

https://thinkinginmovement.ca/wp-content/uploads/2021/02/Table-of-Contents-San-Francisco-1975.pdf	<p style="text-align: center;"><i>The SF Training 1975 -1976 at Lone Mountain College in San Francisco, California.</i></p> <p>The San Francisco Training 1975 (Year 1, Weeks 1-10) and 1976 (Year 2, Weeks 1-11) took place at Lone Mountain College in San Francisco, California.</p>
	Week 1: 16-19 June 1975
	16 June 1975 Week 1 Day 1
	Monday morning
	1 – Talk
	5 – ATM: Side-lying, arm to ceiling
	8 – Demonstration
	9 – Talk
	Monday afternoon
	15 – Talk
	15 – ATM: Side-lying, arm to ceiling
	16 – Demonstration
	17 – Talk
	27 – ATM: Working in the imagination
	31 – Talk
	17 June 1975 Week 1 Day 2
	Tuesday morning
	43 – Talk
	43 – ATM: On back, lifting the head with the help of the hands
	48 – Talk
	Tuesday afternoon
	67 – Talk
	76 – ATM: Flexors
	77 – ATM: Extensors
	83 – Talk

	18 June 1975 Week 1 Day 3
	Wednesday morning
	85 – Talk
	91 – ATM: Five cardinal lines of the body
	93 – Talk
	Wednesday afternoon
	105 – ATM: Sitting, turning around yourself with your hand like a dead bird
	19 June 1975 Week 1 Day 4
	Thursday morning
	129 – Talk
	131 – ATM
	137 – Talk
	Thursday afternoon
	153 – Talk
	153 – ATM: continued from morning
	156 – Talk
	Week 2: 23-26 June 1975
	23 June 1975 Week 2 Day 1
	Monday morning
	175 – Talk
	182 – ATM: Prone, knees bent, legs tilting
	184 – Talk
	Monday afternoon
	197 – Talk
	199 – ATM: Continue prone, tilting legs to the floor
	200 – Talk
	204 – ATM: Checking the movement from sitting, twisting
	205 – Talk
	206 – ATM: On back, legs crossed, tilting knees to the side
	210 – Talk

	24 June 1975 Week 2 Day 2
	Tuesday morning
	215 – Talk
	225 – ATM: Sitting, soles of the feet together, lifting the leg with the foot held by the opposite hand
	230 – Talk
	Tuesday afternoon
	235 – Talk
	245 – ATM: Sitting, putting the foot on top of the head
	245 – Talk
	25 June 1975 Week 2 Day 3
	Wednesday morning
	225 – Talk
	Wednesday afternoon
	273 – Talk
	274 – ATM: On back, fingers interlaced behind head, knees lifted with imaginary sticks between the elbows and knees moving towards sitting up
	276 – Talk
	285 – ATM: Lifting the foot to touch the head
	288 – Talk
	26 June 1975 Week 2 Day 4
	Thursday morning
	293 – Talk
	293 – ATM: Standing
	295 – Talk
	Thursday afternoon
	315 – Talk
	317 – ATM: Standing, ear to the shoulder, reaching
	321 – Talk

	332 – ATM: Moving head as Indians do, from side to side
	Week 3: 30 June-3 July 1975
	30 June 1975 Week 3 Day 1
	Monday morning
	1 – ATM: Standing, lengthening arms, twisting
	4 – Talk
	Monday afternoon
	25 – Talk
	25 – ATM: Rolling to sit, and holding chin
	37 – ATM: Holding the chin from behind the head
	40 – Talk
	1 July 1975 Week 3 Day 2
	Tuesday morning
	47 – Talk
	47 – ATM: Prone, eyes following a bug around a dial on the floor
	54 – ATM: A theoretical lesson on the physiology of breathing
	55 – Talk
	56 – Demonstration of stopping the heartbeat
	58 – Talk
	60 – ATM: Paradoxical breathing
	62 – Talk
	Tuesday afternoon
	69 – ATM: On back, arms towards ceiling, praying, rolling to the side
	72 – Talk
	77 – ATM: A short breathing lesson related to the lecture
	77 – Talk
	2 July 1975 Week 3 Day 3
	Wednesday morning
	89 – Talk

