



21 Day Tune-Up: Practice Tip #2

Okay, so tip number two, Dynamic Potent Posture. If you can recall, potent posture was one of the earlier lessons, it was the first taste you had with Feldenkrais Awareness Through Movement. It was that lesson where you were standing upright and feeling what occurs to your muscles and body physiology when you go a little too far forward, a little too far back. The purpose of that lesson was to kind of find that sweet spot, we might call it that Goldilocks spot where the body, your body, your muscles, your skeleton is an alignment where the muscles are doing the least amount of work possible.

Now, while that is a dynamic movement, it's still fairly simple in that your upright it isn't moving you through say a squat position or a crouching position. You don't have uneven terrain under your feet. So I want to bring attention to how potent posture can be dynamic, and really when we start to feel and sense this potency in all our movement, it really gives us a heightened sense of body awareness. So never stop being aware.

Now, of course, this goes back to practice number one where I said maybe sometimes at the end of our day we just have to chill out, relax, watch a show. Sometimes we got to let go of that awareness and just kind of not be so conscious of everything. However, there are sometimes where for our survival and stay safe, we do need to have ultimate awareness on what's going on. So, this is a true story. This isn't anything that might seem too drastic but I was walking in the woods a little while ago, and it wasn't raining, it wasn't anything. The terrain was fairly simple but there were some rocks, there were some roots, it's dirt.

I came across another person, another couple, and the woman, who was walking at the front, was a little startled by us. That's fine. But what occurred is she was on a rock, and just a rock that it was right by the ground but it was a little bit of a stepping stone. Her startled response made her move her head up quite quickly to look at us, and in doing that she so quickly and so unconsciously, what do you think happened? Now, she didn't fall but she almost felt, she threw her potent posture off so much that her body [inaudible 00:03:00] did this sway back, and of course, she was fit enough to





catch herself with her muscles, specifically her hip flexors, probably, and abdominals kind of jetted her back forward.

Now, of course, this was a mistake. It wasn't anything, end of the world. But if we are in an environment where we have potential to slip, to fall, to hurt ourselves, we don't want to be so diligent that we're on guard all the time and not able to relax and enjoy say, the walk in the forest. But we want to be looking around, we want to, every now and again, be looking forward so if there is that other hiker coming towards us, we don't startle and fall off the trail, or throw our balance off so much that we fall off a rock that we were standing on. Does that make sense?

So, if we think of animals in the wild, something that we looked at in that biology of stress video African Safari, they have got an exquisite sense of awareness all the time because that's their survival. Because of this innate peace to their systems, they're always sensing the ground under them. They're listening for cracks in the trees, branches being ruffled. Humans, when we get into these outdoor zones, we maybe immersed in nature or we might be in our head thinking about things that have nothing to do with what we're doing at the present time.

So, I'm using this story as a way to describe how this idea of potent posture and body awareness and orienting, there's a few pieces here, orienting to our environment and being alerted to the environment but in a calm and relaxed way is actually favorable for us. It's favorable for us in terms of staying safe, knowing if danger is coming towards us, you know, if we're not aware of what's in front us. In a trail we can have a twig, poke our eye, all sorts of things. Hopefully, that's not something that ever happens.

But I hope you understand how again, by having this attunement to our inner self, while also being connected to the external environment, this sort of continuity of being aware, we not only become more dynamic in our movement, but we have greater safety. So, play with potent posture. I suggest for this practice step to revisit the potent posture lesson. Also, I'll give you some suggestions in the text below for you to play with it at home. Take care.

