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SF 1976 Year Two TOC

Week 1: 14–17 June 1976

14 June 1976

Monday morning

- 1 – There are several minor things that must be talked over
- 2 – We have to make clear what and how people will be allowed to become members of the [*Feldenkrais*] Institute
- 6 – Discrimination is a very important thing
- 7 – Freud has shown a baby begins his sexual apprenticeship first by feeling his mother's breast
- 8 – Penfield suggested a word which I never used before: non-committed brain
- 11 – To learn does mean actually reducing our brain capacity and is a liability and a restriction
- 12 – Wittgenstein showed...that words are not such a good thing as we think
- 13 – What's logic?
- 17 – Story of Dr. Feldenkrais and Emilé Borel at Einstein's lecture at the Sorbonne
- 18 – You must know to ask the right questions to become a scientist

Monday afternoon

- 21 – Everyone can think only the way he thinks, and that must be cultivated to be good
- 22 – When you do that action you want to feel...you've improved it from your own point of view
- 24 – In the order of importance of awareness is the mouth, which...is the first to contact the world
- 24 – But next to the mouth are the hands
- 25 – *Awareness Through Movement: Fingers Interlaced, Inverting Hands*
- 25 – These are the limitations that we have imposed on ourselves through our normal learning
- 28 – We are not interested in the thing we do but what it can teach us
- 28 – Because in a society we are not ourselves
- 33 – When somebody has a difficulty and he believes he is ill...the trouble is always something much deeper

- 36 – What's the difference between a man and an animal?
- 38 – Everybody has got a creative mind
- 38 – Story of a religious Jew who traveled collecting money for the yeshiva
- 42 – *Functional Integration Practice: Rolling the Head*
- 45 – When you've eaten the fruit of knowledge you can tell what is bad and what is good
- 46 – Recall without trying anything that you learned today which was new to you

15 June 1976

Tuesday Morning

- 49 – Question and Answer
- 49 – Student question: How do you work with someone who has flaccidity in their muscles?
- 53 – You would never make me weak even if you try
- 57 – There are many weak people are marvelous. Stanley Krippner is very weak
- 57 – How did the nervous system start? The nervous system has already heredity
- 58 – Story about a chap in Baranovichi who was a drunkard and a horse thief
- 59 – I started a book, a series which called *Adventures in the Jungle of the Brain*
- 60 – Story of Dr. Feldenkrais' first real case: a man who thought he might kill his own children
- 69 – When you resolve the motor pattern with which the anxiety was linked
- 70 – Story of Arizona Hospital for Schizophrenics using ideas from *Body and Mature Behavior*
- 72 – *Awareness Through Movement: Fingers Interlaced, Inverting Hands* continued
- 74 – We will set out this time to do with the hands things that most people never do
- 74 – Look without intending to find fault with anybody, then you see everything
- 78 – It is because when you are at the limit of what you can think, you always fall asleep
- 80 – You know that a child, when he's born in the world, all the muscles are tight
- 83 – See whether you can find a solution to a problem that nobody has ever solved

Tuesday Afternoon

87 – I never seen in a body tension that can be diffused

88 – What we did abstractly is not diffused tension but discover a concrete law

89 – There is a notion in mathematics, or even more in physics, which is called invariance

90 – All animals...have a part which is heavy and the muscles are connected to that heavy part

92 – *Functional Integration* Demonstration: Working with the Arm

92 – We are going to get Functional Integration into a second approximation

93 – The most primitive movement of the arm is to bring the arm to the mouth, to the face

94 – The rest of the body with the baby is non-differentiated

94 – The part which needs to be the strongest to sit or crawl—the back—must be trained

96 – What do you do with an arm?

97 – Your ability, your learning that you left at the age of 12, 13 is not dead

97 – There must be movement of the humerus between the clavicle and the shoulder blade

99 – The way through which I passed is for me a painful one...People said, “He’s cuckoo”

16 June 1976

Wednesday Morning

101 – *Functional Integration* Discussion, Demonstrations and Practice: Working with the Arm continued

101 – If you don’t use the tables for what I teach you, no table

103 – To examine it, the first thing to do is to see whether he can touch the mouth

105 – A violinist will never try to do work of strength with his hands

107 – When you want to take the arm, you must take the weight away first of all

109 – I am organized in the way I want him to organize himself

113 – We don’t deal with the muscles, we don’t deal with the fascia, we don’t deal with the bones

114 – We deal with the afferent and efferent paths to make them a complete circuit

115 – Some people do the circulation; they massage

- 116 – You will find that you can't put people on the floor because some just can't lie on the floor
- 118 – We said that where there is minimal movement is at the proximal side
- 124 – If you're so engrossed you can't hear what's happening around, you are a dangerous man
- 129 – There is more work on yourself than on the person while you do it

Wednesday Afternoon

- 131 – Questions and Answers
- 132 – Student question: What do you do when someone is trying to help you?
- 134 – We find in the cortex where there is too much excitation
- 135 – Story of Dr. Feldenkrais working with a woman who vibrated wherever he touched
- 137 – Story of Dr. Feldenkrais going from one doctor to the other about his torn knee ligaments
- 137 – You must learn to know that you are not a doctor and are not curing
- 138 – Story from Noguchi about 200 people getting food poisoning at a restaurant
- 138 – Story of Dr. Feldenkrais' cataract in his right eye
- 140 – Student question: Should you not work in an acute state?
- 142 – You want to...use yourself as you are and take away all the crutches
- 143 – Student question: How to handle someone crying or having an emotional upset
- 145 – The pattern in which the trauma has happened...is an engram
- 146 – Story of Dr. Feldenkrais' father telling him that he shouldn't tell lies
- 151 – There are no special pathways for feelings
- 156 – There is something happening in that learning...and that is myelination
- 159 – Student question: How does it come about that the attitude associated with the trauma is given up?

17 June 1976

Thursday Morning

- 165 – Pre-Class Conversation
- 166 – Questions and Answers
- 167 – Student question: Why it is that different techniques can all lower peoples' shoulders?

169 – If you make no errors you don't know what to inhibit, therefore you can't learn

171 – You will to protect yourself like every other animal protects the carotid

172 – Story of Dr. Feldenkrais' prosthesis for his mouth

177 – Which of these can be pent-up?

186 – I say if you want to learn, stop admiring the teacher

187 – On my cortex there is a complete...excitation leaving the shoulders up

188 – I am trying to show you a wide, scientific, intelligent basis on which all these disciplines can only thrive

192 – Student question: Why does a chronic contracture of the body last so long?

192 – Once you get into a trauma like that, it brings him the idea whether he is good

193 – *Awareness Through Movement: Fingers Interlaced, Inverting Hands* continued

195 – There is effort only in the part that works, that is stationary

196 – That is correcting his self-esteem...and undoing the car accident more than anything

196 – Showing examples makes it more difficult for them

199 – Talk Advise me: How should you be examined at the end of the training?

200 – We are forming now a *Feldenkrais* Institute in San Francisco and in New York

Thursday Afternoon

203 – *Awareness Through Movement* Demonstrations and Practice: Transition to Standing

208 – Once you can do that without parasitic movements you should be able to make it your own

215 – *Functional Integration* Demonstration: Working with the Arm continued

216 – We have never done yet a movement with the shoulder blade

218 – We don't want to complicate the thing before we get acquainted with the simple mechanics

220 – You should be able to stop yourself before he shouts it's painful

224 – If you came at an earlier age...we'd straighten completely

Week 2: 21 – 24 June 1976

21 June 1976

Monday Morning

227 – Talk

228 – *Awareness Through Movement*: Sliding Foot Through the Gap

229 – The whole body should be in a state...where there is no necessity of prearranging the body

231 – Never do you move one movement without the rest of the body doing something to help

231 – There are two different truths in this world: the objective one and the subjective one

232 – We don't want to be as we should be. We should be as we are but improve that

236 – When you learn something by imitation you revert to a previous state of inferiority

237 – Better means not that it's good and bad, but better means that you have more free will

239 – *Functional Integration* Practice: Detecting Differences

239 – Your job is to detect, to feel whether you can say on which leg we worked

241 – So long as you compare and search for differences...whatever you do is right

242 – *Awareness Through Movement*: Sliding Foot Through the Gap continued

244 – *Functional Integration* Practice continued

245 – *Awareness Through Movement* Demonstration and Practice: Transition to Standing

246 – Continue moving the pelvis then your hand will become superfluous

247 – Human beings have the hands free and should free them most of the time

Monday Afternoon

249 – *Functional Integration* Demonstration and Practice: Working with the Arm continued

249 – Story of Dr. Feldenkrais hurting his arm a year ago

250 – works not because the joint is ill...but somewhere in the pattern something is wrong

257 – The technique is so effective that if you do it more or less...you get there anyway

- 258 – We don't want the relaxed. You can't live relaxed
- 259 – When I started I also mucked about
- 260 – *Awareness Through Movement: Sliding Foot Through the Gap* continued
- 262 – *The Method* is based on what we are and not something fished out God-knows-from-where
- 263 – The arch of the foot is so that you can put your buttock into it