	104 – ATM: Walking
	104 – Talk
	Wednesday afternoon
	109 – Talk
	<hr/> 3 July 1975 Week 3 Day 4
	Thursday morning
	121 – Talk
	Thursday afternoon
	139 – Talk
	Week 4: 7-10 July 1975
	<hr/> 7 July 1975 Week 4 Day 1
	Monday morning
	153 – Talk
	153 – ATM: Standing at the wall and prone, turning the foot
	160 – Talk
	Monday afternoon
	177 – Talk
	<hr/> 8 July 1975 Week 4 Day 2
	Tuesday morning
	187 – Talk
	198 – ATM: Rolling, holding one foot with the opposite hand
	203 – Talk
	Tuesday afternoon
	211 – Talk
	<hr/> 9 July 1975 Week 4 Day 3
	Wednesday
	Pribram – Feldenkrais Discussion (no training)

	10 July 1975 Week 4 Day 4
	Thursday morning
	225 – Talk
	Thursday afternoon
	253 – Talk
	253 – ATM taught by Mia Segal: Side lying, arm and leg circles
	Week 5: 14-17 July 1975
	14 July 1975 Week 5 Day 1
	Monday morning
	1 – Talk
	1 – Silly questions: what are we doing here?
	2 – Scoliosis
	4 – Story of Etienne Lalou and his hip
	8 – Proximal / distal versus function
	10 – A reliable system of reference: going home
	11 – Animal experiments: old and new structures of the brain
	12 – Organization function
	16 – Story of Norbert Wiener and South American physiologist
	17 – Speculation on Moshe living to 150 years
	18 – <i>Functional Integration</i> Lesson with Valerie
	Monday afternoon
	21 – <i>Functional Integration</i> Demonstration
	22 – First approximation is this: there is a skeleton (not sure if this is a typo on the website)
	23 – The two bodies are linked during <i>Functional Integration</i>
	26 – Hands direct power from the center of the body
	26 – Talk
	26 – The limits of language
	27 – Cartesian coordinates and polar coordinates
	30 – Optimal transmission of power through the skeleton
	31 – Noa Eshkol's movement notation using polar coordinates

	15 July 1975 Week 5 Day 2
	Tuesday morning
	33 – <i>Awareness Through Movement</i> : Lying on Back to Standing
	35 – There is a continuous strain which you don't realize that you have
	37 – Three main contents of life: food, security and mating
	37 – Compared with any other animal, we have no instincts
	37 – Instinct and reflex
	48 – All living things tend to the optimal functioning
	52 – Transferring the learning to the other side
	54 – The image of achievement in the cortex
	55 – Penfield's homunculus
	56 – In functioning it is never one cell that works
	59 – Stories of Stanislavsky and his actors
	60 – The importance of having a method
	Tuesday afternoon
	63 – <i>Functional Integration</i> Demonstration: Working with the Head
	65 – Exploring different ways to turn a head: rolling, sliding and turning like a tap
	68 – <i>Awareness through Movement</i> : Sitting to Standing
	71 – How a cat lies on the floor and gets up on his feet
	72 – End of class conversations
	16 July 1975 Week 5 Day 3
	Wednesday morning
	75 – Talk
	75 – Story of girl with foot desiccated by lawn mower
	76 – Cats, righting reflexes and teleceptors
	76 – Story of pianist who could get up like a cat
	77 – <i>Awareness through Movement</i> : Lying on Back to Standing, continued
	82 – You will see why we call it <i>Functional Integration</i>
	83 – A crocodile knows how to catch a bull
	85 – That is possible only when the head is completely free to move

