



The Art & Science of Transformational Change

May 29 – June 2, 2025 | Litchfield, AZ



Energetically Empowering Anxious Kids: Transforming Anxieties into Strengths

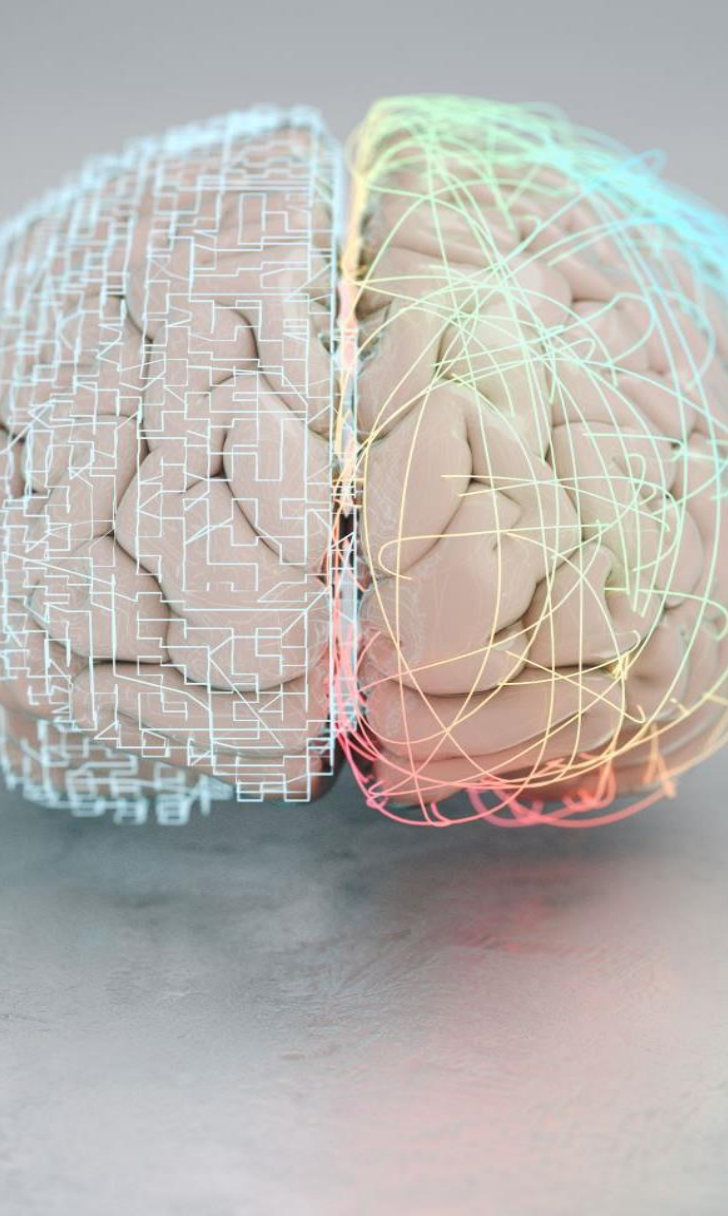
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27TH INTERNATIONAL
ENERGY PSYCHOLOGY CONFERENCE

Learning Objectives

- List at least five contributing factors to the growing levels of stress and anxiety for kids today
- Describe three anxiety brain patterns and give a strategy for regulating each one of these brain patterns in kids
- Demonstrate at least three energetic activities as well as three breathing techniques to use with anxious children to reset and regulate the Central Nervous System



What we will cover today

- Stress is affecting kid's brain development
- Brief introduction to Polyvagal Theory
- New discoveries about Autistic Non Speakers
- Ways to grow energy coherence through breathing & grounding
- An introduction to NeurOptimal Neurofeedback.
- EFT Technique for emotional resilience
- Questions

Children & Teens Face a Stressful World Today

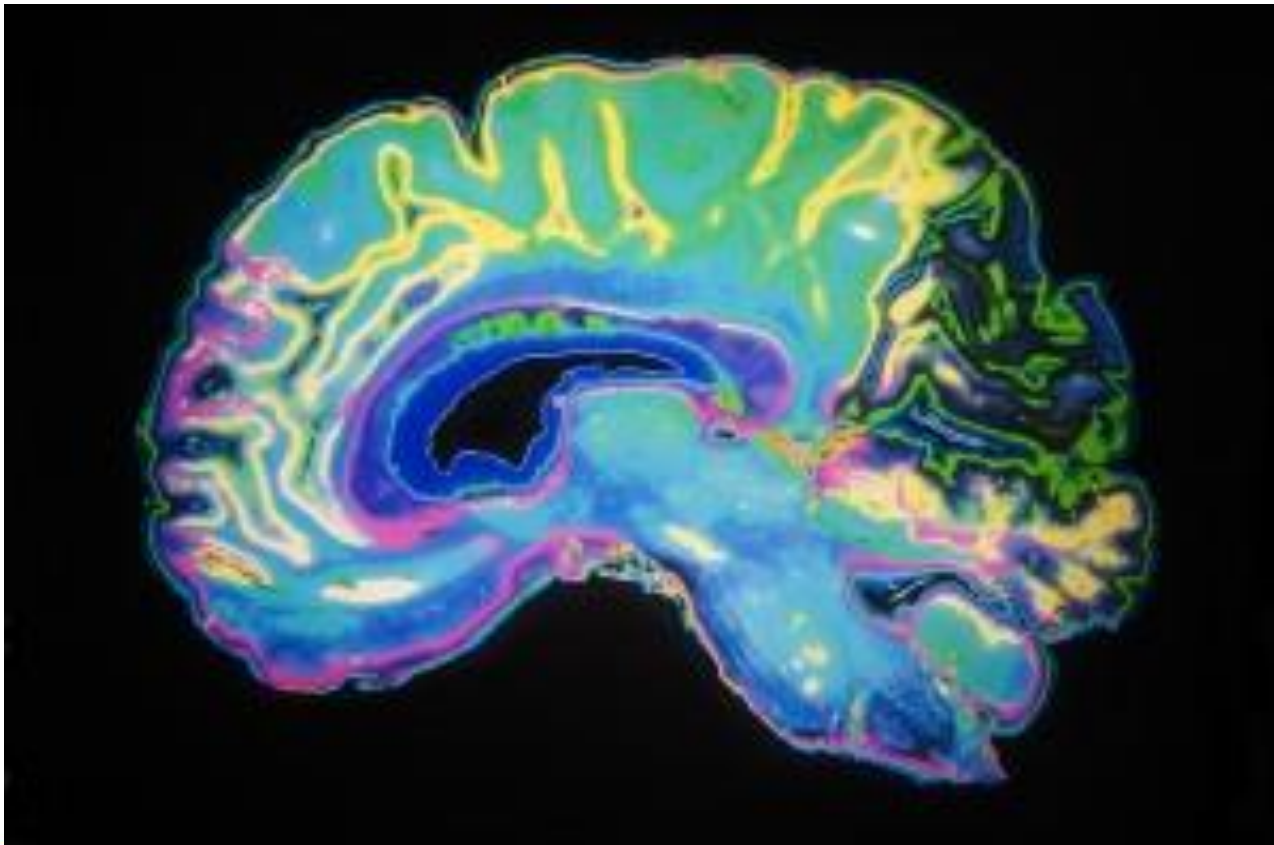
- Food, water & air have been contaminated with toxic residues & chemicals additives
- Screen time & phone use has rewired their brains
- Covid lockdowns, mask wearing, social distancing, unnecessary vaccines, & stressed-out parents/teachers created more anxious brains for kids
- Increased exposure to EMFs and lack of connection to nature
- Lack of healthy play, exercise & quality sleep is taking a toll on health and wellbeing
- Over 50% of kids today have a chronic illness such as Diabetes, Autoimmune Diseases, & Asthma
- Autism, ADHD & neurological issues are skyrocketing



