Sept 1930

to

Oct 1931

Spread trochanters same as would smooth out knees in sitting down. Spine like row of dominoes.

Suspension bridge sacrum to 12th D, covering - broad ligament pubic arch to 12th D. - or sternum.

Roads come into bridge - divide again (arms) - one ahead (head) Ribs point up - point down Water wings - put sideways by spine + peek up into neck muscle - collapse adjust weights so as to keep equal pressure within

Do not spread to outside to meet activities, emotions which squeeze the ribs especially shoulders. go deep-within and ○ around center. Whirlpool-eddy, one way and then the other - inner pelvic circle - 1st rib. Top circle should not hold weight - bottom circle should - and transfer it softly to ischia. Sand pattling in water sieve in pelvis - soften elephants ears. Ischia like sponges for sieve to rest upon. sand sifter -

Balance ball on pubic arch, Trunk touches trunk
Ex. trunk touching trunk
Get support under front of sieve - not entire
tail bones - boost under front
Feet - toe balance heel -
Ex - toe bones - heel bones (follow down over tips to floor) pick up in middle
Soften sides of foot - back up and
- of little toe in foot - event at this point. Leverage power depends on hanging of heel and toes. Balance of body depends on hanging of ears + eyes
To allow this to hang must take the support to relieve weight

plant legs — keep them straighter instead of flexing them. But do not widen or do this. Plant to a point —. Reins are held in outside hand

Diaphragm - gothic rather than Roman

think of muscle - bell - rather than tube. think into over narrowness of bell to look to front. Squeeze bell between scapula - then lower dorsal - over sternum - lower dorsal -

Same idea in pelvis - narrow lower abd between pockets - lumbar area and sacrum

Bell closes like Japanese umbrella - handle pulls down on inhalation as umbrella closes - get action in back side of umbrella - traces of lumbar

large soft rubber ball holds pelvis - get hold of lower side of sacrum and another plane in lower part of ball - curve just clears chair.

Sciatica farther forward. Obturators flare and let go trochanters - cheshire cat grin - sciatic spoken - Seats in ball - pinch ball in front - sing over abd

weight in pockets of ball - release obturators

Leaves curl - ilia - acromion proc.

Suspend sternum by shortening the muscles sternocleido mastoid - pectoralis - this will give space under arms

sew balls legs in middle of body

alligator yawn with shoulder as tilt the pot of gold.

fingers soft and fluidic

seaweed evoked and pushed by the tide - chiffon in the breeze let the action carry to the elbow -

folding middle finger to little finger - accordion pleating - thumb to middle.

4 arches in front of extremities between body - legs and arms pinned through centers of sockets to middle of body

Rotate clavicle in socket - sting circle - shoulder longer C. femur and socket - trochanter ?

Penknife - fold leg to spine - fold spine to legs - axis at hip & socket line make axis as short as possible - fold ilia - watch lumbar - sacral - spine - base of head as blade sink in to body will increase getting of spine and of bodies nearer center
Iliacus - trousers legs - fold around a leg - psoas - make a line on back of t. leg fold - another - fold - close to center - fold sol front of t. leg to center - int. oblique
Basket on pulleys - hold from front - pull of rectus abd. from above at umbilicus pulleys in back and sides of basket release man sits down into basket as if in bicycle seat. rear lower.
Feet - big toe down - raise other toe other toe down - raise great toe
Weight of body - feet - narrow back of ankle - feet - space between tibia and fibula (narrow arch) - thrust from hip and sockets to pubis makes arch (bow legged idea) ribs make gothic arches - shoulder girdle slipping off makes arch -

sterno clavicular socket center would be higher than arm socket - arches - diaphragm - umbilicus - pubis
Center of pelvic girdle and shoulder girdle remain -
of body. Gothic -
Very important to keep shoulder and pelvic girdles free

Pivotlike - riding through sockets to center of bridge - pubic arch
Sterno - clav. - iliac crest - lesser extension in gluteal area - sacral and coccygeal fascia -
Elastic 1st bent to pubic bone - fold ilia - fold ribs - free shoulder girdle
Telescope in psoas and lower abd area and pick weight up from feet shortening psoas and iliacus - bicycle -
Plumb line through center of body like a fish line - water closes in on fish line muscle closes in on center in body
Interosseous membrane like rail.

