

1822 Oak Bay Avenue, Victoria, BC 250 519-1030 [www.greenspiritresources.com](http://www.greenspiritresources.com)

### **At a Glance: Schedule of ATM Classes (Fall Term)**

Weekly One-Hour Classes:  
Sept. 11 to Dec. 4

Tuesday Noon - Diane Lade  
Tuesday 7:30 - Jamie van Dam  
Thursday 7:00 - Arnie Lade  
Friday 11:00 - Diane Lade

### **Sunday Workshops 10Am to 2PM**

**Oct 11 - Working with the  
Brain** - Arnie Lade  
**Oct 25 - Your Vision and Your  
Health** - Jamie van Dam  
**Nov 15 - Introduction to ATM**  
- Diane Lade  
**Nov 29 - Feldenkrais &  
Meditation** - Jamie van Dam  
**Dec 13 Winter ATM**  
- Diane Lade

For Details &  
Registration:

[www.greenspiritresources.com/  
schedule](http://www.greenspiritresources.com/schedule)

## **Therapy Versus Learning**

Therapy and learning encompass differing yet complementary roles. Learning can be an extension of therapy and can take us to the next level of healing from physical difficulties. Learning with the Feldenkrais Method allows us to reclaim our self-healing ability, and becomes a resource for profound physical and mental change. Let's address some of the issues involved with the limitations of therapy and when learning comes into play.

One of our roles is to receive clients in distress. "I've hurt myself," "I don't know what I did but...", "I need you to fix me up."

Therapy begins with a problem that has become serious enough to interfere with normal function. It moves forward with the hope that the problem can be fixed, and if successful, it results in a return to normal function. For the one in need of therapy, attention is usually focused on the unpleasant symptoms.



You might know the situation in which you injured yourself, but not be able to pinpoint the exact insult that caused harm. Even in the case of an obvious insult like a whiplash injury, you still don't know what is maintaining the pain or the difficulty, long after the tissue has healed. If the therapist doesn't know either, then you end up trying different techniques 'shotgun' style, moving through different therapies, or many therapies at once, still seeking that resolution.

Learning presents a different orientation. Certainly, most of us are still motivated most directly by pain. Loss of function and an activity you love may be another strong motivator. The question that guides our inquiry is, "HOW?" (Cont'd next page)

How did I hurt myself moving that planter? How do I repeatedly injure my shoulder? My knee? Is there anything I could do differently that would give me a different outcome when I vacuum, for example?

The results of an inquiry like this may be surprising and unexpected. Very often pain is diminished or resolved along with a general improvement in function. But the impact of the discoveries made along the way has wider-reaching effects than one can anticipate. For example, more than a few clients have discovered for themselves that their attitude of overriding their own internal cues is the main thing that keeps getting them into trouble. They "knew" they shouldn't have shoveled that driveway. Training in paying more careful attention, noticing strain before it becomes injury, allows them to move more safely through everyday tasks. Working with mental attitudes like impatience, or with myriad emotions that arise that they'd rather sweep aside- for example shame about needing to ask for help... all this awareness can lead to new kinds of freedom, and a gentler, more comfortable life.

For us learning fanatics, returning to 'normal' may be a dubious goal. For most of us, normal function is mediocre at best. I have met a surprising number of Feldenkrais students who claim without reservation, that they are much better in every way, than they were before their difficulty arose. How can this be? And even in the face of progressive disease such as Multiple Sclerosis, or devastating accidents involving head injury? Improving general function, they find themselves thinking better, moving more easily, and knowing themselves more thoroughly than ever before. One can continue to improve, even as age progresses, and disease processes continue. Continuing to learn is the key to maintaining the best quality of life imaginable.

Therapy has an important role when things go wrong for us, and we are grateful for so many resources in that realm. If it succeeds, whatever type of therapy it is, it

triggers our innate healing response, which failed to resolve the healing in the first instance, to a happy conclusion. This innate response is involuntary; as such, one is dependant on the therapy/therapist to provide the nudging our system needs. We need these external experts.

However, there is a huge realm of experience in which we can become our own expert. We can regain the confidence to trust our own experience and sensation.

