

"entirely CAPABLE of taking CARE of YOURSELF
in a CHANGING HOSTILE WORLD"

Moshé Feldenkrais Talk: Sense of Inferiority Amherst Training
Year 1 Week 9 August 4 AM1 (49) (DVD 23T3)

“In those moments when awareness succeeds in being at one with feeling, senses, movement, and thought, the carriage will speed along on the right road. Then man can make discoveries, invent, create, innovate, and know. He grasps that his small world and the great world around are but one and that in this unity he is no longer alone.”

— Moshé Feldenkrais , page 54 *Awareness through Movement*. 1972, 1977

“We act in accordance with our self-image. This self-image—which, in turn, governs our every act—is conditioned in varying degree by three factors: heritage, education, and self-education.”

— Moshé Feldenkrais, Preface to *Awareness through Movement*. 1972, 1977