Sheaves - handle pyramidalis m.
rivet (solar plexus) - pointe xiphoid m.
sheave should be kept closed & oak on otherwise strain comes on rivet. Point goes through between clavicles. Screw rivet into body.
Plush - long haired plush in pelvis pull together -
Capsular membrane pointe of ribs do not pull on - let ribs melt into spine.
Shoulders - push equally with acromion processes toward ceiling or someone fingers - this lengthens rhomboids and trapezius - feel pectoralis soft - Diaphragm - allow to close in around rivet - do not push out in front widening V
Bunt with forehead - instead of getting jaw for something hard.
Incisors - hook with these.
Nasal bones - as lengthwise cavities make channels in water
Inner fibres quadratus lumborum diaphragm in front of 12th dorsal area arms settle further in its socket
Work - cork in bottle -
U loops of spine - weight held in back one - front soft and light
Hold 12th - one to spine and look and around opposite leg
Rotate shoulder blade up and out - hinge lower ∨ in.
Winking eyes. corners alone and together (widen eats grin)
Sensation in tips of body
Antennae feelers (reach out with these not eyes).
Relate eyes to a large one. (single one at center of head).
Move ears up and down and to the front.
Flick 3 top ribs back to center keep them forward ear-width of one inch from sternum.
Keep them in sagittal plane in front and between shoulders.

bladder in back - not under arms.

Sponges - under knees - knee cap little piece of armor on front - Bowl hollowed out on back side - soak up water with sponge and leave it under the knees.

Throat - a small soft tube in front of cervical spine - Do not pull on it.

Bathing cap - loosen behind so as to pull down over eyes -

Rolling shoulder blades - trapezius like handkerchief - hold by upper corner of h - ◇ - same idea in lower dorsal - abd muscles ◇ h - hold up lower corner - upper corner - middle will pucker and enlarge -

wrs. g - front of thighs - not sides point side upwards \/ downwards /\

ischio-thrust dorsal - sternal - pubic arch - gluteal muscles - weight thru and around inner pelvic circle to ischia either in sitting or standing - weight carried through but muscle holding it securely back to center. heavy basket and pulleys.

Body a unit -

picking feet off floor

tricking sensation top of head - end of spine - knees - elbows - muscles glide over bones.

Unit mass. multitude of cells - equal value supported by acting of inner pelvic ring - on heads of femora - ischia coaxys long unit mass expenetrative entrances not our idea of bone and muscle - think to center. Inverting hands -

tree - branches to arch sternum - bellows - root of tree curls front -

In splendid condition for lesson on Sat.

Paper by Mike Todd

Physical Hygiene (materials which compose human body

Mental " (

Structural " how materials & forces behave in relation to one another - human spine under opposing forces of gravity

Human body represents balance of forces

Teacher of - S - H - must have knowledge of materials of human body and their functions in the light of structural design, the forces which these materials must resist and in relation to which they must seek equilibrium able to apply principles of weight distribution

Integration of pelvic muscles important - Thity

Bone is material which mainly should support various weights at their predetermined levels.

Load on other each pair like at vert. att- limit vert on coccum, acetabula upon femora -
muscles and soft tissue when not involved in moving of bones should remain as free from support of weight as possible!
moving function rather than holding function

Gravity - Pressure upward at ankles and thighs etc. exactly equal to weight travelling downward through them.

Rearrangements of parts not fixities

maintained as close as possible
to points of attachment
weights at centre
" as near base as possible without sacrificing height & structure that is height of axis.

We cannot think a thot without a muscle change
& thinking supreme importance in our behavior.

Our voluntary use of the structure, is psychological
Are we thinking in terms of position - fixity - or balancing - dynamic balance

Every move of our body is a lot of flying

balance of parts or poise our ideal

We can point out direction for thinking.
When we think location direction and motion something happens.

Balance weights in all movements and keep individual weights as close to base and as near to centre of their supports as possible.

Paper by Miss Todd

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Mental " (

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Head on atlas, each pair like at vert. att- limit vert on coccum, acetabula upon femora - muscles and soft tissue when not involved in moving of bones should remain as free from support of weight as possible!

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Miss C - Case

Miss Todd preeminent in Central Balance weight rests

1st rib would set on or just inside the innerpelvic rim. Skull would rest on sacrum and just fit between ilia. Neck fits inside 1st rib. Head? Hambridge on "Dynamic Symmetry". 12th rib - to it is attached diaphragm. Rib would rise and fall with breath.

Tubular breathing. I have been flattening the arch of nostrils, uvula and diaphragm instead of arching them as I should. Thinking of arching diaphragm puts me in the center of the tube. Arch the uvula and dilate nostrils (stuff with peas) I continue to hold weight in upper ribs and front of rib carriage. Transfer the tension in lower front of rib carriage to 12th rib. This softened the entire rib carriage. Develop iliocostalis - quad lumb. Rib should descend and keep as close to

pelvis as possible in back, not in front. If done in front would weaken abd. m. - oblique - transv. - Increase costal angles of ribs in upper and mid dorsal area - finger-piano keys - clutch muscle in this area.

