

## ARMS RIGHT ANGLE

- TEST
1. Sit cross-legged. While looking straight ahead, check peripheral vision, side to side, up-down.
  2. On Stomach, palms down on floor either side of head. More comfortable cheek. Keeping nose turned to side, lift head and mark on wall how high you can see.
  3. On back, scan. Feel backs of arms on floor. Sense of elbows on floor.

On stomach:

1. Pay attention to which side you put your head. Try it the other way and notice that head and spine don't turn equally well both ways.

### HOW TO TURN HEAD WHILE LYING ON STOMACH

We're going to take a moment here to learn the way that is the easiest on the neck to turn from lying on one cheek to the other. Don't just turn your head straight across, dragging your nose across the carpet. Instead, draw an imaginary upside down U on the carpet.

Or think of it as the top half of a circle and trace the semi-circle with your chin from one side to the other, and then rest on the new cheek. Then reverse and trace it back to the first side and lie on the more comfortable cheek again. Repeat once more and back.

Feel that rather than rotating your neck, you are raising your chin away from your throat.

As you turn your head, shorten the back of your neck. This is a much kinder way to turn your head whenever you are lying on your stomach.

2. Return to the side your head feels more comfortable on. Notice which direction your nose is facing. Put the arm on the same side nose facing, palm down. Make a right angle at the shoulder and at the elbow so that all parts of your arm are resting on the floor. Your fingers are pointing upward in the direction of your head. [Extend both arms straight out level with shoulder, then turn forearm nose facing R angle UP - palm down, and the forearm behind into R angle with fingers pointing toward feet - palm up. Keep a "broomstick" through shoulders to elbows.]
3. Now do the same with the other arm behind you but in reverse: the back of the hand is down and the fingers are pointing towards the feet. Feel how to make a right angle at the shoulder and at the elbow with this arm. We should be able to lay a broomstick from one elbow straight across your upper back to the other elbow.
4. Now, keeping the arms on the floor and maintaining the right angles as much as possible, begin to make small movements of both arms first toward the head and then toward the feet, moving both in the same direction at the same time. Feel which parts are really on the floor and whether both arms obey equally well.
5. Stop in the middle and review that there are right angles at the elbow and at the shoulder of both arms. Is the elbow as far from the body as the hand? Don't look. Feel. Use kinesthetic information.

6. Leaving your hand on the floor, lift the elbow of the arm you are facing. Put it down and now lift the elbow on the other side and compare the clarity and effort of the movement. For some people it is more difficult or at least strange. Now, slowly turn your head to the other side and lift that elbow again and notice the difference now. We have an inner impulse to do things symmetrically. Take head back to easy side.

## REST

7. Now very slowly, move both arms on the floor in such a way as to make it easy to turn your head to the other side. What do you have to do with your elbows and hands to turn your head in the easiest possible way? Slowly, you can straighten the angles. Do it any way you like without lifting your elbows, or as little as possible. When do you fully straighten out both arms? Everything stays on the floor. Move your head to the other side in an easy fashion. At some point in the middle you will look like a cross and then your arms will bend into right angles again, reversed from how they started.
8. Begin turning the head and arms again, synchronizing the movement and turning your head in the way you've learned. Notice what happens in the chest and back muscles. Where is the difficulty in the arms? There may be asymmetrical muscle strength in the shoulder blades and chest. One side may be stronger, one weaker. One suppler, one stiffer.
9. Gradually increase the speed without increasing the effort. The hands must move continuously. One arm downwards and one upwards. Change over the head when you change over the hands. Go fast without hurrying and finish at right angles. Put an imaginary pin through your elbow into the floor so the lower arms just straighten and rebend while the elbow stays put.
10. Stop the movement. Put the hand you're facing behind your head. Put the other hand underneath your forehead so that your forehead is resting in the palm. Slowly roll your head L&R using the hand that is on top (on the back of the head). Notice that the eyes follow nose, move with the head. The eyes go right when the face goes right. Make small movements. When the hand on the back of the head pushes the head to the right the eyes go left. When the head is pushed left the eyes go right. One eye goes toward the nose and the other goes to the outside corner. The elbow that is moving the head must leave the floor. Go slowly to pay attention to everything. Notice your breathing.

