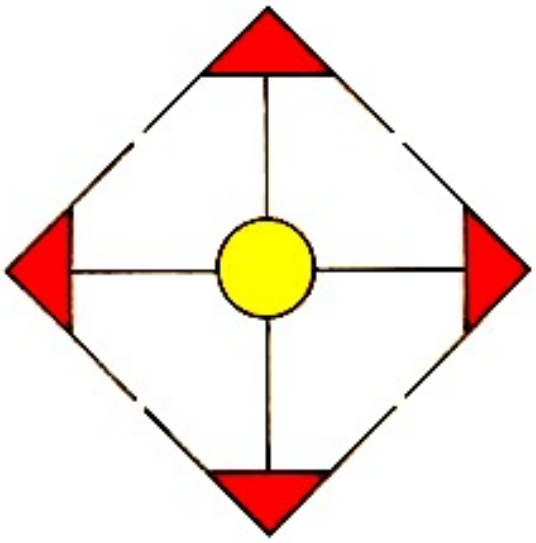
GOING MENTAL



DANIEL McGOWAN

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This book is dedicated to
Carol Jane, Scott and Sarah
and to all my former students and
colleagues at A.Z.A.T.

Special thanks to Sarah
for all her dedicated work
in the production of the text.

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Introduction

Despite what its title suggests, this book is not about human beings having hairy fits of blue-faced anger or bursting a blood vessel while in a mood of raging perplexity and indignation – going mental as they say. It is simply written in a way that will hopefully bring the reader closer to realizing that all experience is mental experience, materialism is a myth and the moon is made of marzipan!

Its title has been chosen in an attempt to avoid conventional terminology that is used habitually by most people to describe and discuss the functioning of the human entity. For instance, the first part of the book could be titled "THE MECHANICS OF THE BODY," but this is not a book about mechanics only. It is about mentalism, about the mind and its form; in this book, terms that keep us trapped in the fiction of the physical will be used as little as possible. Take for example the word "body". This conjures up in the imagination a physical "thing", or a mechanism that moves around and can be heard, felt, tasted, smelt and seen. It is usually regarded, especially by mainstream science, as the totality of the human being. And yet, even to know and experience your own body is entirely a mental process.

Phrases like "I have changed my mind", imply a physical being that thinks, a physical mechanism from whose brain mental thoughts rise up like flames from burning wood, or the heat haze from a highway. This is an assumption; it has never been proved. The possessive – "*my mind"* – indicates something that owns a mind. This is not so. You do not own a mind, you *are* a mind.

There are numerous other phrases and references to the self that keep us trapped in a "physical" eggshell, a self-constructed cage that we have been imprisoned in for too long – thousands, maybe tens of thousands of years. If we don't change our language and ideas about the self, we will remain prisoners of materialism. I don't mean "materialism" in the sense of buying and accumulating physical objects like houses, cars, clothes, jewelry, etc., but in the sense of believing that the world around us is made up of physical "things". It is hoped that this book will contribute to the downfall of the myth of materialism. It will not, however, take the form of a treatise on mentalism. If the reader has no knowledge or experience of this subject, it is recommended that s/he study it to apprehend that "all is mental."

The so-called body is the form the mind constructs or spins out of itself to function in the world. Each entity, each "I" manifests as a form by changing its funda*mental* (get it?) level of energy vibration into various other levels, various states of vibration.

There are not two 2 aspects of the self that join together into a unity, i.e., the mental and the physical merging into one. Psycho-physical unity is a step in the right direction, but does not go far enough. Mind cannot know anything other than itself. Nothing can stand outside of mind. There is no such thing as a physical object. Objects exits, yes, but their nature or essence must be questioned.

The aim of the first part of the book is to describe how the mind's form – the I's form – is able to stand up in the upright situation. A part or parts or parts of the form are drawn on the right-hand page, and a description of how that part stays up is written on the left-hand page.

I have been studying the self for more than 45 years now and have shared my knowledge of it with other people, first as a teacher at the A.T.T.C (Alexander Technique Training Centre) in Dartington, England from 1983 to 1990, and then as a Director of A.Z.A.T (Ausbildungszentrum für F.M. Alexander Technik) in Berlin, Germany from 1990 to 2000. Since 2002 I have been the Head of Training at C.C.A.R.E (Centre for Constructive Awareness and Related Education) in Totnes, England. This makes a total of 26 years as Head of Training for teacher training courses in the Alexander Technique.

Despite this long period of time, I do not have the names of parts of the mind's form at my fingertips. Many of them are ponderous, technical and boring – of vital importance no doubt, to the medical profession – but the learning, for example, of all the names of the muscles is not necessary for the purpose of this book. Too often we attach a name or a label to something and then imagine we understand what it is. It is much better to have a good visual memory of a muscle's shape and function. I will use technical terms only where it is absolutely necessary.

When you realize it is all mental, a feeling of real freedom comes over you. You see that you have the power to change. It takes only a thought.

…….

The truth of the matter is that no one has ever heard, felt, tasted, smelt, or seen matter.

…….

We greatly underestimate the power of thinking.

…….

The strongest force in the universe – the wish!

PART 1

THE MENTALISTICS OF THE SELF

The first part of this book portrays my knowledge of certain aspects of the functioning of the self. What is written here is an attempt to convey my understanding so far in studying this amazing, beautiful organism commonly known as the physical body. It is not meant to be an uncontradictable account of the functioning of the skeletal-muscular system. Things I thought at one stage changed as my understanding increased and this process continues as I go further in this wonderful work. Any contributions to deepening this knowledge and any constructive criticisms are warmly welcomed.

I have attempted to convey this part on "THE MENTALISTICS OF THE SELF" in as simple a form as possible, partly because, in my experience I have found the technical terms in many anatomy books to be heavy and boring and for this reason I want to use as few as possible and partly because of the difficulty of explaining on dead paper how a vital, living organism functions. To explain how the self functions *as a whole* is not an easy task.

All anatomical illustrations drawn in this book are schematic. They portray certain *effects* within the organism. Please consult a good anatomy book or a plastic model if you wish to see parts in anatomical accuracy.

The jottings that appear in boxes throughout the book convey my thoughts on mentalism, the use of the self and other things. They have been inserted at random and may not relate to whatever else is written on that same page.

Simplicity smiles
compassionately, patiently
waiting in her quiet grove for the
day when people,
tired of the frenetic turmoil
of the modern world,
will return to her.

GENERAL NOTES

Muscles are like pieces of string or elastic that pull the bones around. All muscles pull; they cannot push. Even if you are pushing a car or some other heavy object, this is done by the pulling of muscles on various bones of the skeletal frame.

At their ends, where they attach to the bones, muscles taper into tendons. Tendons are bands of tough, elastic tissue that run like strands throughout the length of the body of a muscle. At the site of attachment to a bone, the muscle fibers stop and the tendonous strands fuse together into a mass of very strong material that can resist tremendous pulling forces.

A ligament is also made of strong elastic material, much like a tendon, that connects one bone to another, and like a tendon can resist a tremendous pulling forces . It is the ligaments that maintain our shape when we are asleep, because the muscles are inactive at this time.

Cartilage is a material not so elastic as tendons and ligaments, but immensely strong; probably the strongest material in the body, and is found between the vertebrae of the spine (intervertebral discs) as well as other places, e.g., the so called breastbone or sternum. There are many other types of connective tissue throughout the mind's form that keep the various parts together.

When you look at the form of a human being, the bones appear to stand on top of the other; the lower leg bones (tibia and fibula) stand on the foot; the upper leg bone (femur) stands on the tibia; the pelvis spans like a bridge on top of the femur of each leg; the lowest vertebra in the spine stands on the pelvis (at the sacrum); each vertebra stands one on top of the other, with the discs in between to form the spine, and the head sits on top. But it is not as simple as that. The bones do not stand directly on top of each other like bricks do to form a house, because in the case of the legs, the ends of the bones at the ankle, knee and hip joints are rounded. If we try to stand these bones, one on top of each other, they will simply fall down. We need something to keep them in place, namely the ligaments. At the point where one bone meets the other, we must bridge the gap by inserting a system of ligaments that will keep the bones in place and stop them moving away from each other, but still allow them the freedom to move.

In the case of the spine, because of its built-in curves at the lower back (lumbar), upper back (thoracic) and the neck (cervical), no vertebra stands directly on top of another. The base of the bottom lumbar vertebra, for example it is an angle of around 30 degrees to the horizontal at its connection to the sacrum of the pelvis. The spine springs from here, curving forwards and then backwards in the lumbar region up to the thoracic region, where it curves backward then forwards up to the neck (cervical region) where it curves forwards and backwards to meet the skull. This curving backwards and forwards occurs approximately around the vertical axis and the three curves complement each other to

produce a structure of enormous strength. The vertebrae therefore, sit at various angles and each has the tendency to slide over the one beneath it.

We can see from this that we are not built like a column of bricks one on top of the other, but we are held up through the ability of the ligaments at the joints in the legs and pelvis, and the discs and ligaments in the spine to resist rational pulls. This means there is no point in the body where pure compression (like the column of bricks) occurs. All bones are subjected to bending and rotational pulls, never to pure compression.

The ligaments are not only things that keep the bones in place. They are helped by the muscles. Muscles not only move the bones around, but also keep them from falling over when we are standing "still". This is shown in detail in the first part of the book.

As it is not the purpose of this book to show muscles in anatomical accuracy, but to show the *effect* that they can produce in the body, the reader is asked to consult a good anatomy book to study the muscles.

There is nothing more intimate than the response of a muscle to the wish of the mind to do something.

…….

Coordination: - the way the individual – as mind – consciously and creatively controls his or her psycho-physical functioning.

…….

Malco-ordination: - the way the individual – as mind – neglects his or her psycho-physical functioning.

…….

Some people become uneasy when they get a hint of the fact that they never deal with anything outside of what their six senses tell them.

…….

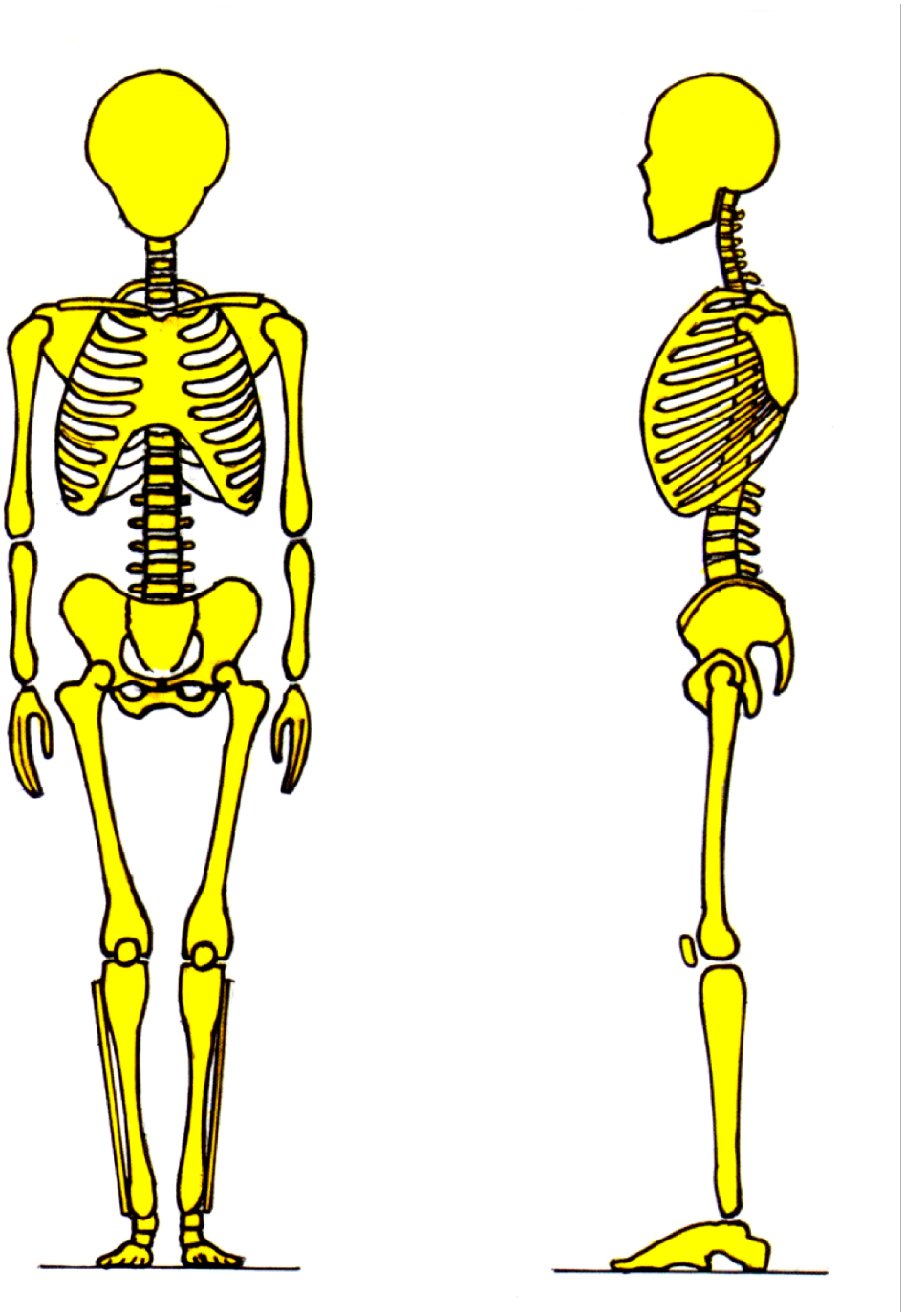
There's more to it than meets the "I"

Been up and down this highway now for so oh so long
Seen all the signs that don't lead anywhere
And every road I travelled cut back to me
The soul sat in this saddle's still a mystery.

Learned a thing or two from what' or who' I found
Nothing, no one kept me satisfied
Been so busy searching, I failed to see
The Silver Steed whose faithful feet have carried me.

Someday I'll stop my wandering thoughts and get back home
To that sign upon the door that says "My Soul"
Knock and it will open, I'll know it's true
Yes, you knew all along that I'd return to you.

FIGURE 1 – HUMAN SKELETON



Foot Drop-Catch

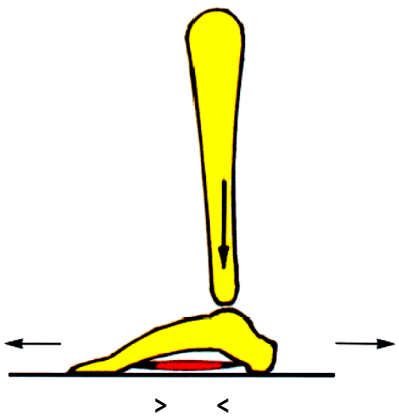
Our connection with our beautiful planet is via the feet, those amazingly complex little pads that we miraculously balance on, so we will start here and build the mind's form upwards. The tibia is the main load-bearing member of the lower leg and stands on top of the foot. As stated earlier, the bones do not transfer vertical loads directly to the foot in the way a stack of bricks would. The bones are constantly being subjected to rotational pulls and bending forces, due to the fact that, even when body is standing apparently still, it has – due to the influence of gravity – the tendency always to fall over. In this sense, it is never still. In order to keep it standing, the skeletal structure is constantly subjected to these rotational pulls and bending forces from the muscles via the tendons and ligaments. If you stand a broom handle vertically on your finger, it will fall over unless you move your finger quickly to keep it in the upright position. This is similar to the constant movement and adjustment that occurs in the muscles, even when the form is standing "motionless".

The vertical component then, of these rotational pulls and bending forces is transferred by the tibia to the foot. This is shown by the arrow on the diagram on page 16. The picture is purely diagrammatic and represents the *effect* that the downward force from the tibia has on the foot. The foot acts like a bridge and is so constructed to enable it to carry the weight of the body. This weight has the effect of making the foot flatten out. This effect is resisted by the muscles, tendons and ligaments that run along the base of the foot. Both ends of the foot are pushed away from each other, and the muscles will react by contracting. This reaction is shown in the diagram by the two arrowheads pointing towards each other. They must obviously pull in the opposite direction to the horizontal components of the vertical force acting on the foot. This reaction will keep the muscles toned up.

The above description can be summed up by saying that a *drop-catch* situation occurs, i.e., the downward force on the foot from the tibia causes the arch to drop and the arch is caught by the muscles and prevented from flattening out too much.

> This co-creation of the world by the World-Mind and the individual mind requires hard and deep thinking. It is feasible that the World-Mind gave this gift of creativity to the individual before the latter had form, in other words, to the Overself. And, just as the World-Mind spun the Universe out of itself, so the Overself did the same – via the ego – to create its own micro-universe, the body – a form of Consciousness.

FIGURE 2 – FOOT DROP-CATCH



Tibia Drop-Catch

We will now consider the situation of the lower leg when we are standing still. One thing we know for sure is, that in relation to the foot, it cannot fall backwards. If you stand up and attempt to move your lower leg backwards, keeping both feet on the floor, you will find it is impossible. The propensity of the lower leg to fall forwards is shown by the curved arrow on page 17. To prevent the bones (tibia and fibula) from falling, we can attach a piece of string or elastic from the heel to the upper part of the bones. This represents a muscle called the soleus, which runs under the gastrocnemius muscles, the big ones you can feel when you touch the back of the lower leg.

