

HOMAGE TO DAVID BOADELLA

When Truth Touches Us

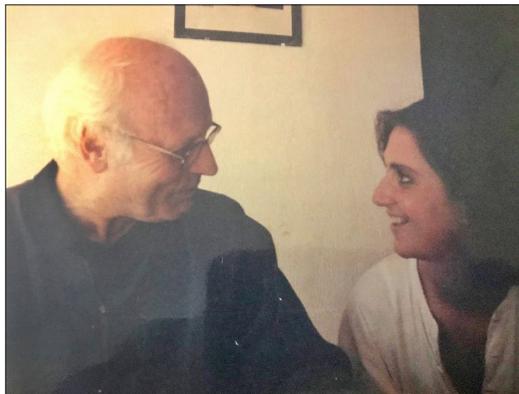
Lily Anagnostopoulou

It always happens when truth touches us.

One cannot think of Biosynthesis without seeing David nor think about David without seeing Biosynthesis. The man has become the work and the work is the man. This is a great spiritual achievement. There is a great spiritual force that leads him into the dedication, the commitment, the insight, the offering of his work. Whoever has seen him working is touched by his core of being as it always happens when the truth touches us.

And I believe that this deep contact with truth is the characteristic of Biosynthesis that keeps for so many years, so many people, committed to this work throughout the world. This international group of Biosynthesis trainers, students, therapists, clients share a valuable piece of truth about human nature and the offering of help that is immediately recognized as a special type of contact, presence, and encounter, irrespective of the different ways in which everybody practices his therapeutic task.

It becomes a life task for the whole of the community to shape it, ground it, put it in words, make it work. In this way it also gives a deeper meaning and value in the lives of the members of the community.



I was a Ph.D. student of Psychology in Edinburgh in the 70ties. Going to the big bookshops in London, I found the book

Bioenergetics by Alexander Lowen, which I bought, since I had an interest in Reich's work from my studies on human sexuality. This book I read only after I completed my doctoral studies and I felt that it contained more valuable psychological knowledge than all the other books I had read until then, put together. So, I decided to pursue this type of work.



I met David at a Bioenergetics Conference in Belgium, and it was his way of using touch that persuaded me to continue my training in Biosynthesis, which he was just beginning to organize at that time. Body psychotherapy is not necessarily a touch therapy, but Biosynthesis is, even if you don't use physical touch. I believe this is characteristic of this modality.

My understanding is that because it captures a deep truth about human nature, with which any therapist in Biosynthesis has been in touch during their training, it moves through them to their clients, and leads immediately to self-care and compassion about the self, irrespective of the specific words or techniques used. It is in the contact. This is what I mean by touch therapy. And for this gift especially, I would like to return to you David a deep gratitude, as a gift for your 80th birthday. May God always bless you and all of us who have been influenced by you. Thank you for what you revealed to us, for all that you did to us and thank you for what you did not do, as it allows space for us to continue in the same path. I wish you to stay well for many more years to continue to teach, to guide, to share and to inspire us all.

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