

1: [PDF] The Elusive Obvious or Basic Feldenkrais Download Online - Video Dailymotion

The Elusive Obvious deals with simple, fundamental notions of our daily life that through habit become elusive. Time is money is obviously a good attitude to have in business or work. It is not at all obvious that in love the same attitude is the cause of so much unhappiness.

Many of these problems are the outcome of lack of vision and of reflection on the significance of the end of enslavement following general automation, pushing ahead fast while the population explosion continues. Angela wanted the text in the English, German, and French versions. The original English runs: We can now see that unless we learn to think about the things we know in alternative ways, unless we widen and deepen our freedom of choice and use it humanely, the real abolition of slavery will end in disaster. The French translation states: The German version 2 is an interpretation rather than a translation so even longer than the French: If we want to expand our freedom of choice and use it more humanely, then we must learn to think in alternative ways about familiar things we have long experienced and known about. Then, perhaps for the first time, everyone each for himself will be able to banish the fears and the dangers that we have time and again conjured up ever since human beings came into existence. However, this clarification of what the text intends to say takes into account reflections in preceding chapters inclusive of the complex historical and intellectual background underlying development of the Feldenkrais Method. After all the approach to authentically learning how to learn, which Feldenkrais continued to fine-tune throughout his life, was intended to provide an intelligent and concrete answer to the questions other contemporary scientists, philosophers, and artists asked with equal urgency. The founder of our Method was associated with a remarkable group of people several of whom became his friends determined to confront the challenge posed by the devastation brought about by the Second World War, by the Nazi extermination camps, by the atomic bombs that destroyed Hiroshima and Nagasaki, and later by the arms race accompanying the Cold War and the Vietnam conflict. This is one of the most important books by Gregory Bateson, a biologist, linguist, psychologist, anthropologist, and philosophical researcher who was one of those rare scientists who feel at ease with the theoretical demands and methodologies of different disciplines. Bateson was to play a crucial part in the first systematic meetings between professionals previously closed to dialogue with representatives of other specialisations. Thanks to an initiative by Gregory Bateson and neurophysiologist Warren McCulloch, a gathering was organised in by the Macy Foundation, a philanthropic association dedicated to improvement of medical care. A great variety of disciplines were represented: The initial intention was to create the foundations of a science of the human mind. The participants had little in common except everyday language and the first meetings were turbulent. Today they are viewed as the cradle of a new science, cybernetics, grouping a wide range of sciences and technologies from data processing to artificial intelligence which have transformed our world. The simplest example is a heating system controlled by a thermostat, and one of the most complex is the human being with his physiological and nervous systems and his consciousness – mysterious phenomena which no-one has as yet managed to explain. What he had to say about the new science applies equally well to the Feldenkrais Method: And this is, I believe, very good; otherwise, cybernetics would become a somewhat boring exercise. However, all of those perspectives arise from one central theme, and that is that of circularity. Others, adhering to a more holistic view, base their research on the premiss that the whole and its parts are intricately related and interact in complex ways. For them no living system can be understood and responsibly engaged with unless it is seen in that way. They also realize that the observer is bound to have an impact on what he observes. In a presentation at the congress on The Dialectics of Liberation in London in 1966, Gregory Bateson spoke at some length about the rift dividing Western health care. D Laing, mainly known for calling into question conventional views tending to ignore the context in which symptoms labeled psychotic, schizophrenic, etc. Laing had long come to the conclusion that most mental illness is a social construct and needs to be understood as the outcome of a more or less disastrous failure of coping mechanisms in an alienating environment. In his conference presentation Laing makes clear that seriously faulty assessments of individuals or social actions considered to threaten the status quo arise on all levels of society whenever the