I more too much in whole body & penetrate an area. Squirm inside that area. Cornucopia fill. ac fire - flow.

Pull thread through cylinder at top of head see inside - takes in 3 arches

Dec. 6 - growth in tissue areas over bone must keep space of growth in size of bone in body of child. Encourage in children's play whatever brings into play the crouch muscles squat position - crawling - bowling with light balls skipping rope - jumping in their own way -

The pyramidalis can be brought into play through transversalis action.

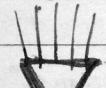
Ex. riding through worm circle. make elastic line from pubic arch to 1st lumbar through pyramidalis - fold ilia - fold jack knife - ~~ribs~~ slide down back and bounce of arms - slip forward in muscle to greatest length even fingers - slide more farther apart on table - body rides between touching table. Just a chest. Draw back by gathering crouch muscles together.

Jan 2 - old terms contraction - relaxation new terms - contraction - expansion I am to perceive in work in body I perceive and relax and keep sensation in same group of muscles when

Lesson to new patient -
Balanced structure could not move.
Movement involves losing the balance
necessary for leverage.
Think balance of mass.
Strengthen muscles that do this
that pull body back towards center
in contrast to the ones that
propel it in space.
Name which muscle in action of
any part -

Jan 30 (?)

Posterior tibialis - Feel the many attachments
of fibres of origin - feel along
length of muscle through heel
to beneath foot. Give the muscle
feel of inner fibres ideas.
Ex. straighten great toe without
curling it - elevate outward
with little toe -



plantar flexion shows strength of foot (heel) is in this area

Thought to expand opposite group
and keep thought here. Positive
vs. negative. When tired old groups
lose the nerve stimuli and therefore
reasserts itself in spasm - contraction
I use dowager, for ache, & ribbon loops
and Miss Todd changed it to prying
like start between spine and costal
angles on front side. This gets the
anti costal group -

Rolling - will even the muscle pulls
in body before sleep. 10 x at first
Let arm fall upwards which will
protect face. Be sure that weight
does the action as if a log.
Think of intervertebral discs - each have
more space between bodies of vert.
Shake upper dorsal spine free as Miss T.
did, expand its thickness - this will
fill them out

More flexibility in Rosa
1 - 2 - and outer side of

Ball of foot should not feel much weight - rest easily on floor because strength is in ▽

Posterior tibialis like hourglass ⧗ at origin and insertion - spreads over large area at either place gives it tremendous power.
Instead of allowing bone to roll to outside beneath foot and allow weight to descend to outer ankle instead of center we should feel extensor calcum tibi snuggled upward
Study post. tib. in grays - big adductum - & fascia at ankle and knee

Body as a unit.
Unity behind simplicity

More primary than balance or idea of fine theirs. Because multiplicity has been in mind instead of unity we have emphasized surfaces too much because our mind penetrates relate to them. Circulation tends to follow thought therefore posture would follow attention to surface strains (follow pressure.
By understanding the relationships and functions of various structures in the unit and by recognizing an internal tactile sense as well as a single controlling station we can restore the idea of unity and thereby take away these pressures. Because pressure implies more activity at the

please them another.

Form - motion - balance
depend on forces

Forces - flow -

Wirt Todd book -
human body an entity in the midst
of universal forces and as a
unit made up of innumerable parts

Kinesthetic sense registers sensation
of all the slightest movements,
and acts as a guide in keeping us
in balance with all the forces
about us.

Our kinesthetic appreciation is
delivered to us through the sensory
reports from the various cells.

The ability to improve a pattern of
movement for the reduction of mechanical
stresses is not a matter of individual
muscle development but comes through a
study and appreciation of the human body
as a weight bearing structure.

This study enables us to bring about a
better balancing of parts and the development
of the muscles should not be our concern.
Balance of the whole structure is
our concern. Through concepts of
balance at all weight-bearing points
of the bony structure we free the
musculature and in this way release
a greater amount of energy for work to
be accomplished.

Foot - Alice Colwell lessons.

Heel bone needs to carry in toward center. To have thought - consciousness in front of it up into muscle substance in arch of foot.
Pencil - knitting needle - eddy - etc. etc -
I have too much consciousness of bony bridge in middle of foot

1. release large muscles of back lower dorsal and lumbar area also multifidus (pelvic plexus)
2. release - become muscle conscious muscles in front and back of lower end of spine.
3. axis within pelvis - narrow - roll toward chin.
4. carry to sides of sacrum (deep within) inside and outside of ilia