

**“Structure without
function is a corpse
and function without
structure is a ghost.”**

Stephen Wainwright
and Steven Vogel, biologists
and authors of *Axis and Circumference*



Discovery Through Dissection



The Anatomy Trains Perspective

BY THOMAS MYERS

When you turn these pages, you will see, for the first time in this courageous magazine, dissection specimens from human cadavers. Before you look (or did you already?) hear some words of preparation (and maybe take a deep breath as well). There is no denying that the process of obtaining this new information and the resulting documentation of bodywide fascial linkage is fundamentally grisly. There is no way around it: the familiar wrapping of the skin has to be cut open to expose fat, meat, organ, and sinew to your eye and hand. In person, this process is a roller coaster—a sometimes disgusting, occasionally exhilarating, ultimately sobering confrontation with mortality.