Many Causes Affecting Brain Health

- Highly sensitive children are our canaries in the coal mine
- Our foods (especially junk & fast foods) are loaded with toxins & the soil is depleted of minerals
- EMFs plus too much cell phone use, TV & gaming are creating chronic stress for the brain/body
- What effect do vaccines and other toxins have on brain development? More research is needed to determine what is impacting health & wellbeing of our most precious resource.
- Also has the child experienced trauma & loss rewiring their brain to be stuck in fight, flight or freeze?

Quick Introduction to the Brain, CNS & Polyvagal Theory²





How the Brain Develops

Brains are biologically primed to evolve from the primitive to the higher levels of thinking

Babies start off reactive & have to learn to regulate their emotions

The right hemisphere (subconscious, nonverbal & holistic) develops before the left hemisphere

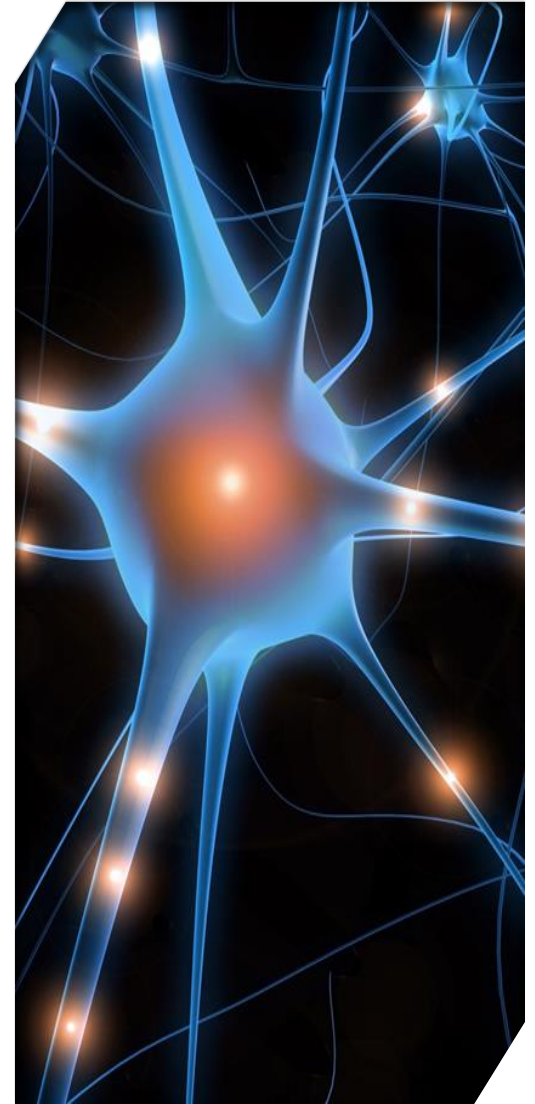
It is between ages 2 & 3 that toddlers start to grow neural connections from the right to the left hemisphere

Self regulation develops when the cortex is in charge not the reactive/primitive part of the brain

Brains can be compromised at any age because of stress, trauma and toxins

The Dynamic Brain

- Experience shapes the brain by growing the neural connections
- Neurons which fire together wire together
- If experience trauma, wired for survival
- The more stress in a life the less they can attend and focus
- Are there other ways connections are blocked affecting development?

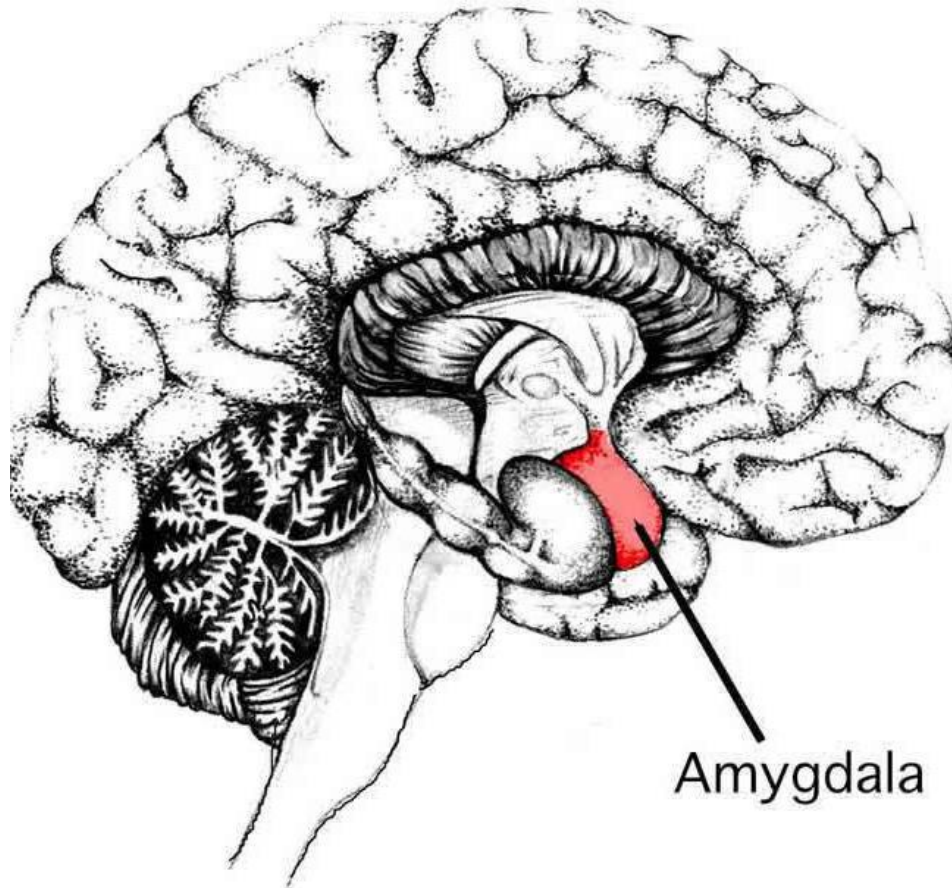


The Quality of Neural Connections Determine Child's Ability to Be Resilient

- If a child experiences toxic overloads from conception on, can this determine the efficiency of neural connections?
- Also, the quality of attachment relationships determines whether the child can think or remains stuck in fear states
- Because of Fight, Flight or Freeze the child can have few efficient connections up to thinking brain



Amygdala Hijack



- Amygdala specializes in threat detection, fear conditioning & harm avoidance on rt side of the brain
- 1st three years of life the hippocampus is not developed enough to act as fear regulator
- Amygdala can constantly signal danger
- If stress reactions increase, the ability to regulate emotions decreases
- Leads to unhealthy coping strategies & a small window of tolerance
- Negative behaviors = lower, survival brain is in charge

