

Moshe Feldenkrais

Quotes

*Order, Thinking, Life Is, People, Moving, Movement, Body, Breathing, Muscles,
Hands, Action, Elegant, Touching, Emotional, Impossible, Brain, Small
Changes, Medicine, Weakness, Philosophy*

Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself.

~Moshe Feldenkrais

In order to change our mode of action, we must change the image of ourselves that we carry within us.

~Moshe Feldenkrais

Make the impossible possible, the possible easy, the easy elegant.

~Moshe Feldenkrais

Nothing is permanent about our behavior patterns except our belief that they are so.

~Moshe Feldenkrais

Our breathing reflects every emotional or physical effort and every disturbance.

~Moshe Feldenkrais

People confound, misuse, interchange thinking and speaking, not realizing that speaking is for communication and thinking is for action.

~Moshe Feldenkrais

Learning to inhibit unwanted contractions of muscles that function without, or in spite of, our will, is the main task in coordinated action.

~Moshe Feldenkrais

Movement is life; without movement life is unthinkable.

~Moshe Feldenkrais

Ultimately, we become aware of most of what is going on within us mainly through the muscles.

~Moshe Feldenkrais

Standing is harder than moving.

~Moshe Feldenkrais

No matter how closely we look, it is difficult to find a mental act that can take place without the support of some physical function.

~Moshe Feldenkrais

What you truly learn best will appear to you later as your own discovery.

~Moshe Feldenkrais

A brain without a body could not think.

~Moshe Feldenkrais

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