

TRIBUTE TO DR ALEXANDER LOWEN



December 23 th, 1910



October 28 th, 2008







To all that have been blessed to know Dr Lowen

We feel very sad about Dr. Lowen's passing, but at the same time we feel so fortunate to have had him as 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.

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 na easy smile and showing affection.

“Life can be hard, but you have to balance it with
fun, joy, dancing and love”.

He use 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.

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 Millerman (CBT)

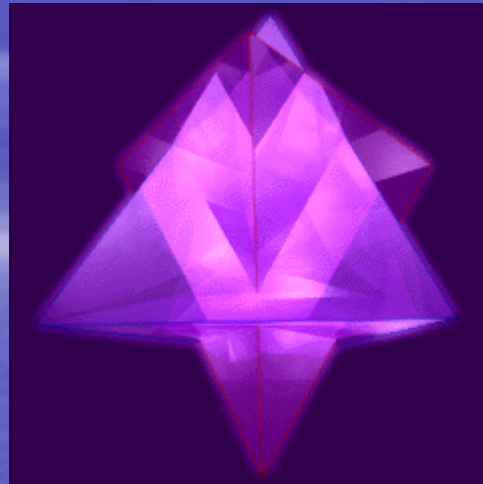












Close your eyes...
Try to feel the energy of life...
Inhale and feel the Energy of healing
Filling each and every particle of
Your physical, ethereal, emotional and mental bodies.
Remain like this for some minutes...