

Building Emotional Resilience in Kids for Today's Evolving World, 2023 Presented by Jan Yordy, M.Ed., MSW NeurOptimal Representative

Increasing Energy Awareness Builds Resilience in Kids

- There are many forms of energy & it can be electrical & electromagnetic
- That their inner knowing (intuition) is a gift to help them
- We are made of sound and light frequencies
- Energy follows intention, this is how we create
- Taking time to keep energy balanced is worth it!
- Nature is designed to help keep our energy balanced

There Are Many New Evolutionary Kids in Our World

- The Crystalline, Starseeds, Rainbow, Earth Angels & Transitional Children
- Science can't measure the subtle fields of energy or the biophysical energy fields of the New Children
- They display a heightened, intelligence and multidimensional awareness at a very young age
- Their gifts are often overlooked or misunderstood
- They are often given labels which aren't helpful – neurodivergent, ADHD, Autistic
- They are a bridge to higher consciousness & our evolving world
- They are highly intuitive and brilliantly gifted
- May have trouble learning in a very linear, rote kind of way
- Highly intelligent so can become bored in traditional educational systems & show poor academic progress
- May be advanced physically, mentally, emotionally, & spiritually
- It helps to look for their gifts and passions to connect to their life purpose
- With their consciousness, may be more aware of alternative realities and multidimensional worlds

What About ADHD & Autistic Kids?

- Are highly sensitive beings who come from the heart, not the thinking mind
- 1 in 36 boys are autistic, girls have a lower rate – 70/30
- Have been harmed by vaccines & the many toxins in our environment
- Have scrambled & looping patterns of electromagnetic energy in their brains & bodies
- ADD/ADHD kids have right brain dominant brains which are structured differently
- When these children are medicated, their doorways to higher consciousness are closed

How I Introduce Energy Concepts to Kids

- I start with the Energy Stix to show we are made of energy
- Show how rubbing hands together rapidly usually helps us feel the energy
- Introduce the concept of vibrational frequencies, singing bowls, tuning forks

- Introduce energy centers -chakras names & locations
- Introduce auric field as a protective space suit around the body
- Introduce meridians as energy flows within body – EFT tapping

Created Energy Cards to Build Resilience

- Contains 44 Energy Connection Cards for Kids 6+
- Teaches Ways to Calm & Regulate Body/Brain
- Teaches Grounding & Centering Exercises
- Introduces the Chakras
- Teaches Breathing Exercises
- Contains Aura Strengthening Exercises
- Helps children recognize the value of spending time in nature

Heart Coherence and Heartmath

- When the heart is in a coherent state, it affects brain function
- Not possible to think your way into a coherent state
- Brain in the heart – it has over 40,000 neurons similar to the brain's neurons
- There is 2 way communication between ♥ & the emotional center in the brain
- Slower breathing changes heart rate which changes the signals to the brain
- Sense of love or appreciation influences the heart which then calms brain

Heart Smart Activity

- Take several deep, relaxed breaths in through your nose & out through your mouth
- Place hand on chest to focus awareness there
- Think of someone or something which makes you feel happy, positive or loved
- Notice how you feel – A calm ♥ = a calm brain!
- Now you can send some positive, loving energy to someone else. Open your heart & picture the loving energy flowing to them as pink bubbles
- The more you practice this exercise, the more you rewire the Emotional Brain to stay connected & balanced which takes you back up to Prefrontal Cortex

Grounding Energy Helps Kids Feel Calm & Less Reactive

This can be done through:

- Creating “Safe Places” in therapy room with blankets, anchor safe feelings
- Breathing exercises
- Brain Gym activities
- Dance to music
- Visualizations/meditations
- Weighted blankets
- Tree root visualization
- Spending time in nature

The Aura Is Also Called the Biofield

- It is like a protective space suit around us
- It is made of electromagnetic energy
- It can develop holes or tears in the field
- Important to do things to strengthen the energy field
- It strengthens the field when fluffing up the aura
- Zipping Up the central meridian is helpful too

Strengthening the Aura

- Weaving Infinity 8s into the field to correct holes or tears. How many parts of their body can they use?
- Can fluff up the aura by rolling the hands over and over from floor to above the head
- Can brush out toxic energy – especially good to do when they come home from school
- Can do a soap bubble scrub to cleanse the aura
- Can imagine standing under a waterfall of water to cleanse energy field
- Can Zip Up the central meridian to protect energy field

