat spanned from 1985 to 1989. Our cohort of 24 was the second international training group. David was the primary instructor, with Sylvia organizing and supporting David and teaching from the Bhutto tradition. Several babies were born during the training, including Til Boadella and Lily Anagnostopoulou's son, Timothy. The training was a commitment of 35-40 days a year, some of which were residential modules.

The training, as I remember it, lasted four years. I believe we were a cohort of 22 psychotherapists, body workers, yoga teachers, dancers, and healers. This training was, in fact, an *advanced training*. The experience building on your prior experiences and trainings. David's model was so comprehensive that there was always new learning available whatever your prior professional background. The excitement for me was in David's ability to expand my neo-Reichian paradigm from a psychosexual and bio-energy model (Bioenergetics, Core Energetics, Radix) to a *whole person/organismic* model with an expanded, contextualized, and integrated view of human life from individual to community, from conception to life's end, and from microsystems to dynamic living systems.

In reflecting on my Biosynthesis training experience, I came to wonder about the roots of the pedagogy that informed David's teaching style and his educational philosophy. It seems he clearly drew from, or flowed with, German Life-Reform ideas, and the work of A.S. Neill, and the Free-School notion of self-directed learning. It was, at heart, an experiential learning model where David would lecture on a concept area (for example, in the first session, he focused our understanding of the root chakra on concepts of grounding, tonus and the polarity of rigidity and collapse). Then, he would demonstrate with a model what he called a "structure", which is a bodily starting point for exploration in groups of 2 to 4 students rotating through the roles of client-therapist-observer. Following this, we'd have several sessions of debriefing and learning from each other's work and experience. These learning sessions moved systematically from bottom-up across the training years. They were augmented by meditations, energy explorations, massage, dreamwork, dance, personal sharing, and art therapy events. In each module, David worked several times in a complete 60-90 minute therapy session with volunteers.

David made generous use of the chakra system tradition as an organizing tool for our training. This was before he developed the later training model organized around the 12 principles (Founding, Grounding, Centering, Holding, Bounding, Charging, Bonding, Sounding, Facing, Crowning, Trauma, Forming and Shaping). Working with David was like listening to a great jazz musician, who's reimagining of a traditional riff opens depths and excites the body and the mind. Each module was an exhilarating experience to which I actively looked forward. There was no model for where David's training could take you. We had his *Energy and Character* articles, and his wonderful monograms, but *Lifestreams* had not yet been published. We got to witness a mind unfolding itself, weaving themes and concepts and inviting us to explore for ourselves how these threads lived in our bodies. I emphasize here "our bodies" because David continuously reminded us that *one-size therapy* does not fit all bodies. The balance of the therapeutic elements needed to be formulated with each client.

His extensive use of the complex Polarity model made these modulations tangible (too much, too little, too fast, too slow, too bounded, too under-bounded, etc). Later, I recognized how the polarity model informed regulation theory and epic human quest to seek balance (e.g. environmental sustainability). For me, the essential heart of David's model and of his practice and his teaching style is the concept of "the formative process and the organizing field" about which he credits his close friend and colleague, Stanley Keleman. I quote from David's handwritten training manual circa early 80's.

“The growth of the person follows inner and outer laws with a tendency to self-organization and self-regulation. Self-organization is to do with movement from less developed toward more developed ... It is an evolutionary drive toward fulfilment ... For the formative process to unfold, it requires an organizing field in which this can happen ... In therapy, the patient’s tendency to heal themselves, to discover their emergent needs and to balance their energies is the formative process. The contact with the therapist and the therapist’s ability to resonate with those needs and to respect the essence of another human being, is the organizing field”.

What a tremendous guide for life and psychotherapy David has left us. We have been fortunate to be on earth in his time here. His body of work is unmatched in our field.

Mark Ludwig

Sunrise in late October

Even when I am old,
 the sun’s gold
 seems very young
 as we watch it rise
 streaming into our room
 full of surprise
 for our eyes.
 May the sunrise
 guide as all,
 keeping our gaze
 true in different ways
 of meeting nature
 hopefully, in the near future.

David’s last poem: 1, 187: October 27th, 2021

Ashes in Early January

You
 look at me
 from the urn,
 rejuvenated.
 It snows
 jewels.
 Your ashes
 around the ash tree
 sprinkled.
 The snow
 on the trunk is
 from Elysium.
 Leaning
 onto it:
 I

*Silvia Boadella’s answer to David’s last poem
 January 22nd, 2022*



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