

Taking The Trying Out Of Being Alexander Newsletter October 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. What do you know that 'just ain't so'?
2. Parachuting for blonds
3. What we've been up to this month
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1. What do you know that just ain't so?

American author and humorist Josh Billings said: It's not what we don't know that prevents us from succeeding; it's what we know that just ain't so [our italics] that is our greatest obstacle." The great man was right. In fact, he was so right that what he said applies not only to success, achievement, wealth creation, you name it; it also applies to how we manage our body.

Sadly, as Cher observed in the film "Mermaids", 'human doings' arrive on the scene without an Owner's Manual. Still, parents, educators, friends etc. all step in to teach you all they know that just ain't so about how to 'drive' your body. And 'human doings' being what they are, you dutifully take it all on board. So even though you can't possibly do that stuff (because in reality it's not doable), it takes up brain-space as the ideal to strive after, forever after – or at least until you decide to let some Alexander work Feng Shui your thinking.

The best of it is that this knowledge doesn't work - as everyone discovers at some point when their body stages a rebellion of sorts - yet you defy the evidence of your own experience and continue to act as if it does. Not you clued-up Alexander people, of course, but the others who haven't had the benefit of discovering just how empowering it can be to start from a different premise.

That premise – which works for NLP no less effectively than it does for the Alexander Technique – is that once we admit that the sum of our knowledge is not the sum of all knowledge, we can then start to assimilate far more of the information that is available to us. This has two delightful consequences: You can smile winningly at people and say: "I don't know and it's perfectly ok for me not to know." (This is a marvellous strategy because it usually terrifies other people. It's all about the subtle distinction between having to control everything, for fear of 'things' getting out of control and chaos ensuing; and being in charge – which is simply being in a position to handle successfully whatever comes up, as it comes up. It's when you don't feel that you are equipped to handle whatever comes up that you have to be in control at all times – and it's a mind-set that wreaks havoc on your muscles and body-set through the massive tension it generates.)

You can start to ask yourself questions like "What else might I...?" "Is there another way I could...." "Do I know someone else who I might learn from?" and your subconscious, which is your willing and able servant, will duly provide you with the answers.

Does this sound like we have overdosed on the claret with our Sunday nut roast? Perish the thought. We are, actually, quite serious in our belief that even when we are not managing movement, posture – or indeed our life – as well as we would like, we possess the means to do so more successfully. All it requires is a 5-10 second mental shift out of the 'what you know that just ain't so mind-set' into the 'whole host of beneficial things that you'll be amazed and delighted to discover can be so' mind-set. If you're wondering quite how it works, then try this one: we use tension to keep ourselves together. We tense, jaws, necks, shoulders and more. In fact, you name it, we tense it. There is even a significant proportion of people out there who clench their buttocks.

If you've been "outed" by this, just smile. You're not alone, but on the other hand, nobody is watching. And now for a little experiment: take your attention to your nether region and just think about your derriere smiling. You'll register a difference, a relaxation that will change your breathing.

That was just one of 'the whole host of beneficial things that can be so'. Stick with the Alexander Technique and you'll find out many, many more.

You see, inhibition actually gives you the power to choose your emotion. So now we can hang back momentarily, notice if the old worry reflex is all fired up and ready to kick in, and then we can say: "Thank you very much, but no thanks. We're big girls (and that's pre-Christmas) and we can choose a response that is consistent with our age and what we know." It makes life a whole lot more comfortable.

Now it's down to us, to teach our mothers, and our pupils - by example - how they can do the same.

2. Alexander Teachers Are GOOD!

So we're Alexander Teachers, not Thunderbirds and we'll never be 'GO'. (But at least we can string a grammatical sentence together – and nobody could accuse us of moving in an odd, jerky way.) We may not be able to 'do' 'GO', but we can 'do' good.

And we were reminded of it a couple of weeks ago when a muted giggle (that's the collective term) of Alexander teachers assembled at Annie's house together with the wonderful Glenna Trout – of whom more later.

Glenna was clearly in pain, having spent the day digging as part of a Muscles for Charity project. With all due restraint, the assembled 'muted giggle' of Alexander teachers suggested that some Alexander work might help her. Glenna was happy to agree. The 'giggle' then had to decide who would work with Glenna first.

Needless to say F. M. Alexander himself might have been impressed with the degree of inhibition shown. (And, no, inhibition is not usually a synonym for 'indecision'.)

Because of the severity of Glenna's pain, work started with Glenna lying on the table. And it was here that inhibition served a useful purpose. It was Nov 5th and Glenna, an ex-police lieutenant, commented that it sounded like we were in the middle of a shoot out. Inhibition meant that it was possible to work with Glenna and move her limbs gently and smoothly despite the constant explosions, some of which were very close indeed.

Certainly, it was one of the more challenging occasions an Alexander teacher has to deal with. But still not as challenging as the time when Annie worked with a long standing pupil who had been almost crippled by a bad lumbar puncture.