context is left out of account. What is hardly ever seen is the fact that this society is made up of a multitude of contexts and sub-systems, of meta-contexts and meta-meta-contexts. The apparent irrationality of an individual diagnosed as psychotic may become more intelligible when seen in context, starting with the family unit, itself embedded within a complex system of encompassing networks at an intermediate level health system, school and university, factory and office, political parties, religions, peer groups, and racial subcultures etc which in turn have to be seen within the context of yet larger organizations and institutions within the nation state – all of them demanding obedience from the levels below. Laing begins his talk with the words: The obvious can be dangerous. The deluded man finds his delusions so obvious that he can hardly credit the good faith of those who do not share them. Nor will the system ever be transformed from above where vested interest is the determining factor of most thought and action. Only at the intermediate level of society, for instance in a hospital, a school, a factory or university, can change be initiated and successfully implemented, once people are sufficiently motivated to unite and start thinking intelligently about the task at hand. We can put no trust in princes, popes, politicians, scholars or scientists, our worst enemy or our best friend. With the greatest precautions, we may put trust in a source that is much deeper than our ego – if we can trust ourselves to have found it, or rather, to have been found by it. It is obvious that it is hidden, but what it is and where it is, is not obvious. The ladder of explanation, until then going downward from a supreme mind the God of Christianity to all the natural phenomena man wished to understand and use to his advantage, was suddenly turned upside down. While mind had been the explanation of the biological world until that time, the study of evolution now promised to provide an explanation of what might underlie mind. For Bateson, an English oak forest, or a rainforest, provide the best illustration of what happens when a complex self-corrective system in this case the combination of competition and dependency assuring continuous equilibrium, and thereby the survival of all its components and inhabitants gets destabilized or breaks down completely. You have to assume that all important social change is in some degree a slipping of the system at some point along an exponential curve. The slipping may not go far, or it may go to disaster. As cybernetic, self-correcting systems we human beings cannot easily assimilate internal disturbances. The various ways of largely unconscious compartmentalization within the totality of the mind-body system kinetic life, food life, sex life etc. The linkage between conscious perception and the total mind is characterized by selectivity, a kind of systematic sampling of what is important at a particular time. What happens to the picture of a cybernetic system when that picture is selectively drawn to answer only questions of purpose? That is exactly what has been happening in medicine. After extraordinary initial successes such as discovering vaccination against polio, developing antibiotics etc. As a result remarkably little is known about the body as a cybernetically organized self-correcting and self-healing system. Consciousness is organized in terms of purpose, a short-cut device to enable you to get quickly at what you want, not to act with maximum wisdom in order to live, but to follow the shortest logical or causal path to get what you next want – dinner, a Beethoven sonata, sex – Above all it may be money and power – Purposive consciousness pulls out from the total mind sequences which do not have the loop-structure which is characteristic of the overall system. A somewhat altered version of the Biblical myth of Adam and Eve serves Bateson as a model for what happens when we commit the error of thinking purely purposively about how to reach the famous apple of knowledge: Having acted according to what he thought was common sense, Adam now finds himself in a mess and, not feeling part of the system in which the mess exists, he either blames the rest of the system or himself, most likely both, combining two sorts of nonsense: Such reactions and projections, involving blaming the Other, and much more seldom oneself, tend to prevail wherever systemic pathologies in the form of social, political, or ecological emergencies arise, crying for quick solutions. The terrible thing about such situations is that inevitably they shorten the time-span of all planning. Emergency is present or just around the corner; and long-term wisdom must therefore be sacrificed to expediency, even though there is a dim awareness that expediency will never give long-term solutions. Most problems confronting modern governments are systemic and will not be tackled successfully until this fact is realized. This demands above all that scientific arrogance, which began to increase enormously with the Industrial Revolution, makes room for greater humility in scientific philosophy. Gregory Bateson comes to the conclusion that the ultimate remedy for the ills of conscious purpose may lie in

the individual. He argues as follows: I think we should lump together dreams, and the creativity of art, the perception of art, and poetry etc. These are all activities in which the whole individual is involved. We might say that in creativity man must experience himself "his total self" as a cybernetic model. When those words were uttered, Gregory Bateson had probably not yet met Moshe Feldenkrais, who was to work with him when Bateson was succumbing to cancer. Feldenkrais learners thus discover something utterly extraordinary: Angela also embodies the extraordinary impact the Feldenkrais Method can exert on an artist and on her work. She only became aware of this during an exhibition when people remarked that the cedar trees she had been drawing looked as if they had limbs, arms and legs. This was completely new! I had studied the tree very much, immersing myself more and more in this tree, becoming more and more part of the tree. My own body was very important. It felt as if I knew where the tree was in my body. I have to try and put this into words now! Maybe that is like having to find a place in my body for what I see and then translate it again; it has to be transformed! Encounters with persons suffering from multiple sclerosis as an auto-immune condition will exemplify such dialogue.

2: Moshe Feldenkrais | Open Library

Elusive Obvious by Moshe Feldenkrais and a great selection of similar Used, New and Collectible Books available now at www.enganchecubano.com - *The Elusive Obvious or Basic Feldenkrais* by Moshe Feldenkrais - AbeBooks.

