

Ann Arbor 2 Feldenkrais Training Program

The Process of Self-Education

From the preface of the book

Awareness through Movement

1. Self-education is appreciably subject to will.
2. The process is influenced by inheritance and the education provided by society.
3. The process of self-education should be divorced from the tendency to be like others, as instilled by society.
4. Measurements of success and value in the context of position in society should be decoupled from self-education.
5. The process of self-education should allow and enable the expression of organic needs and spontaneous desires.
6. The process should be divorced from the notion of failure as something negative.
7. Self-education should not suppress non-conforming tendencies.
8. The process of self-education is irregular in its progression, non-linear, in steps and with regressions.
9. With time and repetition, regressions will become smaller.
10. The process will expose new difficulties, and new challenges will arise.
11. As improvement becomes evident, new means that become increasingly specific will need to be generated.
12. The process, even with failures, is a revitalizing process with organic satisfaction.