

The ideal human upright position is about
***the organization around the central axis and**
***the base of support in the vertical.** (which gets smaller every
^ time you take a step)

In standing we are actually standing on 4 feet - 2 on each side at the bottom of each leg. A ball and heel on one side and a ball and heel on the other.

Support is not a thing. Support is a potential kind of organization that we can sense and use in the gravitational field. **It is affected by our attitude, our trust, our self image – in other words, what we believe is possible.**

Walking is a self organizing function. The most skilled, effective way to improve walking is to improve one's self organization.

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(as heard by H Goslins)