

## Energy in Motion: The Making of the LET Video

By Charlotte Hatch, Mastery teacher and program coordinator, ITP San Francisco founder

Last summer Pam Kramer, Barry Robbins, Charlotte Hatch and a group of volunteer practitioners created an explanatory video to accompany George Leonard and Joel Kirsch's LET manual: *Leonard Energy Training: Gentle Exercises For Transforming Body, Mind, and Spirit*.

Creating the video was a truly modern experience! Milena Pastreich, our videographer, came to Corte Madera from LA to spend 2 days filming our group at the Aikido of Tamalpais dojo. After filming, the digital video went into a dropbox online, and our editor, Meryl O'Connor, started her work.

She began the editing process in Chicago, moved to London and then New York. Pam Kramer worked with her by phone, checking the progress in the drop box. When the editing was complete, months later, Pam, Barry and I discovered we needed some more shots of participants performing the exercises, zooming in on hands and feet. We met again at Aikido of Tamalpais, this time with a local filmmaker, Cynthia Abbott, and Alejandro Palacios, a local videographer.

The film follows the organization of the LET manual, beginning with solo practices: Balance & Center, Ebb & Flow, Walking Through Eternity. The second section concentrates on partner practices: Blending, Yin/Yang Harmony Motion and the Energy Arm. We also included a group exercise: Circle of Anticipation.

LET is an important aspect of ITP because practicing it develops our capacity to listen to our bodies. Because body sensations do not lie, this practice helps us to discover who we really are at any given time. And when we can greet our authentic selves with love and acceptance, we can begin and continue the process of true integration. While the manual and video are not meant to be a replacement for the actual experience of practicing LET exercises with an experienced leader at a workshop, it's our hope that they will help bring LET to ITP groups and people around the world.