	86 – Get busy with the function and stop being a perfectionist
	88 – Then I would call my method Learning
	90 – We don't use psychoanalysis but people grow
	95 – A dead body behaves like a good body because it obeys the laws of physics
	95 – Everything we said up to today is all the same thing, only different sauces
	96 – Improve the how and that spreads to everything you do
	Wednesday afternoon
	99 – <i>Functional Integration</i> Lesson with John
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	17 July 1975 Week 5 Day 4
	Thursday morning
	107 – Talk
	107 – What do you mean by “uniformly distributed”?
	110 – Story of putting a madman in an ambulance
	110 – Levers are proportionate to the amount of movement they do
	111 – Story of Notre Dame de Paris falling apart
	113 – If there is no movement, there is no force
	114 – If you go with the nervous system, you can reap the benefit
	119 – The muscle fiber of a human and flea do not have the same strength
	119 – As soon as you know the cause and effect, you're finished
	122 – Destroy your confidence while learning and you will never do it without tension
	122 – That's the essence – try not to teach but make people learn
	124 – <i>Awareness Through Movement: Variations on Coming to Stand</i>
	125 – You lower centers, you know better than I
	128 – We are so wired in that it must be a punishment
	130 – There is no limit to perfection
	131 – First learn to love yourself
	134 – Amount of work against gravity and internally
	Thursday afternoon
	137 – <i>Functional Integration</i> Observation

	Week 6: 21-24 July 1975
	21 July 1975 Week 6 Day 1
	Monday morning
	139 – <i>Awareness Through Movement: Judo Roll</i>
	142 – A blink of the eye is sufficient to revise the whole self-image
	147 – Our upright position is an inherited quality
	152 – Story of Moshe’s girlfriend when he was young
	153 – All the auxiliaries, don’t be afraid of them – we use them only for learning purposes
	154 – Frontal attack on flowing of energy
	155 – Story of Catherine the Great
	Monday afternoon
	161 – <i>Functional Integration Lessons</i>
	22 July 1975 Week 6 Day 2
	Tuesday morning
	163 – Talk: Recalling What we did Before
	163 – Tossing the knees in sitting; lying to standing
	164 – Standing to sitting
	165 – Judo roll
	166 – <i>Awareness Through Movement: Judo Roll, continued</i>
	167 – Restoring an ability which is latent and common to all of us
	169 – To do this work for a whole morning is just criminal
	170 – You can’t know the correct thing unless you know the idiotic things
	171 – The brain should develop until death
	174 – The mouth with its appetites
	177 – There is only one thing which is beautiful to the cat: what it can do
	178 – The human nervous system is not made for stability
	179 – When no pattern is engaged the brain is free to accept anything
	181 – That’s why also I don’t tell you in the beginning where we are going
	182 – Thinking organizes the body, but when you move, there is no thinking anymore

	183 – You can do many things but you don't know how you do it
	184 – You can't eat while you kiss
	188 – First know one thing properly
	191 – There is nothing that is really wrong, only our attitude to it
	23 July 1975 Week 6 Day 3
	Wednesday morning
	193 – Discussion Between Dr. Feldenkrais and Dr. Karl Pribram
	193 – Karl's story of a patient with a brain tumor and unilateral seizures
	195 – The vascularity of the cerebral cortex is actually changed by thinking about certain things
	198 – Karl's story of feeling an "opening up" at a Will Schutz event
	199 – What could be the reason for having the ear in all animals so near to the brain?
	200 – There are really three temperature systems in the body
	203 – Phylogenetic stories of man
	204 – To call the limbic part of the brain an old part of the brain is just nonsense
	209 – The first thing I talked about was the image of achievement
	214 – People say Uri Geller bends nails with his mind
	217 – There are whole villages in India, which once a year, walk on fire
	219 – <i>Functional Integration</i> Demonstration with Marcia
	24 July 1975 Week 6 Day 4
	Thursday morning
	233 – <i>Awareness Through Movement: Arm, Head, Leg to Ceiling, Learning to Count</i>
	234 – We have a keen apparatus that tells us whether distribution of effort is uniform
	235 – The difficulties of doubt and "concentration"
	237 – Hope is a bright light
	238 – There is only one must – three actually
	239 – F.M. Alexander's <i>The Use of the Self</i>
	242 – Everything obeys the organization of the higher centers