## REST

11. Begin moving your head as before and now keep your eyes in the middle. Think that you are looking deeply into the floor and far away. Now move your eyes upwards as if to look above your head and then down below your feet. Keep moving your head side to side, letting the arm do the work. As you do this you may feel the reorganizations of the muscles at the back of your head.

12. Continue moving the eyes up and down, the head side to side. Move the eyes quicker than the head, light and easy like a flicker. Notice if you interfere with your breathing. Stop the movement of the eyes and neck for a moment and notice if you feel the change of tonus, that is, where you can feel the creeping feeling of the tonus to the muscles changing and change means changing the way of contraction.
13. Start moving the eyes slowly up and down in the middle and very slowly roll the head R&L, side to side slowly. Don't do one at the expense of the other. That's not always easy to do. Anyone who hurries is wasting their time. The attempt will produce some kind of change even if you don't succeed in doing the movement perfectly.
14. Continue. Turn your head R&L and eyes up and down. When do the eyes go up? When you turn to the L or the other way around? Listen to the wording to learn not to get confused. So when do the eyes go up? When you move your head to the L or the other way around?
15. Now change over and do it the other way around several times. Attend to your breathing. Observe how long is your self from the toes to the heels, to the calf muscles, to the parts lying on the floor, to the split between the buttocks, to the thighs, and backs of the knees. Keep doing the movement while I talk. The brain is complicated to infinity. We can learn to attend to many things at once. How much of your body can you be aware of besides the parts that you are intentionally moving?
16. REST on your back. Think of anything else. Note the kind of reorganization with the flattening and lengthening that happens because of this insignificant movement of the eyes.
17. Roll over onto your stomach and organize your arms into R angles as before with your head facing the hand that is up. Slowly straighten the arms and change your head over to the other side. Change over several times and feel the difference when you lift your head. How has the overall organization changed.
18. Slowly come up to standing and look around. Are colors clearer or more intense? Do you see more detail than usual? Walk around and notice how you use your eyes.
19. REST on your back. [Moshe: "don't put glasses or contacts on right after lessons if you want to see well. Eyes get a peculiar personal orientation that is you. Eyes are made to look everywhere. Reading for one hour without looking up is the same as holding one fixed position with your body for an hour. All the eye muscles are fixed at 25 centimeters for an hour - or for most of your life. Eyes can get into a fixed position just like a scoliosis. Those who use their eyes intelligently have better eyes. They read and look up from reading. Keep looking up - it makes your eyes see properly. It's keeping a fixed focus that causes problems. ANY HABITUAL, COMPULSIVE WAY OF DOING SOMETHING WILL EVENTUALLY DESTROY THE PART BEING USED!"]
20. Sit cross legged (hands in front). With eyes only look to the R, eyes open and soft focus, as far as possible and then move the eyes up and down MT in an arc at the R margin. Locate each pupil in the

respective corner of the eyes. Try both slow and fast movements and gradually increase the size of the arc. If there's a place where the eyes don't move smoothly, go just to that point and back ST until you can go past it smoothly. Hands in front of you.

21. Close your eyes and continue. Keep increasing the arc until the eyes come to center at the top and bottom, until they go past center, until the eyes reach the full L corner of the eyes, so that they make a full circle from the L corner, CW and then CCW.
22. Now, lean back on your hands and continue. Feel how the head tends to move slightly with the eyes. Observe your breathing and the other parts of the body.

REST Palm your eyes.

23. Lie on your stomach as before with the arms at R angles. Reverse the head and arms MT. Observe how much more elegantly you move. Continue but turn the eyes opposite the head, that is, keep the eyes looking down into the floor as the head moves. Do it at a speed allowing quality and elegance. Stop on one side and imagine looking into the distance and move the eyes up and down as far as they will go without strain.
24. Continue moving the eyes up and down while reversing the head and arms as before.
25. Continue reversing arms and head but now let the eyes move with the head.
26. Stop the movements and observe how you lie on the floor. Lift your head and notice how the chest participates.

REST on your back.

