

# Taking The Trying Out Of Being Alexander Newsletter August 2005

This newsletter is for people everywhere who can find two tenths of a second in their busy lives.

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We grow through your recommendation – please forward this newsletter to a few friends and colleagues.

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## 1. You have two tenths of a second to change

Do you have a yen for self-improvement? If you do, just nod once, discreetly, while you read this, so that we know. .

Ok, so we won't know. But if you're interested at all in the Alexander Technique, we think it's reasonable to assume that you have an interest in self-improvement.

Why bother? Well, obviously, because it offers you the greatest possible opportunity to make far reaching, beneficial changes in your life.

Which is why it's become such a huge industry right now. First of all, through skilled copy writing, the self-improvement industry puts into words for you exactly what it is that you want, and then it offers you endless books, workshops, CDs and you name it that will provide all that and more.

So why is it that we're all still teetering on the verge of perfection, but not quite there yet? Well, one reason is that we haven't quite 'got' the message yet. It's all there for us and... a couple of things get in the way.

One is that we don't really believe that we can have all the benefits allegedly on offer. We'd like them, but we tell ourselves that 'life's not really like that, is it?' (Which is a great way of making sure that it isn't.) Another is the sheer trouble of putting in the work required to make change. We all have busy lives, don't we? Finding the time isn't easy. (Of course, we never fritter our time in front of the television, or at the computer, or in moronic telephone conversations with salespeople who call you just when you're about to sit down and eat....)

Speaking personally, we as Alexander teachers are committed to change; our own and the change that our pupils come to us to implement. We preach the gospel of change – although, hopefully, we don't ram it down anyone's precious, delicate neck. Yet change still exercises our mind also.

At a recent Alexander workshop that both Annie and Madelene attended, the trainer pointed out that we have two tenths of a second to change. That is to say we have two tenths of a second, to choose our response to a stimulus. It could be the stimulus to slump forward to peer at something on the computer, to question whether sagging into a chair really is the best way to relax, or to choose whether telling another person just how frustrated we feel is the best way of getting the desired result.

Two tenths of a second may not sound like a lot. But it can start to look seriously s\*xxy (that's our considered, measured metaphorical finger held up to the spam filters) when you compare it with our habitual concept of change.

The self-improvement industry spawns endless books, tapes, workshops etc. which in 90% of cases, produce a great deal of revenue, but not a lot of change. This is not the fault of the information they purvey but the mentality they encounter.

We assume that change is an uphill job; it's like Sisyphus forever pushing his boulder up the mountain (we love that image).

Actually, it isn't. All it is is two tenths of a second on any given occasion. Sure there are a lot of them in a week. But the other thing is, you only have to do something for 21 days, max, and it becomes second nature. If you were to work out the maths (which is asking more than we're capable of, but some mathematically gifted reader out there might like to do so), you'd probably find that change wouldn't take much more than an hour or so, spread over a few weeks.

When you put it that way, does "you have two tenths of a second to change" start to look more doable?

You see, you can change your beliefs when you change your thinking, just as you can change your body shape and get rid of the pain generated by bad posture, when you change your habit.

What change means is not doing, or thinking, the things you habitually would. Change is simply about creating a space, or if you prefer a vacuum. Nature may or may not abhor a vacuum, we cannot say. (We do know that Sharon Shih Tsu and Nerina Webb - our four legged gurus- abhor a vacuum cleaner.)

People blossom when they create a space, both in their thinking and in the way they habitually take their body into motion.

Instead of popular wisdom, which is often neither wise nor popular - who ever liked being told to 'pull their shoulders back and stand up straight', for Heaven's sake? – your personal wisdom will fill that space. Nobody will ever be wiser about you, or for you, than you are yourself, if only you will let yourself be.

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## 2. A Propos of Dr Dolittle

Could Dr Dolittle ever have done nothing? Unlikely, we say, without clear direction (wordless, naturally) from an Alexander teacher, because he was so programmed, by his very name, to be always doing something. While Madelene's leisure pursuits are sound, ecological and private, Annie has been mutating into a closet geek; so much so that her mentor, Infant Computer Prodigy Guy Levine has actually started commiserating with her about the hardships of geek-life.

Geek-life it seems is also a learning curve. Cutting to the chase and avoiding the technical stuff, Annie recently built a website using software for dummies that makes the process as painless as possible, except when blips happen. Then the technical stuff – the html - that would-be geeks don't understand, stops you doing what you want.

This affects, but is not happening at, the surface level of 'design mode'. It is something that occurs and needs to be dealt with at the technical level. That is where the programming is producing a result that the neo-geek does not want. (Which leads the neo-geek to get very cross and mutter fine Anglo-Saxon neo-geek words.)

And here comes the analogy. Most of the time when we fail to produce the desired results in our life, it's because the technical programming is at fault. We attempt to change things at surface level – because it is the one we have ready access to – unsuccessfully. So we conclude that change is hard, or impossible. In fact, it's difficult because we are not addressing the appropriate programme. You only have to learn enough technical language – that's 'Alexander script' for the body and 'NLP script' for the mind, and rewriting the programme becomes surprisingly simple.

Now, if Dr Dolittle had only changed his name to Dr Donothing, he would doubtless have been able to manage all the challenges of his life without the upheaval...

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## 3. Perspective is all

A blonde was having trouble selling her old car because it had almost 230,000 miles on it.

One day, she related her problem to a friend she worked with at a salon. The friend said, "I know how to make the car easier to sell, but it's not legal."

"That doesn't matter," replied the blonde, "I really need to sell the car."

"Okay," said the friend. "Here is the address of a man who owns a car repair shop. Tell him I sent you, and he will 'fix it'

and make it easier to sell your car."

The following weekend, the blonde made the trip to the mechanic.

About a month later, her friend asked her, "Did you sell your car?"

"No," replied the blonde. "Why should I? It only has 50,000 miles on it!"

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## 4. Forthcoming Events

Saturday, September 24th, Introductory Alexander Technique Group at Shine Holistic  
52 Stoke Newington Church Street, N16.  
Call 07939 347099 or Shine on 7241 5033 for more information.

## 5. Ultimate Mind Body Makeover

Are you ready for The **ULTIMATE** mind-body makeover?

Do you ever ask yourself:

- How to be free of nagging self-doubt?
- How to boost confidence at work?
- How to communicate successfully in every situation?
- How to stay focused?
- How to beat stress?
- How your body language can really work for you?

Now there is a 12 week programme to **CLEAR** the obstacles that have been holding you back.

You'll be free of the doubts that have held you back'

You'll be able to handle every situation

You'll meet challenges without stress

You'll be effortlessly persuasive

You'll have a great physical presence

Annie has developed the **UNIQUE** 12 week mind-body makeover using NLP and the Alexander Technique 1-2-1 to enable you to make the changes you really want **FAST**:

You don't have to put up with self-limiting beliefs

You'll love feeling motivated and in control.

You'll look forward to situations that once challenged you.

You'll look better.

You'll feel better.

You'll get rid of poor body language.

You'll be surprised how **EASY** it is to change.

Annie is an experienced Alexander Technique Teacher and an NLP Practitioner.

For more details contact

Annie: 07712 924124

Have a great month



**DON'T KEEP US A SECRET. IF YOU LIKE IT, PLEASE FORWARD THIS E-NEWSLETTER TO FRIENDS AND COLLEAGUES WHO YOU THINK COULD BENEFIT FROM PROFITING FROM THOSE TWO TENTHS OF A SECOND.**

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