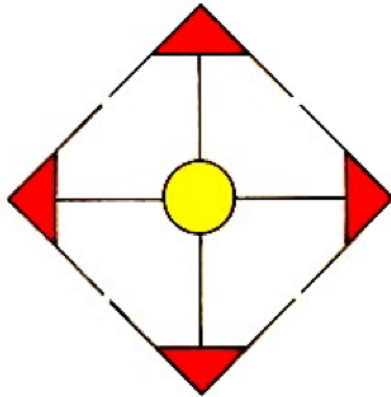


*INDICATIONS ON
CONSTRUCTIVE AWARENESS*



Daniel McGowan

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I had intended to call this book, 'Aphorisms on Constructive Awareness', but as not all the writings in it are witty, I decided on the term, 'indications', which expresses more accurately what the writings are; namely indications or pointers to a positive way of being that is possible of attainment if one practices the dynamic art of constructive conscious control in the use of the self, or constructive awareness, as I prefer to call it.

No index is necessary because it is a dip-in book in which each paragraph stands on its own and is meant to be read as a complete statement in itself. In addition, the longest single paragraph is not more than half a page in length, which means that the reader can simply open the book up at any page and read any paragraph that catches his or her attention. If the reader wishes to find the paragraph again, the page numbers can be used as references.

I have attempted to strike a balance in referring to the male and female genders.

*Peace and Love to all who peruse these pages
and to those who do not.*

Daniel McGowan, March, 2010.

Throughout the day's activities this attention to the balanced use of the self, particularly regarding the integrity of the head-neck-back relationship, must become the principal one. To have it there in the background is not enough: it must remain at the forefront of the kinesthetic-intellectual merger.

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This conscious process of changing and improving the use of the mind-body complex, with inhibition and direction as its foundation, is indispensable to true self-knowledge.

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Constructive conscious control in the everyday acts of life is a profound and effective way of practising authentic self-respect.

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The adoption of constructive awareness will prove to be a potent process in the search for psycho-physical-emotional-spiritual balance.

.....

If she wishes to learn the art of constructive conscious control, she must dig deeply into mind, body and emotions.

.....

He cannot use the intellect alone to understand constructive awareness. The ability to feel the kinesthetic sense-reports from the body must be cultivated and become established in ***personal experience***. The goal is to match the intellectual idea with the kinesthetic feeling.

.....

Just as in spiritual seeking, the intellectual approach to the Overself can never replace the ***psychological experience*** of it, so too, in practical everyday living, the same intellectual approach to constructive conscious control in the use of the self can never replace the ***personal kinesthetic experience***. Such an experience would make her say, "Aha!"

.....

Quietly resolute unwavering determination, a light approach and a little self-discipline are the sure means of becoming adept at constructive awareness. The trick is to combine this light approach with a serious sense of purpose.

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The fear of losing the habitual, the familiar and the known prevents some people from taking up the life-changing challenge of constructive conscious control.

.....

Just as meditation can be referred to as 'collecting the mind', so too can this description be applied to constructive awareness in the everyday affairs of life.

.....

Critics and sceptics who have ***no personal experience*** of the process of constructive conscious control have only one way of finding out what it is. They must undertake the learning of it - albeit with the help of a competent teacher - because while they remain on the outside looking in, their uninformed opinions on it indicate undue self-determination and are, therefore, of no value whatsoever.

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Those who reject the relentless repetition required in the learning of constructive awareness - true mindfulness - are misled by mere appearances and preconceived ideas and may have made a grave mistake.

.....

It is vital to remember the difference between a process and a goal. With constructive conscious control, the process of giving expanded attention to the co-ordinated means of doing any and every task ***is*** the goal.

.....

He seeks to attain a settled awareness of how he uses the self throughout the wakeful state of everyday living.

.....

To the aspirant who searches for balance between the philosophical and practical approaches to living, constructive awareness and meditation are of equal importance.

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The student should cultivate a sense of the great value of constructive conscious control in personal well-being and in interaction with others. To be clear and dynamic in thought and action in stressful situations is surely a highly desirable way of being.

.....

Constructive awareness is the art of giving **constant attention** to the **how** of doing every task; not a hobby to be used on odd occasions. It is to be prized as a means of achieving poise and balance in all aspects of his being: psycho-physical-emotional-spiritual. A more fulfilling life is one of its great rewards.

.....

The practice of constructive conscious control is indispensable to his endeavours on the spiritual quest.

.....

Constructive awareness is a process that enables her to achieve a better understanding of herself, and gives her the opportunity to balance emotion with reason, as well as gain more happiness and peace of mind.

.....

Constructive conscious control is not a therapy for getting rid of diseases. It may or may not do that for a particular individual. Those who expound it in this way do not understand its most important offering, which is a conscious holistic way of being that brings equanimity to the mind, and grace, poise and dynamic co-ordinated action to the body.

.....

Constructive awareness is not a form of self-hypnosis. It must be practised in the fullness of a vibrant conscious mind - of which she is in full command - functioning at its optimal capacity and willing to take full responsibility for its thoughts and actions.

.....

Intellectual over-analysis can get in the way and hinder progress in the learning of constructive conscious control and can make it more difficult. Too much systemitization does the same.

.....

Dedicated constant practice of constructive awareness is a sure way of reaching deeper and deeper within oneself. Patient perseverance brings great rewards.

.....

If constructive conscious control is to be mastered, he must remember repeatedly to bring attention back from its wanderings.

.....

It is a process of not only including her own body as part of her surroundings, but also to give priority to the co-ordinated use of it in interacting with those surroundings. It must be done consciously, carefully - and ideally - in every moment of her waking day.

.....

The practice of constructive awareness is necessary to shake off a man's habitual impressions of himself, as well as preconceived ideas about his relationship to the things around him.

.....

It is a kind of committed - but not heavy - discipline to which she is cheerfully invited.

.....

A keen mind constantly sends conscious directions to the body for its uplift, co-ordination, dynamic balance and action, and improved well-being. But these are not the only benefits: the others are positively mental, emotional and spiritual.

.....

Focused - but paradoxically expanded - attention on the integrity of the head-neck back relationship is a work of constant vigilance. Physically speaking, this relationship is the primary control of the body.

.....

Constructive conscious control is a process for dismantling habitual, extroverted attention to the world around him without awareness of the co-ordinated function of the mind-body complex. It is a means of combining attention to the use of the self as it moves in that environment, thus including both in a unified field of awareness.

.....

One of the aims is to disentangle herself from the psycho-physical deterioration that occurs all too early in life because of habitual extroverted attention to people and things that constantly draw her out of herself.

.....

It is an art by which he learns how to stop habitual negative reactions to the world and the people in it: a thinking process that brings him back to himself and teaches him how to use constructive awareness that will lead him into taking responsibility for his own well-being.

.....

One of its objects is the attainment of a sharpened mind that does not allow anything in the environment that she must interact with to disturb her conscious control in the use of herself, nor allow any person to upset the steady flow of expanded attention.

.....

He can push away the distractions from people and places that continually bombard him, and maintain a dynamic balance within. This process calls for deep and abiding attention.

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Be consciously dynamic in thought and action!

.....

Mind-wandering is the biggest obstacle to achieving constructive conscious control in the use of the self.

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The aspirant must become thoroughly conversant with the conscious thoughts to be given to the head-neck-back relationship to produce the conditions needed to attain the desired positive changes in the structures and mechanisms of the body. She then has to become proficiently steadfast in the relentless repetition of these thoughts in their correct sequence. She must diligently guard against them becoming dull, inane and meaningless mantras that she hurries through in an end-gaining and impatient manner to get to the task she has decided to do. Paying lip-service to inhibition and direction in her haste to gain her end is fruitless, ineffective and self-defeating. They must be used fervently and with a deep understanding of the power of thought.

