

1: Switching on before a Balance

There are certain 'pre-checks' we do before balancing. This is to make sure the answers we get from the body are accurate. These activities assist with co-ordination, dyslexia and whole brain thinking.

The following exercises are from 'Touch for Health' (Dr. John Thie D.C.), plus the addition of eye movements from 'Brain Gym' (Paul and Gail Dennison).

1. Switching:

The following 'switch on' exercises are essential to do before beginning a kinesiology balance. If we do not do these exercises, we will not know if the answers the body gives us are accurate due to an 'electrical scrambling' in the messages going from brain to body or body to brain. E.g., whilst giving directions, you may say "Turn Right" but demonstrate the direction by throwing your LEFT hand out!

a) To balance or 'switch on' side-to-side brain, place one hand over your navel. With the other hand, rub two points just under the collarbone, either side of the breastbone. Rub for about 30 seconds. Change hands and repeat the exercise. At the same time, move eyes from side to side.

When this 'switch' is scrambled, these people may confuse letters 'd' and 'b.'

b) To balance or 'switch on' top and bottom brain, place one hand over your navel. With the other hand, rub top and bottom lips. Rub for about 30 seconds. Change hands and repeat the exercise. At the same time, move your eyes up and down.

People with this type of 'switching' imbalance may find climbing up or down stairs difficult, have

problems looking down from heights or have dyslexia and confuse letters 'b' and 'p.'

- c) To balance or 'switch on' front and back brain, place one hand over your navel. With the other hand, rub your coccyx (tailbone). Rub for about 30 seconds. Change hands and repeat the exercise. At the same time, move your eyes from the tip of your nose to as far away as possible and then back again to look at the tip of your nose.

People with this type of switching may have hand writing that 'slides' sideways down the page or find it difficult using the rear view mirror whilst reversing a car.



2. Central Meridian Zip Ups

The organ relating to Central Meridian is the brain. (There is more information in the following chapter on meridians). Therefore, if the brain is not 'switched on' learning is difficult. Poor concentration, 'fuzzy thinking' and confusion may result.

The Central Meridian or 'energy pathway' runs from the pubic bone to a point on the chin, just below

the bottom lip. An upward movement energises the meridian. A downward movement (from chin to pubic bone), de-energises the meridian.

- With the outer edge of your hand, (palm facing up), make an upward movement from pubic bone (top of bikini pants line), to below bottom lip. Repeat three times, making sure you take your hand out to the side each time you reach the bottom lip, so that you only do upward movements.



3. Dehydration

Our bodies consist of at least 75 percent water. Water is a good conductor of electricity and therefore assists quick transmission of messages between the brain, nerves and muscles. When the body is dehydrated, its function is affected as well as our ability to think clearly. Often headaches are a result of poor hydration.

- To test: Tug the skin on the back of your hand. If the ridge of skin springs back into place quickly,

you probably have enough water in your body. If it stays up and slowly sinks, drink water immediately! Test again.

4. **Cross crawl**

This is an amazing exercise. It is simple but very effective. It gives you energy and increases concentration, improves co-ordination, helps you learn, plus many other benefits. Do it every single day!

- Lift LEFT leg at the knee 90 degrees and touch knee with your RIGHT elbow. Then swap over. Raise RIGHT leg 90 degrees at the knee and touch knee with your LEFT elbow. Repeat a few times, using opposite knees and elbows as in marching.

For variety, you can do this exercise in many ways but the one described is the best for activating both sides of the brain and for improved learning. Be creative in designing your own cross over exercises for fun.



5. Evaluation 1-10

Before balancing yourself or another person, it is useful to have a before and after evaluation to indicate the progress you have made after doing kinesiology work on yourself, or the other person. Example: If you have pain, evaluate what it is now from 0-10. One is very little, ten is maximum! After working on yourself, re-evaluate the pain. How much has it improved? Do this for energy levels too.

6. Pre-Activities

This is similar to No. 5 above in that it gives a before and after comparison. What is it that you physically have difficulty doing? Walking up stairs? Demonstrate how hard it is by actually doing it. After the balance, re-check to see if there is any improvement.

You are now ready for balancing.

NOTE: You can do 1-4 above every day, or many times a day to improve your thinking, performance or to simply enhance your well-being.