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THE EDU-K UPDATE

FEBRUARY 2012

Dear Students and Instructors,

More so than usual people seem to be experiencing personal or professional transitions (myself included) – sometimes both at the same time. Many state that it feels like things are happening all at once; that life is overwhelming or exhausting.

I came across the following poem and found it to be reassuring. It reminds me that something beautiful often emerges from change and transition, fighting it rarely does any good at all, and answers/solutions generally arrive in right timing.

Transition

by Robin Masiewicz of Robin's Nest

It is the gap of transition that shakes us.
Those moments before true movement has been achieved,
that bring us to a level of uncertainty.

Let us embrace those moments when change has not yet come.
To see that this is a necessary moment,
before a new race has begun.

In quiet mindful moments the transition shall appear.
As we open up our hearts to hear the silence, we are now willing
to hear.

To see past all the dancing of the mind,
as a friend we can lovingly leave behind.
For we are now ready to embrace a new level of tranquility,
that is reflected at a deeper level of ourselves.

As we accept change...We may move forward...Embracing all that
is meant to be.

I reflect on the Edu-K Work. It is a dynamic tool designed to support us. It creates a safe place for change so we can move forward and transition with ease.

May you find comfort and peace as life continues to shift around you!

Kind Wishes
Kari Coady
Executive Director
Brain Gym® International

The Q

Deborah Scott Studebaker

The Architecture of Vision

What is vision, and what does it mean to have it? Before I came to Edu-K, I assumed vision and sight were interchangeable terms. This month, The Q takes a brief tour of the fascinating subject of how we see what we see.

Vision Perception Specialist Dr. Frank Belgau tells us that "what we see is sensed by the eye, processed by the brain, and projected into space."¹

Harvard professor John Ratey differentiates the steps. "Our eyes take a snapshot of the outside world and chop the image up into millions of tiny bits of information segregated according to the color and the direction of the light, all without the help of the brain."²

According to Brain Gym® Instructor and vision trainer Denise Hornbeak, "The brain makes the interpretations of the visual impulses and decides how to respond to them via the motor system. Vision influences, and is influenced by, the movements of the whole person."³

Gail and Paul Dennison explain: "Our vision, the ability to interpret what we see, ultimately depends on how we think, move and access our experience... It is the ability to get meaning and understanding from what is seen by the eyes."⁴

As we know, each individual brain is unique, with certain processing affinities. In the words of Miguel de Unamuno, Spanish author and philosopher, "Your neighbor's vision is

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Events

2012 Annual Brain Gym® Conference

2012 August 2-5
Colorado State University
Fort Collins, Colorado, USA

Rates are now posted on the website. Online registration will open soon.

Remember, you can hold a Brain Gym® Day in your own region. Licensed instructors receive re-licensure credit provided a roster and processing fee is submitted to the Foundation. A Brain Gym Day is designed to act as a mini-conference. Components might include balancing, guest speakers, networking and more. If you are interested in developing a Brain Gym Day, write to info@braingym.org.

Creative Short Stories

Krista Diamond and Candace Morano developed the following short stories and tips to use when doing Brain Gym activities with young children. Enjoy!

The Adventurous Owl: Focus Dimension

Once upon a time there lived a wise, owl. (**The Owl**) Each night he would go hunting for mice. He sure liked his mice. He would swoop down and catch at last six (**The Gravity Glider**) before he was through. One night, as he was flying around in his usual way, he wondered what it would be like to fly up to the stars. He knew this would be a long trip and he would have to strengthen his wings in order to make the long journey (**Arm Activation**). Once his wings were good and strong, off he flew to explore the stars and the world beyond.

Marty the Martian: Centering Dimension

Marty the Martian was flying around in his space ship. He was at the bridge looking up and down (**Space Buttons**) and decided to land. He looked down at the world below in order to prepare the

as true for him as your own vision is true for you." And psychiatrist and author Robert Carroll would seem to concur. One of the exercises in his writing workshop involves deep observation. He tells his students, "What you see depends on what's going on with you."⁵

In the English language, the word "vision" has several additional nuances. A *vision statement* is the picture you hold for your company's growth and direction. A *visionary* is someone with great foresight and imagination, often ahead of his or her time – rather like these thoughts from author Jonathan Swift, "Vision is the art of seeing what is invisible to others."

Thank you for joining our little journey into vision! I'm always interested in hearing about your own thoughts and connections – contact The Q through info@braingym.org.

