

NEWSLETTER APRIL 2003

THIS NEWSLETTER IS FOR PEOPLE WHO ARE WILLING TO LOOK AT ATTENTION MANAGEMENT IN ACTIVITY, AND PEOPLE WHO LIKE BLOND JOKES.

1. 60 SECOND TIP: IMMACULATE BRUSHING

Many of us have endured the indignity of being taught how to brush our teeth by the dental hygienist- after a decade or several of brushing them as best we could. We learn how to describe a circle over each tooth, lovingly, with a thoughtfully chosen brush. Do we give a thought to how we stand in front of the basin? Unlikely. We focus on our teeth and on depositing toothpaste, saliva etc. neatly in the sink, not down our front. So we tend to lower our head towards the sink, by bending our body from the waist – which actually, creates more problems than it solves. Try standing upright, with head erect, while brushing your teeth. Then *bend your head* to deposit The Unmentionable in the sink. It works and it saves wear and tear on your spine.

2. ATTENTION MANAGEMENT

Life coaching is a relatively new profession that, in many ways, seems complementary to the – century+ old - Alexander Technique. The AT is uniquely valuable and effective as a tool for improving your physical situation and your sense of your possibilities. Coaching can enable you to transform your outer world. Insofar as both enable you to overhaul your thinking there is a degree of overlap.

This struck us quite forcibly on reading Mark Forster's book, GET EVERYTHING DONE and still have time to party. Forster is a life coach who argues that there is no such thing as 'managing' time, since time 'just is', whereas where we direct our attention is the key to transforming our quality of life.

He observes: 'What we can learn to manage is how, when and where we direct our attention... attention is the key to virtually every problem and challenge in life... This is because anything that we give our attention to will start to change... It is how we allocate our attention that is both the problem and the way out of the problem.'

The testimonials our pupils have kindly contributed to our web site, www.nopain-gain.com, confirm that a change in the way they allocate their attention has brought about shifts they would not have anticipated. These include: improvement in asthma, a new serenity, a sense of fortitude, optimism for the future and overcoming insomnia.

3. BLOND LOGIC

The mythical blond just happened to be visiting her great uncle when he passed away. She thought about what she should do for a while and then called 999.

The operator told the blond that he would send someone out right away. "Where are you?" he asked.

The blond replied: "At the end of Eucalyptus Drive".

The operator asked: "Can you spell that for me?"

There was a long pause. Finally the blond said: "I'll tell you what. Suppose I just drag him over to Oak Street and you pick him up there?"

Editors' note: we are currently uncertain whether jibes against blonds are proscribed by the canons of political correctness – hence the reference to the 'mythical blond'. We wish to make clear that some of our most delightful pupils –both male and female – are blond.

Further, Madelene and Annie have both, on occasion, had an intimate relationship with the peroxide bottle. 'Blond' is used here only as a convenient', easily understood shorthand.

4. IS IT ONLY [MYTHICAL] BLONDS WHOSE LOGIC IS AWRY?

Was there a flaw in the blond's thinking, or was the problem that she wasn't thinking at all?

Diane Siegel, a pretty savvy Life Coach, observed: 'When you feel you have to choose between two options, that's not a decision, that's a dilemma.'

Sometimes our thinking doesn't even run to two options. Sometimes, we simply keep on thinking: 'That's the only way I can do what I do, *ergo* that's the only way that what I do can possibly done.' So, even if we know it doesn't work for us, we just keep on doing the same thing.

This month, see if you can catch yourself when you're Being a Blond. Notice when you are doing something that just isn't working: maybe it feels awkward, or painful or downright wrong. Start to bear in mind that there may be other ways of doing it, or subtle modifications you could make that would make the whole experience better.

Once you've identified what isn't working for you, you can change it. And if you can't do that on your own, ask an Alexander teacher. Part of our job is to help you to see what you are doing from a different standpoint and give you the tools to make the changes you may not quite believe you can make.

5. FORTHCOMING EVENTS

Sunday April 6, 11.a.m.-1.00p.m. 2 hour Introductory Alexander Workshop and individual Alexander lesson at Shine Holistic, Stoke Newington Church Street, Stoke Newington. Cost £45.00. For more details phone: 0793 9347099

Saturday May 3, 10.a.m.-12.00p.m., Annie will be doing a free Introductory Alexander Technique workshop at Hampstead Medical Practice, 91 Heath St, London NW3. Numbers are limited, so please notify people you think will be interested soon. For more details phone: 0845 6442341

Have a great April

Annie and Madelene

Anything you can do, you can do better.

To receive 50 Top Alexander Tips or to subscribe to this free e-newsletter email:

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