

Energy Techniques to Assist Highly Anxious Children

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Brief introduction to causes of anxious children

We are seeing increasing numbers of highly anxious children

- These children often have a different type of energy – more sensitive & reactive
- These children often have experienced birth trauma, early medical interventions &/or other significant trauma/s in their growth and development
- Greater numbers of these children have attachment problems
- Increasing family stress & school pressures have been hard on sensitive children
- There is an increase in number of children with neurological issues such as Autism & ADHD who have highly anxious brain patterns
- Unprocessed trauma patterns have also wired the child's brain so he/she is triggered into primitive, anxious reactions more easily - where he can get stuck

Need for educating and supporting parents to prevent the development of more children prone to neurological and emotional problems

1) Before birth

- Parents should detoxify to reduce the transference of harmful chemical & heavy metals
- Important for parents to develop healthy eating patterns & balanced nutrition
- Important for parents to do their own emotional work & to have tools for stress release & energy balancing
- Work at clearing up food and environmental sensitivities – Bioenergetic Intolerance Elimination – BIE - See video at www.inht.ca or www.divinewellness.ca

2) During Pregnancy

- Watch what ingesting during pregnancy – heavy metals, chemicals, genetically modified foods, residual hormones & antibiotics
- Avoid exposure to EMFs – cell phones, portable phones, computers, wireless devices, hydro wires, microwaves, etc.
- Be careful of any dental work completed during pregnancy – avoid putting in mercury amalgams or having work done on them
- Maintain a healthy diet high in Essential Fatty Acids & regular exercise
- Create an environmentally, healthy environment in which to live

3) After child is born

- Continue healthy diet and be especially mindful of what eating if breast feeding
- Educate yourself about the effects of immunizations – www.nvic.org
www.evidenceofharm.com

Need to Educate Parents cont.

- Be careful to create a non-toxic environment for the child - watch carpets which off gas, flame retardants in fabrics, furniture which has toxic glues, etc.

- Be especially aware of EMFs - baby monitors which can disrupt the brain wave frequencies, portable & cell phones, wireless devices, TVs & computers

www.safewireless.com

- Use Positive parenting techniques and help children to develop Emotional Intelligence so they can express and release their feelings. Brain Gym, Energy Medicine and EFT contain extremely helpful techniques for helping these children stay balanced and release anxieties.

Triune Brain Theory – the 3 levels of brain functioning

1) Primitive Brain is the 1st part of the brain to develop & is wired to help us survive – controls automatic functions such as breathing & heart rate and the primitive reflexes which prepare the child to move and learn. It is part of the lower brain.

2) Limbic System is the emotional control center of the brain which is wired based on our experiences. The Autonomic Nervous System is located here which governs the Fight or Flight response. The Amygdala is programmed to react before conscious thought occurs. The Limbic system often works together with the primitive brain to help you survive.

3) Neocortex is the largest part of the brain. Our Prefrontal Cortex located just behind the forehead is the thinking and executive functioning part of the upper brain. Higher levels of thinking take place here such as abstract, symbolic or analytical thinking. Creative problem solving, imaginative and intuitive thinking are also part of this more evolved part of the brain.

The Neocortex is divided into 2 hemispheres which work very differently.

- Left hemisphere is language center of brain & thinks in logical, linear & step by step way. It is the conscious executive functioning part of the brain.

- Right hemisphere is the feeling part of the brain and thinks in a subconscious holistic, synergistic way. It is creative, intuitive and helps us understand the meaning of things.

Triune Brain and the Stress Response

- When stressed the flow of information between the 3 levels of the brain is compromised. Brain integration breaks down and body messages get confused.

- The brain reverts to a primitive, survival way of functioning which blocks the flow of energy to the higher thinking and reasoning level

- Communication between the two hemispheres of the brain is blocked and we lose up to 70% of our non-dominant brain function. We either lose the details or the big picture.

Triune Brain and the Stress Response (cont.)

- This brain organizational pattern is programmed in so the child is unconscious of how past experiences affects her feelings & interpretation of present reality
- When in the stress mode, many right brained dominant thinking children have problems learning in a left brain, linear school system.
- When a child has anxious thoughts over and over, the brain is wired to respond by releasing the stress chemicals and hormones which locks in the anxious feelings.
- Neural synapses which fire together get wired together thus creating patterns which can affect the child for the rest of his life.

