

BSD

BEEBUTT

End to pain.



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A life belt in stormy water:

It could not have gotten any worse:

As I walk the small path that goes from my former humble home, armed with a camera and plans for another day of filming a documentary, which was to be the highlight of my short career and leverage me to become one of the most important documentary filmmakers in the country, a small bump in the sidewalk, in an encounter with a foot that occasionally becomes numb due to a stubborn disc herniation, which I ignored with no less stubbornness, and. I collapsed on the sidewalk while using my face, to stop the fall. In other words, a surprising and quite predictable cancellation of the day of shooting, a tormented sitting in line for the orthopedic doctor and eventually, an urgent referral for back surgery at the nearest hospital. "You are already old enough to understand that continuing to ignore your condition will mean irreversible lameness in the leg," said the doctor with a piercing look gazing straight into my terrified eyes. If I had known that at the end of the process that included re-hospitalizations, after failed surgery, months upon months of excruciating pain, wheelchairs and a complete halt of my life for about two years, I might not have been so eager to sigh in relief after seeing, while lying on a rolling bed, the surgical staff waiting for me. Within minutes, my eyes closed toward a blessed deep sleep, surgery and recovery into the onset of a great nightmare.

This crisis in my life I "earned" rightfully. For most of my life, I practiced competitive sports and demonstratively ignored the pain signals that my body sent me: Meniscus torn in both knees, tendon in right foot torn permanently, chronic back pain and tendency to vague consciousness attacks and occasional loss of balance.

This period can be summarized as the "good period"...

It was followed by the "career" period, most of which I spent sitting for long, long hours in the director's chair, a sharp gain of weight and the elimination of two "heavy" packs of cigarettes a day. A video taken on a family trip, at the Dolphin Reef in Eilat, in desperate attempts to squeeze 150 kg into a diving suit (the largest one they could find for me), more or less summed up my situation at the time, while earning thunderous laughs from the spectators that ended, as I said, with me crying loudly.

The chaos in the back, turned out to be only a starting point, to the sharp rolling down the slippery slope of what was left of my body: Apart from a permanent disability in the lower back and an outbreak of diabetes following the failed surgery, during the

years after that surgery, I suffered for long periods, excruciating paralysis in both hands, which the orthopedic doctor explained as a "common phenomenon" in spinal cord injuries such as mine, development of edema and thrombosis (narrowing and blockage of blood vessels) in the part of the legs below the knees, continuous decline in the ability to see and hear and ...

I believe that the physical condition is clear enough.

In addition ... Along with the collapse of the body, my life collapsed and with it the joy of life that was so typical to me until that time. The family cell, that was the greatest support in my life, fell apart and I divorced my wife, I was separated from my children. The torn career following the crisis turned out to be the final chord, at least for that period, in my big plans to waive the Oscar on the red carpet in Hollywood. Most of my friends and partners until that time, "disappeared" and I had to pick up the fragments of my life, in almost every area, and start again, from the lowest point I've been in till then.

I was not smart enough to get rid of the old habits which brought me to that point and continued to make the same mistakes, and despite all, the physical rehabilitation I went through in a relatively short, though clearly torturous, period, was considered a miracle by all those around me. In the corner of my mind, I knew that the next moment of crisis was waiting around the corner and thank God that this time, I had not fallen into the trap of denial that had been typical of me in my previous life, before the crisis.

Along with discovering the "wisdom of Kabbalah" and diving deep into the sea of essential and existential questions that filled me, questions that seemed to be dramatic and profound, while intensively studying ancient wisdom, I recalled the book I encountered in my youth: "Perfecting abilities" in the method of Dr. Feldenkrais, which in accordance with the frenetic nature I had at the time, seemed to me to be "interesting" but ... Too "calm" for my taste.

The two main principles in the method of the late Feldenkrais resonated in my mind and I knew for sure, that they are the key to the correct and thorough restoration and for laying the cornerstone for the rest of my life, for the basic and long-awaited change I wanted to make in their quality.

This was the first step on the path that had its ups and downs, in a difficult war for survival, especially in the mental and emotional aspects and until I was wise enough to introduce changes and additions to the method, adapt it to my character, "upgrade it to my requirements and enter a routine of training, while implementing the method that named "**BEEBUTT** personally and ... The miracle has happened before my own eyes!

Almost all the indicators in the blood tests that I do periodically, have regained normal, regular and reassuring results, physical symptoms and chronic pain were disappearing from my daily routine, the muscle flexibility I achieved easily wins over the peak periods in my youth, shortness of breath, heart pain, dry mouth, chronic fatigue loss of concentration and much more, many illnesses that I suffered from, disappeared as if they were never there.

I lost dozens of kilos in weight, without the agonizing diets and expected failures, and muscles I did not know existed, were being discovered by me on a daily basis.

Along with the physical refinement, the emotional and mental resilience in constant ascent while a wide smile replaces my stooped posture, in the first moments after sleep. Happy toward every new day, longing for it and the surprises and thrills it prepares for me, easily overcomes the challenges that were in the past the reasons to stay in bed and close my eyes.

An obvious miracle and ongoing improvement.

Along with the amazing recovery and change I went through and still go through, I realized that I must share this gift with many more people who are in my previous poor state, who are on a slope and on the way to that state, who seek, beyond the cosmetic change, the way and method that make the great change, the great breakthrough in their lives, that would lead to the point where nothing of what their lives were like, will return to being as it was before.

But not only that...

Expanding and balancing the "musculoskeletal" in the **BEEBUTT** method and based on the Feldenkrais method, is the key and the "green route" even for those who are not unfamiliar with physical activity and be able to accelerate their pace of progress in any field they choose and allow the lay out the correct and accurate basis for continuing maintaining a sportive lifestyle, over long periods, without any injuries and forced breaks, and especially ...

To put an end to pain!

BEEBUTT is the body part of the bee that carries the sting at its tip, and the greatest key to the healing and growth process. I thank good almighty that led me down this path, sent me the lifeline to the bottom of the lowest pit and gave me the right to share the greatest gift in my life, with you, the readers, and hopefully, you the practitioners.

Go forth and succeed.

The crossroad of decision - putting an end to pain

Crossroad.

A few years ago, I stopped and looked at the scars that adorn my body, the legs that seemed to start to detach from the rest of the body, the "rest breaks" that constantly got more frequent with every effort and movement, and especially the fatigue that took over my life, the vitality, curiosity, the seek for adventure and desire to inhale all that is good in this world.

The decision has been made!

Now all that is left was to mark the path that has no strenuous swimming against the current, just to stay in the same place, that has no drift to the same starting point over

and over again, that has the excitement and experience even while on that path and not just at its end.

A crossroad within a crossroad, where it is necessary to place the main signs that would help define my perception, the reality of my life and moreover, the road I lay in my thoughts and in the book, for all those who are in the same place and situation, the same decisions, in the very same crossroad, those who will find with me, and with god's help, the cure to all pains, and beyond that, the green route that has no fines or effect on one's mood.

On the contrary.

The four causes of pain

Breathing, drinking, eating and sex. Four elements in our lives without which our physical body ceases to exist.

All the difference between them, is in the amount of time we can stay alive without them. In any case, the motive for their "activation" is pain, at least with respect to three of them:

Breathing - suffocation

Drinking - thirst

Eating - hunger

Sex...?

The first three actions mentioned above, are triggered by pain and the cessation of their action, is also triggered by pain, except for sex ...

The body that feels pain in hunger, will move towards eating, through the "bribe" given to him by the pleasure of eating, and in order for the eating action to stop, from the moment we got everything the body needs in terms of food, satiety activates pain, which is stronger than pleasure, to "convince" us to stop eating.

And therefore, both hunger and satiety cause us pain.

The pleasure that accompanies eating, is the factor that its presence allows for continued eating in general, even though eating, at its beginning and at its end, is triggered by pain. The same principle also applies to breathing, drinking and ... Sex is different.

Shortage of sex - the exception to the rule that exemplifies the rule:

There is no doubt **that the sexual system is extraordinary**, however, there is also no doubt that it belongs to this group of things without which we cannot exist and that the physical factor that drives them is the suffering or pain in their absence.

The sex, or reproductive, system, is exceptional in that it is a system driven initially by pleasure and its action ends in the peak of pleasure.

Although its purpose is precisely the failure of the systems that sustain breathing, drinking and eating and that is the survival of the body.

The sex system is completely different from the other systems, also in its "history" which are the "results" of its action.

The "fruits" are in the future, as opposed to breathing, drinking and eating for which the results are immediate.

Metaphorically: Imagine that the result of each breath would be manifested only nine months after ...

At the same time, the fulfillment we get, in the foreplays, in the course of things and at the moment of sexual gratification and satisfaction, is immediate.

"Someone" in the creation of man, separated in the sexual system, the pleasure from the immediate result, and stretched the time that passes between the action and its goal, over nine months.

It does not contradict the fact that the sexual system, like breathing, drinking and eating, is also part of the natural system, as well as the spiritual system in man: These two systems have the purpose of achieving eternity, each by its own definition of eternity, and both have one common enemy: Pain.

Hold on... Lots of concepts and I will try to explain:

Admittedly, in the sexual process itself, pain is not absent and does accompany the act of love from its beginning till its end, but in many cases, **this pain is the lever for even greater pleasure and is** "disappearing" within the storm of the senses that accompanies us throughout the act of love.