22 June 1976

Tuesday Morning

- 269 – Pre-Class Conversation
- 270 – *Awareness Through Movement: Fingers Interlaced, Inverting Hands* continued
- 271 – Story of an African man gliding down the Luxemburg Steps
- 272 – Our feet are so bad normally because we walk most of the time on a flat, straight surface
- 272 – Story of Bedouin fisherman walking with grace and having beautiful feet
- 273 – Story of a Mt. Everest porter sewing up the cut in his foot
- 274 – Story of Ray the Irishman who Dr. Feldenkrais worked with during the War
- 282 – You will see new ideas come when you play about
- 284 – *Awareness Through Movement: Sliding Foot Through the Gap* continued
- 286 – Don't look because it is a question of a sensory change
- 286 – Sleep means withdrawing your connection with the world
- 290 – How do you know that you're not asleep while you talk now?
- 293 – I want you to come at least half an hour after eating when you're here

Tuesday Afternoon

- 295 – *Functional Integration* Demonstration and Practice: Moving the Shoulder Blade
- 295 – Once you get the cardinal points you can go in any point in that space
- 296 – If you take the first, the biggest fault, it's local
- 296 – There is not a question of who is superior. Each culture has its own qualities
- 299 – Shoulders should be like embracing a fat, old uncle
- 301 – The only position it's easy to do everything we do is the Japanese sitting and not the Indian
- 302 – Story of Dr. Feldenkrais working with the lama Tarthang Tulku

311 – You have to find out to become aware that there are enormous differences in structure

23 June 1976

Wednesday Morning

313 – Questions and Answers

313 – Student question: Do you ever just work on one side of the body?

315 – Student question: Is a balanced holding of the legs...an ideal to be aiming for?

317 – Story of Professor Weissman letting people stay in bed for months with a discal hernia

318 – If they can go to the groups we make them go to the groups

319 – Student question: When are you going to tell us how to ask good questions?

320 – Story of the man with the huge Panama hat sitting at three o'clock in the morning

322 – *Awareness Through Movement: On the Back, Lifting the Right Shoulder*

323 – “Lift your shoulder” each one means lifting...the way he does it normally

324 – That’s the object...learn quickly anything other people learn through years of experience

325 – If you talk about flexors and extensors, there are a number of muscles that are exceptions

327 – You will see speeds in the body distribute themselves after...a physical pendulum

330 – I never tell what is the right thing because if I , it means you have to do it that way

330 – A child has the feeling of omnipotence

333 – Every brain that learns something must either enhance an inhibition or relieve it, or enhance an excitation or remove it

Wednesday Afternoon

339 – *Functional Integration* Demonstration and Practice: Working with the Arm and Shoulder, Lying on the Stomach

341 – I organize it in such a position that if I make a fault, his body is free to move away

342 – You can’t do it in any order you choose

- 345 – She asked me, “Will it ever become normal, that arm?”
- 349 – Story of a Paris athlete who is the world champion of the small finger
- 350 – Story of adult animals not hurting baby animals
- 352 – Whatever I do afterwards, I cannot relinquish that pressure
- 354 – The function can be improved by making the primitive movement before the differentiation
- 360 – When you have the question then you know
- 360 – If you live with somebody and withdraw suddenly, poof, there is a disaster for the person

24 June 1976

Thursday Morning

- 363 – Pre-Class Conversations
- 364 – *Awareness Through Movement: On the Stomach, Moving the Head and Knee Together*
- 365 – If you succeed from the first start...the parts that are not organized remain unorganized
- 370 – The logic of our movement changes with us
- 370 – The average arm feels strongest where the fingers are approx. in the direction of the head
- 371 – This movement was to teach somebody that he does something unrational for himself
- 376 – Your own system, once it has tasted the right thing, it refuses to do it again the old fashion
- 377 – I did you a bad service by showing how one does it, and all imitate
- 379 – It takes a few seconds to lift a scotoma
- 381 – If you try that way, all you can do is to destroy the person’s self-confidence

Thursday Afternoon

- 385 – Announcement from the Humanistic Psychology Institute
- 386 – *Functional Integration Demonstration and Practice: Working with the Arm and Shoulder, Lying on the Stomach continued*
- 387 – We normally don’t speak to the person unless it’s essential
- 388 – You should be trying to make it so the person could be asleep and you wouldn’t wake it up
- 389 – When you do things by imitation and not understanding the reason fully, it

is never good

392 – Student question about whether hearing creaking is good

Week 3: 28 June—1 July 1976

28 June 1976

Monday Morning

1 – Functional Integration Demonstration: Pulling the Leg

2 – The first question is in which direction are you going to pull that leg?

5 – I pull also normally with my bones

5 – It's very, very useful to watch the wrinkles and the folds on the clothes

12 – Freud said that he puts the people on the couch for what reason?

13 – Story of a general in the army who had pain in the back

15 – You will see what we mean by first approximation

20 – You have to have at least a dozen ways of doing the thing correctly otherwise there would be no individual handwriting

23 – I want you to know that people pass exams; every day of their life they should pass exams

27 – The third approximation cannot be done without you and the person who you work on

28 – When I do work...I have a real aesthetic pleasure, like solving a mathematical problem

Monday Afternoon

29 – Pre-Class Conversation

30 – Awareness Through Movement: Fingers Interlaced, Inverting Hands
(continued from Weeks 1-2)

31 – After you have become familiar with one pattern, you can see there are fifteen others

39 – That is a safety for those whose ambition is greater than their intelligence

50 – I'd like you to have the feeling so that you know what you're doing to somebody else

52 – Alexander himself knew that, and when he worked with his hands he tried to obtain that

29 June 1976

Tuesday Morning

- 53 – Functional Integration Demonstration and Practice: Working with the Foot and Leg
- 56 – Judo for European people and Judo for Japanese people are something quite different
- 58 – Student question: Inverting and everting the foot—is that something babies do early?
- 61 – See the simple thing first and do only that, then the complexity will arise becoming simple
- 61 – Story of the Swiss Minister of Finance who predicted trouble with inflation
- 63 – Can you see that the heel actually stands outside not in the middle?
- 65 – His idea of holding the body and what happens in acting are in contradiction
- 70 – You must get the idea of out of your head
- 73 – It's a question of offering the wisdom of organization

Tuesday Afternoon

- 79 – Awareness Through Movement: Bending the Toes, on the Stomach and in Sitting
- 81 – If you don't learn it on yourself, you don't really know what to do on the others
- 81 – It must not happen by itself; that's the difference between awareness and learning by chance
- 86 – People who actually work with their feet...they don't have an arch there
- 87 – Announcement about the party tonight
- 88 – Awareness Through Movement: Rolling, Holding the Feet from the Inside
- 91 – The processes cut through the skin from the inside
- 98 – Can you see, you turn failure into success?

30 June 1976

Wednesday Morning

- 101 – Functional Integration Demonstration and Practice: Working with the Arm and Shoulder on the Back
- 102 – All the intercostal parts are strained and usually terribly painful for most people

- 102 – I'm not showing any details because I want you to find out everyone your style
- 103 – Any lengthening should be done by him in his brain and not by your pulling
- 111 – Can you see how the elbow is built?
- 116 – Story of how the walls of Notre-Dame de Paris were straightened
- 117 – Our bodies are so constructed that they produce the effort longitudinally to the skeleton
- 119 – They are wired in to for that sector where the eyes see
- 119 – People ask me, "Why do you say 10 percent?"

Wednesday Afternoon

- 121 – Awareness Through Movement: Standing the Hand Under the Shoulder, on the Back
- 123 – Only a wrist that can bend 90 degrees properly can do it
- 123 – The Judo thing, they take that...then bring the person lying down on the floor
- 124 – Now there are the two angles
- 127 – If you don't want to forget it, you must make it so that you don't have to remember it
- 127 – Once you get that movement business set right, you find that the emotions just boil over and come clearly without real catharsis
- 128 – They don't know what the schizophrenic feels
- 130 – We know now that there are two hemispheres
- 135 – Suddenly you lose the control over the extensors, and the flexors come into action

1 July 1976

Thursday Morning

- 141 – Functional Integration Demonstration and Practice: Working with the Arm and Shoulder, on the Stomach
- 142 – Story of a Yemenite Jew on a train reading a paper upside down
- 145 – Unless the person can say what he's doing exactly, he doesn't really think it
- 147 – If you repeat it you will be able to repeat it; you won't understand any more, any better
- 147 – The work that a muscle can produce is proportionate to the shortening of

its length

149 – The Fechner-Weber law shows that the greater the stimulus, the less you are sensitive

150 – Marcel Marceau, when he wants to show you that something interferes with him, he will

151 – The nervous system doesn't know where there is support and where it can rest

154 – Questions and Answers

156 – Nobody can contract your muscle unless you do it or you let me do it for you

156 – Any human being can get up without having the faintest idea that he quadriceps

157 – No excitation comes to a living thing from outside the earth

160 – How does the shoulder blade move?