Moshe: "Suppose I'm used to crutches and I just had a lesson. If I use my crutches now, how will I improve? One of the most important things in learning is transference, you have to transfer ideas. Any monotonous habitual way of doing things causes trouble. Don't use your glasses after a lesson. Give yourself a chance of reorganizing the eyes after work, before changing from the dominance of one eye to the dominance of the other. If you change the dominance, it changes the organization of the body. What you are learning now is to become aware. It makes a tremendous difference to the chest. What you do with your eyes makes a difference in your neck and chest and hips and other parts."

27. Sit cross legged, R leg in front. Hands in front. Eyes open. Move both eyes to the R. R eye to the outside corner, L eye to the inside corner near the nose. From there move eyes up and down, around the corner and back again. Feel the L eye go towards the nose. Locate both eyes. Down, back and up. Observe what stops now and where it stops you.
28. You will find a point where the eye movement goes from one muscle to another, and some people don't move slowly then. Their eyes jump. People don't see clearly in those places. This can affect the suppleness of the body.

29. Find the point where the eyes jump. Go back and forward, back and forward, slow and fast, until you feel the eye making bigger movements. Go to the point where it is difficult, with the same ease as the easy ones, until you can cross over the difficult point with ease. Now close your eyes and it will be even better.
30. Keep moving the eyes CW and CCW as you listen to me. Go slowly and with attention to avoid dizziness and nausea. To move the eyes means the muscles of the eyes are moving. The position of the eyes changes the entire distribution of the tonus of the body. Small children before the age of two years old do not get nauseous on a ship because the pelvis is flexible, therefore, the head remains stationary and does not bob up and down, so they do not get sick. A child moves as a sailor does. Adults have stiff pelvises and they cannot easily adjust to the floor changing.

#### REST

31. Sit again cross legged with your L leg in front and your hands comfortably in your lap or in front of you. Close your eyes. When eyes are open , 90% of the action in the body is already mobilized, so close your eyes and the muscles of the eyes have a chance of changing without intentional movement of the head.
32. Look down and then to your R, and then around the brow and down again. Then go to the extreme R. Move more down and more up until it becomes familiar. At the point where it feels you can't go further, move back a little and forward a little until you get full movement around the eyes. Feel the stomach, the change in the neck muscles, head, mouth, lower abdomen, breathing and floating ribs behind and feel the movement around the eyes.
33. Do it until you can make another complete circle. Down around to the corner and up, slowly. Now, lean back on your hands. Without the difficulty of the need to balance, you may find some profound changes. Keep on doing the movement while I talk. The more you learn to generalize, the greater will be the effect. With every movement the entire world changes. No one wants to change to the point of losing identity.
34. Move so that you can complete the movement to the extreme L. Move your eyes in a complete circle. That means the R eye goes from the corner of the nose down, then to the extreme R, up under the brow and to the nose to complete the circle. Down to the R corner, up along the thin side of the brow, to the nose and around. Make the movement from the extreme R, up, to the extreme L, down. You will find it may be difficult to keep the head still because of the movement of the neck muscles. The breathing changes. The neck has a better chance of reorganizing. Realize it's difficult to do that holding the neck immobile.

#### REST Palm eyes.

35. Lie on your stomach as you did before. Organize your arms at R angles so your nose is pointed to the hand that it up towards your head. Observe how the arms lie. What sort of sensation does the floor produce on you.
36. Reverse the head and arms and observe the quality of the movement. Do several movements allowing the eyes to move with the head and then do 2 or 3 with the eyes looking down into the floor. Use a rate that allows elegant movement.
37. Now do several movements of the head and arms with the eyes moving up and down in the center as if you are looking deep into the ground. Then, for the last time, let the eyes move with the head as you reverse the head and arms.

REST

PELVIC LIFT

38. RETEST: On stomach, with both hands up beside your head, lift your head in front of you and notice what moves now that didn't move before and how high up the wall you can see.
39. Roll over and sit up and check your peripheral vision, L&R, up and down. How much more can you see around you without even moving your eyes?
40. Stand. Shift weight. Feel. Walk around slowly. Can you feel what is meant by "the tonus in your body has changed." (Tonus is the amount of habitual contraction in the body's organization.)

**“Remember, intention to do causes the changes - not how well you do it.”**