Breaking the Cycle of Stress and Anxiety in Children

- Anxiety has a mental, emotional, physical and biochemical pattern which may have been wired into the child's brain/body
- The child needs to calm down and return to feeling safe in order to start to rewire his brain
- Relaxed breathing patterns, energy balancing activities, physical movements and releasing stuck mental processes will be helpful in switching off the stress response
- It is important for parents to also calm & balance their energy since children will often mirror the parent's energy state

Calming Highly Anxious Children

- Highly anxious children have too much adrenalin & cortisol flowing through their bodies. This triggers them into the Dinosaur Brain with big, reactive emotions
- They may be hyper, moody, clingy, have trouble thinking clearly, more accident prone and may have trouble falling asleep
- They are also ungrounded, over energized and have homolateral energy flow
- It may be important to start by calming their Triple Warmer Meridian which is linked to producing the adrenalin & cortisol hormones which makes them more anxious

Calming Triple Warmer Meridian

- Donna Eden's Energy Medicine book talks about the problems of the Triple Warmer Meridian which in its efforts to protect you can lock you into the stress response
- Triple Warmer governs hysteria or those nasty temper meltdowns
- It is a habit energy which doesn't like change so it may take some time to reprogram
- It is easy to sedate Triple Warmer Meridian by holding the child's knee and elbow on the same side for approximately 3 minutes. The key energy points are about one hand length below the front, outside of the knee and above the elbow in line with the 4th finger
- The 2nd sedating points – simultaneously hold the outside of the little toe in the indentation point and just below the 4th and 5th knuckles of the hand on the same side
- For both sedations points repeat on the opposite side of the body

Calming Triple Warmer Meridian (cont.)

- Tracing the child's Triple Warmer Meridian backwards with your hands helps to flush out excess over-energy. It may help prevent a temper meltdown!
- Taming the Dinosaur is another technique which helps pull out excess energy from the Triple Warmer Meridian

Taming the Dinosaur

- 1) Rub your hands together quickly to activate your electromagnetic energy in your hands.
- 2) Take both of your hands and place in front of your child's ears. Without touching the child's body, sweep up & around his ears & down the side of his head, neck, shoulders and arms and off his hands. Your hands are working like a magnet to pull down and release over – energy from the child's body.
- 3) This motion probably needs to be repeated 3 to 5 times until the child visibly calms down. Notice whether they are breathing more calmly.
- 4) Some gentle words which recognize his upset and let him know that it is ok to have what ever feelings he has, may be helpful for the child.
- 5) This exercise can also be done to yourself. Simply take one hand at a time, cross over to the opposite side of your head and sweep around ear & down your neck, arms and off of the fingers. Remember to take some slow deep breaths as you release your over - energy.

**Reprogramming the Primitive Brain by holding the Positive Points
Also called the Emotional Stress Release Points**

- It is important to reeducate the child's primitive brain/body response by helping to redirect the blood flow back up to the forehead, the thinking part of the brain
- There are 2 ways you can hold these neurovascular points to balance the Governing and Stomach Meridian Points helping to bring more oxygen and glucose to fuel the brain
- Rub hands together, shake off and then gently place on the child's forehead. Hold for several minutes while pulling slightly up and out to each side. You may feel a slight, rhythmic pulsation under fingertips when the energy is synchronized.
- Or rub hands together & shake off. Place one hand over the child's forehead and the other hand at the back of the child's head just above where the skull meets the neck. The polarity between the hands creates an energetic link between the front and back parts of the brain, brings energy to the hypothalamus, and sedates the kidney meridian fear points.

“Heart Coherence” and the Emotional Brain

- The strongest energy in the body is the heart's electromagnetic field which is 5000 times stronger than the brain's
- Our heart has an independent nervous system with over 40,000 neurons which function like the thinking neurons in the brain

“Heart Coherence” and the Emotional Brain cont.

- There is a 24 hour a day dialogue between the heart & body to keep the body working as a harmonious whole
- There is also two-way communication between the heart and the limbic system in the emotional brain
- From the Heartmath Institute we learn - when the electromagnetic energy of the heart is balanced, it creates coherence in the brain & optimal brain/body functioning
- Training Heart Coherence allows you to control your emotional reactions thus stopping the automatic fight/flight/freeze response in the brain
- It is never too early to start teaching children heart coherence so they can keep from skidding emotionally out of control
- If children practice being “heart smart” – they will rewire the physiology of their brain to be less reactive and anxious
- The most important connection to make with a child is a positive heart connection!

Heart Smart

- 1) Take several deep, relaxed breaths in through your nose and out through your mouth.
- 2) Place your hand in the centre of your chest and focus on your heart as you imagine the air coming in and out through your hand.
- 3) Think of something which makes you feel happy & positive. (It could be a happy experience or picturing a person or pet you love very much.) See if you can experience the positive feelings this memory brings with all of your five senses.
- 4) Do you notice a warm, pleasant sensation in your chest? You have just created heart/brain coherence!
- 5) If you want, you can send some of this positive, loving energy to anyone you wish. Just picture them and send the loving energy from your heart to theirs.
- 6) The more you practice this exercise, the better you will be able to observe your reactions and calm yourself internally instead of skidding emotionally out of control.

