

Theme Vison 2022 Feldy notebook and quotes from Moshé Feldenkrais

<https://feldynotebook.com/theme-eyes/>

"This is my way of working. I work like this in order to know. I could not find a teacher who could tell me if my eyes or my hands are good. Please try to find what is correct Do the hands work well or do the eyes work well?" Moshé Feldenkrais 8a AY 26, Pearls and eyes. Awareness Through Movement® Lesson from Alexander Yanai © Copyright January 1995 . All rights reserved by and to the International Feldenkrais®Federation, Paris, France in cooperation with The Feldenkrais institute, Tel Aviv, Israel.

"If a man uses his eyes as people in the past did, i.e., to look at the horizon, at the sky, at his body and at his work, the eye goes through the complete range of its capacity, and ignorance of the proper use of the eyes has no chance to cause real harm. But when the scholar, or composer, or draughtsman has to use his eyes to focus at ten inches for hours on end, day after day, it is essential for him to know how to use the eyes properly." ...
"To my mind, the real trouble lies in the fact that we forget in the process of learning, that the principles we learn are themselves ephemeral and not absolute. That our teaching is faulty here and there is relatively of secondary Importance

Specialization in a limited range of acts for long periods is the most difficult adjustment for man to make. If a man uses his eyes as people in the past did, i.e., to look at the horizon, at the sky, at his body and at his work, the eye goes through the complete range of its capacity, and ignorance of the proper use of the eyes has no chance to cause real harm. But when the scholar, or composer, or draughtsman has to use his eyes to focus at ten inches for hours on end, day after day, it is essential for him to know how to use the eyes properly. For he puts on them an extreme demand by excluding all functioning in favour of a particular act. Some muscles, nerves and cells in the higher centres are overworked, while others must be constantly inhibited. Only a few who thus use their eyes will succeed in preserving good use of them. We often hear people say that their special incapacity is due to lack of exercise. Here we see that any training may be worse than no training at all; for the eyes of none of these people lack exercise, yet their eyesight deteriorates steadily. The use they make of their eyes adapts them most perfectly to that particular use only, but renders them almost useless for other purposes. Thus, even a young man with perfect eyesight will not see the details that a short-sighted histologist will see in his microscope. But whereas the former will rapidly adjust himself to the microscope, the latter is unable to get normal service from his eyes in any other use. In the same manner, any strong young man with perfect feet will find it difficult to stand as long as a flat-footed lift-man, for instance, or policeman, but the former can jump and run, while 'the latter suffers aches and pains in doing so.

The important thing, however, is the emotional disturbance that leads to faulty use of oneself. In short, it cannot be denied that greater complexity and specialization need more perfect adjustments.

This alone is the' reason why we discover in ourselves so many shortcomings. While the use we make of our faculties is far below their ultimate capacity any method of use may be good enough. But when we want the potentially best use of our faculties, our failure to obtain it is due, to lack of knowledge, and not to degeneration. Had we not changed the Roman numerals and substituted the decimal system for the older ones, we would have found with the increased demand of calculation in modern life, that our mathematical capacity had degenerated. Civilization makes it necessary to adopt better methods not only in calculation but in all other uses of self."

-- Moshé Feldenkrais *Body and Mature Behaviour* 1949.

Preview at https://www.google.ca/books/edition/Body_and_Mature_Behavior/bOCMRqqyy-EC?hl=en&gbpv=1&printsec=frontcover
