

## **Quotes from FM on developing a reliable sensory appreciation**

“Today I do not know of any person who doubts that if man is to evolve in the right direction, the gap between instinctive and conscious control of the self must be bridged, in order to bridge “the gap between idealistic theory and actual practice.” During the past fifty years I have had a unique experience of helping men and women in many walks of life to do this, by employing their conscious reasoning processes in changing and improving their human sensorium as they pass from known (wrong) to unknown (right) experiences of their use of themselves. Moreover and all important, the prerequisite to each step in this process was the restoration of trustworthiness to the human sensorium, without which a human being could not register experience so as to be able to test its validity.”

CCCI p. xviii

“This is an education equally for the adult as for the child, and involves improvement of the nature of their sensory appreciation as an essential training for a more trustworthy registration of any other experiences which may come to them...”

CCCI p. xix

“... we must be prepared, in cases where the instinctive processes are unreliable, to restore the sensory appreciation to that standard of reliability upon which the adequacy of the functioning of all psycho-physical processes depends.”

CCCI p. 23

“This being so, it will be obvious to the most casual observer that, if we are to continue to develop satisfactorily, our sensory appreciation of the working of the mechanisms concerned with the movements of our bodies and limbs in the activities of life must be reliable.”

CCCI p. 24

“... immediately we decide to do something to remove a psycho-physical imperfection or defect, the first thing is to acquire gradually a reliable sensory appreciation during a process of re-education, readjustment and co-ordination on a basis of constructive, conscious guidance and control.”

CCCI p. 58

“It is clear then that our first efforts to enable man to rise above the depths in which he is now struggling... should be devoted to the establishment in the individual of a reliable sensory appreciation by means of conscious reasoning guidance, so as to prevent the recurrence of the disasters which have hitherto been associated with the activities of men and women whose judgements, opinions and policies have been based more upon a deteriorated sense of feeling than upon reasoning.”

CCCI p. 64

“For the fundamental shortcomings underlying all human psycho-physical defects, imperfections and peculiarities is an imperfect and often delusive sensory appreciation,

and until those conditions are restored in which the sensory appreciation (sense register) becomes again a more or less reliable guide, all exercises are a positive danger. A reliable sensory appreciation, therefore, is an essential and we will proceed to consider the part which this invaluable human endowment must play in any reasoned and satisfactory plan of education.”

CCCI p. 65

“This brings us face to face with the demand for a teaching technique which will meet this difficulty, and such a technique involves correct manipulation on the part of the teacher in the matter of giving the pupil correct experiences in sensory appreciation, in the spheres of re-education, readjustment and co-ordination. Furthermore, in order to give these satisfactory sensory experiences, the teacher must himself be in possession of a reliable sensory mechanism and have gained the experience in re-education and co-ordination that is required for a satisfactory readjustment of the organism.”

CCCI p. 81

“It is therefore of primary importance that the teacher should recognize and endeavor to awaken his pupil to the fact of his (the pupil’s) unreliable sensory appreciation, and that during the processes involved in the performance of the pupil’s practical work, he should cultivate and develop in him the new and reliable sensory appreciation upon which a satisfactory standard of co-ordination depends

“To this end the mode of procedure is as follows. The teacher, having made his diagnosis of the cause or causes of the imperfections or defects which the pupil has developed in the incorrect use of himself, uses expert manipulation to give to the pupil the new sensory experiences required for the satisfactory use of the mechanisms concerned, the while giving him the guiding orders or directions which he is endeavoring to develop by means of his manipulation.”

CCCI p. 99

“No technique which does not meet the demands herein indicated will prove satisfactory as a means of re-educating a pupil on a general basis to a reliable plane of conscious activity. When this plane is reached, the individual comes to rely upon his ‘means-whereby,’ and does not become disturbed by wondering whether the activity concerned will be right or wrong. Why should he, seeing that the confidence with which he proceeds with his task is a confidence born of experiences, the majority of which are successful experiences unassociated with overexcited fear reflexes? This confidence is further reinforced by his confidence in the reliability of his sensory appreciation which ensures that any interference with the co-ordinated use of himself will come to his consciousness as soon as it occurs (awareness). This consciousness is really a state of acute awareness which has been developed in him during the processes of re-education and co-ordination on a general basis, and the confidence associated with it is not likely to desert him in moments of crisis. It is true that he may be put off the right track, but he knows that it will only be momentarily, as he is certain that his awareness, associated as it is with reliable sensory appreciation, will not fail him in such situations or crises, but will prove his protector as a reliable guide; for this state of awareness means that he will be able at

such moments to remember, reason and judge (that is, size up the situation, as we say), and the resultant judgement, based as it is upon experiences associated with reliable sensory appreciation, and unassociated with unduly excited fear reflexes, will be in its turn sound and reliable judgement.”

