

## HOW THE ALEXANDER TECHNIQUE HAS HELPED ME

By Helen Wright

To those who take an interest: When I first started my Alexander Technique lessons I found the whole process very different from my other studies and lessons at college. How on earth was entering a room, lying on a table and having my arms and legs moved around possibly going to help me? This was a lesson which was going to help me learn about self-management. How was I supposed to think about what I was doing when I wasn't sure myself? What did it mean when I was asked to think of my head whilst my legs were moved?

I will try to make it easier to understand by starting with a question. When we start anything in life, do we really know what the outcome will be? When we go to school, work or college, do we really know what we are going to learn before we have had a chance to learn it? I feel the answer can only be "no we do not". In everything we do in life there is always a process of learning as we go along. Through trial and error we learn of things which will help us along our way and things we must avoid for our own health.

I can tell you then that through all of this learning process there is something which is vital to our development throughout this life and that is - "The Alexander Technique". Where can I begin to explain to you what the Alexander Technique has done for me? I have learned to think for myself and to rely on myself, rather than other people. If I want something done properly, the way I would like it to be, it would seem obvious that I should do it myself doesn't it? But how many of us put this into practice? I certainly do now, but before my Alexander lessons? I did not. How many of us go along with the crowd because it is easier? Easier for who? We have all done it at some time or another. I don't anymore and I can tell you it is a lot easier! You may think this sounds selfish and that you will lose friends by saying, "no I don't want to do that", but why don't you? Are they the right friends for you? I have made true friends through doing the Alexander Technique as I have found my true self, things I really want to do and have stopped doing the things I do not wish to.

I used to rush around to get things done, now things seem effortless and I get a lot more achieved! I save money, realising that things I used to buy, I really did not need, or sometimes even want. Yes, I was one of those people who used to buy a new set of clothes to cheer myself up when I was feeling down, or buy some alcohol to get drunk and forget all my troubles. But these did not sort out problems or even help matters, they merely prolonged them and at a cost! Well, four years on and I am still learning new things after each and every one of my Alexander lessons. My health has improved mentally and physically and I am succeeding in my studies and work in my final year of college. As a Newly Qualified Teacher from the end of June, I have been accepted for the post of Head of Music within a school from September. They said that even though I was newly-qualified, I had something in me which gave them the confidence I would give it my best shot! I wonder what that could have been.....

Yours Sincerely, Helen Wright

P.S. When you get those various aches and pains and the doctor scratches his head and can't work out what it could be, just smile and say - "I'm going through one of my changes!" I know exactly how they feel, but you've never felt better once you come through that change. And after all, it certainly will be - "a change for the better!"