

## Educational Kinesiology Basic II X-SPAN BALANCE

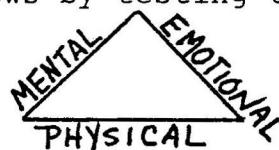
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The X-SPAN BALANCE adds more taste and depth by introducing two new dimensions. To be Centered and Focused are two concepts that many strive for in context of "getting one's self and life together". Understanding all aspects of these two dimensions in relationship to our goal brings clarity and insight.

Following the easy outline for the E-K II X-SPAN BALANCE, begin with the Clearing Techniques. Use the non-verbal tests for meridian reversal, polarity switch and sub-clinical dehydration. This is an excellent way to establish the rapport of muscle testing as a response to our brain's higher wisdom.

Once cleared you are ready to explore and establish the best goal. Test the person while they are thinking, doing or saying the goal. This will bring a switched-off muscle response. Then put the goal in a positive statement and establish that the body is willing to balance for the goal now.

Mental Fitness Energy follows by testing the thymus to gauge how this goal effects the total state.



Now you can check the three dimensions with specific muscle tests to indicate if they are effected by the goal. Explore and educate about the concerns of each dimension.

Robots (supraspinatus) takes us into the Laterality Dimension. This relates to the right/left brain hemispheres and right/left sides of the body and one's ability to cross the midline, to work in the midfield. Working with the concept of the X, both brains switch-on and go beyond the compensation and struggle of parallel lines (II). Also, identify switched-off reading (eyes), memory (ears) and writing, as it relates to the goal. (It is in this Laterality Dimension that the entire E-K For Kids Wonder Balance takes place.)

The Centering Dimension is tested with the Swimmers (Pectoralis Major Clavicular). The integration of top-to-bottom and bottom-to-top brings a sense of grounding. The ability to organize information and internalize its meaning brings us to an overall co-ordinated and centered state.

Penguins (Latissimus Dorsi) muscle test indicates how the Focus Dimension is being effected. The front-to-back and back-to-front view relates both to the brain and the body. Using the idea of a plumb line on the side of the body we can view whether we hold ourselves back of the line (underfocused) or to far forward (over-focused). Either effects our posture, resulting in an ineffective cerebro-spinal pump action which takes the energy up the back of the body to cool and nourish the brain.

After educating about these dimensions in relationship to the goal, ask the body where to begin. The body's unique priority system directs you through muscle testing to the best dimension to begin the correction process in. Our MENU offers the correction techniques. We ask the body by category - Brain Gym or Repatterning - to find the appropriate arena to work in. Then delve into that box asking the body for the specific movement. Continue to do the correction techniques according to the body's priority system until that dimension is "clear" and the muscle indicator (Robots, Swimmers or Penguins) tests strong. The MENU is the same and repeated for all of the dimensions.

The key to this simple and effective E-K II X-SPAN BALANCE is the education of the dimensions and how they relate to the goal. The person's composit being relates to these details; directs the correction process accordingly; removes all blocks to experience balance; and embraces the changes that bring fulfillment of the goal!!!!

Conclude with the restatement and affirmation of the goal, anchored with a positive muscle test. Note the Mental Fitness Energy change and ask the body what Brain Gym will reinforce balance for the goal on a daily basis.

This E-K II X-SPAN BALANCE has many creative applications. Use it as a way to introduce someone to E-K when you have just a short amount of time. The balance demonstrates technique, allows for personal experience, gets results, creates the desire for more and spreads the news. Use the E-K II X-SPAN BALANCE with children. It doesn't take as long and the kids love it. As an E-K consultant you now have three different balances to use with your students. You can ask the body through muscle testing which balance would be the best for the person at that time - WONDER BALANCE, X-SPAN BALANCE, or ADVANCED BALANCE. This is great flexibility!!!

The E-K II X-SPAN BALANCE has come together after growth and change over the past year while teaching throughout the United States. We would like to recongnize and appreciate the following people for their contribution: Paul and Gail Dennison and George Lenk.

(As of the Fall 1986 Colleen and Patti plan to offer a one day workshop for Advanced E-K Graduates on "Effective and Creative Teaching of E-K For Kids and E-K Basic II". This will cover in depth these balances as well as many other useful techniques and tools for teaching. Contact Colleen and Patti to set up the workshop in your area.)

USE THIS BALANCE AND ENJOY!!!!!!

EDUCATIONAL KINESIOLOGY BASIC II X-SPAN BALANCE

CLEARING:                      Meridian Reversal                      Cook's Hook-up  
    Polarity Switch                      Brain Buttons  
    Dehydration                      Water

GOAL: \_\_\_\_\_  
 \_\_\_\_\_

STATE: This is the best goal.  
 There is more to add to this goal.  
 This body is willing to balance for this goal now.                      "This body needs....."

MENTAL FITNESS ENERGY: before /40 after /40

LATERALITY DIMENSION                      ROBOTS  
    (Supraspinatus)  
 Educate about left and right body and brain integration.  
Reading/eyes - eyes/up down side side read track and check eyes after tracking look at 4 sides of page page to board/board to page columns  
Memory/ears - turn head side then to other side read/check ears after reading spelling, math, remembering, etc.  
Writing - write on the board or on paper think of the alphabet/write letters  
 Whole body integration - check X and II lines  
Correction: Check Menu  
Retest Robots

CENTERING DIMENSION                      SWIMMERS  
    (Pectoralis Major Clavicular)  
 Educate about top to bottom/bottom to top integration.  
Pre-tests: Walk/muscle test  
    "Test"/muscle test  
Correction: Check Menu  
Retest Swimmers

FOCUS DIMENSION                      PENGUINS  
    (Latissimus Dorsi)  
 Educate about front to back/back to front integration  
Pre-tests: Check Cerebro-Spinal Pump (back of knees, sacrum & occiput)  
Correction: Check Menu  
Retest Penguins

RESTATE THE GOAL  
RETEST MFE  
STATE: This body needs Brain Gym for this goal.

MENU

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BRAIN GYM

Midline Movements:  
 Cross Crawl  
 Cross Crawl Sit-ups  
 Lazy 8's (eyes/ears/& writing)  
 Neck Rolls  
 Belly Breathing  
 Cobra  
 Rocker

Energy Exercises  
 Brain Buttons  
 Earth Buttons  
 Space Buttons  
 Balance Buttons  
 Thinking Cap  
 Yawn  
 Water

Lengthening Exercises  
 The Owl  
 Arm Extension  
 Calf Extension  
 Hamstring Extension  
 Psoas Extension  
 Foot Flex

Deepening Attitudes  
 Cook's Hook-up  
 Positive Points  
 Affirmation (goal)  
 Music  
 (some combination)

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REPATTERNING

Dennison Laterality Repatterning

Homolateral Muscle Correction

Ask the body:  
 "This process is complete."  
 (after each correction takes place)  
 "Something else."