

Testimonial by Tomas Vacon: An A.T. iPAC student.

The Alexander Technique has traveled vast distances like the ancient echo of the Aboriginal drumbeats in Australia, where F.M. Alexander was born, and by the will of the Divinity has impregnated people such as Tasha Miller, a passionate gifted teacher of the Technique.

The Technique is akin to the physical and spiritual practice of Yoga after you leave the mat. Every movement, every action, every thought is carried out consciously so that your life becomes harmonized with your true self, your fellow human beings, and with Nature.

What led me to the Technique was a coincidence that I consider an act of grace, picking up the right book at the most propitious of times; **Freedom in thought and Action.**

Having explored several venues for an intractable illness, including the drug prescribing culture of allopathic medicine which probably did more harm than good (not an uncommon occurrence), with mainstream medicine having seemingly detached itself from Hippocrates famous axiom "first do no harm", to its symptom based cure and lack of regard for treating the whole person.

So upon reaching the nadir of despair and feeling like a lost soul, the Technique has helped me once again to hear the steady whisper of the Universe and reclaim life. As Einstein once said:

"You cannot solve a problem from the same consciousness that created it."