

'diffusion, damping, deviation, loss of impetus, break of continuity, or an impossibility of one of the transformations' (Feldenkrais, Case of Nora 1977/1993, Chapter 2, Page 16) in relation to PolyVagal theory. pages 2

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(emphasis and line spacing and numbering added by Katarina) 5

'diffusion, damping, deviation, loss of impetus, break of continuity, or an impossibility of one of the transformations' (Feldenkrais, Case of Nora 1977/1993, Chapter 2, Page 16) in relation to PolyVagal theory.pages

~ Bringing Moshe's teaching from Nora into developing FI® practice, ATM® teaching, wider applications
(emphasis and line spacing and numbering added by Katarina)

~ quoting from Moshe Feldenkrais

**Body Awareness as Healing Therapy Book
The Case of Nora (1977/1993)**

Moshé Feldenkrais - North Atlantic Books/Frog - 1993

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"When I am presented with a trouble in function, I make a special effort not to think in words. I try not to think logically and in correctly formed sentences. It has become a habit with me to imagine the relevant nervous structures by seeing them with my mind's eye. I imagine a part which produces a flow of fluid. Part of the travel of the fluid is electrical, then becomes chemical, and again electrical. After many transformations the flow will end in a muscular contraction, and the muscular play will result in some apparent outside action involving the body, or parts of it, that will affect or transform the immediate environment. Sometimes I am stuck at a point where I cannot imagine the pattern of the flow, nor the possible obstacles in its way. Then I ask, is the obstacle a diffusion, damping, deviation, loss of impetus, break of continuity, or an impossibility of one of the transformations?

I have found this way of imagining so fruitful that I cannot do without it. It often shows me where my knowledge is insufficient so that I know exactly what I am after and therefore in which books I am likely to find the information. I form a working theory and change it in the light of new

observations. This gives me a fair idea of what data I lack and what observations I must add to make the theory work. This mode of thinking is often successful in situations where specialists with greater knowledge than mine have failed. Nobody is omniscient enough to think mechanically. I start each case as if it were my first, and ask myself more questions than any of my assistants or critics ever do."

"Then I ask, is the obstacle a
diffusion,
damping,
deviation,
loss of impetus,
break of continuity,
or an impossibility of one of the transformations?"
(emphasis with line spacing and later numbering will be added)

Body awareness as healing therapy: the case of Nora
Moshé Feldenkrais - North Atlantic Books/Frog - 1993
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#1 Then I ask, Is the obstacle a DIFFUSION?

- 1/ scientific definition
- 2/ scholarly definition
- 3/ common-everyday definition

in relation to the six 'impediments' ...

1. diffusion,
2. damping,
3. deviation,
4. loss of impetus,
5. break of continuity,
6. or an impossibility of one of the transformations?"

(line spacing and numbering added by Katarina)

#2 Then I ask, Is the obstacle a DAMPING?

1/ scientific definition

2/ scholarly definition

3/ common-everyday definition

in relation to the six 'impediments' ...

1. diffusion,
2. damping,
3. deviation,
4. loss of impetus,
5. break of continuity,
6. or an impossibility of one of the transformations?"

(line spacing and numbering added by Katarina)

#3 Then I ask, Is the obstacle a LOSS OF IMPETUS?

1/ scientific definition

2/ scholarly definition

3/ common-everyday definition

in relation to the six 'impediments' ...

1. diffusion,
2. damping,
3. deviation,
4. loss of impetus,
5. break of continuity,
6. or an impossibility of one of the transformations?"

(line spacing and numbering added by Katarina)

#4 Then I ask, Is the obstacle a BREAK OF CONTINUITY?

- 1/ scientific definition
- 2/ scholarly definition
- 3/ common-everyday definition

in relation to the six 'impediments' ...

1. diffusion,
 2. damping,
 3. deviation,
 4. loss of impetus,
 5. break of continuity,
 6. or an impossibility of one of the transformations?"
- (line spacing and numbering added by Katarina)

#5 Then I ask, Is the obstacle an IMPOSSIBILITY OF ONE OF THE TRANSFORMATIONS?

- 1/ scientific definition
- 2/ scholarly definition
- 3/ common-everyday definition

in relation to the six 'impediments' ...

1. diffusion,
 2. damping,
 3. deviation,
 4. loss of impetus,
 5. break of continuity,
 6. or an impossibility of one of the transformations?"
- (line spacing and numbering added by Katarina)

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