



Dr. Jeff Haller: Seeking Chi from the Perspective of the Feldenkrais Method



Dr. Jeff Haller is a Feldenkrais teacher and trainer with an extensive private practice in Massachusetts. Discover how to find Chi by sensing intention of action and inhibiting action; and the place between perception of movement and intention using the Feldenkrais Method.

TOP EMBODIMENT TIP: Ask deep questions.

Chi is a Life Force: How Can We Discover the Life Force Within Us?

- Our conditioning and ingrained habits keep us from living in highly refined states of awareness where we can discover our Chi.
- What keeps us from this is that we don't know how to practice.

Looking for chi:

- Find the space between our habits and what is present and possible within us.
- **Any human being can refine their skill level significantly** but they have to have the means by which to do that.

Feldenkrais Work is About How We Perceive Ourselves:

- To be at the state within ourselves that you can sense the very first moment where you begin to intend action. Then to be able to inhibit action so that you can start and stop movement.
- **We need to cease everything and begin to notice the very first moment that you can sense your system** beginning to engage your skeleton to move.
- In the place between perception and intention, in the moment of starting and stopping movement, is where chi exists
- In this place you have choice and you can begin to perceive something that is not regulated by the way that you have been conditioned to organize yourself.

Feldenkrais is Noticing:

- As you follow and direct the breath you can notice, and attune to, the difference in the distinctions of how you sense your breath.
- **Notice what's happening within you and your experience of your identity, with the attachment to "I".**
- Become aware of what's happening to your sense of dimensionality.
- Explore what has happened to your perception of the space within you, and the space around you.

Resources

- ❖ **Website:** insidemoves.org



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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