

# Taking The Trying Out Of Being Alexander Newsletter March 2005

This newsletter is for people everywhere who are ready to learn.

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

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1. Now You Can Improve Your Time Management Right Away
  2. "How did you sleep last night?"
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## 1. Now You Can Improve Your Time Management Right Away...

Just by bringing a little Alexander thinking into the way you manage your time.

The thing about the Alexander Technique, once you get the hang of it, is that it gets into every aspect of your life. And it actually enables you to improve the way you function in virtually every area of your life.

(The one area that it doesn't improve, in our opinion, is driving. There, it can transform you, in no time, into a credible imitation of the dreaded Sunday afternoon driver. It strips you of the knee-jerk sense of urgency and aggression that grips most of us when we're behind the wheel. Somehow, it kills the temptation to play your favourite Mean Streets Action Hero whenever you set foot in your car. But, hey, we can live with that.)

Now, honesty compels us to admit that as AT teachers we have occasionally been a little challenged in the Time Management department. Chiefly because we only had two strategies available to us. The first one was racing round like the proverbial blue-bottomed fly. (AT teachers really don't like that strategy. It simply doesn't go with the territory.)

The second one was grinding to a halt and lying down in semi-supine. (That one is great for your body and mind-set. But on its own it doesn't solve the problem of how to get everything done and still feel relaxed.)

And so it was that two short weeks ago one of us headed off to Horsham, for a 3 hour seminar on Time Management to learn 'everything that Mark Forster has learned about Time Management in the past 5 years'.

Mark Forster, author of "How To Get Everything Done And Still Have Time To Play", is the daddy of Time Management. Still, it sounded like a fairly tall order. But one of the things the Alexander Technique teaches you is that change is a lot simpler, faster and more far reaching than you probably imagine. So off trotted our intrepid Alexander teacher to darkest Horsham.

Needless to say, Mark over-delivered (as well as finding time for a 15 minute tea break). His ideas were simple to grasp, easy to put into practice, and groundbreaking for everyone who attended. They also resonated strongly with Annie.

We wouldn't want to suggest that what follows conveys a full picture of all that Mark has to offer. But we would like to pick up on the ideas that fit perfectly with the Alexander Technique.

Mark advocates clarity. You decide, in advance, what tasks and projects you will undertake in a day and you create a closed list for yourself at the end of one working day for the next. You will do so much and no more in the course of one day.

You define your day in terms of tasks to be dealt with, rather than time available.

Now, this is where the fun starts. Endless interruptions and extra chores inevitably burst in upon your working

day. Since you have created a closed list of tasks for the day, you say "no" to the temptation of dissipating your time and energy. Instead, you just write them on your next day's list. Unless you really have to do them the same day. In that case you don't tackle them until you have completed your pre-set closed list.

In other words, you are practising the Alexander principle of saying no to the stimulus and overcoming your habitual knee-jerk reaction. This puts you back in charge of your time and your responses.

It's also amazing how much time and energy it frees up. Our pioneering AT teacher's productivity has rocketed as a result. Not least because she now feels fully in charge of her working day.

## 2. "How Did You Sleep Last Night?"

No, we're not making insinuations of any sort. Truly. We're simply out to offer you a new insight.. In the course of our work, we see the preferred sleeping position of a lot of people. (This is because a lot of people find that their sleeping position causes them problems. Eventually they show the Alexander teacher exactly how they arrange themselves so that they can start to make the changes that will make sleep more comfortable.)

The three main sleeping positions, subject to endless individual variation, are:

" On the back

" On the front

" On the side

(We have yet to meet anyone who manages to sleep on their head!)

Now, sleep is an endless, fascinating area - for us at least, but we'll limit ourselves to a tip rather than a treatise.

Anatomically, four legged animals are probably better designed for sleep than we are. (They never seem to have the problem about what to do with their front paws that we have with our arms: to lie on them, or not to lie on them, that is the question... And it is quite a vexed question.)

For now, we'd like to focus on our other set of limbs. Barring those rare individuals who sleep in 'the corpse' position, most people pull up their knees when they sleep. We use that term advisedly. In our experience, a lot of people get their knees to bend by giving a good yank on their tail.

Whether they curl it under them into a kind of foetal shape, or poke it out behind them depends on their sleeping position. Neither, it has to be said, is terribly desirable. Both can cause considerable discomfort.

Does that mean that you shouldn't bend your knees when you sleep? Absolutely not. As ever with the Alexander Technique, it is about how you do the things you do. It's simply a matter of finding a gentler way of achieving the same result.

So next time we want to modify your sleeping position we suggest that you adopt your preferred position and then straighten your legs. Now focus your attention on your knees with a view to bending them without disturbing the position of your nether end. It's a lot easier if you bend them quite slowly. You may find that just doing that is enough to reduce discomfort in your lower back.

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## 3. If...

If you can live without caffeine,

If you can be cheerful, ignoring aches and pains,

If you can resist complaining,

If you can eat the same food every day and be grateful for it,

If you can understand when your loved ones are too busy to give you time,

If you can overlook it when those you love take it out on you,

If you can take criticism and blame without resentment,

If you can ignore a friend's limited education,

If you can resist treating a rich friend better than a poor friend,

If you can face the world without lies and deceit,

If you can conquer tension without medical help,

If you can relax without liquor,

If you can sleep without the aid of drugs,

If you can live contentedly in the moment,

If you can honestly say that deep in your heart you have no prejudice against creed, colour, religion, gender preference, or politics . . .

THEN, you have ALMOST reached the same level of character development as your dog.

And of course dogs are also brilliant at time management.  
What could you learn from your four legged friend this month?

#### 4. 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

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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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