



On The TABLE

Newsletter of the Napa Valley Association of Body Workers
Expanding the foundation so that all may rise to greater heights.

Psychocalisthenics with Wil Anderson



Wil Anderson, owner and director of Veranda Club Spa, will be the guest speaker at our first NVABW meeting, to be held September 4th, 7-9pm at the Inn at Southbridge in St. Helena. Come experience Psychocalisthenics through his lecture and demonstration.

I recently had the pleasure of spending some time with Wil Anderson. When I asked him to tell me about Psychocalisthenics, this is what he had to say.

"Arica Psychocalisthenics is about establishing a certain level of vitality across the organs of the body. When I first embarked upon the exercise regime, my desire was not so much to learn about exercises. I'd entered Arica simply as a continuation of my interest in Gurdjieff. Exercise was a part of it, but what happened was, as I did the exercises, I discovered that my fingers began to

melt into each other as I clasped my fingers together, from right hand to left hand and vice versa. I noticed this general softness appearing. I found myself feeling more and more at ease with myself and feeling overall healthier.

"I started doing the exercises when I was 23 or 24 and now I'm 54, and I couldn't feel better, given the fact that I was run over by my own vehicle maybe two years ago. It's a testimonial in a certain respect to the exercise format itself. I had no broken bones. The car rolled over me, I ended up with a lacerated liver in two places but no broken bones. I feel very fortunate, and I give credit to the exercises that I'm alive today.

"It's not only the act of doing them. It has a lot to do with the intention and nature that it developed inside of me. I did them more in terms of opening up the different cavities in the body. That's at least my awareness of what was happening in my body. You can awaken the body with a cup of coffee and get it going, but you can only do that for so long before the body starts to wear, your adrenals start to wear, and your liver at a certain point.

"With P-Cals, as we call it, the body is not viewed in terms of being a machine, where you're pumping it up for activity. We're not living in those times where we need to have that kind of body where you have such hard muscles and all the life is actually removed from it. With a routine similar to P-Cals, to be able to reach the age of plentitude, when you reach 60, and have your body there with you, there's nothing better. Because then your mind is more mature, you're not doing crazy things like trying to be 20 when 60 is just perfect if you have a healthy routine. And you approach all matters

of living and being with grace and ease, really knowing what the limits of the body are.

"As a movement, P-Cals are a combination of calisthenics and asanas that Oscar Ichazo has formulated. He formulated a routine that would be regenerative, that would allow the body to have balanced good health, great health right through to the very end. It's about arriving at your true nature. So it becomes more of a spiritual experience. I think in terms of body workers, it's been part of my drive to present to bodyworkers and the public at large this method. It's a way to assure yourself of a certain level of groundedness and being awake. With P-Cals, your body is awakened in a serial fashion, from the abdomen to the thoracic to the cervical to the pelvic to the dorsal. You can really say that the body is truly awake. It's an experience of the integration of the mind and the body through the breath so that you're in unity.

"When I first learned them, they were done in a time frame of 45 minutes to one hour, and one could extend that experience to two hours done in a meditative form. Now you can do the entire sequence in about 17 minutes and achieve extraordinary results.

"I am about to do a one-day intensive in the latter part of September, followed by a session teaching another work out of Arica called Arica Chua Ka, a self-massage, also a very deep work."

- by Mastura Graugnard

If you would like more information about Arica Psychocalisthenics, Wil welcomes your phone calls. He can be reached at 707-944-1906.