Chakra Spinning

- Have the child lie down and then check each chakra with a pendulum or with muscle checking
- Are the chakras strong, weak, spinning clockwise or counterclockwise, or is it squished?
- Rub hand vigorously & shake off static energy
- Imagine a clock above chakra & circle counterclockwise to remove toxic energy
- Scrape or shake off hand to cleanse the energy before continuing with next chakra. Important to rub hands vigorously to energize again afterwards.
- When chakras are cleansed, start to infuse positive energy by circling clockwise above each chakra. This may take a minute or two. Continue to all chakras.
- Can recheck the chakra energies when finished
- Finish by adding big infinity 8s throughout the field over the whole body

Brain Development for Emotional Resilience – Triune Brain Theory

- In 1950's neurologist, Dr. Paul MacLean proposed that we had 3 brains instead of 1
- The 3 brains operate like 3 interconnected biological computers
- Called Reptilian Brain, Limbic System & the Neo Cortex or Dinosaur Brain, Emotional Brain and Thinking Brain
- Neo Cortex thought to dominate other 2 but Primitive Brain & Limbic System can "hijack" higher mental functioning when feeling threatened

Primitive – Reptilian Brain

- Is the 1st part of the brain to form, in utero

- It works automatically before conscious thought
- Is a reacting part of the brain not thinking
- It helps us survive – fight, flight or freeze
- When anxious or stressed we can get stuck there

Mammalian – Emotional Brain

- Starts to develop in utero based on our mother's experiences
- Birth experience & first 7 years of life also are very important in how brain is wired for reactivity
- Also not a thinking part of the brain
- Works together like a team with primitive brain
- Programmed automatically to look for danger - amygdala
- Is what gives meaning to life – attachments & feelings

Neocortex – Thinking Brain

- Most recently evolved, outer part of the brain
- Is what makes us human
- Is our ability to think, plan, learn & choose
- It has 2 hemispheres
- Makes up about 70% of the brain mass
- It can be hijacked by primitive brain/emotional brain

Primitive & Emotional Brain Work Together

- These two parts work together automatically to help you survive
- Neither of these parts are thinking parts
- They reacts before conscious thought has even occurred
- They trigger the “fight, flight, freeze response to protect you
- This releases adrenalin & cortisol in the brain/body to deal with the perceived danger

When Thinking Is Disconnected

- When the primitive part of the brain is triggered, you get frozen or disconnected from the thinking part
- You react to survive instead of choosing your responses
- As a result, this makes you more emotional & defensive
- It is hard to think & make good choices when your thinking brain is frozen & disconnected

Be the Boss of Your Thoughts! A Guide to Reduce Anxiety

- Simply explains the Triune Brain Theory to kids
- Designed to help anxious & stressed kids have more coping strategies
- Identifies how the brain can change when anxious
- Gives Brain Gym & energy exercises at the end to calm & reconnect the brain

What Else Affects Brain Health?

- Highly sensitive children are our canaries in the coal mines
- Have you done your research on what vaccines contain? Do you know the current # of vaccines an average child has by age 12? Do you know the current rate of autism?
- Heavy metal toxicity is a problem for some children
- Our foods (especially junk & fast foods) are loaded with toxins, our air is often polluted – chem trails are part of the pollution problem
- EMFs plus too much cell phone use, TV & gaming are all creating chronic stress for the brain/body – EMFs affect sensitive kids more than others
- Has the child experienced trauma & loss rewiring their brain to be stuck in fight, flight or freeze?

Stressed Kids Have Unhealthy Breathing Patterns - Contributes to Health Issues

- If child has experienced trauma, they can develop a shallow upper chest breathing pattern. Trauma can happen in utero or birthing process
- Shallow breathing does not bring fresh oxygen up to the thinking brain
- Will be triggered much faster into emotional meltdowns
- Mouth breathers end up having more health problems/asthma, stress & anxieties
- More likely to develop panic attacks
- Can lead to more compromised immune system

Breathing Exercises to Calm Anxieties

- Infinity 8 Breathing
- Balloon Breathing with Breathing Buddies
- Mindful Breathing
- Square Breathing
- Polarized Breathing from yoga

Other Energy Activities to Calm the Brain

- Holding Positive Points
- Hook Up
- Butterfly Hug
- Taming the Dinosaur Brain
- Releasing the Venom of Stress
- NeuroOptimal Neurofeedback
- Rubbing the bottom of the foot with a metal spoon

Our Complex Brain

- The brain is the most complex structure known & is able to process massive amounts of information
- The brain has neuroplasticity & is able to change in order to cope with what life brings us
- Processes not requiring our immediate attention are placed outside of awareness (subconscious) beliefs, thought patterns, feelings and behavioral patterns

