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Amherst Study Group

for Feldenkrais® and Anat Baniel Method® Practitioners and Trainees in any year of their training (in accordance with IFF protocols) ~ welcoming you to add to our page!

This pdf includes Notes from Amherst Study Mon Oct 14, 2019

AMHERST YEAR TWO WEEK 1 ~ DAY 1

Study Mon & Wed & Fri Oct 14 & 16 & 18, 2019

Talk – Spatial Relationships

Tape #2 DVD 1 Track 2

June 8, 1981

PM2* afternoon session 2

30 minutes

page 32 of day 1

(which starts on page 38 of entire transcript) 16 total pages

REFERENCE FROM MINAL half-price books <https://www.hpb.com>

Quoting FROM MOSHE

"Fundamental essential and important "

"And what does it involve? Only a brain and muscles? Does that involve something else?

Like for instance, is it possible, is it possible for me to see that thing and [be] talking to you and doing what I did now? Obviously I have some relation to space in a way which is to me extraordinary, and to you too" — Moshe Feldenkrais Amherst Training Week 1 8 June 1981 Page 32 of 37

"Now advancing means increasing the space between you and behind, and shortening the space in front of you" — Amherst Week 1 8 June 81 Page 33 of 37

"Therefore, you will see that if you do something and actually realize the spatial relationship, you find that things become simpler and movement improves and the ability to move and deal with other people improves. If you don't do that, you just miss things that you can't even appreciate." — Amherst Week 1 8 June 81 Page 33 of 37

RIKA notes MOSHE's reference to PARKINSONIANS / Quoting FROM MOSHE:

"You can see that in many other things. You see, for instance you know the feedback of the tonic movements, [it] means the things that are not done intentionally. A Parkinsonian goes and vibrates, and I have Parkinson's [Moshe demonstrates Parkinsonian movements with his hands and head] ... And then the others, who ... and but a Parkinsonian, when he wants to take the pen, he trembles all the time, but when he takes the pen, he stops trembling, and he takes the pen, and then he trembles again. In other words, the voluntary movement is not interfered with at all."

~~ "You can see that in many other things. You see, for instance you know the feedback of the tonic movements, [it] means the things that are not done intentionally. A PARKINSONIAN goes and vibrates, and I have PARKINSON'S [Moshe demonstrates PARKINSONIAN movements with his hands and head] ... And then the others, who ... and but a PARKINSONIAN, when he wants to take the pen, he trembles all the time, but when he takes the pen, he stops trembling, and he takes the pen, and then he trembles again. In other words, the voluntary movement is not interfered with at all."

"It is like that when he puts his hand like that he begins to ... [Moshe again demonstrates Parkinsonian movements] and the head or something ... hand or the legs, but not in any act, in any effective act, IN ANY INTENTIONAL ACT THE TREMBLING STOPS. Now with other troubles, like some brain tumors, it's the other way around. The hand is completely stable. The normal feedback is correct, but as soon as you want to make a voluntary movement—you want to take your nose—then the hand begins to go around and you can't find it [Moshe demonstrates the hand shaking as he tries to find his nose]."

(emphasis added)

— Moshe Feldenkrais Amherst Training Week Week 1 8 June 81 Page 34 of 37

REFERENCE FROM STEFAN ~ "Awakenings" ROBERT DE NIRO & OLIVER SACKS

"Awakenings is a 1990 American drama film based on OLIVER SACKS' 1973 memoir of the same ... Leonard Lowe (Robert De Niro) proves elusive in this regard, but Sayer soon ... After attending a lecture at a conference on the subject of the L-Dopa drug and its success with patients suffering from Parkinson's disease,

"With Robert De Niro, Robin Williams, Julie Kavner, Ruth Nelson. ... or 1930s, and that their physical states are like they have Parkinson's disease frozen in time."

