

Preface to the First Edition	xv
Introduction by Dr. Bernard Lake	xvii
Introduction to the Second Edition by Carl Ginsburg	xxi
Chapter 1 — Functional Honesty	1
Your version of why you have backache	1
Is there a formula to avoid back pain?	2
Your back at the foreground of your movement ecology	3
Creative exploration versus following instructions	6
Denying inner signals	8
Qualities that can't be measured	9
Moving today so you'll love moving tomorrow	9
More achievement with less effort	10
The dynamics of getting out of bed—a choice between well-being and self-injury	11
The greatest difficulty is to believe you can move without difficulty	15
Right in terms of efficiency or right in terms of choice?	15
Encouraging the drive towards self-assertion	16
Where did you lose the compass to your well-being?	17
How did you give up the right to a rhythm of your own?	17
Yawning—how do you accept Nature's gift of self-renewal?	18
Blame or praise—eroding your power to judge for yourself	19
Your shape—the only thing you wouldn't do for it is accept it	20

Clothes that make the person—self-expression or constriction	20
Shoes—form at the price of mobility	21
How do you cope with carrying a load?	22
The trouble with what you don't do	22
How you stopped daring	22
The prototype of stretching	23
Injury to the spine of personality	24
Improvement through the restoration of reality	24
Healing through progress	25
Awareness—the grammar of your lost spontaneity	26

Chapter 2 — Organic Learning: Learning Through Options 27

Are we all premature infants?	27
Early learning	29
Refining personal style of movement: the medium	
for opening habits to change	33
Reconstructed learning: initiated mistakes	36
Errors as a challenge to autonomous learning	36
Guided improvisation: updating habits	39
Don't do well: do differently	39
The true gain: biological optimism	41
Alternating cycles: the preparatory game of Nature	42
Tentative sketches versus overcoming the test	44
Finding the path of least resistance	45
Talk to the brain, not to the muscles	50
Changing context: learning by contrast	52
Exploration by way of variables	53
Linking and unlinking	58
Base and breakthrough	59
Bringing the mountain to Mohammed	59
Auxiliary movements	60
Be creative: do it badly	62
Refining the individual through the coherent rhythm of the herd	64
Ease is gained through ease	64
Permission for gracefulness: a supportive climate for learning	66
Language that invites ease	69
Breath of relief: biological omen	71
Teach the brain to harvest satisfaction: a reversed immune process	72
Ninety percent doing non-doing	73
Awareness: the gate for late learners	74
Movement as mirror	77

Touch for touch's sake: nourishment for self-knowledge	79
Learning in the presence of a witness	80
Even a teacher needs a teacher	83
Change: the dynamics of improvement	84
Improvement: unpredictable change	90
Equals without trying to be equals	92
Integration of the change	94
The more that is less	95

Chapter 3 — Family Therapy to the Community of Vertebrae 99

Uniform flexibility or discriminative flexibility	99
The fixture in between the flexible sections	100
Sideways undulation of the rib cage in water	101
The alternating dance of pressure on solid ground	102
Shoulder blades—storage for unexpressed emotions	103
The instinctive response to threat	103
Distorted defense	104
Neck and back—victims of lazy convexity	105
The double standard of the spine	106
The spine between command and execution	107
The vertebrae held by ribs	108
Flexibility and vulnerability	109
The Integration Approach	110
Functional distribution of labor—submarine and periscope	111
Restoring inner wisdom	112
Integration of function, structure and state of mind	113
The Magic Roller	113
A lesson in standing while lying down	130
The support reflex	131
Healing the response to gravity	133
Confronting the convexity of your back	133
Suspending the lower back like a hammock	134
Surrender to primal undulations	135
Releasing movement from control	136
A climate of openness to change	137
The change in your back, and your belief that it can change	138
The silence that cries out in discovery	139
Who is the person standing in your body?	140
Reciprocal reorganization	140
A back which is less subject to personal history	142
Zig-zag of steady process	143

Organic learning: an inner conclusion	144
Chapter 4 — Movement for Life, Movement for Love	145
Multi-functional by Nature	145
Multi-purpose methods of natural healing	146
The multi-purpose nature of the Magic Roller process	147
The bonus of the Magic Roller for sex	147
Primal undulations that bear the excitations of love	148
The wave that heals the back	148
Respecting the ebb as well as the flow	149
Locally emphasized movement during sex	149
Lovemaking in the context of interaction	
between the pelvis and the body	150
How to pass your back safely through the wave	151
Coordinating your total self: a source of sexual energy	152
Passivity that inspires vitality	154
A mystical urge of the universe flowing through you	155
Emergency respiration: the pelvis that chokes with effort	155
Forward movement of the pelvic bone within leisure	156
A pelvis that rolls with laughter	157
Trusting your body's wisdom	158
Utilizing your awareness to reach a state	
in which you don't need it any more	159
Aligning your posture so that your heart can believe you are loved	159
Surrendering your weight and being loved unconditionally	160
Touching the core of vulnerability through self-organization	160
The living silence that you always desired	161
A question mark concerning the necessity for aggression	161
An outward orientation that invites excess	162
Giving up the habit of trying to excel	163
Do you try to win by effort what can be received as a gift?	163
In gear for fulfillment	164
The stressed effort that renders dissatisfaction	164
Sex—suggestive context for imprinting its atmosphere on life	165
Do you urge yourself to want what you don't want?	166
Mutual conditioning on each other's responses	167
The ignorance of non-pleasure	167
Sex as meditation: an unintentional way of moving	167
Transforming the roar of sex into music	168
"Waken not nor stir the love until it please"	169
You can change the style as you offer yourself more pleasure	169

