

直 身

IS it possible that correct body posture was recognized by us many many many years ago????

The two characters above tell me something: the one on the left is a Chinese character for "STRAIGHT", and the other one is Chinese word for "BODY". See how "STRAIGHT" is written: the head above our shoulders, and ribs (or spine) hanging straight !!! The word "BODY" is like a body standing up straight with spine aligned properly.....

Extend your spine, and release all other muscles I did just that on my first lesson, and felt the "weightlessness" on all my limbs.....It was really really hard to believe, all Mary did was to put her hands on my arms, legs, and asked me to extend my spine, and release.....Now why can't I feel that way all the time???? Yes I can, when I do my "lie downs". I have learned how to let my stressed out body release tension by lying down with 2 ½ inches of books on my head, and command my spine to extend, and my limbs to release all the tension..... If I don't learn anymore from these classes, I will be totally happy that I took the classes !!!

The classes really help me in a way no physical therapy could help me. More than anything, AlexanderTtechnique also changes my way of thinking:

If one does something without setting a goal, it makes doing it a lot easier !!!! When I told myself (after a car accident) that my neck will never feel the same again, instead of driving myself crazy doing all sorts of exercise to strengthen my neck muscles, my neck seems to be feeling better, I realize that if I just accept my situation, my mind is settled, my body definitely reacts to my thoughts !!! Mind over body. Don't set a goal, just will your body to do it.

Every lesson makes me realize there are a lot more for me to correct, and a lot more to practice !!!!

I always walk away from the Alexander House thinking: Extend your spine, Release your muscle tension !!!! What a great revelation !!! I am looking forward to many years of practicing the Alexander Technique !!!!