

Faculty at Work (4 hours credits)

Presented by Kay McCarroll & Niki Honoré, International Faculty

ONLINE SEMINAR 1 (pre-recorded)

This seminar is in two sections:

1. Adapting the 7Ds balance for easy accessibility
2. Report of new developments from the International Conference in Seoul.

SECTION 1:

In this seminar we present a simplified version of the In Depth balance for you to observe and then practise. In a further seminar, we will ask you for feedback on your experience of the balance and what you learnt from it. To support this, we suggest you note down your experience of your balance as you go through it or immediately afterwards. You can self-balance or balance with another person.

In the balance we focus on:

- Deepening the setting of the goal by using the goal wheel.
- Choosing from learning menus that are self-facilitated – can be done by the person receiving the balance, as for the Brain Gym activities.

This balance could be useful when time is shorter, when a self-directed process and activities are desired and when the balance process needs to be easy and accessible.

Suzanne kindly agreed to participate in the balance and we recorded it as it progressed in real time. She used body sway to self-check where that was necessary. A few weeks later, she gave feedback on the effects of the balance, which we also videoed. Her follow-up comments appear after the demonstration of the balance process. A big thank you to Suzanne. When you watch the seminar, you will appreciate how much learning emerges for us all from her wholehearted participation in the process.

In the video we used a chart to demonstrate the main elements of the balance process. A photo of this is attached to this email.

BALANCE PROCESS

Use whatever means of Noticing you are comfortable with.

1 PACE

2 GOAL

2A CHOOSE A GOAL – Develop a goal for the change you want to make in the usual way. We will leave the final PACEing of the goal until we have completed 2B, however a preliminary check through the goal as to whether it is PACEd is useful at this point.

2B REFINING THE GOAL – We can use the goal wheel to add depth, additional perspectives and refinement of the goal we have chosen:

Following the process in the 7 Dimensions Manual:

- Tap round the navel.
- Find one or more of the 5 sections in the goal wheel in which you need to work (if more than one, find the priority) (p 26).
- Using the Gathering Wheel, find the Gathering Points, which relate to the goal (Worth, Bonding etc) (p 115).
- Go to the related set of affirmations (p 113) and choose the affirmation that best suits your goal. Use the affirmation and the education from the goal wheel to enhance your understanding of your goal and/or to refine your goal – you may find that an unexpected underlying issue emerges or that you want to rephrase the wording of your goal.

When you feel this process is complete, PACE the goal again.

3 PRE-ACTIVITY

Choose a pre-activity involving movement, role play etc and do it. Notice your thoughts, feelings and body and make a note of them.

4 LEARNING MENU

To select the Learning Menu, check the 4 realms using the finger modes as usual.

Notice which of these realms do you need to work in. If more than one, find the priority:

Structure
Personal Ecology
Emotional
Acupressure

Here are some suggestions for activities you can do for yourself. There may be others, feel free to include these. Let us know what other ideas you have.

Structure

Cross Crawl

The two Repatternings

Lengthening Activities (for movement re-education)

Figure 8s (you could replace Pelvic 8s with the Worth Integrated Movement – most of the Integrated Movements involve Figure 8s)

Vision Gym

Integrated Movements (structural aspect p 81)

Personal Ecology

Water

Gravity Balance

Re-evaluation Chart

Emotional

Hook-Ups & Positive Points

Free Form Drawing/ Writing-out / Movement & Dance / Resonation (resonate, laugh, sing, cry , sign, shout)

Acupressure

Meridian massage

Energy Activities from Brain Gym 101 and OBO

Check that the Learning Menu is complete.

5 POST-ACTIVITIES

5A Check your affirmation(s), Gathering Point(s) and goal wheel section. Are these now switched on? Check that your Realm indicator (finger mode) is switched on.

5B Repeat your pre-activity involving movement, role play etc. Notice your thoughts, feelings and body – are there any changes? Make a note of them.

6 REVISITING THE GOAL

Say your goal out loud and notice whether you now feel synchronous with it and how far you have moved towards it. Can you imagine transferring your new learning and state of being into other areas of your life? Notice which these areas are. Make a plan to put your goal into action by a certain time.

7 CELEBRATE!!

8 AFTER THE BALANCE

Do you have any questions, comments or feedback on your experience of the video, the balance or your own balance that you would like to share with us? Kay and Niki would be very pleased to hear from you. Please email us at:

faculty@braingym.org.uk

SECTION 2:

Kay's report from the international conference in Seoul, North Korea

Enjoy Kay's description of being in Seoul, at the Conference and the new developments that are going ahead and will benefit everyone involved in Edu-K. You can view two stunning performances from the Conference: a karate and movement demonstration by karate students and an amazing multi-dimensional dance routine using streamers and head movements by a dance group.

We hope you have enjoyed this presentation and that we can meet up with you live for the next one, which is on 11 September at 7.30 pm.

Good wishes to everyone,

Kay and Niki