In contrast, at least for the female party, the "fruits" of sexual acts involve quite a significant physical suffering, which culminates in the process of birth and lasts until the offspring is weaned from breastfeeding. The physical "suffering" that ceases from the moment of weaning, is only the beginning of a suffering that is not necessarily physical and is characterized by worry, fear for the child's health, the tremendous efforts we invest in educating and provide our children with the tools we think will help them later on.

Sexual pleasure, therefore, should be **such a bribe that we cannot resist it**, even if we know its consequences are considerable. And indeed, in the best (optimal) situation, the pleasures of sex are a powerful surge humanity was swept and is still sweeping away by, lost in its charms and enslaved to its whims. Harnessing all this enormous power, for the benefit of healing and perfecting the body and its systems, is without a doubt a powerful act capable of causing great changes in both the healthiest and sickest body.

Sex is a unique system that provides an extraordinary opportunity to use it to distinguish the processes that the body and the mind go through, from the moment the shortage appears to the satisfaction and pleasure we feel with the fulfillment. The pain and pleasure that accompany the sexual act "stretch" over time and provide a clear and precise distinction between the **"pain points" and "centers of pleasure" that exist in our bodies**. Only the sexual act can see the pain that appears during it, a lever to increase the feeling of pleasure and allows projection and exploration, of the respiratory, drinking and eating systems. Investigating the mechanism that activates and shuts down these actions, through pain.

A crack through which we can significantly reduce, the most significant stumbling block in our development and quality of life.

The "pain" during the act of love and the connection created between the couple, by being a pain that forms a lever for greater pleasure, is the key to harnessing the "pain points" for the purpose of discovering the "pleasure points".

Sexual pain, since it does not provoke or stop the shortage, but instead form a fulcrum and a trigger for greater pleasure, contains the virtues and qualities that do not weaken the body, on the contrary. We willingly accept sexual pain because it carries within it the greatest pleasure, the discovery of the points of pleasure, hidden within it. A mechanism for "cracking" the pains that accompany the onset of the shortage and satiety and satisfying the shortage of breath, drinking and eating, and enable us to reduce the intensity of the pain and the accumulation of anguish, which inhibits our development and ultimately overwhelms physical vitality.

Sexual arousal - not just for the immediate maintenance of the body:

All four elements are essential for the continued survival of our physical body. The first three elements, breathing, drinking and eating, are needed to continue our survival right now. The fourth element, sex, is necessary for our survival after our death in the future, although, the pleasure that sex contribute to our own lives, has the abilities to improve our quality of life immeasurably even in the present. And as with all the other three elements: Breathing, drinking and eating, if they support a higher purpose and not the goal itself, sexual pleasure too will help us on the way to achieving that purpose.

The uniqueness of the sexual system and its key to the desired change:

Aside from the "elongation" of the range between action and result, in the sexual and reproductive system, along with the instant feedback it provides and the great pleasure it fills us with during foreplay and the act itself, the sexual system is almost the only option to turn a painful experience into pleasure!

In the book **"Improving Ability" by the late Feldenkrais**, on which I base my method, the two main goals he sets are:

- Expansion of the **musculoskeletal system** in the cerebral cortex (see next paragraph).
- Painless practice.

And those are definitely the key to physical balance and paving the way for further progress and physical development.

Only that...

They lack, in both these important and crucial goals, the fundamental, physical element that enables triggering action, and this element, along with other important elements, **I suggest in my book "BEEBUTT" - The End of Pain"**: Sexual energy, the lever to turn suffering into pleasure, the "trusted ship" in the journey to discovering the "muscular skeleton" in the cerebral cortex, which will take us to new realms and the only storm that will startle us, is the inner positive storm that will take place in our bodies.

Another advantage and perhaps **the most important component in** this supplement is the fact that only (!) Sexuality at its root, bears fruit, apart from the maintenance of the body itself. In breathing, eating and almost every action we perform in our bodies, we work to promote the existence and maintenance of the body, except for the system of reproduction and sex. A necessary activity that enables a "new thing" in addition to maintaining our bodies. The next generation, the next level, perfecting the existing and the continuity and especially ... The "common language" and the open channel of communication created between the natural system and the spiritual system in man, for the rest of the way. I try to constantly remind myself that in my case especially for which I developed the method and upgraded it to my needs, since the communication between my natural and spiritual parts suffered and still suffers from blockages and barriers while the situation was not "bright" in the first place. In my family, genetic diseases, such as diabetes, that is "inherited" and that sets an even lower starting point than in the average person.

In addition, and the better aspect of things, there is no doubt, and without falling into the pit of the visible descriptions, the sounds. And the reactions: The positive atmosphere and sexual energy are especially important, for those of us who have already accumulated many physical experiences and are integrated in the body in the form of countless "pain points", until every action we perform involves great suffering.

Sexual energy, the sensual "work environment" in practice, will help us to overcome this obstacle and high hurdle, will turn in a gradual process and patience, suffering into pleasure. An energy that will allow us to discover "new lands" in the form of the "muscular skeleton" of our bodies that we have forgotten or did not know existed and in a way that will only increase the appetite for practice and put us on a path of perfection and growth,

Discovery with pleasure.

"Muscular skeleton":

The "**Motor Self-image**" is what the late **Moshe Feldenkrais** calls, in his book "**Improving Ability**" the system in the brain responsible for activating the muscles and their location in the cerebral cortex. In his view, the "form" of the above-mentioned cell layout in **the motor system** is characteristic of "the developing arbitrariness of the will of man and not of the relations between the organs." Namely, the drawing its motor figure in the cerebral cortex reflects the way in which man activates the organs in his body and does not reflect the relative size of his organs, as they are constructed in his body.

For example: At the early years of his life, the head and lips occupy a much larger relative volume in the **musculoskeletal system** than the legs, which it hardly activates, and therefore when drawing the muscular skeleton of a baby, the lips and head will be much larger than the legs, in volume and relativity.

Shortage of sex is the only thing that bears fruit:

The purpose of the "**fruit**" in the reproductive system, in my opinion, should be further reviewed.

All this tremendous and wonderful energy, when directed (!) For a worthy purpose, such as the birth of the next generation, but also to support the healing of the body and mind and for providing the rewarding environment for a worldview that is not just an addiction to instant gratification and sanctification of egoistic self-pleasure, so the "fruit" that this energy allows will serve as a powerful lever for perfecting the body, ability in general and quality of life.

Apart from the physical baby we are aiming for, in the sexual connection we are aiming to create the right environment for the offspring later in life: The balanced, renewable, fresh environment, which is **also** possible through the healthy sexual energy and the positive atmosphere it inspires. An environment that allows for a deep and emotional connection with the partner, relieving stress, relieving pain points, reversing negative emotions, feeling satisfied and thankful, connecting the separated and much more, is the environment we want and aim to have, the little baby we want, hoping and wishing that he'll succeed in his journey that begins now and make efforts for him, as far as we can, so that he will fulfill its purpose, along with ours.

Both the "baby" and the benevolent environment we find in the influence of positive and healthy sexual energy, which affects both us and the environment.

A "**lever**" that we usually place last on the scale of importance of hunger for breathing, drinking and eating, but in sexual and **emotional** hunger for the external environment, including all the senses involved with it, there is a crucial importance in determining the quality of action. From the moment the positive change is acquired, there is no doubt that its "shares" the knowledge and patterns of action with the respiratory, drinking and eating systems, and undoubtedly contributes to the reduction of the pain that activates them.

In addition, the change acquired in the physical system is now able to transfer knowledge to the spiritual, educational, and emotional "breathing," "drinking," and "eating" systems and to reduce pain in them as well.

In the literal sense the physical and spiritual systems function in the same way and only in other levels of their comprehension and understanding do they receive an extension that makes the difference in the way they act on man.

Mr. Desire and Mrs. Passion.

Significant tools for achieving physical and spiritual awareness and agile and energetic "messengers" in action.

Triple statement of intent:

Indeed, mixed blessing... a fly in the ointment: Sexual instinct has tremendous power, and even if the intentions are right and good, the temptation to surrender to feelings of great pleasure only and deviate from the initial intention, is greater than the power of man's will.

We have heard, seen, experienced, and we all know how slippery the slope is.

The "BEEBUTT" method - the end to pain" based on the principles of the Feldenkrais method and "Perfecting the Ability", provide those of you who are goal-oriented, with the most powerful tool, to realize the abilities and position yourself on the path to success. Physical success that forms a lever, a launching point, to the purposeful spiritual success, which is the desired goal, yet also one that contains within it quite difficult obstacles and challenges.

These intensities that sexual energy gradually releases need the meticulous and possible framework for their obtainment and guidance.

They require those who practice the method and seek the healing and physical refinement, to commit to the "Triple Statement of Intent", which has the virtue of getting one to go back on track, whenever he deviates from the goal.

A framework that is the commitment and beacon we will need, from the beginning of the journey.

Each time it will get us back on track and rearrange the hierarchy of priorities, which has a built-in tendency to change frequently in order to give us real feedback, regarding our situation.

Therefore, I wholeheartedly recommend that you make the preliminary commitment to follow the triple route, before deciding to set out:

- **Commit to the most appropriate diet for my body.**
- **Commit to the practice and principles of the method, in every movement of the body.**
- **Commit to actual creativity and a creative approach in one of the arts, as an expression of the practice experience.**

A series of three actions forming one action, that has the ability and power to bring about the fundamental change that we long for and to include within it, in addition to and for a change, a blessed desire.

Below, I will detail each of them in detail, and now more limitedly.