.....

Constructive awareness simply means giving sustained and expanded attention.

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The patience needed to achieve truly effective constructive conscious control, by giving unswerving constant attention to the co-ordinated use of the self, is not an attractive pursuit for some people.

.....

An important aim is to focus the conscious mind on balancing the use of the self with the environment. This way of focusing, however, is not concentration as it is habitually advocated in many other fields and disciplines. Concentration is usually associated with a powerful narrowing of attention to one point or activity to the exclusion of everything else, whereas the focusing of attention in constructive awareness is paradoxically an expansion that always includes the interaction of the self with the environment, and in this way achieving a unified field of attention.

.....

Unless you are a genius like F.M Alexander, you cannot accomplish constructive conscious control by your own training. Only he achieved it through the process of trial-and-error, because his powers of observation were astonishingly acute and his ability to persevere with unswerving intent was astounding. His work was that of a lifetime. You, however, need the guidance of an adept teacher's hands to achieve positive changes in a much shorter time. They will aid you in re-educating not only your kinesthetic sense, but also your whole neuromuscular system. There is no trial-and error here. For a while you simply have to trust the teacher's ability to see what is habitually and harmfully going on in you, until he or she brings you to the point where your kinesthetic sense becomes accurate and you know it for yourself. This, in a nutshell, is the teacher's aim.

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Although the adoption of constructive awareness may prove to be a long process of learning to give constant attention for some individuals, facility comes eventually. When deep and abiding positive changes are made, such facility is a rewarding and inspiring state of mind and body.

.....

Another aim is to cultivate such a finely tuned kinesthetic sense that reports from the body to the brain and vice-versa become like flawless mirrors in which everything is reflected from one to the other without distortion. This cultivation of an accurate kinesthetic sense is indispensable to the efforts of anyone professing to truly know himself.

.....

It is an attempt to keep the mind from wandering by disciplining it to work with a series of connected thoughts to the self that have inhibition and direction at their core.

.....

If he seeks to penetrate deeply into his own nature, and if Fortune decrees constructive awareness be introduced into his life, then not only will he come nearer to the truth about himself, but will also realise that his quest cannot be completed without this constructive awareness. For some spiritual seekers this point is difficult to

accept, but a true spiritual path must include positive development in all aspects of our being: psycho-physical-emotional-spiritual.

.....

Attention is directed to thoughts for maintaining the integrity of the head-neck-back relationship, which helps us to keep away negative energies and reports from the environment that tend to disturb our psycho-physical balance.

.....

She must learn how to collect her mental powers together and channel them into a particular theme: namely the process of constructive conscious control in the use of the self. It is essentially an activity in expanding her thoughts. With enough work on this theme from day to day she will enjoy the benefits of becoming a consciously controlled human being, controlled by herself and not some other outside agency.

.....

Constant practice of constructive awareness will eventually secure the balanced conditions in the body to allow it to perform optimally as a mechanism, calm the emotions, improve the breathing process, give the organs room to function efficiently in their vital tasks, and expand his mental powers of attention.

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The first requirement of learning constructive conscious control is to recognise the vital importance of gaining control of attention - the first function of the conscious mind.

.....

At the beginning of the pursuit of constructive awareness there is a fascinating contest between the mind's habitual restlessness - mind-wandering - and attempts to bring attention to the work.

.....

The control of wandering thoughts is necessary to success in this work. The only way is to practice and keep on practicing.

.....

I have taught many individuals who have come for lessons because they have a certain quality of character that recognises an urgent need within to make positive changes that may turn their lives around. Constructive conscious control is not a therapy and is not always sought after for reasons of ill health.

.....

In contrast to the deeper stages of meditation, where he attempts to shut out the reports from the six senses, constructive awareness is practiced in the daily round with the conscious mind fully immersed in them.

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The practice of constructive conscious control eventually brings a lightness of thought and a lightness of step.

.....

Constructive awareness must be practiced with patience.
There are no quick fixes.

.....

As she progresses in the work, she may begin to feel a sense of positive anticipation, of imminent discoveries.

.....

If the aspirant perseveres undauntedly, the practice of constructive conscious control will produce a desirable state where mind, body and feeling - both kinesthetic and emotional - are all in harmony. This is similar to the quester's attempts at the spiritual level in meditation to harmonize mind, body and feeling with the Overself.

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Once he has become proficient in constructive awareness, he finds that it is just as easy to respond to irksome people and tasks in a light and reasonable manner, as it was formerly to do so with irritation and resentment.

.....

She who is willing to submit her mind to the relentless discipline of constructive conscious control will receive proof of its authenticity and power in proportion to the amount of effort she puts in.

.....

Those who have just begun the practice of constructive awareness have put the first foot forward on a journey with no end, because the process is everlasting. Staying with the process and not striving habitually for an end can bring great rewards in efforts to realise psycho-physical-emotional-spiritual balance. Persistent practice will charge the batteries with renewed energies from which they can draw true strength, courage and wisdom. The process makes the food it feeds on.

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Conscious commitment to the process of positive change will enable him to keep a steady and persistent dedication to his purpose. An important part of that purpose is to stay in the moment and stop end-gaining.

.....

By this simple - but difficult - constant task of working on the process of positive change, he sets out on the road of discovery of what F.M Alexander called, *'man's supreme inheritance'*, which is *'constructive conscious control'* in *'the use of the self'*, which is the *'universal constant in living'*. The vast majority of human beings are - sadly - unaware of their bad use of themselves as a *'universal constant in living'*. This bad use distorts their bodies and has a strong negative influence on their minds.

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Two indications of growing success in this work, (1) an increasing ability to discipline the mind, (2) a sense of affinity with the body.

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If she faithfully keeps up this practice and experiences increasing success, she may find that she possesses hidden powers and resources that she didn't know she had.

.....

To stay back and be the witness of my own actions, to study and reflect on my own reactions to the stimuli of living, and to ponder on how the mind-body complex functions as a whole, is a fascinating and ongoing undertaking.

.....

For some people, developing greater facility in using their thinking power to change themselves may be by slow degrees. Other people may be greatly surprised by a speedier result. No matter what, the result for the tortoise and the hare is the same - a consciously controlled being who is not a slave to harmful habits of thinking and doing.

.....

As a mentalist and a practiser of constructive awareness, I am aware that the body no longer imposes limitations and blockages to my spiritual quest. The organism is no longer a hindrance, because I know that it is not a solid lump of matter, as I believed it to be in my younger days. On the contrary, it is of the same stuff as thought, the difference being one of degree, and not kind. Indeed it can be more effective in the process of change than my thoughts when I experience the release of the kundalini up my spine in an extraordinarily forceful and exhilarating surge. This gives me feelings of great joy, confidence, optimism and indomitability. The powerful dramatic release of the kundalini up the spine is not a constant, but even when the upsurge is not of great power, it sits there quite definitely as a steady, force of support to the spine. I am humbly, but confidently aware that my body is a beautiful creation that I can harmonize with my psycho-emotional-spiritual development.

.....

If she practices diligently and 'correctly,' the more is she likely to discover the hidden forces that lie dormant within. These forces will respond to the mind's wish to rekindle them. In this way, it is possible to re-educate the whole neuromuscular system. Such a transformation is a profoundly positive experience, although with perhaps a few tears along the way; not forgetting that the tears are just as positive as the laughter.

.....

The discipline of constantly repeating the thoughts to the head-neck-back relationship will allow her to see that she really does possess the power to positively transform herself; the power to use constructive conscious control of the individual, **by the individual**.

.....

