

Astounded by the difference Mind Moves® has made!

Lisa Bezuidenhout

It has been wonderful to working with a mom that wears a mommy hat as well as that of a teacher. She definitely sees things from all perspectives. She didn't stop at the initial assessment but wanted to find out as much as she could. This is what Michelle's Mother wrote:

“*I am a mother and a foundation phase teacher. I have a 6 year old daughter in Grade One at Uplands Preparatory School. She has always struggled with separation anxiety and is in occupational therapy for various different reasons, amongst which are bilateral integration, proprioception and perceptual skill issues.*

I became intrigued by Mind Moves because of the success stories I'd heard from parents at her school who had dealt with Lisa Bezuidenhout.

I had her assessed by Lisa earlier this year, and so began our Mind Moves journey. I have been completely astounded by the difference Mind Moves has made in such a short space of time. She is much happier in herself and manages to stay calm and confident when we have to separate for school in the mornings. Her separation anxiety has really improved in leaps and bounds and she recognises this and actually asks to do her mind moves every day and every evening. She is also beginning to practice doing them on herself. She feels empowered by her own self discovery.

I also had myself assessed by Lisa and it was so interesting to learn more about my own genetic dominances, and understand how they compare with my daughter's. This in turn leads to a better relationship between us, as well as a more patient and understanding approach from my side when it comes to my relationship with my daughter.

All of this self discovery led to me enrolling on a Mind Moves course with Lisa. I feel like someone has shed true light on how children grow and learn. There is such a clear explanation of why children have to fully develop their primitive reflexes and neurological wiring before any other development (social, emotional and cognitive) can even begin to fall into place.

I can't wait to continue my Mind Moves journey with regular workshops. I would highly recommend all parents as well as teachers empower themselves with this phenomenal approach.”

After Michelle's* initial assessment it was evident that her Withdrawal and Moro reflexes were active and needed to be inhibited. Mom was given a home program to start work on the withdrawal reflex and started immediately.

The following Mind Moves were done twice a day on a daily basis:

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. Rubbing both indentations to the left and right of the breastbone supplies oxygen-rich blood to the brain and relieves the staring habit. It literally switches the brain ON for improved concentration without anxiety.



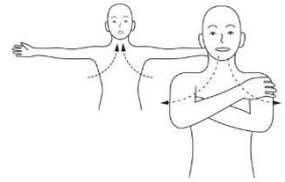
Antennae Adjuster

Massage both ear lobes simultaneously from top to bottom using circular movements. This move develops the near senses, auditory processing, auditory perception as well as receptive language ability.



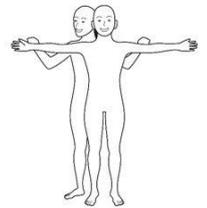
Rise and Shine

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. This move boosts relaxation, rhythmic breathing and a sense of well-being.



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. This move develops tactile awareness, gravitational security and a positive sense of self.

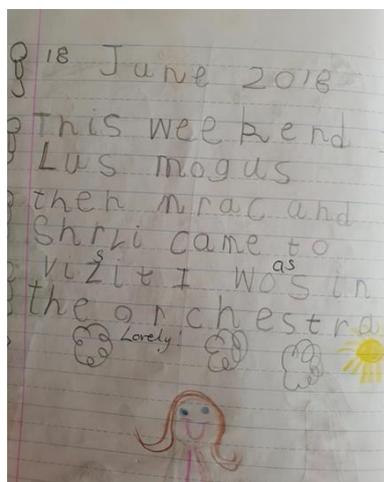


Both mom and child were very committed and the Mind Moves were done regularly. Michelle began finding separation in the mornings a lot easier and it was plain to see that the home program and mommy's positive approach were paying off.

Michelle's Grade One teacher was also impressed and made the following comments:

“Michelle's anxiety levels have dropped significantly and she is able to separate from mom far easier in the mornings. She has become more grounded and does not react from the survival brain mode. Michelle's spatial orientation has improved immensely. She has almost no reversals now and is able to correctly form her letters in the correct lines. Amazing!”

I am proud to share evidence of Michelle's improvement:



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*Pseudonym