The first component, **diet**: A first action that involves a practical change in the habits acquired over the years, which is the basis for the personal commitment to change. It should be preceded by thought, consultation and it needs the seriousness and understanding of its importance. Proper eating is the key to mind and physical clarity, relieving the burden on the body, properly managing the external resources we need for our survival and which is the optimal foundation of the second component in the commitment, **practicing the method** in a way that will bring about change, in the fastest way possible.

The third component, **creation in one of the arts**, which in my opinion is the key component to the correct assimilation of practical practice in the method and cortex. The special energy while engaging in creative work, the degree of concentration, the emotions that arise and the participation of the creative qualities in the practitioner, are the perfect environment for the assimilation of physical practice. Creativity is the right atmosphere for changing the experiences burned into the memory of the past, and a way to express and release the tension that accumulates, in the face of the pressure created in the practitioner to reach achievements, or the fear of failure.

Again. Apart from the intrinsic value of these actions, each for itself, tying them together as one action, deepens the ability and is mainly directed towards the goal, in an area that is easy to err and deviate from because of the intensity of emotion and pleasure it evokes.

Not to worry, this union will be acquired through proper practice and a commitment to perseverance.

The importance of the group:

At the same time, the second circle of the "guarding" - the group - is of paramount importance.

A gathering of people, who have the same goal, will be kept in proper maintenance, on the way to the goal and will serve as a place of support and exchange of information. Highly recommend, set up such a group. Cannot exercise the weight and force the practitioners to support the Cannot formation of the group, as I say one more time regarding the commitment of the "**Triple statement of intent**".

The first point of pain:

Sex "brings us together" with our own internalness and with the internalness of our spouse, just as breathing brings us together with oxygen, drinking with water and eating with the nutrients and all the other substances necessary for building and maintaining the body. A meeting that stems from a need, from a **shortage** that is manifested in a sensory and energetic awakening. In addition, shortage of sex, the sexual instinct, stems from the recognition of the temporality of the body and the need

to continue the race in the long run to complete some process of "ability perfection" that extends far beyond the time we have in this world.

Elaboration and development that spans many generations.

A powerful need that affects each and every one of us, in the choice or lack of choice he makes in his life.

Although.

In the sexual system in its external expression, it is much less worried about the distant future and seeks success, here and now. There is no "room for error" in the couple's misjudgment and wrong choice: The "encounter" between shortage and fulfillment takes place only in passing the test of the sensory systems and in some "list of preferences" that differs from one person to another, but which has the root of the same elements we all share: The touch of the partner's palm, the proportion of the organs, the smell emanating from our bodies, the tone of our voice, etc.

A choice that in order for us to choose, we activate within us a process of choice, attraction and rejection, which indicates the fine line we have between the pleasure that the partner causes us, in his touch, appearance, smell, etc., and the rejection he is able to evoke in us. In some cases, the intended urge to reproduce overpowers the sensory and sensual selective system and we are sucked into a system of constraints and dissatisfaction and this is undoubtedly a cause of pain that manages to "infiltrate" the pleasure carnival and take over our quality of life, makes us forget the goals we chose initially and leaves us with a bitter feeling of missing out.

Therefore, the pain that nevertheless appears in the sexual system, requires diagnosis and definition, so that we can activate it, and use the points of pain as a lever for finding the points of pleasure:

The first point of pain is therefore the great need for the survival of the body, the ancient force affecting us with tremendous intensities, to continue the race. A need that is driven by pleasure and more pleasure, only that it operates in a "picky", sensory-dependent environment and in some "selective" and painful system that we do not really understand or control. A kind of powerful and almost uncontrollable impulse, "restrained" by a chain of reservations over which we have no control.

A paradox that causes chaos in the shortage of sex and inevitably leads to a feeling of pain.

And not just physical pain ... Most of the "pain points" in our minds originate from the following reasons: The fear of rejection, the skepticism we have about our bodies, the anxieties of execution, etc. The whole "package" that spoils the appetite, leaves us hungry and frustrated and wets the pillow at night.

The second point of pain:

After we "meet" our partner, naturally there should be a hierarchy of giver and receiver. In the most basic terms, the male is the fertilizer and the female is fertilized. An order that "burdens" mainly the recipient - the dependence on your partner, which

creates some discomfort but is also an important part of the pleasure games, for both the giving and the receiving party alike. At the root of reproduction there is no exchange of roles, and although the human race has developed endless possibilities for foreplay, eventually, in order to achieve the desired "product", there must be penetration and emission of male sperm, into the abode of the female egg.

Yes!

There are other "combinations" in the relationship that mimic this basic encounter, but at the end of the process the sperm needs to "give" and penetrate the egg that "receives" in order for this connection to bear fruit, and for the offspring to be born.

A "class" path that creates a kind of heaviness, on the "receiving" part of the encounter, sometimes with the need to abolish the absolute "Self", in order for the flow of abundance to exist between the giver and the receiver.

Who said "Self" and did not get ...?

The second point of pain: It is, therefore, the interdependence of the two parts of the person: The giver part within us to the receiving part and vice versa. The dependence of the male part on the female and the female on the male. These are the shackles limiting the free human spirit that does not tolerate restrictions, dependencies and prohibitions, but also the crack and key to the perception of reality and the next level of consciousness.

Small insights:

Again, the fact that sexual appetite bears fruit, the late result and the immediate satisfaction of sexual intercourse, allow an opportunity to notice its components, diagnose them and project on breathing, drinking and eating, which cycle is much shorter and "compressed". Despite the envelope of practice and the triple commitment, the sensory capacity is sharpened, able to discover without "mediating" the "failures" in the basic systems of existence, to correct and perfect them:

The dependence of the physical body on breathing, drinking and eating, of the female or male, that needs the external substances in order to exist - is always the "female".

Just like in the animal kingdom, the man must obey the laws of the food chain in nature: The air, water and food he receives from outside himself and does not "produce" them himself in his body.

Only that in man, these constitute weights put on his free spirit that is nourished by his independence.

Essential elements for his body that are bindingly necessary for man, are the worst weights on his feet, in the race to the top of the pyramid of evolution, as the preconditions for the transition to his higher spiritual purpose. A tough race where every mosquito or fly in the environment, every virus or other threat,

from the smallest flea to the carnivorous lion, has a much better starting point than his.

And as the person understands the nature of the relationship between himself, his body and the external system that enables the existence of his body and agrees to the coercion it imposes on him when it makes him subject to factors beyond his control, and he has to make efforts and suffer to achieve and win, this self deprecation eventually enables connection with the "founder and operator" of the natural system and learns with him step by step, how to exist within the rigid rules and yet achieve his spiritual purpose.

Achieves in such a way that the framework imposed on him not only does not harm his free thought, but the opposite, which will serve him on the way to achieving his goal.

When it becomes clear to man that not only are these laws are not weights on his feet, but the greatest levers that will help him reach his purpose and make the only subtle difference between him and the other species in the natural system, will he be able to fulfill his sublime purpose of influencing the whole universe, a scale of values that is the opposite of the pain and suffering that is typical of the natural system, in his current perception.

A revised system that has a beginning, middle and especially a defined, known and achievable goal,

The unit that bears fruit, not barren and will lead him safely,

All the way to his next step.

All the way to the next generation and the new season of fruit, including all the amazing periodicity, with endless shades and shapes, smells, tastes and sounds.

An amazing and powerful cyclical process that at its end,
the flower becomes a fruit.

And all this great purpose?!

Although he wears this said body, he is only a part of a tremendous evolutionary system,

super accurate and obvious, in retrospect

and without an obvious future in sight, thinking ahead.

That the individual is not "considered in and only regarded to as a small building block, similar to countless others like him in the diverse flock.

A tier in the book of evolutionary creation, which has no end.

"Everything is open" as a fixed password and law, the only ones, in it. May the best man win ... Until one better than him, defeat him and take, together with the trophy of the victors, the body, property and home of the defeated.

Everything else is subject to constant change.

Does not make sense!

"There is also another reality" the person already knows:

"Food chain" in the spiritual system that has no predators and prey, pain and suffering ... As in that of the natural system.

A system that is the complete opposite.

Acceptance that enables a fundamental change:

The pleasures in the act of love between humans and in nature in general, allow a small glimpse into the kind of pleasure richness that accompanies like a satellite the act of mating, the bearer of the fruit.

The hunger and desire for sexual pleasures in nature, which does not involve pain and suffering

And if there is still pain,

it exists only to further ignite the pleasure.

Like a gift and a glimpse into another world!

And at the same time, sexual hunger is deeply rooted in the natural system, depending on it for its existence.

Depending on the partners he receives from outside: Spouse, air, water, food and a few other basic or complex needs, all of which, obey the rules of the food chain.

And if that is not enough, even the generations and the descendants he will leave behind depend on this natural system.

Growing recognition that hi/her bear only the role of the generator of motion in the natural system needs his recipient part. In other words: A system that needs the dependence of its body so that it can provide him, the person, with all the air, water and food that he needs and that it provides.

Not simple!

Yet.

This reality and self deprecation, towards it

A forced connection between the natural and the spiritual part, which has its rewards:

- **Releases the abundance of animals that will allow him to nurture the muscular skeleton to the next level of the body,**
- **A state that will provide him with a consciousness awareness that works to connect to the sources of the abundance of animals that affect him and his environment energy and prosperity.**
- **Connection and acceptance that are the basic conditions that the created person accepts, open an opening for him that is a real chance to perfect himself and go through the next stages in his life,**

almost completely free from pain and prepare for his next achievements.

So:

In the "**BeeButt**" method, which is a development of **the late Feldenkrais's** method, Regarding the end in the ground.?!

I do not know yet if I have been able to bring about a fundamental change in this fact, as unfortunate as it may be.