If he holds fondly and firmly to the task of self-improvement by developing an increasing ability to use constructive awareness, he will realise it is a true and abiding blessing: an inspiring pursuit that is exactly the opposite to reluctantly performing tedious tasks.

.....

If she can cultivate the facility to sustain conscious directions to herself and keep distracting thoughts away, she can develop a truer perspective of herself in dealing with everyday matters. A truer perspective can also contribute a great deal to spiritual matters.

.....

For the vast majority of people constructive conscious control is an unknown and, therefore, untapped source of power and knowledge.

.....

Soothing of the nerves is one of the many benefits of using constructive awareness.

.....

How rewarding and how precious it would be to reach a level of constructive conscious control where over-hasty reactions to people and things become totally alien.

.....

In using constructive awareness he can achieve a harmonious condition where physical acts, mental ruminations, emotional states and spiritual aspirations are equilibrated.

.....

Some people quickly achieve positive changes in the learning of constructive conscious control, while others achieve nothing. This negative result is usually caused by the inability to control an unruly mind. Inertia of mind is another powerful reason.

.....

The more she repeats her efforts to reach a way of being where one has become a consciously controlled person, the quicker desired results will manifest.

.....

Conscious mind-**pondering** on the co-ordinated use of the self is infinitely more valuable than subconscious mind-**wandering** about the most irrelevant trivia.

.....

The shackles of shortened muscles are shed
and the fetters of flaccidity fall away!

.....

The chains of slavery to negative habits are broken.

.....

Liberation from his habitually negative way of being can be found
in the constant conscious co-ordinated use of the self.

.....

Just as she does not feel the flurry of instant activity that occurs in the nervous system in response to the stimulus of the mind's wish to do something, like raise an arm, so also does she not feel the flurry of activity induced when she inhibits this habitual reaction. Inhibition is not passive, but is a dynamic function of the nervous system, co-equal with excitation. It is truly the gateway to fundamental change.

.....

Time spent in giving attention to constructive conscious control of the self is of inestimable value. His mind will be expanded, his kinesthetic sense honed, and knowledge of himself deepened.

.....

Satisfying rewards are to be found in the skill
that comes from constant practice.

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Constant practice of constructive awareness eventually brings a sense of inner growth, a definite feeling that she is making positive progress, especially as the unknown becomes the known.

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The aim is to realise the power to master the conscious co-ordinated use of the self, which he will utilize continuously even in the most trying circumstances.

.....

He becomes positively alive to the power of constructive awareness to make fundamental changes in the self.

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Initially, she may have taken up the practice of constructive conscious control to achieve health benefits, but eventually realizes it is much more rewarding to take responsibility for her plight and become a consciously controlled human being, than it is to 'cure' some disease. As one pupil who saved herself - with a little help from me - from being confined to a wheelchair said, "What would I give to become a consciously controlled person? - whatever it takes!" I am delighted for the pupil when I see that her understanding has deepened beyond the need to be cured, but that does not diminish my delight when her malady disappears. Once that happens, the pursuit of constructive conscious control in every act of daily life, of being in control of every reaction to the stimuli from other people, can be pursued for its own sake. Even after many years of teaching, I am sometimes astounded by the positive results produced in my pupils and students that I did not expect. The indomitable character of the human spirit is the most powerful on Earth!

.....

She becomes truly dynamic as layers of harmful tension in the body are peeled away. It is also realized that to be dynamic is a much more effective state to be in than that of relaxation, which some people waste their time in pursuing.

.....

As his powers of attention increase, so too does the power in his body become more dynamic, to the point where it makes the energy it feeds on: a rewarding experience that brings a feeling of steady and confident indomitability.

.....

Pupils eventually report rewards such as calmness, confidence, courage and dynamic doing of everyday tasks.

.....

Once she unlocks the door - which can prove difficult enough - and push it open, she will find herself in a place of dynamic balance.

.....

His new way of perceiving himself in his interaction with the environment is put to constant use, thus proving *for himself* the efficacy of constructive awareness.

.....

Constructive conscious control is not for dilettantes who float around in the misty nebulae of pseudo-spiritual states. It is the most practical, down-to-earth process I have ever come across. Having said that, it dovetails beautifully with reasonable spiritual aspirations.

.....

At first she may have to work hard at cultivating and maintaining constructive awareness, because she discovers that everything and everyone seems to conspire to deflect her attention and draw her out of herself. The secret of success is to remember to remember.

.....

The flow of dynamic energy up the spine is one of the great benefits and tasty fruits of using constructive conscious control. It is not, however, only a mere mechanical reaction of the spine in response to the release of tension in the erector-spinae muscles that allow them to lengthen and consequently allow the discs in the spine to expand and lengthen the spine. It is, more importantly, a powerful function of the spiritual life-force.

.....

An awareness of the great suffering of billions of human beings on this planet makes it doubtful if one can find true happiness: but the process of constructive conscious control helps greatly to make one positive in attitude and happier in heart. It can also produce a strong feeling of general well-being and arouse cheerfulness and hope for the future.

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Constructive awareness is an art to be learned

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She who truly loves this pursuit of constructive conscious control cannot help but do it easily and successfully.

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The aspirant must sustain vigilance to ensure this process remains conscious and dynamic. Going at it in a casual manner is not good enough. Dabblers and dalliers are not attracted to the discipline required.

.....

He learns from experience how to guard his steady attention to the integrity of the head-neck-back relationship against interference from the stimuli of his interaction with people and things.

.....

Improved health and vitality are usually, but not always, beneficial bonuses that the practiser of constructive awareness experiences. It allows body, nerves and vital organs to function more effectively, thus maintaining a good state of health. It is important to note that I wrote, "but not always", because success in working with it depends on individual ability, not only to learn it, but sustain it. ***This is not a therapy, but a re-education.***

.....

Confidence comes from sustained attention to these guiding conscious thoughts.

.....

What is this mind-wandering that blocks progress in her attempts to cultivate constructive conscious control? It is the aimless multifarious meanderings of an undisciplined intellect: the indulgence in trivial and unrelenting internal dialogue.

.....

The mind's habitual outward-turned attention to people and things is reduced by bringing it back initially to her use of the self as the first priority. Later a balance is struck in expanding attention to cover both body and environment. From this she learns that they are one and the same. In this way, a unified field of awareness is created.

.....

As it is possible in meditation to experience, albeit fleetingly, the mind-being as something separate from the body-being, before one has gained control over the latter, there is a strong tendency in many spiritual seekers I have met to underestimate and undervalue the gaining of control over the body. In their efforts to reproduce this fleeting glimpse, they would do well to adopt the powerful process of constructive awareness in the use of the mind-body complex, in conjunction with this endeavour. One vital omission that usually occurs in spiritual pursuits is the knowledge of how the body works as a unified and holistic mechanism capable of moving with grace, poise, dynamism and ease of movement as well as displaying aesthetic beauty. If given the opportunity, it can show itself to be what it is: a truly glorious creation of the Universal Mind. The importance of allowing and sustaining a dynamic balance of the head-neck-back relationship is another vital omission. A spine that is not functioning at its optimal length will block the upward flow of the kundalini. Misuse of the body can be an impediment to spiritual progress. We ignore the body at our peril, and it is wise and worthwhile to learn to balance spirituality with practicality. Real progress in shaping one's character must be all round progress: an equilibration of the psycho-physical-emotional-spiritual sides of our being.

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Is constructive conscious control of the body a prerequisite to true meditation? It may or may not be: I can't answer this question. If, however, the spiritual seeker does not consider it a prerequisite, he or she could perhaps adopt it as a positive parallel pursuit to endeavours in meditation.

.....

The philosophic discipline needed in spiritual pursuits, and the practical discipline in constructive awareness can be harmonized to form a balanced approach to life. Honest, sincere self-criticism, and ruthless self-examination are necessary to attain this harmony.

