

## Alexander level 3

### Three types of Inhibition and Direction

Inhibition is a moment of heightened awareness when there is an acknowledgement of available choice. In this moment of choice there are three pathways; to do what we would have done habitually (but now consciously), to do nothing (abandon the plan of action to avoid the problem) or to do something different (direction).

Directions are personally targeted plans of action. They contradict a habitual pattern that you are trying to change.

1) Alexander used words:

Inhibition: Think no! or Stop! Say no to the automatic response.

Direction:

I am going to release my neck so that my head tips forwards and goes up in such a way that my back lengthens and widens.

2) Alexander's acolytes came up with the idea of images.

Inhibition: Imagine a space in your response to stimulus. Pause as you become aware of your choices and awareness of what is going on in the present on a psycho-physical basis.

Direction: Imagine your head is floating, lighter than air. Imagine you are a puppet and the puppeteer is pulling strings on you. ETC.

3) Marg. Barstow (1<sup>st</sup> trainee to be told she was ready to teach): Taught that inhibition and direction are one thing. You take personal responsibility to move your head or body parts in the best directions. If you are doing the opposite to the negative habit inhibition is included. She stressed do it 'delicately', the result should be on the same level as successful thinking of words or images.