

MOSHE'S ROOTS

Virtually everyone who studied with Moshe feels that something was given to them. That he imparted an essential spark of his creative genius to them alone. Of course Feldenkrais would maintain it was we who came to realize our own genius.

Moshe's Talmudic roots:

“The completed motion of lowering and lifting the hand houses the secret of mercy and rigor.”

“In everyone there is something precious which is in no one else.”

Rabbi Pinhas of Kinets (Moshe's ancestor.)

Moshe's Judo roots:

“It is not important to be better than someone wise, but to be better than yesterday.” Jigaro Kano (Moshe's teacher.)

“Jujitsu, according to legend, invented in Japan 20 centuries ago by a physician's astonishment at how different branches of a tree were resisting the weight of snow. Strong rigid ones would resist for a long time without bending and end up breaking under the weight. The narrow, flexible ones would not resist but immediately bend and straighten up again once the snow had slid off.” Moshe - “Self Defense”

Moshe and the spiritual:

“This cosmic reality is so immense and overwhelming that it is only when we are at our best that we can catch a glimpse of it.” Moshe

“Feldenkrais embodied a synthesis of the spiritual with the scientific and made it a path of intimate observation. - scientific investigation and inquiry into experience itself, guiding levels of learning that could reach levels felt as both ecstatic and transformative.” Mark Reese