.....

His preconceived ideas about the many aspects of himself and the way he habitually uses his mind and body may be so wrong that they greatly interfere with his attempts to learn constructive conscious control. The more he is entrenched in this 'wrongness', the more difficult it will be to achieve 'rightness'. The reference here to wrong and right has no moral connotations whatsoever and is in no way a negative criticism of the person's character. It refers only to the kinesthetic sense, which in most of us is debauched.

.....

Warm devotion and loving commitment to the task of making fundamental change are desirable attributes to attain in the learning of constructive conscious control.

.....

If constructive awareness strikes you as being nothing more than a dull, routine duty to perform, then don't do it!

.....

Its practice must include the heart as well as the head.

.....

Love of this practice gives power and passion,
force and fire to her daily doings.

.....

Some people say to me they don't think they have the capacity to practice constructive awareness, but they may be mistaken or simply indolent. They also tend to forget how eager and active they can be in other matters.

.....

The task of having to relentlessly give the guiding conscious directions to themselves scares some of them away. Repetition is one of the things in life that the vast majority of us find very hard to handle.

.....

If she perseveres with undaunting and loving enthusiasm, constructive conscious control will become a natural and indispensable support for her in her daily living, as satisfying as any other human need. This recognition of a need to be fulfilled and the adoption of a conscious way to fulfill it, is what I call, 'evolutionary compulsion.'

.....

The great simplicity of constructive awareness is its great difficulty.

.....

More people would undertake it if it was easy: but if it was easy, it would be of no value. Having said that, many people enjoy a challenge, and are not drawn to doing something if it is easy.

.....

If consummate ease, great skill and flair are achieved after long years of constant attention to the use of the self, this unrelenting practice is no price at all to pay for these attributes. His vigilance has not been in vain and does not go unrewarded.

.....

How far can she go in this vital process of expanding her attention?

.....

When negative and stressful neuromuscular patterns begin to fall away, the less hurried he feels.

.....

He may call it the fulfillment of constructive awareness when its effect rids him of every negative habit and emotion he has ever had: habits that brought him to the point where he was sick of himself and he hungered for alternative fundamental change. But, my God, what a task! Someday, perhaps, I will complete it.

.....

The ones who are eager to please the teacher
are the most difficult to help!

.....

When they come across constructive conscious control, some people find it hard to drop their habitual and conventional way of learning anything as they did in the past, where the teacher usually said, "Don't do this, do that." In contrast, it can take a little time to grasp that, because inhibition and direction are the foundations of this work, it is unlike anything they have ever learned before: not easy to realise that to do the new they must undo the old. (habits)

.....

Skill in the art of constructive awareness comes only from training with a competent teacher. This is no trial-and-error method. Initially, the responsibility for 'right' and 'wrong' is carried by the teacher. The responsibility is later passed to the pupil, when the teacher is satisfied that the pupil really knows, knows that is, in the kinesthetic sense what conscious co-ordinated use of the self really is.

.....

If this conscious process is to be really profitable,
it must be approached with deep and abiding patience.

.....

If she tries to teach herself from the written or spoken word only, she will be unable to acquire a mastery of it. She must seek the guidance of the teacher's hands.

.....

It is learned little by little, through relentless repetition
of the guiding thoughts.

.....

If, after a certain number of lessons, the pupil is not attempting to remember to give constant conscious directions in the use of the self in everyday activities, he must not make excuses to himself. The diligent practice of constructive awareness **must be done**, or no positive progress will be made.

.....

If, in the midst of a stressful day, he forgets to give conscious directions, he must find a way to remember to get back to himself.

.....

The benefits she will accrue from the practice of constructive conscious control will be determined by the strength of her aspiration.

.....

Slothfulness must be overcome if he is to become a consciously controlled human being.

.....

The wish to become master of your own mind and body is surely one of the best!

.....

In this matter of giving conscious directions, she must be strict with herself: and yet, the paradox is that this strictness should be combined with a light attitude: a difficult combination!

.....

An important point that is often overlooked by the pupil is that conscious directions must be given **all the time** throughout his daily dealings with the world. This may sound idealistic, but it does not alter the vital truth of the statement. There is no need for the pupil to be over-concerned about this. All that is required of him is to realize the difficulty of sustaining attention in the immediate demands of the daily round, and then to get back to himself in a cheerful manner.

.....

Too often does she allow the pressures of modern living
to distract her from her conscious purpose.

.....

Too often he misses the object of his attention - the co-ordinated use
of the mind-body complex - and loses himself in irrelevant reverie and
mundane musing.

.....

Be in command of your thinking and direct it to achieving
good use of the self.

.....

The mind will drift away like a rudderless boat
from the discipline of constructive awareness.

.....

The mind must be alert to its persistent propensity to slip away
and lose itself in vacuous daydreaming.

.....

Despite her resolve to remember, the mind habitually wanders off into
speculations and predictions about what is to be done later in the day,
or tomorrow.

.....

Although inane thoughts may appear innocuous, he usually fails to
recognise how tenacious they are in diverting attention away from his
attempts to stay in the moment and deal consciously with the
immediate task in hand: so much, in fact, that they can defeat him in
his efforts to learn constructive conscious control. Negative emotions
can do the same.

.....

Lifelong ingrained habits of negative thoughts and emotions have
dulled her power of attention and tethered the mind to tedious trivia,
which can make her afraid to tackle the constant positive change
brought about by the inculcation of constructive awareness: can make
her afraid to take a step into the unknown.

.....

He can resurrect a deep and dormant inner strength that he has forgotten he possesses: a strength that will ward off inattention and indolence. It will also sustain him as he becomes evermore competent at working with constructive conscious control.

.....

In this conscious process, the mind becomes more alert, and deflection from her directions decreases as her power of attention increases.

.....

When he suddenly notices that for some time he has forgotten to give conscious directions to himself, he should simply begin again with a light attitude. He must not beat himself up about his forgetfulness: although he may allow himself a little bit of irritation about not knowing how long the period of inattention has been!

.....

When he gets irritated and annoyed about forgetting to give himself conscious directions, he should consider that this shows the state of his mind during most days of his life.

.....

The mind of the so-called normal person is usually in a state of buzzing agitation or tedious torpor. It badly needs the discipline of constructive awareness.

.....

The undisciplined mind may resist the endless endeavour needed to establish constructive conscious control steadfastly in the depths of the psyche.

.....

So long as her mind is filled with distracting images and words, so long will they prevent her from learning constructive awareness.

.....

In early lessons the over-intellectual type of person may try too quickly to analyze the kinesthetic impressions that he feels as he changes. He may be perplexed by the effective simplicity of giving conscious directions. He tends to make an intellectual mountain out of a practical molehill.

.....

It is a worthwhile pursuit, this quest to balance the psycho-physical-emotional-spiritual aspects of the self. Perseverance may bring the two positive opposite benefits of quickness and peace to the mind. Elegance and poise in the body, gladness and delight of emotion and a hint of freedom and fulfillment to the spirits are additional benefits.

.....

Persistent positive practice brings more peace and more power.

.....

She must resolutely give her attention a definite **you**-turn! This means initially bringing it back to herself away from the distractions of the ever-demanding environment, until she is proficient enough to include herself and the environment - with a newfound expanded attention - in a unified field of awareness.

.....

This expansion of attention eventually becomes effective when it succeeds in bringing the co-ordinated use of the self into harmony with his surroundings, thus setting up a unified field of awareness.

.....

The importance of learning to channel, and at the same time, expand attention to include your environment and your body, could not be overemphasized.

.....

The mind buzzes around like a bizzzy, bizzzy bee from one trivial thought to another and most of the time it won't stay in one place long enough for him to catch it - and keep it - in the net of expanded attention.

