

NEWSLETTER OCTOBER 2003

THIS NEWSLETTER IS FOR PEOPLE WITH INQUIRING MINDS WHO DARE TO UTTER THE SEXIEST WORD IN THE ENGLISH LANGUAGE

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1. PUTTING YOURSELF OUT

Last month's 60 Second Tip provoked such a response that we have decided to pursue the theme in this month's newsletter. Some readers recognised themselves instantly. Others inquired whether what we meant was as simple and straightforward as it appeared to be. Yes, it is.

'Putting yourself out' is rarely a one off; it is, generally, a habitual behaviour. As such, it is not unlike a dripping tap. If you are like us, when a tap first starts to drip, rather than getting straight out there with our spanner, wrench and new washer, we just turn it harder to stop the drip.

You go about putting yourself out in exactly the same way. When you notice that you are putting yourself out, do you set to, workman-like, and attack the problem with appropriate tools? Do you take the time to ask yourself: 'why am I doing this? Is this a one off or do I often find myself in this situation? Is this a strategy that works? Are there other ways to handle the situation that would work better for me?'

Or do you tighten your grip on your muscles and feelings, in an attempt to twist yourself that extra half-turn to meet the expectations or demands – real or presumed – that other people impose on you, so that at times you're left feeling like a physical and emotional corkscrew?

If your physical comfort and wellbeing are not reasonably central to whatever you do, be aware that you are putting yourself right out of your own picture.

2. HOW TO VISIT YOUR GRANDMOTHER

An elderly woman is giving directions to her grown grandson, who is coming to visit with his wife.

"You come to the front door of the block of flats. I'm in apartment 14T. There is a big panel at the door. With your elbow, push button 14T. I will buzz you in. Come inside, the elevator is on the right. Get in, and hit 14 with your elbow. When you get out I am on the left. With your elbow, hit my doorbell."

"Grandma, that sounds easy, but why am I hitting all these buttons with my elbow?"

"You mean you're coming empty handed?"

3. THE GOOD NEWS AND THE BAD

We would like to thank everyone who has written to us volunteering to form the Rob Dubery Support Group to help our lovely website builder and well-known barbecue maven, as he goes 'cold turkey' (quite literally, we all thought) through the winter months. Happily, their services will not be needed. Rob has admitted to us, a tad shamefacedly, that he is the proud possessor of an indoor barbecue.

Pet owners in the Kent area are advised not to relax their vigilance over the coming months. Vegetarians and Vegans who were considerate enough to put their own convictions on hold to succour a man in the throes of an all-consuming (quite literally) passion, have no need to push their altruism above and beyond the call of duty.

All funds received by the now disbanded Rob Dubery Support Group will be forwarded to the Canine Defence League and the Cat Protection League.

4. THE SEXIEST WORD IN THE ENGLISH LANGUAGE

Over recent months Madelene and Annie couldn't help noticing that everything, literally *everything* has been 'sexed up'. Now, we're no slouches, we like to keep a-chest [sic] of the times, so we have decided to share with our readers the word in all the world that we believe to be the sexiest... at no cost even.

How many of you are currently racking your brains to guess what that word is?

Well, we don't 'do' suspense much in the general way, because it plays havoc with muscular tension. So here it is: the sexiest word in the English language, for us at least, is the word 'No'. 'No' is the word that allows us to remain in physical and emotional integrity. (The English Reference dictionary defines integrity as 'uprightness' and 'wholeness'.)

When we say 'yes' to something and what we mean, or would like to say, is 'No'; we lose that physical and emotional integrity. It may, or may not, be a big thing. Despite the eye-catching headline it need have nothing at all to do with sex (unless, of course like Freud you believe that everything is ultimately about sex), but it has everything to do with not honouring our own needs and wishes.

Chances are we will honour our beliefs. Yet, curiously, a widespread belief seems to be that our needs and wishes are not important. And so we put ourselves through physical (and other) discomfort, for fear of appearing ... what? Rude, selfish, a nuisance; any number of superficial value judgements that fail to take our reality into account. We stand when we need to sit, we sit when we need to lie down, we carry on working when we need to rest etc. etc.

This month why not experiment with the sexiness of 'No'. The Heavens won't fall, nor will you be irrevocably banished from polite – or other – society. But you can enjoy the little ripple of admiring reappraisal you encounter when you refuse to put yourself out of integrity.

DISCLAIMER. Our lawyers have advised us that where small mammals in Kent are concerned this claim is exaggerated and unsafe. No amount of sexy 'No's' are likely to save our furry, feathered or, at any rate, *meaty* friends from the uncurbed carnivorous appetite of You-Know-Who Dubery.

5. WHAT WE'VE BEEN UP TO THIS MONTH

This month we learn from the pages of The Times that Madelene's posture merits 8 out of 10 (yea, Madelene). However an Osteopath has opined that her body-set is 'confrontational' – which may be why she has been receiving so many offers to do films more usually associated with Arnie, Steven Segal, Claude van Damm etc. etc. Fortunately Madelene has accepted this judgement fairly calmly and has only felled a couple of acres of Epping Forest with her bare hand.

Our running workshop was great fun and we received a lot of positive feedback, including comments like: 'It was very informative and provided useful running tips which should help achieve my objective of running freely,' (Jackie) and 'informative but relaxed. Enabled me to find the solutions to suit me. A positive experience.' (Vic)

Have a great October and stay in your own picture

Annie and Madelene

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

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