



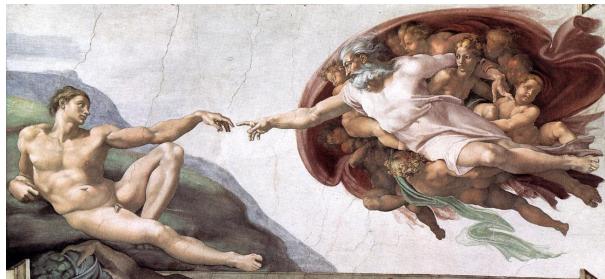
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SPRING SCHEDULE

APRIL - JUNE 2009

The Creative Hand is Relaxed



In the early 16th century, around 1511, the Italian artist Michelangelo painted "The creation of Adam" on the ceiling of the Sistine Chapel in Rome. On the right, God, aloft, is transferring the spark of life to recumbent, earth-bound Adam.

I saw the image for the first time in high school. Its combination of strength and delicacy touched me immediately. Years later I came across a statement from Moshe Feldenkrais about the large muscles of the body being designed to do the heavy work and the small muscles the fine. It seemed connected to the painting's magic.

Use large muscles for the heavy work

For effective movement the heavy work of moving the body must be shifted to the muscles designed for this purpose.

If we look carefully we will see that the largest and strongest muscles are connected to the pelvis. Most of the work is done by these muscles, particularly the buttocks, thighs, and the abdominals. As we move away from the center of the body to the limbs the muscles gradually become more slender. The muscles of the limbs are intended to directly their movements accurately, while the main power of the pelvic muscles is conducted through the bones to the point at which it is required to operate.

In a well-organized body work done by the large muscles is passed on to its final destination through the bones by weaker muscles, but without losing much of its power on the way.

Moshe Feldenkrais. *Awareness through Movement*. New York: Harper & Row, 1972. Pg. 89.

This is a theme that we come back to over and over in Feldenkrais individual sessions and group classes. How can we restore the appropriate division of labor? When we were young, we had this figured out. But, for a variety of reasons, in the process of growing up and getting older, the smaller muscles have gradually taken on more and more the work of the large muscles. The hand, as an example, becomes tense because it is doing too much.

With method and application, damage can be reversed and new levels of sensitivity can be gained. You, too, can feel light, creative action through your hand.