

# Notes from Center Edge™

Enhancing Business, Education and Personal Effectiveness Through Brain Gym®

Volume II - Issue 2

Summer 2000

## Carla Hannaford Teaching in Phoenix!

Author of *Smart Moves -- Why Learning Is Not All In Your Head*

**Learn how the mind and body work together to facilitate or block learning**

- for yourself
- your children
- your clients
- those you teach, train or facilitate
- your research

**Know the science behind the learning process, and learn effective, practical drug-free solutions to**

- hyperactivity
- ADD - Attention Deficit Disorder
- other learning & behavioral disorders

**Carla Hannaford Ph.D.**, gifted Brain Gym® faculty member and consultant to governments and school systems worldwide, will be speaking and teaching in Phoenix.

Her course, *The Physiology of Learning*, unlocks the mysteries of how and why we (and our children) may have such challenges learning or performing--either consistently or in various specific situations. Within this course Carla takes us behind the scenes of our outward performance, into the physiological mechanisms that manipulate the "learning machine" of our minds and bodies.

Carla Hannaford has the remarkable ability to take deep physiological concepts and explain them in a user-friendly, understandable way. With humor, insight and heartfelt dedication, she shares an incredible depth of knowledge.

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Designed for parents and professionals alike, this course has no prerequisites. You will gain both theoretical understanding and practical means of helping yourself and others make powerful changes in learning and performance patterns.

Take advantage of this rare opportunity to learn from such an inspired presenter. You'll be glad you did!

### *The Physiology of Learning*

**September 22-23-24, 2000**

Hours: Fri – 7-9:30 pm  
Sat & Sun – 9 am to 5:30 pm

**Howard Johnson's Express Inn  
Conference Hall**

**4727 E. Thomas Rd.**

park at the side of the bldg and enter through lobby

**\$250 if paid by Sept 1 • \$275 after Sept 1**

\$225 (By Sept 1) for two or more people  
attending from same school district

**\$25 for Friday evening only**

(may apply to fee if continuing Sat & Sun)

**For more information please contact:**

**Kathy Brown, M.Ed. • 602-952-7001**

**kb@centeredge.com • www.centeredge.com**

**Carla Hannaford, Ph.D.** is a neurophysiologist and educator with more than twenty-eight years of teaching experience, including twenty years as a professor of biology and four years as a counselor for elementary and intermediate school children with learning difficulties. Since 1988 she has been an internationally recognized education consultant, making more than five hundred presentations worldwide on the neural basis of learning and Educational Kinesiology (BrainGym®). She was selected as a guest educator with the AHP-Soviet Project in 1988, has been recognized by Who's Who in American Education, and has received awards from the University of Hawaii and the American Association for the Advancement of Science for outstanding teaching of Science.

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# Balancing to Resolve the Fear Paralysis Reflex

and its Effects on Learning, Behavior and Performance

## Background information:

Many academic and behavior issues have at their core the incomplete progression of childhood reflexes. These reflexes should each develop in the child's system, become fully integrated and useful as a neural pattern, and then "inhibit," or fall away, so the use of the pattern can be a choice, rather than an inevitable reaction. Early trauma can cause the orderly progression of reflexes to go into a "holding pattern," resulting in a wide variety of emotional, physical and academic challenges. Fortunately, these reflex challenges resolve quickly and effectively when addressed through specific Brain Gym processes. For more background information, please see "Retained Reflexes in Children and Adults" under "Articles" on my website, [www.centeredge.com](http://www.centeredge.com).

**The Fear Paralysis Reflex** is the key to all other reflexes. It is the first reflex to manifest. Indeed, the Fear Paralysis reflex is intended to develop, become integrated, and "inhibit," or fall away, all in utero, long before birth.

If the Fear Paralysis Reflex (FPR) does not follow the intended route of development, the child's (or adult's) system is left locked in a fear state that permeates all waking and sleep activity. If Fear Paralysis is still active all situations are seen through a filter of fear.

A list of behaviors that may manifest due to lack of resolution of Fear Paralysis Reflex is as follows:

- low tolerance to stress
- anxiety seemingly unrelated to reality
- hypersensitivity to touch, sound, specific frequencies of sound, changes in visual field.
- Dislike of change or surprise/poor adaptability
- Fatigue
- Elective mutism - the persistent failure to speak in specific situations where speaking is expected, despite the ability to speak otherwise
- Holding breath
- Fear of social embarrassment
- Insecure. Lack of trust in oneself.

May become socially isolated and withdrawn.

- Overly clingy or may be unable to accept or demonstrate affection easily
- Fear of school
- Compulsive traits/OCD
- Negativism, defeatist attitude
- Won't try new activities, especially where comparison occurs or excellence is expected
- Depression
- Temper tantrums
- Controlling or oppositional behavior, especially at home
- Immediate motor paralysis under stress - can't think and move at the same time
- Reduced muscle tone

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If Fear Paralysis Reflex is still active all situations are seen through a filter of fear.