(emphasis added)

LINK [https://the-20th-century-files.fandom.com/wiki/Awakenings_\(1990\)](https://the-20th-century-files.fandom.com/wiki/Awakenings_(1990))

REFERENCE FROM BARBARA ~ PAUL SCHILDER

11:32:18 From barbara kronsteiner, vienna (Austria) : Paul Schilder, The image and appearance of the human body. Int.Univ.Press. NY. (1935)

ABSTRACT

of the Kegan Paul version

Schilder, P. (1935). The image and appearance of the human body. Oxford, England: Kegan Paul.

"Abstract

A study of the body-image— "the picture of our own body which we form in our mind" —in its physiological, libidinous, and sociological aspects. In the section on the physiological basis of the image such subjects as postural and tactile impressions, localization, imperceptions of various kinds, synesthesia, apraxia, agnosia, the phantom, muscle-tone, and pain in their relation to the postural model of the body are discussed. In the section on the libidinous structure narcissism, erogenic zones, neurasthenia, depersonalization, hypochondria, hysteria, and conversion are some of the fields which are considered in their relation to the body-image. T"

"The sociology of the body-image considers curiosity, the expression of emotions, imitation, identification, beauty, and other social aspects of the body-image. An appendix giving case histories of organic brain lesions and another giving an elementary discussion of the anatomy and physiology of the nervous system are included. Bibliography and index. (PsycINFO Database Record (c) 2016 APA, all rights reserved)"

— Abstract from <https://psycnet.apa.org/record/1935-05693-000>

ONE PREVIEW

at <https://books.google.ca/books?>

[id=bt7AQAAQBAJ&printsec=frontcover#v=onepage&q&f=false](https://books.google.ca/books?id=bt7AQAAQBAJ&printsec=frontcover#v=onepage&q&f=false)

A SOURCE FROM RIKA

11:38:37 From Rika Lesser : https://books.google.com/books/about/The_Image_and_Appearance_of_the_Human_Bo.html?id=L2CNWxKdWhMC

A SOURCE FROM MINAL

11:40:49 From MInal Shah, Bellevue WA : <https://hpb.com/products/the-image-and-appearance-of-the-human-body-9781138875524>

PAUL SCHILDER ~ a journal review

Psychosomatic Medicine: January 1944 - Volume 6 - Issue 1 - ppg 108-109

Book Reviews: PDF Only

<https://journals.lww.com/psychosomaticmedicine/Citation/1944/01000/>

[PAUL_SCHILDER_Mind_Perception_and_Thought_in.18.aspx](https://journals.lww.com/psychosomaticmedicine/Citation/1944/01000/PAUL_SCHILDER_Mind_Perception_and_Thought_in.18.aspx)

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PAUL SCHILDER ~ BARBARA'S REFERENCE reference: The Image and Appearance of the Human Body: Studies in the Constructive Energies of the Psyche.

Paul Schilder. Psychology Press, 1999 - Psychology - 362 pages. 0 Reviews. First Published in 1999.

<https://books.google.ca/books/about/>

[The\\_Image\\_and\\_Appearance\\_of\\_the\\_Human\\_Bo.html?id=L2CNWxKdWhMC](https://books.google.ca/books/about/The_Image_and_Appearance_of_the_Human_Bo.html?id=L2CNWxKdWhMC)

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ANOTHER PREVIEW at <https://www.questia.com/read/77317234/the-image-and-appearance-of-the-human-body-studies>

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Firstly Noting there are three Parts: Part I the Physiological Basis of the Body-Image page 17 /Part II the Libidinous Structure of the Body-Image page 119 / Part Iii. Sociology of the Body-Image page 213

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Quoting from the Excerpt ~ The Image and Appearance of the Human Body: Studies in the Constructive Energies of the Psyche By Paul Schilder International Universities Press New York 1950