But regarding chronic pain, illness or defects, and at least in the general and specific feeling

The "**BeeButt**" method is a "satellite" method that is good for everyone to continue to do the things he does and especially loves, without the weights on his neck and on his legs, as he has had so far in his life: Without the pain, without the caused diseases, because **the muscular skeleton figure in it was damaged and unbalanced**, without the lack of joy and joy of life to achieve another achievement, to conquer another goal and when even one tone of lack of desire, or coercion imposed on him by the environment that impose its broken values on him, will no longer accompany him through the journey of his life. And when his body returns to breathing, he will be able to recover from the blockages and breakdowns in his function much more easily than he thought, and his mental and physical health will be at its best when required for any new or current task.

And may we also get to the next step.

The next step: The pleasure we experience in satisfying the "shortage" of air, drink, food, etc. and the pain involved, is the basic point and the basic distinction, in the fulfillment and pleasure in the spiritual part within us.

The pain that accompanies the shortage and pleasure of spiritual fulfillment is too abstract for us to define in our consciousness, so it is difficult to express them in words or record into memory. The impression that the physical pleasure or pain that precedes it, is generated in our bodies and recorded in our memory, the memory of the "nature" part within us are the bases for the initial comprehension of the spiritual shortage and pleasure.

In other words: The "game" between shortage and fulfillment, the pleasure and the pain in the physical body, has within it the foundations of comprehension and awareness of the same abstract processes that we go through in the "spiritual body".

The range between the pain involved in shortage and physical fulfillment and pleasure, is also the cognitive crack, which allows us to discern and achieve the generator of the shortage and giver of fulfillment: Everything that is outside of us and that is not the "Self" in our consciousness. The crack and slit through which the creator peeks into our inner selves.

Hidden, but leaves signs of its existence.

We do not voluntarily decide that we lack air, water and food and when we satisfy that shortage, we satisfy it with air, water and food outside of us.

The hidden which is the shortage and the filling.

The pain involved in acceptance and fulfillment outside of us, it is our job to become a pleasure, or at least a pain that will be less intense than the pleasure of accepting and fulfilling.

Return to the right balance.

Two consciousnesses: Material awareness and spiritual awareness:

The influence of man on his consciousness and its expansion, operates in a "work environment" that dictates a clear framework of laws.

In the material and the spiritual.

Man is made up of two completely opposite systems: The natural system and the spiritual (or thinking) system.

The natural system operates within rigid laws that do not have "shortcuts".

The thinking system, is the definition of the abstract and has no limitation whatsoever, in its nature, apart from the restrictions imposed on it by the framework of the laws of the natural system.

Forces that the existence of the spiritual system depends on the integrity of the physical system in the created man.

The cooperation and balance between the opposite systems is a condition for the influence of the living sources, for the development of man as an individual and for the perfection of the ability for the purpose of expanding human consciousness in general.

The interdependence between the consciousnesses:

The natural system is senses-based: Sight, hearing, smell, taste and touch. The information it receives through the **senses**, sometimes by connecting several of them in the same action, helps it to diagnose and define "external" situations and store them in **memory**.

The abstract spiritual system at its root does not have its own developed senses, for the purpose of distinguishing and defining situations and it is completely dependent, at least in the early stages of human development and the development of his spiritual senses, on the senses of the natural system. This dependence creates a "field" of common interests between the two opposite systems and forces them to cooperate. The spiritual system, holds the existence of the body and the senses and "in return" the sensory system allows a "definition" of the undeveloped spiritual senses, of the abstract spiritual states that pass-through man and allows a spiritual "archive" in memory.

The process of learning and defining the spiritual system, based on the comprehension defined in the natural system of man, is called the "language of the branches." We use the language of visible foliage, to explain the language of the roots hidden in the soil.

That the balance between the two systems is disturbed for some reason and the natural system fails to provide the definition of pleasure for situations that man goes through, the shortage and fulfillment he receives outside him, the perception of spiritual reality ceased to exist due to pain and anguish that nature "transmits" to the spiritual part within it and man and/or the entire society, are at an existential threat.

The spiritual system, just like the natural system, needs pleasure in order to function properly and always at a level that is above pain and anguish, even by one notch.

Pain warns of the existence of a "problem" in the connection and balance between the two systems.

Indicates the "frequency" they passed; the two systems use to transmit to one another. And signals the urgency of treatment.

If we neutralize **pain** before the treatment, we omit the index that will accompany us in the healing process, minute by minute. Only when pleasure truly returns to decide the equation of pleasure and pain in the pain points in our bodies, will we know whether the change in the process has ended successfully.

The spiritual system, holds the existence of the body and senses:

The spiritual, or "thinking", system will help in return for the service rendered by the natural system within us, to inspect means to satisfy the shortage, to activate the body, to satisfy the shortage, to express the pain or pleasure that arises within us accurately and to preserve the experience in memory.

Its promotion of the changing of the relationship between the organs of the body in the unbalanced muscular figure, is crucial.

It will provide all the means at its disposal, in order for the process to happen quickly.

Accelerated speed according to the process of perfection in **the Feldenkrais method**, is made possible by the thoughts that originate in the "thinking" system, which the practitioner takes with him to the process.

Thoughts that will be concentrated in creating the "sexual background" for exercises using the "BeeButt" method.

A background that is necessary to use the pain revealed in the unbalanced body, as a lever for greater pleasure.

As in the real influence of thoughts and fantasies on our bodies and minds while we make love with our partners, in practice or in the imagination.

The interfaces between the two parts of the person:

In the human body, paths of interfaces, paths of "**pleasure sensors**" that allow the connection between the both the spiritual and the physical system and immediate feedback on their condition: A feeling of pleasure when their condition is normal and in their abnormal condition, radiates pain (!). **The initial common denominator between the natural system, and the thinking system**, and which is the starting point for creating a new and additional common denominator each time.

The natural system that needs immediate feedback on its condition: If it lacks something for its existence, it feels pain and when the shortage is filled, it feels pleasure (the two emotions that also provide general feedback on the state of the body: if sick, injured or unbalanced and intact).

The thinking system equally needs the above feedback for two reasons: The first reason is the ability to respond in real time to the body's needs and motivate it to perform the required action and the second reason is for its own vitality, both in the way that pleasure nourishes it and helps expand the boundaries of its consciousness and in connecting it with "pleasure subject" that it needs for its vitality and development.

Our vitality and development.

Creation is a process in constant formation:

The creation of man and all the method. natural and spiritual systems, did not "stop" at the moment of their creation and is in constant progress until it causes all creatures to achieve their purpose. Correction and "maintenance" of the interfaces between the two parts of man, is man's progress toward self-perfection and actual participation in the act of creation along with the power and vitality of the system of creation itself.

The points of pain or "**pathways of pain**" in our bodies, are warning signs of the state of the connection between the natural and the spiritual (thinking) systems.

Beneath every point of pain hides a point of pleasure.

The "**BeeButt**" contains the principles and actual practice that can heal the pathways of the interfaces to resume their proper functioning and nourish the connection between the two systems through pleasure, which is the fuel for each of them. A starting point for an environment that improves the ability and infrastructure for the development of man to his next physical and spiritual level.

A practical path that diagnoses the relative condition of each practitioner and balances between the need to rehabilitate a damaged system, and progress on the path of development and growth.

Memory

Is the ability to store the components of material and spiritual awareness that we have achieved up to a given moment and use it to achieve the next level of awareness. Memories that are burned into our minds consist of diverse information that contains an impression of the senses, a definition of feelings through language and a basic stamp of "good or bad" on the whole impression of the event we experienced, all in one "file". More abstractedly.

From the moment the memory burns in our mind, in the consciousness part that records the experiences we gain during our lives, relative to the unique traits and

character we inherited, it acts as a catalyst or inhibitor, on our development and depending on the nature and intensity of the "experience" assigned to it.

The components in the "memory files", the connection between them, the power of their marking on the "good" or "bad" stamp that we assign to the experience we record in our memory, and especially the frequency and speed that memory files go up and participate in our life routine on the "desktop" of our consciousness, its great importance and it holds the key for progress.

Two kinds of memory:

There is a memory for the material awareness or the physical system and there is a memory for the spiritual or "thinking" part.

Most of the brain activity that activates the body is hidden from us, unrecognized and works exactly on the path or pattern of spiritual awareness, which is also hidden - in the connection and reciprocity between innate qualities, past memory and thought experienced in real time. All this is usually done, as mentioned, subconsciously.

By walking the path of progress, the goal is to illuminate parts of the physical and spiritual subconscious at a time, and to "transfer" their activity, to the conscious part within us and as two systems that work together in harmony for the same goal.

In his book "**Improving Ability**", the author **Feldenkrais** proposes a method of correcting the "**muscular figure**" in the cerebral cortex, as a way to expand bodily awareness and achieve skeletal and muscular balance, which will lead to the realization of the ability inherent in man. Ability that did not reach maturity at the moment of birth and needs study, expansion and guidance, from the moment of birth onwards.

He offers the expansion of the "muscular figure" through actual practice, which adds to the existing physical memory and in **conditions that reduce pain from practice**. This principle - the lack of pain, is **the most basic and important principle, through which, we will make a fundamental change in the "user experience" in our body, in the memory of the body sealed and burned in pain** and remove the main and powerful obstacle which often make us fail.