As soon as the bones fall forward they will stretch the soleus, which will react by contracting. This reaction is shown by two arrowheads pointing towards each other.

The *drop-catch* situation occurs again. The tibia and fibula drop forward and are caught by the soleus.

It's simple really! You have to choose a path, one that will lead you to find a standpoint. Too often we have opinions about matters of which we have too little knowledge. Only when you have found a real standpoint will you be able to expound your knowledge with quiet confidence and humble self-assurance. This does not mean that your standpoint is fixed and rigid; does not mean that you adopt it and then defend it at all costs and turn it into a dogma. As you travel the path looking forwards, you must not forget to look right and left.

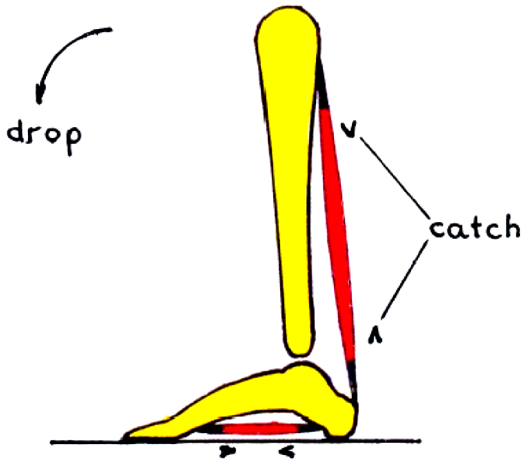
…….

With constructive awareness, you can take a step into the unknown, the untried. It is a self-discipline that will upset your settled character and your deeply ingrained negative habits

…….

The latest item of news from mainstream science at February 2000 is that the universe is 12 billion years old! On whose time scale is this based? It is based on the rate of travel of our insignificant little planet around the sun. There are a limitless number of time scales. Why do we, as puny human beings, insist on making ourselves the measure of all things.

FIGURE 3 – TIBIA DROP-CATCH



Femur Drop-Catch

The upper leg, then, stands on the lower leg. The upper leg we know for sure cannot fall forwards from the knee joint. Again if you stand up and try to move your upper legs forwards you will find it impossible. The propensity of the upper leg to fall backwards is shown by the curved arrow on page 19. To prevent the bone (femur) from falling, we can attach a piece of string or elastic from the lower leg, just below the knee joint – via the knee cap (patella) – to the top of the femur. This represents a group of muscles called the quadriceps, but only those that do not run over the hip joint where the femur meets the pelvis.

As soon as the femur falls backwards, it will stretch these quadriceps, which will react by contracting. This reaction is shown by the two arrowheads pointing towards each other.

The *drop-catch* situation occurs again. The femur drops backwards and is caught by the quadriceps.

To learn constructive awareness – the conscious co-ordinated use of the self – will not solve all your problems in life. It must, however, be included in any worthwhile philosophy of life.

…….

Constructive awareness is allied with constructive co-creation. The infinite World-Mind has given us the power to create a form that allows us to traffic in the world. This form we call the body.

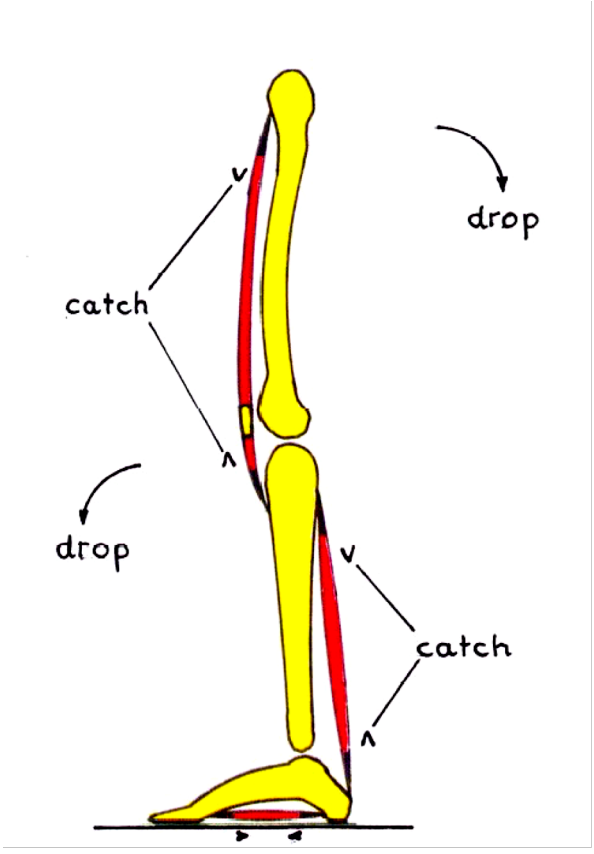
…….

The reason you can move a finger so easily when you want to is because of this intimacy – this deepest intimacy – between the World-Mind and the individual mind, as well as the staggering repetition that was performed to bring about this ease of movement. There is not a *mental* mind that moves a *physical* finger. They are one and the same.

…….

How startling to discover that the seemingly solid world of things around us is only inferred!

FIGURE 4 – FEMUR DROP-CATCH



Pelvis Drop Catch

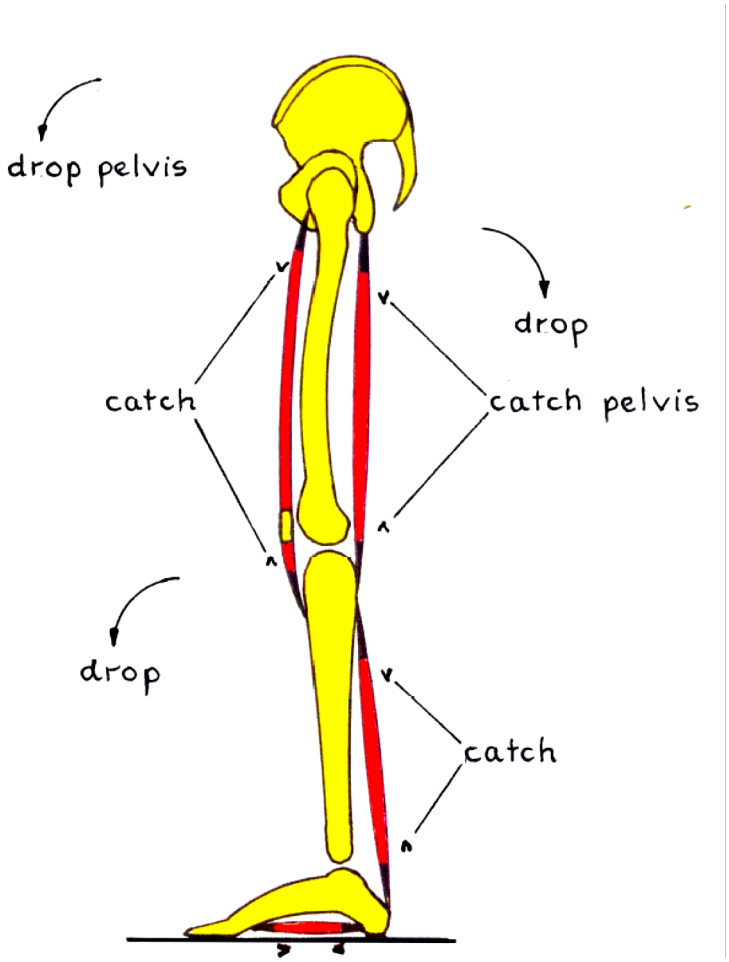
The lower and upper leg are now "stabilized"; not fixed in position but kept in place by the constant adjustment made by the muscles to the tendency of the legs to fall over. The pelvis is now put on the top of the legs, forming a ball and socket joint with each. This hip joint is so constructed that, if there were no ligaments and muscles to prevent it, the leg would swing through 360 degrees on the vertical axis.

The propensity of the pelvis is to rotate forward on the ball of the femur. This is shown by the curved arrow at the pelvis on page 21. So, remembering that the lower leg is already "stabilized", we can attach a piece of string or elastic from the sitting bones of the pelvis, down to the lower leg just below the knee joint. This string represents a group of muscles called hamstrings. You can easily locate your sitting bones by sitting on your hands, and you will feel these bones pressing against them. The tendons at the lower end of the hamstrings can also be easily located by touching them at the back of your knees.

As soon as the pelvis tips forward, it will stretch the hamstrings, which will react by contracting. This reaction is shown by the two arrowheads pointing towards each other. The *drop-catch* situation occurs again. The pelvis falls forward and is caught by the hamstrings.

> That part of the psyche known as the muscles must be re-educated little by little. When learning constructive awareness, the pupil can make quick and dramatic changes in a few lessons, but sustaining and deepening that change requires hard work and patience. If suddenly, in an instant, you achieved balanced muscle tension throughout your so-called body, it would not collapse downwards, as in over-relaxing. On the contrary, it would lengthen upwards and widen out, but the shock would probably make you faint. Our negative muscle-tension patterns are what we cling to, what we hold on to in order to deal with and survive in, the world. They must be changed gradually.
>
> …….
>
> Repetition. The most difficult thing in life for us to deal with?

FIGURE 5 – PELVIS DROP CATCH



Spine Drop-Catch

The pelvis is now "stabilized", not fixed in position but held in place by the constant adjustment made by the muscles to stop it from tilting forwards. If you look at the frontal view of the skeletal form on page 13, you will see the spine rising from the sacrum of the pelvis. Looking at the side view, on the same page, you will see the spinous processes, the bits that protrude from the rear of each vertebra. On the side view on page 23, these processes, which you can feel in the middle of your back, with your fingertips, have been omitted for clarity.

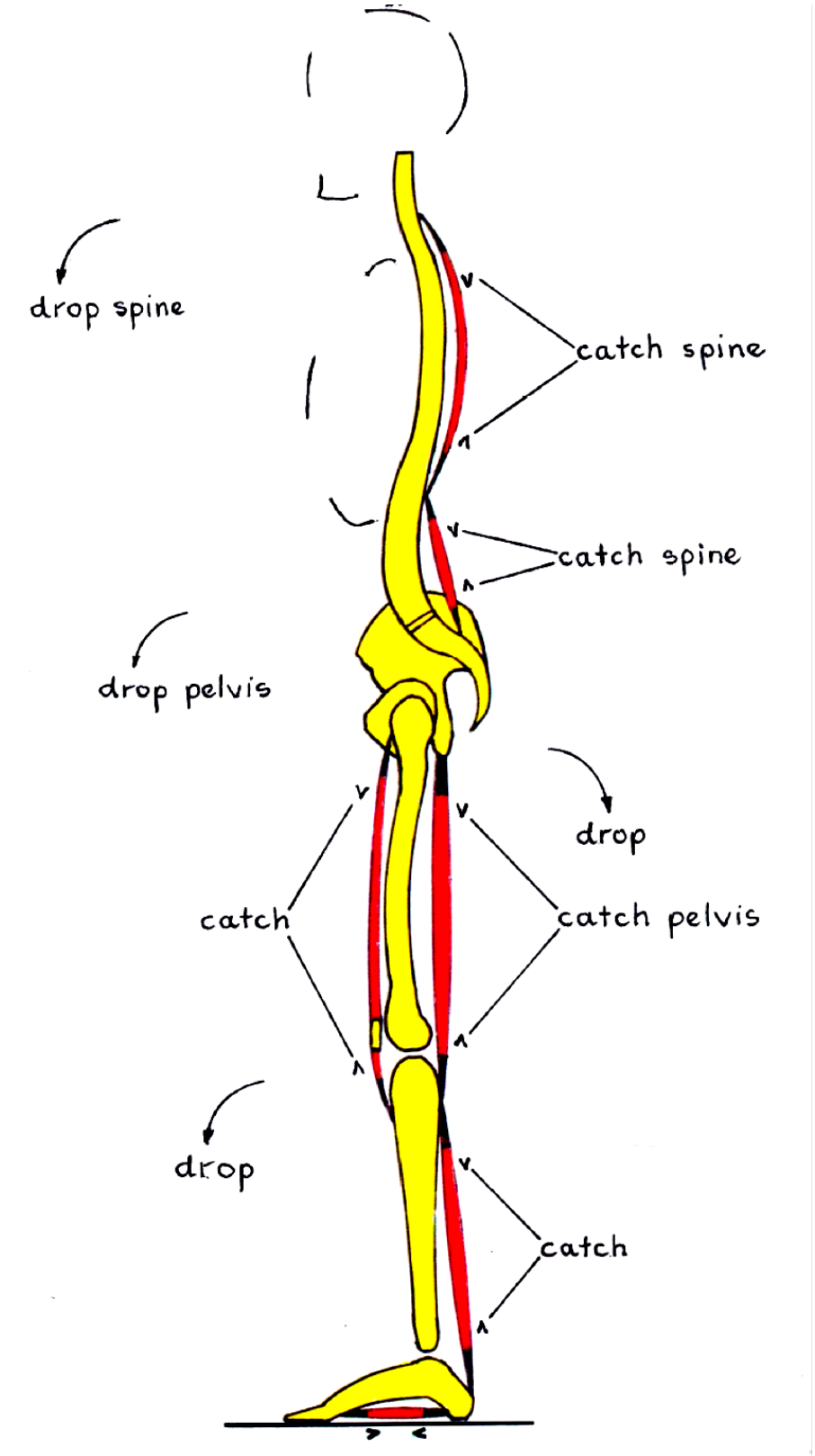
As I said, it is the ligaments that maintain the shape of the skeleton, and if the spine had all its ligaments and discs attached to it over its full length, and if the ligaments connecting it to the sacrum were also in place, then it would stand in the upright position. The spine is a mechanism, a structure of tremendous strength. It is also flexible within certain reasonable limits. The weight of the rib cage increases the tendency of the spine to fall forwards. This tendency is shown by the curved arrow on page 23.

To repeat, the aim of this book is to show the *effect* that the muscles have, not to portray them in anatomical accuracy. The hollow, then, at the rear of the lumbar spine is a convenient place to show our piece of string or elastic running from the sacrum to the top of the lumbar spine. This represents a group of muscles called the erector spinae. The erector spinae muscles do not stop here but run the whole length of the spine. You can see them in cross section on page 49, fitting beautifully around the lumbar spine. The effect of these muscles above the lumbar region up to the head is shown by the two arrows pointing towards each other. The tendency of the spine to fall forwards is resisted by the reaction of the erector spinae muscles, millimeter by millimeter, all the way up the length of the spine. Please note that it is very difficult to portray this reaction pictorially. Its *effect*, as shown, is sufficient for the purpose of this book.

Once again, the *drop-catch* situation occurs; the spine drops forwards and is caught by the erector spinae muscles.

> The spine is your true friend. If treated with love it will uphold you, support you, never let you down.
>
> …….
>
> Let your back smile!

FIGURE 6 – SPINE DROP-CATCH



Head Drop-Catch

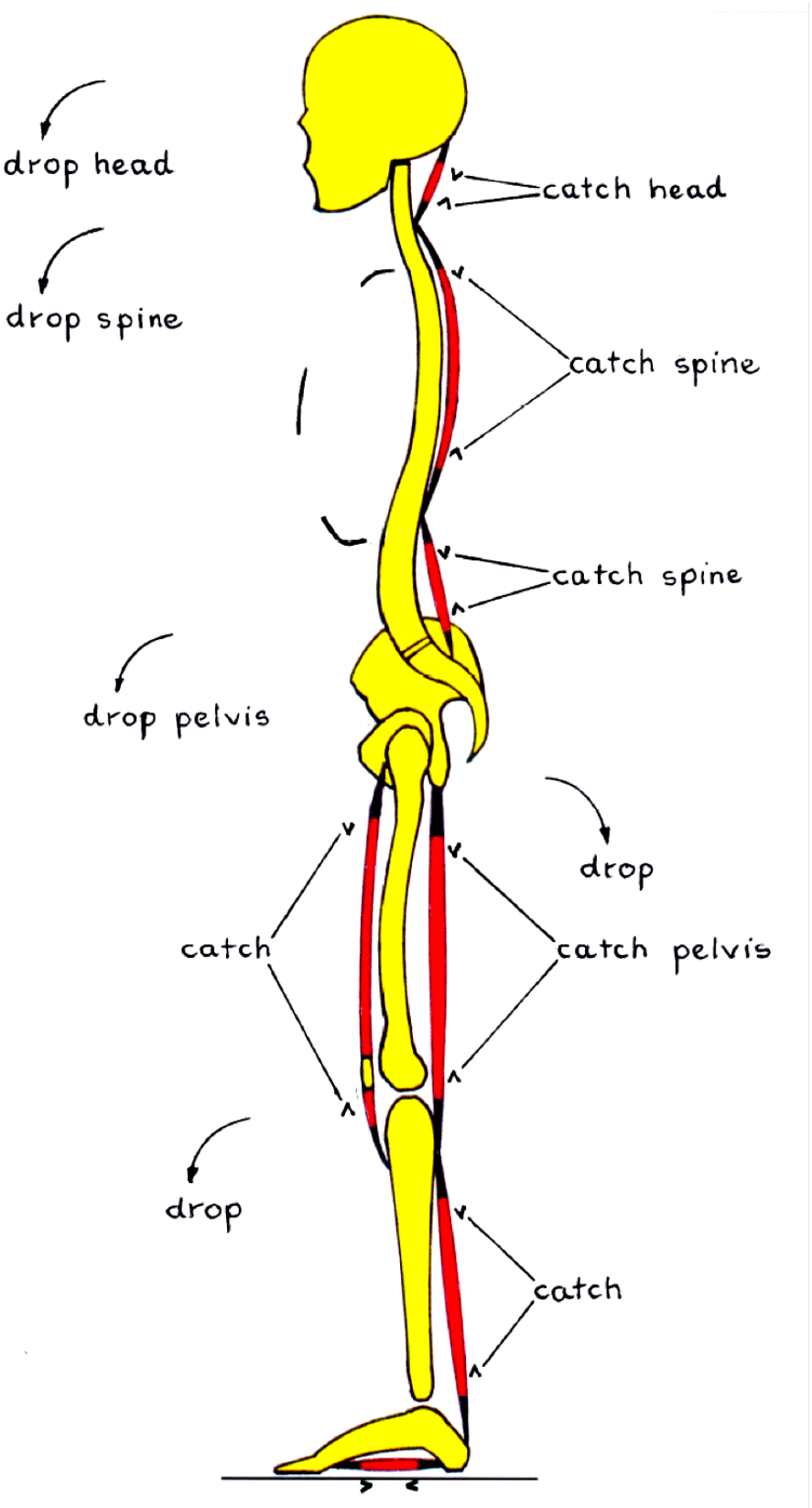
We can now sit the head on the top of the spine. Although the head is a fairly large structure, it has two very small connections, bone to bone, with the neck, at the uppermost vertebra, known as the atlas. These small articular surfaces on the head are called the occipital condyles, and on the atlas the articular facets. The actual areas of contact are only about as big as your thumbnails.