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- Eating disorders
- Craves attention
- Aggressive behavior borne out of frustration and confusion
- Poor balance

Children or adults with FPR still "on" in their system will typically manifest a cluster of these behaviors- the more fully the reflex manifests, the more pronounced the behaviors will be, and the more severe the implications in their life.

Like all reflex issues, Fear Paralysis Reflex responds quickly and easily to

the Brain Gym balance process. Once identified and addressed, rapid, permanent change is experienced.

- A recent client, a very capable woman with a flourishing business, recently came for a balance regarding her fear of being home alone. It was clear that resolving Fear Paralysis was called for. The session had excellent results, and I got a call from her a few days later and learned that she was now completely comfortable at home alone, and none of her old fear remained.

A few weeks later I heard from her again. She had just come back from a ski weekend in Utah. Previously she had stuck to the easiest slopes, but this time she thought, "Why can't I go down these other slopes? They look like a lot more fun!" She found herself skiing aggressively and joyfully, truly "throwing herself into it." That night back at the ski lodge she realized what she'd done, and thought immediately of her balance for Fear Paralysis. While she had taken appropriate precautions to remain safe, there had been no feeling of fear the entire day.

- Another client brought her daughter, Jana, age thirteen, to deal with some very challenging issues. Jana was simply unable to be away from her mother. She could tolerate her mother going to work if she herself was at school, but was unable to wait at the bus stop in the morning without her mother waiting in the car until the bus got there. Her mother could go nowhere in the evenings or on weekends without Jana.

After a series of doctors diagnosed Jana as simply ADD, her parents tried everything from hypnosis to a variety of alternative treatment methods. Nothing had any effect. Jana's balance session focused on being able to be

## Fall/Winter Dates for THE BRAIN GYM<sup>®</sup> COURSE (Brain Gym 101)

Whole-Brain Integration for Enhanced Living, Learning and Performance

**October 20-21-22 (Fri-Sun) November 15-16-17 (Wed-Fri) January 19-20-21 (Fri-Sun)**  
**Registration – \$300 with your \$50 deposit received one month prior to class, \$350 thereafter.**  
**Includes all course materials.** Deposits are non-refundable unless we reschedule. Repeat for half registration fee.  
**Instructor: Kathy Brown, M.Ed. • No prerequisite**  
**Location: Center Edge office unless otherwise notified**

*These dates don't work? Please call. We'd be happy to arrange a Brain Gym 101 course or introductory program for your group, school or organization.*

**In this 24-hour course you will experience Brain Gym for yourself and learn the basic skills for facilitating it in others. It includes:**

### **“PACE” – Four Steps to Get Ready**

This four-step Brain Gym warm-up can be done in less than four minutes. The user feels instantly focused, on-track, and ready to begin any task or meet any challenge.

### **The Five-Step Balance**

This powerful process, which is at the heart of the Brain Gym system, links a goal of one's own choosing to the abilities needed to achieve it. It includes a simple method for determining which Brain Gym activities will best support the goal, plus a reinforcement technique called "anchoring" that quickly internalizes the new learning.

### **26 Targeted Activities**

When performed in the context of the balance process, these simple physical movements bring about rapid and automatic improvements in such skills as memory, math, reading, writing, concentration, and communication, and also produce noticeable gains in creativity, energy levels, and athletic performance.

### **Two Repatterning Sequences**

Dennison Laterality Repatterning (DLR) integrates left- and right-brain hemispheres, enabling one to shift mental gears from reflexive action to more conscious ways of thinking and behaving. Dennison's Three-Dimension Repatterning (3DR) goes beyond left-brain/right-brain to also integrate the brain's deeper structures. It is especially useful for achieving goals requiring attention, motivation, or organization.

***It's fun! A great way to learn and grow at the same time!***

## **Edu-K In-Depth: Seven Dimensions of Intelligence** 32 Hours

**November 2-3-4-5 (Thursday - Sunday) 9 am to 5 pm all four days**  
**Registration: \$550 – \$495 if paid by October 13, 2000** (Repeat for half registration fee)  
**Instructor: Colleen Gardner • Prerequisite: Brain Gym 101**  
**Location: Howard Johnson Express Inn, Conference Hall**

4727 E. Thomas Rd., Phoenix, AZ

Lodging available at special rate of \$45 per night single or double; free shuttle from airport

Call the hotel (602-956-6500) before October 22 and mention "Brain Gym"

This course offers hands-on experience with seven dimensions of body movement, focusing on how each can support or block the learning process. It builds on the three dimensions of body movement (laterality, centering and focus) taught in Brain Gym 101. Students learn to permanently integrate the principles of whole brain learning into their own processes. Open to students who have taken Brain Gym.

**Further details available at [www.centeredge.com](http://www.centeredge.com)  
 or call Kathy Brown / Center Edge – 602/952-7001**



anywhere, regardless of where her mother was. The specific process that was called for here was a balance to resolve the Fear Paralysis Reflex.

