

What F. M. Alexander said about 'right' and 'wrong'

This is a selection of F. M. Alexander's sayings to pupils, taken down during teaching sessions by the late Miss Ethel Webb, his secretary and assistant for a great many years. Further selections will appear in future issues.

You all believe that you must know whether you are right or wrong if you are to make progress.

You all want to know if you're right. When you get further on you *will* be right, but you won't know it and won't want to know if you're right.

You want to feel out whether you are right or not. I am giving you a conception to eradicate that. I don't want you to care a damn if you're right or not. Directly you don't care if you're right or not, the impeding obstacle is gone.

Of course you must remember your orders in order to project them. But you're not satisfied with that, you will try and feel out whether the thing is working out right or not.

The old idea of trying to be right has remained with us, in spite of the fact that conditions have changed and our right is wrong.

When it is right you won't do it; it's only when it's wrong that you will do it.

Don't come to me unless, when I tell you you are wrong, you make up your mind to smile and be pleased.

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

When anything is pointed out, our only idea is to go on from wrong to right in spite of the fact that it has taken us years to get wrong; we try to get right in a moment.

Like a good fellow, stop the things that are wrong first.

Don't you see that if you "get" perfection today, you will be farther away from perfection than you have ever been?

To know when we are wrong is all that we shall ever know in this world.