Elevating sex to a human domain	170
Living relaxation and its aftermath	170
Chapter 5 — A Straight Back or a Wise Back?	171
In the West correcting—in the East not interfering	171
The reflection of your private ecology	172
Structure or the functioning style which fashions it	173
The endless correction of posture	173
Straight for what?	174
Dynamic structure	175
Functional posture	175
Your stability is as good as your willingness to risk it	176
Sharpening the intrinsic gyroscope	177
Not what you do but how your organism responds	178
Descending to elicit ascending	179
Springiness: the organism's method for vitality	181
Defining an organism through the aspect of gravity	182
The two poles of uprightness	182
The axis of sitting straight	183
Standing to sitting: synchronizing pressure and release	183
Evoking the anti-gravity forces	184
A liquid balance between the fear of falling and stability	186
A dynamic definition for static straightness	187
Aligning your sitting: allow the deviations to find the center	188
Aligning while standing: an experience of trance	193
Neutral standing: the innocence of doing nothing	194
A posture which sits in the middle of the six directions	196
Bring out your best through a spark of imagination	198
An entanglement of compensations	199
Local correction in the context of the whole	201
Squatting: healing the conditioning	
between the shoulder blades and the pelvis	202
The back of the chair: touching the root of the uprightness issue	206
The edge of the bed: a systematic re-education	
for reluctant vertebrae	208
The ankle sets the tone for the posture: rehabilitation	
of springiness	210
Walking while sitting: a glimpse into an ideal posture	212
Gap Between the Hands: awareness through touch	215
How to lend your blind back the orientation intelligence	
of your hands	218

Approval for achievement or for process	225
The primal learning of the infant: its asset	
in organizing its standing	227
Uprightness which ripens in its own time—unconditional love	228
Primal Moving: Nature's process for mature functioning	230
Recovering the link between the knees and the back	
through primal swimming	232
The effective trajectory for extending an arm:	
sensitivity instead of a map	234
Transition from prone to supine: integrating all dimensions	236
Cyclic motions: reduced investment and precision of timing	237
Anchoring the head: how turning upside down contributes	
to posture	239
Crawling: a renewed choice in the fundamental legacy of the organism ..	240

Chapter 6 — A Change in Proportions of the Division of Labor ... 243

The lumbar vertebrae—between the hammer and the anvil	243
Feel with your hand the dependency of your back on your knees	244
Let your ankles reconcile your back	246
How the legs fail the back	249
Knee-back interaction	250
A simple way to remind your knees of their springiness	251
Roller under the foot: a lesson in springiness	252
Selective inhibition by a touch of the hand	254
A change in proportions of the division of labor	255
Swimming and walking: changing the pattern or establishing it	256
The invisible partners of habit	257
Dealing with injury: the interaction between injury	
and peripheral functioning	258
Parable of the anxious boss	259
Local neutralization within functioning	261
Pinching a muscle: self-treatment of the lower back	261
Pinching while walking	263
Mobilizing your lower back within support	264
Let your walking seduce the back into releasing its length	266
Circles with a leg: movement within sustained weight	267
Inhibiting a muscle while lying in bed	268
Self-treatment of the neck	270
Create your own model for carefree movement	275
The optimal action—utilizing 20% of your capacity	276
Take a free ride on the momentum of primal patterns	277

Meet your need—make the struggle unnecessary	278
On all fours—comfort at home base	280
Upside down on all fours	282
Lying on the side: your safe refuge	282
Changing positions	283
Primal swimming: model for knee-bending	284
Insensitive inertia	286
Creative caution: between obsession and abstention	287
Turning over in bed without setting off the emergency alarm	288
The process of finding the safe trajectory	289
Graded involvement: the first grade of learning	290
Foreplay that ripens the movement	291
From sitting to standing: a free ride on the spiral	292
The tendency toward the spiral on stairs	295
The healing spiral when lying down	298
Cultivating the spiral by means of the roller	300
The spiral in the complete context of walking	302
Symmetrical functioning	303
Reconciling symmetry in the Feldenkrais approach	304
Functional symmetry despite asymmetry of structure	305
Symmetry of rhythm	306
Scoliosis: create it on your other side, too	307
As you've made your bed, so shall you sleep	308
The art of pillow arrangement	309
Satin sheets: smooth out the pain through pleasure	311
A waterbed: learning to be like water	312
Oscillations in travel: resist or surrender	312
A microcosm	312
Functional reflexology	314
Indirect negotiation through the neurological partner	314
The dimension of sustained pressure	316
Auto Reflexology	317
Heel to heel	318
Clapping feet	320
Thinking in images: a short-cut to actualization	321
Waking dream therapy	322
The master's story	323
Imagination: prelude to the ideal	324
Bending—yes, no or how	325
Matching image to function	326

Lend the injured side the image of the free side	328
Let the intelligence imitate the ignorance: neurological diplomacy	330
Chapter 7 — Free Your Back	335
Relief or true healing?	335
Living fully	335
Organic generosity—a temporary loan	336
Not why, but how to get rid of it	337
Helping Nature help you	337
Pain—your guide to reform	338
Non-action as a correction	338
Learning relaxation through refining activity	339
How to move—creative negotiation	339
Resourcefulness in times of trouble	340
Reframing your complaint	341
Numbers: your private criteria for self-assessment	342
Impairment of your back: impairment of your ability to say no to the world	342
The suppression of improvised solutions: the decline of optimism	343
Back pain and the frustrated psyche: mutual captivity	344
The harm in persevering	345
Functional Integration: learning through touch	345
Listening to the positive	346
The more you try to overcome it, the more it overcomes you	347
Saying yes to life	349
Your patience for gathering the finer subtleties of well-being	349
What you can indeed move	350
Handicapped, or a person with a problem?	351
The dominance of limitation	352
The option of attitude—the half-full cup	353
The end that is the beginning	354
Resources	357
Suggested Books	359