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## The Luxury of Looking Inward



Who is really rich?

I say -- it is the person who has the luxury of looking inward.

In regular life one is subject to constant external demands:

\* It's time to eat. And before that, it's time to shop, put away and cook. And after that, time to clean up.

\* The family needs help.

\* The job needs.....

\* The car needs.....

On and on.

Where is the time to be with myself?

To relax. To reflect. To review. To sort and settle.

One needs to create a space. And in doing so, it is very helpful to have an outside structure and to have other people with whom one can share the adventure.

The Feldenkrais Method is such a structure and a such a source of companions. You may be in pain or you may be feeling well. You can

choose between group classes and individual sessions, or do both. In every case, you will find yourself drawn into a greater awareness of your inner life.

In Feldenkrais we work through the physical self. Through attentiveness to the body and ingenious movement sequences we ask:

\* How is breathing going on?

\* How do I use my eyes?

\* How much tension do I activate?

\* How do I coordinate between the center of the body and limbs?

\* How do I automatically coordinate, say, the head and arms? Can I do it differently?

How do I feel once I get there, in "Opposite Land?"

Although our focus is physical, all parts of the self are touched. While speaking about the outside world, John Muir expressed the same truth that we find about the self:

*"When one tugs at a single thing in nature, one finds it attached to the rest of the world."*