160 – If your system is not capable of taking care of the security of the body while it moves, then you can't survive a second

161 – You hear only what your brain is capable of understanding

162 – Learning, gravitation and the rest of the system—they are one whole

Thursday Afternoon

167 – Functional Integration Practice: Working with the Arm and Shoulder, on the Stomach, continued

169 – Functional Integration Demonstration: Working with the Arm and Shoulder, on the Stomach, continued

170 – Find bone structures where the can hold easily and not interfere with circulation

170 – You can recognize what a person does because of that unbalanced development

171 – Awareness Through Movement: Pushing Up, on the Stomach

Week 4: 6–8 July 1976

6 July 1976

Tuesday Morning

1 – Pre-Class Conversations

3 -Functional Integration Demonstration and Practice: Moving the Grand Trochanter

- 4 -There are many good reasons why you should start at the center of the body
- 6- The person herself will suddenly tell you a story what happened to her
- 9 – Look, there is the same movement on the other hip joint
- 10 – It's a whole complex like any trouble
- 12 – When there is excessive pressure, this bone here becomes thick
- 12- That's my trouble with medicine and physiotherapy: they do standardized movement
- 13- Awareness Through Movement: Tilting the Leg, on the Stomach
- 17 – The less inhibitions he has...the more patterns can he see and do
- 17 – Story of a man with a horse and cart in the place Dr. Feldenkrais raised
- 18 – I'm bringing you now into the secrets of Creation
- 21 – You will see that's how Judo people turn and that's how dancers turn
- 22 – A soldier is a machine
- 22 – With the movement you can get to every brain because it's in his vital interest
- 23 – Functional Integration Practice: Moving the Grand Trochanter, continued
- 25 – I want people to accept the freedom and be responsible for what they do
- 26 – We have a better control over... a better gradation on pushing than on pulling
- 26 – Think of your own left hip joint while you sense the other

Tuesday Afternoon

- Talk 31 – Discussion of article A Sensory-Integrative Approach to Schizophrenia
- 32 – I don't want intentionally, directly to work with emotions
- 33 – Gurdjieff said that first he wants you to read like you read your newspaper
- 34 – Discussion of people who hadn't paid their tuition and other HPI business
- 43 – It makes a hell of a difference if he lost his hip joint at birth
- 44 – A person who is blind from the beginning learns tricks that other people don't know
- 45 – Genetic and congenital are two different things'
- 46 – Awareness Through Movement: Sliding Foot Through the Gap, Fingers and Toes Relating (continued from Week 2
- 46 – Unless you learn a more efficient way of learning, it's futile to spend so many hours
- 49 – A big movement won't be fast because the amplitude of the leg will fix the amount of power
- 53 – Functional Integration Practice: Moving the Grand Trochanter, continued
- 54 – Awareness Through Movement: Lifting the Elbows, on the Stomach

7 July 1976

Wednesday Morning

57 – Awareness Through Movement: Pulling the Feet with the Knees Crossed

58 – Who did not get the idea of what we did yesterday and the three days before?

59 – Functional Integration and Awareness Through Movement were all one and the same thing but different techniques

61 – Unless you find highlights of what you learned the day before, you will not learn to recall

62 – When we work overtime like I did...there are many that didn't get it

69 – Can you appreciate which other muscles in the legs themselves feel too short?

72 – Break and Announcements

74 – Announcement of Dr. Feldenkrais being interviewed on KQED radio

76 – Awareness Through Movement: Pulling the Feet with the Knees Crossed, continued

77 – Recalling What We Did Yesterday

78 – Those who write will find that they recall less well

78 – There is of course an advantage of having it written out

79 – Little children's memory is incomparable with grown-up peoples' memory

83 – The body recall is even better than the mental recall

83 – Story of Dr. Feldenkrais losing his house key in Haifa

84 – Awareness Through Movement: Pulling the Feet with the Knees Crossed, continued

86 – The fact that the ankle doesn't turn inwards has made that hip stiff

89 – I wanted you to get in the lying position without doing all the things we have done

Wednesday Afternoon

91 – German Television Interview with Dr. Feldenkrais

92 – I distinguish very clearly between consciousness and awareness

95 – Interviewer question: What is your opinion of all the other consciousness movements?

96 – Complete story of Dr. Feldenkrais' knee injury

99 – Functional Integration Demonstration: Working with the Hip Joint

102 – You get a bigger range than before because they are moved together

- 104 – Because the pain is not in the hip joint, but in the nervous system
- 106 – Awareness Through Movement: Pulling the Feet with the Knees Crossed, continued into Cross-Crawling
- 109 – Demonstration for German Television: Rolling in Circles
- 113 – Functional Integration Practice: Working with the Hip Joint, continued
- 114 – You will find it different on one side; that's how we know what and where to do
- 116 – One of the reasons why people get tired walking on Everest
- 117 – At what age can you see on the X-ray a continuous bone?
- 118 – Where muscles pull the bone, it changes
- 118 – If you want to put the articulation of the knee on the tibia and the fibula correctly
- 120 – All meniscus trouble there is play like that
- 121 – Student question: What would be the extreme limit of rotation inward?
- 122 – would say the white people are cuckoo; they can't use their legs
- 122 – Student question: What is the general effect of a fractured patella?

8 July 1976

Thursday Morning

- 133 – Awareness Through Movement: Straightening the Leg, Holding Foot with Opposite Hand
- 134 – The effort of straightening and making the hamstring longer is a futile performance
- 135 – it is not a permanent change of the image of the use of self...it is still a trick
- 137 – You have to try it from many different angles until everyone discovers his own way
- 141 – That's why the yogis found the asanas
- 141 – If I can learn to do it by my own means, I feel elated
- 143 – Resting is not a luxury; it's part of doing
- 145 – Talk
- 145 – What we did today was also hypnosis
- 147 – Story of a woman hypnotized on the stage who wouldn't wake up
- 148 – Story of H. Schultz, the creator of the Autogenic Technique
- 149 – People as if state of consciousness and altered state of consciousness are two things
- 153 – Pavlov's definition of hypnosis is the only one serious people...bring as a

foundation

153 – It's very easy to hypnotize a chicken

155 – Story of H. Schultz continued

155 – Hypnosis was never used for the sake of putting somebody to sleep

155 – Schultz found out all the systems must produce two things before suggestibility happens

Thursday Afternoon

161 – Pre-Class Conversation: "Healing"

162 – Awareness Through Movement: Straightening the Leg, Holding Foot with Opposite Hand, continued

162 – Recalling this morning's Awareness Through Movement lesson

163 – The emotional content that comes with the dissolution of an old-standing pattern

164 – The pattern is more available directly for change there's the security of the floor

165 – Everything we do are tricks to gain that self-confidence we had and have somehow lost

166 – You can't feel the difference; it's only if you try to measure it with the external around you

166 – Working with people, you make such a change... he feels no difference

167 – Sir Arthur Keith pointed out a knee cannot straighten straight unless the thigh turns inward

169 – The rate of learning of a brain with half the inhibitions he had before is incomparably faster

Appendix

177 – Week 4 of Second Year Notes written by Stanley Brown, Ph.D.

Week 5: 12–15 July 1976

12 July 1976

Monday Morning

1 – Talk

1 – Story of a woman Dr. Feldenkrais worked with after removal of an inner ear tumor

5 – Reading from Body Awareness as Healing Therapy: The Case of Nora

6 – Introduction to Doris' situation

- 10 – I will tell you something about the history of the brain research from the beginning
- 11 – When Doris came to see me...I set out to find in minute detail what else she could not do
- 13 – Guessing the age to which the patient has regressed is essential
- 15 – imagine the nervous structures by seeing them with my mind's eye
- 16 – How does one make a theory?
- 18 – I focus my thinking on the function which I am examining
- 19 – Dentists today do cobbler's work
- 19 – In our personal history, the mouth is the first organ to be used
- 20 – The next very significant step of awareness is distinguishing between right and left
- 20 – Babies are never taught to write before they can walk properly
- 21 – The reading area on the cortex cannot be far off from that of bodily awareness or writing

Monday Afternoon

- 25 – Pre-Class Conversations
- 26 – Talk
- 26 – Story of Franz Wurm and the Feldenkrais in Switzerland
- 27 – You'll appreciate that Awareness Through Movement can also be dangerous
- 28 – Awareness Through Movement: Standing Oscillations
- 31 – Talk
- 31 – What is good organization?
- 32 – Story of a German Jew who got involved in acupuncture and mythological statues
- 33 – You would have to say acture, not posture. That's what we want to correct: your acting
- 34 – Ida Rolf understands much more about the word 'posture' and she said 'structural'
- 35 – becomes a meaningful thing when you put your head and eyes in a horizontal way
- 36 – Self-preservation is the most critical, and that's a question of tenths of seconds
- 38 – Story of donkeys and camels knowing an earthquake is coming three hours before
- 41 – Why Charlie Chaplain is so funny and remains funny
- 43 – Awareness Through Movement: Standing Oscillations, continued

