The dual commitment of the Feldenkrais Method

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My most profound surprise during the early years of practicing the Feldenkrais Method was discovering that knowledge can be acquired not through reading, observing, attending lectures, or writing, but through the body itself.

As someone who has been teaching and researching philosophy for over four decades, I long held the belief that cognitive rational capacities were paramount for acquiring and expanding knowledge. However, the Feldenkrais Method revealed a different route.

The method is a motor-sensorial practice that teaches and cultivates the body's ability to perceive itself from within. Enhancing interoceptive signals traveling from various body parts to the brain, the method awakens movement patterns and their corresponding neural connections. This information and knowledge facilitates the readjustment and rebalancing of one's body image—or self-image—making it a paradigmatic self-healing practice

My vision and wish for the Feldenkrais Method is twofold:

1. To solidify and expand its scientific and humanistic foundations.

The method represents a unique form of somatic knowledge and understanding that should be strengthened and its foundations expanded. The Feldenkrais Method is included in the curricula of prestigious theater and dance academies. Doctoral theses and books explore its intersections with the arts. Scientists across disciplines have recognized its wisdom, especially as advancements in technology (such as fMRI) enable evidence-based research to substantiate its benefits for body-mind health. Continued research will undoubtedly deepen our understanding of its applications, from fostering creativity in fields like the performing arts, to improving physical and mental health.

2. To amplify its role as a practice of self-care and care for others.

My vision for the Feldenkrais Method as a practice centers on its role as a care

profession. At its core, the practice teaches students to sense their bodies from within, enhancing health and overall well-being.

There is much to do in today's world, marked by wars, natural disasters, violence, and social and political upheavals, countless individuals face poverty and displacement, emotional trauma, and profound somatic trauma. The Feldenkrais Method has the potential to extend its scope, offering therapeutic support for somatic trauma recovery. By integrating the method more broadly into healthcare, wellness, and creative practices, we can ensure its transformative potential reaches a wider audience.

It is crucial to emphasize, though, that the Feldenkrais Method is not solely for individuals with chronic pain, physical conditions, impairments, or trauma. While healing is integral to the method's power of change, its applications extend far beyond physical health. The method is for anyone seeking to feel better in and with themselves, fostering greater harmony in their embodied self.

This dual commitment—strengthening the scientific-humanistic basis while broadening care-focused applications—will solidify the Feldenkrais Method as both a profound healing tool and a field of knowledge and innovation.

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