The head sits in a constant state of imbalance on the top of the atlas, and this imbalance is not only due to its small contact with the atlas, but also because most of its weight (5-7 kilos) is forward of these points of contact. The head does not sit in passive equilibrium on top of the spine, but is in a situation of ever-falling forwards. It is, therefore, held in place by a very complex system of ligaments and muscles in the sub-occipital region. As soon as the head drops forward, it will stretch these sub-occipital muscles, which will react by contracting. This reaction is shown by the two arrowheads pointing towards each other.

The drop-catch situation occurs again; the head drops forwards and is caught by the sub-occipital muscles.

> Because we can see its form, we habitually refer to the so-called body as the self. And the body is undoubtedly a part of the self; but is only a part. The self's other part consists of that which we cannot see, i.e. the ego and the Overself. We have the "I" of the ego and the "I" of the Overself. The ego is the active phase, the kinetic aspect of the Overself. In other words, the ego is the projected, active part of the soul. The ego is the channel through which the Overself traffics with the world. The projected "I" the ego, the active self, deals with form. It has created all its faculties to experience all the other forms around it in the world. It has needs such as love, fun, art, sport, study, etc. It is incredibly inquisitive. It needs to step into the unknown, to explore. Out of this need to know and to explore, has sprung its creativity; the creativity that led to the building of its form of consciousness known as the body. The Overself, on the other hand, has no needs. It dwells in eternity. It is out of time. It is out of space. It is the witness. It is still. It abides in ineffable peace.

FIGURE 7 – HEAD DROP-CATCH



Ribcage Drop-Catch

When the spine is at its optimal length, and the head is not pulled back, the tendency of the rib cage to fall forwards will be counteracted by the sterno-mastoid muscles, which run from the mastoid process just behind the ear, to the top of the breast bone or sternum. The tendency of the rib cage to drop is shown on page 27, just in front of it. The reaction of the sterno-mastoid muscle to prevent this is shown by the two arrowheads pointing towards each other just in front of the face.

The reaction of the sternum to being pulled up by the sterno-mastoid, is shown by the two arrowheads just in front of it. In other words, the pull from the sterno-mastoid stretches the sternum which will react by contracting. It may seem strange to you, that something as solid as sternum may be stretched, but all materials have elastic properties: so whether the sternum be made of rubber, cartilage, bone or even steel, the intrinsic reaction of its molecules will be to pull together to stop it from stretching.

The *drop-catch* situation occurs again; the sternum drops down and is caught by sterno-mastoid.

People come to me and say, “I feel I have no support in life”. This is an accurate feeling, because the spine is not supporting the torso. The person’s reaction to the trials and tribulations of life have shortened and distorted it. The spine must be lengthened and allowed its proper function. This is done by thinking.

…….

The chasm that yawns between materialism and mentalism is a huge one for us to jump..

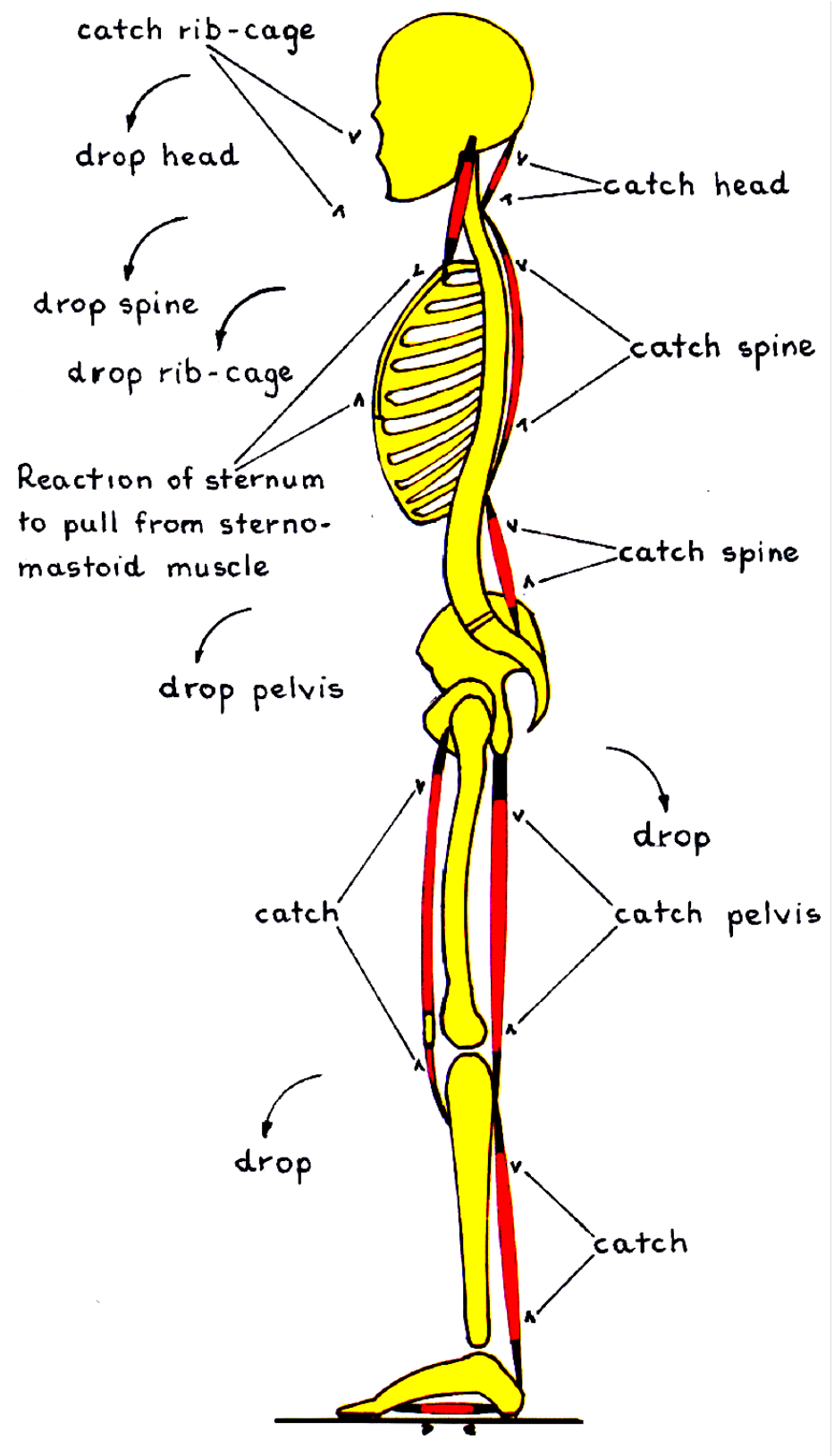
…….

Science has recently discovered that water has a memory. This is not surprising, because if it did not, it would not know how to be water. Can anything function without a memory?

…….

Be a river, go with the flow, trust your Higher Self!

FIGURE 8 – STERNUM



Rectus Abdominus

Next we can connect a piece of string or elastic from the base of the sternum to the pubis of the pelvis. This represents a muscle called the rectus abdominus, which is stretched by the upward pull of the sternum. The sternum can be seen on the frontal view of the mind's form on page 49. The reaction of this muscle is to contract against this pull. It can be seen on page 29 that the rectus abdominus, like the hamstrings at the back of the legs, helps to stop the pelvis from tilting forwards. This muscle forms part of the suspension system of the torso and we will consider this in greater detail later.

The *drop-catch* situation occurs again; the pelvis drops forwards and is caught by the rectus abdominus.

The co-ordinated use of the self must be considered as part of any attempt at spiritual progress. This is not to say that people who practice constructive conscious control are well-rounded human beings. They must also work at improving their character, must also seek psycho-physical-emotional balance.

…….

When you realize that in essence you are mind, that the body is a form of consciousness – the form the mind takes to function in the world – then you see the possibility of real change. Misuse of the self can be totally eliminated – but perhaps not in this lifetime.

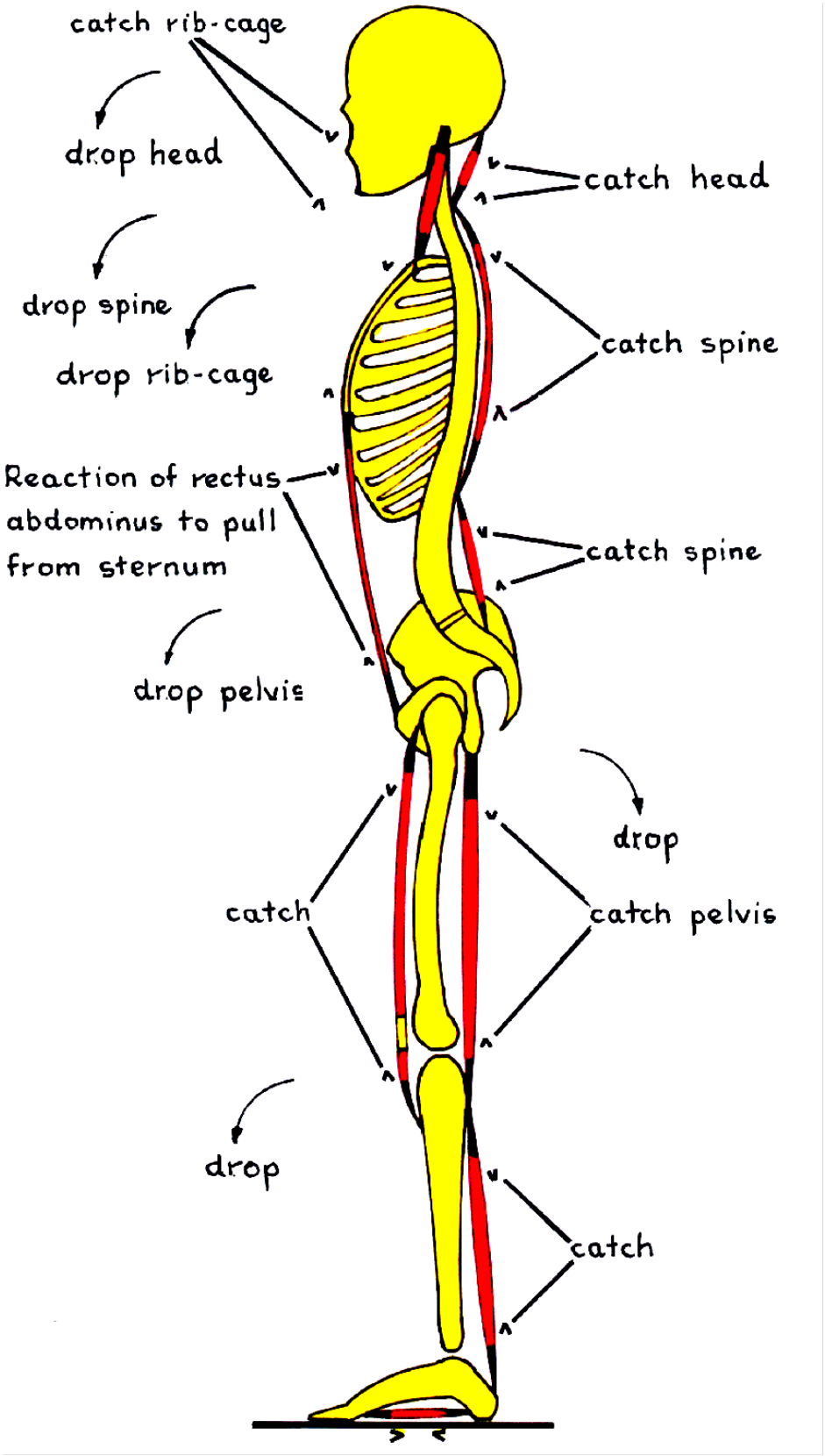
…….

This business of mentalism is a very private one between the individual and the World-Mind. In relation to other human beings, you are indescribably alone. In relation to the World-Mind, you are never alone.

…….

Too often we think we know what a human being is, when all we know is what a human being does.

FIGURE 9 – REACTION OF RECTUS ABDOMINUS TO PULL FROM STERNUM



Perineum Muscles

To complete the circle, so to speak, from the pelvis to the head and back again, we can run a piece of string or elastic from the pubis to the sacrum. The upward pull of the rectus abdominus will stretch the pubis, which will react by contracting. This reaction is shown on page 31, by the two arrowheads pointing towards each other.

The pubis, in turn, will pull on the muscles of the perineum region at the base of the pelvis. These muscles will react by contracting, as shown by the two arrowheads.

The perineum muscles will pull on the sacrum, and together with the upward pull from the erector spinae muscles, will tend to stretch it. The sacrum will react by contracting, as shown by the two arrowheads.

There is a complex system of muscles and ligaments in the perineum region, connecting the pubis to the sitting bones and to the coccyx. The effect of this system on the medial (central) plane is shown on the next page.

Scientists are debating whether or not the sun has consciousness. How could anyone doubt this of the greatest spiritual being in the solar system?

…….

Is it not strange that we can never know, in the absolute sense, how big or small we really are? We talk about the vastness of the Milky Way, for example, but to a greater being, this may be like crossing the street. Relativity reigns!

…….

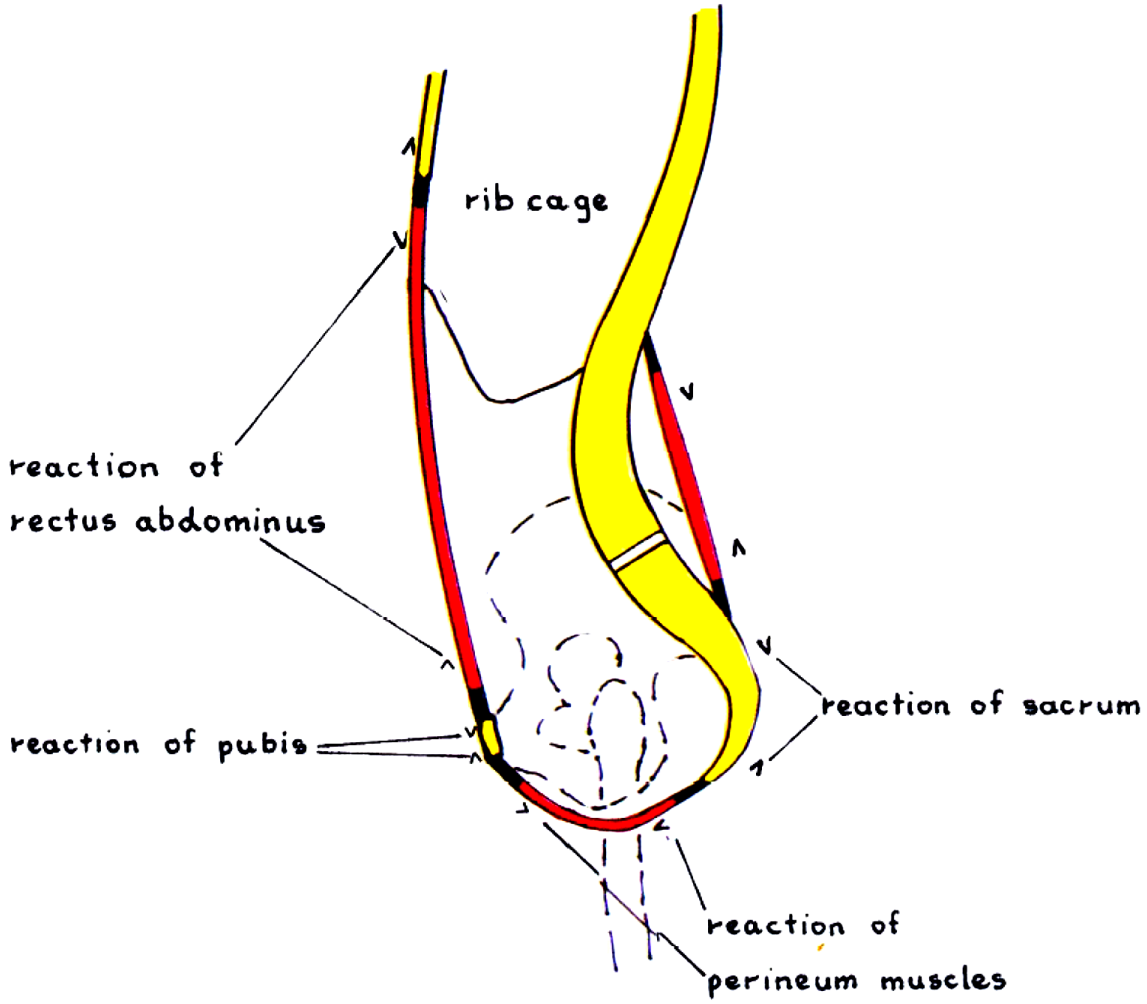
Strange that some humans – intelligent creatures – can believe that there is nothing intelligent behind the universe.

