

The will to live

During my Feldenkrais Training in Heidelberg I lived with other Feldenkrais students in an apartment near Heidelberg. Once in a morning I met the renter Lady, who lives in the upper floor, in the corridor. She told me sadly that her turtle probably will die. It was a turtle who can close her entire carapace. Since 2 weeks the turtle would not open her carapace for to eat. The veterinary said, that it would be almost a pneumonia and that he could nothing do for her. She probably will die he guess.

I asked the Lady if I could see the turtle and if I could touch her. She agreed and got her out of the basement boiler room. The turtle lived there in her terrarium since the attendance of some family members because of shortage of space.

I took the turtle in my hands and first I could only touch her carapace, because she totally closed her carapace. I spoked gently with her and after some minutes of carapacetouches she began to open her carapace a little bit and her four legs appeared slowly. So I touched her legs for a while when she begun to come out with her head a little bit, so that I could touch her head. I made a lot of very little racoontouches over her head and ear conches. Suddenly she unsheathed her head very fast so that I almost let her dump down. It astonished me how long her neck was! Maybe 10 cm!

For around 30 minutes I touched everything I could reach on her and returned her after in her terrarium. It was very uncomfortably in this basement boiler room, the boiler made every few minutes a displeasing noise and through the window only a little light come in the room. I quarreled with me to say something to the Lady about this barren environment. But I had not the courage to do it.

The next evening the Lady rang at our door and reported very excited: the turtle escaped out of her terrarium while it seemed to be impossible because of the 40 cm long glasses on each side and a heavy glass above. The Lady took after that the terrarium once again in the living room and the turtle already was eating in the morning and crawled around.

We lived another 2,5 years, thee time per year, in this house during the Feldenkrais Training and the turtle was still greedy and still lived! And her terrarium remained in the living room!

I my mind I gave her the name "Brave". She taught me to stand up for my feelings and to have the courage to express myself when I feel uncomfortably. Thank you little turtle!

Annemarie Suter, Switzerland

I send all my best greetings to all of you in this congress in Slovenia!!! I'm in spirit with you all!!! And thank you dear Linda for all this wonderful experiences I had by this wonderful work I'm allowed do learn from you!

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