



Moving Beyond Your Limitations

Interview with Your Inner-view

By Bonnie Kissam, M.A., Feldenkrais® Practitioner

Most of us function in our daily lives on auto pilot. We brush our teeth, drive a car, and perform routines without needing to stop and pay attention. The body is doing things automatically so we do not consciously need to tell it what to do. Aren't we lucky? The mind can do one thing while the body does something else.

Then suddenly, you say, without warning, "I am in pain." This or that begins to hurt. You are forced to become aware of your body as the body alarm, the physical pain siren, alerts you to those aches, past injuries or even illnesses. Thoughts of "Do something!" or "Get this fixed now!" move up on the mind's radar screen demanding attention.

Upset, you do everything you can to override the physical pain or limitation by taking a pill or getting *it* fixed.

At this time, there is no conversation, no exchange of ideas between the body that hurts and the body's mind that makes all the decisions. There is no meeting to evaluate or question, no conversation or exchange of ideas. It's just the mind working to override the body's signals.

The Art of Conversation

Any valuable conversation cannot happen until both sides, in this case, your mind and body, are willing to be open to really hearing what the other has to say. Some of us have an awareness of an internal dialogue we often have regarding our jobs or relationships or problem solving or where we'll go for dinner, but how many of us give attention to our discomforts? Discomfort is our body's way of trying to communicate that something is not 100% right. However, our culture does not value staying connected to our natural organic state of mind/body connections where this conversation happens all the time. Our culture teaches us to push our body and ignore signals. Few teachers, coaches, exercise technicians or health care professionals suggest how to listen to your discomfort signals or that your automatic movement patterns might not be working for you any longer. However, there IS an EASY way to help yourself learn new patterns which can make your movements easier and more efficient.

Mind Maps and Patterns

Over 60 years ago, Dr. Feldenkrais understood that repeating movements create patterns which form a map in your brain. In the first years of life, kinesthetic

sensations were your main source of information and repeating movements is how you learned your patterns. Do you recall what it was like when you learned to ride a bike? Today scientific studies show that these patterns/maps can be changed by allowing your brains to experience new kinesthetic sensations in your movements.

Your mind has the power to change these patterns and prevent the pain IF you are willing to hear what your body is saying and make shifts in your patterns.

Don't Let Old Patterns Run You -- Be Responsible and Take Charge

Imagine not pushing yourself. Imagine the ability to be quiet and move your thoughts inward. Are you an active listener? Are you willing to hear not only discomforts but pleasure as well? Maybe you don't think you deserve pleasure. Can you start with hearing (sensing) what moves when you inhale and exhale?

Learning to listen to the non-verbal feedback that is present in your movements is part of the brilliance of *The Feldenkrais Method*®. Every individual session or class encourages you to listen to your movements, monitor your actions, and look for easier, more comfortable and efficient action. This process, organic and green, returns you to a more natural, efficient way of moving where all your movements can be comfortable and even pleasurable. You will find your aches and pains **self-correct** and your posture improves from within and you'll find a smile on your face that you are once more powerful and in control of you.

“How can YOU move differently and reduce your pain?”

Start with an interview with your inner view. Take responsibility and learn how your thoughts can start the conversation with your movements and if you stop pushing yourself you can learn to reduce your pain or limitation, be more efficient, and increase confidence and enjoyment in moving and living.

Bonnie Kissam, certified *Feldenkrais*® Practitioner, is located at Ionie's, 1241 Fruitville Road, Sarasota. She offers group weekly classes using *Awareness through Movement*® lessons. Individual sessions using *Functional Integration*® lessons are also available. For more information, visit www.bonniekissam.com or call 941-360.2248 or 1.800.245.5123.