

ALEXANDER TECHNIQUE *Calendar 2015*



*"You can't do something you don't know,
if you keep on doing what you know."*

J A N U A R Y 2 0 1 5

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<small>December</small> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	<small>February</small> 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	30	31	1	2	3
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"Everyone wants to be right, but no one stops to consider if their idea of right is right."

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*"Change involves carrying out an activity
against the habit of life."*

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"You are not here to do exercises, or to learn to do something right, but to get able to meet a stimulus that always puts you wrong and to learn to deal with it."

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"You come to learn to inhibit and to direct your activity. You learn, first, to inhibit the habitual reaction to certain classes of stimuli, and second, to direct yourself consciously in such a way as to affect certain muscular pulls, which processes bring a new reaction to these stimuli. Boiled down, it all comes to inhibiting a particular reaction to a given stimulus. But no one will see it that way. They will all see it as getting in and out of the chair the right way. It is nothing of the kind. It is that a pupil decides what he will or will not consent to do. They may teach you anatomy and physiology till they are black in the face -- you will still have this to face, sticking to a decision against your habit of a life."

M A Y 2 0 1 5

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*"You can't know a thing by an instrument
that's wrong."*

J U N E 2 0 1 5

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"If people will go on believing that they 'know', it is impossible to eradicate anything; it makes it impossible to teach them."

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"As soon as people come with the idea of unlearning instead of learning, you have them in the frame of mind you want."

AUGUST 2015

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"When anything is pointed out, our only idea is to go from wrong to right in spite of the fact that it has taken us years to get wrong: We try to get right in a moment."

S E P T E M B E R 2 0 1 5

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"Doing in your case is so 'overdoing' that you are practically paralysing the parts you want to work."

O C T O B E R 2 0 1 5

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"The experience you want is in the process of getting it. If you have something, give it up. Getting it, not having it, is what you want."

N O V E M B E R 2 0 1 5

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*"Prevent the things you have been doing and
you are half way home."*

F.M. Alexander

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