- 44 – I say that most feet are not fit to stand on
- 45 – When a person's posture is defenseless, there is a corresponding part in their social life
- 45 – It's easier to worsen the good one to become aware how to improve the bad one
- 50 – Student question: How come we did it with the feet apart and together rather than normal?
- 51 – I have ink and the paper footprint

13 July 1976

Tuesday Morning

- 53 – Talk
- 53 – Can anybody recall now the thing about posture that we talked?
- 53 – How many people commit suicide in the three billion people?
- 55 – How do we manage to have freedom to move without preparation in all six directions?
- 56 – You cannot learn to stand properly before you can go down properly
- 56 – Awareness Through Movement: From Sitting to Standing While Turning
- 58 – When you do that an extraordinary thing happens: you don't strain the legs
- 58 – Awareness Through Movement: Standing Oscillations, continued
- 58 – Why is sideways more difficult than forward and backward?
- 60 – Before you feel it on yourself, you never know what to correct in somebody
- 63 – Story of Thomas Edison's genius of carrying things from one domain to another
- 66 – Awareness Through Movement: From Sitting to Standing While Turning, continued
- 67 – Talk
- 67 – The pelvis is the power source; the head is a submarine periscope into the world
- 68 – I don't like the word computer...a brain is much more than a computer
- 68 – As far as mechanical movement goes...you don't need a chest
- 72 – My secret theory: there is an integration of the whole state
- 73 – Thinking is the slowest function in the body
- 75 – Story of a boy with polio that Dr. Feldenkrais taught to ride a bicycle
- 76 – Normally the brain is bogged down and can't read faster than he speaks
- 81 – Story of the stationary shop man who counted his coins very fast

81 – Story of the head of Navaradok Yeshiva who could recite written text backward

Tuesday Afternoon

85 – Pre-Class Conversation

87 – Awareness Through Movement (Taught by Roger Miller): Coordinating Flexors and Extensors

88 – Discussion of Awareness Through Movement Teaching

89 – Awareness Through Movement (Taught by Yochanan Rwyerant): Coordinating Flexors and Extensors, continued

92 – Discussion of Awareness Through Movement Teaching

93 – The teacher...should have a kind of idea what is going to happen with that group

93 – You want to show that by awareness something happens to him which improves his ability

94 – Awareness Through Movement and Discussion of Teaching: Coordinating Flexors and Extensors, continued

97 – When you show the people to do that, they must feel the effect from each movement

99 – There is a difference between constructing a lesson or making it just a useful gymnastics

14 July 1976

Wednesday Morning

103 – Functional Integration Demonstration: Working with the Foot and Leg

104 – You can find it with the clothes usually

105 – Story of an Israeli lieutenant who was injured while repairing a tank

110 – You have to remind the nervous system of the person and bring the function out

Wednesday Afternoon

115 – Class Conversation

115 – Awareness Through Movement: Knee to the Floor with Arms Overhead

123 – I believe that any of those that do that by force...you only destroy that joint

125 – See from the first moment a difference from one person to the other

128 – Biologically it's not the beauty of posture that is important but the efficiency

128 – Functional Integration Practice and Demonstration: Working with the Foot and Leg, continued

133 – It's custom-made work and not ready-made

15 July 1976

Thursday Morning

137 – Functional Integration Demonstration and Practice: Pulling the Arms with Knee to the Floor

138 – The pull should never be in the direction you want but in the direction where the arm can go

140 – Story of a woman who had a car accident and broke the end of her humerus

140 – If you don't want to have disappointments, don't ask questions

143 – How come that the shoulders are the point which yields the last in posture correction?

148 – You will get to the wrong conclusions...because you act differently without being aware

149 – Close your eyes and see what your hands can tell you

150 – Gurdjieff said people don't do, it's being done to them

151 – That's why I don't work on the floor

154 – Take one thing and make that clear, and then you will have a body of something to which any other thing will be associated

156 – Your hands hold like only a mother can hold a child because she feels what he needs

157 – Most of the work is done on yourself and not on the person

Thursday Afternoon

159 – Awareness Through Movement: Variations in Walking

Appendix

179 – Week 5 of Second Year Notes written by Stanley Brown, Ph.D.

Week 6: 19–22 July 1976

19 July 1976

Monday morning

1 – Talk

- 1 – Posture, you can consider it as an attitude, and it has a social meaning
- 4 – The human structure is not meant to stand
- 5 – Structure and function, they are one thing
- 5 – It stops being a process if you eliminate time...then you get structure only, no function
- 6 – We cannot englobe the world in one go, so we make abstractions and get notions
- 8 – Most quadrupeds can sleep standing
- 9 – is on the top of evolution not only because the hands are free
- 11 – Thinking must lead to action in a process of structure and function
- 13 – The conditions of life make it that can't think
- 16 – The structure of each animal is meant to make posture or acture fit for self-preservation
- 17 – There is not an organ in the body, practically, that can do only one function
- 19 – has been dismembered, specialized...You need that integrative ability of putting those many disciplines together again
- 19 -Awareness Through Movement: Five Winds Kata
- 20 – The achievement is to me secondary; it's only a prize for your wish to be human
- 24 – Is there a thing in the body which is useless?
- 28 – Because we are mixing now reflex movement with awareness
- 29 – When we do something really properly, you don't feel a thing

Monday afternoon

- 31 – Talk
- 31 – Hans Selye told us stress could have an adverse effect on health and actually injure organs
- 33 – No engineer could ever construct anything so powerful and so efficient as the joint
- 33 -Functional Integration Demonstrations and Practice: Working with the Hip Joint, Lying on the Side
- 36 – You would think that I work on this joint, but the other joint works even more
- 37 – See if you can perceive the intelligence in the fingers of the hands who work on you
- 38 – When you use reversibility, you find that the effect is tremendous on other people
- 39 – You can't imagine how much fun I had, because when I started I didn't know

the anatomy sufficiently

53 – Most people get improvement between the sixth and the tenth lesson

59 – Strength is necessary only when you have no skill—in everything

60 – I don't want you to have my handwriting

20 July 1976

Tuesday Morning

61 -Reading from Body Awareness as Healing Therapy: The Case of Nora, continued

63 – Curiosity is a sign of health in animal and in man

65 – We do not realize the amount of learning we do before we carry our system of reference

66 – A sick person cannot take great changes and cannot be helped by rough methods

66 – I can show my assistants how to see progress even during relapses

67 – When the assistant's admiration for the teacher peters out, the assistant can do as well as the teacher

68 – The transfer from body awareness to external objects needs training

71 – Any animal would not survive a day if he were not aware of most of the space around him

71 – Story of a 6-year old autistic girl Dr. Feldenkrais worked with in Israel

81 -Awareness Through Movement: Five Winds Kata, continued

82 – The tendency of posture is to make movement easier

83 – Why is it lighter when you stretch the leg?

85 – How is it that you don't feel any muscle strain? Who does it for you?

86 – You haven't got the faintest idea of using the hara

87 – F.M. Alexander felt the head must be forward and up without any strain

Tuesday Afternoon

91 -Functional Integration Demonstration and Practice: Working with the Shoulders and

Head to Enhance Breathing

92 – There is a position where the whole breathing apparatus will work

96 – In lying, most people organized properly will have their elbows wider than the hands

103 – Often people have here the bursitis, especially with those frozen shoulders

- 103 – How does normally a joint not wear out?
- 104 – Story of a British woman with a frozen shoulder
- 105 – Story of Mischa Hellman’s frozen arm
- 113 – When lying on a couch, how should you put the head?
- 113 – Each vertebra has a worn-out groove, as if they were rubbed in together
- 115 – We’ll show you the same thing with the pelvis what we did with the shoulders
- 116 – We organize the vertebrae so that any pressure or any pull will keep the surfaces normal
- 116 – Story of a woman with broken vertebra who got “extension” treatment at a hospital
- 119 – Now how do you lift the head?
- 121 – That’s what the skeleton is for, to take compression

21 July 1976

Wednesday Morning

- 123 -Functional Integration Practice: Working with the Head to Enhance Breathing
- 124 – The head must be brought in the ideal state relative to the skeleton
- 124 – Neutral where all the vertebrae of the spine become normal to each other
- 124 – Don’t bother whether you get the result or not
- 126 -Awareness Through Movement: Standing Oscillations, continued and Head Forward and Up
- 126 – comes naturally when the head is well-organized
- 129 – Lift the center of gravity at its highest point...means coming to the ideal, dynamic state
- 131 – Most people will hold their head better when walking backwards
- 134 – If my dominant leg is the right then, look, my head is there
- 135 -Functional Integration Practice, continued
- 135 – If you can isolate one item, on that one you will get some sort of sense in your hands
- 140 – is very difficult to do when you sit on the floor
- 142 – I never support the head with the boards like we do here
- 144 – Talk
- 145 – Story of Dr. Feldenkrais’ cataract

148 -Awareness Through Movement: Five Winds Kata, continued

149 – Every movement the body can do at the best of his organization, he lengthens

150 – You can't do the right thing. You can only do what you understand

152 – The Russian who lifted a weight twice the weight of his body—did you see what he did?

