

## Concerns About Aging

Now that we are in the 21<sup>st</sup> century, probably most of us may live well into our eighties and many into our nineties. We want this longer life to be of good and active quality.

On the wrong side of fifty I found the Alexander Technique and because I felt that I was beginning to get a bit stiff and rheumatically, it interested me. Now I am looking forward to my 70<sup>th</sup> birthday and it is time for me to evaluate what the Alexander Technique has done for me.

I am taller, because I am less hunched, far more supple, able to bend down and stretch up far more easily than I could and my breathing has improved. I am calmer, less likely to “get into a tizz”, because I stop and think far more before doing something. I waste less money, again because I stop and think before I buy. I also find it much more difficult to eat too much! All this has come about slowly and steadily over the years, - there are no quick fixes.

What is the cost? Well worth it! The money for the Alexander Technique lessons is offset against less spending elsewhere, e.g. no worry about needing a private medical scheme, no impulse buying because I ask myself the question, do I need it, not, do I want it?

There is a physical cost too. As one's body slowly readjusts there can be temporary discomfort or pain. For example, when my hunched shoulders began to relax I experienced headaches, [easily controlled by painkillers]. The upside of all of this is that when an adjustment has taken place one feels lighter and better than before.

What I know, without a shadow of doubt is that I am fitter, more energetic, far less stiff and tightened-up than I was twelve years ago. This is not just a body thing – mind and body are not separate unrelated entities. The Alexander Technique helps the whole person, it is not just an aid to people with back problems, as unfortunately sections of the media like to label it.

So, with continuing energy, I shall go on studying the Alexander Technique, knowing that old age does not have to be a time of inevitable mental and physical deterioration. We can undo much of the damage that we have unknowingly inflicted upon our poor bodies and minds over the past years, and it is never too late to start. But why wait?