

Anne Jamelot-Bonnaillie

*How can moving my  
shoulders up and down help  
me get more out of life?*

And other frequently asked questions  
by beginners in sophrology

*To my father, Jean-Pierre.*

*He would have illustrated this book had I had the time to  
ask  
him.*

*To Bernard Santerre,*

*Who, from wherever he is up there, inspired me when I felt  
doubt setting in.*

Translation: Jenny Scot

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Why?

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Isn't all this a rather self-centred journey?

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How can moving my shoulders up and down help me get more out of life?

And what if we can't move our shoulders or do any other exercise?

What happens next? What is it meant to do for me?

I can't manage to concentrate, how can I improve this?

What's the point of living in the present moment?

Doesn't living in the present all the time become rather tiresome?

They say sophrology helps develop creativity. How come?

By means of a conclusion

Thank you

## **Preface**

Anne was writing down the answers to these questions that she had, for years, been asked at her sophrology sessions. These answers had been constantly refined over the years and when I saw what she was doing, I was both interested and excited at the thought of being able to share and to pass on her personal experience, in that very own unique style of hers! It was only too obvious to me how useful and valuable this would be.

Since then, it has been my pleasure to share with Anne her thoughts and sensitivity through to the final stage of this book you are now holding in your hands.

So you are welcome to this interview in which you will find a number of new theories, techniques and clinical case studies as yet unpublished.

What Anne Jamelot has created here is a compilation of questions frequently asked by participants in group or individual sophrology sessions. Established professional sophrologists who are knowledgeable of and experienced in the methods and philosophy of sophrology may be surprised by some of the questions – and answers.

However, even though a question like “what is the point of living in the present moment?” may be surprising, it is nonetheless a question worth answering.

Anne Jamelot chose to write in the same way as she talks to people: she talks straight; her language is accessible and it

comes free from technical jargon. She always expresses herself with sensitivity and with frequent humour.

Happy reading!

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## **By means of an introduction**

I began practising group sophrology in January 1995 and it is from this date that my inventory of frequently asked questions begins.

There are many questions that a sophrologist leaves unanswered. Some may be sent back to the person in question with the claim that any understanding and any answers to such questions should come from one's own experiencing; a sophrologist's own experience isn't meant to influence others in their own practice. There are however other questions which are worth spending time over. In fact, I think that if I hadn't answered the later my students perhaps would not have continued with their practice of sophrology; this would have been a great shame especially when I consider all the progress they have made since.

Passing comment: I don't believe I ever influenced any clients' experience since I've always kept to myself what I personally experience in the sessions I guide. I have even been frequently reproached – in jest of course – for not explaining everything to them; but my response hasn't changed: I would not be doing them a service if my own personal development were to influence theirs for the point of sophrology is to forge one's own opinions, to develop a critical mind and to become independent. I believe that all experiences, even that of passing discomfort, leads to a person investing himself more rather than expecting the professional practitioner to give him all the answers. The