

# Noticing the Difference: Reactive Corrections for a Crowd.

by Sharon Promislow

*The purpose of this process is to easily educate a large group not familiar with specialized kinesiology in the basic concepts of the brain/body connection, allowing them to feel the difference as they de-activate reactivities. This will hopefully fascinate them enough to start them on their personal journey into seeking more kinetic training. I would prefer the group to have already been exposed to a general introduction presentation such as: "The Top Ten Stress Releasees", "Top Ten Brain/Body Integrators" or "What's Stopping You?", in which case the presenter can go directly to part 2 after a brief review of part 1. The group processes mastered can easily be incorporated into other presentation opportunities by the instructor.*

As we well know in kinetic work, everything is reactive to everything. At the moment of perceived trauma all the cells that are activated – muscles, body position, eye mode, ear circuits, emotional state – fuse to form a learning or living block. "The power of our kinetic work is allowing the brain to identify where dysfunctional body circuitry has locked in place, thereby allowing us to reeducate the body energy to return to its appropriate channels to restore clear brain/body communication for optimal physiological functioning."

We know muscle checking gives us a superb educational anchoring to ascertain where the reactors live and when a correction is complete – provided the participants know how to muscle check! There lies the rub! Even fairly well trained students go into a catatonic stress response at the very mention of Reactive Corrections!

I propose we stand on the shoulders of Educational Kinesiology (ref 1) where Noticing is used with great success as an identification and anchoring process interchangeable with muscle checking, and have some fun with reactivities!

The five muscles used for reactive corrections in Three in One Concepts' Basic One Brain balance – Supraspinatus, Anterior Deltoid, Pectoralis Major Clavicular, Latissimus Dorsi and Quadriceps – seem to be very appropriate for anchoring in a full correction. Three of those muscles – Supraspinatus, Pectoralis Major Clavicular and Latissimus Dorsi (known respectively as robots, swimmers and penguins in Edu K) are also used to anchor the three dimensional repatterning in Brain Gym ® II.

By coupling the movement of the Basic One Brain reactive prechecks (ref 2) with the intuitive joy of the Brain Gym anchoring process of Noticing, we are able to get large groups of people to experience the freedom of reactive correction without muscle testing experience. Obviously, muscle checking can assure even deeper correction if you chose to use it with a more experienced class.

## 1. SAYING 'HELLO' TO THE BRAIN/BODY CONNECTION

### A. Spindle Cells to illustrate physiological brain/body communication (ref 3)

Have them **lift up** Quadriceps and Notice if it feels easy.

Have them gently **push down** on the thigh as they resist to see if it holds.

Have them **sedate** the quadriceps by pinching the belly of muscle (in the direction of the muscle fibre) to experience an appropriate muscle letting go.

Have them **tonify** the quadriceps by gently pushing outward on the belly of muscle (in the direction of the muscle fibre) to reactivate and experience the muscle activated.

**Telling the story:** This shows a clear communication between brain and muscle when spindle cell manipulation gives the appropriate response: If the muscle cannot let go when

appropriate, or for that matter cannot hold when tonified, it would affect your ability to walk into the future – literally and metaphorically. Similar proprioceptive circuits are firing all the time simultaneously from hundreds of muscles. We want to restore clear communication between brain and body to all of them. We work to clear the circuits for normal oppositional muscle response rather than the reactive screwiness that so often rules our brain and body. (If muscle testing, you can demonstrate the gait circuit, by sedating anterior deltoid on one side, and showing quadriceps turn off on other side.) (ref 4)

### **B. Consciously Noticing how the body acts and reacts**

Ask the group to stand comfortably and think of something relaxing. Have them Notice their posture in relation to the floor: upright, swaying forward, backwards or sideways. Have them Notice if there is any tension in their legs, lower, middle or upper back, shoulder blades or neck muscles, in their stomach, solar plexus, heart, chest or throat. Remind them there are no rights or wrongs: just what is. Have them look at an object straight ahead and Notice if they are seeing evenly out of both eyes. Is it clear or blurry? Have them listen to the sound of your voice and do their best to Notice if they are hearing equally through both ears: is your voice clear, or tinny or resonant? Have them lift arms in anterior deltoid test position: 30% up in front of body. Is that easy or does it take energy? Hold it there for 30 seconds. Is it easy or stressful?