	243 – The proof of my pudding – that I am not teaching a whimsical thing
	244 – One should make one’s brain work so what he does is his own doing
	245 – Gurdjieff used counting as a technique
	246 – <i>Functional Integration</i> Demonstration: Exaggerating Existing Patterns
	246 – How a person lies on the stomach already gives you an idea where to work
	247 – The nervous system has grown up into this field of gravitation
	248 – Your handwriting is different from anybody else’s
	Week 7: 28-23 July 1975
	28 July 1975 Week 7 Day 1
	Monday morning
	1 – <i>Awareness Through Movement</i> : Scan, Hip Joint Demo and Space Around the Body
	2 – How the hands, the palms are lying: on the side or on the backs
	3 – It’s not a coincidence that we talk about the hip joint downwards and coccyx upwards
	4 – Somebody produced a form of high jumping where the hip joint is straight
	5 – What we said a harmonious use means
	6 – Which is the distance where somebody approaching you would feel “Ah, careful”
	8 – <i>Awareness Through Movement</i> : Banging the Head, Heels and Shoulder Blades
	14 – We have studied doing mental effort from the age of 14
	15 – Using the body at different rates is an essential thing to live
	16 – <i>Functional Integration</i> Demonstration: On the Side, Working with Head and Arms
	29 July 1975 Week 7 Day 2
	Tuesday morning
	23 – <i>Awareness Through Movement</i> : Lifting the Leg in Sitting and Knees Behind Elbows
	29 – You cannot force the nervous system. You can only give it an opportunity to change
	36 – Reich, I think he was an extraordinary, independent mind

	30 July 1975 Week 7 Day 3
	Wednesday morning
	39 – Talk
	39 – To become aware and get to the highest degree in the Gurdjieff sense
	40 – The Fechner-Weber law
	41 – Curiosity is the only real instinctive movement that human beings have
	42 – <i>Awareness Through Movement</i> : Preparation for Judo Roll
	42 – Story of Captain Budder of the British Air Force who lost both legs
	43 – Story of a Russian Jew who lost both legs in the War in Russia
	48 – Hence you have how dominance is formed
	Wednesday afternoon
	61 – Talk
	61 – There is a real time where you have to stop
	61 – Story of Winston Churchill before his death
	62 – Matriculation was where you studied a little bit of anything the human spirit can do
	65 – <i>Functional Integration</i> Demonstration: Finding the Neutral Point in the Hip Joint
	65 – I wouldn't touch naked, bare feet. I have people wear socks
	66 – If I stand and I want to waltz
	67 – I am always underpaid because what I give to people is worth a million times more
	68 – I don't mind using hypnosis. I don't mind using anything if it's a question of helping
	69 – That's why we call it <i>Functional Integration</i>
	71 – In walking there should be very little power on the big toe
	31 July 1975 Week 7 Day 4
	Thursday morning
	75 – Talk: Manipulation, Timing and Orientation
	75 – It's called manipulation because
	76 – There are very old structures in the brain for very fast movement
	79 – Timing – it must be temporally correct

	79 – What about orientation?
	82 – <i>Awareness Through Movement</i> : Pelvic Clock
	91 – <i>Functional Integration</i> Lessons
	Week 8: 4-7 August 1975
	4 August 1975 Week 8 Day 1
	Monday morning
	93 – Announcement from Thomas Hanna
	95 – Talk
	95 – An action is much more complex than we normally think
	96 – We are time-bound – that means without time passing you can't live
	96 – Is velocity a tangible thing?
	100 – A stationary point is also a part of a process in life, in movement
	101 – Teilhard de Chardin's Omega Point and noetic function
	102 – An action without time is just impossible
	103 – Two other components of action – spatial orientation and manipulation
	104 – <i>Awareness Through Movement</i> : Moving the Pelvis and Head Around a Clock
	106 – Your space is not only the exact limit of your body
	109 – If a muscle is engage in doing something, you can't make it do something else
	112 – Story of a German refugee in Paris who asked to play the piano
	113 – Space is not a thing that exists, but it is also a product of our experience of space
	114 – You look at a mirror – your left is on the right and the right is on the left
	Monday afternoon
	119 – <i>Functional Integration</i> Demonstration with Thomas Hanna
	121 – I want to show the dependence of the shoulders on the feet
	125 – Most people walk with one leg first
	126 – Dominance is a useful thing but it must be revised
	126 – <i>Awareness Through Movement</i> : Tilting Knees with Hands Interlaced Overhead, Contracting and Expanding the Abdomen
	5 August 1975 Week 8 Day 2

