

## Cracking the Dyslexia Code with Books Neural Therapy™

**Phyllis Books, MA, DC, CCN, DACBN**

Many children cloaked in dyslexia, ADHD and autism spectrum disorders, are very gifted beings. Children labeled as *indigo children* and *crystal children* see the world from a very different vantage point. ADHD children probably think we “normal” folks are really boring and uninteresting. The question becomes: How do we harness their brilliance and dismantle their challenges and obstacles, so their full potential is unleashed? What can we do to insure healthy leadership in a brave new world?

Dyslexia is a complex code. Traditional education and medical approaches to dyslexia and other neurological conditions are limited in their ability to actually help because they don’t actually understand where and how the problem originates. They are trained to compensate or mask the problem; but they never really crack the actual issues that created the dyslexia in the first place.

As kinesiologists, we have tools that enable us to actually determine the exact sites within the developing brain, the unspoken or unconscious agreements made, and the correct re-routing and re-directing of neurological and energetic pathways to reverse the dyslexia. Our job then is to stay abreast of the newest findings in neuroscience and epigenetics so we can be more specific and streamlined in our sessions.

Luckily, we have a researcher, Charles Krebs, who after his near fatal scuba diving accident, now swims in the world of multi-sensory neurons and glial cells and translates new scientific research into practical applications for us kinesiologists. In the Brain Gym world, we have Carla Hannaford, a neurobiologist, who explains the neurophysiology of learning and

explains how various brain gym movements actually help us.

Although I was originally trained as a teacher, it wasn’t until I became a chiropractor that a lot of challenges the children were having made sense to me. Because my master’s degree was in communication, it was natural for me to look at their learning problems as communication breakdowns. Only the breakdowns were occurring on the inside of the body, and there was neither language nor life experience to describe them.

My earliest exposure to breakthroughs with dyslexia and other learning differences was with one of my first mentors, Dr. Carl Ferreri. Back in 1987, he asked me to start teaching with and for him in various countries. He was known in Sacral Occipital Technique (S.O.T.) circles for seemingly sleeping through lectures, and then raising his hand and asking totally surprising and profound questions. His unusual viewpoints and ways of putting new pieces of information together taught me to do the same. In 2002, I was the first speaker and he was the last at an S.O.T. Cranial Seminar. He sat in the front row and afterward came up to me raving, “I can’t believe where you’ve taken this work.” “You taught me well,” I replied. “You taught me to never stop asking questions and to keep looking for more ways to help the human condition.” He was such a pioneer with a big heart for helping humanity.

Two other mentors bear mentioning here as they have shown me the benefits of being thorough and looking into the future. One is Dr. Ted Morter, originator of Bio Energetic Synchronization Technique (B.E.S.T.), who back in 1983 demonstrated how we

respond to the electromagnetic field, how our emotions and belief systems affect our health, and how nutrition plays a role in eroding or helping our decision making and learning abilities.

Dr. Donald Epstein, originator of Network Spinal Analysis, taught me to see in other dimensions, to feel beyond the body, to feel and sense where “in the field” a problem might be stored, to step through myself into a great sense of knowing. Ironically, he is also dyslexic. I witnessed how brilliant someone can be who just accesses information differently. As a child he was put on dilantin for seizure, which exacerbated the dyslexia. His only regret though, was not that he was dyslexic. It was that he was clumsy and awkward as a child.

Then, of course, we have Bruce Lipton, the guru in the world of epigenetics who wrote *The Biology of Belief*, which blows a lot of the hopeless “dyslexic is permanent” belief out of the water, showing that once we are born, nurture (not nature) determines how genes will be expressed or not. And Dr. Roger Callahan of Thought Field Therapy (TFT) and Gary Craig of Emotional Freedom Technique (EFT) demonstrate how once hopeless diagnoses in many illnesses can be reversed by tapping on meridian points, which neutralizes the electrical charge and dismantles the problem. All of this means that so much change is possible if we just open our minds and hearts. All of these great folks are examples of staying open to new avenues of possibilities.

