

Understanding Alexander's Insight And its relation to mindfulness and well-being

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Alexander saw that we have a tendency to use more muscular effort than necessary. It hurts us.



Then some parts can't work as much as they should, and that hurts us

'More than' and 'not enough' are known as:

- Mis-use.
- Framework distorted
- > Shorter & narrower
- > Joints tightened



All this 'more than' is done

- with our own muscles
- directed by our own

brains

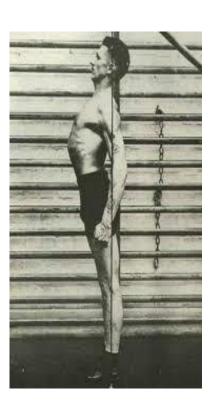


Because of the connections between the parts of our structure ...

- 'More than' anywhere means more than, or not enough, everywhere
- Alexander discovered that there is an underlying pattern

'More than' and striving to over come it





The total pattern of habitual misuse can become constant. We get used to it. It becomes our norm.



The only way we know how to be. It makes doing new things hard. We can get stuck in the old stuff

- Limits ability to be different, to grow, to flourish
- Pay lip service to new ideas, but be unable to carry them into practice
- Sleep more! Drink less! Work out! Eat healthier! Join a group! Smile at someone! Do a good deed!
- ► These things are all good, but what if we are still engaging the whole our self in a pattern of misuse?

Misuse is exaggerated when a stimulus is perceived as negative.



Sue hears she's to lose a colleague and take on on extra responsibilities

Ian hears he is going into lockdown again with someone he finds difficult



At a very basic level, misuse takes more energy and makes us less efficient

Sue is less able to move and has to work harder to be upright Interfering with the neckhead relationship means interfering with the blood supply to the brain. It gets harder to think and sense



lan finds it
harder to think
clearly and he
comes over to
others as
irritable



 Pulling down damages the joints, pulling them together (close-packing)

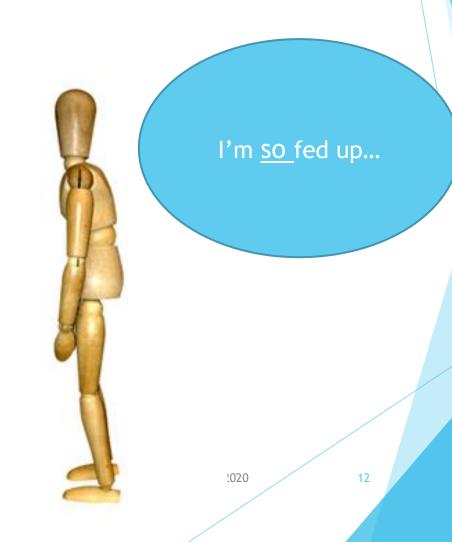
> When joints are closepacked on a constant basis, surfaces can be damaged.

> > Surfaces fit together
> > Ligaments taut
> > Spiral twist
> > Screw home articular surface



There is an impact on 'what it is like to be me' when we misuse ourselves.

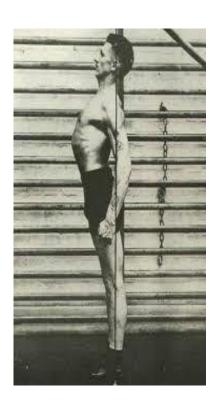
- People report on subjective state of pulling down.
- I feel angry...
- I'm worried...
- How dare you....! (about a colleague)
- ▶ I feel low/no good
- I just don't feel I can cope
- I'm in a bad mood
- It's your fault! (of anybody!)
- You've given me a headache (ditto).
- I don't feel anything at all!



Does it make sense to use ourselves in a bio-mechanically unsound way?

If we sit, read, stand, walk, type, hold our phones in a way that is at odds with the best biomechanics, we undermine our wellbeing

The answer?



Notice, learn to stop creating the unnecessary muscular effort.
Striving to put things right causes more of the same

Hurray!

- This underlying pattern of 'too much' is learnt...So we can learn to stop doing it
- Which is what we have been beginning to do today.
- More info from The Professional Association of Alexander Teachers
- https://www.paat.org.uk/