	Tuesday morning
	135 – Talk: Recalling What we Did Yesterday
	136 – There is one sense which is not counted in the senses
	137 – The outside world is to the brain inaccessible directly
	138 – If you read Piaget or Gesell, you see that these functions do not come by themselves
	140 – Story of giving British physiologist, Samson Wright, copy of Body and Mature Behavior. Someone who has experienced coitus can have the gonads removed and continue being sexually potent
	142 – The eye is part of the brain, the skin is part of the brain
	145 – People are so alienated to themselves that they know only a few feelings
	146 – I am working on a system myself where I would have the same method with feelings
	148 – <i>Awareness Through Movement: Moving the Pelvis and Head Around a Clock, continued</i>
	151 – <i>Awareness Through Movement: Lifting the Head Lying on the Stomach</i>
	155 – Action and dominance are two different things
	159 – Muscles are not strong if you use the antagonist without knowing
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	6 August 1975 Week 8 Day 3
	Wednesday morning
	163 – Discussion Between Dr. Feldenkrais and Dr. Karl Pribram
	164 – Story of Pinchas Koretz and his pupil
	166 – Pribram’s story of listening to the cells in the spinal cord
	167 – How come what I do reduces the spasticity of the leg?
	168 – Inhibition in the nervous system helps to organize ongoing activity
	171 – An identical physical stimulus will be perceived entirely differently
	174 – 10 to the power of 10 neurons, just neurons, are not a brain
	176 – What about that famous question with the vegetative nervous system?
	178 – What is the relationship between feed forward and image of achievement?
	181 – Equilibrium and dis-equilibrium
	185 – <i>Functional Integration</i> Demonstration with Bob Knighton (Spasticity)
	185 – One thing I didn’t ask you is clonic movement

	187 – We can reorganize the head to be free from the previous patterns of holding
	189 – All animals know how to walk without making noise
	189 – <i>Functional Integration</i> Demonstration with John (Tremors and Speech Difficulties)
	190 – Story of Dr. Puter, the distinguished Israeli mathematician
	191 – If I contradict him, then it gets worse and worse
	198 – <i>Functional Integration</i> Demonstration with Heather (Scoliosis)
	198 – That’s why we don’t undress people
	201 – I think scoliosis is a disease of the brain and not of the body
	205 – The tendency of everybody is to try and straighten a scoliosis
	209 – The nervous system doesn’t know anything but being in order with the gravitational field
	7 August 1975 Week 8 Day 4
	Thursday morning
	211 – Talk
	213 – We are completely alienated to our feelings – completely
	214 – The question was why certain patterns endure over time
	217 – We should say not why things are permanent but how can you change them?
	220 – You cannot improve anybody fundamentally unless you don’t try to cure him
	222 – Reorganization of a central nervous system is unpredictable
	225 – But an organized nervous system has its laws
	228 – If you have choice, your truth will change with your development
	229 – <i>Awareness Through Movement: Jello Pudding</i>
	230 – Discussion about the direction the palms face when lying on the back
	232 – Do you know why people take LSD?
	238 – Choice is a very hard thing to do
	240 – I make an effort not to use a piece of paper, not to prepare my lectures
	242 – Who will sit up has nothing to do with whether he is thin, old, decrepit or heavy
	242 – Story of Dr. Feldenkrais throwing a ball to turn off a light switch
	243 – Story of Kobayashi’s skill with a sword

	243 – When we learn...it's not to be lie the Alexander people who project and inhibit
	Thursday afternoon
	245 – <i>Functional Integration</i> Demonstration: Getting Up from Sitting
	245 – First of all there are important differences and not important ones
	249 – A major preoccupation of the nervous system is to keep the picture clear and steady
	251 – It's not a question of if he sits nicely but of being capable of attending to the world
	253 – Alexander found there is a relation to maintain but he never paid attention to the pelvis
	256 – What is correct is a position through which you must go
	Weeks 9: 11-14 August 1975
	11 August 1975 Week 9 Day 1
	Monday morning
	1 – Talk
	2 – Recalling what we did last Thursday
	4 – We are made like a torus
	7 – What is organic, harmonious control?
	9 – What is involved in me talking and you hearing?
	11 – Einstein's Theory of Relativity and the laws of Nature
	15 – What is the difference between objective and subjective reality?
	17 – We cannot know reality without our senses
	19 – You have to see and not to look
	23 – The mirror is idiotic; it is anisotropic
	28 – We still have to define what is learning, because it's certainly not what we understand
	Monday afternoon
	31 – <i>Functional Integration</i> Demonstration: Getting Up from Sitting
	32 – Recalling what we did with the rollers last Thursday
	36 – A bony structure is like a brick structure—it can take only compression
	37 – You can't correct a posture no matter how skilled you are

