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(and Colleen Carroll)

Right from the start Educational Kinesiology allows a person to create a positive shift or change in a specific area of their life. E-K is task specific and each person knows where the discomfort exists in their life...reading, personal relationships, writing, balancing the check book, sports, speaking in front of a group, etc. By setting a goal to create what you desire, E-K allows the composite being (body, mind, emotion and spirit) to easily and effortlessly MOVE towards integration to accomplish that goal. This is EDUCATION THROUGH MOVEMENT.

When first teaching E-K For Kids you recognize that each part of the workshop is a complete step toward body/mind integration. Dennison Laterality Repatterning and switching-on the eyes, ears and writing all bring life transforming results when used separately. It is desirable to use all these techniques together and balance for a goal. The E-K For Kids Wonder Balance manifested out of this desire. (See Wonder Balance sheet, page 3) This balance is done completely in the Laterality Dimension. This is the side-to-side dimension which makes the midline a bridge and integrates the left and right sides of the body and brain. When balance exists in this dimension the person is able to work in the midfield to accomplish the goal.

When teaching the E-K For Kids class all aspects of the material are presented separately. First, teach the Clearing Techniques. If your students remember nothing else but these 3 tools for balance of meridian reversal, polarity switch and sub-clinical dehydration, they will go home with invaluable information. The workshop continues smoothly when the students learn Dennison Laterality Repatterning next. Moving from homolaterality to integrated whole body/brain movement is a major transition for many people. Isn't it magical and fun to watch the changes take place!!! Switch-on the eyes for crossing the midline, then the ears and finally writing. What takes place in each of these sections is clearly indicated on the Wonder Balance sheet (page 3). Each section is a balance within itself. In each section educate your students to understand what it means to integrate whole body movement, eyes, ears and writing for crossing the midline. The students experience all sections separately to know the power of the Laterality Dimension.

Now put it all together to balance for a GOAL.

Teaching your class how to set a goal is easy. Everyone is ready to get started after you demonstrate the WONDER BALANCE to the class. Follow the balance sheet and teach the students how to determine they have chosen the best goal by muscle testing these three statements.

1. This is the best goal.
2. There is more to add to this goal.
3. This body is willing to balance for this goal now.

Continue to determine section by section where the body needs to correct to balance for this goal. EDUCATE AS YOU GO, constantly relating to the goal the ways in which side-to-side integration will be of benefit. You can easily determine which sections of the balance the body needs to work with by muscle testing the non-verbal tests (X and parallel lines, eyes in all four directions, ears by turning the head to each side and writing).

Follow the WONDER BALANCE sheet step by step and in the end the person will be testing strong for the GOAL!!!! The balance is powerful, effective, lots of fun and gets results. YOU WILL LOVE IT!!!!

Use this balance to introduce a person to Educational Kinesiology. It is quick and creates the desire to know more about E-K. This is a great balance to use for the mother of a child you need to spend more time with. Balance the mother first with the WONDER BALANCE and she will relax while you work with the child. The graduate of the E-K For Kids workshop now has a tool that brings results when balancing for a goal. Remember that all aspects of the E-K For Kids workshop can be used separately for great results. Put them all together into this WONDER BALANCE and have fun!!!

The E-K For Kids Wonder Balance has come together after growth and change over the past year while teaching throughout the United States. We would like to recognize and appreciate the following people for their contribution: Paul and Gail Dennison, Pam Curlee, George Lenk, Glenda Fletchall, Kathryn Ryan, Rose and Tim Harrow, and Dorothy Carroll Lenk.

After experiencing such great success with the E-K For Kids Wonder Balance it was natural to put the E-K Basic II information into a similar form. It worked!!! The E-K II X-SPAN BALANCE BLOSSOMED!!! Please read the following paper by Colleen Carroll (and Patti Steurer-Lenk) for more information.

(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!!!!!!

E-K FOR KIDS WONDER BALANCE

<u>CLEARING</u>	(non-verbal test)	(correction)
	Meridian Reversal - zip up	Cook's Hook-up
	Polarity Switch - muscle test with each hand in quick succession	Brain Buttons
	Dehydration - extend a tuft of hair	Water

GOAL: _____

STATE: This is the best goal. (Strong muscle test)
There is more to add to this goal. (Switched-off)
This body is willing to balance for this goal now. (Strong)

DENNISON LATERALITY REPATTERNING

(Crossing the midline for whole body movement.)

Pre-tests

- Cross Crawl
- Homolateral Crawl
- Think of an X
- Think of II (parallel) lines

State: This body is ready (willing) for repatterning.

Correction

Dennison Laterality Repatterning - See handout for details

Post-tests

Same as the pre-tests, used now for anchoring the desired experience.

EYES - Crossing the midline for seeing and reading

Pre-tests

- Read Out Loud - muscle test
- Eyes - up down side side/muscle test right after reading
- Tracking - muscle test after 20 repetitions
- After Tracking Eyes - up down side side/muscle test
(be creative and think of your own pre-tests)
- Hold the Book - muscle test
- Think about Reading - muscle test

State: This body is ready (willing) to achieve further integration for reading.

Correction

- Lazy 8's - each hand separately and then both together
- Brain Buttons - massage points under collar bone with other hand on navel
- Earth Buttons - hold above the pubic bone and under bottom lip
- Space Buttons - hold the tail bone and above top lip
- Balance Buttons - hold behind the ear and navel/switch sides
- Neck Rolls - head forward side to side/head back side to side

Post-tests

Same as the pre-tests, used now for anchoring the desired experience

EARS - Crossing the midline for listening and memory

Pre-tests

Read - check ears by turning the head all the way to the right/
muscle test. Then to the left/muscle test.

Spelling - spell a word/muscle test. Spell/check ears.

Think about math, spelling, remembering, etc. - muscle test

Do some math problems - muscle test

(be creative and think of your own pre-tests)

Remember what you wore last Sunday - muscle test

State: This body is ready (willing) to achieve further integration for
listening and memory.

Correction:

The Elephant - Lazy 8's for the ears. Put the ear on the shoulder
and make a lazy 8 looking down the arm and past the hand

The Owl - Squeeze the shoulder muscles while turning the head

Thinking Cap - Unfold the flap of the ears and massage all around ear

Post-tests

Same as the pre-tests, used now for anchoring the desired experience

WRITING - Crossing the midline for writing

Pre-tests

Write on the board - My name is _____ and I love to write. OR

My name is _____ and _____ (goal) _____.

(muscle test after writing on the board or paper)

State: This body is ready (willing) to achieve further integration for
writing.

Correction

Lazy 8's - on the board with each hand individually and the both
together

Alphabet - Make all the letters of the alphabet in lower case print-
ing on the correct side of the midline

Yawn - YAWN and massage all tight or sore places in and around the jaw

Post-tests

Same as the pre-tests, used now for anchoring the desired experience

CHECK ALL NON-VERBAL TESTS:

Think of an X/muscle test

Think of II (parallel) lines/muscle test

Eyes - up down side side/muscle test

Ears - turn head right and then left/muscle test

Write your name/muscle test

(All these non-verbal tests are now strong. If not, repeat corrections.)

RESTATE THE GOAL:

State: This body is integrated for _____ (goal) _____./muscle test

Have the person state the goal in a positive, present tense state-
ment. I am _____ (goal) _____./muscle test

STATE: This body needs Brain Gym for this goal.

(Check Brain Gym exercises needed to further integrate the goal. Have

the person do these exercises on a regular basis for three weeks minimum.)

THIS E-K FOR KIDS WONDER BALANCE IS COMPLETE!!!!