According to the Feldenkrais method, the pain involved in wrong actions we perform with our bodies will eventually be recorded as a negative experience and the body will avoid, in the long run, repeating them again. A principle that explains the rapid physical deterioration experienced by athletes, who reach their achievements with great effort and pain, as soon as they are forced to stop activity due to injury. From the moment the system that produces the painkillers stops working, all the pain that has accumulated during the physical activity appears and overwhelms the body. Equally explains the endless war of the various "diet men", that the diet they forced on themselves causes them a lot of suffering and once there is a stop in weight loss, they get into a crisis and return to the initial state (and further...), in the blink of an eye.

In the "BeeButt" method we not only avoid pain as much as possible, we also bring in the sweeping tie breaking supporting player - **pleasure**.

"Shortage" - the huge lever for operating "movement":

The basic needs for living: Breathing, drinking, eating and sex, illuminate the root of the mechanism that initiates every human movement, from a small twitch of the lips to space travel. Without the shortage and the need to satisfy it, we were in a constant state of complete rest. The key to correction and perfection is rooted in these "spurs" kicking our bodies and force movements on us that support our physical and mental existence and constantly improve us - the shortages and the movement towards its satisfaction!

Changing the rules of the game between shortage and its satisfaction:

Instead of suffering urging us to breathe, drink, eat and reproduce, exclusively, into this engine that sustains our lives, we are required to arouse pleasure already in the initial motivation for action. Already in the awakening of the shortage, for each of these basic actions.

As we are currently constructed, the pain that drives us to action we replace with the pleasure that follows immediately upon the completion of the action: We experience pleasure in breathing, only after the pain has pushed us to breathe, we experience wonderful pleasure in drinking and eating, immediately after we have suffered thirst and hunger.

In the equation of the shortage that arises and generates the movement, pleasure or pain already at the shortage stage, they are what affects the quality of the movement.

The great lever for changing the quality of our lives, the quality of the movements and actions we perform, is in sharing the pleasure, already at the stage of feeling the shortage and pain, even before its satisfaction!!

From the moment we are freed from dependence on satisfying the shortage, as the sole factor that stops the pain involved in the shortage, we have a powerful tool, which allows for independent and controlled conduct that can significantly get rid or calm pain, even before satisfaction.

The body as a battlefield for conflicting trends:

Two opposite trends, in each of the systems that provide us with life

Breathing - suffocation and relief

Drinking - thirst and satiety

Eating - hunger and satiety

And sex - the "entry and exit"

Most often, these operate in such a way that control of one of the trends, suppresses the other. The pleasure of drinking while being thirsty is balanced by oppression

expressed in real pain. We need this ration, so that we do not put into our bodies amounts of fluids that could endanger us, but the way we are activated to "cope" with the flow of pleasure in drinking, is through pain that needs to be strong enough to overcome the pleasure we experience in drinking, which eliminates the pain during thirst ... And vice versa.

Saturation and satiety - suppression pleasure through pain:

It can be said that this mechanism is effective in some way, but the "price of success" is in the way it imposes on us a conduct that accompanies the transitions between pain, pleasure, and pain is stronger than it.

A whirlpool of pain.

Imagine a "budgeting" mechanism that does not activate the system of strong pain (or rejection) at the end of eating, breathing, or drinking. When we think of such a mechanism, we are actually imagining, **an acquired suppression mechanism**, which we have adapted to under a regime of self-discipline and ultimately also generates a kind of pain even stronger than the "original" pain, the body will reject this and return to the initial pain mechanism.

Can there be a "self-conviction" capacity that affects the activation code of "pain, pleasure, strong pain", that does not include the coercion of self-control and the pain that results from it?

Certainly!

We can restrain the pleasure of satisfaction not only by pain that is stronger than it, but by pain that is greater than the pleasure we experience, during satisfaction: The desire, drinking, eating, act of love. Restraint which is a state of victory for each of the opposite trends. The great and exciting pleasure that is the culmination of the act of love is perhaps the only example of the basic needs of our body, where satiety is not achieved following pain. On the opposite:

The second principle and the secret to great pleasure is in the ability to reach a state of consciousness, that the satisfaction of our personal shortage and the accompanying pleasure we place in second place on the scale of priorities and grade the **pleasure of others** as first place. The wonderful feeling, we experience when we respire a person in distress, water a thirsty person, feed the hungry, pleasure our partner, is undoubtedly stronger and more lasting than the feeling of pleasure we experience when we satisfy ourselves. The same memory that is burned into consciousness we will take and place exactly in this place where we satisfy ourselves. We will recreate the same pleasure we experienced while satisfying the other and if we experience such satisfaction in great and many intensities, it will be able to take us out of the pattern of "pain, pleasure, strong pain" that we hold and insert a "restraining" factor in the form of pleasure greater than the pleasure felt through self-

satisfaction and such that is not limited in quantity and time. We will not completely eliminate the pain of satiety but we will undoubtedly sweeten and weaken its intensity.

To the skeptics among us I would only mention that such mechanisms exist in our minds and our subconscious among parents and children, humans and animals, even humans and plants. Has anyone watched his child eat delicious food without experiencing the greatest pleasure in the world?! Has anyone eaten Mom's soup even though he was not hungry, just to savor the contentment this brings her?

Practically: In the sexual fantasy part of the practice, **pleasure the partner, in thought or practice**, if he is a character that is only imaginary, or is an actual partner in the exercise, and devote the greatest sensory effort to his pleasure.

You will want to reach a state where you feel its shortage, its chain of pleasure points, as if you are listening to your own body.

Use all your systems in the exercise: Breath, sounds, rhythm, the free thought, to get to this very state of attention. Get your satisfaction in his reactions to your actions: In the sounds, rhythm, gratitude in the tone of voice he expresses at every step. Express the pleasure you get from his reactions aloud, rhythmically, in thanking him, and grant him the satisfaction he needs from knowing the pleasure he has giving you.

There will be times when hunger for your exclusive pleasure will rise and take control. This is natural and acceptable. Let it dissipate and gradually return to the correct intention.

In conclusion: The feeling of pain in the state of satiety, can be sweetened through an exercise that alleviates the shortage for self-satisfaction by developing the ability in the bodily consciousness to satisfaction the shortage of the other. An ability that develops through practicing the method and that can be applied to other actions, such as drinking and eating, etc.

And these are two of the **key principles** and great levers for substantial and real change in our quality of life. The sweetening of the pain phase and its sweetening at the satiety stage are the two basic rules in the book and the next obvious required step in the " BeeButt" method in favor of Feldenkrais' "perfecting ability" method.

Other systems that work in the body in an opposite trend:

The cross between the control system in the right brain, and the left body and vice versa.

The cross between the right hand and the left foot, which is affected by the equilibrium mechanism.

The male party and the female part within us.

The body maintenance and existence system versus the reproductive system.

Movement and stoppage, joy and sadness, wakefulness and sleep,

etc.

The perfection of the ability will be considered if **we bring this opposite trend to work for us**. Instead of drawing energy and attention from us, it will contribute to being filled with energy and sharpening the attention ability.

Instead of forcing the framework on us, it will be the tool and means for breaking the inhibiting frameworks and for the benefit of refinement and development.

Male musculoskeletal and female musculoskeletal system:

The term "**musculoskeletal**" is a key term in the method of the late Feldenkrais and its meaning is: The muscular "figure" we have in the cerebral cortex, about ourselves. In his view, every person has the muscular skeletal figure that is characteristic of the way he exercises his organs on a daily basis. For example: A football player will have relatively large legs compared to the other organs in his muscular figure. For a court typist, the hands will take up a much larger volume than the legs, etc. Most of the distortions that these unbalanced muscular figures cause to the human skeleton, Feldenkrais proposes to correct through excessing on a daily and painless basis the parts of the body and muscular skeleton which we do not usually activate and which have created the unbalanced figure created in our cortex.

An important and precise principle that requires further elaboration: In each of the figures of the musculoskeletal system that humans have, there are two systems different in their characteristics: **Male muscular skeletal figure and female muscular skeletal figure**. Far beyond the differences in anatomical structure, the difference lies in the roots of their characteristics.

The male figure is responsible for the male actions that can be characterized by the phrase "from the inside out" and the female figure is responsible for the female actions that are "from the outside in".

The ability to differentiate, while exercising, between the male skeleton and the female skeleton, is the first step required and without preferences for one or the other. On the opposite.

The exercise will require accurate listening in order to be able to differentiate between the systems and not according to the exerciser's tendency toward one or the other. In the way in which the "**BeeButt**" method uses free thought and sexual fantasy, there is the possibility to distinguish accurately the male skeleton from the female skeleton within us, much more than in the breathing, drinking and eating systems. Once we acquire the ability to distinguish, through the practical exercises, we can easily project onto the other systems in our bodies and as mentioned, also in the "spiritual consciousness" part within us.

Next, we will learn to **illuminate the muscular skeleton figure, both of the male part and of the female part** in their optimal shape. We will learn to operate all those parts in the figure, which have been neglected and degenerated in the male part and which have been neglected and degenerated in the female part.

In the process, we will bring them together for joint and harmonious action.

Thought:

The "thought" that passes through our mind in the present, together with the ability to "pull out" the memory files of thoughts and experiences from the past, make them a sequence of cause and effect and act according to the new circumstances recorded in the senses, in real time, is the accepted definition of "thought".

Its main function is to constitute an intermediate step and a channel of communication between the abstract spiritual part within us and the natural system, according to which principles and laws our physical body exists. The mind, in its **subconscious** part, operates the body's subsistence systems (blood, nerves, digestion, hormones, respiration, etc.) and the **conscious** part in it drives the other auxiliary systems to supply the external resources the body needs for its livelihood. In order not to "reinvent the wheel" every time a person experiences hunger, thirst, other people around him, etc., thought is aided by its ability to turn parts of it into memory, give them a title or stamp of "good or bad", and place them in a storage place that allows retrieval in real time.