"The image of the human body means the picture of our own body which we form in our mind, that is to say the way in which the body appears to ourselves. There are sensations which are given to us. We see parts of the body-surface. We have tactile, thermal, pain impressions. There are sensations which come from the muscles and their sheaths, indicating the deformation of the muscle; sensations coming from the innervation of the muscles (energy sense, von Frey); and sensations coming from the viscera. Beyond that there is the immediate experience that there is a unity of the body. This unity is perceived, yet it is more than a perception. We call it a schema of our body or bodily schema, or, following Head, who emphasizes the importance of the knowledge of the position of the body, postural model of the body. The body schema is the tri-dimensional image everybody has about himself. We may call it 'body-image'. The term indicates that we are not dealing with a mere sensation or imagination. There is a self- appearance of the body. It indicates also that, although it has come through the senses, it is not a mere perception. There are mental pictures

and representations involved in it, but it is not mere representation. Head writes: "But, in addition to its function as an organ of local attention, the sensory cortex is also the storeroom of past impressions. These may rise into consciousness as images, but more often, as in the case of special impressions, remain outside of central consciousness. Here they form organized models of ourselves, which may be termed 'schemata'. Such schemata modify the impressions produced by incoming sensory impulses in such a way that the final sensation of position, or of locality, rises into consciousness charged with a relation to something that has happened before."

TWO QUOTES from (BMB) Moshe Feldenkrais on Paul Schilder

[from Moshe Feldenkrais BODY and MATURE BEHAVIOUR (BMB)

A Study of Anxiety, Sex, Gravitation & Learning a

ALEF, LTD., 49, NACHMANI ST., TEL-AVIV

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First published 1949 / English edition by

Routledge and Kegan Paul Ltd., London /

U.S.A. edition by International Universities Press, Inc., New York, N.Y. /

Reprinted 1966 by ALEF Ltd., Tel-Aviv, Israel,]

1/ Quote from (BMB):

"Paul Schilder, citing F. Mattauschek, says: "The patient had a severe epileptic attack in the course of a quarrel with his sweetheart. They separated. Some time later he met her by chance and had his second epileptic attack. Several months later he saw a lady in a restaurant whom he at first erroneously took for his sweetheart, and he had his third epileptic attack."

"Similarly, habitual muscular patterns and attitudes of the body do reinstate the total situation. In such cases, and they are frequent, the subject knows no clue in the sensory sphere, in the present, that could account for the appearance of anxiety."

2/ Quote from (BMB):

"The influence of the vestibular apparatus on the vegetative nervous system is well established."

reference Paul Schilder, "DIZZINESS is as important from the psychoanalytic point of view as ANXIETY. " (Mind, Perception and Thought (Columbia 1942), page 134.) (*emphasis added*)

FULL QUOTE from BMB

"We have already mentioned FREUD'S contention that ANXIETY is the central problem of NEUROSIS. PAUL SCHILDER 1 finds DIZZINESS to occupy a similar position. I quote Paul Schilder:— " Dysfunction of the vestibular apparatus is very often the expression of two conflicting psychic tendencies; dizziness occurs, therefore, in almost every neurosis. The neurosis may produce organic changes in the vestibular sphere. Dizziness is a danger signal in the sphere of the ego, and occurs when the ego cannot exercise its synthetic function in the senses, but it also occurs when conflicting motor and attitudinal impulses in connection with desires and strivings can no longer be united. DIZZINESS is as important from the psychoanalytic point of view as ANXIETY. The vestibular apparatus is an organ, the function of which is directed against the isolation of the diverse functions of the body."

"It may be interesting at this point to cite PAUL SCHILDER's following passage, reflecting an almost kindred approach to our subject :— "We would expect that such a sensory organ, receiving only half-conscious impressions and leading to a motility of an instinctual and primitive type, would be very sensitive to emotions and would therefore play an important part in neuroses and psychoses. It will react strongly, and we may even expect that CHANGES in the psyche will immediately EXPRESS THEMSELVES in vestibular sensation and in tonus. Organic CHANGES in the VESTIBULAR apparatus will be reflected in the PSYCHIC structures. They will not only influence the tone, the Vegetative system; and the attitudes of the body, but they must also change our whole perceptive apparatus and even our CONSCIOUSNESS."  
(*emphasis added*)

Moshe Feldenkrais cites from FROM Paul Schilder: Mind, Perception and Thought (Columbia 1942), page 134.

