

Cooks Hook up – Brain Gym

- A cross lateral movement that encourages present moment awareness and focusing on the breath
- Can be done sitting, standing, lying down
- A fast integrative intervention during times of stress or when wanting to optimise ability to concentrate or express something with ease
- The complex intertwining of the hands / arms / legs / tongue on roof of mouth (and if doing in a standing position – balance) stimulate large areas of the neo cortex in both hemispheres of the brain
- This exercise connects all the energy circuits in the body at one time and gets the electrical energy moving in the body if it is blocked
- The figure 8 patterns of the arms and legs follows the energy flow lines of the body
- Figure 8 pattern very important energy pattern to the body – think of the strands of our DNA)
- The finger tips touching at the end of the exercise balances and connects the brain hemispheres (notice that some people at times of intense focus , actively touch their thumbs / finger tips together in debating or delivering a point of view) .
- The body is fully engaged and focused on breathing and becoming present
- Something as simple as a hook up can bring us to coherence and affect the coherence of the people around us
- Particularly good to do with your children and really do it with them as opposed to telling them to do it – bringing yourself into a congruent state will automatically influence them to follow suit (mirror neurons etc)

1) Sit with one ankle crossed over the other ankle.

2) Cross one wrist over your other wrist.

3) With your two arms crossed in front, turn your hands over so palms face each other (thumbs facing down).

Clasp your hands together like you're shaking your own hand.

4) Bend your elbows so that your clasped hands turn under and in, towards your body, Rest clasped hands against your heart.

5) Simply breathe gently in and out for approximately 2 minutes.

6) Then place feet flat on floor and uncross arms. Place your hands together, with only fingertips touching opposite fingertips, thumbs pointing towards your heart, hands in a “steeped” position. Breathe gently for approximately 30 seconds, and release.

References :

Playing in the unified fields – Carla Hannaford Ph, D.

Energy Medicine - Donna Eden and David Feinstein Ph, D

www.silenceofmusic.com

Alpha wave music –

Unlike other music or background noise it doesn't distract but actually encourages the brain to produce the alpha waves that enable stress-free concentration. It also promotes instant and deep sleep at bedtime,

Alpha wave music has produced positive results with schoolchildren's performance. A study by Cambridge graduate Rob Bridgman investigated the impact it may have on hyperactive and disruptive behaviour in schools. The two and a half week study focused on a group of ten comprehensive school boys aged 12-13, all identified as having behavioural and attention deficit problems. The results showed that lessons accompanied by John Levine's alpha wave CD saw a decrease in distractions, or 'off task activity' of over 60%.