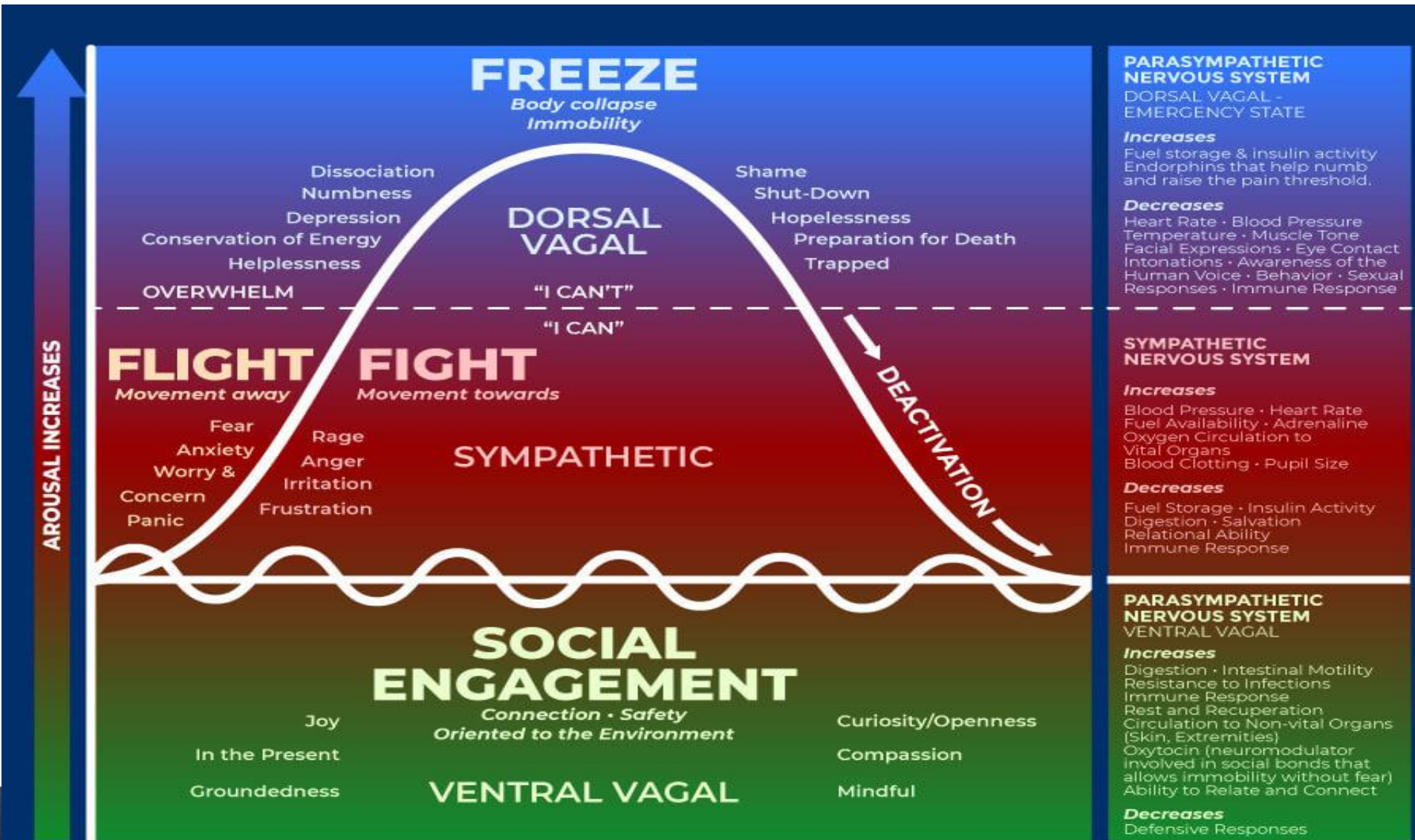
Stephen Porges

A Polyvagal Perspective

- Vagus Nerve originates in brainstem & is longest nerve of body connecting to all organs
- Polyvagal System is a three - part, hierarchical system which takes care of automatic functions
- Regulates heart rate, digestion, body temperature, and survival & stress responses
- Works below conscious mind - Up to 90% of signals go from body to brain
- **Ventral Vagal:** relaxation & social engagement
- **Sympathetic:** mobilization = fight or flight
- **Dorsal Vagal:** immobilization = freeze response
- ANS explains our nervous system's response to stress & danger



Autonomic Nervous System





Neuroception: Am I Safe or in Danger?

Depending on your perception, ANS transforms and activates different systems in the body

It becomes the filter through which you experience your world - sights, sounds, smells, tastes, & sensory info

Green Zone – Parasympathetic State for connection, heart rate slows, digestion is activated, relaxed vocal state, you hear better & engage with others easily

Red Zone – Sympathetic State, Fight or Flight, heart rate increases, pain tolerance goes up, breathing is faster & hearing tunes into low or high frequencies better



Am I Safe or Am I in Danger?

Blue Zone: Parasympathetic State in Freeze

Perceives a life threat so believes you are going to die

Response is to numb self or dissociate, so don't feel emotions

Heart rate slows, blood pressure drops, flat face & voice, immune response drops, poor connections socially

Healthy individuals can bounce between the green and red zone without getting stuck

Trauma can cause clients to get stuck in the Blue Zone or a maladaptive stress response between fear and frozen

Much harder to do emotional healing when clients are stuck in the Blue Zone/frozen state

Window of Tolerance

- **Hyperarousal** – emotionally reactive, anxious, hypervigilant, defensive, hyper-active, clumsy, impulsive, takes risks, wants sensory stimulation