156 – We are concerned with being like everybody else, therefore everybody screws himself

156 – Get it in your stomach, in your guts, then you will remember it for the rest of your life

Wednesday Afternoon

157 – Reading from Body Awareness as Healing Therapy: The Case of Nora, continued

157 – In my presence they somehow think, 'He made me do it. I cannot do it.'

158 – To most people, life is something that works, and if it doesn't, they have to be cured

162 – My hands convey information that can be acted upon even if not understood

164 – The eyes stop focusing and move apart when one does not see what one expects to see

165 – Eliminate one difficulty which is easy to eliminate so something contrasting can be felt

167 – When I stopped, she said the word. And that's how I led her up the garden path

168 – I began to think of weaning her dependence on me and equalizing our status to just two humans

168 – I never push a pupil to a new act before he stumbles on it himself

169 – The person becomes aware of the emotion and expresses it calmly

172 -Awareness Through Movement: Lengthening the Arms Overhead with Fingers Interlaced

173 – Awareness is always there where the eyes can correct

175 – It's not funny at all. It's one of the saddest things of our culture

175 – If you begin to breathe with your diaphragm, then you are forward enough with the head

177 – Try to finish that lesson in your mind and in practice at home

22 July 1976

No Morning Recording (Dr. Feldenkrais at eye doctor appointment)

Thursday Afternoon

179 -Awareness Through Movement: Lengthening the Arms with Fingers Interlaced, continued

180 – It means it has to do something with the lower back

181 – One of the very important things, it's how we deal with error

182 – Most people, where are corrected like that, they say, “How do I keep it?”

185 – Don't do fast. Why not fast?

185 – The habit of thought is a stupidity which carries the people away

186 – Everything is wired-down to make things kept as they are and this is our greatest enemy

189 – The lifting of the head does something to the arms

189 – Normally you'll find that lifting the head interferes with the tilting of the legs
Appendix

201 – Week 6 of Second Year Notes written by Stanley Brown, Ph.D.

Week 7: 26–29 July 1976

Monday Morning

1 – Remembering Things We Didn't Finish

1 – Reflex, automatism and consciousness—that's the main skeleton of the work

2 – Story of working with Mark Reese's mother

3 –*Functional Integration* Demonstration and Practice: Finding the Illiacs, Sacrum and Coccyx

4 – Now we go on to the power station. Legs, arms, they are secondary things

5 – Story of a young woman from Elat who had her coccyx cut off

6 – These four holes are of extreme importance

6 – Story about German planes coming over Britain on dark nights during the war

8 – L5 and S1—that joint is the weakest in humanity

8 – Find where the sciatic nerve passes by feeling, not by anatomy

8 – Story of quinine injections for malaria in Israel causing sciatic nerve pain

9 – There are two ways because there's a sympathetic and a parasympathetic nervous system

10 – If I tell you what it is, then you understand it only in words

11 – I'm fostering your habit of thought

- 12 – *Awareness Through Movement*: Five Winds Kata, continued from Week 6
12 – The first signs of fatigue are not that you don't hear
13 – There is only one way of lengthening the body
14 – Talk
14 – Why are necessary?
17 – Story of making a woman aware of the relationship of her head to her knee trouble
20 – That's the fundamental reason for having a skeleton
21 – We can't answer a single why

Monday Afternoon

- 25 – Talk
25 – It's impossible to transmit compression to a long body without making it either curved
or reinforced with something in the middle
26 – The alignment of the shoulders with the pelvis go on increasing
27 – Why is there marrow inside? Why tubular?
30 – You can see that use the bone continuously
31 – What's the advantage of having...two sexes?
31 – I believe that education as we do it...is against human nature
32 – There was a new antibiotic against meningitis
33 – You never know whether it's the strong that will survive or the small or the weak
35 – *Functional Integration* Demonstration and Practice: Working with the Pelvis
36 – Between the grand trochanter and that ridge, there are six muscles that deal with rotation
40 – Normally I do that with you—the first approximation is only tactile and no explanations

27 July 1976

Tuesday Morning

- 43 – Reading from *Body Awareness as Healing Therapy: The Case of Nora* (continued from Week 6)
43 – At long last she asked, "Is this a line?"
44 – Stimulation below the threshold of pain has no significance without

awareness

46 – When a child begins to write... the idea of putting it on paper is a very long procedure

49 – You must hear without words and think without words

51 – Discrimination occurs or it does not. Nobody can make you discriminate

53 – How do you learn to ride a bicycle?

54 – *Functional Integration* Demonstration: Working with the Pelvis, continued

56 – I changed the direction only a few degrees, he breathes. A few degrees away it doesn't

57 – This structure is so different from one person to the other, more different than the nose

58 – To think it out, the complexity of that, you're lost. Only after you feel it can one explain

59 – Now we are going to become aware of those six muscles and what they do to us

61 – *Awareness Through Movement*: Five Winds Kata, continued

62 – The real, the direct impulses to the muscles are not done from the cortex

64 – But attitudes are sensations, first of all, and not a mental decision

64 – We teach you to first do it, and then explain, which is contrary to everybody's teaching

67 – You can see that most of us think that the strength is in the arms

69 – What does the brain deal with: with force or with a pattern?

69 – Our body detects inefficiency

70 – The human back, in normal culture, is not a back, but a weak back

Tuesday Afternoon

73 – *Awareness Through Movement*: On the Side, Lifting and Rotating the Leg

73 – We'll try to use some of those silly muscles we saw this morning in the book

77 – In ideal bodies, the hip joint should go in front of the elbow

84 – The inability of doing that with the leg is also part and parcel of the weakness of the back

85 – Observe that you walk more pigeon-toed than usual

86 – You cannot use the full power of the knee without locking it

28 July 1976

Wednesday Morning

89 – Talk

89 – The word “approximation” is derived—is a mathematical term

92 – There are two sorts of hierarchies... There is like the army hierarchy

93 – But there is a different kind of hierarchy: the one which exists in the nervous system

94 – Story of JZ Young’s and Robert Sperry’s experiment with the eye of a frog

95 – My criterion of interesting is: does it lead to a change of action?

97 – Story of Helen Keller smelling rain 60 kilometers away

98 – More recent layers will switch itself out and the layer below will take over

102 – Story of Auguste Rodin’s sketch for a sculpture that’s just one line

102 – We have a system which is connected with the heredity and immunity

104 – Your particular individuality I’m telling you is the main important thing, it’s not a joke

104 – Some of the weaknesses of species are actually the guarantee that they will survive

Wednesday Afternoon

107 – Talk

108 – There are phenomena of the nervous system which are very hard to believe

108 – Speransky wrote a book about it [*A Basis for the Theory of Medicine*]

109 – Awareness Through Movement: Working the Extensors

110 – You should be able to do afterwards without the auxiliary, otherwise it’s not learning but self-deception

111 – Once the scapulas touch, could you lift the elbows even more?

114 – The axis of the foot passes between the big toe and the second toe

114 – Normally our nervous system does not demand from the body to do things that it can’t

116 – Every living thing will tend to go the place where it’s most comfortable for it

116 – Consciousness, to degree at which it is the human species, has a survival value

117 – A scientist, a geometer, Monge; he showed the rules of correct drawing

118 – When you lift the pelvis, why doesn’t the chest come down?

120 – Nothing is symmetrical in the body, but movement should be as straight as we wish

128 – Story of a retired teacher in Tiv’on who finally did something she couldn’t all her life

29 July 1976

Thursday Morning

131 – *Functional Integration* Demonstration and Practice: On the Side, Working Through the Arm

131 – The grip is very powerful without having to make any real effort in the hand

136 – Don’t you know that all the important blood vessels in the body are not on the exterior?

138 – Because if you pull with the hands...you cannot regulate the pull to be equal

140 – Most people with scoliosis compensate so from outside you don’t see a thing

141 – Now will you please try now to sit two on one

Thursday Afternoon

145 – Reading from *Body Awareness as Healing Therapy: The Case of Nora*, continued

146 – You can’t find a thing that isn’t because it is a notion

147 – In our fetal existence, there is no seeing at all, but there is a sort of hearing

147 – Story about the Prague police finding a way to prove a suspect was a hearing man

147 – That’s the difference between vibration and acoustical oscillations

149 – Many people’s internal safety is based more on their hearing

153 – The objective reality is a measure of our sanity

154 – The freedom to learn is a great liability

155 – Blindfold yourself in your house and live by your hearing only

156 – Questions—and avoiding answering them fully

156 – Story of a high school principle who had a stroke and was completely paralyzed

158 – Questions—and avoiding answering them fully, continued

162 – *Awareness Through Movement: Working the Extensors*, continued

162 – Can you see that the habit makes things right and wrong?