Should I choose the memory foam mattress, or the very firm? Which is better for my back? There are many opinions; how can you know, for yourself, which is truly better for you? In the *Feldenkrais Method*, you practice recovering your ability to sense, to differentiate, to know and to decide for yourself based on your experience, not an external authority. This is empowerment; it enhances independence, and leads to informed decision-making.

Yes, sometimes learning happens in or as a result of therapy, and indeed in many life situations. But to make it a deliberate study, is very powerful; it can restore choice in our lives. As Dr. Feldenkrais said "When you know what you're doing, you can do what you want". This way of attending to yourself becomes a resource for living the life you want. - by Diane Lade

## **CranioSacral Manipulation - Level 1**

*A Somatoenergetic Approach*

**November 20-23, 2009**

Arnie is pleased to announce a professional training in CranioSacral Manipulation, here in Victoria, BC. CranioSacral is a gentle hands-on healing art that works with a subtle, yet palpable rhythm emanating from the brain and spinal cord. Soft manipulation of the bones, fascia and fluid dynamics are used to activate one's inherent self-healing capacity, and facilitate deep changes within the entire self. The Level 1 workshop is the first of a three part series (Levels 2 & 3 are scheduled for the early part of 2010.) Please see our website for more information:

[www.greenspiritresources.com/csm](http://www.greenspiritresources.com/csm)

## Rest Your Eyes, Refresh Yourself

So many of us end up at the computer for long periods, and maintaining that close focal length for a period of time is strangely exhausting, even though we don't seem to be exerting ourselves. Here is a way to refresh yourself, whether in order to return to further computer work, or to leave it behind and ready yourself for a change of activity.

Freeing the eyes can free up a lot of energy. Maintaining our tension levels occupies a lot of our available energy, and another effect of doing "Awareness Through Movement" is liberating the energy we've had tied up in maintaining those patterns of tension. A feeling of having had a restorative nap is not uncommon after a lesson.

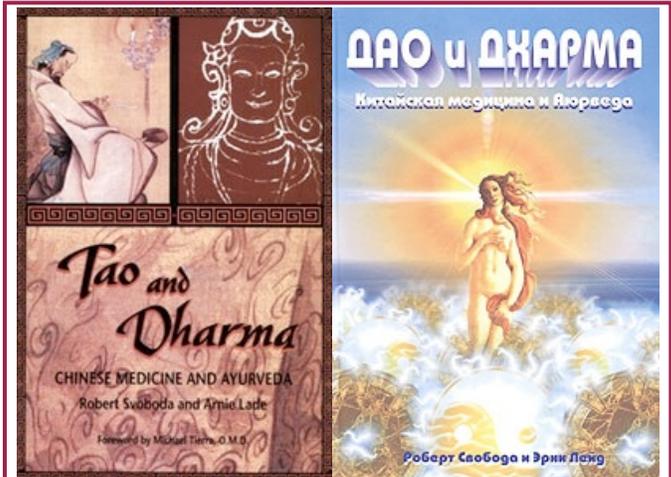
The eyes are a real gateway into the nervous system – directly wired to the brain! So don't worry if you actually fall asleep while trying to follow this lesson. So be it! If you do, I take it as a sign that you needed the rest. You can always come back to the lesson later, and return to practicing quieting yourself until you can be tranquil AND alert! (Without coffee!!)

You have two choices here – a 16 minute short version, and a more extended lesson of 30 minutes for a deeper experience. Enjoy!

[Rest Your Eyes, Refresh Yourself-16min.mp3](#)

[Rest Your Eyes, Refresh Yourself-30min.mp3](#)

Fall classes start Sept. 11. Note that Jamie offers a Sunday Oct 25 workshop on *Your Vision and Your Health* – if you want more on this theme. [www.greenspirit...schedule](http://www.greenspirit...schedule)



### Mysterious Edition of Arnie's book Appears!

During our trip to Greece we learned from a Ukrainian Yoga student that another one of Arnie's books had been illegally published in Russian five years ago! The publisher, Lotus Press, was aware of the book's existence but failed to garner any response from the offending party. A trusted source warned against pushing too hard in Russia lest mafia elements are involved! The book business is not for the faint-of-heart, it seems! You can check out and purchase the English version on our website. [www.greenspiritresources.com/pub](http://www.greenspiritresources.com/pub)