	40 – Our structure is for movement; for stability, this is an idiotic structure
	No – other animal has the ability to turn around the vertical axis and see 360 degrees
	47 – Story of how a cat catches a pigeon
	48 – Stories of Muhammad Ali, a blind Kendo master and a Japanese samurai
	12 August 1975 Week 9 Day 2
	Tuesday morning
	55 – Talk (including replay of yesterday morning’s talk audio)
	55 – The purpose of repeating something we have done before is a very funny one
	58 – You remember when we talked about the mirror business?
	59 – Right and left is always carried relative to the vertical axis of the body
	63 – We have been training ourselves, saying, “Recall: what did you do yesterday”
	64 – Replay of yesterday morning’s audio
	68 – To shift between objectivity to subjectivity with such speed as we read
	68 – Why did it develop the way it is?
	70 – More of yesterday morning’s audio
	Tuesday afternoon
	85 – Talk
	85 – A student expresses his dissatisfactions with the training
	88 – I want you to be able to consider cause and effect and not consider cause and effect
	91 – The function of speaking gives you the clearest illustration what learning means
	95 – Story of Professor Goudreault, a French mathematician
	97 – Story of Dr. Feldenkrais learning mathematics from Professor Goudreault
	104 – <i>Functional Integration</i> Practice: Lifting the Leg
	105 – When you once touch a bad knee you will feel unmistakably, “Oy, I must be careful”
	105 – Story of Gaby Yaron and her student who fainted
	107 – Try to imagine how the person who holds you is sitting
	109 – Thinking is the slowest function in the human body

	111 – First feel what you do; we will have to reverse the process afterwards to verbalize
	111 – Story of the good Jew who played golf on Yom Kippur
	112 – A child of a year old will not write if you give him a pencil
	113 – You have to touch and do things without clarity, without intent
	13 August 1975 Week 9 Day 3
	Wednesday morning
	115 – Talk
	115 – The inconvenience of speech is that it stops thinking
	117 – Everyone’s trouble is due to real learning
	118 – There is no greater disaster to humanity than being right
	119 – Story of Dr. Feldenkrais’ wife being right
	122 – Story of a prostitute taken hostage in a terrorist attack in Israel
	123 – We’re going to show that learning can be a disaster and can do so much harm
	126 – <i>Awareness Through Movement / Functional Integration</i> Observation
	127 – Look at the direction of the axis of the face relative to the floor
	131 – We don’t want to improve, we want to be the same thing
	131 – <i>Functional Integration</i> Practice: Lifting the Head and Rocking the Feet
	133 – When you work with somebody you should be like two dancers
	134 – Throw away the physiology, throw away the anatomy
	136 – You must first move your brain to be able to be patient and see things that you don’t
	138 – Holding the head like that, don’t fall in love with the person
	142 – You can’t teach the other one more than you unless there is a method
	143 – Story about the Arabic numeral system
	144 – When you leave here you will find all the people around you are just too silly for words
	No Wednesday afternoon session
	14 August 1975 Week 9 Day 4
	Thursday morning