Time is cash is clearly a superb angle to have in company or paintings. Romantic love is captivating, yet now not so reliable if one companion is money-minded and the opposite is romantic. My editor tells me that I may still lose readers from having to imagine and glance inward. Read or Download *The Elusive Obvious: Entrenamiento total* by Jurgen Weineck Este libro presenta, con un enfoque fundamentalmente pr? Se tratan problemas espec? Read e-book online *Ultimate Plank Fitness: For a Strong Core, Killer Abs* - and PDF A secure, demanding, and potent approach to center conditioning, planking is among the most sensible how one can get healthy and toned. Additional info for *The Elusive Obvious: Or Basic Feldenkrais* Example text After an injection made on one arm there appeared at the corresponding point on the other arm changes which were the inverted picture of the injection and the oedema around it. He found no explanation possible outside of one involving the nervous system. I had the privilege of K a r l H. His argument was that binocular tridimensional vision is affected every time a person loses his right eye, but it would be faulty to conclude that the threedimensional function is located i n the right eye. A Swiss ski instructor, M r. Kohler i f I remember correctly, persuaded some of his pupils to participate with him i n an experiment. He was interested to find out what would happen to us i f our brain saw the outside world as it is on the retina and not as it exists. As everybody knows, the eye lens, like any other lens, inverts the image on the retina. As there are literally thousands of deviations on a l l levelsâ€”cellular, circulatory, structural and functionalâ€”there is also a hierarchial organization of the controls. Control and hierarchy must be stripped of the emotion attached to them i n normal speaking. If the organism slips on a banana skin the highest control i n the brain dealing with intentional action and movement is too slow to prevent falling. It will switch itself off to allow some older part to take over. Parts that are more primitive and evolutionarily older are faster and have shorter communication lines.

3: MoshÃ© Feldenkrais Quotes (Author of Awareness Through Movement)

Moshe Feldenkrais, *"The Elusive Obvious or Basic Feldenkrais"* Publisher: Meta Publications | | ISBN | File type: PDF | pages | mb *The Elusive Obvious* deals with simple, fundamental notions of our daily life that through habit become elusive. Time is money is obviously a good attitude to have in business or work.

4: The Elusive Obvious or Basic Feldenkrais by MoshÃ© Feldenkrais

The elusive obvious ; or, Basic Feldenkrais.. [MoshÃ© Feldenkrais] -- The Elusive Obvious deals with simple, fundamental notions of our daily life that through habit become elusive. Time is money is obviously a good attitude to have in business or work.

5: The Elusive Obvious or Basic Feldenkrais - Free eBooks Download

Find helpful customer reviews and review ratings for *The Elusive Obvious or Basic Feldenkrais* at www.enganchecubano.com Read honest and unbiased product reviews from our users.

6: PDF The Elusive Obvious or Basic Feldenkrais EBook - Video Dailymotion

The Elusive Obvious, by Moshe Feldenkrais is a warm and conversational book that deals with simple, fundamental notions of our daily life that through habit become elusive.

THE ELUSIVE OBVIOUS OR BASIC FELDENKRAIS. pdf

7: The elusive obvious: or, Basic Feldenkrais - Moshé Feldenkrais - Google Books

Feldenkrais, an Israeli scientist before his death in , devised a way of handling the body by communicating specific sensations to the central nervous system.

8: The Elusive Obvious

Our top 3 lessons on how not to waste your career on things that don't change the world - Duration: 80, Hours , views.

9: The Elusive Obvious or Basic Feldenkrais : Moshe Feldenkrais :

[PDF] The Elusive Obvious or Basic Feldenkrais Download Online. 2 years ago 2 views. Almute Adolph. Follow.

Incorporating medication therapy management services into managed care and private health plans Marialice Freedom (Michael Whitworth) Paradox of the Liar So worthy my love Study Guide for Statistics for Business Financial Economics West Virginia Crime in Perspective 2007 (West Virginia Crime in Perspective) The implications for justification of the single self-righteous root of ethnic badges and self-help moral Sweet Ebony Blues Irish Republican Army Handbook Theosophical classics Self help books on relationships Five hundred scorpions Oversight of DOTs regulation of airline computer reservations systems The faithful shepherd Watch Out If You Go to Barkersville Storage area network notes Authorized or Revised? Visions of America and Europe Her name was Lola Rapid team deployment Pro e creo 3 tutorial Ben Jonson in Ben Jonsons plays. The Clifford years The presidency and foreign policy The Commencement of the Return Journey to the Ottawa River Visual handicaps and learning Manual on low cycle fatigue testing. Cs app 3rd edition Adventures in two worlds lbc code 2012 The great unknown : will it return? Gb Ryan Phillippe An author index to little magazines of the mimeograph revolution, 1958-1980 From Calcutta to the snowy range A catalogue of Cypriot antiquities in Birmingham Museum and Art Gallery The Richard Judy book club reader Neurological basis of ADHD Special considerations in women with bipolar disorder Natalie L. Rasgon and Laurel N. Zappert Trade secrets case digest Tata bahasa korea