.....

To indulge in tasty treats, you see
Is an inverse negativity
That leads to gross obesity
Where your body loses dignity
Consuming cakes and full-cream teas
Can lead to a coronary
To stop and say, "No thanks, not me,"
Is another form of c.c.c

.....

With its enticing exterior wrapping, a man can be seduced by a chocolate bar whose delightful taste is eagerly anticipated as he hastily strips it bare. This anticipation is quickly gratified by the feeling of ecstatic satisfaction that fills every cell in his body as he blissfully consumes it. This is a deadly trap to fall into! It is similar to a dark, beautiful woman who conceals ulterior motives behind her alluring appearance; but is out to destroy you. **Gentlemen beware!** The way to a man's heart attack is through his stomach!

.....

The strength of **concentration** needed to make progress in meditation by narrowing attention down in the attempt to bring the mind back to its source, is in contrast to the alert **expansion** needed to make progress in constructive conscious control. Both are vital attributes to acquire.

.....

The teacher's initial aim is to help the pupil to awaken to the reports from her kinesthetic sense, that sixth sense that very few people know about. In fact, we habitually use the phrase, "the *five* senses", and unwittingly fail to include this vital one, which is just as important as the others. Attention to these kinesthetic reports is greatly emphasized in the lessons. Later the pupil is encouraged to sharpen all six senses and balance them to an equal degree.

.....

She must never accept defeat when distractions cause her to forget her conscious purpose. She must get up again and again when they knock her down, and with unruffled resolve get back to the task.

.....

Expanding the mind and sharpening the senses are vital qualities to be cultivated in the learning of constructive conscious control.

.....

Proficiency in constructive awareness reduces greatly the discomfort felt in the body during meditation. If release of the kundalini is achieved in a particular session, it banishes discomfort completely to the point where the body feels like a bubble floating lightly in the air.

.....

When he has achieved some success in constructive awareness to the level where he can sense that his spine is becoming strong enough to support itself without the aid of a chair-back, then he may sit down to meditate in the following way. The early part of the session is devoted to repeating the conscious directions to the body to ensure that this dynamic balance is being maintained. In the knowledge that he has gained some proficiency in working with **expanded attention**, he may now confidently leave this dynamic balance in the hands of the subconscious mind, while he switches the conscious mind into **concentration** in the attempt to explore the depths of the psyche.

.....

He makes conscious effort with the aim of stimulating subconscious effort. If he has gone for some minutes or hours without giving attention to the use of himself, the muscles will protest and say to the brain, "Hey, we don't want to go back to our old harmful, habitual misuse, so how about some conscious control?" This process of the conscious mind educating the subconscious mind is an everlasting and fundamental part of our evolution.

.....

The mind's great creative power shows itself in proportion to the effort she puts in to expand its attention to the use of herself in everyday interaction with people and things.

.....

The trick is to give the conscious directions to the use of the self altogether, but one at a time. Such truths are always paradoxes.

.....

To train himself - albeit with the help of the teacher - to achieve the skill of expanding attention to various parts of himself simultaneously is an invaluable ability to possess.

.....

She becomes tired of being a victim of worldly activities that constantly pull her down and out of herself, mentally, physically and emotionally. She takes up the learning of constructive awareness and sets out on the path of self-knowledge that leads to freedom. The knowledge that the path is endless does not deter her. Quiet Resolve and Undaunting Perseverance are her constant companions on the journey.

.....

If he persevere in these practices, the power to sustain expanded attention will be a great blessing to him - a beautiful gift to himself.

.....

Cultivate the faculty of expanded attention!

.....

When the ability to expand attention becomes steady and prolonged, he may allow himself to feel he is making progress.

.....

Constructive conscious control will give her an air of definite purpose and clear intention. Her every act will become conscious and more vital. She will garner self-confidence because she is cultivating the ability to become a consciously controlled human being who knows how to balance interaction with the environment with use of the self.

.....

The kinesthetic sense - also known as proprioception - can be positively influenced by the mind if it gives attention to this sense. No effort of the mind in this direction is ever wasted.

.....

When the power of constructive awareness is truly effective, pain of the body and misery of the emotions will disappear.

.....

How helpful is an attitude of calm detachment from endeavours in constructive awareness! It safeguards her against becoming too heavy about it. Such a statement, however, does not diminish its importance in any way.

.....

To remain centred in the poise of the head-neck-back relationship in our daily dealings with the world is of inestimable value!

.....

He must continue in his efforts to achieve constructive awareness, no matter how fumbling and tentative they may be at the outset.

.....

The trick is to harmonize the use of herself with her interaction with the *immediate* environment. Everything on the *periphery* of her attention can remain there.

.....

Over and over he will have to collect scattered thoughts and bring attention back to the use of himself.

.....

If it is to be effectively integrated with daily living, much thought and energy must go into the practice of constructive conscious control.

.....

If it is to profit her, the pupil must not allow her mind to wander from the use of herself.

.....

He must push extraneous thoughts away, while he works on expanding his attention.

.....

The more she expands her attention, and the less she responds to irrelevant internal thoughts and external stimuli, the nearer she will come to success.

.....

When expanded attention comes without difficulty and is practiced with ease, he has learned a great deal.

.....

The pursuit of constructive awareness must be accompanied by honest self-examination. All thoughts and feelings that make her swerve away from the work must be rejected. This calls for acute self-observation. If she feels that no progress is being made, then she must ask herself if she can't be bothered sometimes; or is she making tiredness an excuse not to practice; does the thought that she will never get there make her angry and want to quit; is she allowing her old habitual negative habits to sneak in again etc. etc.?

.....

When he feels that real progress is being made, he must not fall into the traps of over-confidence and self-flattery.

.....

She must not be over-concerned about her lapses, but give a light reprimand and smile at herself.

.....

His negative psycho-physical habits will play all kinds of subtle tricks on him that will draw him away from his conscious purpose. To avoid this, he must stay vigilant.

.....

Constructive reformation of the mind-body complex is a rich reward for, and an inspiring result of, diligent practice of constructive conscious control.

.....

She must seek awareness of the hidden defects within that obstruct her efforts to improved use of the self without.

.....

In the work of constructive conscious control, she should visualize the high quality of expanded attention she wishes to gain. Such visualization will increasingly reveal itself in conscious co-ordinated thoughts and actions.

.....

When another person angrily provokes him, and he is immediately able to respond without stiffening his neck, he will find he has a better chance to control his own temper, and not respond with a like reaction. He will then have a better chance to treat the person with love, understanding and compassion.

.....

The faculty of self-observation is well worth developing.

.....

In this pursuit of constructive awareness, she will never reach the top of the mountain. She must be content with the constant climbing. Pausing on the periodic plateaus can be pleasurable, but insidious, interludes that can lead to stagnation if prolonged. Life is movement and stagnation is ultimately rejected by the human spirit.

.....

The constant practice of constructive conscious control is a process of true transformation.

.....

He must realise that he and the environment are a unified whole and the only part of that whole he can fundamentally change is himself. There is nothing to be gained from redesigning the furniture!

.....

The unrelenting practice of constructive awareness will eventually make him feel that he can go on and become master of expanded attention, conscious inhibition and direction, emotional and psychological states, kinesthetic awareness and movements of the body. In short, master of his whole self including his carriage, character and conduct.

.....

She can put into the practice of constructive conscious control all the endless enthusiasm, constant confidence and sustained spirituality that she can muster!

.....

Expanded attention and elevated emotion are a few of the fruits of practicing constructive awareness.

.....

The practice of self-vigilance must be constant.

.....

The development of an even temperament greatly enhances the practice of constructive awareness and vice versa.

.....