¹ <http://www.balameetrics.com/theory.htm>

² Ratey, John. *A User's Guide to the Brain (100-102)*

³ Hornbeak, Denise C. *The SuperConfitelligent Child (105)*

⁴ Dennison, Gail and Paul. (Welcome page from *Vision Circles manual*; also 54)

⁵ Carroll, Robert, MD. Personal Communication

2012 Conference: Rhythm & Heart

This year's conference theme is shaping up to be incredible! There will be special speakers each day including:

- * Bill Hubert, founder of Bal-A-Vis-X will show how the lack of rhythm effects learning
- * Alex Doman, co-author of *Healing at the Speed of Sound* will discuss the impact of noise on our society, and how sound is one of the pillars of health
- * Nii Armah uses songs, rhythm games, storytelling and dance to facilitate community building, and encourage personal growth.
- * Charles Krebs will present a paper on the corpus callosum called *Both Sides Now - The Basis of Whole Brain Thinking!*

In addition to these amazing speakers,

landing gear ([Earth Buttons](#)). This was quite a bit of work, and Marty was getting tired after his long day, cruising in the space ship ([Energy Yawn](#)). He began to feel lonely and miss his home, but he knew what to do ([Hook-ups](#)). Wouldn't you know, after doing his Hook Ups for just a short time, he began to feel happy and excited about the new friends he would make.

Brainy the Brain: Laterality Dimension

Brainy woke up confused one morning. She decided to go for a walk to the park ([The Cross Crawl](#)) to clear her mind. After wandering the park for a while, she met her friend, Raccoon ([Lazy 8s around the eyes](#)). As she continued to look all around the park ([Lazy 8s](#)) she noticed all kinds of birds and other creatures. She stopped a moment to relax and take it all in ([Belly Breathing](#)). Now Brainy felt peaceful and she skipped all the way home ([The Cross Crawl](#)).

When to Use Story Breaks:

Owl: When the class needs to focus: if a child is inattentive, acting out, unable to sit still, or after a transition.

Martian: When the class needs centering, if children are arguing, overreacting, over dramatizing or after a trauma or fearful situation.

Brainy: If the class seems confused or you're about to introduce a new concept. When you or the class is having trouble communicating effectively.

Congratulations to our *NEW!* Professional Members

CANADA

Cindy Boiteau Montreal, QC

PERU

Jose Fernando Leyva Cueva Chiclayo, Lambayeque
Nicolas Valle Palomino Chiclayo, Lambayeque

SLOVENIA

Milica Bucar Ljubljana
Marko Kalan Kranj
Karla Mithans Lamprecht Muta
Dusanka Mursec Lenart
Urška Razingar Jesenice

URUGUAY

Ivonne Sol Hodara Hozan Montevideo, Punta Carreta

USA

Robert Bell Coolville, OH
Phyllis Ericksen Wheaton, IL
Joshua Lazaroff Denver, CO
Christina Garay Lohry Matthews, NC
Janet Spence Tampa, FL

we have workshop presenters from around the world including an acupuncturist from Indonesia, the founder of Developmental Kinesiology, artists and play experts from Italy, Spain, and Japan. Plus we have specialists in vision (Irlen Method), listening (iLS), writing, business, and working with seniors. Not to mention Carla Hannaford and her husband Ahti are performing at the Saturday night party. There is definitely something for everyone!

Online registration will open soon. We hope to see you there!

A Brain Gym® Story

Leah Dilley shares with her instructor, Sher Smith:

I've been doing pace with my child EVERY morning. We make a game of it and I literally do it with him for two minutes.... quick and dirty. I asked the teacher to let me know if she noticed any changes. The teacher sent me a note a week later saying she noticed changes with his focus especially with writing and journal work. Yesterday she left me a voice message that she can't believe the changes and how "on" my child was - participating, focusing, and looking in people's eyes. She's absolutely blown away. Is that amazing or what!!!!

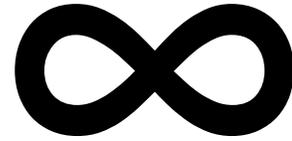
In my opinion, the key is consistency. I feel with my physiology background I "get" how it works. It's like exercising muscle; you need to strengthen it. It has to be done on a regular basis and the relaxation is important. Going from fight and flight to rest and digest.

I created a seminar last year about this very thing. I'm sure you've heard many stories but you have no idea what kind of a mission I'm on now!!! I have to get my license...the sooner the better. Thank you for creating your school and including Brain Gym for us to learn. I've been writing about my child's changes on Facebook and I've been flooded with emails. I almost can't sleep at night!!! These kids are going to be even more amazing once this becomes mainstream.



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