

AN INVITATION TO HEALTH

Jump In, The Water Is Fine.

At the beginning of this, I promised that we would discuss movement and how to live a healthier life. In conclusion, I will leave you with a few quotations about health: one from Dr. Moshe Feldenkrais, one from Henry David Thoreau, and finally, one from Eric Klein.

When asked, “What does it mean to be healthy?” Moshe Feldenkrais replied, **“Healthy people are people who are realizing their vowed and their unavowed dreams”**. Health is seen as a continuing process of following one’s dreams only to uncover more dreams. Perhaps that is why he began his lessons with, “What do you want today?” He could have asked, “What do you dream of being able to do?”

Thoreau said, **“If one advances confidently in the direction of one’s dreams, and endeavors to live the life he has imagined, he will meet with success, unexpected, in common hours.”** Healthy people dream, and continue to advance closer to their dreams, because of the confidence they have in their imagination or intuition.

To be healthy is to be made whole. Ultimately, the Feldenkrais work is to skillfully and compassionately reconnect with the whole of oneself and with others. Transformation follows that introspection. Healthy people are transformers of themselves and their culture. By that definition, Moshe was very healthy.

I hope this booklet has raised many questions, and maybe even answered a few. Movement and the components of action are rich subject matter, with many points of view to be discussed and appreciated. Each Feldenkrais practitioner brings his or her own interest to their work, and so each integrates their practice into their community differently. Some practitioners are in clinics, schools, universities, dojos, or athletic departments; others are in private practice or alliances with other health practitioners. The mix is endless. The work they do is meaningful. If you look, you will find one that suits your needs.

This booklet is intended to entice you further into the Feldenkrais experience. However, reading about an experience is not the experience itself. I invite you to attend a series of Awareness Through Movement classes, or receive a series of private Functional Integration lessons. Whether you want to be more creative, reduce stress, improve a physical skill, get rid of a recurring pain, feel better emotionally, be mentally more alert, or just slow down a little, this method has a great deal to offer. Come and investigate whether changing the way you move can make your life easier. If you do, you will be in for a treat.

Finally, a quotation from Eric Klein, from his books “The Inner Door”. **“All teachings serve only as signposts created by those who have gone before, pointing the way toward a mastery each student must achieve in their own unique way.”** Good luck on your journey and remember to have more fun than you should! Oh yeah, I almost forgot: What have you been dreaming of doing lately?