

A Third Testimonial

By Anne Griffiths

I think I have to realise that many of my perceptions may be wrong.

Like me, you may have decided to try the Alexander Technique for a physical reason. Mine was a problem with my back.

Your teacher will tell you that the Alexander Technique is a Psycho/Physical experience. You may well humour him/her, but withhold faith in the procedure until proved to your satisfaction.

IN my case with nearly constant pain, or on good days discomfort, through time, re-education of the alignment of head, limbs etc. in relation to the spine, being taught to 'think' rather than 'do' and gaining a little understanding of the 'Primary Control' I have improved beyond anything I dared hope. Most days are now pain free. If you have a good teacher, she or he will explain the changes that take place can be temporarily painful or uncomfortable but that you will come through them much improved each time.

3 years down the line I have started to approach each lesson wondering 'what am I going to learn today?' I do not mean just physical changes or reliefs but fascinating insights into the way we think, react, try to influence situations (end-gaining) and to realise that amongst other things I can probably even change my tendency to worry. Habits – in other words habitual behaviour – whether physical or psychological, can be changed.

No one said life was going to be easy!

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