



## A Collection of the Sayings and Teaching Aphorisms

of F.M. Alexander excerpted from

*The Resurrection of the Body:*

*The Essential Writings of F. Matthias Alexander*

*Selected and Introduced by Edward Maisel*

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"When people are wrong, the thing that is right is bound to be wrong to them."

*F. M. Alexander*

"You can't do something you don't know,  
if you keep on doing what you know."

*F. M. Alexander*

"Everyone wants to be right, but no one stops to consider if their idea of right is right."

*F. M. Alexander*

"Change involves carrying out an activity against the habit of life."

*F. M. Alexander*

"You are not here to do exercises,  
or to learn to do something right,  
but to get able to meet a stimulus  
that always puts you wrong and  
to learn to deal with it."

*F. M. Alexander*

"You come to learn to inhibit and to direct your activity. You learn, first, to inhibit the habitual reaction to certain classes of stimuli, and second, to direct yourself consciously in such a way as to affect certain muscular pulls, which processes bring a new reaction to these stimuli. Boiled down, it all comes to inhibiting a particular reaction to a given stimulus. But no one will see it that way. They will all see it as getting in and out of the chair the right way. It is nothing of the kind. It is that a pupil decides what he will or will not consent to do. They may teach you anatomy and physiology till they are black in the face—you will still have this to face, sticking to a decision against your habit of a life."

*F. M. Alexander*

"You can't know a thing by an instrument that's wrong."

*F. M. Alexander*