Now have the group think of something challenging or stressful. Repeat the Noticing process as above. Ask the group to report differences in their body reaction to the stressful versus a relaxing situation, and interpret their findings (ie. Tightness in back and legs = classic tendon guard stress response, or leaning forward = overfocus etc.) (ref 5) Ask them to write down the most Noticeable differences. (ref 6)

**Telling the Story:** Educate The Group on the Information Sandwich: We **precheck** how we are functioning in regard to any goal or issue and note where imbalances occur. The brain will correct as best it can, to the baseline of actual pathology, wherever it identifies energy blocks and imbalances. We must first take the time to allow the body/brain to identify those imbalances. **This is what we have done with our process of Noticing.**

Preview of coming attractions: To complete the sandwich we will then offer a **correction** – the filling – and finally we will add the bottom slice – the **post check** – reassessing our new level of improved functioning. If improved enough, our work is complete. If not yet satisfied with our improvement, we simply repeat or add new corrections until we achieve our desired level of enhanced performance.

### **OUR FIRST CORRECTION OF CHOICE: FRONTAL/OCCIPITAL HOLDING**

**Telling the story:** The classic stress response causes blood to leave our rational front brain, and go to the survival centres in the 'fight or flight' back brain. To remove the emotional hold on the issue or challenge, simply hold one hand over the forehead, and the other over the primary visual cortex, just above the turn of the skull, and think through our stressor. (ref 7) This keeps blood and warmth in the two areas of our brain where we can perceive new ideas in the light of seeing clearly what really happened, with no triggering emotion. The instructor can give more insight into effective use of this correction with such skills as reframing, changing the picture, mental rehearsal etc. and speak to the scientific proof supporting that what we imagine as real to our brain as what we have actually experienced. (PET scans, CAT scans etc.) The important thing is to break the hold of the stressful memory or fear with as many changes as possible, and to imagine our positive outcome with as much sensory detail as we can, to create the 'reality' we deserve.

### **2. CLEARING REACTIVE MUSCLES IN GENERAL**

**Telling the story:** We are setting out to disconnect the bullying of one muscle by another. When one muscle fires we don't want it to switch off another inappropriately. Have the group move their muscles in a little dance – have fun and boogie! – and Notice how their body feels – easy or heavy – or if there is any tightness or pain. **Muscle check if desired.**

**A. Teach and do 'Plugging In For Balanced Energy'.** (ref 8) This clears disorganized circuits caused by electromagnetic imbalance. Place 5 finger tips of one hand around navel with thumb on top, and with other hand - first massage K27's, then above and below lips.

**B. Teach & do modified 'Barhydt's Reactive Muscle' correction.** (ref 9) Boogie

again and Notice how it feels. Lightly touch stress points on forehead – place 5 finger tips of one hand around navel with thumb on top, and deeply massage, with both a squeezing and slightly rotary motion. Boogie again and Notice. Do correction again. Boogie a last time. Notice improvements in ease and lightness.

### **3. INTRODUCING OUR MUSCLE 'STORYTELLERS'**

**Telling the story:** We may have cleared ourselves to move forward in our lives on the conscious level, but is our body going to come along for the ride? When we are thinking, seeing and hearing clearly, will all our body circuits support us with normal, free flowing communication, or will reactive muscle patterns be triggered? Remember, Emotion is Energy in Motion, and emotion is locked into the body's cellular memory.

Teach group a little muscle dance of the movements in contraction and extension, and **tell the story of the muscle movements.** (ref 10). Say hello to:

**Supraspinatus** – To feel oneness and unified with our creativity and sexuality. To be brave rather than closing in protectively when we feel unimportant and threatened eg. An opera singer opens her arms as her song, her creativity comes from her centre.

**Anterior Deltoid** – Is it attractive to reach out to another or a goal, or are you frustrated in your attempts? This muscle is one of the first activated in the gait circuit, when we first make a step forward towards someone or something. What does it feel like to reach for the car keys to go to a job you don't like, as compared to the end of the day when you are on the way to do something you enthusiastically enjoy?

