

#### 4 MAJOR QUOTES FROM 4 TEACHERS ( all relating to CFR )

“Paying close attention is essential to long term plastic change . . . .  
Performing tasks automatically may change brain maps, but the changes  
do not last. . . . Learning is activated only when something important,  
surprising, or novel occurs, or if we make the effort to pay close attention.”  
M. Merzenich - leading brain plasticity researcher.

No matter what happened in the past, it cannot prevent you from being  
present in this moment. Therefore the past actually has no power.  
E. Tolle - New Earth

Moshe Feldenkrais's work is not about recovering abilities, it is about  
recreating abilities.  
N. Doidge - The Brain's Way of Healing, best selling book on the  
brain.

Nothing gets truly better until you create movement in the places in your  
body you don't know you are not moving.  
H. Goslins - Founder of CFR