

Quotes from 1st gen. teachers about kinaesthesia becoming more reliable

“The re-education of feeling very much involves it becoming an efficient alarm system rather than a guide. In fact the analogy of an alarm system isn't a bad one. You wouldn't want an alarm fitted to your car that tells you all the time it wasn't being stolen would you? You only want to know when it is. It's then that the alarm should sound.”

Personally Speaking by Walter Carrington with Sean Carey, 2nd edition, page 124.

“There's no doubt that as you go on working over the years the sense of yourself, your kinaesthetic sense, does become re-educated. It still doesn't mean that you know when you're right, but you do know better when you're wrong.”

An Examined Life by Marjory Barlow with Trevor Davies, pages 59-60.

“By this time the pupil's sensory mechanisms will have been considerably re-educated and he will be able to rely more and more on the information that is received from them. In the early stages a pupil must be attempt to disregard his feelings as they are likely to be giving the wrong information. Later, they may be accepted as indications of actual happenings - albeit with the proviso that they may not be accurate, and that one should expect their accuracy to increase with time, effort, and experience.”

The Alexander Technique As I See It by Patrick Macdonald, Mouritz edition 2015, pages 41-42.

“Ultimately a pupil must be able to make reliable kinesthetic observations of himself in activity. Such observations, however, cannot be performed by the suggestion of the teacher. The purpose of lessons is to sharpen the kinesthetic sense and to increase self-knowledge and self-control.”

Body Awareness in Action by Frank Pierce Jones, Schocken Books edition, page 156.

“A change that took place in all of us was that our sensory registration became more reliable... As the head, neck, and back pattern gets more established, feeling becomes progressively more reliable, and because of that it is easier to improve. If we become sensorily aware of doing a harmful thing to ourselves, we can cease doing it.” (The author says the last sentence is a quote from a conversation she had with FM.)

F Mathias Alexander: the Man and his Work by Lulie Westfeldt, Mouritz edition, page 64.

“The books can be considerable help to the pupil during a course of lessons or afterwards. Only after a pupil, in the hands of the teacher, had begun to gain a more reliable sensory appreciation, will he or she be fully able to grasp the meaning and significance of the writings.”

Irene Tasker by Regina Stratil, Mouritz Books, page 206