**Pectoralis Major Clavicular** – Do you feel gentle or disconnected from yourself as you reach forward and then push obstacles behind you? Is it easy to be open, and to dive into things, or do you feel inadequate?

**Latissimus Dorsi** – Can you acknowledge your essential self, or are you all tied up, feeling dumb – unable to speak, see or hear. Can you break free to choose actions reflecting your interest and equality, rather than accepting defeat?

**Quadriceps** – Are you interested and tuned in as you go easily toward your heart's desire, or resentful, embarrassed and conquered, and reflected in leg muscles that won't take you where you want to go.

**All muscles should feel comfortable. Muscle check if desired. Now: to check for reactive triggers that block our ability to respond to life.**

### **4. SEEING WHAT YOUR BODY HAS TO SAY: CLEARING EYE MODE TRIGGERS**

**Telling the story:** Whenever emotion locks into our life experience, the eye direction that we were looking in at that time also locks into the reactive circuit. Whenever it is stressful to look in a particular direction, or that direction causes reaction in the muscles of the body, we know it has to do with what we wanted to see but did not see, or what we did not want to see that we were forced to see at that instant of impact. We chose to 'go blind' rather than to deal with the stress in the moment, not allowing optimal processing from that moment forth. Knowing this, we can now easily and permanently identify and release that non serving reaction.

**Be consciously aware that a lifetime of experience has locked in reactive muscle triggers in each eye direction, and that you are safely and easily accessing and clearing them all.**

**Prechecks: Muscle check if desired on all these tests.**

**Look up** – Go through all 5 muscle movements; Notice any differences in how the body reacts, both in amount of energy to hold up muscle, and comfort in really extending your eye muscles.

**Look down** – Do all 5 muscle movements; Notice both eye tension and body response.

**Look to left** – Do all 5 muscle movements; Notice both eye tension and body response.

**Look to right** – Do all 5 muscle movements; Notice both eye tension and body response.

**Look straight ahead** – Do all 5 muscle movements; Notice both eye tension and body response.

**Look near, then far** – Do all 5 muscle movements; Notice both eye tension and body response. Write down differences.

**Correction:** (ref 11)

**Rub eye points while holding the eye in each eye mode – up, down, left, right, and straight ahead.** End with eye rotation while rubbing eye points. Anchor correction by redoing each eye direction, and move through all five muscle positions, Noticing if differences have equalized. **Muscle check if desired on all these tests.**

## **5. HEARING WHAT YOUR BODY HAS TO SAY: CLEARING AUDITORY TRIGGERS.**

**Telling the Story:** Listening and Memory are tied into proprioception in the neck and shoulder muscles as well as the vestibular system proper. Whenever we lock reactive patterns into the body we freeze in reactive ear circuits too in terms of which ear was activated, and how we were turned. What was our trauma that caused the reactive, survival circuits to lock in place? Not hearing that which we yearned to hear, or being forced to hear what we didn't want to hear? The result? We felt unsafe and unloved.

**Be consciously aware that a lifetime of experience has locked in reactive triggers in each ear and neck direction, and that you are safely and easily accessing and clearing them all.**

**Prechecks:** Muscle check if desired on all these tests.

**Turn head to left and listen to sound of a voice.** Move through 5 muscles and Notice differences.

**Turn head to right and listen to sound of voice.** Move through 5 muscles and Notice differences.

**Look straight ahead and listen to sound of voice.** Go through 5 muscles and Notice differences.

**Think of remembering, adding, spelling.** Go through 5 muscles and Notice and write down differences.

**Correction:** (ref 12)

Rub ears while turning head in each direction – left, right, straight forward, also while remembering, adding and spelling.

Go through 5 muscles and Notice differences while redoing all prechecks.

