

Subject: A page for the ship's log...Alexander in my life
Drapeau

8.23.11 / S.Smith

Hands...healing, cool, calm, encouraging...at the nape of my neck, gently suggesting I stand straighter, breathe wider, deeper, easier and encouraging me to see the world from a better height and a brighter perspective. I wonder, having looked into the backs and necks of others since my 4 ft. 11 inch childhood -- with proper alignment and less compression on those discs might I...maybe...possibly...reclaim a bit of the three-quarter inch loss when tape measured down the road? (Better than winning lotto? "Hey, yah nevah know!").

Hands...holding my leg as the limb lets go, totally trusting its weight, finding it floating off (!) returning with a knowledge of its worth.

Through Taika and Tosca, Stacy and Ellie, Caesar and Coco de Beans...the hands that touched and healed my pets are now working on me. How lucky those animals, to feel such patience, encouragement, and help. How lucky we, that these capable and sure hands have moved to us primates, proof of their goodness by the line of us pulling open the screen door, enveloped in Alexander House (soft gray walls, parchment calligraphy, fun furniture, eclectic tools setting the proper examples) in anticipation of focus, peace and posture-improving wellness. More oxygen. Holding body-and mind together to reach an understanding, a communion. A lesson to bring home to lay on the floor. More deep breaths and let the shoulders think for themselves. Encourage, don't force. Life lessons unfold beyond the muscle, opening my brain to a new way to wellness.

This friendship from which I have always experienced newness, perspective, education and humor has continued the flow from animals and life-visions of voice homework to this new Alexander awareness. To move yet again forward - what a lovely introduction into a method that I eagerly want to adopt and already crave - loving this integral sense of peace and focus that follows me softly out the screen door and doesn't close on my spine straightening, neck softening, settled well being.