

Pain, Have You Been Told, “Just LIVE With It”?

Explore The Feldenkrais Method®
and Cortical Field Reeducation®

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"Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself."

-Dr. Moshe Feldenkrais

I went to a concert last night and the performer graciously said that we are all bright, we just need to polish ourselves. Moshe Feldenkrais called our brightness our latent genius. Fortunately he developed a system to polish it. The Feldenkrais Method and Cortical Field Reeduction (CFR) are based on the premise that the primary function of the human brain is to learn. Learning how to learn is more important than what we learn.

Learning how to learn is not encouraged in our growing process. Most of our formal education deals with compiling information. It is goal oriented and reward seeking. The speed with which we reach our goal is so valued that we tend to seek the shortest route using the greatest effort. This eliminates our creative exploration and the availability of choices. It is learning imposed from the outside.

However, our informal learning, the kind we did as an infant when we learned to pick up our head, turn, crawl, walk and jump, is the kind of learning that happens from the inside. Called somatic or kinesthetic learning, it is motivated by childlike curiosity and the joy of being alive. It develops with the luxury of trial and error. These methods help us to rediscover this innate capacity by fine-tuning awareness through our kinesthetic sense, which is the part of our self that feels movement, knows touch, and recognizes spacial relationships. It is connected to our inner wisdom and no one can teach it to us, we learn simply because it exists.

In CFR and the Feldenkrais Method, our body movement becomes our own personal laboratory for discoveries. We can feel how a turn of our head affects our spine, our ribs, our pelvis and even our feet. Sometimes we inhibit the efficient flow of a movement by tensing some part of ourselves. By preventing that part from joining the action, another

body part becomes strained and overworks because it was not designed to carry such a large load. Often this overused area is the place where we experience pain -- for example in our neck, shoulders, or lower back. Consider the possibility that the problem is not where the pain occurs. If an unconsciously under-used part of our body learns to become active, movement becomes more functionally integrated. The painful area is then relieved because it is no longer overworked. Inefficient, habitual movement patterns fade and more graceful easier patterns emerge. The whole nervous system learns a better way to function and is more relaxed. Most people with whom I have been in contact feel simultaneously more spacious and more grounded.

Cortical Field Reeduction

Cortical Field Reeduction uses movement initially to increase physical kinesthetic perception. Through table and floor work and processing the resulting discoveries, this work addresses not just physical limitations but also the emotional, mental, energetic and spiritual aspects that must be included for true healing. When muscular contractions, energetic blocks, and compensating patterns release, new choices in movement, belief and behavior become possible. This provides new choices in conflicting demands. Functional movement improves which in turn continues the healing.

The reward is:

- Clarity of purpose – a totally meant 'yes'
- – a fully permitted 'no'
- Physical and emotional healing
- Congruent, powerful, comfortable movement

Cortical Field Reeduction (CFR) <http://www.cfrhealing.com>

Another very important aspect of the work addresses the gaps that exist in our body image. By this,



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I mean a part of our self that our kinesthetic sense does not perceive. It is like having blind spots in our personal behavior. This gap in self-knowledge blocks us from presence and spontaneity. By gently bringing ourselves to sense and use what was previously unnoticed, we bridge the gap and complete our felt-sense of ourselves. Then a funny thing happens. Our increased awareness of choice in motion becomes a metaphor and we begin to perceive other choices. These can be in the areas of relationships, work, thinking, and creativity. For instance, I have been told by artists that after a Feldenkrais session they went to their studio and painted in a completely new style, or completed an entire musical score for a show.

In a Feldenkrais or CFR class, the student usually lies on the floor and receives verbal guidance through a series of gentle, powerful, and cohesive movement sequences. The awareness of your movement lights up neural connections, which provides you with more choices than your usual habitual patterns. Actually, you are growing capacity in your brain. Evidence provided by functional Magnetic Resonance

Imaging (MRI) shows that much more brain activity is present when a person pays attention to movement than when the person moves mindlessly. (If being on the floor is too difficult, other options are available.) As the lesson develops, the student is encouraged to notice differences, especially in comfort levels and in relationship with the earth. The capacity to notice small differences develops kinesthetic intelligence and increases awareness. In addition to group classes, there is hands-on private work where the practitioner gently moves the student's body in a way that offers helpful, healing information. Awareness, in itself, is transformative.

Reading about CFR and the Feldenkrais Method is like reading about a gourmet dinner - but it is absolutely nothing like tasting the food! Experiencing it for yourself is the only way of knowing. So take a chance to polish your brightness! Explore the joy and ease of movement that awaits you. 