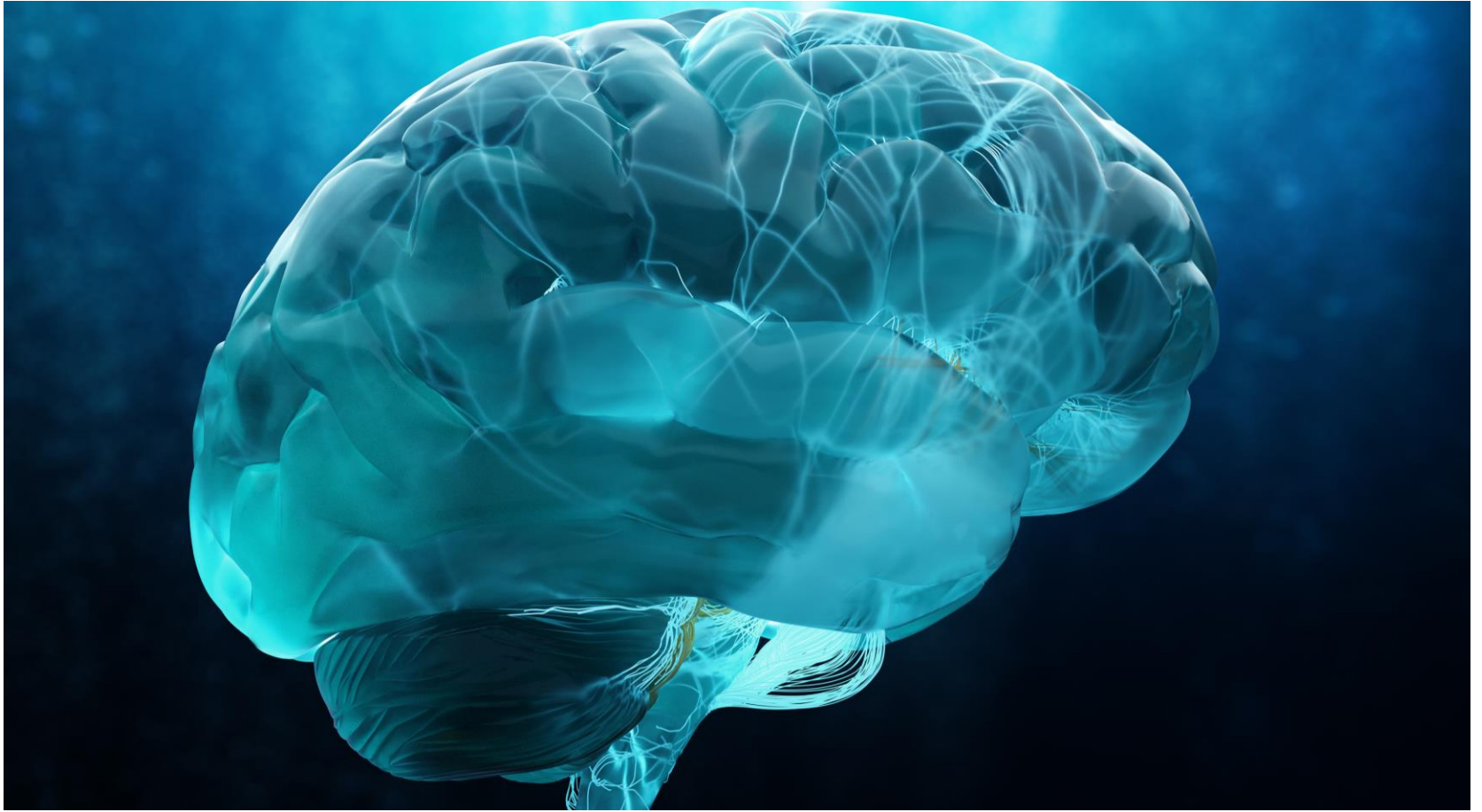


- **Feeling comfortable** – present, spontaneous, playful, coordinated, plans & follows through, mindful of others & the environment



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- **Hypoarousal** – Flat affect, low energy, unresponsive, difficult to reach, passive, little facial expression, “spacey”, poor eye contact

Brain Issues for Children & Teens



Brain Issues for Children & Teens

- Anxious children/teens are often given labels & medications instead of tools to calm their CNS
- These labels often are ADHD, Autism Spectrum, Reactive, Aggressive, Hypersensitive, Conduct Disordered, Depressed, Anxiety Disordered
- Modern society tries to suppress these rt. brained big feeling reactions – ABA therapy, medications, CBT
- They need heart centered, compassionate people to calm their reactive brains energetically



New Type of Child Being Born Now

- Our world is evolving & so are our children
- Many children born today have enhanced consciousness resulting in higher energetic frequencies
- They are incredibly aware & may possess telepathic & healing gifts
- They come from the heart & are very sensitive & compassionate
- Need parents who are caring, aware, & understanding who can protect them from emotional & physical toxins



Who Are the New Evolutionary Kids?

- They are highly intuitive and brilliantly gifted
- May have trouble learning in a very linear, rote kind of ways and may be bored by traditional education
- Highly intelligent so we need to look for their unique gifts & abilities
- May be advanced physically, emotionally, spiritually
- Their consciousness may be more aware of alternative realities and multidimensional worlds
- They have more sensitive energy systems

Need Ways to Protect All Kids Today

- Eat organic, non processed foods, low sugar diets, drink plenty of pure water & spend time in nature
- Limit exposure to TV, computers, devices & EMFs
- Strengthen immune system & delay or avoid vaccines. Limit use of medications.
- Build quality attachments and positive parenting strategies
- Be aware of how they are being educated. Are they taught to think for themselves or are they being programed into certain mindsets?



What about ADHD & Autistic Kids

- They are highly sensitive beings who come from the heart, not the thinking mind
- 1 in 31 boys are autistic, girls have a lower rate – 70/30
- Have been harmed by toxins in the 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



We are Facing a Pandemic of Autism

- In 2020 to 2022 the rate of Autism rose 17%
- In California the rate of Autism in boys is 1 in 12.5
- They will need specialized care, educational supports & social services for decades
- Here are several of the environmental risk factors
 - Aluminum & mercury in vaccines
 - Glyphosate exposure
 - Use of acetaminophen during pregnancy & infancy
 - Heavy metals in formula & baby foods
 - Organic pollutants & industrial chemicals

Telepathy Tapes/Talks by Ky Dickens

- Unique podcast series which explores the gift of telepathy in nonspeaking, autistic children/teens
- Telepathy Tapes is currently being made into a documentary
- Non-speakers have Apraxia which is a brain/body disconnection. They don't have fine motor control for speaking.
- For more than 30 years parents & teachers have noticed their special gifts & abilities
- "Spelling" or other forms of facilitated communication has not been allowed in many schools
- 25 % of Autistic kids are non-speakers



These Non-speakers Have Enhanced Consciousness

- Dr. Diane Powell a psychiatrist and Harvard professor was studying savants
- Dr. Powell was the first to study non-speaking autistic kids & their unique abilities
- In the early 90's she had her license taken away & was fired from her job for her research
- Many of these kids are incredibly advanced and are creating a paradigm shift in thinking about consciousness
- Most non speakers do not have awareness/control of their bodies
- Many non-speakers can communicate telepathically
- Some think telepathy is how we will communicate in the future

The Gifts of the Non Speakers

- Some learn to communicate nonverbally through telepathy, dreams, music, art, & writing
- Kyle and his mother through lucid dreaming and music
- Many have huge spiritual awareness & speak with higher energy beings
- They can communicate in many languages without being taught them
- Some easily absorb learning from books
- Vada Austin and her connections reveals their advanced thinking skills

ICU Academy

- Teaches children that there is more than what the eyes can see.
- They learn to connect to their light within
- Children need to be between 5 and 12 yrs. old
- They learn these skills & abilities by wearing “Mindfolds”
- They learn to identify objects, read from books, play ball games, do puzzles while blindfolded
- These children illustrate what we are capable of as humans when we let go of our limited way of thinking

<https://youtu.be/rC7xZmLcOeY?si=1gMdZXgf8RC7iLxv>

Creating a Toolbox of Grounding & CNS Regulating Techniques



Skills which are helpful in calming reactive Central Nervous Systems

- Come from a heart centered, calm place – **connection before direction**
- Recognize when they are being triggered into uncomfortable feelings – Fight, Flight, or Freeze
- Have tools they can use to regain control of brain & body such as **breath work & grounding techniques**
- Help them learn how to listen to their core self and what they need to rebalance energy & speak their truth
- Encourage them to share how they are feeling – What is making them feel unsafe, worried, agitated, sad, angry, hurt, bored, unhappy, or challenged?
- Help them learn how to safely release angry or destructive energy in safe ways