Persistent practice will reduce mental rigidity and emotional negativity, and will help him to move closer to mental-emotional equanimity.

.....

There is an atmosphere of veritable dignity that surrounds a man or woman moving around co-ordinately, with the grace and poise of a body thoroughly re-educated by the constructive conscious control of a sharpened and expanded mind. The face may also be adorned with sparkling eyes and the delightful feature of the sacred smile.

.....

If you decide you want to undertake teaching this system of thought that is constructive awareness, be aware that those who need most to recognise its authenticity usually like it least.

.....

The teacher of constructive conscious control must be dedicated to the task of educating the public on a one-to-one basis. The teaching of a group is only effective as an introduction to the work. Mass education is not possible.

.....

There exists a great need in certain individuals for authentic, fundamental, positive change in themselves. A considerable portion of the fulfillment of this need can be found in the teachings of F.M Alexander about constructive conscious control in the use of the self. The recognition of this need and the undertaking of the task of fulfilling it is an evolutionary process, evolutionary compulsion. Aspirants will, however, also have to recognize that they need the help of a competent teacher to guide them.

.....

The task of the teacher is not to present a dogma to the pupil, but to offer ideas in a detached way: not to convert reluctant minds, but to appeal to open ones that are ready for change.

.....

The educative process of constructive awareness can dovetail smoothly with the various attitudes of people to life. It does not intrude upon, nor is it opposed to, the person's knowledge, faith, disposition, nature, and capacities. This applies to any aspect: the most practical, physical, technical and spiritual. The pupil is not asked to lose anything, but to consider the possibility of gaining a great deal.

.....

The teacher guides the pupil in using his intelligence to combine the intellectual faculty with the kinesthetic.

.....

The study of constructive conscious control re-educates the mind in deep and expanded thinking, the body in grace, poise, balance and beauty of movement, and the emotions in even temperament harmonized with reason.

.....

Courage is needed if she wishes to drop all preconceived ideas and present beliefs about herself. Great resolve is required to cast aside all the negative patterns of thought imposed on herself from within - and by others from without - over years of long habit. This is best achieved by an attitude of calm detachment from fearful emotional reactions that may manifest.

.....

Constructive awareness can only be grasped by those who bring the required intuitive, intellectual and devotional qualities to it. These qualities are ultimately married to a refined kinesthetic sense that is gradually cultivated with the help of the teacher.

.....

If the study of constructive awareness upsets his deeply ingrained illusions about himself: if it upsets much of what he falsely believed about himself in the past, then he must seek the intellectual integrity needed to accept this, and not flinch from the task of making fundamental change.

.....

Constructive conscious control is for people who can think deeply and widely and who are willing to abide with the results of their thinking.

.....

If she wishes to learn constructive awareness, she must be willing to strip herself of her preconceived ideas about many aspects of her present way of being.

.....

If he wishes to learn constructive conscious control, he must be willing to accept the disconcerting revelations that pop up on the way, along with the pleasant ones. Detachment is of inestimable value in this process.

.....

Those who have a natural affinity with this work stay with it.

.....

The student requires an enlarged outlook, and if he perseveres,
will be rewarded with an ever-expanding one.

.....

She can learn to walk freely and lightly on the path,
rather than stumble repeatedly in a rut.

.....

The practice of constructive conscious control is well suited
to sensitive and introspective minds.

.....

If she wishes to learn constructive conscious control, then she requires
the capacity to recognize that it takes discipline and the willingness to
undergo it.

.....

The teacher can help him to distinguish between the fancies of the
intellect and the truths revealed about himself in cultivating an ever-
improving kinesthetic sense. The aim is to bring a harmonious merger
of the two.

.....

Constructive awareness demands a mental discipline - but not a heavy
one - from those who aspire to make it into a positive way of being.

.....

If she wants it without accepting its discipline,
she won't get even a meagre portion of it: she will get none of it.

.....

It will teach him to take a more critical - and more accurate - view of
himself. He may or may not like what he discovers along the way.

.....

If she truly understands the principles of constructive conscious
control and succeeds in putting them into practice, she will see that it
is not just the study of a few years, but of a whole lifetime.

.....

Perseverance in the practice of constructive awareness will reveal to her that it is deep and broad enough to meet most of life's practical and spiritual demands. It also makes a considerable contribution to the philosophic search for a balanced psyche.

.....

Constructive conscious control is inspired practicality in the everyday acts of life. Together with its partners, calm reasoning and warm feeling, it can meet and negotiate any new situation for the best.

.....

Wholeness is a spiritual quality. Unfortunately, a great many people have yet to discover that constructive awareness is a means of achieving a considerable and vital part of that wholeness.

.....

Progress towards realizing harmony and unity within his inner being will be greatly enhanced by the successful practice of constructive conscious control.

.....

She can seek wholeness through the building of a hexagonal pyramid, consisting of the four commonly known sides of being - intuiting, thinking, feeling and doing - plus two other lesser-known sides, one being kinesthesia and the other constructive awareness in the use of the self. The latter may even be the base of this structure. I haven't decided yet.

.....

Uplifting of the body is as important as uplifting of the spirit.
And in any case, they are both made of the same stuff - Mind!

.....

The spiritual, mental and physical aspects of being must be developed in a balanced way. The body, unfortunately, is usually relegated to an inferior status - even denigrated - by many spiritual seekers. Wholeness cannot be achieved by such a lopsided view.

.....

Constructive conscious control in the use of the self is a discipline that forms a considerable chunk of the quest to become self-illuminated.

.....

If we are to achieve wholeness,
the intellect must be merged with the kinesthetic sense.

.....

Aspiring to an ideal that entails using the whole of human faculty must include constructive awareness in the use of the self.

.....

If she is searching for wholeness, then constructive conscious control must be added in equal measure to intuiting, thinking, feeling and doing.

.....

He must nurture that part of him that has so far gone unnoticed:
the conscious co-ordinated use of the self.

.....

If she wishes to achieve authentic self-integration, she must seek to harmonize the physical, the emotional and the intellectual with the kinesthetic.

.....

The kinesthetic sense is a total mystery to most people:
a veritable blind spot in the eye of humanity.

.....

First, he must become aware of the kinesthetic sense. Second, he must develop and refine it to the point where he knows exactly what he is doing in the use of himself in performing any task, no matter how mundane. Third, he must integrate it with thinking and feeling. Without the help of a teacher, this process will prove almost impossible for many people. The guidance of the teacher's hands greatly speeds up the process.

.....

The endeavour to balance and align thoughts, feeling and actions with intuitive direction is a rewarding one. Balancing the body by using constructive awareness is a vital part of this endeavour.

.....

Another worthy pursuit is that of learning to balance the intellectual with the kinesthetic: two qualities that need one another.

.....

In the realm of the use of the self, intellectuality without kinesthetic accuracy will get him nowhere in his search for balance.

.....

If she seeks all-round progress in her spiritual quest she must balance her psycho-physical-emotional changes with constructive conscious control in the use of the self.

.....

Constructive awareness sometimes brings the “spiritual” high-flyers and dreamers down to earth with a sobering - but loving - bump.

.....

Satisfactory progress in learning constructive conscious control teaches him to think more and do less: that is, do less in the sense of using minimum effort for maximum effect.

.....

If she wishes to serve the ideal of psycho-physical-emotional-spiritual balance, she cannot ignore constructive awareness in the use of the self.

.....

Spiritual balance may be encouraged metaphorically by the Sage telling the neophyte to stand equally on both feet, but in relation to balancing the body this is an actual physical requirement and a conscious habit to be established in the mind of the practiser of constructive conscious control.

.....

