

Taking The Trying Out Of Being Alexander Newsletter September 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.

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1. When The Going Gets Tough, The Tough Do Nothing

Those of you with low musical tastes will remember Westlife's chart topping "You say it best when you say nothing at all".

(Obviously –if we might be permitted briefly to venture into the dangerous terrain of gender stereotypes- it could be deemed a self-serving statement; the kind of thing a man might say to a woman to silence her. While a woman probably wouldn't want to encourage a male partner further down the road of monosyllabic utterance.)

However, purely as Alexander teachers, naturally, Madelene and Annie have a certain fondness for those words. Often, in our professional life, we do indeed seem to convey information most eloquently when we say nothing at all. Because then the message comes through loud and clear.

So here's the thing: a lot of us equate effort with achievement. The more words we use and the more energy we direct towards our goal the more quickly we will attain it.

Well, that's the theory, at least. But it doesn't always work like that. Especially if we don't really know how to achieve what we aspire to. Not that we admit to ourselves that we don't know how to achieve it. Perish the thought!

'Human doings' always start from the principle that if they just keep plugging away in the way that they know- that is, in accordance with the precepts of popular wisdom- if they just keep banging their head up against the problem often enough, then they will finally break through and reach their goal.

That's the hard way. Guaranteed to make you feel that you've pulled out all the stops, left no stone unturned, fought the good fight... and got a sore head. You get the picture.

Human doings do. If in doubt they do more. If there's nothing to be done, they worry. Doing nothing – not doing - is the scary option.

Clearly, by 'doing nothing' we don't mean slobbering in front of the television, with a bucket of KFC big enough to suffocate in and a vat of Coke you could drown a small animal in. Doing nothing does not mean 'vegging' out mentally. What we do mean is 'inhibiting' (the technical Alexander term for saying 'no' to the Headless Chicken reflex.

The 'human doing' is a curious creature that functions on a fraction of his, or her, capacity. He, or she, believes that what he knows about how best to manage him or herself is the sum total of what there is to know. That goes for mind and body.

NLP is a wonderful tool for offering access to the habitually untapped resources of the brain, especially the subconscious. The Alexander Technique is an equally wonderful tool for providing access to the habitually untapped resources of the body.

The only problem is that you can't access those resources when you are running other programmes that ring-fence your possibilities.

What you believe you know about change limits your possibility to change. Nobody that we've yet met starts from the premise that change can be radical, easy and fun.

(Annie was working recently with a man whose life was significantly limited by a terror of flying. Using NLP, Annie helped him bust that fear in one session. But it came back. When asked, Annie's client admitted that he couldn't believe it had gone, couldn't work out where it had gone and so went back looking for it in his mind until he found it and reinstated it.)

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.

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...

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!"

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

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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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