Heart Coherence Grounds and Balances our Energy

♥ Heart Smart Activity ♥

- Take several deep, relaxed breaths in and out through your nose
- Place hand on chest to focus awareness there
- Think of someone or something which makes you feel happy, positive or grateful
- Notice how you feel – A calm ♥ = a calm brain!
- You can send some positive, loving energy to someone else. Imagine pink bubbles going to them.
- The more you practice this exercise, the more you rewire the Emotional Brain to stay connected



Heart Coherence & 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



Grounding Energy Helps Kids Feel Calm & Less Reactive



This can be done through:

- Walking barefooted outdoors
- Breathing exercises
- Spending time in nature
- Brain Gym activities
- Heart Smart
- Dance to music
- Visualizations
- Weighted blankets
- Touch may help them know where their body is in space

The Hook Up for Balanced Energy

- Cross feet comfortably at ankles
- Hold arms/hands out in front of you & cross over so that fingers can interlace
- Bend your elbows and bring hands up to rest on the chest
- As you take a breath in, place your tongue up at top of mouth & when you exhale relax tongue.
- To end the exercise, uncross the legs and hands and gently place finger tips together & tap them
- See if you notice any energy vibrating at your finger tips. It may feel warm, tingly or like it is pulsing.



Holding Positive Points On Foreheads Calms Kids

- Rub hands together quickly to warm them
- Place them over the neurovascular points to bring blood flow back to thinking brain
- When you focus on anxious thoughts while holding – it releases the negative thoughts
- May need to hold for several minutes to allow the process to work



Using a Metal Spoon on Feet May Calm & Ground Kids

- Use a metal spoon to rub the bottom of the child's foot in small circles
- Rub in a counter clockwise direction with a firm pressure
- Repeat on the opposite foot
- The metal attracts the excess electromagnetic energy - pulling it out
- This calms & relaxes the child so they can process better or fall asleep more easily



Unhealthy Breathing Patterns Contribute to Health Issues

- If anyone is stressed or experienced trauma, they can develop a shallow upper chest breathing pattern
- Not getting 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 a 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
- Releasing the Venom of Stress



Infinity 8 Breathing





Square Breathing

- Draw a line **↑** as you take in a breath
- Draw a line **→** while you hold your breath
- Draw the line **↓** as you exhale your breath
- Hold breath again as you **←** connect the last line across
- Repeat process several more times to enhance relaxed state
- Remember to do this mindfully as you breath in, pause, exhale, & pause

Balloon Breathing Exercise

- Place 1 hand on upper belly & take a deep breath
- Can you feel the air inflating your balloon?
- Exhale all of the air from your balloon.
- Continue this for a short while as you notice your balloon inflating and deflating.
- Notice if your body feels more calm.



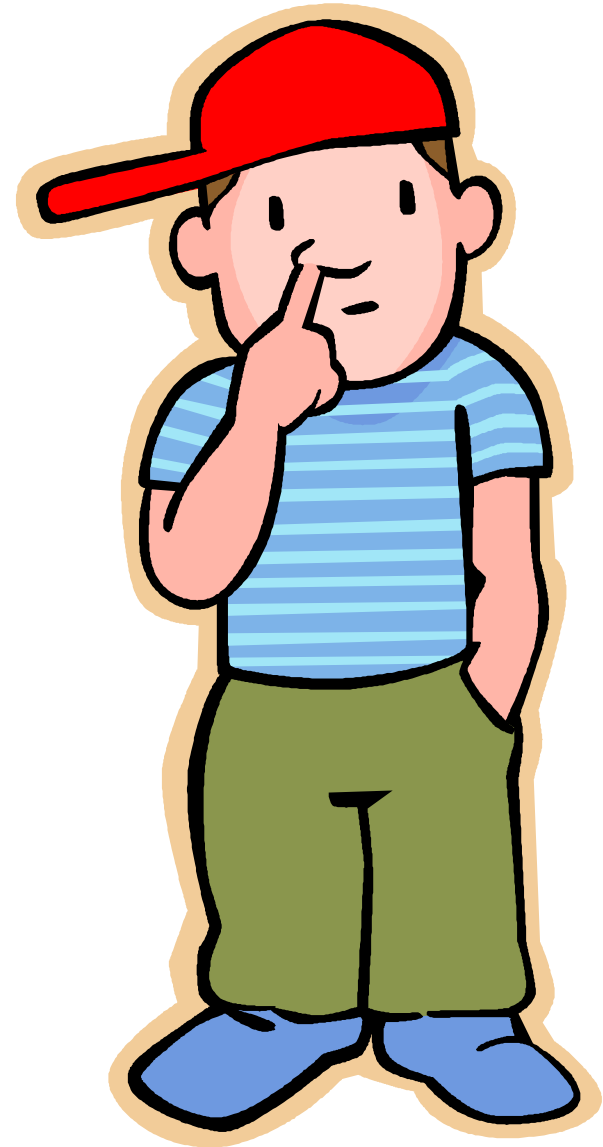


Mindful Breathing

- Hold one hand up in front of you
- Starting at the base of the upright hand take a breath in as you draw up the outside edge of finger pausing at the top of the little finger
- Exhale slowly as you trace down the little finger and pause
- Trace up the next finger and pause at the top and then slowly exhale down
- Continue this pattern until you have done each finger ending with the thumb
- Repeat several times until calm