Breathing exercises can also help to calm an anxious child

- Brain cells have a higher rate of metabolism than any other cell type in our body
- This causes our brain to consume more oxygen than any other organ
- Our brain contributes only 2 % of our body’s weight but it uses 20% of the body’s oxygen
- Breathing exercises can enhance oxygen flow to the brain thus reducing heart rate and anxiety
- Approximately 2/3 of the cells that transmit oxygen to the blood stream are located in the bottom 1/3 of the lungs
- When anxious you take shallower breaths using only the top part of the lungs
- Deep breathing brings oxygen directly to the lower lung cells and maintains oxygenated blood flow to the brain for clearer thinking

Several Breathing exercises

- 1) Balloon Breathing helps children see and feel their abdomen expanding & deflating like a balloon – it is more visible when done lying on the floor with a hand on the tummy
- 2) 5-5-5 Take air in to a count of 5, hold for a count of 5 and release for a count of 5. Because breathing becomes very conscious, it encourages deeper breathing.
- 3) Square Breathing – When you take a breath in, draw the 1st line ↑ in a square. As you pause shortly draw the 2nd line → in the square. As you exhale draw the 3rd line of the square ↓. Pause again in the breathing as you connect the last line ←.
- 4) Yoga breathing – With finger tips of one hand reach across and gently grab bottom of opposite ear lobe. Take opposite hand and grab the remaining ear lobe between finger tips. With arms crossed holding onto the lower ear lobes do a squat while breathing in deeply. Exhale while standing up again. Repeat this 5 to 10 times to connect both brain hemispheres and increase oxygen in the brain.

Brain Gym exercises are also helpful for calming an anxious child

- Brain Gym exercises stimulates the flow of energy back to front, bottom to top and side to side within the brain & between the brain and body
- Slow, purposeful movements stimulates the vestibular system, creates Dopamine, a feel good neurotransmitter, releases the stress responses in the body and the “Bottom Up” processing of the primitive brain
- The Central Nervous System is recalibrated turning off the Fight, Flight or Freeze response so automatic reactions are replaced with higher level thinking
- Anxious children are also stuck in homolateral energy flow which means the energy is traveling straight up and down the body instead of crossing over in eight patterns.
- Brain Gym activities help to release stuck homolateral energy patterns, crossing the energy over for more efficient thinking and moving.

Brain Gym’s – PACE

- 1) Drink **water** for enhanced electrical activity in brain/body. #1 stress buster!
- 2) Rub **Brain Buttons** to stimulate key energy spot under the collar bone (27th acupuncture spot on Kidney Meridian). This enhances how the brain functions.
- 3) Do the **Cross Crawl** exercise to stimulate the flow of energy between brain hemispheres & body, top & bottom of brain/body, & back to front of the brain/body. Front – touch elbow to opposite knee & continue, Back – touch hand to opposite heel behind body & continue, Side – raise one hand out to side while raising opposite foot out at the same time & continue, Ski – raise one hand to the front & opposite foot behind & alternate.
- 4) **Hook Up** to enhance a positive attitude & balanced energy. This facilitates flow of energy in an 8 pattern creating a healthy brain/body connection. It also calms the Emotional Brain allowing it to connect with the higher functioning, thinking brain

The Hook Up from Brain Gym

- 1) Cross your feet at your ankles
- 2) Hold your arms straight out in front of you with back of hands touching each other, Thumbs should be pointing down toward the floor
- 3) Cross one hand over the other & place palms together & clasp fingers.
- 4) Bend elbows & fold hands in & up until they are resting comfortably on your chest.
- 5) Take a big breath in, while placing the tip of the tongue against the top of the palate behind the front teeth.
- 6) When you exhale, relax the tongue in the mouth.
- 7) Hold the **Hook Up** until you notice a calming sensation inside. (It can take a minute or two). Remind the child to continue to take slow, deep breaths.
- 8) Relax and uncross hands and feet.
- 9) Touch the finger tips of one hand against the finger tips of the other and notice the energy where they meet. Hold for at least 30 seconds. (The energy may feel hot, tingly or like it is vibrating, humming or throbbing)
- 10) When the child is very anxious, this helps to switch off the Fight, Flight or Freeze mechanism and switches on the calming mechanism in the Limbic System of the brain.

