

Mind Moves® concept made many things fall into place for my son



In Term 3 of 2014 we were searching for a solution for our son, who was in Grade 3 at the time who was experiencing difficulties at school. He battled with dictation tests in class and his marks had slid dramatically since the beginning of the year. When copying from the board he would make spelling mistakes. He had become despondent because he wanted to do better and couldn't achieve it.

I remembered my sister speaking about the Mind Moves concept and decided to investigate. In late September we had an appointment with Lindsay Hopwood, an Advanced Mind Moves Instructor. She did the screening on him and in the feedback explained to me my son's dominance profile and all of a sudden many things fell into place.

We started with the 4 exercises she had given us. Twice a day we did the **Power On, Mind Moves Massage, Antenna Adjuster** and **Rise and Shine**. We did the breathing and like ending with the hug! Within two weeks of starting I could notice that there were some days when he was irritable when coming home and then noticed that those were the days we had not had time to do his exercises before school.

Power ON:

Rub the indentation just below the collar bone in line with the left eye to re-establish the electrical flow via the Vagus nerve (to the speech organs and stomach) to help relax butterflies and talk with ease.



Antennae adjuster:

Massage both ear lobes simultaneously from top to bottom using circular movements.



Rise and shine:

Simulate the reflex by flinging the arms wide open while breathing deeply and slowly, and then closing the arms over the chest in a hug, breathing deeply and slowly. The learner can hug himself, or the parent may hug him simultaneously.



Mind Moves Massage:

Child must stand upright and hold both arms 90 degrees to the side of the body. Stand behind the child and firmly trace the outline of the body from head to toe. Hold the feet and push down for a moment as if planting the legs before repeating three times.



By the next dictation test, about 6 weeks after beginning his routine, we were pleasantly surprised that his marks had jumped up to the old level. Whereas he used to make 17-20 mistakes in a dictation test and his best for the year was 10 he now came home with only 7 mistakes. This was a huge improvement for him. He was very glad not be almost at the bottom of the class anymore and we could even see a change in his self-confidence.

I also found the test helpful as I could ask the teacher to seat him optimally for his profile so that his dominant eye would focus on the board when looking up at the board and his dominant ear was turned toward the teacher instead of towards the class noise and distract him.

Over the weeks of massaging his ears I noticed that his ear cartilage became softer and more flexible as he calmed down. After learning this exercise is good for those battling with noisy areas I have started doing the massage on myself as noisy areas in stressful situations become too much for me and I have found some relief in it myself.

Thank You so much for what we have already achieved. I am looking forward to what our next achievements will be.