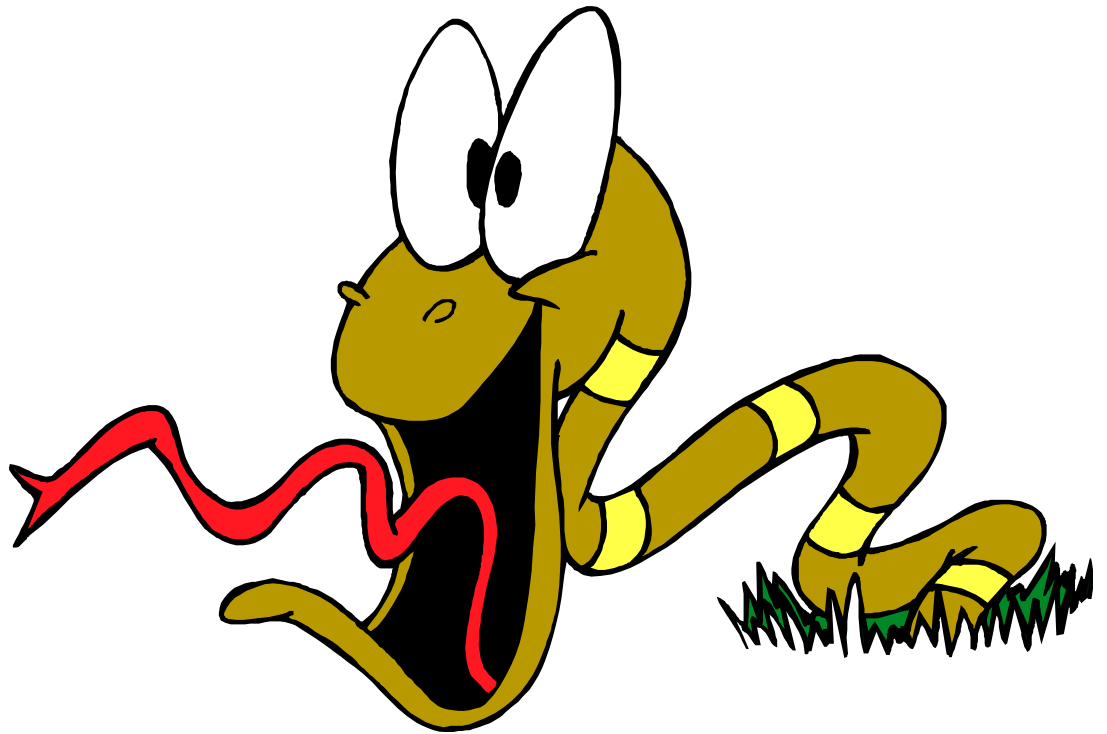
Polarized Breathing

- Close mouth & place tongue against top of mouth
- Hold hand so only thumb and little finger are up
- Hold rt. nostril shut with thumb as you breathe in
- Switch to little finger & hold opposite nostril closed as you exhale
- Inhale from that same nostril & then switch to thumb & opposite nostril as you breathe out
- Continue this pattern of breathing for 3 more repetitions
- This relaxes & connects both sides of the brain & the brain to the body



Releasing the Venom of Stress

- Stand with hands on thighs & take a deep breath
- Take another breath & swing hands up above head & turn so palm are facing you
- Think about what is making you stressed & make fists
- Swiftly bring hands ↓ to floor releasing your stress with a shhhh sound – Repeat as needed



NeurOptimal for Emotional Resilience





NEUROOPTIMAL®
ADVANCED BRAIN TRAINING SYSTEMS
TRANSFORMING LIVES SINCE 2000

NEURO
CENTER

ANOTHER WAY TO HELP BRAINS GET REGULATED

NEUROOPTIMAL®
3.0

Ten20
CONDUCTIVE
WEAVERS
FOR NEUROPTIMAL



Matrix Mirror



An Evolution Now With NeuroOptimal Neurofeedback

- New generation of equipment & neurofeedback technology
- Growing evidence that Nfb. 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 & understanding how to calm the nervous system
- If any medication demonstrated this kind of efficacy, it would be endorsed & widely used!



Introduction to NeurOptimal

- NeurOptimal neurofeedback is an advanced technology for training the Central Nervous System to be more regulated, flexible & resilient
- The NeurOptimal 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 feedback back to the subconscious through the auditory channel
- 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



Mathematically Designed to Dance with the Brain

- The language of the brain is electrical voltage/frequencies
- NeurOptimal is based on mathematical equations which creates different energetic frequencies
- By speaking the language of the CNS, it is able to provide feedback to the brain 256 times per second about its own electrical activity
- It is a non-linear dynamical system that does two things
- It processes information and it uses that information in order to minimize discomfort
- NeurOptimal is dancing with the electrical activity of the brain moment to moment to inform the CNS what it is doing so it can change
- It does this all the time outside of our conscious awareness



NEUROPTIMAL IS EASY TO USE WITH ALL AGES



BY ZENGAR

NeurOptimal is Nonlinear Nfb.

- It is a non-medical model which doesn't require a diagnosis
- Approved by FDA as a general wellness device
- 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



Signs of a Stressed, Compromised Brain

Difficulty concentrating	Emotional difficulty	Reduced awareness
Loss of clarity	Reactivity	Learning difficulties
Difficulty maintaining focus	Rigid beliefs	Cognitive instability
Impaired eye/hand coordination	Inability to regulate feelings	Loss of sense of self
Poor response time	Stressed & nervous	Personality instability
Impaired Coordination	Overwhelmed & shut down	Pain
Reduced/poor coping strategies	Cognitive decline	Lower problem - solving capacity
Difficulty making decisions	Lack of adaptability	Sleep disturbances
Diminished personal power	Compromised immune system	Fatigue



NeurOptimal Calms the CNS & Helps it to Work More Optimally



Who Benefits from Neurofeedback?



- Every brain can benefit from NeurOptimal Neurofeedback
- Especially helpful when there has been trauma
- Children & Teens - reduces stress & nervousness, 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

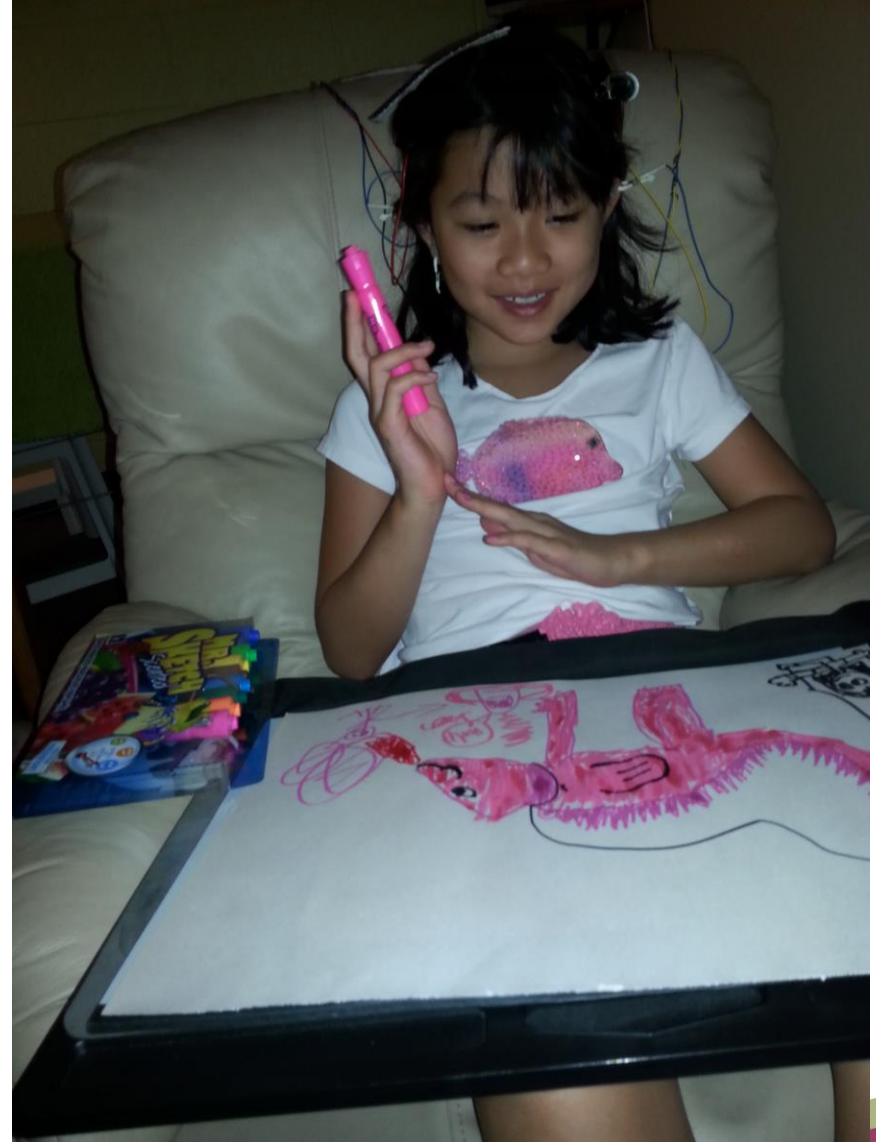
NeuroOptimal Stabilizes Brain Activity

- NeuroOptimal 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 Nfb to Kids

- I introduce brain functioning with my “Brain Critters”
- I also introduce them to the electrical energy of the brain –
- 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
- 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