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Quoting Moshe Feldenkrais on Paul Schilder from page 147 AY 24 The body image, a lecture

"If you want to read a scientific work that is accurate and interesting I refer you to Paul Schilder, a Viennese physiologist. In the beginning he was a psychoanalyst, but he wrote primarily about the physiology of the body image.



He is the-man who introduced this concept. He showed that mentally ill people don't have a body image that is reasonably normal. Their body image is distorted and not similar to a healthy person, for example some feel their arms much longer than they really are.

11:43:02 From Katarina Halm, Vancouver BC Canada : Schilder worked with the EMOTIONAL, PSYCHIC, and SPIRITUAL body images. There is the body. image from PHYSIOLOGY and the image THAT YOU SEE. All these images form through the personal experience of the person. They grow with the person. For-example, a child, whose hand was amputated at birth, has a brain with very few cells connected to the amputated hand. There won't be any connections to feelings of heat, pain, pressure, or touch. Everything that person does uses only one hand so his physiological body image will be different from someone with two hands. When he learns to speak one language, American English, he will organize his tongue to say an "R" or a "W" like an American. His body image is different from someone who speak Arabic or Japanese. The differences between each occur according to personal experiences.

11:43:12 From Katarina Halm, Vancouver BC Canada : In a complete system that is balanced and developed, there is a realistic relationship among those THREE images - the image THAT YOU SEE, the EMOTIONAL image, and the image EXTERNALLY DEVELOPED from the FEELINGS IN the BODY. All three have a relationship. If someone walks without knowing the length of his arms or the distance from the arm to an object, he would get hit each time he walked through a door. He may burn his hand on a stove because he doesn't know the distance between his hand and the hot stove. When I pass a door or a stove, I have a feeling for the distance. When I want to move from here to another point I have a feeling of the length of my arm. I feel where it is and what it is. I have a kinaesthetic feeling." (*emphasis added*)

— NOTE the above is quoted from From AY 24 The body image, a lecture. Awareness Through Movement® Lesson from Alexander Yanai @ Copyright May 1994. All rights reserved by and to the International Feldenkrais Federation, Paris France in cooperation with The Feldenkrais Institute, Tel Aviv, Israel

— AND NOW FROM PAGE 148 from the same lesson:

Quoting Moshe Feldenkrais from page 148 AY 24 The body image, a lecture "If you take a person who does not know his image in the water - if you put someone who cannot swim and put them in water not deep enough to elicit a fear of drowning - you can see through his movements what parts of his body he doesn't use or know. Most of his movement it will seem as he wanted to catch or hold something in his hands. His legs will move as if he wanted to push to be sure he is standing. He TRIES to do IN THE WATER what he PREVIOUSLY learned to do on LAND. These are the movements that DISRUPT swimming. When he is in the water, he can only use familiar images of himself.

If he wants TO IMPROVE that, if he wants to learn how to swim, he must know what arms and legs really do in water rather than what he thinks he does. That is the whole secret of swimming.

(End of lecture)" (*emphasis added*)

Schilder, Paul, Mind, Perception, and Thought, Columbia University Press, 1942  
 — AY 24 The body image, a lecture. Awareness Through Movement® Lesson from Alexander Yanai @ Copyright May 1994. All rights reserved by and to the International Feldenkrais Federation, Paris France in cooperation with The Feldenkrais Institute, Tel Aviv, Israel

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Book referenced by Moshe Feldenkrais in the lesson AY 24 The body image, a lecture: Mind: perception and thought in their constructive aspects. P Schilder Columbia University Press, 1942

— From psycnet.apa.org:

"In his earlier book on The image and appearance of the human body (see 9: 5693) the

author clarified his general attitudes and principles concerning psychological problems. In this book the principles and results obtained in his investigation of the BODY IMAGE image are applied to the investigation of the principles of PERCEPTION and THOUGHT, and he extends the results and methods of modern psychology into a field not yet studied from this point of view.