…….

"Mind over matter" is a mistaken belief. Mind can know nothing but itself. There are no other forms that stand outside it.

Be a river, go with the flow, trust your Higher Self!

FIGURE 10 – REACTION OF PUBIS, PERINEUM AND SACRUM



Articular Processes Mechanism

On page 19 I said that, "*if the spine had all its ligaments and discs attached to it over its full length, and if the ligaments connecting it to the sacrum were also in place, then it would stand in the upright position*". But there is another ingenious mechanism in the vertebral bones themselves that contributes to this. It is a function of the articular processes, and works like this.

If you look at a full-size plastic model of the skeletal frame, you will see two wee lumps, called the superior articular processes, sticking out from the sacrum and fitting perfectly with the lower (inferior) articular processes of the 5th and lowest lumbar vertebra.

You will also see that the 5th lumbar vertebra has upper (superior) articular processes that fit perfectly with the inferior articular processes of the 4th lumbar vertebra above it. This process continues up the lumbar spine through the 3rd, 2nd, and 1st lumbar vertebra, where it changes slightly when the ribs come in contact with the spine.

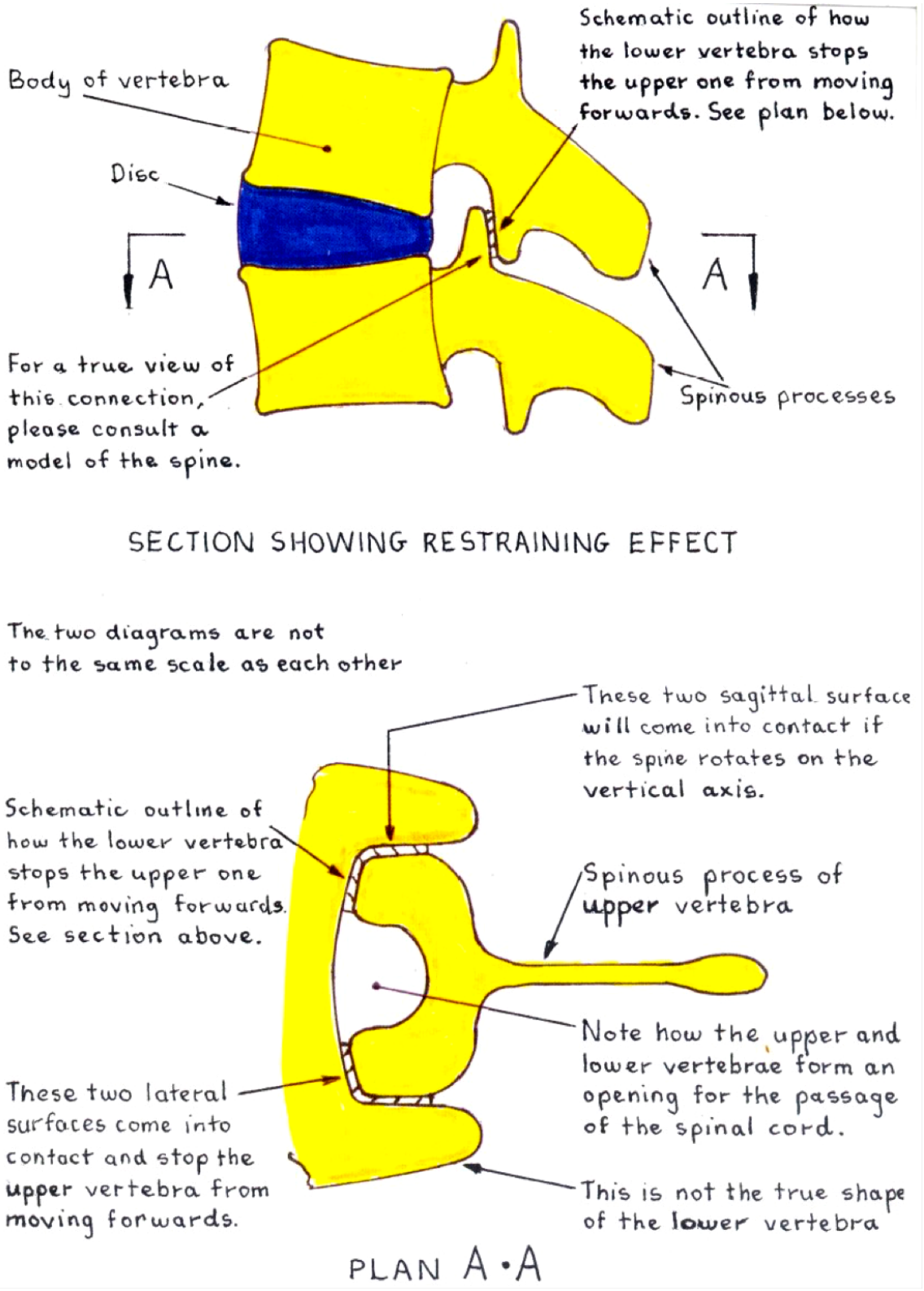
On the sagittal plane of movement (backwards and forwards) the perfect articulation of the processes has two effects. The first is short-term and involves movement, the movement of bending your spine backwards (extension). The lateral surfaces will come into contact with each other and prevent the spine from bending too far. The second effect is long term and involves stability. It is the effect that we are more concerned with here. The same lateral surfaces will prevent the upper vertebra from sliding forwards over the one beneath it. Put more simply, in the long term the sacrum stops the 5th lumbar vertebra from sliding forwards, the 5th stops the 4th, the 4th stops the 3rd, the 3rd stops the 2nd and the 2nd stops the 1st. But even if you look at a model, this effect is very difficult to see and even more difficult to draw. The effect is shown on page 33.

When you rotate the torso on the vertical axis, for example in dancing the Twist, the sagittal surface (running front to back) will come into contact with each other and prevent the lumbar spine from rotating too far. This effect is very easy to see on the model.

Articular processes that prevent the spine from twisting too far on the vertical axis, do not exist in the thoracic region because the ribs provide lateral stability. They do exist in the cervical spine but the mechanism is different from the lumbar spine.

> Change is the only constant in the "physical" universe.
> We might as well get into harmony with it.

FIGURE 11 – ARTICULAR PROCESSES MECHANISM



PART 2

BITS AND PIECES

The next part is called BITS AND PIECES, because it is a bit of a hotchpotch. In it I have covered the various aspects of the self that are related, but do not follow each other in a connected sequence.

The picture of the general action of the muscles to keep us standing is now complete. This act of standing is not something static and fixed, but a dynamic system of constant adjustment by the muscles and other connective tissue to the tendency of the free-standing form to fall down under the influence of gravity. The act of standing quietly on both feet with grace, poise and dynamism, allowing yourself the freedom to fall, is as much an art as any movement we make. Fluent standing, fluent "posture" so to say, forms the basis of free-flowing, graceful movement.

Gravity is not, however, the negative force that we habitually regard it to be. It does not pull you down, it takes you up; stretches you up at the neck and down at the lower legs. It also facilitates the torso as a suspension system. There are, obviously, many more muscles other than those mentioned in the foregoing pages, that contribute to this suspension system and to the act of standing.

If your use of the self's form was co-ordinated and balanced, then you would look something like the man in the 5th picture on page 37. His spine is at its optimal length, and his head is not pulled back, which means that his vocal apparatus, thyroid gland, oesophagus (food-pipe), stomach, trachea (wind-pipe), shoulder girdle and rib-cage are suspended from his head and the cervical spine in his neck.

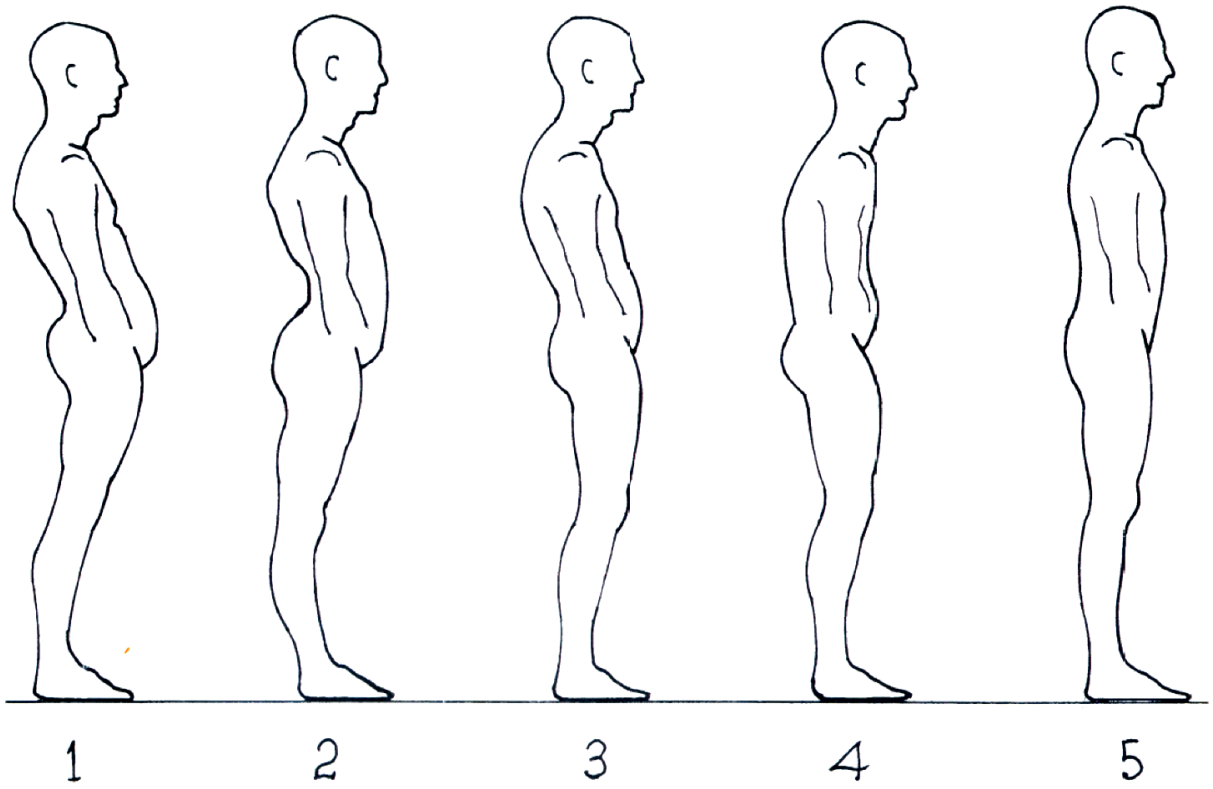
The other fellows are displaying variations of misuse, where the back is shortened and the muscles are pulled down excessively. This is a fight for survival, where the muscles are forced into all kinds of stressful shortening and flaccidity to keep the so-called body upright.

The spine shortens because, through misuse of the organism, the intervertebral discs become flatter, sometimes to the point where the disc becomes non-existent and the vertebrae fuse together. Fluid at the centre (nucleus pulposis) of the discs, which is vital to the buoyancy of the spine, is also forced out.

Note that the men in pictures 1, 2, 3, 4 are all shorter in stature than number 5.

Another point worth noting is, that if there is a pronounced forward curving of the lumbar spine (lordosis) as in figure No. 2, and if this man can bend down and touch his toes like the man on page 45, then, despite the fact that in the standing situation his spine appears shortened, his lumbar spine is actually too long and, therefore, too flaccid. In standing, it collapses down on itself and becomes distorted. This distortion can lead to chronic problems.

FIGURE 12 – VARIOUS EXAMPLES OF MISUSE IN STANDING



The Suspension System of the Torso

The suspension system of the torso is of vital importance to our health, and the following analogy may help to make its function clearer. Imagine, please, a large round tent with the main support column or prop standing in the centre with the guy ropes spreading out from the top of it to keep the tent up. When the prop is at its full height, the guy ropes will have just the right amount of tension or tonus for maximum efficiency. If the prop is knocked too far into the ground, the guy ropes will go slack and the tent itself will become floppy. This is what happens to the muscles in the neck and torso when the spine shortens beneath its maximum height. When they are floppy, however, muscles cannot function efficiently and they will shorten themselves to regain maximum efficiency in this unbalanced and distorted situation. This shortening, this misuse, becomes firmly established as a huge habit. Some muscles become very tense, others very flaccid.

Some specific points about health are worth mentioning. The first result of pulling down and shortening is that we are not breathing efficiently. The rib-cage drops and the functioning of the muscles between the ribs is greatly impaired. The rib-cage becomes rigid and does not move freely in and out. Too much work is then thrown on to the diaphragm to keep us breathing. If the spine is restored to its optimal length, the rib-cage will regain its freedom of movement, because the first and the second rib will be suspended from the cervical spine in the neck, via the scalenus muscles and each successive rib will be suspended from the one above via the intercostal muscles.

If you consult a good anatomy book, you will see that the vocal apparatus is suspended from the mastoid processes of the head via the digastric and stylohyoid muscles as well as the hyoid bone, and yet the proper functioning of this little suspension system is vital to good singing.

Again, looking at an anatomy book, you will see that the thyroid gland is suspended, via the thyrohyoideus muscle, from the hyoid bone, which is suspended from the head as described above. We all know the importance of the thyroid gland in balancing the metabolic rate of the body, as well as its role in other vital functions like healthy growth in children. Some distressing effects like goiter can happen when its delicate hormonal balance is upset. But is it not feasible that the first reason for it going wrong is the collapse of the suspension system, which not only puts the thyroid gland under excessive pressure, but also distorts its shape?

The diaphragm and the heart are suspended from the head, neck, spine and sternum by an arrangement of connective tissue too complex to go into in this book. If the suspension system is not functioning, the heart will become distorted and be unable to beat with maximum efficiency. This will obviously cause damage to it, as well as sluggish circulation throughout the organism.

All the vital organs (viscera) in the abdominal cavity need room to function well and they rely on the spine to provide this space by being at its optimal length. When the spine shortens through misuse of the organism, the vital organs will come under great pressure and dis-ease and their efficiency will be impaired. They will slip down into the pelvis. Misuse is the main reason why this mistaken idea prevails that the pelvis is a basin for holding the abdominal contents and lower regions. This is not its function. It is there mainly for the attachment of the leg muscles, and we will consider this later.

I wish to give an example here, from my own teaching experience, of the vital importance of learning the conscious, co-ordinated use of the organism, which will allow the spine to function at its optimal length. Some years ago, a woman came to me suffering from a prolapsed uterus. The doctor told her she should have a hysterectomy, but she was terrified of having the operation. She was in a poorly co-ordinated state and her spine was shortened by 3-4 centimeters, causing her uterus to collapse.

I told her that as a teacher of constructive awareness, I could not promise her a cure, as curing people was not my business. I said I could teach her how to re-educate herself in the use of her organism, so that her spine could lengthen to its full height. If that happened then it seemed reasonable that the tissue connecting the spine would draw the latter back up again. She proved to be an excellent pupil, who learned quickly how to co-ordinate herself by *thinking* (not doing) her neck free, her head to go forward and up and her back to lengthen and widen. After 20 lessons the doctor told her that she did not need an operation.

It moves me greatly when a person, such as this woman, improves so much by learning how to become conscious of her misuse, and through the power of her thinking, improve not only her health, but also the quality of her life. Use of the self is the first thing we should consider when illness comes (and even before it comes). I feel deep sadness when I think of the people who have gone under the knife, when it may not have been necessary.

> Constructive conscious control of the individual, *by the individual*, is not an "ism". It embraces everything you think, feel and do, from the most trivial to the most great. No matter what your philosophy of life is, you will have to come to it. True spirituality must include a so-called body that is expressing love, harmony, beauty, co-ordination and balance.

Walking and Upright Standing

Let's now consider the role of the pelvis and the muscular attachments to it. A perusal of them shows that the muscles attaching from the legs are given priority over those from the torso. Most of the front surface of the ilium is covered by the iliacus and psoas major muscles and the gluteal muscles do the same on the rear surface of the ilium. You can see these muscles on pages 42 and 43. They form a sort of lap joint with the ilium, rather like when you lengthen your fingers and put the palms of your hands together. You can spread lots of super glue over this large area of contact! This large area is needed because of the great forces thrown into the pelvis during walking and even more so in running.

If you look at the muscles from the torso, the quadratus lamborum, for example, you will see that they have a more tenuous connection with the crest of the ilium, and form a sort of butt joint, rather like putting the edges of your hands on the pinky side together. You can't get so much super glue on this smaller area of contact. This small area of contact with the ilium is one of the reasons why so many hernias occur.

