

2b) *Inhibition & Encouragement – Moshé Feldenkrais

“it is important to pay close attention to every improvement and to assimilate it after every series of movements. We thus get a DOUBLE effect on our sensing capacity: the INHIBITION of the previous, automatic pattern of movement, which now feels wrong, heavy, and less comfortable, and the ENCOURAGEMENT of the new pattern, which will appear more acceptable, more flowing, and more satisfactory. The insight thus obtained is not an intellectual one—proven, understood, and convincing—but a matter of deeper sensing, the fruit of individual EXPERIENCE. It is important to know and understand the CONNECTION between the CHANGE and its CAUSES in order to ENCOURAGE one to repeat the experience with sufficient accuracy under similar conditions to reinforce its effect and impress the improvement deeply on our senses.” — Moshé Feldenkrais Awareness Through Movement (1972) pages 127-128 (emphasis added K . Halm) (1972)