“Becoming” vs. Copying:
Proposing a “Right Brain” Solution to Intrapersonal Mimetic Desire/Rivalry

Intrapersonal Rivalry and Physical Pain:
Caused by Copying the Other,
Dissolved by “Becoming” the Archetypal
introduction to me and my story

- The Alexander Technique
- Posture Release Imagery
- Judeo-Christian imagery
The workshop plan

QUESTION - Was paper read? And response written?

• an overview of terms, concepts, images
• posture release imagery related to Judeo / Christian images
• experiment with “becoming” image exercises
• hands-on “help” from the Alexander Technique
• Questions and Comments re: experience and readings
• interspersed PowerPoint commentary
• 5 areas to cover. We’ll go as far as time allows.

REQUEST – Suspend academic disbelief for the duration of experimentation and THEN critique all you want.
“becoming” vs. copying

*Mimesis and images*

Two different forms of imitation of what we imagine, producing two different results.

Copying is Imitation of *appearance*

“Becoming” is imitation of *essence*
Intra-personal mimetic rivalry?

- Rampant body complaint
  - all of us are hurting
  - pain, fatigue, incapacity
  (caused by mimetic rivalry – evidence for this claim found in the cure)

- Structural dysfunction ("bad posture")
  - the “extremes” of personality * among “interviduals”
  - angst played out in muscles and posture,
  - the loss of “lightness,”
  - the absence of defined principles
    (that lead to archetypes and proper “formation” education)
* Intervidual personality “extremes”
* Intervidual couples, friends, parents
partial and non solutions

• General failure of allopathic medicine and traditional physical therapy (with mimetic-based complaint)

• Traditional methods of dealing with postural pain and dysfunction of “unknown” origin are not very effective. This unknown origin is mimetic rivalry. The evidence for this contention is in its intrapersonal cure.

• The failure of declarative cues (which invokes copying, or imitation of appearance) example – “Relax your back.”
the “becoming” solution

To imagine you are, or are becoming, an archetypal form dissolves painful and debilitating mimetic postural habit.

Archetypal posture imagery is “mind-bending.”
   It “morphs” the body in healthy unexpected ways / “by grace.”
   It is a tool for spiritual growth as well as for postural health.

archetypal imagery

Imagery is the instinctual basis of the human psyche (Jung)
Archetypes are not metaphors or signs…
   they are symbols that shape our being.
Completely “copying” the archetypal can only be attempted by “becoming” the archetypal.
archetypal posture imagery

Posture Release Imagery unexpectedly finds archetypal Christ as its ultimate postural archetype. This makes Christianity a hidden (by secular standards) “somatic discipline.”

Archetypal structural forms – ideal postural relationships
Archetypal religious forms – ideal relationship to fellow man and the cosmos

Popular somatic health disciplines have generally been Eastern in origin or perspective, such as Yoga, Tai Chi, Zen Buddhism.
ARCHETYPAL IMAGES
from *Judeo / Christian* imagery

and

archetypal posture images
from Posture Release Imagery
trusting
caring
freedom from fear
Questions ?
Comments ?
Now or anytime from this point on

Let the imagery exercises begin !
The Alexander Technique will be included with the imagery to provide some “help”
evolution of the dorsal-ventral surface
exercise -

evolution of the archetypal tetrapod

Calm up and out, tense down and in

the healthy dorsal-ventral* relationship
* The dorsal-ventral surface
the healthy dorsal-ventral relationship – carried to healthier “extremes”

Separation of the dorsal and ventral surfaces

- The (dorsal) spirit ascends
- The (ventral) body descends
Basic symbolic meanings

A more “vertical” relationship - expand up, condense down

A more “horizontal” relationship - yin-yang
exercise -

Not all posture concerns gravity

The lamb and egg... and lamb of God
Expanded “caring”

Healthy postural maturing by imaginarily embracing an increasingly larger world
Postural health by imagining freedom between functional segments

The sacrificed lamb

<<< All locations of functional freedom
the functional segments