

# Integrating *Feldenkrais*<sup>®</sup> learning into everyday life

## Principles of *Feldenkrais Method*<sup>®</sup> classes and lessons to apply to all aspects of life:

- **Tune in** to whatever you're doing, through your whole self: sensations, actions, emotions, thoughts. **Avoid multi-tasking** as much as possible--we're just not wired for it, and there's always so much going on that deserves our full attention. Consider what meditative traditions have to say: "Don't just do something, stand there!" (or "sit there," or "walk with presence"...a silly paraphrasing, but the point is there's plenty to attend to at rest as well as in action).
- **Foster an attitude of care, curiosity, and creativity** about your present experience and process. Transcend the adversarial, willpower-based, future-goal-oriented relationship with the self.
- **Respond to pain with kindness, creativity, and intelligence.** How can you modify what you're doing? Are you falling into the trap of doing it the same way again even though it hurts? What little pieces of movement explorations we've done might be accessed to introduce options?
- Inject curiosity into the gaps between intention and action, stimulus and reactivity. **Quiet your well-honed self-judgment.** Are you applying "shoulds" to yourself that are actually serving your goals? Most of them aren't.
- **Experience and enjoy your pleasures** as well as your pains.
- **Watch out for time-travel wellness:** "I just have to push through this, then I can enjoy my life, improve myself or situation, or get on to the good stuff." Each moment, each activity, right now...is a perfect time for the explorations above.