Benefits of Brain Gym® Exercises

- 1) Daily Brain Gym® exercises help keep the brain/body flexible & healthy
 - 2) Releases stress and balances electrical energy in the brain/body
 - 3) Creates increased focus & attention & enhances memory abilities
 - 4) Enhances the connections between brain hemispheres
 - 5) Increases body coordination & balance
 - 6) Enhances neuroplasticity or the brain's ability to adapt & change
- Relaxes all ages for enhanced learning & accommodates all learning styles

Another problem for Anxious Children is they are not grounded

- When stressed, children's polarity reverses (Their energy battery goes upside down.)
- Often they feel uncomfortable so they energetically leave their body (not present)
- Their energy field moves up to knees so they will not be connected to earth's energy
- When they are ungrounded, it makes it harder for them to learn in school
- Child with ADD/ADHD and Autism are usually not grounded

Importance of Grounded Energy

- Both the earth & our body has DC current. When two DC currents are brought together, it creates a grounding
- Grounding allows for positive flow of energy & information between body & earth
- Grounding allows the body to get rid of chaotic & unhealthy frequencies from EMFs
- The earth has a special frequency called the Schumann Resonance
- The more your body vibrates in harmony with the Schumann Res., the better you feel

Anxious children are not energetically present

- Highly anxious children may find it hard to be energetically present in this chaotic, fast paced world
- They may have big energy fields and pick up other's toxic energy making them feel even worse
- Often they become easily overwhelmed and will leave their body energetically when stressed
- Many of them are numb to their physical body and can become hyper or obsessive compulsive as coping strategies for their anxious feelings
- Many of them have more trouble learning because they are stuck in their Dinosaur Brain and have homolateral energy flow.
- This means they only receive about 30% of the information from their non dominant brain hemisphere. They are not efficient learners.

Activities to help anxious children to become more grounded to this earth plane

- Tree visualization – roots connecting down into the earth
- Tapping under the eyes on stomach meridian point is grounding
- Monkey tail/grounding cord – extends from the tailbone into the earth – can send down yucky energy & bring up positive, earth energy
- Rub the bottom of the feet with a metal spoon in a counter clockwise direction or use a fork from the toes to the heels to release over energy
- Foot massages or reflexology is relaxing and helpful
- Foot awareness exercises – walking barefooted is also grounding
- Essential oils rubbed on feet is calming
- Carrying hematite in pocket or placing under their pillow when sleeping may be helpful

Many of our highly anxious children are crystalline energy with large energy fields

- These children often pick up toxic energy around them and may not know how to protect their energy field
- They also need lots of time outdoors to help them stay healthy and less energetically polluted by EMFs
- They may need to Zip Up with an affirmation when they go out
- They may also need to visualize a bubble of protective light
- Some kids prefer to create a force field or shield of protection around them
- They can call upon their angels or guides to help protect them
- Sweep or Brush Out negative energy from their energy field
- Rain Water Wash or Soap Bubble Scrub for cleaning their aura
- They can keep a smokey quartz in their bedroom or carry it in a pocket to absorb negative energy
- Amethyst crystals beside their bed at night may help them relax to get to sleep

Adapting Energy Psychology Techniques to Use with Children

- EFT is an easy one to adapt to use with children, will need to simplify language
- Tappy Bear works great with very young children www.tappybear.com
- Can use “Be the Boss of Your Feelings, Emotional Freedom Techniques with Kids”
- I also have info on my web site www.energyconnectiontherapies.com

Secrets of Successful EFT with Kids

- Do your own healing with EFT so you are comfortable with it
- Tap along with the child
- Keep your approach creative, lighthearted & tuned into their feelings
- Try it on everything – it can’t hurt & it may help a lot!
- Encourage the child to be persistent on tough problems, use it morning or after school. Also can use it at night for problems which have come up during the day.
- With EFT they can become the “Boss of Their Feelings” instead of their feelings bossing them!

When EFT Appears Blocked with Kids!

- The basic recipe for EFT is about 80% effective
- 4 ways blockages can happen with kids
 - 1) Sometimes difficult to get the child to tune into their upsetting feelings
 - 2) Child may stop cooperating often because an energetic reversal is present
 - 3) Child’s energy system is scrambled. They need to do PACE or other energy corrections
 - 4) There are energy toxins which are scrambling the child’s system (foods, chemicals)

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Helpful Websites

- Brain Gym: www.braingym.org
- Heartmath: www.heartmath.com
- EFT & Kids: www.EFT4Kids.com
- EarthCalm: www.earthcalm.ca
- Donna Eden: www.innersource.net
- EFT: www.EFTuniverse.com
- EMF info: www.safeschools.ca
- Protective devices: www.microalpha.com

Products available from Jan Yordy:

- Energy Connection Game: incorporates Brain Gym, EMDR & energy techniques
- Ups and Downs with Feelings: game incorporates Brain Gym, EMDR & energy techniques
- Indigo Child, Next Step in Evolution : educational DVD
- Helping Children Grow Better Brains: educational DVD
- Be the Boss of Your Feelings, EFT for Kids - children's book explaining EFT

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