164 – Making mistakes is the best way of learning because nobody has an infinite number of errors

Week 8: 2–5 August 1976

2 August 1976

Monday Morning

1 – *Functional Integration* Talk and Demonstration: On the Side, Exploring Relationships Between Legs, Spine and Shoulders

1 – The person will always lie on the side on which he is more comfortable

2 – I have never found a vertebra that is good on one side and bad on the other

3 – The inside are not to be pressed and not to be held without good reason

4 – Actually the bad side, the one which is traumatized, it's easier to lie on

5 – Asking which side is better is derived from the attitude to the body as if it's a machine

7 – Story of a woman whose legs were paralyzed for after traction for pain in the spine

7 – Curing in my sense means bringing to a previously enjoyed situation

8 – There isn't anywhere people don't have speech, clothing, etc.—they all came to that

8 – Story of the Israeli kibbutz movement

9 – If you correct the bad side, the whole thing will come all over again

12 – Stories about the trouble of traditions (Tai Chi, samurai, Yiddish and United Kingdom)

16 – *Awareness Through Movement*: On the Side, Exploring Relationships Between Legs, Spine and Shoulders

Monday Afternoon

23 – *Awareness Through Movement*: Lying Twisted, Lifting the Head and Working the Extensors

24 – The atlas and the axis keep the head supported just where the weight is

25 – If there is no movement, there is no force

26 – The curves in the spine are so made that you can have the head weightless

29 – The figure the head sees must be motionless, otherwise you have no chance of hitting it

30 – Our guts don't work well enough. The back and the stomach muscles are

too weak

33 – See whether you can walk over as if it is a part of the ground

34 – She asked, “What’s the difference?” How could I tell you what’s the difference?

41 – Most people’s are not strong enough because they have been disorganizing their body with all sorts of exercises

43 – You can amputate a leg. You can’t amputate a pelvis

3 August 1976

Tuesday Morning

47 – *Awareness Through Movement*: Eye Lesson with Stick in Mouth

48 – Our eyes don’t work as they would if we didn’t have our past behind us

50 – We repeat the movement...until the antagonists are affected in the way they should be

53 – Within five minutes you can read without glasses

54 – For your own mental and physical health, check when you have to criticize somebody

54 – Story about Mia Segal having a student she didn’t like

55 – *Functional Integration* Demonstration: Eye Lesson with Stick in Mouth

57 – Can you see, we apply always the same fundamental ideas?

57 – With that alone you can change the tonus of the whole body

58 – You want to find what is and not what you think it is

58 – When I have a month or two in front of me for reading, I spend the first day or two to

improve the vision

58 – *Functional Integration* Demonstration and Practice: Lying Twisted, Pulling Through the Arm

60 – When you rely on the support, the nervous system stops inputting impulses and mobilizing the muscles

60 – The emotion connected with that “block” will just float over...without any analysis

61 – The way of making him aware is to exaggerate the thing

65 – Think, “I am not doing what I know but I am trying to help the person do what he needs”

67 – It’s always my pelvis moving around with me together. I do nothing with the hands

Tuesday Afternoon

71 – *Awareness Through Movement: On the Side, Circling the Arms*

72 – The more you fit your own structure, the more parts will lie on the floor

72 – A hyper-extended elbow is just as bad as an elbow that can't extend

72 – Your head and arm are linked with a kind of internal tie where it tells you when to turn

73 – All the personal varieties on primitive things are always negative

74 – All the chairs are idiotic. They are not made for sitting

74 – It's for you to detect that moment where the head should go with the arm

79 – What some people call meditation, you will see that you have got the same sort of thing

81 – Talk

81 – If you have a leg that is painful...that leg shrinks in your imagination

82 – All human beings have psychic powers

82 – Think of the five cardinal lines...What was it for?

83 – *Awareness Through Movement: On the Side, Circling the Arms, continued*

87 – If you want to feel tall, think of the

4 August 1976

Wednesday Morning

91 – Talk

91 – Trouble of our general culture: we want the thing to be done; we don't care how it's done

92 – Ida Rolf got the real correct idea...her first lessons start with the middle part of the body

93 – Rolfing and Alexander have both got two ends of the stick, and the stick is not there

94 – *Functional Integration Demonstration and Practice: Working with the Ribs*

94 – What is the rational thing to do in order to make the system consistent with itself?

96 – Each rib can be moved

97 – Push not to break it, but to actually make him aware he has articulations and he is not using them

99 – From one Olympic Games to the other the old record is broken because somebody sees a detail, a fault in somebody and corrects it

99 – somebody is busy at thinking and feeling, there is no room for chattering

- 102 – I want to show you some of the things that you did not observe
- 104 – The sooner you get mobilized the better
- 105 – *Awareness Through Movement: Alternately Lifting the Shoulders and Small of the Back*
- 106 – Most people, when they get a private lesson, say that the head is not enough forward
- 107 – Only twice in your lifetime do they change the height of the : in kindergarten and then in university
- 108 – This is making the posture what you are

Wednesday Afternoon

- 111 – Announcement: Invitation to Move Next Year's Training to the University of Haifa
- 113 – *Awareness Through Movement* Observation and Practice: Crawling in a Snake-Like Way
- 116 – Can you think how come that our lessons are so connected with one another
- 116 – Talk
- 117 – When you go teach, touch somebody, pour out on him all your knowledge
- 118 – More than once people come to me with an impossible disease
- 118 – This attitude is of the greatest importance for you to become useful to the people with whom you work and to yourself
- 119 – Story of a woman whose hand jerked after she fell and broke her wrist
- 121 – You can see that with a verbal diagnosis you just stop your head from thinking
- 124 – Who can guarantee that my legs are within three millimeters the same length?
- 125 – I give you the right to say, "I don't know whether I will succeed or not"
- 126 – *Awareness Through Movement* Practice and Observation: Crawling in a Snake-Like Way, continued
- 129 – What is the most important part which helps crawling?
- 131 – There is a part which is called pallidum. And there, there is part called striated body
- 132 – A baby, when it starts crawling, will crawl in the most efficient way
- 133 – bet there are thousands of painters and actors...haven't got an idea what they're doing

5 August 1976

Thursday Morning

135 – Talk

135 – How do you measure the rate of learning?

135 – One of you broke my rib yesterday

137 – Student question about the physiological basis of learning—myelinizations in the brain

138 – *Awareness Through Movement: Fingers Interlaced, Inverting the Hands and Lifting the Small of the Back*

139 – Before we stand , all the wrists are supple

140 – The link between the hip joint and the shoulders...distorts the ability to use the arms

142 – In that central part of the body where a lot of strength is involved, our sensitivity is small

144 – Crawling means moving the pelvis to another place

145 – You must rely on your sensory apparatus just like the baby did

146 – The amount of heat we generate depends on the volume of the body

148 – When the body is small, the amount of food that animal will take will be so much bigger

No Thursday Afternoon Session

Appendix

161 – Week 8 of *Second Year Notes* written by Stanley Brown, Ph.D.

Week 9: 9–12 August 1976

9 August 1976

Monday Morning

1 – We will go through some of the ways we got our normal posture and see which parts were not learned properly

1 – In some languages you have a neutral word. There is female, male and neutral

3 – What happens to the psyche actually happened to the entire system

3 – Analyze your speech, your thought...there are anal and oral complexes in it

- 4 – The child does it with no purpose whatsoever, only by curiosity
- 5 – Psychologists and psychiatrists never looked at the thing as a process from start to end
- 6 – But most people don't know what their organic necessity is
- 7 – *Awareness Through Movement: Rolling Like a Baby*
- 7 – A small baby, three weeks old, has so much spasticity in his body
- 9 – Psychologically, in relations, it's the minor things not whether you do
- 11 – Because it's not a question of improving him; it's a question of growth
- 14 – The child rolls from one side to the other in order to prepare himself for future life
- 15 – We have an otolithic apparatus that must be trained
- 18 – bones are soft. They would never grow straight if she leaned on them
- 18 – A normal baby will protect his face
- 24 – is a very poor theory for prediction but an excellent theory of telling afterwards
- 27 – Story of Jigoro Kano bringing a boy of 14 to the dojo
- 29 – Story of Gurdjieff's cousin who quarreled with everybody
- 30 – What the head and eyes do will initiate the movement in the pelvis

Monday Afternoon

- 31 – *Functional Integration Demonstration and Practice: Lying on the Side, Working with the Ribs, continued from Week 8*
- 31 – You can see it's so easy to break that cartilage. It's easier than one thinks
- 32 – You needn't jump every day...but if you can't jump the day you need to jump
- 34 – Take them together so you don't make this tension between them completely useless
- 38 – Story of Sister Kenny, an Australian nurse whose brother got polio
- 41 – You can press in all sorts of directions, but there is one which makes him taller
- 41 – We do it through the leg. we can't do it through the leg, we do it through the head
- 41 – In almost any body you'll find a kind of Alps or Pyrenees that shouldn't be there
- 43 – You can't do it all the time because... you're inclined to do it automatically

10 August 1976

Tuesday Morning

45 – *Functional Integration* Demonstration: Lying on the Side, Working with the Arm and Head

46 – It's less trouble to lose a leg than a hand

47 – You remember last year we talked about why you shouldn't treat symptoms?