CCCI p. 139-140

“We must therefore realize the enormous influence of perverted sensory desire on the human creature, and recognize that satisfactory development in the control of his psycho-physical processes is impossible without that reliable sensory appreciation which goes hand in hand with normal sensory desires.”

CCCI p. 147

“When the subject is more or less familiar with these inhibitory experiences, we go on to give him a knowledge of the new and correct directive and guiding orders which, with the aid of manipulation, are to bring about the satisfactory use of the mechanisms in a sitting, prone, or other position. These experiences must be repeated until the new and reliable sensory appreciation becomes established, by which time there will have taken place an actual change in the use of the psycho-physical mechanisms of the organism in general, making for a satisfactory condition of co-ordination and adjustment. When the required improvement in the general co-ordination and adjustments has been secured, the processes we have outlined will be more or less in conscious operation, and a corresponding improvement in equilibrium in walking will be the result.”

CCCI p. 153

“On the other hand, when a person sits down or stands up in accordance with the demands of constructive conscious control, the process involves an adequate and continuous state of increasing awareness in regard to the use of the mechanisms, so that immediately there is a wrong use of these mechanisms, the person concerned becomes aware of it, and at once substitutes a satisfactory for the unsatisfactory use. Increasing awareness in this connection makes more and more for successful accomplishment in accordance with reasoned and satisfactory means whereby, and connotes a continuous process which introduces a special interest and pleasure into the most ordinary acts of life.”

CCCI p.198

“By this procedure a gradual improvement will be brought about in the pupil’s sensory appreciation, so that he will become more and more aware of faults in his habitual manner of using himself; correspondingly, as with this increasing awareness the manner of his use of himself improves, his sensory appreciation will further improve, and in time constitute a standard *within the self* by means of which he will become increasingly aware both of faults and of improvement, not only in the manner of his use, but also in the standard of his functioning generally.”

UoS p.43

“Here we have two procedures fundamental to our new technique, which, if repeated, will (1) cause the habitual means whereby we have energized our old reaction to fall into

disuse, and (2) cultivate a new means whereby we shall energize a new and desired reaction. This new reaction comes in time to take the place of the former habitual reaction, to be equally part of ourselves and therefore to 'feel right.'”

UCL p. 25-26

“The reconditioning process will include a continuous raising of the standard of reliability of his sense of feeling , so that in time he will find it almost as difficult to revert to the old habitual manner of use which once *felt right*, as it was at the beginning of his lessons to employ the new and better manner of use which, at the time, despite all the help given to him by the teacher, still *felt wrong*.”

UCL p. 40

“As long as he inhibits the sending of the old messages the old lines of communication are not used, and as he becomes more and more versed in the procedures of the technique the tendency to make use of them decreases, as does his dependence upon his feeling of rightness associated with them. It was this feeling of 'rightness' which in the earlier stages made the pupil feel their employment to be a necessity. Meanwhile the continual communication along the new lines goes on, and day by day the tendency to rely on the new means for sending messages, rather than on the old ones, grows apace. The time ultimately comes when the pupil no longer feels any desire to use the old lines of communication;; they fall into disuse, and communicating along the new lines at last comes to feel right and is carried out with confidence.”

UCL p. 83

“What we feel to be right is wrong, and before this habitual reflex activity can be changed, we need to pass through a series of reconditioning experiences which, because they are previously unknown to us, at first feel wrong, and which must be repeated therefore until the unknown becomes the known and feels right and familiar.”

UCL p. 85-86

“Link up your message and the feeling of it now. When you have learnt that, you have learnt the thing by means of which you do any exercise.”

Articles and Lectures p. 199

“As a matter of fact, feeling is much more use than what they call 'mind' when it's right.”

Articles and Lectures p. 206

CCCI page numbers are from the Mouritz edition, 2004

UoS page numbers are from the Re-Educational Publications Ltd. edition, 1946

UCL page numbers are from the Mouritz edition, 2000