The BOOK is DIVIDED into TWO PARTS, PERCEPTION and ACTION, and HIGHER MENTAL FUNCTIONS "

(*emphasis added*)

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**Study of Amherst Year Two Week One JUNE 8-11, 1981 ~ with dvd/
 transcript details, including an overview of Weeks Two to Nine:**

<https://thinkinginmovement.ca/wp-content/uploads/2019/10/Study-of-Amherst-Year-Two-Week-One-JUNE-8-11-1981-with-overview-of-Weeks-Two-to-Nine.pdf>

Revised Amherst Study October 2019

* Study Mon, Sep 30, Wed, Oct 2, Fri Oct 4, 2019
ATM- FLEXING OF RIGHT PALM / FLEX HAND TO STAND
* Study Mon, Oct 7, Wed, Oct 9, Fri Oct 11, 2019
Review of ATM- FLEXING OF RIGHT PALM / FLEX HAND TO STAND

* Study Mon, Oct 14, Wed, Oct 16, Fri Oct 18, 2019
TALK—SPATIAL RELATIONSHIPS
* Study Mon, Oct 21, Wed, Oct 23, Fri Oct 25, 2019
ATM- FLEXING OF RIGHT PALM / PRESS FLOOR TO LIFT KNEE
* Study Mon, Oct 28, Wed, Oct 30, Fri Nov 1, 2019
ATM-PRONE TO STANDING WHILE FLEXING RIGHT HAND / BELL HAND IN
HAIR
* Study Mon, Nov 4, Wed, Nov 6, Fri Nov 8, 2019
TALK-ABOUT THE PREVIOUS MOVEMENT

CHECK our [doodle](#) POLL ~ find our SYLLABUS/NOTES!

~ Please select your TIMES
~ add YOUR COMMENTS

**A few Notes talking about the References from our discussion Amherst
Study Mon Oct 14, 2019 TALK—SPATIAL RELATIONSHIPS**

BARBARA

You can imagine all the aspects of the studies they made. The observations do not bring all the aspects together. It means sociological... emotional and therefore it is so rich and interesting. And always this ability to learn we have from Moshe, the many ways to learn. It is not only medicine. It is really more than this and the title is a body image. I say that Moshe took this notion from Schilder, the body image. Therefore it is not a waste of time to read it.

BARBARA

The whole title: 'The Image and Appearance of the Human Body: Studies in the Constructive Energies of the Psyche'. We do not have it in German but there are French editions and I know the book from my training in France because they are reading it there.

RIKA

"I was just looking on the web quickly and that was one of the google books things that says Routledge is republishing it and other volumes, so I am going to look for it online. Routledge Kegan Paul - their books are expensive, but it sounds worth it. They tend to be textbooks, things like that, but I am going to look on Abe Books and maybe Abe Libris and see what I can find. If they all start looking they will either put more on at reasonable prices or else they will drive the price up. I am going to take a look right now again.

"

STEFAN

"I just looked too and it says Kindle Edition for 33 Euro. That was easy to find. "

RIKA

"Thank you, Minal. I just saw yours and just want to go and get it and I probably will when we finish. There is a paperback I found on Amazon for only \$129 and some cents, and I see the Kindle is approximately \$48 US. So, yes, I am going to try the half-price books. It is not one I am familiar with. Is that Canadian or not?"

MINAL

"I think it is based out of Texas but they are really big. It is a used bookshop, but they do have new books as well."

MINAL

"Again, is it easy to read or is it very scientific?"

BARBARA

"For me it was accessible, because I like the descriptions of the work, where he takes his ideas and the development of the science. It is accessible.

