

Getting Started

Do the exercises at least once each day. Twice is better -- once in the morning and once in the evening: before dinner, after dinner, or just before going to bed. That way, you set the tone for your day (more comfortable) and for your night of sleep (more relaxed).

The hardest part of this program will probably be to get started. So, begin the program immediately by reading *Self-Assessment* and *Preparatory Learning*, which follow this section. Then do the exercise. It will take you about five minutes.

Starting any new program requires an act of will -- self-determination. An easy way to cultivate self-determination is to repeat the following sentence to yourself: "I'm doing this program until I get results." Repeat it to yourself now, three times. Afterwards, notice what you feel about doing the program.

Repeat this affirmation to yourself before every practice session. Allow yourself to mean it.

As a general guideline, spend at least one week with one exercise, done thoroughly several times, before moving on. These exercises have a depth that is not achieved in one or two performances. More performance brings more results; there is an unsuspected depth in these exercises and in you.

One final word: You may get results early on in this program. You may be inclined to stop there. Continue through the whole program. Unsuspected benefits await you.

You may wish to have a partner read the instructions to you. Having the instructions read to you help you to go more deeply into the sensations these exercises produce. To record onto audiotape may seem an attractive option for some. Understand that with these exercises, timing is all-important, and there is an art to producing pre-recorded verbal instruction in such a way that the instructions don't interfere with your timing. If you want to try recording the instructions, go slowly enough to allow yourself to feel the muscular efforts

involved. However, to have someone read the instructions aloud is generally better.

NOTE: THE IMPROVEMENTS YOU GET FROM THE SOMATIC DEVELOPMENTAL EXERCISES ARE CUMULATIVE. UNLIKE CONVENTIONAL POSTURAL TRAINING, YOU DO NOT NEED TO HOLD GOOD POSTURE TO HAVE GOOD POSTURE AFTER DOING THESE EXERCISES. YOUR POSTURE WILL IMPROVE NATURALLY. DO NOT HOLD "GOOD POSTURE," AS IT ONLY ADDS TENSION TO YOUR OTHER HABITUAL TENSIONS. IF ANYTHING, RELAX INTO GOOD POSTURE.

*ONCE YOU FEEL IMPROVEMENTS, **GET ACTIVE.** DON'T GUARD AREAS BECAUSE THEY "MIGHT" HURT. THE SAYING, "USE IT OR LOSE IT," APPLIES.*