Thought, moreover, is capable of inserting patterns of speech and conceptuality into the abstract spiritual and emotional experiences that a person experience. The starting point is the basic physical experiences of pain or pleasure, only the measure of the degree of development of each and every individual is the ability to have plenty types of experiences and the diverse ability to classify them in the memory of the experience and the range of emotions it evokes beyond the basic "good or bad", as a well as in the ability to constantly renew them.

The levels of consciousness are determined, in addition, by expanding the capacity for connection between the abstract spiritual system and the natural system that operates in an environment that is the opposite of abstract and is delimited and defined by endless laws and formulas. Thought, which is the intermediate degree and this means of communication, ranges from its use for the maintenance of the natural system to the ability to maintain the natural system, but for the purpose of perfecting the capacity in the spiritual system.

The very definition of thought as intermediate and as the system of connection and interface between the spiritual and the physical, rooted in fact in the abstract spiritual part, directs us to the ability through have to connect these two systems and use the merits of each of them, to correct and perfect the ability in a way that could connect the two systems together.

The next step.

The "archive" - enemy or friend?

The advantage in retrieving "ready-made" memory files is the ability to shorten response times to rapidly changing circumstances. The downside is in limiting the experience we allow ourselves, in new circumstances. We usually prefer the memory, or "good old" experience, over the constant and renewed design of the memory files. In addition, this reliance on the mechanism of retrieving memory files from the past leaves in the memory repositories "damaged" files, carrying negative experiences, which burden the ease of movement and act like weights on the feet.

The ability to renew or repair "files" of memory, is perhaps the most important acquired trait in the refinement of the ability and which indicates signs of life in a person!

When a person stops renewing or repairing the memory files, the nature and quality of the experience they give to the "user", the person enters a state of "clinical death" in his consciousness and all other systems of existence, degenerate and cease to operate.

This "tendency" to rely on the experiences burned into memory, **according to Feldenkrais in his book "Perfecting the Ability"** is an outgrowth of the influence of the social environment that prefers to emphasize only the actions necessary to perform a task that a person and his environment consider necessary. In order to improve and advance, there must be an active and continuous mechanism of learning and expanding awareness: Redesigning memory files and "damaged" experience and new experience, to add new mind-expanding memory files. In order to reshape memory files, we are required to silence or freeze the mechanism that favors the "readily available" memory: We dim the lights, place the body on a soft carpet, wrap ourselves with a feeling of comfort, security and ... In with sexual energy and good and juicy fantasy, viewers and participants alike, in an exciting and sweeping film.

Redesign existing memory.

Physical awareness is, therefore, the connection and reciprocity between past memory and present experience, and it determines the **nature and quality of action in the present.**

According to the same model, the spiritual consciousness, which is abstract in its root, operates and obtains the patterns of comprehension, through the models and patterns acquired in the physical consciousness.

After all, it would not occur to us to stop eating or breathing and we accept this "legality" for the survival of the material body, without arguing. We are not so determined that it concerns the spiritual "food and air" that the spiritual "body" needs for its survival. This dependence on the bodily body and its nourishment will teach us about the importance of nourishing the spiritual body.

The root of the "motivation for action" in the physical shortage:

"Awareness" is not the motivation for action.

The "**shortage**" is the root of the motivation for action.

The root of the motivation for action is hidden, external to us and activates the systems that develop in the person: The systems that adapt to the external "messages" we are surrounded by and respond to them accordingly.

The "response," in a person's narrow perception is the "motivation for action."

The "motivation for action" in the misconception is the degree of awareness he achieves, the experiences he has accumulated in his memory from previous actions and the reactions he has adapted to himself in relation to the external messages in his gradual development.

Why is this important and may sound complicated?

Answer: Since the reasons for the next breath, the next meal or the next act of love, which we need for our survival, involve deficiency and pain, they ultimately overwhelm the body, weaken it and impair its health and function. In order for us to make a fundamental change in the mechanism, and lead the body on a path of progress and development, it is necessary to get to the root and the foundation that drives these fundamental actions and turn the suffering involved in them, into pleasure.

Therefor:

Expanding the "conscious" ability is in gaining the root and reason for the external motivation for action, first of all.

The purpose of the development of consciousness to its full degree is in the mutual connection between the source of external motivation and the internal action in a person - the root of the systems of shortage and pain, satisfaction and pleasure.

[In my perception of reality, I call this mutual connection - the continuous point of connection between the creator and the created and participation in the act of creation.]

At the beginning of a person's journey, as a baby, even though he has all the organs and abilities that will accompany him until adulthood, the motivation for action is partial. The initial and basic thoughts and memories necessary for the newborn to survive and activate the systems of existence in his body, he obtains by complete elimination of the "self", in the womb. A person develops the completeness of the ability and organs later in his life, through the process of expanding awareness in a consistent and gradual manner.

This gradual progress is in accordance with the environmental circumstances external to him. Both systems are designed to respond to a variety of circumstantial situations, depending on traits acquired in the genes and those acquired through personal experience. Accelerating the process is possible, from the moment the person learns to rotate for himself the optimal conditions for his development and determines the response of the systems to the changing situations, consciously and proactively.

The connection to the source of existence and energy:

The awareness of the "**physical self**" that is gradually built, clarifies the exact response possibilities to the set of environmental circumstances that make up the reality of a person's life, their root and purpose, and shapes in this way the ability of the "**thinking self**". The thinking self, learns about the "**source**" for the action of the systems around it and the reason why this source activates these circumstances that shape our lives and, in this way, learns to establish with the "**source**" a relationship of conscious reciprocity,

and the above, he sucks his vitality and the vitality of "physical self" with him, directly from the source of life.

The joint walk in connecting the memory from the past with the corrective contemporary experience, allows the renewal of the experience from actions we perform using the body, the perfection of the ability and continuous expansion of the "musculoskeletal" that we see in the cerebral cortex, as the **late Feldenkrais writes in his book "Perfecting the ability"** and the root correction of negative experiences, which cause us to perform the same actions incorrectly and in a way that distorts the bone skeleton in our bodies. A deformity that causes blockages, inflammation and ultimately overwhelms the immune system and the body is attacked by diseases.

It is now possible to begin to understand the intention behind the circumstances surrounding the "source": Working on **correcting the experiences in memory and thought**, which have left paths of pain in our bodies and turning them into experiences of pleasure, is a kind of learning about the structure of thought and memory, the principles they act upon, correcting them and thus gaining awareness and control.

In other words - **a growth leap.**

The four-step scale:

The key, then, to correction and change, or rather **to expanding awareness and perfecting the ability**, in the thought and physical memory within us, includes several stages:

* **In the first stage** - the ability to separate, identify and differentiate what are the roots of the feeling that we experience, pain or

pleasure, and which is a kind of external "intervention" in our internalness. We did not choose to be dependent on air, water,

food and sex for our existence, and we are ostensibly only the "mediators" between pain, caused by their absence, and the satisfaction

and pleasure, which these external factors evoke in our body - fresh air, cool water, delicious food, good sex.

* **In the second stage** - the first practical step to perfect the ability to "neutralize", or calm down, the patterns and body memory

is the **decision to make the change**. Wanting to know how to get into a "forgetfulness" state and undo the entire

effect of order and patterns of the previous physical memory.

A stage that is possible only in a state of reloading of corrected values and patterns in the physical memory

and in a supportive social environment. A stage that also calls for an informed choice of an appropriate environment.

* In the next and **third** stage we act and exercise in practice the three components we have committed to

in the statement of intent: **Diet, practicing the method, practicing one of the arts and group support**, in order for us to

"clean" from the physical memory that is already in us the effect of previous bodily experiences. Refinement or

sweetening. During the physical process, we will learn to correct and perfect the spiritual values that were based on

negative and inhibiting experiences in physical memory, prior to the desired change.

* Immediately afterwards, **in the fourth stage**, it is time to start working on the reciprocity and gradually, between the renewed physical memory

, the values of pain and pleasure that have been corrected and assimilated in it, and the re-perception of the values of shortages and fulfillment

in memory and spiritual comprehension. In the new tension to be created between the two ends, we will gradually complete the change that sucks

Its vitality, from daily life.

Suitable environment:

The fundamental and necessary condition for changing mental, physical and spiritual values, is in choosing the appropriate social environment. A social environment in general is the appearance and feedback without which there is really no ability to discern our situation, let alone the change we are going through and the perfection of the ability we have achieved. An appropriate environment, which is first and foremost a reliable environment, a supportive and inclusive environment that supports the individual and general within it. It is the key to moving in the right direction and on the fast track. It is important to emphasize that the choice of this environment, having done proper research work and actual experience, from the moment it is done, requires constant operation and maintenance. The potential inherent in this environment will probably be realized by overcoming the "squeaks" and animal social codes within us that dictate disputes and struggles for control. Completely natural and

part of the right process of acquiring the "secondary" tools we need in perfecting the ability we seek for ourselves.

The third point of pain, the secret of life and death:

The result of the encounter - pregnancy and childbirth, are without a doubt, the heaviest point of pain of all. Nine months of pregnancy and a number of particularly painful hours in the delivery room are experienced only by women. The man can free time to have a beer with friends and enjoy pats on the back, although the tendency of recent generations is to try to experience during pregnancy and in the delivery room, the suffering reserved exclusively to women... Go figure.

Is there a reality of "pregnancy and childbirth" also in the results of breathing, drinking and food in our bodies?