47 – I ask usually, "What do you complain of?" to know the trouble on which he is fixed

48 – Story of an actress who had an idea that to sit, you have to tuck in your tail

49 – That's the test—if when you are in a hurry and not thinking, you do it in the right way

51 – Whole/detail should never be dealt separately

51 – Making the spine longer is not really the thing. It is raising the center of gravity

53 – "Hold the head straight." It has nothing to do with straightness. But what is it then?

53 – The reaction to hearing is the fastest of the lot

56 – Noguchi says I substitute my life for somebody who is not worthy of it

56 – Our memory is made in such a way as to remember only the things we use with your hands, with your body

57 – Story of a miller who opened his door every day and trained his breathing

59 – A part which is not used cannot be healthy, and therefore goes arthritic and gives trouble

60 – Put him in that position so that it's a safeguard against me doing a silly, idiotic movement

Tuesday Afternoon

67 – *Awareness Through Movement*: Rolling Like a Baby, continued

67 – Watch and you will see why a baby holds his legs like that

68 – You will see the speed of rotation is limited to what the eyes

71 – Where do you materialize those experiences which have never been really digested?

71 – Story about somebody who came to Dr. Feldenkrais in a state of real grief

71 – Thought, feelings are food for the mind, and food must be first bitten off

73 – If the ribs were not to move, there wouldn't be spaces between them

73 – The lower jaw is a very delicate thing...but how many sprained jaws happen normally?

76 – I'm trying to get the goodness out of you so that you can use it in your own life and actually help some other people

- 78 – learning—nobody bothers you, nobody wants to achieve anything
- 79 – I believe that all these “I can’t” are not inherent to the human nervous system
- 80 – It’s like Bernard Shaw said, “The people who can’t, teach”
- 81 – Story about musicians Nadia Boulanger and Arnold Schoenberg
- 83 – *Awareness Through Movement: Five Winds Kata*, continued from Weeks 6-7

11 August 1976

Wednesday Morning

- 87 – Talk
- 87 – I have very rare moments of discouragement in teaching people
- 92 – *Awareness Through Movement Practice: Getting Up All the Ways We Learned*
- 93 – *Functional Integration Demonstration*
- 95 – People with the idea they shouldn’t go on doing silly things like a baby
- 96 – This problem cropped up as a major problem in neurology
- 96 – And this is called the Babinski Reflex
- 97 – All intermediary modes of actions from childhood to adult age are not thrown away
- 98 – Story of psychiatrist Dr. Shlomo Bracha’s discovery of several reflexes
- 103 – When you train your stomach muscles very hard, get weaker
- 104 – *Awareness Through Movement: Movements from Prior Lesson and Beyond*
- 110 – Organize the back and the stomach not to be strong nor supple but to be organically useful
- 110 – You don’t eat Russian caviar for your breakfast every day
- 116 – The pelvis seems to be the most important thing to move first

Wednesday Afternoon

- 119 – End of *Functional Integration Practice*
- 119 – *Awareness Through Movement: Tilting Legs Lying on Stomach to Come to Sit*
- 122 – Some of you have asked the question about strength
- 122 – Muscles don’t get bigger, they get better

125 – Next year we'll do a circus through America

125 – I told you that the jumping is improved because there is no dashpots

12 August 1976

Thursday Morning

131 – *Functional Integration* Demonstration: Working with the Spine

132 – Ninety percent of the people would become healthy without you anyway

132 – They have some sort of mental-emotional—which to me is the same thing as body trouble

133 – So don't treat anybody; learn something: to feel, change and do it as gently as you can

134 – Something that used to take me an hour to do can be done in a few minutes now

134 – are not aware of what they would like to arrange around themselves to be happy

135 – Story of a woman who came yesterday with a severe case of arthritis

136 – Try to cure a client and what we do will get—the State will intervene

136 – Because force is a substitute for intelligence—always

140 – We'll teach you a way of getting people up so it's possible to do with a kind of ease

141 – Story of Dr. Feldenkrais building houses in Tel Aviv when he was 15 years old

Thursday Afternoon

143 – *Functional Integration* Demonstration and Practice: Working with the Spine, continued

144 – Elderly people have osteoporosis. may just sneeze and break here, break that

144 – The more you set about it with the idea you're going to find out what to do...the safer

you are and the safer will this community be

145 – Most of the trouble in the body is produced by the improper balancing of the head

146 – To do it the way it ought to be done, you have to touch as many people as I have: 50,000

147 – Many of you have very long nails, and then you try to avoid the nails

148 – Not two vertebrae will go in the direction you have decided they should go. You have to find out which way

148 – It's not because there is no movement in the spine, but that you can't provoke it

Appendix

151 – Week 9 of *Second Year Notes* written by Stanley Brown, Ph.D.

Week 10: 16–19 August 1976

16 August 1976

Monday Morning

1 – Talk

1 – Life is a process. It's a thing which depends on time

2 – You know the idea of entropy?

4 – As soon as you stop time, there is no function anymore, only structure

4 – It's astonishing how many cells die daily

6 – So I am reincarnated from what?

8 – Science and religious people have two opposite theories

10 – *Functional Integration* Demonstration: On the Side, Working with the Spine

10 – It's never too late; so long as she is still alive it can be remedied

11 – Every living thing...tends to do the optimum for itself

12 – They don't know that they have changed. You have to make them see that

13 – It's not straightness that you want. What do you want then?

15 – This is participating in her life in a million different patterns

17 – You can't make any change without making the corresponding change in the agonist or in the antagonist

18 – Genetic inheritance means a life and having everything evolution has ever produced

19 – It's not discovering Nature; it's discovering how we conceive Nature

Monday Afternoon

21 – Talk

22 – My attitude to people with whom I work is not of sympathy

23 – What does the breathing do in peculiar states?

23 – If you regulate by any standard and principle, it cannot fit life

24 – How will that brain get what it needs: phosphorus, calcium and whatever?

- 25 – The thoracic cage—you don't need it for movement
- 26 – Real thinking leads to a change of action, to a change of life
- 26 – *Awareness Through Movement: Do You Breathe In or Out?*
- 26 – Do you breathe out or do you breathe in ?
- 28 – If you need your hands , it shows that you walk with your chest
- 30 – Take this thing and fold it together. Will the volume inside increase or diminish?
- 34 – If you have to extend your extensors, you cannot do but breathing in, when it's powerful
- 34 – When you have an axe, when you hit, do you breathe in or breathe out?
- 35 – If you destroy , you can only go on by destroying your own self
- 37 – The extensors make you breathe in and the flexors make you to breathe out
- 39 – Story of how Nijinsky used to be able to float in the air
- 39 – We can do with our voluntary apparatus practically , and with the involuntary too it's possible
- 42 – Because food has as much sense as breathing. But you can eat anything
- 45 – To do the maximum of your power...breathing must be done in an organic way
- 45 – Next year we will work the way I believe that will be useful to everybody

17 August 1976

Tuesday Morning

- 47 – *Awareness Through Movement: Do You Breathe In or Out?* continued
- 48 – It's not important to anybody else but you
- 50 – If you sing, you sing it your way. But if you move a shoulder downwards, it should move downwards
- 52 – A baby of three months old lifts the head to that position without any bother
- 55 – To know means to be able to tell what is good and what is bad
- 56 – Once we get aware of it, we should return to let it be automatic
- 57 – won't let the head go because that is done reflectively
- 57 – There is nothing that one person does that all the others can't
- 57 – *Functional Integration Demonstration: On the Side, Working with the Spine* continued
- 58 – You will learn to do it. I have never found anybody I couldn't do it
- 60 – The skeleton is there...to annihilate the gravitational pull on the body so it's weightless

61 – Every time we come to a new situation, it is still as if we didn't say a thing. We have to start it again. And that is normal

Tuesday Afternoon

63 – Discussion: Is It Okay to Practice Publicly Using the *Feldenkrais* Name While Still in Training?

64 – I have never agreed on doing that before we have finished the three year's course

65 – We're going to draw up bylaws

65 – A surgeon is insured but I am not

67 – There is a difference between and establishing yourself as a *Functional Integrator*

68 – No judge will be lenient to you because you have no medical authority

73 – Take that moral, ethical responsibility that while a student you cannot practice officially

77 – I have given...everything I know in the most open way

84 – Story of a man who came with a frozen shoulder and died three weeks later

87 – *Functional Integration* Demonstration: Lifting the Head on the Back

88 – If you lift the head to the right point—what's the right point?