Not only the pelvis, but the lumbar spine is subject to tremendous forces from the psoas major muscle, which is the only one that runs up above the top of the pelvis from the legs and connects to the lumbar spine. All the other muscles running up from the legs attach to the pelvis and do not continue above the iliac crests.

This shows that priority is given to the muscles that perform the most common and most necessary act that all of us have to do – WALKING. Even the large adductor muscles on the inside of the thighs have more tenuous connections to the pelvis at the front and at the sitting bones. We cannot move the legs laterally out and in as powerfully as we can forwards and backwards. Going back to the standing situation, the intrinsic semi-rigid structure of the spine means only a small amount of muscle effort is required to keep it erect, in contrast to the considerable muscle power necessary to keep the legs in place under the pelvis.

We have then, through our wonderful creative abilities, developed the pelvis to form a rigid structure of bone, capable of handling these powerful forces from the legs. As I said earlier it is not a basin for carrying the abdominal contents. The vital organs in the torso are suspended from the spine and rib-cage, hence the importance of allowing the spine to function at its optimal length.

We can now see the close interaction of the muscles that form a central band in the torso, consisting of the erector spinae all the way up the back to the head, down through the sternomastoids, the sternum, the rectus abdominus and the perineum muscles. When the pelvis is tilted forward by the action of the iliacus when moving a leg forwards and the lumbar spine is simultaneously pulled forward by the psoas major, then provided the spine is at its optimal length, the rectus abdominus will react immediately by contracting to counteract this. The

fact that this muscle is an active participant in the act of walking is the reason why it is given priority over the transverse abdominal muscles, which have a hole in them to let it run through from the sternum to the pubis. The rectus abdominus is intersected along its length by horizontal tendons that make it look like a chocolate bar on the body builders. The reason for this is that the distance from the sternum to the pubis is considerable and because muscle is so elastic and stretchable, these tendons are required to stop the rectus abdominus from stretching too much, otherwise it could not effectively counteract the tilting of the pelvis during walking and running.

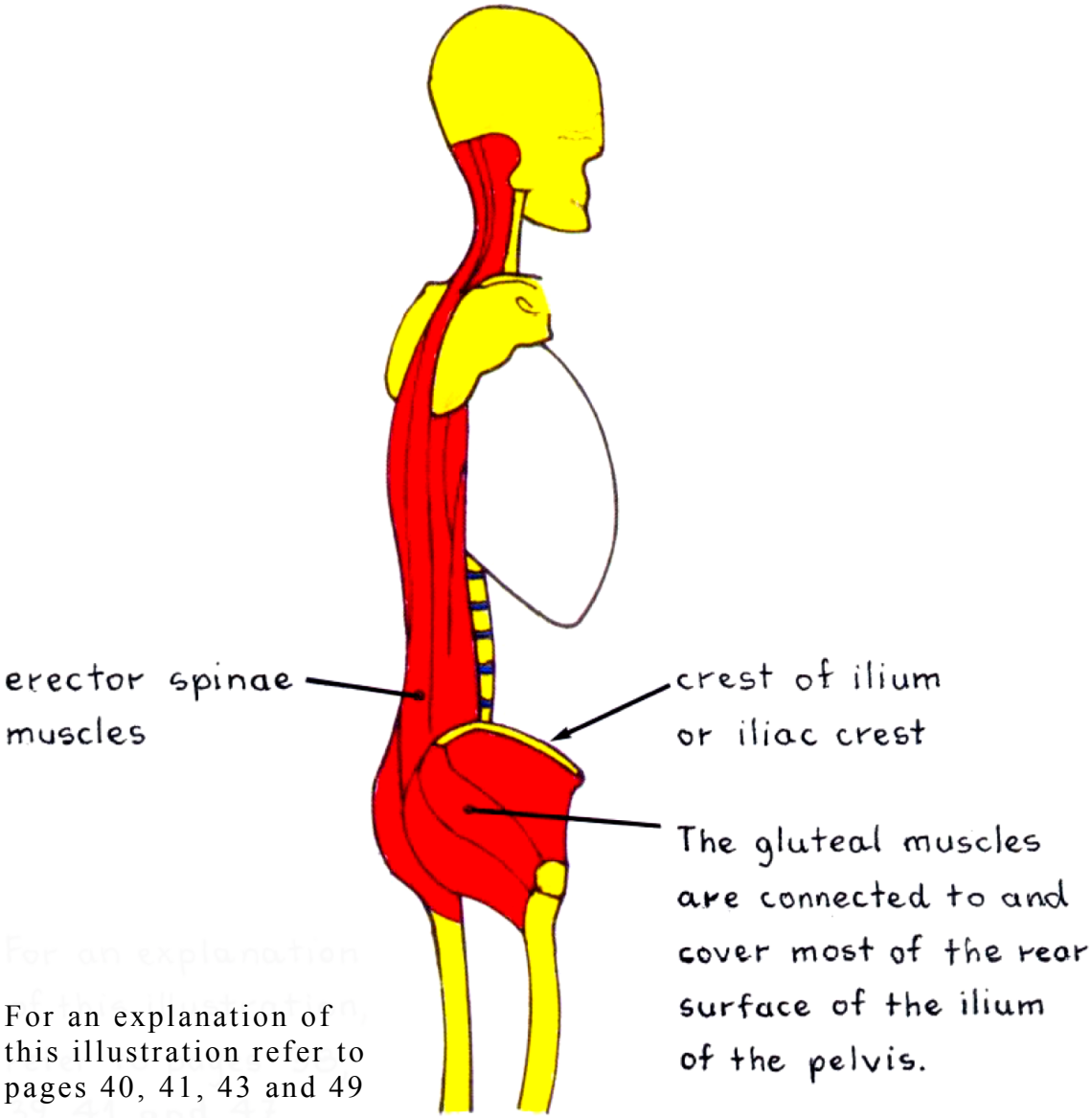
It is interesting to see that the only area where the leg muscles overlap with the back muscles is over the length of the 5 lumbar vertebra, the psoas major running up as far as the 1st lumbar vertebrae and the erector spinae muscles that hug the spine, running down and over the sacrum. Here the lap-type of connection of the erector spinae muscles with the sacrum is given priority over the butt-type connecting the muscles that surround the abdominal cavity. You can see a transverse section of these muscles on page 49.

In summary we have a central band of muscles running up and down the front and back of the torso, which, because of their more direct reaction to the powerful forces generated by the legs in walking and running, are given priority over the muscles that surround the abdominal cavity.

The power needed in the large muscles that human beings have developed, not only for maintaining the upright stance, but also for running and walking, can be more easily appreciated if we compare ourselves to the monkeys. We have big bums and monkeys don't! One reason why the monkey cannot stand or walk upright is because s/he does not posses the big powerful gluteal muscles that we have created. The act of coming to the upright situation was one of tremendous human endeavor and was performed mainly by the gluteal muscles, which had to become big enough and strong enough to haul the torso up to the vertical over the legs. This upright stance was achieved by the relentless repetition of the attempt to stand up and of refusing to stay down when we fell down, again and again. And why did we stand up? Because we *wanted* to, we felt the *need* to do so. When you were still a reptile working around on all fours, you suddenly had the wish to play the piano, or paint a picture, or plough a field and after millions of years and many reincarnations, you achieved your goal by learning how to stand up and free your forelegs for doing wonderful things. The state of being upright has not been achieved by any other creature on the planet. Neither has the ability to oppose the thumb to the fingers, another amazing creative achievement. Another reason why the monkey does not stand upright is because, at the moment, s/he does not have the wish to do so. The human had the wish and stood up as a result of it.

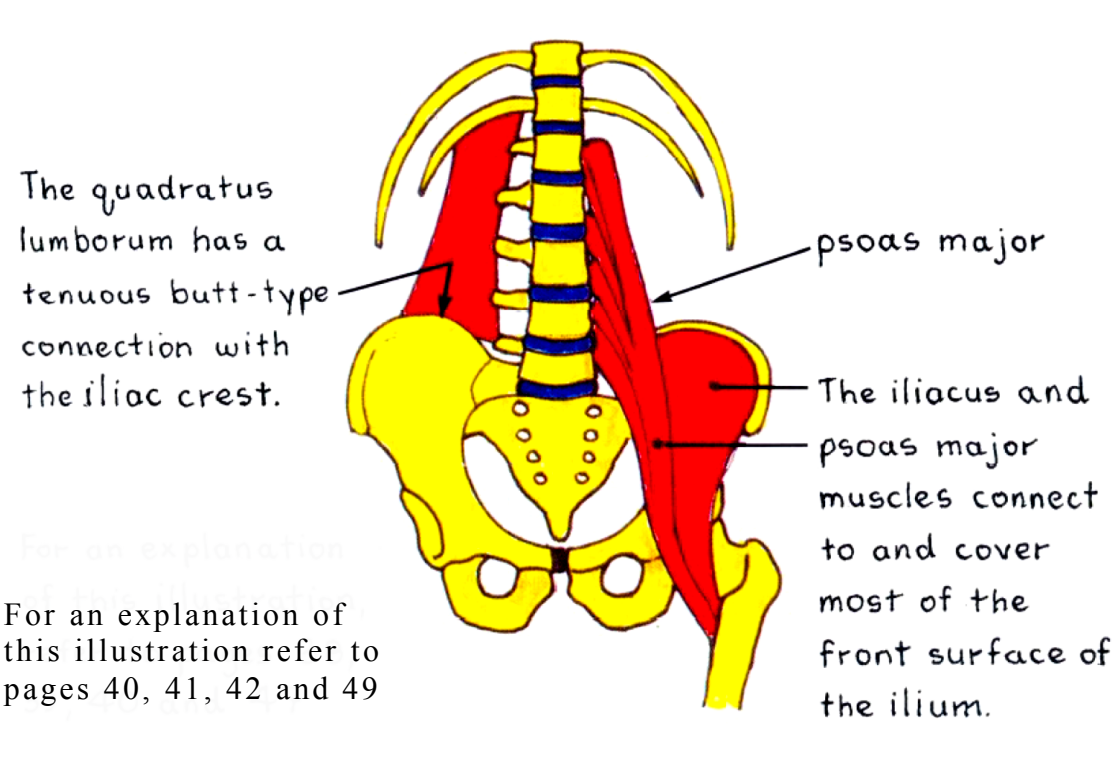
> Our creativity is indeed incredible. But then, so is that of the animals, the insects, the plants and all other forms of life on the planet. They are all selves that have created their myriad forms of consciousness to meet their particular needs.

FIGURE 13 – UPRIGHT STANDING MUSCLES



For an explanation of this illustration refer to pages 40, 41, 43 and 49

FIGURE 14 - LUMBAR AND PELVIS MUSCLES FRONT



For an explanation of this illustration refer to pages 40, 41, 42 and 49

Fitness and Misuse

Most exercises aimed at improving one's fitness are to no avail, veritable exercises in futility! They can cause more harm than good. It is the mistaken belief of many people that if you push and pull the body around with great vigour – especially using weights – until you are sweating profusely and breathing heavily, then you are making yourself fit. Too often the suitability of these exercises for the co-ordinated use of the mechanism is not appreciated. Many of them are incompatible with co-ordinated use. They are too numerous to deal with them in this book, but a few examples will be given.

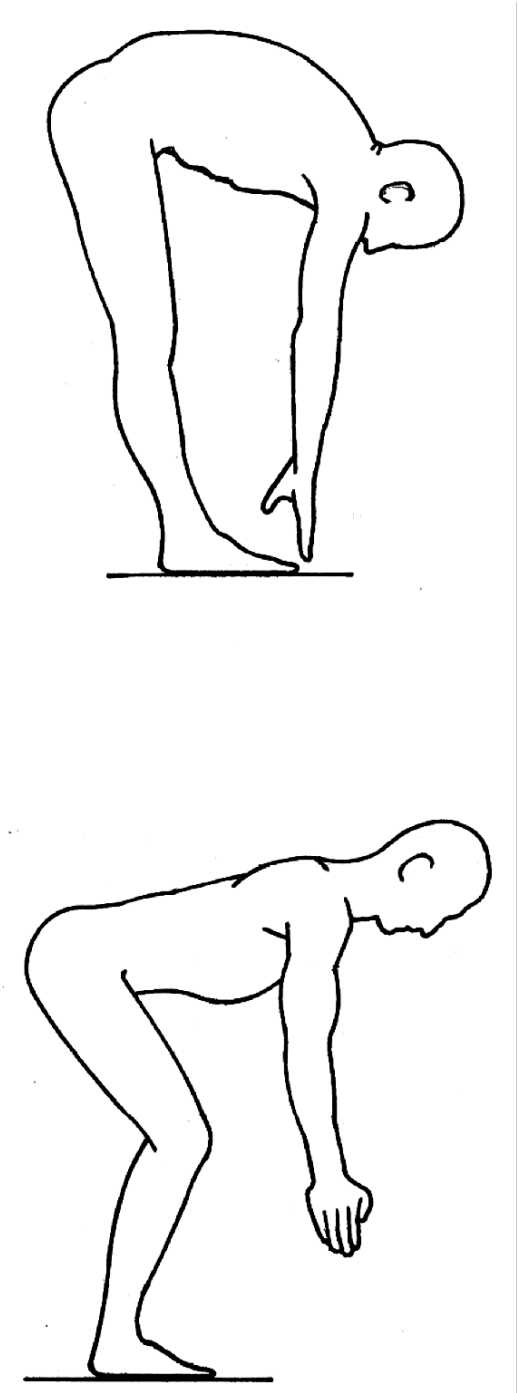
The man in the top picture on page 45 is performing a gross misuse of the organism. He is attempting to bend his knees backwards and this they cannot do. He is cancelling out his hip joints by bending as if he had a hinge at the bottom of his spine where the 5th lumbar vertebra meets the sacrum. He is in great danger of causing himself a slipped disc, because his lumbar spine is being excessively lengthened. To make matters worse, his abdominal muscles are being shortened and his vital organs in the torso are being squashed. Incidentally, I would like to meet the man who decided to be able to bend down like this and touch your toes was proof that you were in good shape. The spine is a semi-rigid structure and should be flexible enough to bend, but it is not built *primarily* for bending; the hip joints are. Note also that his neck muscles are severely shortened. When he reaches the furthest point to which he can bend, his lumbar region is prevented from splitting apart only by the inherent passive strength of the ligaments, discs and vertebrae, because his back muscles are over-relaxed. In short, this extreme situation is inefficient, unco-ordinated, passive and dangerous.

If he repeats the act of bending vigorously up and down often enough, he will be subjecting his lumbar spine to tremendous bending forces that can produce dire consequences. I read of an athlete of Olympic standard who was told by his coach that he was not supple enough and to remedy this he should practice a lot of toe-touches. This the athlete did with great enthusiasm and gave himself a slipped disc that ended his career. Even a steel rod will eventually break if you bend it backwards and forwards often enough.

In contrast, the man in the bottom picture is displaying good co-ordinated use of the mechanism. His form is hinged at the ankles, knees and hip joints. The integrity of his head-neck-back relationship is not being disturbed; that means his back is at its optimal length, his head is going forward and up along the line of his back and his vital organs have the freedom they need to function well. You can see, if you tilt the page so that his torso comes to the vertical, that his head-neck-torso relationship is the same as it would be if he were standing up. If he picks something up in this dynamic situation, the muscles of his lower back will react efficiently, not only to take the load, but also to prevent the lumbar spine from buckling, thus reducing greatly the danger of a slipped disc.

In short this situation is efficient, co-ordinated, dynamic and safer. I do not say completely safe, because even in this situation, to pick up a load of only 10 kg (plus the self-weight of the torso, arms and head don't forget) means the resultant force at the lumbar sacral joint is approximately 250kg (40 stones). We are not built for lifting heavy loads.

FIGURE 15 – GOOD AND BAD BENDING



The Sit Ups Fallacy

Another pointless exercise is "sit-ups", the one where you lie flat on the back with the legs outstretched and then haul the torso up to the sitting position, keeping the legs on the floor. As I said earlier, the only muscle that runs up into the back from the legs is the psoas major, up as high as the 1st lumbar vertebra (see page 43). This muscle must perform almost entirely by itself, the enormous feat of pulling the torso up to the vertical and beyond. It will be helped a little by the iliacus muscle, but this muscle does not run above the iliac crest of the pelvis and has, therefore, even less mechanical advantage. You can see from the picture, on page **Error! Bookmark not defined.**, the disparity between the short length of contact the psoas major has with the lumbar spine and the long cantilevered length of the torso, head and arms, whose weight it has to lift.

There is a common mistaken idea that the rectus abdominus pulls the torso up to the vertical, but it cannot do this because it does not run over the hip joint and does not even connect to the legs. All it succeeds in doing is pulling the rib-cage closer to the pelvis, which is like trying to lift yourself up by your own shoelaces. It is interesting to see that, in doing this exercise, the hands are placed behind the head, which makes the situation worse because the further you take the arms up, the more you increase the bending moment of force from the cantilevered torso, thus throwing even more load into the lumbar spine. People perform this exercise under the illusion that they are pulling the torso up with the arms, but again, this is like trying to lift yourself up by your own shoelaces. This yanking of the head forwards is increased as the person starts to tire, because the arms are not yet as tired as the lifting muscles. The neck is also bent forwards excessively as the person "goes for it" with gritted teeth and much grunting, as they are tiring and this can cause a slipped disc in the neck.

