

Core Principles of the *Feldenkrais Method*®

from *The Brain's Way of Healing*, by Norman Doidge, M.D., 2015

This recent book by the bestselling neuroscience author of The Brain that Changes Itself includes two chapters about the Feldenkrais Method. Doidge uses the following headings as he lays out the core principles of the method. The discussion that follows each heading includes accessible explanations, quotations from Moshe Feldenkrais' books and resonances with his biography and extensive study in many fields, and context from current neuroscience. These chapters and the whole book are an excellent resource for anyone interested in Feldenkrais® or mind-body based wellness.

1. The mind programs the functioning of the brain.
2. A brain cannot think without motor function.
3. Awareness of movement is the key to improving movement.
4. Differentiation--making the smallest possible sensory distinctions between movements--builds brain maps.
5. Differentiation is easiest to make when the stimulus is the smallest.
6. Slowness of movement is the key to awareness, and awareness is the key to learning.
7. Reduce the effort whenever possible.
8. Errors are essential, and there is no right way to move, only better ways.
9. Random movements provide variations that leads to developmental breakthroughs.
10. Even the smallest movement in one part of the body involves the entire body.
11. Many movement problems, and the pain that goes with them, are caused by learned habit, not by abnormal structure.

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