

A Mystic's Experience with the Alexander Technique

"Letting go" has proven to be the most effective antidote I know to the fears, griefs and stressors in life so I resonated with the release principle in the Alexander Technique immediately.

"Letting go" is also a major intention of most mystical practices. Adding the Alexander Technique into my daily meditation time allows me to come at the release in reverse. Instructing the body to begin the process seems to free my mind as well.

Un-clenching, a primary directive in the physical retraining of the Alexander Technique, promotes a restoration of the natural grace in life. As I instruct my body to release gripping tensions I physically mirror my aspirations of relaxing and restoring the natural buoyancy of human life.

The beginner sessions of the Alexander Technique have provided me with a tool to:

- Explore the awareness of my own body, largely un-mined to date.
- Build confidence in the total synergy between my body and mind and in my ability to direct myself physically as well as mentally. The technique lets me observe the effects of my power of intention.
- Experience the clenching still present in my life and open to the understanding of what my body and psyche is striving to hold.

I believe I am the physical intersection between the earth that birthed me and the heavens that call me to my highest aspirations. For me the Alexander Technique offers a means to harnessing the tension inherent in opposing directions, so my body can become a longer, broader bridge, on which divinity may dance.