If you look closely at someone doing this exercise, you will see that the first thing that occurs is a distinct, detrimental arching of the lumbar spine, as the psoas major contracts violently to haul the torso up. This can cause damage to the spine. The next thing that happens is the head and rib-cage are brought, by the rectus abdominus, nearer to the fulcrum point – the hip joints – thus slightly reducing the cantilever effect. But, remembering that the rectus abdominus cannot lift the torso, this excessive arching of the lumbar spine occurs *all the way through the movement*, apart from the few last centimeters. The person then usually bends the torso further than the vertical and the lumbar spine is curved harmfully in the opposite direction.

The same effect occurs in the movement from the vertical back to the horizontal, because the psoas major has to let the torso out, so to speak, rather like letting a boat out with a rope as it is being pulled away by the current. This means that for most of this movement, the lumbar spine is arched excessively until the back approaches the floor, where it bends in the opposite direction.

A further point of note; most people cannot perform this exercise without putting the legs under a bench or something, or having a friend to hold them down; proof positive that this exercise is unnatural. It is also a prime example of expending a tremendous amount

of misplaced, wasted energy. If you repeat it often enough, you could cause irreversible damage to the spine.

If most exercise are not only fruitless, but also dangerous, then you may ask, "How am I to stay fit? What should I do?" Well, the best natural exercise is walking. People who walk are just as fit as people who run. Jogging is not as good as running fast, because in jogging, people usually adopt a sluggish gait halfway between walking and a dynamic running gait. Running should be done as dynamically but as easily as possible. It is better to sprint 100m then walk 100m, and repeat the sequence as often as you can comfortably manage. No trying too hard, no tightening up, take it easy. If you love to dance or play a sport, then do it, but always remember the danger of overdoing it.

We foolishly mistreat ourselves through ignorance, carelessness, neglect, self-indulgence and laziness. Then we go looking for a quick fix for our problems. Most people prefer quick fixes, hence the reason for the proliferation of the mind-set who seek them through swallowing pills. Quick fixes don't work, they only treat symptoms. They scratch the surface of the problem that lies deep within. If you knew how long it has taken you to come as far as you have, you would not want a quick fix. You would realize this is impossible. The habits of countless lifetimes have to be broken down. This realization would bring patience in your wish to change.

…….

Many moods are born of the so-called body. If it is misused and suffering from poor circulation, inadequate breathing, digestive problems, muscle tension and self-indulgence of whatever kind, is it any wonder that so many of us suffer from bad moods?

…….

Every molecule, every muscle, every movement, every mood, every memory is mind made manifest.

…….

The belief that the body is a material object is an ancient fallacy.

FIGURE 16 – SIT UPS FALLACY CONTINUED

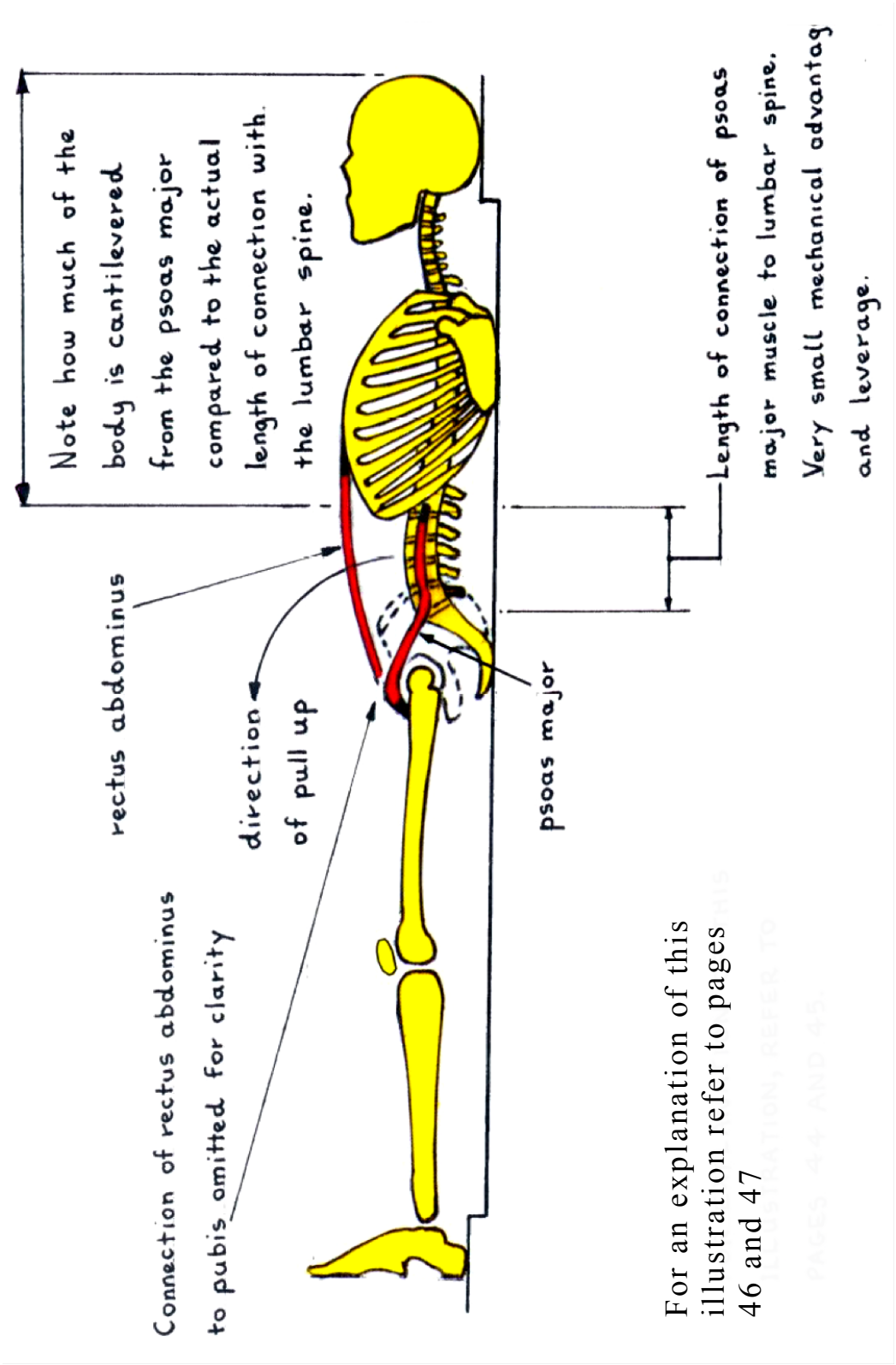
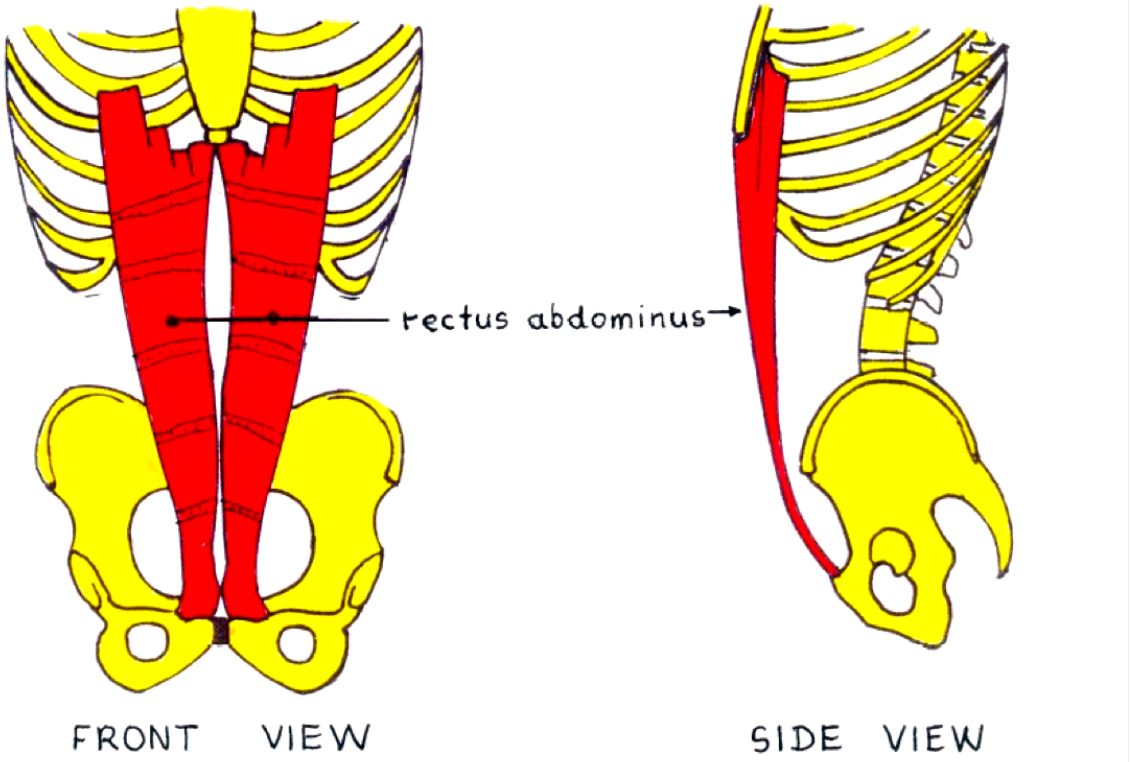
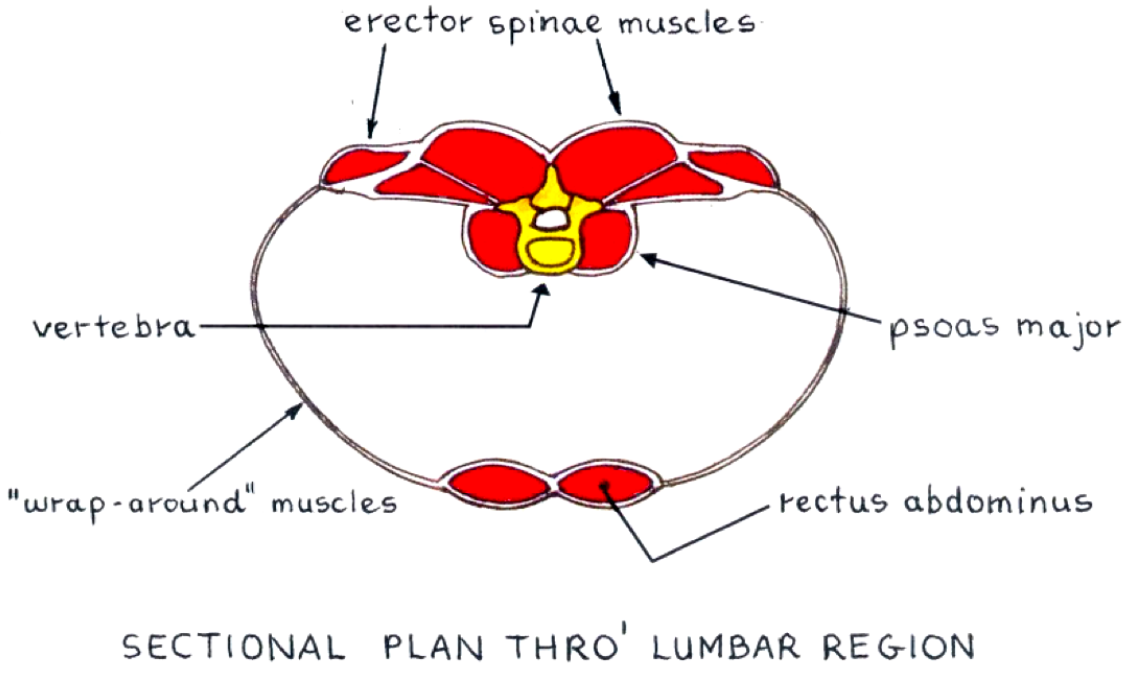


FIGURE 17 – SECTIONAL PLAN THRO' LUMBAR REGION



For an explanation of this illustrations
refer to pages 40, 41, 42 and 43



Natural Grace and Poise

Look on the page 51, at the grace and poise of this beautiful child! You can sense the power in her back as the life force flows freely, keeping her easily erect. Why, as older children and adults, do we lose this dynamic co-ordination? Observe the two-year-old standing easily erect and moving with such natural grace and poise. Observe the twelve-year-old slumping around, moving awkwardly, timidly. This is very sad.

Part of the problem is that most children are put under tremendous pressure to conform to, not only the adults' ideas of how to behave, but also their version of reality. I am sure you can remember being told by a highly irritated adult, "Do it right, do it quickly, do it my way and do it QUIETLY!". Too often we treat the children as children. Too often we fail to recognize and respect the store of ancient wisdom that each newborn babe brings with her or him when s/he reincarnates. How inspiring it is to look into the eyes of the babies and see the inner light of ancient wisdom shining brightly! How tragic that the light gets dimmer and dimmer as they are indoctrinated into the system. That wasn't education we got at school, it was nothing more than indoctrination. We were not educated about the art of living, we were indoctrinated into serving and upholding the system. Part of the art of living is the learning of the conscious control of the individual, *by the individual* and not by some other person. Children should be given the opportunity and the freedom to do this as the basis of real education.

Some child somewhere looking up to you
Watching everything that you say and do
And if you keep acting like bad is good
How will s/he know the difference?
And so it goes on, there's no end in sight
It's time to make some changes, time to get it "right"
Or they face a future that's as black as night
What about the children?
Consider them
What about the children?
The innocents
What about the children?

FIGURE 18 – BABY SITTING WITH NATURAL GRACE AND POISE

Baby Bending

It came as no surprise to me when I read that back trouble – especially prolapses of the lowest two intervertebral discs in the spine – is the biggest cause of working days lost; more than any other ailment in the whole world. This is how the statisticians rather coldly put it. But unfortunately it remains a fact that the vast majority of the human race spend their daily lives doing the 1001 things that need to be done, in a badly co-ordinated and misused way that can lead to such things as a slipped disc.

When I teach adults, and not just those suffering from a slipped disc, but also those who appear to be quite fit, it comes as quite a shock to them to realize how difficult it is to bend their knees and hip joints with the natural ease demonstrated by the wee girl on page 53. This is "baby-bending" as I like to call it. Pupils cannot believe how dynamic it is and cannot understand why something that seems so simple and easy makes their legs tremble so much that they have to quickly come back up to the standing situation. I sympathetically explain to them that for years they have been using themselves like the shortened men on page 37 and the man in the top picture in page 45. Their leg and back muscles have become very weak through repetition of this misuse. Somehow, somewhere along the way, we have forgotten that "baby-bending" is the natural way to use the organism.

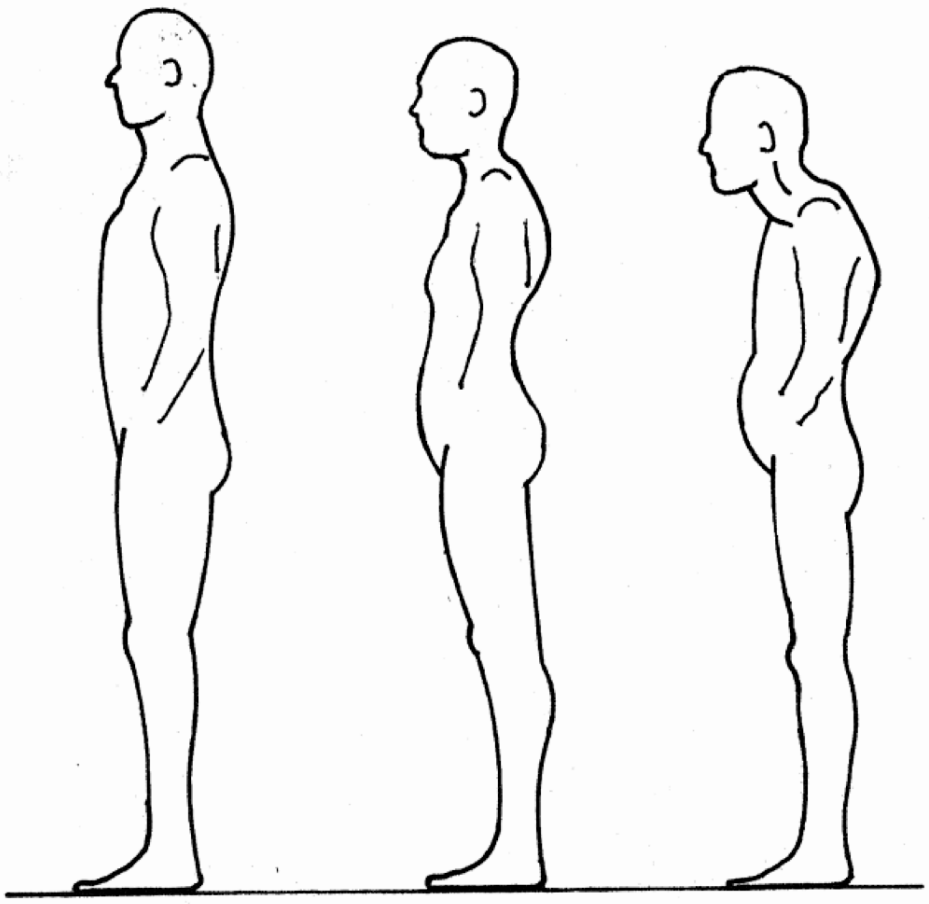
Misuse can cause the back to become so weak that a slipped disc occurs and I have worked with many people suffering from this distressing ailment. It is unfortunate that such people find out the hard way that they themselves have caused the problem. It is only when something goes wrong with the back that you realize it is the engine-room, the powerhouse of the whole mechanism. The slightest movement makes you painfully aware of how much load is thrown into the back when doing something. Because of the pain and the damage, sufferers can no longer bend their backs and are forced to bend at the hip joints. I am constantly amazed by the courage of such pupils when they smile ironically and maybe crack a joke about themselves when they realize they should have been using "baby-bending" all along.

