



Suicide is the second leading cause of death among our children. Rated statistically higher than self murder, is death by drunk driving! Most teenagers say that getting drunk is helpful when you are thinking about suicide. ALIVE! Inc., is a Non-Profit Suicide Education and Prevention Organization. After three years of research on the application of Educational Kinesiology to the problem of teenage suicide, ALIVE! Inc. has a new focus and a new beginning.

## E-K ALIVE!

We are people to whom much is given. We are able, healthy, successful people, blessed with privilege, opportunity and intelligence. Yet suicide among our children has risen to epidemic proportions. Perhaps it is time to re-examine what we call health, success and intelligence. "A society that applauds a 5% increase in SAT scores but ignores a 250% increase in teenage suicide is out of balance."<sup>1</sup>

Balance is what Touch for Health is all about. Balance is what Edu-Kinesthetics is. Balance is what our children are crying out for, it is also the thing which they think is unobtainable. Balance is what they are dying without.

The Los Angeles Suicide Prevention Center, after reviewing suicide cases of youths ages 14 and under, found that 50% of the youths were diagnosed as having some kind of learning disability. The principal diagnosis of these cases was dyslexia, hyperkinetic and perceptual disorder. The total population of learning disabled children in the schools is approximately 2-5%, so 50%, obviously is disproportionately high. It suggests, in a cursory way, that learning disabled youngsters may be at enormous risk for suicide and other self-destructive behaviors, even at a very young age.

The remarkable fact is that of this 50% who committed suicide all had been diagnosed by the schools and were in some form of remedial treatment through the schools. They were under care of pediatricians and, in some cases, receiving stimulants for the hyperactivity. The youngsters' unacceptable behavior and slow learning was treated. Their dramatic lack of self esteem, however, which grew over the years as they fell farther and farther behind their peers in terms of academic work, coordination and social skills, was ignored.<sup>2</sup>

Our society can no longer accomodate the 50% that can not read. Jobs no longer exist for them. We must raise their reading potential. Were the dead children -in fact- adequately having their "unacceptable behavior and slow learning..treated?" The word education is derived from latin and literally translated as "to bring out of "or" to lead forth." Therefore when we

educate people, if we use the word seriously, we do not stuff something new into their minds; rather we lead this something out of them; we bring it forth from the unconscious into their awareness. They were the possessors of the knowledge all along. E-K Instructors know dynamically the reality of this statement. Locked in the switched-off right brain or the switched-off left brain, knowledge remains a hidden illusory thing that is "out there," beyond our grasp. Only from the integrated midline, do we realize our true God given potential.

"There are no bad, naughty, lazy, aggressive, sloppy children. ...All behavior, both positive and negative, is caused by movement, or lack of movement due to blockages in the neurological wiring of the individual. ...These "behaviors" can be corrected through Dennison Laterality Repatterning and through use of the "Positive Points" and "Cook's Hook-Ups" as shown in the work of E-K, founded by Dr. Paul E. Dennison.<sup>3</sup>

**ALIVE! Inc., has a goal and a commitment. We wish to be a part of the generation who takes a stand to eliminate the option of self-destruction from the planet. This paper is a call to Touch for Health / Edu-Kinesthetic Instructors who would be willing to form task force teams to fly into "Hot Spots" and begin switching-on kids in mass, giving them an opportunity to choose again from an integrated state of being. Ultimately ALIVE! Inc. would sponsor E-K workshops for teenagers to begin learning how to apply the simple dynamic techniques of E-K for themselves and their peers. ALIVE! Inc., a non-profit organization, needs money and dedicated volunteers willing to bring this vision forth into an integrated reality.**

In the research done by this author, it was found that there are no children who want to die. There are only humans who believe that there are no other options available. The student who is over-focused for learning is just as susceptible to thoughts of suicide as the under-focused student. To be a co-creator of a successful life one needs both fact and vision, held in the tension of creation. However when switched off, the fact becomes a left brain critical judgement and vision becomes little more than right brain fantasy.

Statistically:

- Males successfully complete suicide 4-1 over females. It is well known in brain research that the male brain is much more lateralized than the female brain.
  - The rate for Indians is 64% higher than for whites and 254% higher than for blacks. In Indian age group, 15-24, suicide is 4 times higher than other races in similar large groups.
  - The rate among young black ghetto has recently become epidemic.
  - Professional persons are at high risk as well as unemployed.
  - Male physicians are twice as prone to suicide as other professionals.
- For physicians, half of suicidal deaths occur during most productive years (age 35 to 54).
- Spring is the highest at risk season. Interestingly enough, December has lowest rate.
  - Monday has the highest rate of a day in the week.

Communication and stress are leading concerns in suicide prevention. In E-K we see that stress is the bodies leading method of communicating that which lies below the ordinary means of expression. When muscle tested on a symbol representing life, even those successfully hiding their deep depression, communicate their inability to integrate "life energy" through a weak muscle system. As E-K provides the priority response, life energy is re-instated new options and solutions can then be explored.

There is no danger in bringing forth a persons secret desire for suicide. There is only danger in hearing the cry and, in fear, ignoring it. Suicide is the ultimate act of trying to be in control of who you think you are. It is a very permanent solution to a temporary problem. "Suicide is not a biological event to be treated only by physicians--that is both hubris and nonsense; suicide is a human condition of psychological pain to be addressed by anyone who can, through psychological or other techniques, befriending or changes in the real world, mollify the psychological pain that the sufferer is experiencing. .... Suicide is committed because of thwarted, blocked or unfulfilled needs."<sup>4</sup> Through the techniques of E-K students of all ages are able to unblock their life learning problems from who they think they are and look again at the available options. When the negative, dark reversal of the central meridian is corrected there is light sufficient to choose again for life.

If we are to create the breakthrough that will pull our children from this epidemic we need to reach beyond that which hasn't worked, that which is already predictable, that which can already be expected and take an E-K STAND on creating the breakthrough.

The demands that suicide in our children call us to are extraordinary; to meet them, extraordinary men and women are required. There is no reason, no motivation, no "reward" for which these people - You and I- will heed this cry. There is just our humanity - and the stand for life that we are. "Of those to whom much is given, much is required."<sup>5</sup>

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## **POST SCRIPT**

If you are an average reader it took you approximately **4:06** minutes to read this article.

**In that time four people attempted suicide.** Every minute someone in the U.S. attempts suicide. Every two hours suicide takes one of our teenage children; 6,500 each year.

<sup>1</sup> California Educational Bulletin 3-25-85

<sup>2</sup> Michael L. Peck, Ph.D. " Harvard Medical School Fourth Symposium of the Lee B. Macht Memorial Series on Adolescent Suicide: Understanding and Responding, Boston January 31, 1986, Los Angeles, March 1, 1986., (Boston, Ma.: Harvard Medical School Department of Continuing Education ), p.61

<sup>3</sup> Paul E. Dennison, Ph.D., E-K for Kids, (Glendale, California: Edu-Kinesthetics, Inc., 1981)p77

<sup>4</sup> Edwin Shneidman, Ph.D., " Harvard Medical School Fourth Symposium of the Lee B. Macht Memorial Series on Adolescent Suicide: Understanding and Responding, Boston January 31, 1986, Los Angeles, March 1, 1986., (Boston, Ma.: Harvard Medical School Department of Continuing Education ).p.13

<sup>5</sup> "Luke 12:48, paraphrased by John F. Kennedy in his Inaugural Address."