

# Taking The Trying Out Of Being Alexander Newsletter January 2005

This newsletter is for everyone who wants to make 2005 a really happy and gainful New Year..

---

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

---

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

1. 'Tis the season of self-care
2. What we've been up to this month
3. Every silver lining
4. Forthcoming events
5. Are you ready for the Ultimate Mind-Body Make-over

Yippee! January again and the Season of Conspicuous Consumption is more or less behind us. Most of what we have to show for it is overstretched waistbands and bank accounts. And maybe a new Ebay habit, as we struggle to rid ourselves, discreetly, of unwanted 'smellies', Foot Spas and so on. (We, in the UK have spent an amazing £450,000,000 just on Foot Spas - over an unspecified time.)

Both Annie and Madelene have managed to ride out the last several Christmases Foot Spa-free. We can therefore only conjecture as to the perceived merits of this curious little device. Our guess is that the Foot Spa - and, no, we are not Foot Spa affiliates - is given to provide the recipient with a bogus sense of selfcare. Picture this scenario: after a hard day staggering round shops in cruel shoes, you slump into a chair, thrusting your weary 'plates of meat' into said Spa. It may well feel like you are really doing something for yourself. And so you are... up to ankle level at any rate.

But is it going to make a dent in your long-term quality of life? We don't think so. The thing is, there is this widely held assumption that self-care has to be ridiculously time consuming. Rather like having to multiply the palaver of using the Foot Spa by all the various body parts - not to mention the mind.

Annie's mother belongs to the formidable generation of sprightly ladies of advanced age who learned how to drive simply by trial and error. She learned by driving on an empty road, in darkest Lancashire, a very long time ago. She managed the feat without mishap; although her mother - who was less co-ordinated - amid other contretemps, once parked a car in someone's front room!(Annie took lessons. This made the process simpler and less dramatic.)

Now, self-care, like any other skill, may be difficult to learn, if nobody is providing you with the basic information you need to get started. The problem with true ignorance is, after all, that you don't know what you don't know. So, it's pretty easy to keep banging your head against a brick wall. You probably won't even know that it is a brick wall.

It's not that the problem of self-negligence is insoluble. Maybe you just haven't got hold of the right tools for the task yet.

William James famously observed: "The greatest discovery of my generation is that man can alter his life simply by altering his attitude of mind." Momentous as that discovery was, it remains one that each generation, and each individual, still has to make for himself.

It is a discovery that we treat like a mountain. So before we even attempt to climb it, we feel we must kit ourselves out with all the requisite equipment, subject ourselves to punishing training, and 'psyche' ourselves up etc. etc. So much effort and endeavour tires us even before we start and, subsequently, confirms our idea that self-care really is beyond us.

In fact, committing to physical self-care, as you do with the Alexander Technique, is probably the most effective way to set the whole process in motion.

This year, are you willing to commit to resist the temptation to put up with undue tension and physical discomfort?

## 2. What we've been up to this month.

The Alexander teacher is a peculiar creature, able to transform any location into its natural habitat. Alexander teacher watchers observe how said creature does this through a series of adroit manoeuvres. These include cunning use of the semi-supine position and subtle adjustments in thinking and body use that allow maximum comfort even in awkward physical situations.

(Most recently, we have been doing just that in Venice; wading through knee-high water with a free neck and admiring ceiling frescos by lifting our eyes, rather than just yanking heads brutally back and down onto spines.)

Alexander teachers are also focussed and on the case 24-7. And so it was that gondoliers came under thorough Alexander scrutiny over the festive season.

Our independent research has come up with the following fascinating findings:

- a) Gondoliers talk incessantly about food and eat in all the best places. (So, if you are ever in Venice and see gondoliers thronging a bar or trattoria, get in there and eat what they're eating.)
- b) Gondoliers generally use their whole psycho-physical being to propel their gondola through the water. It's a joy to watch the smooth, concentrated way in which young gondoliers, especially, embody the concept of thinking in activity. Their whole body is poised, watchful and responsive to the conditions of the moment.

Clearly, given the number of craft on the canals and the various challenges presented by handling this long, asymmetrical craft, were they not so focused, mishaps would occur. But they make it seem simple. Unlike Annie's grandmother, they wouldn't have just got into a gondola one day, ensnared a few passengers and given it a burl. They have learned the secrets of their trade at their father's knee, since gondoliering runs in families. So for them it would be simple.

Unfortunately, too many of our close relatives have Annie's grandmother's approach to self-care. But, once you get the hang of it, self-care is easier than steering a gondola or driving a car. The only test you need to pass in self-care is whether you feel better than you did before you started.

## 3. Every silver lining....

A businessman boarded a plane to find, sitting next to him, an elegant woman wearing the largest, most stunning diamond ring he had ever seen. He asked her about it.

"This is the Klopman diamond," she said. "It is beautiful, but there is a terrible curse that goes with it."

"What's the curse?" the man asked.

"Mr. Klopman."

Of course, it can only be conjecture on our part, but we'd be willing to bet that Mr Klopman was a total klutz — when it comes to self-care.

Why do we say that? Simple. Not practising self-care does not in any way imply that you will be beastly to other people. Some of the nicest people we know show quite inadequate care for themselves.

However, true self-care is utterly incompatible with being beastly to other people. It just makes it too hard to contract and compress your mind into the tight, sharp, angular contours of vindictiveness.

#### 4. Forthcoming events.

Saturday, January 29th 3-6 p.m., Introductory Alexander Technique Group at Shine Holistic 52 Stoke Newington Church Street, N16. Call 07939 347099 or Shine on 7241 5033 for more information.

Special New Year's Promotion 6 lessons for the price of 5 only in January only available at Shine Holistic. Sunday January 30th 11.00-12.30 at Belsize Health, 16 England's Lane, London N.W.3: a Find out about The Ultimate Mind-Body Make-Over, combining NLP with the Alexander Technique, for accelerated, radical mind-body change. Cost £15

#### 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.**

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

email@annie-kaszina.com