Talk

Angela 2 — Week 7, Day 2, Session 2 — 10 minutes

Summary: Russell invites a brief weather-report check-in, then tells a story he heard from Mia Segal: in Holland, Moshe sent a man home to go back a little further each day. Mornings will take up that five winds work; afternoons, chair lessons, the first taught by Linda.

Check-in

[Russell:] So, as you know, I like, when we come together, to kind of check in with each person briefly, just to bring each voice into the room, and I'm feeling like I want to do that. I want to maybe do that more this afternoon. I'd like to do some movement this morning.

There's so much. There's so much.

So I thought maybe what we could do is just kind of have a brief check-in, like a kind of weather report, you know, a minute or so of what's living in you — just how you are right now, not in general in your life, but just kind of what's living. So we start from there, and then I'll give you a picture of the morning, the day, some of the movements we'll be doing this week, and —

[Silence 2 minutes]

[Participant 1:] Joyously fall.

[Participant 2:] That is full of love.

[Participant 3:] Best gratitude and — yeah, graceful breeze.

[Participant 4:] Expansive and sunny.

[Silence 35 seconds]

[Participant 5:] Great wonder, potent vibration, very curious.

The five winds

[Russell:] So, we will have the opportunity this week to learn from ourselves and each other — kind of two themes of movements, one in the morning, one in the afternoon.

And in the morning, expect to be working with — I'll start one this morning. It's a group of lessons, some of which you know, but I'm implanting them into a series that Moshe developed.

It's a very interesting — this is the story. I didn't get this from Moshe. I got this from Mia Segal, who was his long-term assistant.

In Holland, he was doing a workshop, and at the end of the workshop, this guy comes up, who was, like, in his 60s or something, and he said to Moshe, I've had a back problem my whole life. Can you give me a private lesson?

And Feldenkrais said, Well, I leave town tonight.

And the man said, Is there anything you can tell me to do myself? I'm very conscientious.

And Feldenkrais looked at him and said, Sit on the ground, and go a little bit back, and a little bit fall, and a little bit further back, and a little bit further fall, and a little bit further back, but only do a little bit every day, until you can go all the way back. And not be straining.

And the story goes that six months later, Moshe got a letter from the man saying he's done that every day, and he has no more back pain.

So, in the community, this is connected to work called the five winds kata, which we've done a little bit of in our group, and it's not the whole kata. Moshe never taught the whole kata. The whole kata is actually going from your back to standing. Moshe would say, without any muscular effort. Of course, that's impossible — effort is possible, but with just great, great ease.

He was impressed by some Japanese judo masters who could do that, Mifune being the name.

So it's mostly working from sitting to lying and lying to sitting. And what I've noticed is that when people do even parts of it, it can be really helpful for really potentiating the center, differentiating what is really core work and what is extraneous.

So what we'll be doing is little bits of that, going back and up, back and up, and then I'm going to embed it in some other lessons, and then come back to it. So our morning lessons will have that component. We'll do maybe three or four of those.

Sitting in chairs

Then in the afternoon, what I expect to do — unless, you know, everything's subject to change — is a number of lessons sitting in chairs. That's a theme that I think needs more work for most of us.

And, as most of you know also, Linda is a Feldenkrais trainer and has taught all around the world in all these different trainings, and she had a kind of specialty in sitting chair lifts. And so I'm inviting her to do the first one of the series that we're going to do. So she's going to teach a lesson this afternoon, and then I'll teach the follow-up lessons the following days.

It's kind of nice to have another voice. I love the way she does it.

Maybe that's all we need to know right now.

Mats and blankets

So, get yourselves a mat. One of those blankets. If you want two blankets, let me know. I have more up at the house. I think there are a little bit more than the twelve needed, but I can get you more.