

Disengaging, a process...

Two years ago I realized that, even though I would have denied it, I was rushing through life, trying to accomplish everything that others expected of me, and enjoying very little. Slowly, I came to the realization that I wanted to slow down and take time for myself, or I would be miserable. I had deceived myself into believing that first, through rushing I would accomplish more, and secondly that I was responsible for the happiness of those around me. As a result of faulty thinking I was spinning my wheels trying to deal with other people's energy and problems.

It has been a process, but I am learning to disengage. I now take time for myself to enjoy quiet moments, for meditating, and for activities that I enjoy, for the pure pleasure of enjoying them. I now know that I don't "need" to get everything done, most activities are not essential. I am also learning to stop when feeling stressed, to identify the "source" of the stress, which for me can often be absorbing other peoples' stressful energy. I am learning to disengage somewhat, so that I can focus on what is important to me on my life path.

Experiencing Alexander Technique lessons has been a real gift. It has taught me that the memory of life experiences actually does get stored in your muscle memory, and affects posture and movement. Being more present in the moment and using the intentionality of the Alexander Technique I can learn to improve habitual movements and posture. Instead of reacting in a habitual way, other options become available. These options allow us to examine and change the physical manifestations of life experiences. In so doing I think better balance, tranquility and knowledge of self will be achieved. This is a process worth trying.

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