- The CNS detection & monitor system can keep trauma patterns stuck in the subconscious indefinitely
- The conscious mind then deals with important stimuli from our five senses that requires our immediate attention
- It can be hard to let go of hidden patterns

An Evolution Now in Neurofeedback Field

- New generation of equipment & technology
- Growing evidence that Neurofeedback helps with autism, ADHD, chronic pain, anxiety, depression, head injuries, trauma, PTSD, epilepsy, stroke, cerebral palsy & much more
- More studies now to support the efficacy of Neurofeedback
- More people are taking responsibility for their health & emotional well being
- More neurodivergent children now who need help coping with our chaotic lives
- If any medication demonstrated this kind of efficacy, it would be endorsed & widely used!

Who Benefits from Neurofeedback?

- Every brain can benefit from NeurOptimal Neurofeedback. It optimizes how brain is functioning without side effects.
- Especially helpful when there has been trauma
- Children & Teens - reduces stress & nervous -ness, improves attention & focus making learning easier
- Elderly - reduces loss of mental faculties
- Families - enhances relationships by reducing subconscious behavioral patterns
- General Wellness – improves quality of sleep & promotes a positive mental outlook
- Athletic performance – optimizes brain/body connections for enhanced fitness & performance
- Artistic performers – improves skills as well as creativity & imagination

Introduction to NeurOptimal

- NeurOptimal neurofeedback is an advanced technology for training the Central Nervous System to be more regulated, flexible & resilient
- The NeurOptimal Nfb. system allows the CNS to use feedback information from the whole brain to balance & reorganize itself
- In a relaxed setting 5 sensors are placed on the head & ears to pick up the electrical signals, amplify them & send them into the computer
- The computer sends auditory feedback to the subconscious
- This feedback is communicated in real time as subtle audible signals & interruptions to the musical flow. This is like holding up a mirror to the CNS telling it what it is doing
- The auditory signals alert the brain to pay attention so it can reorganize & train itself to avoid unhelpful patterns

- The neurofeedback program prompts the subconscious to reset from inefficient patterns & to regulate emotional reactivity

NeurOptimal is Nonlinear Neurofeedback

- It is a non-medical model which doesn't require a diagnosis
- The training is working across the whole brain, consciously & subconsciously to function more optimally in an integrated way
- Uses auditory feedback in real time to mirror back to the brain what it is doing.
- It is dynamical training so as the brain changes, it connects more flexibly & resiliently
- When the nervous system understands what it is doing, it can choose to make lasting changes

NeurOptimal Stabilizes Brain Activity

- NeurOptimal calms the brain & helps everyone to be present in this moment
- When you are in the present moment, you have access to all of the gifts of CNS instead of being stuck in past or stressed about the future
- Every brain can get stuck repeating the same thoughts, beliefs, behaviors or emotions over and over
- In the brain the neuropathways which are repeated frequently become wired for efficiency
- This can be training the brain to be calm or anxious
- The brain has the inherent ability to self-correct when given the proper electrical information in real time

Introducing Neurofeedback to Kids

- I introduce brain functioning with my "Brain Critters"
- I also introduce them to the electrical energy of the brain – Brain Stix
- Start with a 15 minute Nfb. demo if they seem anxious or are young
- If they are very frightened of the process, I hook parent up 1st for a demo
- I make it fun and inviting by letting them watch videos, play games, draw, build with Legos or read as long as they sit in the chair
- I have speakers in the room so they don't have to wear ear buds if they don't want to
- Children's brains change faster than adult brains so don't need as much training

In My Experience NeurOptimal Improves:

- Sleep problems
- Feeling sad & down
- Irritability
- Instability in moods
- Compulsive behaviors
- Brain injuries
- Memory problems

- Poor performance on task
- Feeling stressed & overwhelmed
- Learning problems
- Difficulty paying attention
- Hyperactivity
- Addictions
- Overeating
- Headaches
- Boosts the immune system
- Stabilizes moods
- Enriches relationships

What Makes NeurOptimal So Effective?

