

Crucial Quotes by Moshe  
To say (at the appropriate time) at every WEEK Long Workshop

1. Until you know what you do, you cannot choose to do otherwise.
2. People were built to evolve ability
3. Don't focus on what's wrong and try to fix it.  
Take what you do well and make it better.
4. 2/3's of all the world's misery comes from people who are doing one thing  
and thinking they are doing another.
5. Habits destroy inner ability.
6. Effort decreases sensation.
7. Out of sensation-Out of function.  
Out of function- Out of sensation.
8. Once a person has tasted the goal, he is no longer interested in upgrading  
the means.
9. Go fast but don't rush, don't hurry. If you rush or hurry, you are just showing  
everyone that you can't go fast.
10. We make the impossible possible, then the possible easy. Then the  
easy aesthetically pleasing.
11. It's not a question of finding the loose screw, or the afflicted area. It's  
a question of the failure of the intention to produce the action.
12. "Stability" is for trees. Ability to recover stability is for healthy human  
nervous systems.
13. The solution to all the world's problems is "length" (more length in  
the spine- that means no compressing vertebrae and disks.

14. Change the way you move and you've changed the nature of your mind.
15. We function as we sense, not as we are.
16. The beginning of any movement determines the caliber of the entire movement.