90 – Everyone has a small circle in which he is perfectly organized

91 – It is not mechanical; there is a continuous conversation between him and me

92 – It's not simple—after a few years of work some assistants realized how badly they do it

93 – Alexander had the idea but actually made a monster out of it

93 – The word “relaxed” is an idiotic word

94 – I'm not interested in your shoulder or hand. I'm interested in your nervous system

96 – Story of a rabbi from Berkeley who'd been in bed for six months

18 August 1976

Wednesday Morning

101 – Pre-Class Discussion

102 – Mountcastle's *Medical Physiology* is strong on neuroanatomy and neurophysiology

102 – *Awareness Through Movement: Ways of Holding the Head and Turning It*

- 103 – Rolling means something very peculiar
- 103 – There are three ways of holding the head and turning it
- 105 – Differentiation is not done in a second without attention
- 106 – The only bright point in my stay here is your progress and your warm relation to me
- 109 – The evolution of the nervous system goes in sudden steps
- 112 – *Functional Integration* Demonstration: Moving the Body Relative to the Head
- 112 – If the arm can't move, we moved the shoulder blade and the clavicle
- 114 – When you get particular about a thing, you get sensitive to things you ignored before
- 115 – *Awareness Through Movement*: Moving the Body Relative to the Head
- 117 – *Functional Integration* is where what you've achieved on your own self, you take to another body
- 117 – Every muscle that is connected to the head is connected to the breathing apparatus
- 118 – A struggle you will have with everyone—they will do 100 times more than they can
- 118 – One is organically correct for one movement, the other is organically correct for another
- 120 – Hundreds of people have lumps of fat around the seventh vertebra
- 123 – Are we forward when the head is forward or when the chest is forward?
- 127 – To use those muscles from the origin or the insertion demands a shakeup of all the old pattern(s) in the entire nervous system
- 128 – If you want to know which part you feel is you mostly, it's not the head
- 129 – Yawning, which many people do for different reasons
- 129 – There is a greater change in the voice than you would ever believe possible

Wednesday Afternoon

- 131 – *Functional Integration* Demonstration and Practice: Lifting the Head
- 132 – When you lift it, that head must be as if he were standing on his feet
- 134 – Though you did it, it's bad, because you can't repeat it
- 134 – The head is forward by an amount most people can't imagine
- 134 – The question of lessons: a half hour per year of life
- 135 – How much forward and up should he be to have the full use of his breathing apparatus?
- 135 – That's why people can't jump

- 136 – Get in *his* configuration—you can't make him a structure which is not his
- 137 – That's how Bedouin women carry 200 weight on the head and walk so gracefully
- 137 – If the shoulder blades don't breathe, he's not standing free
- 139 – Story about the show "Much-Binding-in-the-Marsh" in Britain during the War
- 140 – *Awareness Through Movement: Standing, Making Circles with the Head*
- 141 – She's not standing on the floor, she's riding a horse
- 142 – Specialized people are always different
- 142 – Story of an Israeli sculptor who one day had one eye discolored

19 August 1976

Thursday Morning into Afternoon

- 145 – *Awareness Through Movement: Ways of Holding the Head and Turning It, and Moving the Body Relative to the Head, continued*
- 151 – Rules of breathing in and out are only correct if you talk about the majority of extensors
- 152 – I told you, this is the most deaf or numb place in the body
- 152 – Real learning takes place at that moment when nobody is bothered about anything but becoming aware what he is doing
- 153 – If you train and do half an hour daily of that thing, you have to give them vitamin B12
- 153 – Working the same muscles, only have the intention of moving the insertion or the origin
- 155 – That's a normal way of holding the head: looking at the horizon or at the other persons
- 155 – When the head is like that, not only the abdomen breathes, but also the chest
- 156 – *Awareness Through Movement: Rocking on the Top of the Head*
- 158 – What happens to a shoulder blade which is stuck on the ribs and doesn't move?
- 160 – In about 50,000 heads, there were only three where I believed, "Look, that's ideal"
- 163 – Many will feel electric currents into the arm
- 163 – With the head becoming more mobile, the pelvis cannot do but being mobile

- 166 – And that’s why we have predilected angles of vision and predilected angles of action
- 167 – Compressing the head...It gets exactly what Alexander wanted
- 168 – “If I had a good education” story
- 169 – As it’s the same person, there is no bloody reason why the other side should be less good
- 170 – Look what happened to my throat. Now hear while I talk
- 171 – When you’re really strong you don’t have to be vicious with other people
- 173 – Most people at the seventh cervical are completely asymmetrical
- 177 – Story about Dr. Feldenkrais’ bad knees that made him think he was cuckoo
- 178 – Look at Rina’s face. Can you see that the right side is swollen?
- 179 – Any real change in the configuration of the nervous system is as useful and as dangerous as your awareness
- 179 – Story about acting on the ear region to increase circulation in the feet and hands
- 180 – A miracle is a thing that happens and you don’t know how and why
- 182 – *Functional Integration* Practice: Lifting the Head, continued
- Appendix
- 187 – Week 10 of *Second Year Notes* written by Stanley Brown, Ph.D
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Week 11: 23–26 August 1976

23 August 1976

Monday Morning

- 1 – Talk
- 1 – Put “learner” in front and “learner” in back before you do anything to anybody
- 2 – To me there is no other damage but psychological damage
- 3 – Story about Speransky writing to every medical man in Russia
- 4 – Story of Constantin von Economo and an epidemic of lethargic sleeping
- 5 – There is no structure and function; they are one thing
- 6 – There are three sorts of stabilities
- 10 – How much shock can you get and recover?
- 13 – Le Chatelier had a funny sort of idea
- 15 – The stable system has hidden forces
- 17 – Story about Dr. Feldenkrais letting his assistants learn by doing on him
- 19 – Leriche’s discovery on how the body recovers from a trauma

20 – Once you get a ligament like that, if you continue walking, the bursa gets irritated

Monday Afternoon

23 – Talk

23 – In the next 10 years...the world will be talking about things in terms of processes

25 – Story about an old woman in a home for senior citizens who gets married

27 – I've felt that some of you have actually made a big change in their way of acting

28 – What do you mean by 'he creates his own experience'?

29 – The idea of neurotic is contrary to that holistic, general working of the world

29 – Only human beings can make a better world for human beings

24 August 1976

Tuesday Morning

31 – Awareness Through Movement

31 – Dr. Feldenkrais Relieves Himself of a Burden He's Kept to Himself

31 – I'm away from home over four months, and the work there has disintegrated

31 – When I started, there was a different direction in HPI

33 – I am paying here for the privilege of teaching you

38 – I told you I'm making a Foundation

40 – Awareness Through Movement

40 – Functional Integration Demonstration: Summing Up What We Did This Year

41 – How does the nervous system let go?

42 – Story of working with a woman who had her vocal cords removed and many muscles cut

43 – If I walk and my knee aches, then my movement stops being automatic

46 – if a knee is bent, you put a weight in order to be able to increase the strength of the quadriceps

46 – Any system which gets a shock it cannot overcome will go back in a former state

49 – Once you get there you will never remember the hard way of thinking

No Afternoon Session

25 August 1976

Wednesday Morning

53 – Pre-Class Discussion

55 – Awareness Through Movement: On the Side, Movements Holding the Knee

60 – Story of a lady with dystonia who couldn't sit with her legs sideways

60 – You have to know what other people do and don't know what they are doing

61 – Nature itself wants to preserve the identity of the unique person, of the individuality

61 – Story of a famous pianist who died from a smallpox inoculation

63 – If you live by would and should you will just vegetate through life

67 – I do what I feel just to be. And that is the optimal thing I can do

69 – It's more correct to say "sense" because feeling is referred normally to tactile feeling, but

all the others are senses

70 – If you want to get rid of something, don't rub it in, don't train that trouble

73 – If you can think it right, imagine it right, the muscles and the thing will yield immediately

73 – I intentionally pick a movement you can't do so that you can become aware of what's happening

79 – You can be more useful to yourself and society if you know who you are, what you want

81 – You're learning things beyond what you know that you are learning

No Afternoon Session

26 August 1976

Thursday Morning

89 – Talk

89 – A yoga teacher has written an article summing up what we do and the relation to yoga

90 – Learning is the ability to produce a different reaction to the same stimulus

90 – The right way to do it is not to muck about the difficulty

91 – Story of somebody peeing in bed at the age of 40

92 – That learning continues with you while you grow, it's inseparable from time

- 93 – While they do begin to cerebrate...they fail to make the change in themselves
- 95 – Life is the greatest enemy of the human species
- 96 – They found that bottle feeding is the origin of bad teeth
- 97 – Belching is connected also with feeding with a bottle
- 98 – I hope that you will be the pioneer group who could spread in America
- 98 – Two Students Address the Class and Another Sings a Song
- 99 – Roger Miller: “I feel like I’ve done as much as I want to do”
- 102 – Kolman Korentayer: “I’d like to just give you a quick, concise history of things”
- 104 – Bruce Holmes sings a song
- 106 – I believe that I have more friends in this house now than I have made anywhere
- 107 – Larry Steiner from the Humanistic Psychology Institute Answers Questions
No Afternoon Session