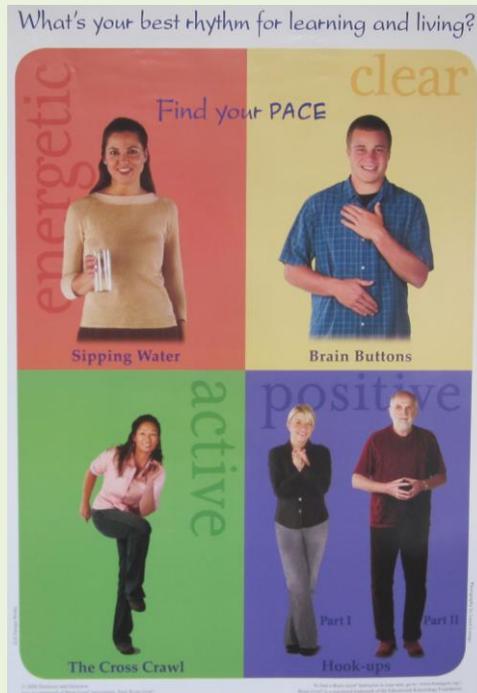


What is *Inspired Life Movement*?

Inspired Life Movement is about living and learning with our whole brain and our whole heart. It is coordinating and keeping in balance the connection between our mind and our body and activating the spirit that flows through each of us, moving us toward deeper discovery of how great we really are!

Using the transformative exercises from the learning readiness program Brain Gym[®], we notice how these simple activities shift us from feeling stressed and “less than” to a more relaxed state of ease, possibility and knowing that we “are enough”.

First, I invite you to notice how you are feeling right now: notice your physical self—your head, your neck, your shoulders, your tummy, your legs, your feet. Notice if there is any pain, tightness or weakness in your body. Next, notice your mental state—are you thinking clearly, or a little foggy or confused? Notice your emotional state—your mad, sad, or glad. And finally, notice your energy level and rank it on a scale of 1 to 10. Make a mental note of what you felt here, as I want you to notice again after we do the following four activities in this particular order:



1. Sip Water - Energy

Sip some water, holding each sip in your mouth for a moment before swallowing.

The water we drink is the medium that increases electrical potential across our cell membranes. The body is 76% water and the brain is 90% water. Water is vital for healthy brain and body function. It breaks down the salts in our system that helps conduct the electricity in our body. Unperceived thirst is a key element in impaired mental functioning.

2. Rub the Brain Buttons – Clear

Use the thumb and index finger on the same hand to rub spots right below your collarbone and about one inch to each side of your sternum. Place the other hand over your navel. Rub the points at your collarbone for about 30 seconds as you move your eyes slowly to the left and right along a horizontal line, and then switch hands.

Stimulating the Brain Buttons is like doing a mini balance for crossing the midline. By moving our eyes right and left while holding points in our body's

midfield, we satisfy the scanning-reflex impulse to look away from the midline and thus restore our ability to find our visual center.

3. Move with Cross Crawl – Active

Cross the midline of your body by alternately touching your hand or elbow to the opposite knee. Do it slowly for about one minute. The Cross Crawl movement simultaneously activates both sides of the body and fires neural pathways in the left and right sides of the brain.

The Cross Crawl is a fundamental activity in Brain Gym. It takes both sides of the brain working together to cross the midline, the imaginary line down the middle of our bodies that distinguishes right from left. The Cross Crawl helps us connect the spatial, big-picture part of the right brain with the detail-oriented, one-step-at-a-time part of the left brain.

4. Sit in Hook-ups – Positive

Part One: Cross your ankles. Next, cross your hands at the wrist, clasp them together and bring them up to your chest. Hold like this for a minute or more, breathing slowly, with your eyes closed and the tip of your tongue on the roof of your mouth when you inhale.

Part Two: When ready, uncross your arms and ankles. Put your feet flat on the floor and put your fingertips together in front of your chest.

Hook-ups reactivate our balance related muscles and sense of equilibrium. It helps relax tensions and creates a positive sense of well-being. It's about connecting our emotions with our reasoning, our head with our heart. Hook-ups shift our electrical energy from the survival centers in the brain stem to the reasoning centers in the midbrain and neocortex. It pulls in the energy created by the Cross Crawl from the arms and legs to the core of the body. It grounds us in our body so we feel clear, optimistic and peaceful. Use it anytime you want to feel more calm and relaxed.

Now, please take a few seconds to notice again. Notice your physical, mental, and emotional states and give your energy level a number. Has

anything changed? How do you feel now, compared to how you felt three minutes ago?

Often, people who were feeling tired and had low energy to begin, feel more alert and energized. Those who were feeling over-excited and stretched in too many directions, may notice a greater sense of calm and ease after doing these four activities.

You have learned how to get your self in **PACE**—an acronym that stands for Positive, Active, Clear and Energetic, which is how you will feel after a quick sip of water and then doing each of the activities for one minute apiece! That is all that it takes to get yourself in balance and prepared for wherever comes next in your day. Do it as often as you like and wherever you are. **Inspire your life through movement!**

For more information contact: joyce@livingyourinspiredlife.org