	147 – Talk (including replay of yesterday’s <i>Functional Integration</i> practice audio)
	148 – Replay of yesterday’s <i>Functional Integration</i> practice audio
	151 – I was right and wrong, and you are right and wrong
	153 – The real difference between this system and all the systems that you know
	155 – My lessons are improvised yet they are improvised with a method
	155 – More of yesterday’s <i>Functional Integration</i> practice audio
	159 – <i>Functional Integration</i> Practice: Lifting the Head, Feeling for a Change in Breathing
	159 – First of all you strain, therefore you’re teaching him to strain
	163 – Can you see why our work is nonverbal?
	164 – It’s not a question whether it’s good to talk or bad to talk
	166 – Deciding to be perfect means that you sense yourself imperfect
	No Thursday afternoon session
	Weeks 10: 18-21 August 1975
	18 August 1975 Week 10 Day 1
	Monday morning
	171 – Talk
	171 – Thomas Hanna’s story of how this San Francisco training came to be
	175 – There are two things that we didn’t do in this course which is unique
	182 – We have no other choice but speaking our mother tongue
	185 – Story of Dr. Feldenkrais’ taking Werner Erhard’s est training
	187 – There are many systems who have important things to learn from
	188 – Story of a Vietnamese acupuncture master in Paris
	189 – We did not say how we eliminate compulsiveness but we have eliminated it
	191 – Story of Professor Schultz, author of <i>The Autogenic Technique</i>
	193 – <i>Awareness Through Movement: Kneeling with Head on Floor</i>
	195 – Awareness—that’s what we showed here is more effective than any bloody technique.
	197 – Story about a woman who had a very bad smell of the vagina
	203 – You tried all your life to eliminate it , to be like everybody else
	204 – You are not telephone exchanges nor computers

	No Monday afternoon session
	19 August 1975 Week 10 Day 2
	Tuesday morning
	207 – Conversations Before Class
	210 – <i>Functional Integration</i> Practice: Lifting and Turning the Head, Relaxing the Sternocleidomastoid Muscle
	212 – Organize yourself sufficiently that you can overflow to the other person in kindness
	216 – The word <i>Functional Integration</i> is idiotic because it's not a function that is missing
	218 – The clearer you know before you start, the less you will learn
	219 – We are interested in what we are doing and not what we are thinking
	221 – All that wouldn't work unless there are hands which are a substitute for the floor
	224 – A lesson when it's complete looks so cleverly thought out and so well organized
	224 – Talk with <i>Short Awareness Through Movement: Kneeling with Head on Floor</i>
	226 – If you can check a think with two senses or with one, it makes a difference
	228 – Piaget did actually show that before you are age seven, you cannot appreciate volume
	No Tuesday afternoon session
	20 August 1975 Week 10 Day 3
	Wednesday morning
	233 – Talk
	233 – You should not represent yourself as experts trained and accredited by HPI and myself
	234 – I have no objection to you teaching in your own private building
	235 – Story of Dr. Feldenkrais telling Mia not to do a house call with a person who can't move
	236 – Story of a woman with denervation of the sixth and seventh cervical vertebrae
	237 – There are things that if not done properly, the person won't be able to get out of bed

	238 – Story of an 86-year old woman who didn't know she had arthritis of the hip
	239 – Story of a head surgeon in Israel who didn't go to medical school
	242 – Don't take cases where you're not sure
	244 – I come with a ready-made lesson, but then I see that there is a newcomer
	245 – Story of when Dr. Feldenkrais broke a woman's rib
	246 – <i>Awareness Through Movement: On the Back, Lifting the Head and Pelvis</i>
	247 – Appreciate which is the point on which pressure is maximum
	249 – That is compulsive, the idea of symmetry, feeling unsafe when it's unsymmetrical
	251 – To become aware you must add more and more abilities
	Wednesday afternoon
	255 – Talk and Demonstration of Dr. Feldenkrais' Process of Discovery with Himself
	262 – Now you will know why, when I am finished with you, I go for an actor's career
	262 – It took me years before each new thing dawned on me
	263 – Story of Dr. Feldenkrais going to parties when he was 20 years old
	264 – Dr. Feldenkrais' idea for a new television commercial
	21 August 1975 Week 10 Day 4
	Thursday morning
	267 – Talk
	268 – I have one major objection to some people coming to Israel for training
	270 – Medicine has grown through disasters to the human species
	272 – We have no specific treatment for anything
	278 – You can say is an extraordinary jigsaw puzzle
	280 – Story about Richard Nixon, adrenalin and the coagulability of blood
	288 – The most important books I would like you to read are
	290 – Story of publishing <i>Body and Mature Behavior</i>
	293 – Story of an Israeli boy who was wetting the bed at the age of 14
	298 – Story of Dr. Feldenkrais hearing his neighbors kill a little pig when he was a little boy
	299 – Story of the Israeli boy who wet the bed continues

	302 – That doesn't mean you can't do all the other systems but first you must make a sufficient contrast
	302 – List of important books to read continues
	No Thursday afternoon session