Is the result of this encounter between our body and the substances necessary for its existence, accompanied by the pain that takes place in childbirth?

Most likely yes.

The part of the body that "receives" all its vitality requirements from an external source in order to silence the shortage and internal pain that has arisen, is the receiving female part in the body. "Pregnancy" is the period of time between the entry of fluids and food that we have put into our bodies and the moment that they become part of our bodies. "Birth" is the constitutive moment, in which the external addition, water and food, which have become part of the body, fulfill their purpose and contribute their part. And the purpose of a cell in the body, is according to its function (to contract, to circulate blood, to be the blood, to remember, to feel, etc.) together with the urge to replicate.

Is cell duplication accompanied by pain?

Does performing the cell function involve pain?

If you make the comparison with the "product" of the reproductive system, you can assume that the answer is yes!

Both the function performance and reproduction are accompanied by pain. Just as we get up in the morning from the good bed and run to work and just as the end of the birth process does not completely end the pain and continues with sleepless nights, breastfeeding and changing diapers and great difficulties in choosing the wedding dress. "The grief of raising boys and girls," the exact same mechanism.

And perhaps, maybe... The memory of the pain that exists in every single cell in our body, eventually overwhelms the body and ages and breaks down? Maybe this is the secret of the body's temporality?

It is known that there are glands in our body, which produce hormones designed to calm the pain and turn suffering into pleasure, and yet we experience pain that only increases over the years as if the glands are not working.

Once we understand that the physical glands are just one expression of **a variety of painkillers** that the person has been blessed with, we are on the right track.

The “expansion” in their perception in our understanding, that we will learn through the **"BeeButt"** method to understand that the change in the experience in the memory, from pain to pleasure, is one of the keys, perhaps the most important “gland” in the production of the material that could reduce the pain and leverage the pain points to points of great pleasure, then we'll know that we have reached the best starting point, in the journey we are embarking on.

Thought, dream and fantasy: The tools for expansion and refinement of the ability.

The main difference between these two systems, dreaming and fantasy, is in the state of wakefulness: We dream when we sleep. We fantasize, in a state of wakefulness. These two powerful tools, connect the reality of our lives, as it is based on memories from the past, along with a sequence of free thought and imagination that allows a glimpse into a reality that is broader, more fascinating, more liberating, more exciting, than the reality we experience on a daily basis. The same mechanism, which works in two different ways, depending on the state of wakefulness.

In my view, this is the mechanism that is able to shape the **"muscular skeleton" of the thinking part within us**, the spiritual part.

The startling physical experience it causes, provides the "positive urge" and optimal atmosphere, to shape the **"muscular skeleton" figure of the physical part within us**, while lying down, standing, walking, sitting and every other movement we make in space. We are "seducing" by a feeling of startling pleasure the thinking part within us to act upon the process of "perfecting the ability" in physical exercise, to make and assimilate corrections and refinements, as a positive experience, in our physical memory and consciousness.

In the book **"Perfecting the Ability"**, Feldenkrais suggests to **"think during action"**. During the exercise he emphasizes the importance of listening to the body's emotions. He uses the term **"Feeling"** to describe the contribution of the senses-based distinction to the quality of movement we perform during the exercise, whether painful or not. There is no doubt that these elements are all important, only that I propose one more step, which, in my opinion, connects together these elements into a movement that includes listening, a feeling of exciting physical pleasure that unites the senses, emotions and free thought, into one powerful unity.

The missing link in the Feldenkrais method:

If the **"four-step scale"**, It is the framework and outline plan for the movement towards change, **fantasy, or free imagination**, are the powerful tools for achieving the change. the **"fruit-bearing"** process takes place during the encounter between free thought and the actual physical pleasure it produces, and only it can correct the past flaws and expand and perfect the future abilities.

Only the "**knowledge**" during the exercise, about the improvement that will happen later, as Feldenkrais suggests in the "perfecting the ability", is not a powerful enough engine, which make us leap over the hurdle. There must be real-time feedback between the free thought, the "fantasy," and the feeling, pain or pleasure, that arises in the body. Sexual fantasy evokes the pleasure even before the action, and is therefore the missing and obvious link between the appearance of the shortage, which is accompanied by pain, and the pleasure in satisfying this shortage. Sexual fantasy, in its effect on the mind, "sweetens" and transforms the feeling of pain that appears, even before the pleasure of satisfying the shortage.

The fantasy produces an expectation for pleasure and in many cases even anticipates the feeling of pain, as it spurs us to look for the sexual shortage in parts of the body that were not necessarily related to our bodily consciousness, as pleasurable.

And the main thing (!) In the ability to leverage a point of pain that already exists and turn it into a point of pleasure.

There is no doubt that perfecting the "muscular skeleton" of sexual pleasure should go hand in hand with the process of perfecting the "muscular skeleton" itself. Together they will fertilize each other and provide the optimal healing and growth environment for the process.

Take to the limit

Seeks taking for one moment the subject to the limits, if only emphasize a point:

In the most abstract way, the shape of all flora and fauna on earth is divided into two:

1. The shape and feature of the internal and external organs that allow it to exist optimally, as part of the difficult competition
along the food chain.
2. The shape and feature of the internal and external organs that allow it to reproduce and continue the race.

A few things can be said about it with certainty:

- There is no universal form for the organs, which acts on the sexual attraction (the male tortoise is attracted to the female tortoise with the same desire that the male attracts to the female crocodile despite the physical differences between the two species...) And the same system of sexual attraction, which is typical to all species and types, knows how to make the "adaptation" to each and every specie.
- It is in fact the shape and capacity of the organs of each different species, for its personal survival, is the primary and most selective and powerful point of sexual attraction. The female will seek the strong and most surviving, and vice versa.

- The amazing and tremendous variety of the "attraction factors" beyond the necessary organs, designed to give another small advantage, over the other competitors, in sexual courtship, testifies to the amazing ability of the sexual system, the endless colors, shapes and smells it is capable of exhibiting and its important part in the development of all species.
- There is no doubt, however, that this is the most "stressful" system, which apart from the pleasure it allows its practitioners, is at the same time, arousing a lot of "worries" and pain.

If to exaggerate:

In this competition between the systems that take care of the daily maintenance and upkeep, and the reproductive system, there is no doubt that the reproductive system wins in a big way!

The body, in its poorest state, from the moment it comes out into the air of the world, is doomed to disintegrate and return to the ground, after so many years. The reproductive system, touches eternity. Therefore, and perhaps against to what comes to mind, the purpose of all systems of the body, breathing, blood, digestion, muscles, everything, is for the benefit of the reproductive system!

From the moment you stopped walking on both routes: Maintenance and reproduction and you choose to focus on maintenance only, you are really out of the game. Perhaps a sentence that would provoke opposition in its determination, only thank God, the concept of "reproduction" a person can really take to the limits, and "reproduction" in so many ways, colors and forms.

And to close one more open issue: The definitions for the perception of spiritual reality, which are capable of being recorded in the brain and human memory, I attribute to the physical system, which depends on the senses. **The ultimate goal** is to allow these perceived definitions to have an impact on the spiritual system, which is abstract in nature and therefore ... To the extent that the thinking (spiritual) tool works with the help of the imagination and free thought (thought and fantasy), to expand the limits of the comprehension of the physical "muscular skeleton", it actually works to expand the physical consciousness, which will support and expand the limits of its own spiritual comprehension.

Dreaming:

In these flickers, which occur when we wake up in the middle of a dream and are able to recall at least part of it, the impression they make on us is immense: In the "script", complexity, the way we act in the situation, the way characters we know from the state wakefulness act. There is no doubt that this is a glimpse into a considerable expansion of our perception of reality and in my view, the reality of the dream is a glimpse into the high potential ability we have in the thinking "muscular skeleton" of the spiritual part within us. The next step of comprehension. When we wake up, we

put back into action all the patterns of memory, thought, the definitions that limit our potential ability.

This gap between the great ability of dreaming and its limited expression in practice, which is restrained by the limited and defective "skeleton", is a kind of crack in consciousness, which enables the drawing of the next level of our consciousness and abilities. The "fantasy" or free thought and imagination, are the tools in the waking state to connect to this image, which made the dream possible and to try to close the gap.

In addition, the dreaming environment is another hint of the exercise environment we need so that we can calm down and neutralize the comprehension and awareness patterns, limited and broken from the past, and move on to the next step: Dim lighting, quiet environment, comfortable posture, regular breathing, almost sleeping, etc.

The difference between dream and fantasy, is in our inability to "write" the script of a dream. We have no real influence on it and the reason is in this element that is taken from us during sleep, this part of consciousness that allows control over the moves in the dreaming system. About the seam between the disadvantage and advantage in the fact that this control mechanism is possible in fantasy and not in a dream, we learn about the difference between the physical conscious and subconscious and also about the difference between the spiritual conscious and subconscious (visible and hidden).

Practicing the fantasy mechanism, walking on the verge of dreaming, will bring us, so I believe, to a better connection between the physical and spiritual conscious and subconscious, and perhaps allow "dream management" further down the road, so we can practice the physical "muscular skeleton" even during sleep.

Perfecting the ability while sleeping:

The state of sleep is undoubtedly a re-charge and renewal of the body and thinking systems. Just as the "muscular skeleton" requires practice and perfection in the waking state in order to reach the optimal state, the state of sleep also requires the perfection of its "muscular skeleton" in such a way that sleep reaches its optimal ability to heal the body and renew its growth.

Intermediate summary:

Physical existence - the junction where pain points meet.

