

I [Goddard Binkley] asked Alexander: “But does that [pulling our heads back] still apply to the times when we have to pull back our heads in order to look up, say, at a tall building?”

Alexander stepped around to stand in front of me and said:

“Ah, you see, my boy, when I do *that*, I don’t *shorten* myself in order to do it. First *lengthening*, and *then* to bring the head back so that we may direct the eyes upwards. But, you see, most people, when they do this, shorten themselves in looking directly above them.”

Several times, then, Alexander gave me the experience of lengthening and then gently tilting my head back so that I looked directly at the ceiling, during which I observed a complete absence of that stiffening of the back of the neck that one usually feels (if aware of it at all) in pulling the head far back in order to look upwards.