Psycho-physical unity may be described as combining evenness of mind with evenness of body. The term 'physical' is used here for practical purposes only, because the body is a form of consciousness, a form that consciousness - via the ego - has become to experience the world.

.....

When idea and action progress together, when thought and the kinesthetic sense grow stronger side by side, she will come to know experientially of this truth about balance.

.....

Is it any wonder that humanity in general is so deeply unbalanced when so many of us don't even know how to balance ourselves as individuals?

.....

Attempts to balance all sides of his nature and character must include constructive awareness in the use of the self.

.....

Different parts of her being need different proportions of development. Only a correct proportion will produce a correct balance of all the parts. One indispensable part, however, is usually missed - constructive conscious control in the use of the self.

.....

In the 'physical' sense, constructive awareness will bring the body ever closer to a state of dynamic balance.

.....

Improvement in expanding his attention to the use of the self, and the quickening of his conscious mind are essential to success in the learning of constructive conscious control.

.....

If she wishes to find a balanced integration of all her faculties and functions, she must do so when they are at the peak of their development. Constructive awareness in the use of the self must be included in this pursuit. Successful integration will bring equilibration.

.....

In the pursuit of wisdom, deepening of mystical feeling, honing of metaphysical musing, and constructive conscious control in the use of the self form a formidable trio.

.....

Does the worldwide incidence of misuse of the self not indicate our evolutionary insufficiency? How are we - as individuals - to achieve wholeness if this misuse is not given due attention?

.....

When that part of his being that he calls the body is thrown out of balance, the latter must be restored if he wishes to achieve wholeness; if he wishes to equilibrate the mental, the physical, the emotional, and the spiritual.

.....

Faith must be balanced by understanding, imagination by fact, mental by physical, emotion by reason, and the use of the self by kinesthesia.

.....

The spiritual seeker who trains herself to follow metaphysical systems and abstract ideas is usually unaware that her training could be augmented and rounded out by study of constructive awareness in the use of the self.

.....

The thinking intellect and the kinesthetic sense must be brought into balance with one another and then blended as one.

.....

Progress in constructive conscious control will teach reason and emotion to stop opposing each other. Perseverance in learning to balance them will bring them to a point of common fulfillment.

.....

One great need is to achieve a harmonious balance between mind and body. In learning constructive awareness, he sees eventually that the one accurately reflects the other.

.....

Another need is not only reconciliation between mind and body, but also synthesis.

.....

The prevailing false idea that mind and body are two separate elements is contradicted by the truth of their oneness: i.e, a form of consciousness.

.....

In the realm of the use of the self, unbridled imagery is not desirable. It should be checked by rigorous reasoning and scientific fact about what the body is and what it is designed to do. He should also keep in mind that any idea - accurate or not - about his own body will remain exactly that, an idea, a perception. Like any and every other object around him, he cannot even get at his own body directly.

.....

Recognition will come that a fuller life can be achieved, not only through the pursuit of wisdom and spirituality, but also by the cultivation of the co-ordinated use of the self. Spirituality and practicality must be balanced.

.....

Constructive conscious control will teach her to be brave enough to take a step into the unknown depths of herself, which will free her from the fetters of conventionality that bind her to what we curiously call, 'normal behaviour'.

.....

By starting to live with conscious attention to the primary control - the integrity of the head-neck-back relationship - he brings practicality into his spiritual quest for wholeness.

.....

Despite appearances to people who unwittingly regard misuse of the self as the norm, the co-ordinated use of the self is achieved and durably sustained **naturally** by constructive awareness. Progress in the latter dispels inner conflicts and brings no harmful effects.

.....

There is a charm that emanates from a consciously co-ordinated body, an indomitability that radiates from a strong back and an equanimity that pervades a reflective mind.

.....

The principles of constructive conscious control are truly 'uplifting' ones in more ways than the physical.

.....

Perseverance in the learning of constructive awareness may bring confidence that is unwavering, strength that is invulnerable, and calmness that is constant, but not cold.

.....

Too often, and for too long, in our spiritual quest do we seek to be otherworldly, when we have not learned how to be practical, consciously controlled human beings in this world.

.....

"Grandan, the world is an eyeball," he declared solemnly and with a dramatic wave of his hand. He is my seven year old grandson, John McGowan. Little did he know how close to the truth he was!

.....

In his early lessons in constructive conscious control, he comes to realise - through the help of the teacher - that his use of himself has deteriorated to the point where his kinesthetic sense has become falsified, because of his habitual excessive attention to external living, to the environment. During his life before he undertook lessons he probably did not even know he had a kinesthetic sense, because nobody ever taught him about it. Nobody ever showed him that his ideas of how he thinks and moves in his daily doings are preconceived and harmful to his well-being. The adoption of constructive conscious control will remedy this situation and teach him how to develop a harmonious relationship between the intellect and the kinesthetic sense. This is a liberating process.

.....

Constructive awareness will teach her
how to come into command of herself.

.....

The practiser of constructive conscious control who truly understands the basic principles is more intent on practical procedures that bring growth, than on theory.

.....

Constructive awareness will teach him how to evolve a better self
out of the present one - if he really wants it.

.....

Constructive conscious control will take her very far along the road to discovering the uniqueness that is herself: will fit her better for her task in life.

.....

During his early lessons in constructive awareness he will develop his kinesthetic sense and acquire more subtle perceptions that will free him from being a conventional marionette who is the slave of harmful habits of misuse of the self.

.....

Constructive conscious control will give her the power to work creatively on the interaction between her body and the immediate environment that leads to a unified field of awareness and perception.

.....

If he is to become a different man - different from the one he was in the past - the old negative psycho-physical habits of being and doing must be removed and replaced with more positive ones. He must persistently refuse to fall back into the thoughtlessness of misuse of the self.

.....

Each of us has to walk this world on our own two feet. Why not begin to do it consciously?

.....

Misuse of the self leads to inevitable psycho-physical deterioration because the ability to make positive changes has been lost too early in life. We habitually seek the fallacious states of stability and security. Such things do not exist in nature.

.....

The application of the principles of constructive awareness may prove difficult for her, but to imagine that life will be easier without them is to deceive herself. If she lives without such purpose in life she may be troubled by afflictions of her own making.

.....

It can be hard to consciously sustain the relentless repetition of practising a life of self-control, but such a life is vastly superior in quality and purpose to a life of aimless self-indulgence.

.....

If his perception is acute enough, he will see from the first lesson that he must assume responsibility for his own psycho-physical-emotional-spiritual growth. He will understand that he must develop continuous attention to the use of the self and see that an ever-lengthening road of self-improvement stretches out before him. The teacher is merely his guide.

.....

THE END

ABOUT THE AUTHOR

I've been on this beautiful planet Earth for sixty-seven years now: so these 'indications', which are my most recent jottings, have sprung from a fair amount of life experience.

I am a teacher of constructive awareness, which is based on the work of F.M Alexander, the work of Paul Brunton and my own work in the field of the spiritual quest. My jottings are the result of synthesizing these three elements. My work is not a blind acceptance of the teachings of these two remarkable men, but is - among other things - a collection of thoughts on how a combination of Paul Brunton's revelations of mentalism and F.M Alexander's of constructive conscious control in the use of the self can truly deepen one's understanding of the SELF and its interaction with the world around it. For example, Alexander expounded that the self is a psychophysical unity: that is, the mental mind and the physical body **somehow** merge and become one: whereas Paul Brunton's mentalism reveals that the body is a form of consciousness. The understanding of mentalism reveals that it transcends psychophysical unity. This understanding also eliminates the age-old question of how the mental and the material come together. The question falls away as one realises that there is no such thing as a material object, nor a material body. All objects, including the body, are mental constructs.

