

Simple Brain Integration Technique™

By Carol L. Boschetto

Abstract: Introduction of the *Simple Brain Integration Technique™* which is adapted from the Edu K procedure known as P. A. C. E.

Simple Brain Integration Technique™ is a technique adapted from the Edu K procedure known as P. A. C. E. *Pace* stands for **positive, active, clear, and energetic** in the Edu K format.

In Kinesiology we learn how to perform effective pre-tests with a client before we start a balance so that our client has clear circuits and can give clear answers during a muscle test.

Edu K uses the term '*anchoring*,' which associates a Kinesthetic (muscles and movement) experience with a specific new learning (a shift). Within a balance we 'anchor' each step and each pre/post activity or issue 'on line' for our client.

We do this by stating or having our client state what was 'up' for balancing and is now clear. We know it is clear because our 'indicator muscle' showed 'weak' or 'no' before we cleared (balanced) and is now testing strong (anchored). In this way the brain 'gets' that a shift has taken place.

As a young student of Kinesiology and taking my first class (Brain Gym), I began to formulate simpler ways to accomplish things we were learning that the body would accept.

**To P.A.C.E.,
one must do the following.**

Positive- Cook's Hook-ups to Diffuse emotional stress.

Active- Cross Crawl to Activate left/right cerebral hemispheres.

Clear- Brain Buttons (K-27 and Umbilicus) to Stimulate neurotransmitter production at the synapses in the brain.

Energetic- Drink Water to improve testing; Water serves as the medium that conducts electricity within the body.

The Brain Gym way says that by "pacing ourselves we set aside the cares and worries of the past and future and prepare ourselves to learn (shift) in the present moment."

P.A.C.E by Imagination

As a student, I noticed that when I did P.A.C.E. I felt together, focused, grounded, and present. The only problem was that I was lazy and did not want to perform the activity! I began to 'think' (imagine) P.A.C.E. and felt the same results. Next, I had a fellow student muscle test me before and after my imagined' P.A.C.E. It worked! While everyone else was actively pacing, I was pacing by means of my active imagination. I left the class full of knowledge but not wanting to share my new skill with my teachers and peers.

Years later when I began working with clients, the S.B.I.T™ came into play again. This is when I developed the 'touch' technique because it was important for me to show my clients I was with them and not doing hocus pocus.

I began touching the hemispheres of the brain one by one while thinking *P.A.C.E.* and thinking *integration*.

One of the things I learned in Brain Gym is that when you balance, you become 'integrated' and 'on' for whole brain learning. Sometimes during or after a balance, I noticed and sensed my client was floaty, scattered, not all there. It was a perfect opportunity to 'integrate'.

The Touch Technique to Integrate

- 1] Start on the left hemisphere area by touching the left temple area and thinking "P.A.C.E." and "integration." Hold your touch and until it feels finished, or test if your not sure.
- 2] Go on to right hemisphere,
- 3] Go to the top-bottom (under chin area), and
- 4] Go to the front-back (forehead and occiput).

Your holding time will be determined by the time it takes for that particular hemisphere to integrate. When completed the client feels whole, together, focused, grounded and present

By touching the left and right temples you are creating a sort of 'in the air' X (cross crawl symbol). Your client leaves your office feeling great and you as a practitioner have the satisfaction that you did not leave your client lacking in any way. Your client is fresh to go on with his day without the signs of 'processing' that sometimes take hours to work through before feeling clear.

There are many opportunities to use S.B.I.T™ with your clients. I particularly find that if you are working through something extreme or emotional it is very effective. I have also found that after a session involving spiritual work (see TFH Journal 1995, Spiritual Growth through Kinesiology, page 11), this technique is usually if not always indicated.

It is true that we are all scientists in a way. Kinesiology in many ways is a brave new step in future medicine on the planet. I believe God gives us all gifts. Thank you for letting me share mine with you.

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Reference:

Dennison, Paul and Gail.

Brain Gym, A student Guide, Parts I, II. Educational Kinesiology Foundation: Ventura, CA, 1997.

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For more information on other simplification techniques please contact:

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