Books Neural Therapy™ is an ever evolving technique. It is based heavily upon the techniques and people mentioned above, as well as many other modalities utilizing muscle testing and five elements theory. It incorporates concepts of survival from both a male and female point of view. It looks for unsynchronized or under-developed neurological glitches, primitive reflexes, wiring and communication between various functions and parts of the brain. It considers fluid systems as capable of imprinting new energetic signatures inside our cells

that actually match our resonance to the resonance of the earth. It relies on cranial work, especially the sphenoid. It identifies sabotage patterns, self-esteem issues, seeing oneself accurately (not distorted or “less than”). It removes obstacles which then allows integration and synchronization; it allows the deep potential and real self to emerge.

### **Basic Tenants of Books Neural Therapy™**

- BNT™ helps “turn on” the brain so all parts of the brain work as a well-orchestrated symphony. When one or more neural pathways are obstructed, some functions are not executed efficiently or not executed at all.
- BNT™ recognizes that errors or “shorts” occur when there is a malfunction in the sensory system (input to the brain) or the motor system (output from the brain). Sometimes the malfunction affects only one area of functions, and sometimes another area can fill in temporarily. When the malfunction persists over time without correction, eventually other systems become depleted as well. Eventually the whole system (human being) operates with less accuracy and efficiency.
- BNT™ recognizes that different layers of the brain provide different avenues of learning. Multi-sensory neurons are showing us how neurons can cross-fertilize or pollinate other areas of the brain. The cerebellum, once thought to be relegated to basic brain activity, is very involved in navigation routes throughout the brain.
- BNT™ recognizes that sometimes we have to *defrag* the brain (that is, take information which is stored randomly and in remote areas of the brain and bring it back to more central locations) so that the brain can operate most efficiently. With BNT™ we can upgrade the internal neural network of a human being.
- BNT™ recognizes that although we human beings can get stuck in survival systems, we are capable of operating in an open-ended and dynamic way of being. Calming our “reactive”

survival brain and activating our forebrain is essential for the well-being of the planet.

- BNT™ is slow, gentle and deep. Tenderness, compassion and receptivity require the practitioner to be fully present and available. To know the technical motions and when, how and why to use them is essential and will become automatic over time. Tuning in to the client while providing security and confidence is what allows the client to reveal and release information stored in the reptilian and other than conscious levels of the brain and nervous system.
- BNT™ is about connections and communication. It is about restoring original goodness and innocence. It is not about fixing you; it's not about replacing parts. It's about re-connecting you and reforming yourself with you as an active participant in this remolding of your life. It's about reconnecting you to the part of you that is, and always has been, pure and whole.
- BNT™ looks at life as energy, which is neither good nor bad; it just is. When there is movement of energy, there is life. According to Elaine DeBeauport in *Three Faces of Mind*, "To be able

to value our instrument (our body), we must identify with the purity of this formation. We need to consider our bodies as forming part of creation . . . and consequently pure and sacred. We need to accept ourselves first as creation." I would add, we need to accept ourselves, period. How else can we accept another?

- In BNT™ we work on building a strong and resilient foundation. "Nothing beautiful ever hurries." We allow time for the foundation to become rooted and strong.
- In BNT™ we learn tools to help restore the sense of peace and health in the nervous system. Below and behind the histories stored in our bodies, is a layer of peace.

Dyslexia can become a temporary condition. One out of five children is considered dyslexic. Wouldn't you like to be who helps those little caterpillars not get stuck in their cocoon, but emerge into beautiful butterflies? All of nature would applaud you.



**Phyllis Books**, MA, DC, CCN, DACBN, has been a holistic chiropractor and nutritionist for 25 years; and as such, has incorporated Brain Gym and many kinesiology tools into her specialty of pediatric neurology. She has a Bachelor's degree in education from Michigan State University, a Master's degree in education and communication from the University of North Texas and a Doctorate of Chiropractic from Parker College. She has taught kinesiology methods on three continents and was awarded Outstanding International Alumni by her alma mater. In 1994, she founded the Assisi Foundation, dedicated to promote self-value and self-responsibility for children worldwide. In 2001, she trademarked Books Neural Therapy™, a neurological and structural therapy to improve learning and behavior. Since January 2011, Phyllis has chaired the Brain Gym® International Board of Directors.

Learn more at <http://www.booksneuraltherapy.com/>.