

Ending Quotes for Workshops - Seg 8

The body that only knows how to be ready to defend will not see all the range of possibilities in every situation. R. Alon

Your body is part of nature. It belongs to the secrets of creation, and the mystery of creation is far beyond your mind. You realize it is not your mind that has to work on it. You stop frustrating yourself with attempts to control. You come to trust the relationship, and the continuity.

R. Alon

The mature adult, who is capable of taking responsibility for his own life, has one thing he has learned, and that is - how to disassociate emotions from patterns established from the stress of dependence, and to fix the urge for action on what he finds expedient.

From The Potent Self, Moshe Feldenkrais

Ring the bells that still can ring
Forget your perfect offering
There is a crack in everything
That's how the light gets in.

"Anthem" by Leonard Cohen