There is a fourth element that has had a profound influence and has been a source of inspiration in my life, and that is good old Rock'n'Roll! When the words :-

"Well, since my baby left me, I found a new place to dwell
Down at the end of Lonely Street at Heartbreak Hotel"

exploded out of the radios all over the world, then not only did they change the face of music, but also inspired the teenage revolution against those who thought that humanity should go back to the way it had been before the outbreak of the Second World War. Thank God for Elvis Presley! This man changed the world without spouting forth some fanciful philosophy. He was a shaker and a mover by simply

blessing the world with his remarkable voice and charisma. He was - and still is - a source of great joy to billions of people.

At present, I am the Co-Director of C.C.A.R.E - Centre for Constructive Awareness and Related Education - which I run with my great friend and partner, Sarah Paice, who is another wonderful source of inspiration in my life. We founded C.C.A.R.E in January, 2002, and, to date, have qualified 18 teachers : -

Marcia Green, Tessa Holloway, Lisa Hooton, Maggie Taylor,

Mel Appleford, Linda (The Queen) Falle, Martina Kaucka,

Glenys Wheaton, David Ellison, Rosie Ferguson, Tonia Gooderham,

Susan (Nushka) Kerr, Jim Woffenden, Sue Wright,

Christopher Mockridge, Sarah Mugan, Dawn Robinson, Jodi Canti.

Our current students are : -

Nina Swan, Diana Kay Cady, Sue Marsh, Janet West,

Jenny Quick, Uwe Paul, Rebecca Howard,

Niclas Lundqvist, Michelle Hilliard.

My dear friend, Sarah Mugan, who qualified at C.C.A.R.E, is currently our Assistant Teacher.

Another dear friend of some twenty-nine years, Trisha Hemingway, is our Moderator.

Last, but not least, our school is blessed with regular visits from another great friend who is also my teacher, namely Jeanne Day. At 91 years young, she is an astonishing example of the efficacy of constructive conscious control, and is a great source of inspiration to all of us at C.C.A.R.E.

The excellent work of these remarkable women is greatly appreciated.

In 1990, Sarah and I founded A.Z.A.T, the Ausbildungszentrum für F.M Alexander Technik in Berlin, Germany. Forty-six people qualified as teachers at this school up to 1999 : -

1993 : - Neidhart Bousset, Annette Lange, Veronika Liebau, Ulrike Oerter,
Dieter Preuss, Monika Scholz, Stefanie Sebastian, Renate Steininger,
Andre Theriault, Irmel Weber, Mitro (Cornelia) Vits, Uschi Wienholt.

Elisabeth Molle was our Assistant Teacher.

1996 : - Irmela Bogatu, Annette Brockgreitens, Anke Dau, Saskia Draxler,
Marlis Fellinger-Michel, Gunda Fielden, Thomas Gwiasda, Barbl Kellner,
Sabine Melzer, Hannelore Milenkovic, Helmut Rennschuh,
Heike Sheratte, Hannelore Starke, Gerda Topping, Angelika Unger.

Gunda Fielden, Annette Lange, Elisabeth Molle, Andre Theriault and Irmel Weber were the Assistant Teachers.

1999 : - Elke Ballwieser, Michael Benter, Linda Gaylord, Christine Guillet,
Hans-Juergen Neumann, Vassilika (Vicki) Panagiotaki, Till Puhmann
Katharina Rolff, Dorte Schmakowski, Jordana Schramm,
Ute (Uli) Seyforth Silbermann, Sonia Wagemanns, Antje Wurfel
Christa Borsch, Christine Fluger, Annette Forster,
Mario Ohler, Klaus Schuhmann, Nico Mastrokostopoulos.

Gunda Fielden, Elisabeth Molle, Andre Theriault, Gerda Topping and Irmel Weber were the assistant teachers.

When I left Berlin in December, 1999 to start a training course back in Devon, Irmel Weber founded her own training course, using the original name of A.Z.A.T.

NO MEAN CITY BLUES

A SMALL AUTOBIOGRAPHY WRITTEN IN SONG

He was born in No Mean City
No Mean City at night
The streets were lined with cold gas lamps
They didn't give too much light
They cast long sinister shadows
On rats of the two-legged kind
He learned how to walk, learned how to talk
But quicker he learned how to fight.

.....

His daddy ran a book out of Tradeston
At the time it was against the law
Every now and then cops would raid the den
And bust everybody they saw
His daddy took a few bad beatings
At the hands of the devils in blue
And he told him, "Son, take off and run
Don't let this happen to you."

.....

Football was a kind of religion
You followed the blue or the green
"Hey son, which foot do you kick with?
You'll get the job, you know what I mean?"
And the gangs fought their piddling battles
But he never did run with the crowd
"Shake their heads and their brains would rattle."
But he wouldn't say that out loud.

.....

He was quiet and shy, but watchful
Survived by the speed of his feet
It was better to run than to face someone
Who would spill your blood on the street

And he found his best friend dyin'
Some kid stuck him with a knife
The doctors saved him from an early grave
But he'll never walk again in his life.

.....

The years ran by like minutes
He married and moved far away
But they couldn't find that peace of mind
So they went their separate ways
Every day he misses his daughter
Don't get to see her often enough
But the big wheel turns, somehow he learns
You gotta take the smooth with the rough.

.....

You gotta ride all the punches
If you wanna grow old
Get right back up when they knock you down
You gotta know how to rock'n'roll.

Other books by the author

Constructive Awareness
Alexander Technique and The Spiritual Quest
Published for the Paul Brunton
Philosophic Foundation
by Larson Publications, 1997

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Alexander Technique
Original writings of F.M Alexander
Constructive Conscious Control
Abridged and Edited by Daniel McGowan
Published for the Paul Brunton
Philosophic Foundation
by Larson Publications, 1997

(When my partner Sarah Paice and I decided in 1989 to move from Totnes, England to Germany to start a new Training Course for A.T teachers in Berlin, I realised that Alexander's books would be a little heavy for students whose first language was not English, so I decided to abridge all of his books to make the study of them in class easier for the students. Sincere gratitude to Larson Publications for publishing this one.

.....

Going Mental
Philosophic Ruminations and Practical Approaches
to the Use of the Self combined,
in relation to the Plight of the Individual
in the Modern World.
(includes graphic anatomical effects)
Self-published in August, 2000

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Special thanks to my beautiful partner, Sarah Paice, without whose unstinting and loving support, the book would never have been written.

"We use our minds and our bodies badly. And we do this through ignorance, through the lack of instruction on their proper use. The right use of the body and the correct provision of its needs are arts to be learned. The civilized man is not born with them. He is the unfortunate hereditary victim of generations of faulty modern habits. There is a better way to use the bodily mechanism than the habitual one of most Westerners. Philosophy, knowing the mind-body relationship, is just as applicable to such apparently simple and trivial - but hygienically and psychologically important - matters as our use of this mechanism in sitting, walking, standing, breathing, and even bending. It prescribes wise rules for living, eating, and drinking."

The Notebooks of Paul Brunton

Volume 4: Part 1, MEDITATION

Part 2, THE BODY, Page 20, paragraph 3.

"You come to learn to inhibit and to direct your activity. You learn, first, to inhibit the habitual reaction to certain classes of stimuli, and second, to direct yourself consciously in such a way as to affect certain muscular pulls, which processes bring about a new reaction to these stimuli. Boiled down, it all comes to inhibiting a particular reaction to a given stimulus. But no one will see it that way. They will see it as getting in and out of a chair in the right way. It is nothing of the kind. It is that a pupil decides what he will or will not consent to do. They may teach you anatomy and physiology until they are black in the face, you will still have this to face: sticking to a decision against your habit of life."

Frederick Matthias Alexander

ARTICLES AND LECTURES

Teaching Aphorisms, Page 203.