NeurOptimal Improves:

Sleep problems Feeling sad & down	Learning problems Difficulty paying attention
Irritability	Hyperactivity
Instability of moods	Headaches
Compulsive behaviors	Improves immune system function
Brain injuries	Emotional reactivity
Memory problems	Procrastination
Poor performance on task	Addictions
Feeling stressed & overwhelmed	Reduces conflicts in relationships



What Makes NeuroOptimal 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



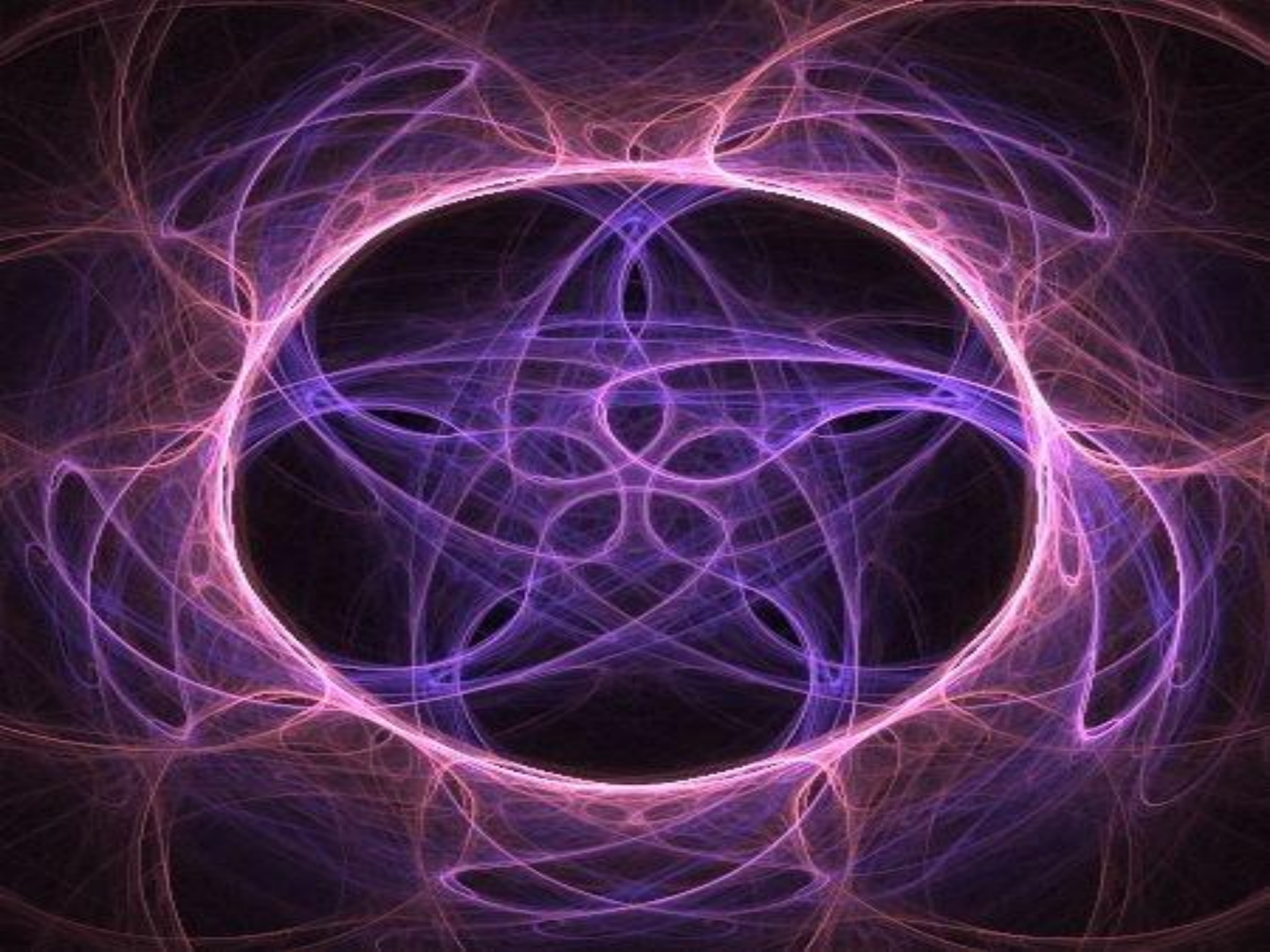
Story of 11 Year Old Client with Severe OCD Behaviors



Athletic 11 Year Old Boy

- When he was 2 & ½ he had Osteomyelitis & significant pain, medical interventions & operations
- For 6 & ½ years he was severely reactive to any injury
- He became an elite athlete & was playing Triple A hockey & lacrosse
- 3 years previous to therapy, he transferred his anxieties onto his older brother.
- He could not look at his brother, say his name or touch anything his brother touched or he thought he would lose his athletic skills
- Another therapist had used Energy Psych & EMDR with him but those techniques didn't make a difference. She couldn't get the anxieties to shift.
- After his 1st NF session he was able to play soccer & Frisbee with his brother – Mother e-mailed & said, “We are SO EXCITED by his changes!”
- Did 5 sessions and then parents rented a home unit & did another 13 sessions
- Each time he did a session at home he choose another problem behavior to let go of





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

EFT is a Tapping Technique Which Helps with Feelings

- Based on ancient wisdom about how to use specific meridians points to send energy signals to the brain
- The tapping works "like acupuncture for the emotions"
- 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



