



## *Healing Hearts and Hemispheres with Hands*

By Kelsha Wisniewski

I've sat on the floor in my hallway crying. I have felt like no matter how much I love my children and no matter how much I do for them, they will never feel my love and never be happy. This might sound like the common complaint of many parents; their children do not appreciate all they do for them. However, let me explain to you why there is more to my story.

Dr. Charles T. Krebs explains the importance of the bonding that takes place between mom and baby immediately after birth. "Children are presented to their mother immediately after birth, at that critical time her brain is primed with a hormone, but it's actually a neurotransmitter in the brain called Oxytocin, and when Oxytocin fires in the brain with the picture of that child's face, we have this natural inborn system called the nurturing system that's within our brain stem, and that baby's face elicits a release of additional Oxytocin and that initiates a bonding."

Hold on. My children are adopted. What does that mean for us? What does this mean for others who, through no fault of their own, had a hard birthing experience? What if their child was removed from them immediately after birth for any extended amount of time? What if the pregnancy wasn't planned?

There are things that can be done to remedy the attachment and learning issues that arise from stressful events in life such as these. They are well worth the effort.

Before I started attachment parenting and had my daughter's Brain Integration done, I would tell people, and it was no exaggeration, my daughter could fight and argue about us asking her the simplest of things. Things that normally evoke a good response like, want to go to the park? Want a cookie? Those questions were often met with breakdowns that could last for 45 minutes, and they were happening five to eight times a day.

"We also have on our brain stem, beside the nurturing system, we have another system that they initially called the panic system because it was an animal model and they watched what animals did... So, what happens if you separate a chick from the hen, a kitten from the cat, or a child from its mother? The chick goes peep! peep! peep! The kitten goes meow! Meow! Meow! And the child goes, Mommy! Mommy! Mommy! They look identically the same because they are running off the same brain stem systems...It's really the Separation Distress System designed to reunite baby with mother," says Dr. Krebs.

There is a second stage to this distress system and that is Separation Distress Vocalization, i.e. crying. But, if Mama isn't there to comfort you or protect you, those cries are not good if you are a helpless prey animal. So, what do we do? The child goes in to self-protection, the fetal position, becomes quiet, gets

small as they can, and waits for Mama to find them. So, later in life if we have these reactions, we call it depression. Then sometimes you can't even connect to the people that are right there with you, loving you. In this state, you are unable to connect fully and in a healthy way to others, you are in the Separation Distress System.

All learning dysfunctions have their root in how the brain functions. The brain is designed to "learn." Learning is as natural as breathing and certainly as important, since our very survival depends on it.

Our physical survival depends on learning "Look both ways before crossing the road!" In technological societies it is our economic survival and success that are dependent upon what we learned. Since learning is so natural, why is it that some of us learn easily, others learn with difficulty, and others have a difficult time learning traditional skills such as reading, spelling, and mathematics at all?

It is all a matter of access: what brain functions you can access, how well you can access the functions available, and what you have to access.

I started attachment parenting at the same time that I had my daughter's Brain Integration done. Touch is healing and releases Oxytocin. Crossinology Brain Integration, Touch For Health and The Emotion Code have made a world of difference in our life.

All correction techniques used at Cherry River Wellness are non-invasive. The techniques are based on the use of muscle monitoring, acupressure, emotional and memory release, and sound and light techniques, together with other left/right brain integration exercises.

The brain functions much like water running down a hill; it will always take the most direct processing route available. Unimpeded, water will always run straight down the hill, but if its path is blocked, it will seek the next most direct route down the hill. Each time it is blocked, the pathway becomes longer and less efficient at getting the water down the hill.

The same is true of processing in the brain. If all functions are equally accessible, the brain will always choose the simplest, most direct functions to do the processing required. There are many ways of performing mental tasks, and the brain will choose the most efficient route for processing if the most direct function is not available. If many brain functions are not accessible, the processing path may become very long and inefficient. Each time the processing path becomes longer and less efficient, the level of "stress" encountered using that pathway increases.

When the level of "stress" reaches a high enough level, we may opt out of situations that require us to access these functions altogether. Unfortunately, these avoidance behaviors are often miss-interpreted as "just not doing what you are told" or "misbehavior." The response to these "avoidance behaviors" may be to tell the person to just stop misbehaving and "pick up your game!" This only compounds the "stress" of attempting to do these tasks, usually leading to further avoidance behaviors, and exaggerated misbehavior. Imagine how you would feel if you have struggled through your reading, mathematics, English etc. assignments, putting in the best effort you are capable of, only to be told, "Well you're just going to have to try harder!"

Many people having the greatest difficulty with "learning" are often innately very clever. They just can't access specific brain functions needed to perform certain tasks. If a clever, intelligent person does not read well or spell well, or has great difficulty understanding and doing even simple mathematics, a

reasonable assumption is that person just isn't "concentrating," or "paying attention," or "trying hard enough." What is over-looked is that these clever, intelligent people may indeed be clever and intelligent, but unable to access the relevant brain function when needed, or only able to do so under duress.

Learning tasks require access to different functions and combinations of functions in the brain. The brain can be divided into several functional regions, each of which processes information in different ways. The two brain regions recognized most commonly by people are the right and left cerebral hemispheres.

These two hemispheres are not separate, as they are connected along most of their length at the bottom of the fissure by a structure called the Corpus Callosum. The Corpus Callosum has approximately 200 million nerve fibers running between the two hemispheres. It functions much like a telephone exchange, allowing a two-way flow of communication between the hemispheres.

Crossinology Brain Integration Technique requires, on average, between six to ten hours of treatment. This includes an initial assessment that serves as a benchmark to evaluate future change, and points out the areas needing the most attention. The Brain Integration procedure releases stresses in the deep brain centers, including the Limbic System, which control access to and integration of hemisphere functions.

When all the functional areas have been addressed, low self-esteem and behavioral problems related to the previous learning difficulties are addressed, using effective emotional and memory stress release (diffusion) techniques.

It's been my personal blessing to become associated with this work. As I continue to work with clients to achieve their own brain integration, we are seeing their ability to stay present, focus and achieve their goals increase. We are seeing personal development in spirituality and talents as well as academic achievement excel.

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Susan McCrossin's writing on Crossinology referenced.