

Victoria, BC, Canada. August 19, 2016

Kara Svenska Kolleger och Vänner –

Last year I began my letter to you with “November seems far away” and I noted that “time is going fast”. It is now late August but it seems the rhythm of life has quickened and we are already feeling the approach of Fall. Time is becoming an increasingly precious resource and sometimes it feels like there just isn’t enough of it. How strange that is!

In the Masterclass of Embodied Practice here in Canada this summer we investigated the relationship between how we experience time and how we speak about it. We tried to eliminate phrases like: “*I don’t have time.*” “*It is too late.*” “*I must hurry up.*” “*I must slow down.*”. Instead, we directed our attention to **feeling** if the speed of our actions matched the task. We asked “*How long does this take?*” “*Am I able to give the time needed by this action?*”

Instead of ‘fast’ ‘slow’ we used the phrase: “*This is how long it takes.*” Can I respect the necessity of time for this specific action? To **give** the time **needed** by the action rather than what I think I “have” for it.

I am making this phrase: “*This is how long it takes*” a kind of mantra in my daily life whenever I feel I must “*hurry up*” or “*slow down*”. “*Hurry up*”, “*slow down*”. Being too much ‘up’ can disconnect us from the earth’s support, too much ‘down’ gives in too much to weightiness or inertia. Both can be sources of tension and limitations. It is the balance and responsiveness between the two, the slow and the fast, the up and the down, that make us efficient and able to **sense** that an action or a task is **completed** ‘just so’. There is satisfaction and peace that results from this kind of sensing.

Anne reminded us a while ago of the lines from Lars Forsell’s Aria:

“Ge mig den styrka
som krävs för att mista
och den svaghet som krävs
för att hålla kvar.” (Ur “Aria” av Lars Forsell).

As I re-read what I wrote so far I notice the words: **feeling, give, need, sense, completed**. Words which reflect the direct lived experience: the interplay between time-effort-action.
A ‘*movement and a rest*’ effectively alternating or, as the name of your association indicates, a kind of restfulness in effective action.

When is a task completed? How do we learn and trust that the pleasure in action is the measure of ‘rightness’? How do we recognize that ‘grace’ is not a special talent but the manifestation of perfect harmony between effort and task?

SYNTONICS and its “parent” discipline, ANTI-GYMNASTIQUE, are practices that invite attention to the harmony between effort, time and action. The practice of SENSORY AWARENESS restores and enhances our natural ability to accurately sense and monitor how we are and what we do. SYNTONICS is a form of **structural restoration**: we uncover and eliminate habitual distortions in our skeleto-muscular structure. Natural form results in normal and natural functioning. And this sense of harmony also informs our emotional, social/relational and expressive life.

Grace and adaptability replaces dull habit. We get closer to our natural ‘syntonicity’. We are able to respond, adapt and harmonize with the ever-changing moments of life. It is no longer a matter of ‘fast’ and ‘slow’. The body has its reasons. It also has its natural timing.

I also want to tell those of you in the “Fordjupningsdagar” about my experience this Spring in France, where I was invited as a guest observer of the training seminar of Postural Reconstruction practitioners. I was, yet again, confirmed in my belief that, for experienced practitioners, peer teaching and feedback is one of the most potent forms of fresh discovery and learning. Observing and listening, I was also, once again, witness to the depth and power of the principles, the gift of Francoise Mezieres, that inform these elegant practices. I will write more about this when we get closer to the time of our meeting and know who is attending the “Fordjupningsdagar”.

Until then, please receive my fond greetings and my best wishes –

Judith