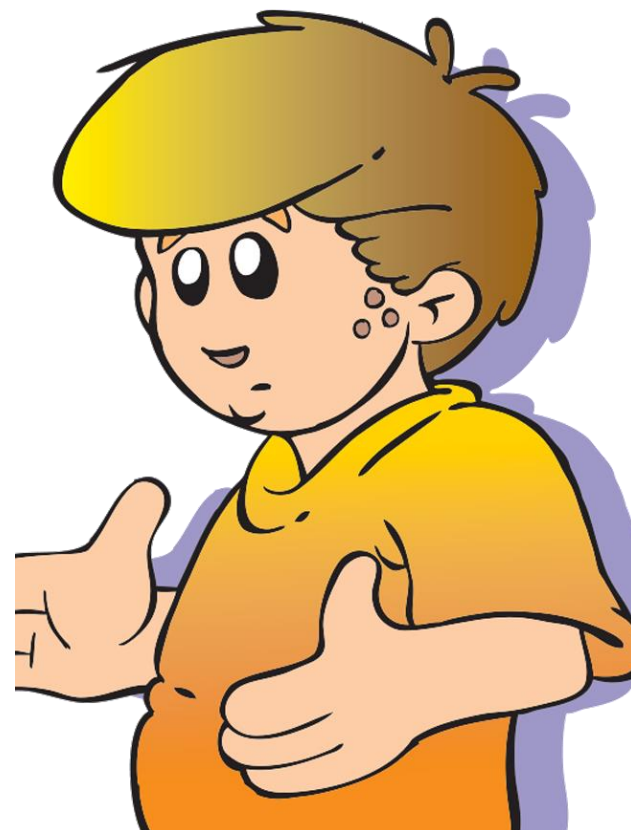
Introducing Children to EFT

- 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



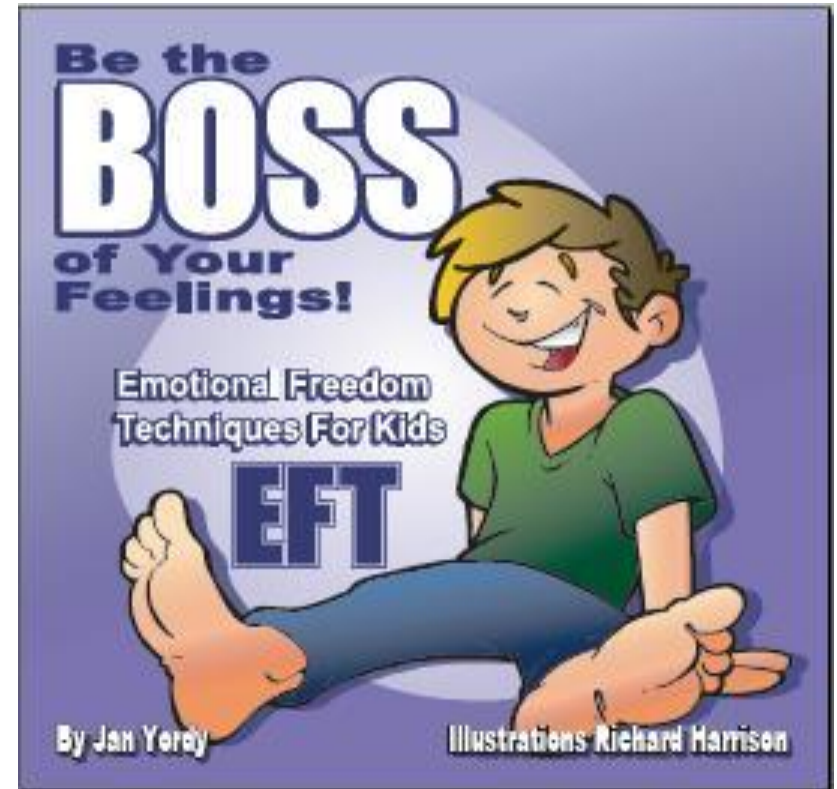
Introducing Children to EFT

- 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

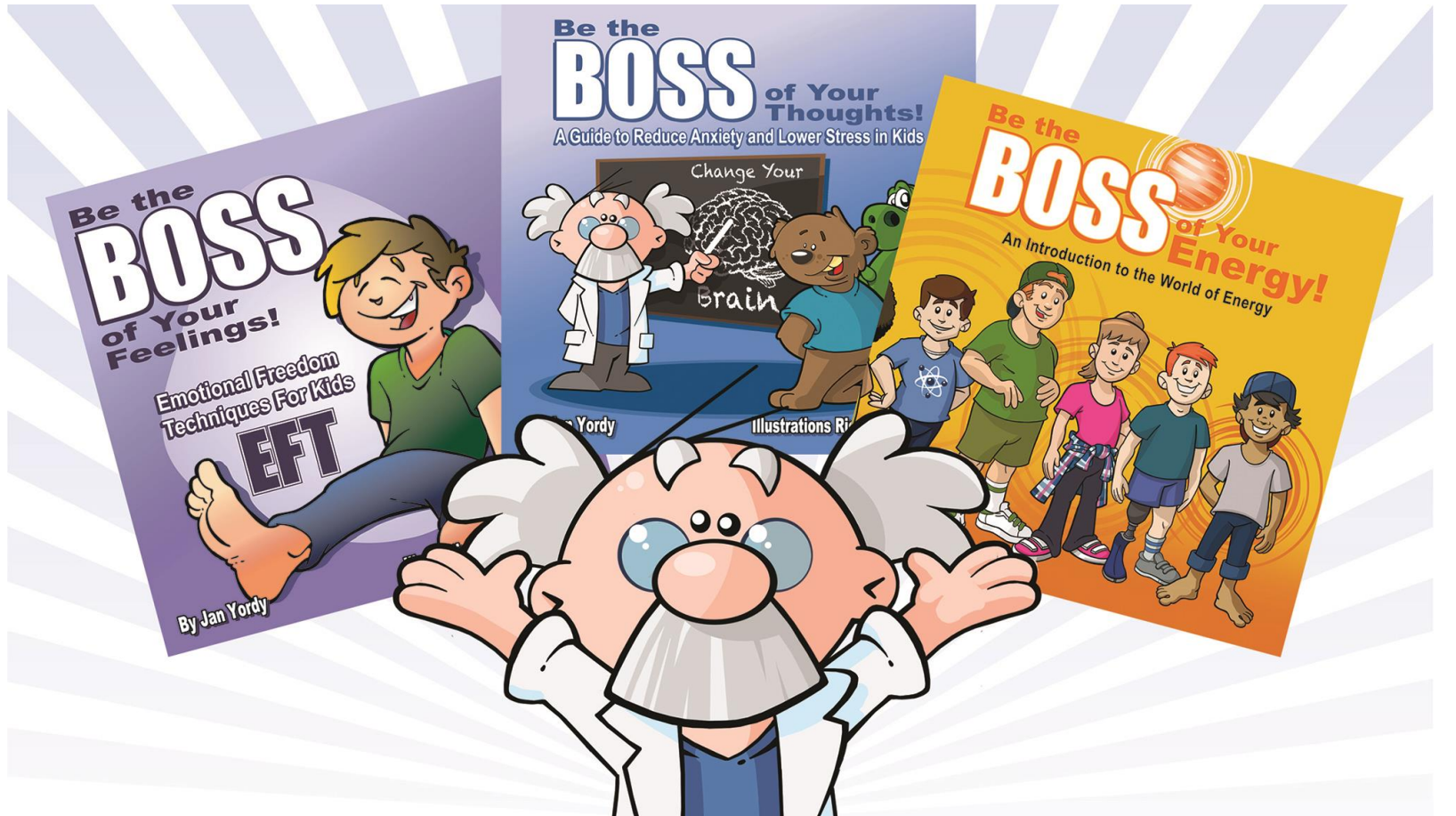


Be the Boss of Your Feelings! EFT for Kids Is a Good Resource to Use with Kids

- 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 to kids
- 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

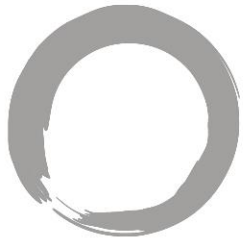


I am in the exhibit area with my resources & NeurOptimal demos



Thank You for Coming Today!





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May 29 – June 2, 2025 | Litchfield, AZ



Enjoy the Conference!

Jan Yordy – Energy Connection Therapies

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