Incidentally, another thing that some people say when they are learning "baby-bending" is: "Oh, I could not do this in front of other people, I feel so stupid and conspicuous!". This shows the pressure that we are under to "conform to the norm", shows how habitual misuse is viewed as normal behavior. Many of us do not like to step outside the zone of "normality". We prefer to feel comfortable and normal; we believe that because other people do "normal" things, we should do the same. We don't realize that just because 999 people out of 1000 believe something, it does not mean it's true.

FIGURE 19 – BABY BENDING

This child is performing "baby-bending" naturally and freely. She is reacting to the stimulus of the chicks by bending in a way that maintains the balanced relationship of the head to the neck and the head and the neck to the torso. The co-ordinated use of her hip, knee and ankle joints can also be seen.

FIGURE 20 – THE DESCENT INTO OLD AGE



The common belief that we must gradually deteriorate – as shown here – as we grow older, is a fallacy of human existence. Such a reaction is unnecessary. Unfortunately, this is what children and young adults observe and they believe that such misuse must happen to them. This is what we *think* is inevitable for us. Note that we are not looking here at states of body: these are states of mind. It is a deep and widespread misconception that "life" and the force of gravity do this to us. Not so, if we learn constructive conscious control in the use of the self, gravity becomes our ally, not our enemy. It actually causes us to stand *easily* erect.

Constructive Awareness

It has been, and still is, a source of great joy to me to teach people constructive awareness and to see them change, as shown on page 57. In order to change in this way, some people have to be brave, look in the mirror and face themselves. They have to be brave when they feel the fear as their muscle tension patterns release. It comes as a shock to realize that all those pent-up emotions are stored in that part of the psyche we call the muscles. They have to be brave when they open the door and see a long dark tunnel that they must walk along to reach the light they can just see at the end of it. They smile when I say, "Don't worry, I'll hold your hand and we can walk together."

Not all pupils feel fear. The majority of pupils are immediately happier when their muscles release and a broad smile brightens their faces. No matter what the reaction, if pupils persevere they always say that the quality of their living has greatly improved.

Incidentally, dear Reader, please don't make the assumption, "Well, most old people become like the one on the left. That only happens to the elderly." On the contrary, many young people are in such a poor state of misuse.

When the spine is at optimal length, the Spirit-Energy can flow freely through the mind's form. It cannot do this, however, if the person has no spiritual aspirations. If the lengthening of the spine were the only prerequisite for achieving spirituality, then those of us who practice constructive conscious control would be saints. But this is not so!

…….

If the spine functions at its optimal length, standing easily erect, there is clearer communication between the heart and the brain. One has a better chance to balance emotion with reason.

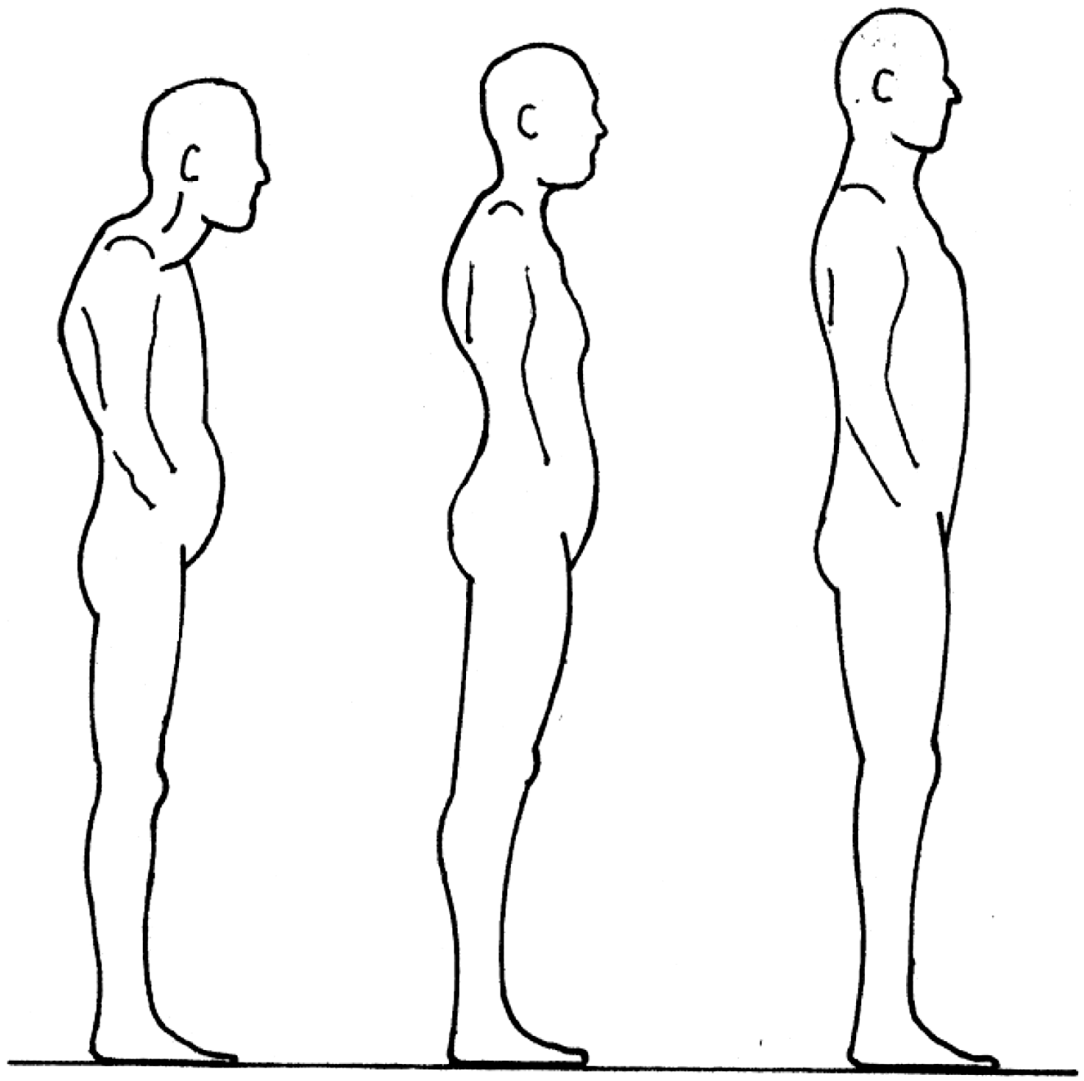
…….

"Uprightness" exists ideally within us, yet we constantly deny it through misuse of the self.

…….

A crooked spine does not necessarily depict a "crooked" person. Equally a straight spine does not depict a straight person. Spirituality cannot be measured by such things.

FIGURE 21 – THE ASCENT BACK TO GOOD USE



In my book "CONSTRUCTIVE AWARENESS", I wrote, *"We require a totally new language to discuss the self, because our way of referring to it is historically based on the common belief that the body is a material object."*

This is why I have given the title "MENTALISTICS OF THE SELF" to the chapter that deals with the apparently physical body as a mechanism. But despite the attempt to change our habitual use of words to describe the human entity, I have the uneasy feeling that the chapter gives the impression that s/he functions like some kind of sophisticated machine and the description is too dry, too mechanical. For example, "we can attach a piece of string or elastic to the lower leg to stop it from falling over." The human being, however, bears no resemblance to a machine, because the former is a miraculous entity capable of thinking, feeling and willing. S/he is a vibrant, sentient and beautiful creature who expresses the unfathomable energy behind the universe – namely the World-Mind – in a way that no machine can. S/he is made up of thoughts, emotions, and creativity that a machine does not posses. And the Life-Force, Spirit-Energy, Kundalini – call it what you will – flows through her in a far different way from a machine.

It is not enough, therefore, to describe the spine's ability to lengthen purely as a function of the amount of fluid in the intervertebral discs. The spine, like the rest of the so-called body, is vivified by this mysterious, awesome power – the Kundalini – that flows spiral-fashion upwards like a coiled serpent. The Kundalini is a manifestation of the World-Mind's thinking. Each of us is a thought-form in the World-Mind. Each of us is a form of Consciousness.

As forms of Consciousness, we are capable of giving attention, capable of self-knowledge, capable of thinking and capable of forming our own private percepts and concepts of the world around us. We are inherently curious, capable of applying introspection, capable of analyzing, pondering, capable of feeling emotions from the highest ecstasy to the deepest despair and capable of creating all kinds of things, from the beauty of inspired art to the horror of the atomic bomb. These are some of the other mentalistics of the self.

So here we have this sentient entity, this "I", that can say:-

I - as mind - am.
I - as mind - am giving attention.
I - as mind - am thinking.
I - as mind – am aware that I am.
I - as mind – am forming percepts and concepts.
I - as mind – am examining my own thoughts.
I - as mind – am analyzing.
I - as mind – am feeling this or that emotion.
I - as mind – am creating.

If the individual were to keep in mind, the phrase – "as mind" – every time s/he uttered the words "I am," then s/he would move away from materialistic and possessive phrases such as, "I have changed my mind", or "In my mind, I thought this or that." The expression "I have changed *my* mind", is rooted in, and keeps one habitually steeped in, materialism. It implies a physical entity that possesses a mind.

This is not so, you *are* a mind. As a mentalist, you would say "I – as mind – have changed my thinking" or "I – as mind – have changed my opinion".

It would not, of course, be necessary to keep repeating the phrase – "as mind". Conversely, however, to do so is not such a bad idea, because we greatly underestimate the power of habitual use of certain familiar phrases to not only affect, but also to form our version of reality. Hence the power of the materialistic phrase "I have changed *my* mind", to keep us immersed in illusion.

Incidentally, I love the way the activities of the self are expressed in the English language when we say such things as, "I am thinking", or "I am doing" or "I am laughing", etc., where, in the phrase "I am", we constantly, but unwittingly, re-state our existence as individuals. The "ing" in thinking, doing, or laughing, etc., gives a beautiful feeling of the Now, the Ever-Present Moment that the Wise Wo/men of the World exhort us to be in, to live in. A wee pause between "I am" and "thinking" etc., would remind one that, as mind, "I am – thinking" etc. "I am" is infinite, held in eternity: "thinking, or doing, or laughing etc.", is transient.

Referring back to the Life-Force, Spirit-Energy, or Kundalini, a word of warning is necessary at this point. If you have ever experienced the sudden release of the Kundalini up your spine, you will know that it is a breath-taking, irrepressible force. It is a fiery power that should not be meddled with; should not be sought after directly in the belief that its appearance is a mark of progress on the spiritual quest.

At last, science has discovered that muscle cells have self-knowledge! We can take this further and realize that all our vital organs – heart, liver, stomach, lungs, etc. – are living beings in their own right and also possess self-knowledge.

……

Memory is used all the time, albeit subconsciously, by the individual to uphold and sustain its perception of the world. This process takes place millisecond by millisecond – not continuously. If all the colors in the environment suddenly changed, you would, at least, be totally disoriented or, at most, die of shock.

Perception

Recently, I heard a scientist say, that as far as our experience and knowledge of the world of objects around us goes, we don't actually know what is out there. Science has reduced these objects to fields of energy vibrating at various frequencies, but has not yet discovered the secrets behind them. Mentalism states that, not only are these things forms of Consciousness, but so also is the body. It is as mental as a thought. It can come as quite a shock to realize that flesh, blood and bone are not material things, but ideas formed by the mind in the same way as all the other things as ideas are formed.

Let us consider the act of perceiving. To give an exact explanation of the actual process would be highly presumptuous, because I do not possess *experiential* knowledge of it and I have never met anyone who has. As discussed later, we cannot "get in" to this series of events that produces the percept, because it happens at an incredible speed, too fast for the conscious mind to grasp.

If you glance from this page to the clock on the wall, you will instantly become aware of it: you simply switched your gaze and bingo that's that! But there is much more to it. At one moment you were looking at the page and a fraction of a second later, you were looking at the clock. You were, however, totally unaware of the process of becoming aware of it. Why? The answer is that the subconscious mind that executed the series of events leading to the awareness of the clock, functions at a speed too fast for the conscious mind to catch the experience. Look around from one object to another and they appear as if by magic, as if you are simply exploring the world around you. But the tick of time between giving attention to an object and becoming aware of it contains an act by the mind of truly wondrous creativity.

Attention is the first function of the human mind. Here is this sentient, vibrant being, having created all its faculties out of the need to function in the world, sending out mental waves through the medium of the senses and in this way giving attention to and interacting with the world. When the mind, via one of its senses – in this case, sight – sends its attention to something "out" there, namely the clock, it has to take information about the clock, that is, its shape, color, movement of the second hand, etc., and work it up into a perception, a mental creation. The whole process does not start at the clock and proceed via the light-rays to the eye and then the optic nerve to the brain, from which a perception miraculously and inexplicably springs. It is not a reflex physiological process starting with the clock and somehow ending with mental awareness of it at the brain. It is a creative mental process that occurs because of the mind's fundamental ability to give attention and then manufacture its own percepts. The whole series of events that produces the event begins with the mind and ends with the mind.

Our final awareness of the clock, our perception of it, is the result of this amazing creative process that goes on beneath the threshold of the conscious mind. The individual, however, is not the only mind at work here. It is only able to form perceptions of "things" from the master image provided by the Cosmic or World-Mind, which is the creator of all "things". Staying with the individual mind, the thought of the "thing" comes after we

have given attention to it. This whole process of arriving at the awareness of the clock happens so fast that we no longer have any *experiential* knowledge of it. We have forgotten how we painstakingly went through it, time after time after time, in a series of repetitions that resulted in the incredible speed at which we can now perform it. We cannot get in as we say, to this amazing series of events. But just because you cannot witness the speed at which you – as mind – can function, does not mean you are not thinking.

What about the ticking of the clock? If you can hear it then the mind went through a similar process to that by which it became aware of the clock's shape and color. If you also touch, smell and taste it (it's a gingerbread clock), a similar process applies.

When the mind uses all six senses at once in becoming aware of something, then a percept is formed through a process of instant fusion of information from sight, hearing, taste, touch, smell and kinesthesia. This instant fusion produces the perception, the idea, the mental creation. In this case we created a perception of the clock. From the standpoint of the individual the perception of the clock *is* the clock.

It is worth noting that in studying the mind, it is possible only for the purpose of theoretical analysis to separate one of the senses out. Separation of them is not possible in actual experience.

In studying the above, it is necessary to adopt the double standpoint, the first being the philosophic, the second the practical. The former seeks to get at the essential nature of objects around us, while the latter deals with them as the solid things that the senses present to us. The Appearance is also the Real. For the practical purpose of interacting with things in our everyday lives, it is essential to treat such an object as a chair as a solid wooden piece of furniture and proceed to sit on it, for it is no less solid for being mental. We, as individual minds, have created a so-called body that possesses acute sensitivity. Our senses inform us very accurately of the world around us. If they did not, then we would walk into walls and not through door-openings, miss the toilet seat and stick our forks up our noses!

> The belief in automatic reflex actions is the very antithesis of the fact of a reflective mind functioning with incredible celerity.
>
> …….
>
> Like the term "*instinct",* the term "*reflex*" is one we use when we do not know what we are talking about.

Them Bones, Them Dry Bones

Each cell in the mind's form is a sentient, living being, whether it be brain-cell, blood-cell, muscle-cell, bone-cell, etc.. Each cell is the product of consciousness, is intelligent and thinks within its own space and time order. We are not, however, usually aware of this thinking that the cells are constantly performing. We are not usually aware of the fact that this thinking is that part of the mind known as the subconciousness or unconsciousness. Throughout the self, from Overself to underself (ego) and further to the myriad number of little selves there exists this vast ocean of consciousness constructed in a graded series, each level being unknown to the one above or below. The thinking that goes on at these different levels of the mind occurs at a speed that boggles the imagination. *In simple terms, each cell knows within its own field of functioning what its job is and how to do i*t.

In the waking state, the conscious mind can direct millions of cells to do this or that. For example, muscle cells react instantly to the wish of the mind to do things like walking, running, writing, smiling, etc.. But muscle cells are not the only ones to react to the wish of the conscious mind.

Let us relate this graded series of subconscious activity to the bones, particularly the vertebrae of the spine.

The intelligence in the deeper layers of the mind has created all the bones, ligaments, muscles, vital organs, cells, etc., that it needs for experience or development. This entire graded series of subconscious activity throughout the self constitutes the so-called body. Contrary to popular belief, the body is not a lump of matter.

But how does this come about? In my book, "CONSTRUCTIVE AWARENESS", I wrote: "*There are two main reasons why humanity has progressed to the evolutionary stage we are now at. One is the tremendous need to do, to know, to develop and to change; the other is our ability to be creative in this process.*

The conscious mind possesses limitless inquisitiveness and creativity. It is the great driving force behind our need to do, to know, to develop, to change and to create. This shows that creativity is not confined to artists, musicians, authors, etc., but is a vital function of the constitution of every human being".

