

## **Brain Bites – Pause-ability to Possibilities! – February 2009**

### **Category – Life Balance and Stress Management**

Our ability to pause, observe and regroup is directly proportional to our ability to progress and achieve results.

Imagine your vehicle only being capable of driving in one direction, or one speed, over and over?

**Boring? Yes.**

**Dangerous? Likely.**

**Ridiculous? You bet!**

While the thought may seem absurd, how about using this as a metaphor for how you may be approaching life and your daily interactions?

If you're like most people who feel stressed and overwhelmed, it's likely you are traveling on autopilot, repeating old patterns and out-dated habits to the dismay of your relationships, career path and state of health.

In Brain Gym, we call this limited mode of operating', "*stuck low gear*", when we repeat ineffective and stress-based thoughts and actions, unable to stop. Symptoms of tension, discomfort, irritability and depression will surface, and be acted out in our personal and professional realities, likely leading to stagnation and deterioration.

Not a productive or gratifying place to reside! Yet it happens, and many people don't know how to get unstuck.

Life is a dance which requires different speeds, steps, levels and directions to successfully weave all the physical, mental, emotional and spiritual components together in synergy and balance. An essential component to the choreography is the "pause" - a vital aspect in music, and the dance floor of life.

**Pause-ability leads to possibilities.**

The pause is like a "time-out" on the basketball court, it allows us to regroup, refocus and strategize, rather than repeating the same mistakes or ineffective actions.

Sometimes people are afraid to pause, and take a step back from what they are doing to gain a clearer, more objective vantage point. They may be concerned that they will lose control or won't know how to begin again.

If that happens, and it likely won't - you probably weren't on the right track anyway - when we pause - if we are on the right path, it will only deepen and become clearer.

Healthy pauses naturally evolve into the desire and readiness for further growth and learning.

Pauses are essential to life - like reaching a plateau on a mountain trek, which essential part of acclimatizing to the new environment and the oxygen levels. It gives us the time to reflect on where we've been, refuel our tank, admire a new view, and become more intimate with the present terrain.

In Brain Gym, the Focus Dimension is the term which describes being deep 'in the belly' of the learning experience, and developing the comprehension of how and why a system works. Different from the rote memorization of material, it's true understanding and ownership. The Focus Dimension accesses the Brain Stem, it is responsible for reflexive actions, survival oriented automatic functions like breathing and heart beat, reacts to threat, likes ritual and rhythms, wakes up the brain to incoming signals. It also has no sense of time and sensory input may dominate over new learning as in ADHD.

When we are in balance with the Focus dimension, we're able to comprehend - to ascribe meaning to our experience; we draw from sensory patterns in memory in order to perceive where we are, imagine new possibilities, and connect with the new cognitive patterns that take us where we want to go.

Pausing to do some Brain Gym® lengthening activities, stimulate the Focus Dimension. This will allow us to become grounded in our physical body and environment, so we can actively participate in the learning ahead. The Brain Stem is for automatic action, and when activated, literally brings us in to focus and comprehension.

With the advances in understanding Neuroplasticity you can become the sculptor of your own Brain and activate your Focus Dimension with Brain Gym.

Jill Hewlett and Sharon Todd are both Educational Kinesiologists and Licensed Brain Gym Trainers. Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide keynotes, in house training, and sponsored events to a wide range of organizations and the community. For more information go to [www.brainworksglobal.com](http://www.brainworksglobal.com) or call 905.830.6902.