If you read the book ... MINAL ... you also can read ... MINAL ... and it is this period, this time and way of thinking of writing. I am also a historian and was looking mostly at this period between the two world wars. So for me it is not so strange, this kind of argument or expression. "

STEFAN

"I expected a bit more maybe scientific, but it is not. It is more in a psychoanalyst's thinking. Everybody is busy now finding this book. So maybe everyone of us should buy it and then we can talk about it. "

STEFAN

"Barbara, can you send your article about this maybe."

BARBARA

(Barbara's lovely laughter...)

"I have to find it and I will send to your email."

RIKA spoke of the CIRCULAR MOVEMENTS in Moshe's Amherst FI for Ethel Lesson three Walking. (29 June 1980)

during An AY a Day earlier today 8am Pacific

Mon, 14. Oct 2019

Amherst FI for Ethel - Lesson three Walking. (29 June 1980)

IFF link <https://feldenkrais-method.org/archive/collection/ethel-lesson-3/>

* LINK to the Amherst FI videos and notes

[https://feldenkrais-method.org/archive/collection/...](https://feldenkrais-method.org/archive/collection/)

* If you are already logged in, the Amherst FI links go through DIRECTLY to the page with Video and Notes.

OR to create an account use the REGISTRATION link: <https://feldenkrais-method.org/registration/>

Then Rika related this to the upcoming workshop she plans to participate in in Rhode Island!

REFERENCE FROM RIKA Jeff Haller/Moti Nativ/Roger Russell workshop

LINK <https://www.twomastersonenerd.com/>

Quoting FROM THE INVITATION:

" Develop your optimal physical and psychological potential, exploring the brilliance of the Feldenkrais Method® interwoven with concepts from the sciences and martial arts."

"Jeff Haller, PhD, master Feldenkrais Trainer, regards the Feldenkrais Method as a pathway to the inner composure necessary for living a creative life in a challenging world. He brings an unmatched understanding of the biomechanical principles embedded in the Feldenkrais Method. Jeff will teach Feldenkrais Awareness Through Movement® group lessons and demonstrate Functional Integration® one-one-one sessions."

" Moti Nativ, master martial arts teacher, offers a wide perspective of self-defense that goes beyond fighting to realizing personal integrity. He has a deep

knowledge of Dr. Feldenkrais' pathway from his early experience in self-defense in the 1920s to his mastery of Judo in the 1950s. Moti shows how Feldenkrais utilized his martial arts background while inventing the movement lessons that bear his name. He will guide us through an exploration of the synergistic crossroads of martial arts and the Feldenkrais Method, each enriching the other."

"Roger Russell, Feldenkrais Trainer, physical therapist and movement scientist, draws on 40 years of study of evolution, developmental psychology, movement science, neuroscience and philosophy. Roger will set guideposts from the world of ideas for grasping the experiential depth of Moti and Jeff's teaching.

"In this unique eight-day workshop, you'll discover:

Experiential learning opportunities;
Surprises to stir your curiosity;
Challenges that awaken your brain and body;
Unexpected ideas that stretch your thinking horizons;
Increased self-knowledge and self-confidence;
New means to harness your internal power as you grow towards who you can become.
You'll also receive a free video recording of the workshop; a comprehensive reading list; and the opportunity to participate in optional pre-workshop online meetings that will enable deepened learning.

Take home new skills and insights from a lively week that is bound to knock your mindset off-balance and enhance your sense of vitality.

This workshop welcomes all who love to move, feel and think: Feldenkrais teachers, martial artists, executives, athletes, movement scientists, dancers, psychologists, etc.

No previous experience in the Feldenkrais Method or the Martial Arts is necessary."

LINK <https://www.twomastersonenerd.com/>

Katarina's Technical fund, Professional and Continuing Education:
Feldenkrais® project <https://thinkinginmovement.ca/contributions-feldenkrais/>