Staying with the relationship of the conscious to the subconscious, I also wrote,: *"It is reasonable to suggest that our power of smell has reached its present sophisticated level in the following manner.*

At one time, in the evolutionary darkness, the creature went around sniffing absolutely everything to ensure that no danger existed to life and limb. This process was carried out with relentless repetition until, at some point, some bright individual decided it was not necessary to check everything because not all things were dangerous to its welfare.

The creature then felt a need to develop something in the body to monitor odours in a way that would free the conscious mind of the tyranny of having to pay attention to every single smell, thus allowing it to attend to other things. This recognition of a need caused the creative process of developing the olfactory lobes, which would monitor smells at the subconscious level; this process was repeated over and over until the olfactory lobes were perfected."

In other words, through the wish to develop, the conscious mind educates the subconscious mind. Repetition is the key here. Repetition fosters memory – association with past similar experience – which is the most important element in learning anything. Frequently recurring experiences become familiar and we can access them almost instantly from the vast amount of knowledge stored in memory, stored in the subconscious regions of the self.

We can now relate this very long process of developing the olfactory lobes – as well as every other part of the mind's form – to something more immediate, that is, the process of learning to play a musical instrument, say, the piano.

If one is learning to read music at the same time, then the procedure is as follows. The person looks at the notes on the sheet music and strikes the keys with a particular finger or fingers according to what the written music dictates. In the beginning this is a slow process. One has to look at the note, look at the keyboard, place a particular finger on the appropriate key and then strike it. The process is, however, an ever quickening one. Through repetition the mind creatively speeds it up, each repetition of the act of reading then striking the keys becoming faster as the mind draws on the memory of executing the previous one. This acceleration continues until the person can play the music with ease, precision and beautiful expression. The fingers fly over the keys with incredible speed and the person becomes so adept that s/he can play some things and carry on a conversation with someone at the same time.

What has happened here? Simply put, the conscious mind has taught that part of the subconscious mind known as the muscles into doing something so well that the muscle cells can perform the act of playing while the conscious mind carries on a conversation. Does this example not show the evolutionary process? Does it not show that a conscious act, when repeated often enough, becomes a subconscious one? It does not, however become automatic, as is generally believed, but is the working of a reflective mind functioning with incredible celerity.

It is now time to relate the above to them bones, them dry bones that form the title of this section. Them bones, them bones, them dry bones is a line taken from an old song that rather neatly indicates that we never see or feel live bones, only dead and dry bones. When we think of bones, we usually think of lifeless skeletons. It is impossible for us to see them functioning as living vibrant beings in the body. Bone cells, like all other cells, are intelligent beings and in many ways are just as sensitive as the nervous system. Bones manufacture that vital fluid which we all need, namely, blood.

As I said earlier, allowing the spine to function at its optimal length is vital to the co-ordinated, healthy functioning of the organism. Its deterioration by shortening during a lifetime, is one of the main reasons for us performing beneath our best potential. Too often we become, like the person on the right on page 57, stooped and stiff as we grow older.

In my experience, I have witnessed that many people accept this stooping curve of the spine as something quite natural, an inevitable consequence of growing old. When I point out to them that the vertebrae have become distorted, have changed their shape to survive in this detrimental situation, most people accept that this is so. They do not, however, accept so readily that the vertebrae will change their shape to the new improved situation brought about by adopting constructive conscious control in the use of the self. Most people do not readily accept that by the power of thinking, the wish to change, is transmitted to the bones and they will re-adjust their shape in accordance with the wish of the conscious mind. The evolutionary process described above is again at work here. The conscious mind re-educates the bones and the rest of the organism to restore them to co-ordinated use and functioning.

In short, I know from personal experience and from observing other people who have the desire to change, that if the motivation and dedication are strong enough, even the very bones will change for the better.

“Them bones, them bones, gotta walk around”
“Them bones, them bones, gotta walk around”.

(Exits Stage left, dancing and moving arms around).

Balance is a product of intelligence. We have used our intelligence to achieve it and we must continue to use our intelligence to maintain it

…….

Constructive awareness is a creative process, just as creative as playing a musical instrument or performing any other art.

\

The Great Splodge

One fine day at dawn, as I was sitting contemplating my navel, a great secret was revealed to me! From the mysterious depths where the intuition dwells, came a flash that showed me what the universe really is. The miraculous, stupendous revelation came that the universe is a GREAT SPLODGE.

In the beginning, as they curiously say, God created all. But what they don't say is that, in the beginning, God was having trouble in thinking up what to create. In fact, S/he was having a bad first day and could not conjure up any good ideas. S/he decided to do a little painting, in the hope that inspiration would spring up. But each time S/he ventured to put brush to canvas S/he stopped and stared blankly, unable to access one creative idea. Eventually, in sheer frustration, S/he hurled a huge dollop of paint at the canvas and the universe, the GREAT SPLODGE, was born.

"Hey! That's not bad!" said God. In fact, "God saw that it was good", as they curiously say.

The GREAT SPLODGE, together with all its little spodglings is shown in all its glory on page 68.

The explanation of the illustration is as follows: -

The dot in the middle represents pure MIND, the source of all, where there is repose, inaction, no-thing. It is the invisible absolute.

The yellow central area represents "MIND-IN-ACTION", MIND in its creative phase. This is World-Mind from which all things are made manifest. The universe is the imaginative construction of the World-Mind.

The red-coloured areas at the edge of the yellow area show the Overself of each individual being. They are all coloured red because there is no essential difference between the Overself of one individual and another. The Overself is the fundamental consciousness of the individual and is rooted in the World-Mind. This consciousness enables human beings to act and think in the so-called physical body. The three activities of thinking, feeling and willing are derived from the Overself.

The different-coloured spodglings, emanating from each Overself represent the ego of the individual. They all have a different colour, which shows the egos as countless human individuals in all their wonderfully varied personalities, shapes, sizes and colours. The world of form, of manifestation is the ego's world. It is the conscious thinker behind our ordinary thinking, feeling, and willing. It derives its own light and power from the Overself. The ego is reflected consciousness. The Overself is eternal, the ego ephemeral.

The ego makes contact with the "outside" world of "material" objects through the senses of sight, hearing, taste, touch, smell and kinesthesia. But this is where the illustration

breaks down, because it shows the world of "material" objects as standing outside of human consciousness. This is impossible, because to be aware of a "thing",we must know it within our consciousness. Objects stand outside the body but cannot stand outside of consciousness. In this sense, the individual is the universe.

The World-Mind expresses itself – via the Overself – through each individual entity, each individual "I"; thus we are one Consciousness experiencing itself through us.

The illustration also breaks down because it cannot show that MIND – represented by the dot in the middle – is the source of all, but paradoxically all things are contained in it, as represented by the large rectangle.

Our senses tell us what they experience *in themselves*; what they hear, feel, taste, smell and see. They tell us nothing of what is really out there.

…….

Do not assign the sweet taste to the maple syrup. It is a sensation on your tongue that you experience!

…….

The peace of the Overself is what we intuitively feel within us. This feeling causes us great yearning, great longing to return to our true home; to give up the frantic everyday dealing with the world that the ego must go through. Hence, the boon and blessing of deep sleep.

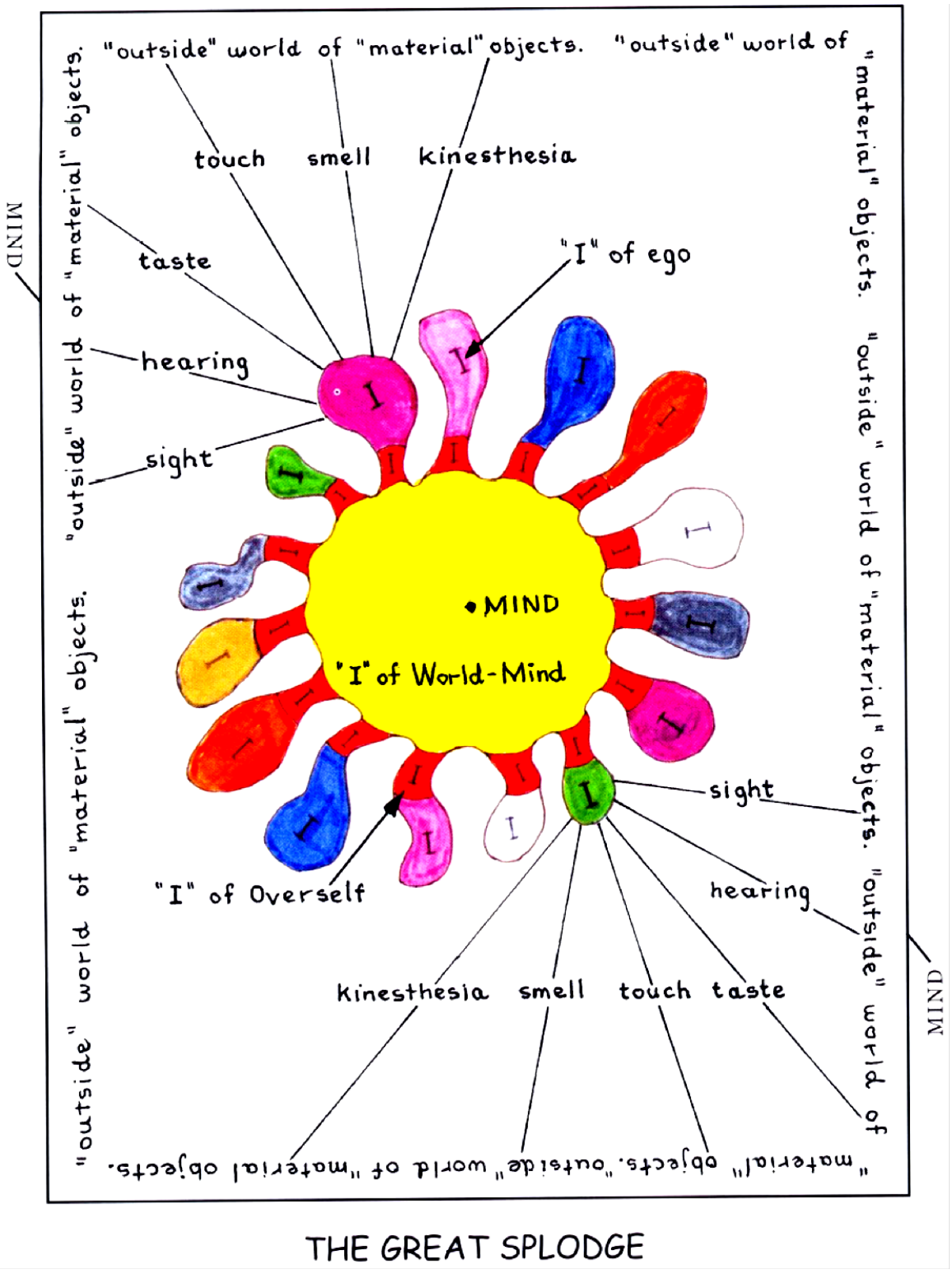
…….

Most people prefer the comfort of conventionality to the mystery of mentalism.

…….

Give yourself the freedom to fall!

FIGURE 22 – THE GREAT SPLODGE



THE GREAT SPLODGE

Café Melanie

Café Melanie is my favorite café in Berlin. The waitresses are so cheerful and helpful. One day I was looking at the front display of the menu, when it occurred to me that it portrayed a good analogy of how the individual human being is created.

The saucer represents the World-Mind out of which all beings are created. It supports and upholds the Overself of each individual being, which is represented by the cup.

The tea in the cup represents the individual ego, which thinks and acts, and through need and creativity – weaves the body out of itself. The body is represented by the steam.

We cannot tell at which point the tea turns to steam. Basically there is no difference between them. They are one and the same, not two things brought together and united. They are one. Similarly, we cannot tell at which point the mind becomes the body, because such a point does not exist.

The so-called body is the form that each individual has created and uses to experience the world.

The café itself represents pure MIND in which all things – saucer (World-Mind), cup (Overself), tea (Ego) and steam (Body) – are contained.

Thus we see from this analogy that all is mental.

FIGURE 23 – CAFÉ MELANIE LOGO

AND STILL THEY COME

And still they come …..

….. wishing, asking, fearing …..

….. wanting to express it, but afraid …..

….. weeping, saddened …..

….. startled at a glimpse of their divinity …..

….. a flash of freedom …..

….. a surge of strength that would break the chains …..

….. smiling ruefully …..

….. they would embrace me …..

….. we are one, they know it …..

….. but what to do …..

….. that's not allowed …..

….. if only …..

….. I see, but …..

….. a burst of trivia that means HELP ME! …..

….. I see eternity in their beautiful eyes …..

….. I hear the song of their souls …..

….. ancient, inexpressible …..

….. how privileged I am …..

….. we are one, we know it …..

….. break the chains …..

take it, deep into your heart …..

….. my own heart is bursting …..

….. with love ….. compassion …..

….. don't bend the knee, don't kneel …..

….. arise! As God intended …..

….. express it, the love …..

….. don't hide …..

….. take it …..

….. here I am …..

….. if only …..

….. never mind that! …..

….. it's here, it's now …..

….. Yes! Yes! Yes! …..

….. the experience you want is in the process of getting it …..

….. that's it, touch me …..

….. with your heart …..

….. knock the walls down …..

….. No! no! no! it does not have to be that way …..

….. you can shine, you can change, you can turn it around …..

….. and still they come …..

….. wanting it ….. needing it …..

….. bowed by habit, by precept, by self erected walls,

fashioned from preconceived ideas …..

….. the maze is too confusing …..

….. in stillness, for a tick of time …..

….. my love fills the room …..

….. the walls expand, bending …..

….. it overwhelms me …..

….. and still they come …..

….. stopping with bated breath as they see the light up ahead …..

….. don't loose it, don't fear it …..

….. go on …..

….. taste the uncertainty …..

….. taste the insecurity …..

….. run with it …..

….. welcome it …..

….. flow like a river …..

….. climb out of the stagnant pool …..

….. you are eternal …..

….. feel the love in your bones, your muscles, your heart …..

….. but how? …..

….. and still they come …..

….. baby-bending, isn't that strange? …..

….. but why …..

….. it only took a thousand lifetimes to learn it …..

….. you are your own creation …..

….. you are your own salvation …..

….. if you have something, give it up …..

….. flow, flow, flow, flow, flow …..

….. must I think about this all the time? …..

….. and still they come …..

….. but, I have so much to do …..

….. I can't get to me …..

….. another day …..

….. oh yes! I think I understand …..

….. it's about thinking …..

….. not to stiffen the neck …..

….. getting it, not having it, that's what you want …..

….. reaching out, recoiling …..

….. hesitant, afraid …..

….. but then? …..

….. it's very inspiring! …..

….. that means I can't go on holiday this year …..

….. thanks, but it's not for me …..

….. it's okay for you …..

….. you are in a privileged position …..

….. are you okay …..

….. I'm a little dizzy …..

….. it's nice to breathe …..

….. let the kundalini flow …..

….. we're close for a tick of time …..

….. stay with the thought of your head going forward and up …..

….. express your own beauty …..

….. love yourself, yourself, yourself …..

….. and still they come …..

….. the prison walls are crumbling …..

….. but no mighty crashes …..

….. a stone at a time …..

….. it takes time …..

….. I have a strange feeling in my foot …..

….. Oh, what a pain in my back! …..

….. that's good! …..

….. I have to come up! …..

…..you are not going to keep me

in this baby-bending too long, are you!? …..

….. this leg is kaput …..

….. no, it's just you that believes that …..

….. but why should I raise the handlebars on my bike? …..

….. I must think about it all the time? …..

….. laughing, delighted, a glimpse of their divinity …..

….. Wow, I feel so tall! …..

….. I'm not so sure …..

….. and still they come …..

….. a glimpse of understanding …..

….. the pathetic fallacy …..

….. the struggle shows in every muscle …..

….. I feel the love pouring, gushing, warm through my hands …..

….. I am humbled, but inspired …..

….. I am filled, filled, filled with love for them all …..

….. and still they come …..

….. seeking …..

I know dear Reader, that you have learned a few things from this book, namely, the moon is made of marzipan, clocks are made of gingerbread and you are a splodgling of the universe. I hope the upshot of this will be that, like me, you'll be GOING MENTAL !

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

I am a teacher of the F.M. Alexander Technique currently working in Devon, England. From 1990 to 2000, I was the Director of a training course for teachers, namely the Ausbildungszentrum für F.M. Alexander Technik (A.Z.A.T.) in Berlin, Germany. During this time, I prepared abridged versions of Alexander's four books for studying in class. This I did to help those students whose first language was not English to understand his work.

One of my abridgements "CONSTRUCTIVE CONSCIOUS CONTROL" was published in 1997 by "THE PAUL BRUNTON PHILOSOPHIC FOUNDATION", situated in the state of New York, U.S.A..

I have also written a book entitled "CONSTRUCTIVE AWARENESS", subtitled "*Alexander Technique* and the *Spiritual Quest*", which was also published in 1997 by the same foundation.

Anyone who has been stirred by this book to know more about the Alexander Technique or the theory of mentalism, or anyone who has knowledge and experience of these two subjects is welcome to ask questions or send me helpful comments and constructive criticism. I can be contacted at the following address:

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