So, one can agree (so I hope) that physical existence depends on external vitality sources and the whole process of "encouraging" the encounter and separation, between the body and these substances, is accompanied by suffering and pain. The narcotic substances that the body produces in order to silence pain, are one of the sources of pleasure in the body that enable existence in this environment of

excruciating and ongoing pain. In addition to them, the wonderful appearance, smell and flavors that accompany breathing, drinking and eating as pleasure satellites etc., are an addition to the painkillers produced during the "encounter" between the body and the essential external substances that enable its existence.

Only that these additional pleasure mechanisms which we experience with the help of the senses and which relate to the quality of air, fluids and food we put into our bodies, are incomplete or serve the pleasure experience only and are constantly accompanied by a selection mechanism capable of separating a delicious and wonderful food experience from an experience we find to be appalling and tasteless. An experience that is constantly on the lookout and incomplete. Moreover, the very fact that we are dependent and handcuffed with regard to the need to breathe, eat and drink, so that we can sustain the body, stands in opposition to the mental capacity to be free from all shackles. A paradox imposed on us, causes us great suffering and it seems that there is nothing we can do about it.

And there is also the matter of the almost inconceivable pain of the moment of birth. The same reproductive system that offers such great pleasures, at the peak moment, when we are about to receive the "reward" and enjoy the "fruit", the process is accompanied by an almost intolerable physical pain. It is as if they bribed us with greatest pleasures, so that we could experience (at least the women among us) one of the most difficult pains that nature is capable of.

And the biggest absurdity is that after we already reach the point of resting and receive the dose of pleasure that will alleviate the pain of thirst, hunger, etc., we need great pain from the feeling of pleasure we are flooded with, so that we can stop drinking and eating, before we explode ...

This reality has, as mentioned, a compelling reason ...

We experience both the pain and the pleasure in the thinking part within us:

This "forced" connection between the two systems, spiritual and physical, is for the benefit of humanity as a whole and only exist among humans. The physical system, as mentioned, helps in the comprehension of the abstract spiritual system. Was it not for the pain that accompanies it as a satellite, and even forms the foundation for every single action, we would have preferred to stay with it...?

We do not have the right incentive to prefer the control of the system of spiritual comprehension and awareness over the physical one, because it would provide us with all the pleasure, we could ever desire. Moreover, we would (and perhaps this is what we do) use the spiritual system and the ability pleasure, that it contains to provide the physical system with all the pleasure it needs.

Ultimately, the choice to elevate the spiritual system above the physical one is the tool by which man attains the highest purpose, the purpose of creation and the thought of creation.

This purpose needs the opposite gap between these two systems, the polarity in them, in order to crack the egoistic consciousness and discover a reality higher than it. This purpose needs the reciprocity between the two opposite systems, together with the control of the spiritual over the material, in order for us to reach this high level.

In a nutshell!

Refreshing addition:

When the mister met the master

Towards the end, i am pleased to announce that along the road to the development of the "**BeeButt**" method I was able to bring together two giants:

Mr. Feldenkrais and the method of "perfecting the ability"

And Master Tong with the "Wonder Points" method

An encounter between East and West for the benefit of the process of healing our bodies, balancing and perfecting our physical and conscious ability.

"Master Tong's Wonder Points" is a seemingly different method, based on the Chinese acupuncture method, although it differs from it in some aspects, and it is certainly different in its application from the Feldenkrais method, on which my method is based, only that both connect to the balancing and healing of musculoskeletal, as a starting point for physical and mental improvement.

Like the technique a student adopts to acquire the art of painting, which copies from an existing model or painting, and after receiving the basis for the language, the language of drawing and painting, can take it to places where he wants to paint his own individual painting. In Master Tong method, the musculoskeletal system is presented by describing the points on the musculoskeletal system and their healing qualities, based on wisdom and thousands of years of experience.

The boundaries and balance of the muscular skeletal system, as portrayed by Tong, we adopt as a model whereby we shall discover by means of the principles of the Feldenkrais Method and its upgrading system "**BeeButt**" the new spaces of our awareness and better-ability muscular skeletal that we can obtain while practicing this integrated method.

The points of pain that discovered in the first practical lesson, together with the points of pleasure, gain a healing expression, in the Tong method and the pathways they draw in our bodies, together with the expansion of the musculoskeletal consciousness, are based on many years of experience and achievement.

I highly recommend adopting the "Tongan" model for several reasons:

1. From experience, it works!

Master Tong's wonder points delineate in our bodies the connection between subsistence systems, internal and external to our bodies, which connect with the sources of abundance, vitality and energy that activates it and managed through transitions, to every corner and organ in our bodies.

2. Although the goal of the "**BeeButt**" method is to explore the pain points vis-a-vis the pleasure points by inquiry and personal experience, but as with the study of painting, the first steps one should take in front of an existing model of an experienced painter, while the style, visual concept, drawing technique and color Etc., we learn through copying his works. The choice of a particular painter whose style and technique of art-making is subject to free choice and our own personal preferences: This is exactly how we want to paint, at least in the early stages of our journey.

I chose Master Tong, to get better with Mr. Feldenkrais, feel free to join.

3. The "**BeeButt**" method relies on activating the starting point of pain in our bodies in a healing method that expands consciousness. We touch points, click on them with our fingers, balls, bamboo sticks, etc., we move with our bodies around them, expand the limits of our body's muscular skeletal perception, gradually get rid of the stresses and pains they impose on our bodies, get rid of the blocking effect they have on the energy and pleasure transmissions in our bodies, we release their destructive effect on the skeleton of our bodies and the deformities formed in it during our lifetime, which are the recipe for the formation of musculoskeletal deformations, development of chronic inflammation and subsequent, diseases and physical and mental ailments that make our lives bitter and exhausting.

A vicious cycle, which nourishes itself and the weaker we get by pain and "fatigue of the substance" the more we are exposed to more and more diseases and illnesses as a result of an exhausted and weak immune system and so forth.

The basic principles of the "**BeeButt**" method, which are taken from the Feldenkrais method and upgraded through a series of exercises and the "triple statement", break the vicious cycle of magic and allow us to not only get rid of pain, but allow real healing of any damaged systems and significantly improving both physical and mental ability, at the same time with taking the road to growth and prosperity.

Master Tong's "Wonder Points" method, passed on between many generations in his that we family and is based on the Chinese and Japanese conception of healing, uses acupuncture needles and an acupuncture point map, based on the energy and vitality channels (meridians and chi) in the world view and healing techniques of Far Eastern cultures.

In order to make it accessible to practitioners, in accordance with the principles of the Feldenkrais method and the means I added for upgrading, together with the aids I added for its practice, I developed a unique technique that serves as a link between the two methods in an accessible, simple, easy to understand, easy to practice method with amazing results.

Now, with the addition of the component of the "Wonder points" system "**BeeButt**" becomes a "motherboard" on the computer through which some useful systems are triggered, that operate in different languages, with one single simple and available **language** for obtaining the best results. The basic principles, along with the additions and the ability to calibrate with different and varied healing and practice methods, we will take with us wherever we want, both in the practice methods chosen according to our taste and in the overall perception of the physical and mental space we strive to achieve and perfect.

Can share from my personal experience and testify that since i combines **Master Tong with Mr. Feldenkrais** methods, the changes I have experienced and the graph of progress and refinement, have doubled and tripled and I am happy to share with you the experience and actual execution.

And in conclusion of this part: My recommendation, a sweeping recommendation, is not to seek redemption only in bodily change.

The ability to contain or study the mechanisms of the body systems, to intervene and change their course, lies in the depths of the vision and observance that exist and made possible in the spiritual psyche, or in other words: In thought. Both in the initial recognition of our present situation and in the "maintenance" of the desired change. From the moment we choose a body to control our consciousness, we lose the capacity for spatial perception and the ability to recognize the distribution of forces between the material systems and the spiritual ones, and as a result, lose the fulcrum and precision for the actual application of the change.

I believe that: Choosing control by the material, is the choice to start the sentence, from the middle ...

The "physicality" has an important role in the ability to define a reality depending on senses, for a "spiritual" reality that is abstract and senseless. These definitions for the changing states provided by physicality, eventually become the senses of spirituality. Furthermore, there is no doubt about the superiority of the importance and value of spirituality, over physicality, in our lives. The body diminishes and carries with it, from the moment of birth, an "expiration date". Spirituality, on the other hand, has eternal existence. At the same time, they are committed to go hand in hand.

By engaging in thought and memory, in correcting the experience of pain that seems to have been burned and can no longer be changed, the practitioner begins to touch the parts that operate his reality and that until this moment were considered by him to be enigmatic.

Up until this moment, most of the preoccupation has been with the "results" of a dictated reality that cannot be changed. Practicing the method starts by linking the

upgrading of the physical "musculoskeletal" with the spiritual "musculoskeletal". The preoccupation with the root and not just the result is a clear sign of this process.

The following chapters in my book:

- **"BeeButt" and "Feldenkrais"**, the original method and upgrades.
Extension of the additions to the **"BeeButt"** method that makes it more dynamic, available to wide target audiences
and mainly practical in the treatment of obstructions and chronic pain that inhibit development.
- **"When Mister met Master"**, the integration of **"Master Tong's Wonder Points"** method, the man Tong, his work and the principles of his method as integrated into the practice of the **"BeeButt" method.**
- The practical part.
A series of exercises using the Feldenkrais method that also include the additions and upgrades of the **"BeeButt"** method
And a series of new original exercises of the method.

The complete book can be purchased on the website: www.beebutt.com