This lady could barely move and was a mere shadow of her former self because of the pain triggered by the procedure. Since she couldn't even leave the house, Annie agreed, exceptionally, to work with her in her own home.

Sure there were extra challenges and distractions, including the lady's two Great Danes. But, like all good Alexander teachers, Annie inhibited and just got on with what she was doing. Until the moment when she was working with her pupil on the table. Annie leaned forward (from the hips, of course) and lifted the pupil's bent leg to lengthen it along the table.

At that moment Annie had a most unpleasant experience; the pupil's Great Dane bitch (we use that word advisedly) suddenly jammed her enormous nose up Annie's derriere.

Knowing just how much pain she could cause her pupil by jolting her, Annie inhibited like crazy and gradually eased the pupil's leg out along the table. Then, and only then, did she call for someone to dislodge that not-so-Great Dane's muzzle. (Not an easy job when the dog in question weighs some 14 stone.) The pupil felt nothing of Annie's shock.

Glenna, too, was spared any extra jolts to her system and felt relaxed and restored from the Alexander work, despite all that was going on outside the window.

(The 'muted giggle' of Alexander teachers then had to lie down neatly on the carpet, like sardines in a can, to get over the trauma they'd experienced with all those nasty fireworks.)

The moral of this story is not an altogether conventional one. But if you can use inhibition to control your reaction when all hell is breaking loose outside your window, or you have a foreign body most firmly interposing itself where the sun is not supposed to shine, just think how it can help you to choose your reaction in other areas of your life.

3. Inhibition and life skills

Two women came before wise King Solomon, dragging between them a young man.

"This young man agreed to marry my daughter," said the first one.

"No! He agreed to marry MY daughter," said the other one.

And so they argued until the King called for silence.

"Bring me my biggest sword," said Solomon, "and I shall hew the young man in half. Each of you shall receive a half."

"Sounds good to me," said the first lady.

But the second woman said, "Oh Sire, do not spill innocent blood. Let the other woman's daughter marryhim."

The wise king did not hesitate a moment. "The man must marry the first woman's daughter," he proclaimed.

"But she was willing to hew him in two!" exclaimed the king's court.

"Indeed," said wise King Solomon. "That shows she is cut out to be a mother-in-law."

Was King Solomon wise in that instance, or just a shrewd observer of human nature? And have you ever wishes that your mother-in-law would learn a little inhibition?

4. Forthcoming events

Saturday, January 21st 2006 2.30pm – 4.00 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.

5. FREE Teleclass with the amazing Glenna Trout November 23

HOW TO READ THE REAL FACE BEHIND THE MASK

FREE 1 hour interview with internationally renowned Face Reading Expert Glenna Trout and Annie Kaszina on November 23rd at 8pm GMT

“Do you like to find out the hard way, or the easy way?”

That was the ‘killer question’ a wise coach once asked me. No prizes for guessing my answer! This interview is for everyone who prefers to find out the easy way.

In June this year I went on a half-day Face Reading workshop with the amazing Glenna Trout. I’ll admit that I was more than a little sceptical. I was more interested in meeting a woman who I knew was a superb educator in the field of Domestic Violence, than I was in discovering what an informed reading of a face can reveal. That changed totally in the space of about half an hour.

For all of us there the morning was one revelation after another. The information that Glenna shared is so powerful, everyone should know it –which is why I’ve organised this rare interview with Glenna.

If you’ve ever:

- looked at a colleague, partner, or friend and wondered what they’re really thinking
- wondered about the real person behind the facial mask
- wished you could have more clues to understanding another person

Or, if you’d like to learn a skill which could change your life FOREVER, Face Reading could provide you with the information you are looking for. Face Reading has been studied for thousands of years, because it can tell you so much about a person’s experiences, fears, vulnerabilities and strengths.

Every face holds many layers of information. What you learn through Face Reading has little to do with genetic traits (eye colour, freckles, etc.). Your early thought patterns, decisions, experiences, emotions and even early experiences are “imprinted” on your face through the development of various facial muscles.

Everyone has a unique ‘imprint’ within their facial muscles that speaks volumes. Your face is a key to understanding the person you have become.

If you are ever in a position where you:

- interview or investigate people,
- coach face to face,
- work closely with other people,
- counsel people
- are in the healing professions

Or if you are simply interested in other people and curious about what goes on behind the mask, this information may well be invaluable to you.

Glenna Trout has studied and taught this inspirational technique for many years. She has used it to help police officers, human resource personnel, counsellors, those in the healing arts, and those who simply want to understand themselves and others better.

Glenna's Facing Facts seminars are now highly acclaimed across the UK, Europe, and North America. Glenna's delivery, passion and humanity are second to none. She can teach you how to understand facial features, read their meaning, and recognise the underlying emotional canvas upon every face you meet.

So book your place on this call now, by sending a blank email to:

email17-133493@autocontactor.com

And get ready to learn some valuable, usable techniques that you can apply immediately to enhance your understanding of everyone you meet.

6. 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:

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