



## OPTIONS CENTER EDUCATION TOPIC



### PACE Part V: Hook-ups

The following is the **fifth** 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.

Not feeling centered? Feeling flighty, not grounded? Nervous before tests or giving a speech? Too sensitive or too distracted by sounds and lights around you? Not paying enough attention?

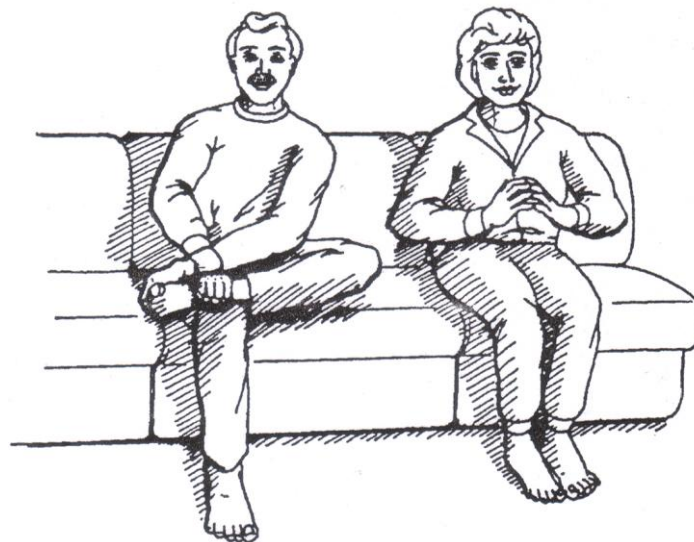
**Hook-ups** [*Brain Gym® Teacher's Edition Revised*, p. 31] activate the brain for emotional centering, grounding, increased attention and cranial movement. Academically, the exercise helps with clear listening and speaking, test-taking and similar challenges and computer typing work.

Hook-ups help with improved self-esteem, improved balance and coordination, increased comfort in the environment and deeper respiration.

PROCEDURE:

VARIATION 1:

Sit comfortably erect in your chair. Put your left ankle over your right knee. Next, hook your right hand around your left ankle. Then put your left hand over the ball of the left foot. (Some people will feel better sitting with the right ankle over the left.) Sit this way for one minute, breathing deeply, with your eyes closed and your tongue on the roof of your mouth. Uncross your legs (part 2) and put your fingertips together, continuing to breathe deeply for another minute.



Source: *Alternative Health Care, Space Age Interpretations of Age-Old Truth*, p. 137

Variation 2:

The student sits comfortably erect in a chair and crosses the left ankle over the right ankle [or vice versa if desired]. The student crosses left wrist over right [or vice versa if desired], thumbs down, bring hands back to body under chin. While in this position, the student breathes deeply, presses the tongue against the roof of the mouth on inhalation, relaxing the tongue on exhalation. The eyes are closed, looking down, emphasizing the exhale. Wait for a change to occur. Then the student with eyes still closed, looks up and creates an image that is positive and emphasizes the inhale and pushes tongue down. Wait for a change to occur and then proceed to Part 2. Part 2: Uncross your legs and put your fingertips together, continuing to breathe deeply for another minute until the positive image feels locked in.

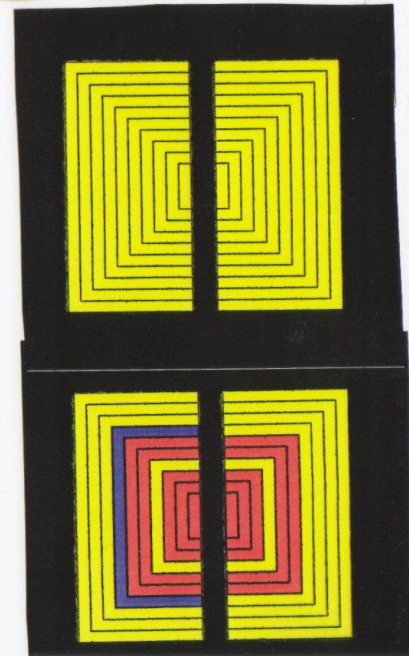
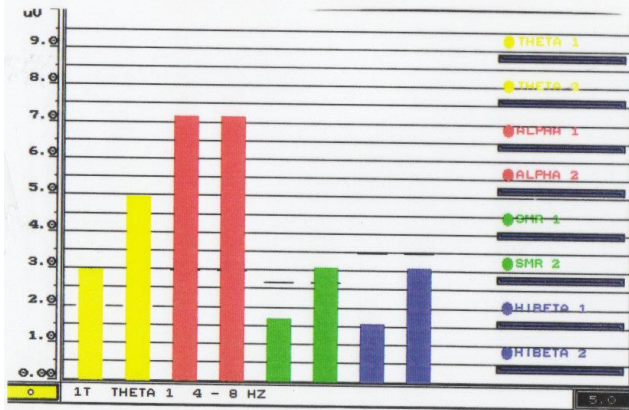
Wayne Cook, an expert in electromagnetic energy, invented this posture as a way to counterbalance the negative effects of pollution. The posture enables a person to bring all the acupuncture meridians into a more balanced state. The lower meridians are stimulated by holding the ankle and ball of the foot; the upper ones are stimulated by touching fingertips together.

Excessive energy to the receptive (right or back) brain can manifest as depression, pain, fatigue, or hyperactivity. This energy to the receptive brain hemisphere gets redirected to the expressive brain hemisphere (left) in a figure eight pattern. Dr. Paul Dennison discovered this posture could also be used as a transmutational process for emotional stress and learning difficulties.

Our body is a battery with lines of electrical forces coming out. The major electrical circuit is the one that has electricity going up the front and electricity going up the back. Hook-ups get the electrical energy flowing in the right way, according to an audio tape by Carla Hannaford, Ph.D., entitled "The Physiological Basis of Edu-K."

There is a woman in Canada by the name of Sue Maes who has a machine that with EEG and a computer is able to monitor the changes in the brain wave as her students/clients do Brain Gym®. For more information on her machine, go to Education Topic, PACE, Part 1-Water.

# HOOK UP



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PERSON A

Right Left  
 PERSON B [TOP]  
 PERSON C [BOTTOM]

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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

According to Sue:

Person A: In the bar graph the left hemisphere is represented farthest to the right and the right hemisphere is beside it. On this bar graph, the person doing the Hook-ups gets totally into Alpha [red] state and [in both hemispheres] does the same for each brain wave.

Person B: This person goes right to theta [yellow], almost asleep.

Person C: In the bottom box graph, the person is mixed with alpha [red] which is for being calm and being able to visualize and Theta [yellow] and for being inwardly focused, and in a subconscious thinking state.

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