## **6. BEING OF ONE MIND – WITH YOUR BODY SUPPORTING YOU**

**Telling the Story:** The integrated way for us to learn is when we start out with a framework of automatic knowledge that provides hooks to help us discriminate new information. When our brain hemispheres are integrated with what we already know, our muscles can enjoy an easy, contracted state. When we discriminate new information in an integrated fashion, we relax for a moment, allowing our logic brain to analyze new details to see how they fit into what we already know. We then anchor in the new information into our prior knowledge, and venture forth with a higher degree of automatic knowing to approach ever more challenging material. Our muscles are once again in a High Gear, contracted state. (ref 13)

When integrated, cross crawl should flow easily with a contracted, comfortable muscle response, and the body muscles should be high gear. Also when the two visual fields are cooperating, as in perceiving an X the same high gear response is appropriate. It is also appropriate for us to have to consciously choose to do one sided movement, outpictured by a Low Gear muscle response, and the brain is doing parallel processing. Our muscles also relax when looking at parallel (II) lines, as the two visual fields and two brain hemispheres are not operating together. Our body /brain should flow between these two integrated states, high gear (learned) and low gear(unlearned), as they outpicture our ability to learn easily and moving between automatic, whole brain responses and

**Be consciously aware that a lifetime of experience has locked reactive muscle triggers in both states of integrated brain processing, and that you are now safely and easily accessing and clearing them all.**

**Prechecks:** Muscle check if desired on all these tests.

**Do some cross crawl:** Move 5 muscles and Notice differences. Muscles feel contracted?

**Do one sided crawl:** Move 5 muscles and Notice differences. Muscles feel relaxed?

**Look at X** and Notice differences in 5 muscles. Muscles feel contracted?

**Look at parallel II lines,** and Notice differences in 5 muscles. Muscles feel relaxed?

**Correction** (ref 14):

Do cross patterning activity – 6 sets of cross crawl alternating with 6 sets of one sided movement while thinking of an X, and then go back to repeat all pre-activities and renotice for differences, ease, and appropriate responses.

## 7. REVIEWING THEIR NEW SKILLS:

Lead your group in a review of the new tools they have acquired: They no longer have to accept reaction over active response!

**The Information Sandwich:** to assess with **Noticing** how their body and senses are reacting to any life challenge and, after **Correction**, to anchor the improvements with **Noticing**.

**Corrections to keep them in balance:**

1. Frontal/Occipital Holding to release stress and integrate brain.
2. Plugging In For Balanced Energy – to balance electromagnetics.
3. Barhydt's Reactive Muscle Correction – to unhook muscle to muscle reactors.
4. Eye Points for visual reactors.
5. Rubbing Ears for hearing & memory reactors.
6. Cross Patterning for Hemispheric Balance and getting brain and body 'unstuck'

## 8. NOTICING THE DIFFERENCES

Have the group go through the **Noticing** Process of 2A a last time while thinking of their stressor, and have them Notice the improvements to how they are standing, feeling in their body, and their sensory processing. Celebrate the improvements.

**Invite them to join you for other courses to continue the telling of their story.**

## OUTCOME: YOU'VE TOLD A STORY WITH A HAPPY ENDING.

In completing this balance with a group, you have given them a profound kinesthetic introduction to their body and senses. You will have heightened their body self awareness and their brain/body and sensory integration. They now understand that their body can be pro-active rather than reactive. No doubt those with severe reactive patterns would be well served by more indepth work, but that is not the point. The point is you have a model for reaching out and impacting a large number of people in a short time, allowing them the benefit of sophisticated process in a user-friendly manner, adding to your repertoire as an effective presenter at the same time.

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## References

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2. Stokes, Gordon & Whiteside, Daniel, *One Brain*, Chapter 8, p31-33, 1984, Three In One Concepts, Burbank, CA.
3. Stokes, Gordon & Whiteside, Daniel, *One Brain*, Chapter 3, p7, 1984, Three In One Concepts, Burbank, CA.
4. Richard Utt is credited with first development of Clear Circuit muscle check.
5. For example of this process, see *The Top Ten Stress Releasers* video, available through TFH Association or the author.
6. I was first convinced of the profound power of Noticing to identify and anchor physical correction by observing Dr. Dennison at an Edu-K Gathering many years ago. I then experienced its insight during a balance facilitated by Gabriel Carroll, a master 'Noticer'. Daniel Whiteside of Three In One Concepts has provided brilliant models for the telling of the story the body outpictures in

its muscular reactions. My thanks to these and many other mentors who inspired my version of Noticing. It has enabled me to develop a major thrust of my career into the public and private sectors using Noticing as my main identification and anchoring tool. As educators, we must constantly remind our clients and students to consciously Notice the differences, rather than only mindlessly relying on the muscle check. Both provide valuable, insightful and unique information.

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