

Taking The Trying Out Of Being Alexander Newsletter May 2005

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

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

1. You are your breathing.
 2. 'You are everything...'?
 3. Ultimate Mind Body
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1. You are your breathing.

Ok, we have to admit that (for anyone old enough) this sounds like a partial paraphrase of that dire old Diana Ross single: "You are everything and everything is you". Although we have to take issue with la Ross's somewhat limited world view.

However, we resonate with Alice Christensen's observation that: "Breath is the link between the inner and outer worlds." (Possibly because she is a Yoga teacher rather than a pop diva.)

Just this week, a new pupil informed us that he had decided to commit to Alexander lessons with about as much enthusiasm as he might show if committing to root canal work, without anaesthesia.

The deal, as he saw it, was that he paid his money to get bullied into living as if he had a broomstick up his derrière (pardon our French J) for ever after, by a self-important professional. It would be a punishment, and perhaps exorcism, for neglecting his back pain for the past 20 years.

As private individuals, there may have been times when we have fantasised about visiting broomsticks on the rare, acutely obnoxious individual. But never, in the course of our professional lives, have we wished to visit punishment on anyone for alleged postural crimes and misdemeanours.

As we have stated repeatedly, we have no interest in criminalizing posture.

As Alexander teachers, we work a lot with people's breathing. Pupils, when we first work with them, have generally organised their musculature – for good, subjective reasons - into a defensive carapace not unlike the Roman tortoise battle formation. (Note: if bare, white calves, sandals and Roman shields do it for you, we urge you to visit <http://www.caerleon.net/empire/page5.htm>. forthwith.)

Now, a tortoise formation may be a great defensive strategy, but it sure is limiting, given that we don't spend our entire lives at risk of imminent attack.

So what we, as AT teachers do is:

“ Provide pupils with the awareness of the safe space they can inhabit

“ Open up chinks in the tortoise formation so they can expand freely – and when we say expand we mean this in terms of both physical expansion and chest expansion.

Alexander pupils breathe deeper and slower. Needless to say, calming the breathing has a significant effect on your physical and mental state.

It's simply not possible to feel like a hamster going round a treadmill at 7500 RPM when your breathing is calm, deep and slow. Whatever problems you may have, have not magically vanished, but it is impossible to feel so constrained and conditioned by them when your breathing calms your musculature and your psyche.

Which brings us back to the Divine Miss Ross. For her, this 'you' who is 'everything' is someone outside her own self. This reduces her to 'nothing' without him. Sadly, it's not just in slushy lurv songs that we place the arbiter of our own significance outside ourselves; with disastrous physical and emotional effects. And what we neglect we unwittingly damage. Consistently.

In reality, given that our breathing connects - and colours - our inner and outer worlds, we are everything in our world; since we see everything through the prism of our own perspective. And what we extend care and attention to, flourishes.

2. 'You Are Everything...'?

'The new dad loved spending time with his baby daughter, but he often turned to his wife for advice. His wife was taking a shower one day when he poked his head in and asked, "What should I feed Suzie for lunch?"

"That's up to you," she replied. "There's all kinds of food in the cupboard. Why don't you just pretend I'm not at home?"

He went back downstairs. A few minutes later, while his wife was drying off, her cell phone rang. She answered it to hear her husband on the other end.

"Hi, honey. What should I feed Suzie for lunch?"

Suppose the new dad taken the time out to breathe and acknowledge to himself that he had the resources he needed (instead of going into panic mode). He would surely have found an independent coping strategy – and continued to breathe freely.

(Disclaimer: in the interests of political correctness we'd like to point out that we feel the above is parentist, but not sexist.)

3. 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

Annie

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E-NEWSLETTER TO FRIENDS AND COLLEAGUES WHO YOU THINK COULD BENEFIT FROM
PROFITING FROM THOSE TWO TENTHS OF A SECOND.**

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