

The Impossible Became Easy

“Oh, I can do this!” professional artist Theresa Ganley remembers an inner voice exclaiming as she experienced her first *Awareness Through Movement*® lesson with *Feldenkrais*® practitioner Bob Hunter. Moving her eyes in an easy pain-free way was a revelation and a delight.

During several years of double vision and constant pain that baffled medical authorities she had found no relief. Now she was discovering that, as she allowed her entire self to participate in the movement of her eyes, what she had thought impossible became easy. As a child she had been diagnosed with Charcot-Marie-Tooth disease, a degenerative nervous system disorder similar to Multiple Sclerosis.

“Over the years I had experienced a loss of feeling and mobility in my limbs, and then I had a spinal fusion operation because of severe scoliosis. I see now that I had developed the habit of forcing my eyes to be always on full alert. They were one of the few tools I felt I had to keep my balance. In overworking my eyes I had strained them and lost control.” Her creative work as well as the tasks of daily life became extremely difficult. Driving a car was inadvisable.

In the course of further *Feldenkrais* lessons with Bob, Theresa has recovered significant movement in all her actions and can engage in life more fully again. Her balance, her walking, her driving have all improved. She is happily painting and exhibiting. “My most recent work was a joy!”

“I work with more freedom now. I trust my intuition more. And I have no pain in my eyes, hands or anywhere!” Theresa has also found that her growing knowledge of the *Feldenkrais Method*® as a learning process has informed and improved her work with Luke, her service dog, and with horses and riders as a volunteer assistant in the local Therapeutic Riding program.

“Initially I was seeking pain relief—no small thing. But now I’ve come to understand the *Feldenkrais Method* more globally. It can be embraced in all aspects of living.”

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