

WALTER CARRINGTON MEMORIAL SERVICE
20 September 2005

By Glynn Macdonald

Today we've come together to remember Walter. We have been truly blessed to have known him. Those of us who were taught by him are doubly blessed because he gave us not only the technique but somewhere from that vast well of himself he gave something special to each of us. From his hands we learned a new way of being. Throughout his life this man who had an infinite capacity for taking pains dedicated himself to the technique that he had learned so thoroughly from Mr Alexander himself. He did not spare himself and he never took short cuts. He saw the work grow and develop worldwide. We have, as his beneficiaries, the honour and the privilege of continuing the work.

In January 2000 we spent the day making a film. In the morning we sat in his study and talked and in the afternoon we moved to the teaching room and he demonstrated teaching the whispered ah. I'd like to share with you something he said:

"I'm coming up to 85, I'll be 85 next May. And I've experienced a great deal of change in myself and of course as one gets older the changes with aging are very interesting and very significant because life does take on a very different aspect as you get older and the great deal of the problem with aging is that you've got such strongly established habits which of course at an advanced age are totally inappropriate. You are trying to do things in the way that you used to do them but you can't do them like that. But the more you try to do them that way the more you fail and the more you get into a muddle.

So, it does come back to the same Alexander thing you've got to stop and you've got to say "Hang on a minute" lets see what the situation here is and how do I proceed from here. Instead of telling yourself "well I know how to proceed from here. I've been doing this for x number of years". You've got to say "no, this is something different". You see the readiness is all. When FM gave his books he would write this in the dedication of the front page."

That quote is from Shakespeare's Hamlet. Walter loved Hamlet and he loved the gospel of John, especially John:14

"Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled neither let it be afraid."

So we remember Walter and thank him.

*"Now cracks a noble heart. Good night, sweet prince,
and flights of angels sing thee to thy rest!"*

Glynn McDonald -20th September, 2005