At the end of the balance Jana reported feeling “really different... and good!” And her trip to church camp the next weekend, where she waved goodbye to her mother and never gave her another thought the entire time, was a great experience.

A few weeks later she turned to her mother and said, “Mom, school is only two miles away. Can’t I just ride my bike there every day?”

- Another client, Ron, would always jump at unexpected noises. A career police officer, he’d always dreaded his yearly visit to the shooting range to maintain his marksman rating. Now retired, even the sound of the phone ringing next to him caused him to jump. Having had two heart bypass surgeries, he decided it was time to do something about his extreme reactions.

Of course, his balance session called for resolving Fear Paralysis Reflex. Immediately following his first session Ron reported that he no longer jumped at the sound of the phone. He said, “I find myself just turning my head and thinking, ‘Oh, the phone is ringing.’ Before that you’d have had to peel me off the ceiling.”

Not long after, Ron and his wife were out for the evening with two other couples, and they enjoyed dancing all evening. Ron told me, “I’d always hated dancing—you couldn’t make me dance in public. I always worried what people were thinking about how I danced. This time I just didn’t care what anybody thought—and you know what? I had a great time!”

As you can see from each of these client stories, when you resolve the Fear Paralysis Reflex, you resolve a lot more than the issue that might have prompted you to come for the session

in the first place. You’re resolving the tendency toward fear itself.

### **What does it take to resolve a reflex?**

As I mentioned earlier, each reflex must be fully developed, integrated, and then inhibited. On occasion, if manifesting in a mild form, all three stages may actually be resolved in a

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single balance session. More typically, especially when the reflex seems to be strongly “on,” it will take two or even three sessions for each reflex to be completely resolved: one session to facilitate reflex development, one to support integration and one to support full inhibition of the reflex.

Especially if you or your child are dealing with severe learning or performance challenges, you will want to see what other reflexes have been compromised. If Fear Paralysis Reflex is still strongly “on,” it is certain that other reflexes are, as well. And each reflex creates its own unique strain on the system, producing its own array of learning and performance challenges.

**As you approach resolving each of these reflexes, it’s important to move slowly. It takes at least two weeks for each balance session to create the neural network desired. Sessions held too close together could be counter-productive, as time needs to be allowed for the neurology to mature.**

**Amazing results** are seen in both children and adults with a wide variety of challenges, when reflexes are addressed over time. Claire Hocking, who pioneered addressing reflex issues in this way through Brain Gym, has had remarkable results, from those who are extremely learning-disabled, developmentally delayed or autistic. Many of the originally “hopeless” learning-disabled children that Claire has worked with over time are now excelling in college.

At a recent training for Brain Gym consultants she told of her work with a young girl diagnosed as having “Asperger’s Syndrome” (a syndrome described as part of the “autism spectrum”). After a few sessions to resolve the girl’s Fear Paralysis Reflex, the doctors actually had to re-categorize the girl as “normal, with occasional and mild Asperger’s behaviors.”

**We all have various reflex issues, acting as the invisible puppeteers pulling us this way and that.** Of the fourteen Brain Gym consultants who gathered for Claire Hocking’s recent course almost all had Fear Paralysis “on” to one degree or another. Who knows what changes will manifest in the lives of all those people who are no longer subject to this invisible pull?

Resolving Fear Paralysis is a powerful step in creating true inner ease. It may be the step your body has been waiting for your entire lifetime.

### **Recommended Reading:**

To learn more about how reflex continuum delays may manifest in children and adults, as well as interim management and coping strategies, I highly recommend ***A Teacher’s Window Into The Child’s Mind*** by Sally Goddard.

## ***Brain Gym® for Business* is back in stock!**

Many of you have been awaiting the return of the book ***Brain Gym for Business***, and so have I. It's been completely sold out at the publisher, who's holding off with the next print run until it undergoes a few edits and has its cover slightly redesigned. Every time I call the publisher they say it's in the final editing stages and it'll be another month. However, the last time I called they had just found a partial box of the last edition which I snapped up. So... all you folks who wanted one (or three or five) call and come by, because they're IN!

For those of you who aren't familiar with this book, it's a great one. It contains illustrations and simplified explanations of all 26 Brain Gym movements. Each illustration shows an adult in business attire doing the movement. But the greatest aspect of this book is the Task Index. Typical corporate jobs are delineated task by task, and each task is followed the Brain Gym movements that make it easier. Example:

### **Public Relations**

**Handling Multiple Tasks** – Brain Buttons, The Grounder, Hook-ups

**Effective Writing** – The Calf Pump, The Footflex, The Owl, The Energy Yawn

This is the perfect book for teens as well!

\$12.95

### **FOR FURTHER INFORMATION**

Center Edge website: [www.CenterEdge.com](http://www.CenterEdge.com) • Brain Gym website: [www.BrainGym.org](http://www.BrainGym.org)

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## **Center Edge**

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Through Brain Gym®*

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