



## OPTIONS CENTER EDUCATION TOPIC



### PACE Part III: Balance Buttons

The following is the **third** in a series of articles about getting ready to learn through a process called PACE. To check for PACE, notice the four elements important to whole brain learning: a **Positive** attitude, **Active** participation, **Clear** focus of attention and an **Energizing** motivation or goal.

Have you ever forgotten the last four digits of a seven-digit number? Couldn't find the words to finish verbalizing your thoughts? Lost your train of thought? Couldn't make up your mind? Couldn't understand what the writer was saying? Develop neck or head tension when reading?

**Balance Buttons** [*Brain Gym® Teacher's Edition Revised*, p. 27] enhance the academic skills of “reading between the lines,” perceiving the author’s point of view, critical judgment and decision making, spelling and math. It activates the brain for near visual expressive skills, sensory awareness, emotional connection and relaxed cranial movement.

Balance buttons also have behavioral and postural correlations. It gives you a sense of well-being, and open and receptive attitude, makes the eyes, ears and head more level on the shoulders, relaxes the over focused posture and attitude, and improves reflexes, including cross crawl ability.

The balance buttons are located just above the indentation where the skull rests over the neck (about one inch on each side of the midline) and just behind the mastoid process. Hold the left balance button with one hand, while the other hand covers the navel, for about 30 seconds, then change hands to hold the right balance button.

Tuck your chin in and hold your head level. You may use two or more fingers over the balance buttons to assure the points are covered. Some people experience a pulsation when the points are stimulated.

Touching the mastoid bone, which contains the semicircular canals, can help you with balance, listening, hearing, and math, according to an audio tape by Carla Hannaford, Ph.D., entitled "The Physiology Basis of Edu-K." Holding your hand over your navel, the gravitational center of the body, can help you become more balanced. Ballet dancers focus on their navel to keep them balanced. In Hawaii, some Japanese put a marinated plum on the navel to bring focus to the center of the body keeping them from getting sea sick. Balance Buttons maintains the balance between the 2 semi circular canals which creates balance for the body.

For a variation, use three fingers. Hold the mastoid bone with one finger and the other fingers in the groove under the focus center of the occiput, which helps with vision. This gives the eye-ear connection.

When Richard Tyler, Doctor of Chiropractic, did his research with Dr. Paul Dennison at the Valley Remedial Group Learning Center, he taught that the balance buttons worked to release deep levels of back to front switching related to head injury or long term stress. Dennison later recognized this as part of the tendon guard reflex which prevents us from fully participating expressively or receptively.

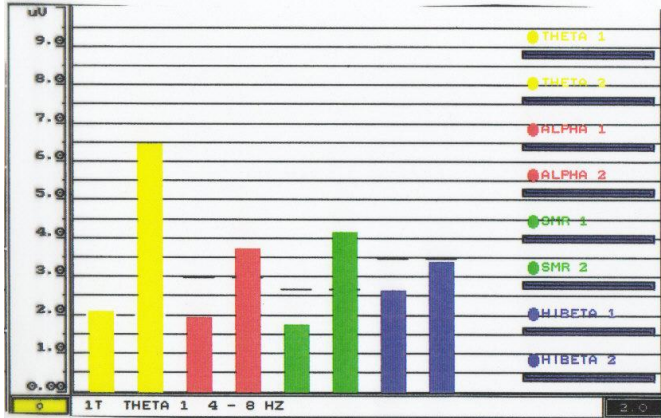
Sue Maes uses an EGG [Electro Encephalograph] machine called ND 2000 which uses the Penniston protocol. Combined with a computer it is able to monitor the changes in the brain waves as her students/clients do Brain Gym® exercises. The person has electrodes hooked up to their head. A grounding wire is used to prevent a shock. The information goes into a black box that converts the raw signals into easily read graphs.

With EEG-biofeedback, the electricity is measured speeding from one cell to the next in hertz-speed [cycles per second] and in micro volts which is how many cells are involved in the task.

The following two graphs have been produced by Sue's machine as the two people did Balance Buttons. Sue explains that in the bar graph Person A starts out in yellow, Theta level in both the left and right hemispheres [the left brain is represented by the first, third, fifth and seventh bars, the right hemisphere is represented by the other bars]. Theta level, is the level right before falling into or arising from a deep sleep. After going through the alpha [red] brain wave, the person goes to the SMR [green] and Beta [blue] brain waves. The SMR and Beta are the desirable states for peak performance.

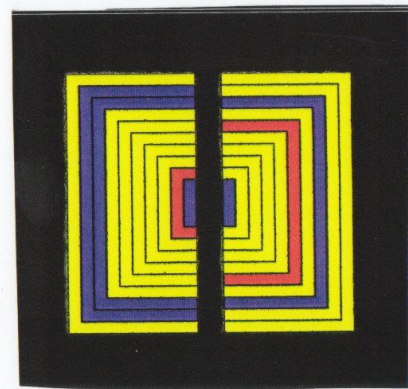
On Person B's graph, each new section starting in the center and working out to the periphery measures two second intervals of EEG activity. The different colors refer to the different kinds of brain waves. Sue says that Person B starts in Beta [blue], moves through Theta [yellow] and then has some, but not a lot of Beta. This person made some beta but still there is a difference between the two sides of the brain.

# BALANCE BUTTONS



MAES-THYRET

**PERSON A**



**RIGHT BRAIN LEFT BRAIN  
PERSON B**

BetaOuter	Conscious Mind	Action	Time/ Space
SMR	Between Outer/Inner	Sleep/Thought	Between Time/Space
Alpha	Inner Conscious Mind	Sleep/Thought	No Time/Space - ESP
Theta	Inner Conscious Mind	Sleep/Thought	
Delta	Sleep		Unconscious Sleep

In summary, P.A.C.E. is an acronym for the five movements that prepare us for new learning -- to become Positive, Active, Clear, and Energized. Again, PACE is PREPARATION FOR LEARNING!

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