- It is a life changing technology based on cutting edge, quantum science
- Founded in the fields of neuroscience, non-linear dynamics, mathematics, Neurology, Psychology & electrical engineering
- User friendly & easy to learn how to hook up & run
- Non – invasive & doesn't have negative side effects
- Diagnostically Agnostic – it doesn't target symptoms
- 100% natural because each brain is unique & knows best how to correct itself
- Anybody can use it in the comfort of their own home with the rental program

We Are Sensitive Energy Beings

- The body is a self contained, self generating electrical system
- Every bodily function depends on electrical & electromagnetic activity within & between cells
- The waves & pulses of energy initiates every action within the body
- The body is set up with DC current (flows in one direction only at a time)
- This flow of energy is directly connected to our health & vitality

The Science Behind EFT

- We have energy pathways (meridians) in our bodies which helps to transmit the energy to all our systems
- The energy flow within the meridians can become disrupted/ blocked (too much/too little)
- Tapping on meridian acupressure points sends pulses of energy through the meridians
- Thinking about negative emotions while tapping lowers the threat response carried to the amygdala
- Pulses of energy clear the energy blocks & negative feelings
- We feel better when we can release the negative energy from the body

Introducing Children to EFT

- Based on ancient wisdom about how to use specific meridians points to send energy signals to the brain
- Introduce children to Energy Stixs to show we are made of energy
- Setting an intention first helps the brain identify what to let go of
- Can tap on Tappy Bear or some other stuffy to help them feel better
- Talk about energy pathways & flows in our meridians
- Describe our feelings as energy vibrations which moves through these pathways
- Ask what they would like to change or feel different about
- Introduce Karate Chop to clear reversals and get ready for EFT tapping
- Important to tune into the feelings as they are tapping

Measuring Their Level of Upset

- What is their level of upset about that issue?
- Do the Karate Chop about that problem – 3 times
- Show the tapping chart or book & introduce energy hot spots
- Do a round of tapping
- Check in again to see what they notice
- May need to do another round of tapping if not feeling better

Be the Boss of Your Feelings! EFT for Kids, is a Good Resource

- Introduces & explains how to use EFT with children
- Has directions so that you can follow step by step instructions
- Pictures help to introduce the energy concepts
- Can use Tappy Bear to tap along
- I have an EFT tapping chart on my web site which can be downloaded for free
www.energyconnectiontherapies.com

Havening Technique

- Was developed by Dr. Ronald Ruden about 20 years ago as a psychosensory therapy
- Uses the sense of touch in three specific areas to decrease stress and cortisol levels
- The three areas to activate are shoulder to elbow, palm of hands and on the face
- Tactile stimulation creates delta waves calming and deactivating the amygdala when conscious mind is busy
- Delta waves are the slowest, calmest brain wave frequency and can replace the high beta or gamma waves of stress and trauma
- When focus on a positive activity while Havening, it can create a sense of safety and shift the client into a parasympathetic state
- Important to learn the different tools used for distraction while Havening

Resources

Atwater, P.M.H., (2012). Children of the Fifth World, A Guide to the Coming Changes in Human Consciousness. Bear & Company, Toronto, Canada

Becker, R. (2000). Cross Currents: The Perils of Electro pollution. New York, NY. William Morrow & Company.

Blackburn Losey, Meg, (2007), The Children of Now. New Pages, Franklin Lakes, N.J.

Craig, G. & Fowlie, A. (1997) Emotional Freedom Techniques: Second Edition.

Dennison, Paul, (2006). Brain Gym and Me, Reclaiming the Pleasure of Learning, Edu – Kinesthetics Inc., Ventura, CA.

Diamond, J. (1985). Life Energy: Using the Meridians to Unlock the Hidden Power of Your Emotions. St. Paul, MN: Paragon House.

Eden, D. (1998). Energy Medicine: Balance Your Body's Energies for Optimal Health, Joy & Vitality. New York, NY: Putnam.

Eden, D. (2008). Energy Medicine for Women, Aligning Your Body's Energies to Boost Your Health and Vitality. New York, NY. Penguin Books.

Gallo, F. & Vincenzi, H. (2000). Energy Tapping. Oakland, CA, New Harbinger Publishing.

Hill, Robert & Castro, Eduardo, (2009). Healing Young Brains, The Neurofeedback Solution. Hampton Roads Publishing, Charlottesville, VA.

Promiselow, S. (1998). Making the Brain Body Connection. West Vancouver, BC: Kinetic Publishing Corporation.

Weissman, D. (2005). The Power of Infinite Love and Gratitude. Carlsbad, CA. Hay House.

Yordy, Jan, (2006). Be the Boss of Your Feelings! EFT for Children. Self published & available from Jan's website.

Yordy, Jan, (2013). Be the Boss of Your Thoughts! A Guide for Reducing Anxiety and Lowering Stress for Kids. Self published & Available from Jan's website.

Yordy, Jan (2022). Be the Boss of Your Energy! An Introduction to the World of Energy. Self Published & available from Jan's website.

Yordy, Jan (2023). Energy Connection Cards for Kids. Self Published & available from Jan's website.