



Neuroplasticity

The Ripple Effect of Better Mental Health Skills **in a Crisis**



Offering Something in Immediate Moment of Nothingness

**People Who Know Life's Challenges
Paying It Forward.**

**Core Skills for Rapid Relief
Strengthen Your Mind; Lighten Your Life**

By

Paul Hyman

Better Mental Health Skills in a Crisis

Welcome Everyone, interested in humanitarian aid to provide rapid relief. These skills are **NOT** the answer to everything. In the immediate moment of crisis, and chaos, these skills offer something when there is nothing.

Ticking Time Talking - **HELP!**

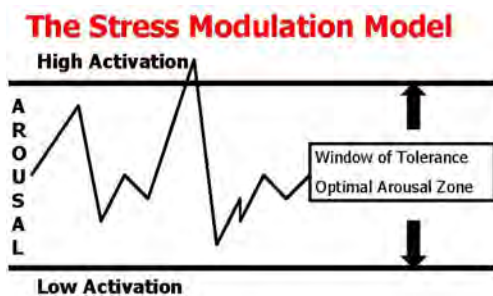
I am Paul Hyman. <https://brainfitnessinternational.com/peng-911-peace-harmony-balance/>
Knowledge & Imagination + Applied Experience = Wisdom

I have developed over 30+ years, effective tools to bring rapid relief in a crisis. A key to Pandora's Box. **To be the most effective in the least amount of time.** "If you only have one opportunity with a person, what is the very best you may offer for their greater good?"

Most important, are the children and the effect of childhood trauma. This program has been well tested and supported by evidence-based research. The tools are so simple and easy to learn, a child may teach an adult. Everyone Pays It Forward creating multiple healing ripples.

FUNN - Functional Understanding Not Necessary. Person in shock not interested. **Just Do.**

Short Audio: Step-by-Step Instructions. **Handout:** All techniques in pictures. **Universal.**



Safety
HOPE
Safety
HOPE



We must treat others as we wish others to treat us.

A commitment to respect life, dignity, individuality, and diversity, so that everyone is treated humanely, without exception.

Program Available to Everyone

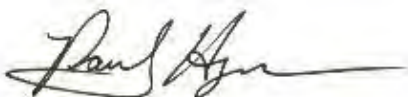
Audio Transcript: available to record the step-by-step instructions into any language.

Handout: page includes all the pictures with text boxes for transcribing into any language.



Our world needs You to bring these skills to your community. **We can make a difference.**

Thank you. Most sincerely,



Our Children Hold Our Future

Please Help Support BFI's Humanitarian Mission with a Donation.



Better Mental Health Skills in a Crisis



Create "Magic out of Dust" in the **Blink of Chaos**

Critical Incidents - i.e. Hostage Situations

Self Control - Subject Control - Create Cooperative Environment
 Make it Easy to Agree - Make it Hard to Disagree

1
 "If you're not aware;
 You can't take care."

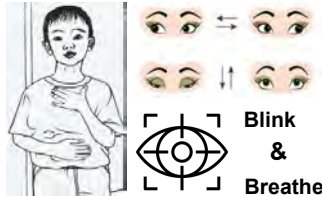
Loop of Awareness



2
Rational/Emotional
Teeter-Totter



Brain Buttons
6 Kidney "27"



Share & Play 1 Person a Day



I GIVE,
So You May Give.

3 **Water**

Electrolytes
 Balance
 Improved
 Oxygenation
 to Brain



7
Emotional Stress Release



10
II & X-Crawl



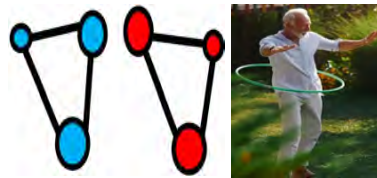
4 **Meridian Connection**

Tongue on
 Roof of
 Mouth
 Breathe



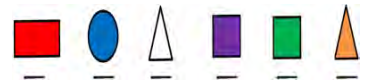
Variation #1 & #2

8
"Stability before Mobility"



Hula-Hoop - Hips, Knees, Ankles

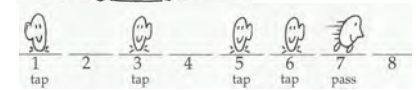
11
T.O.T.E. Breaker



12
Stones



Cooperative Play



Children in Ghana play sitting in a circle tapping stones in rhythmical patterns.

5
 Breathe **In**
 Breathe **Out**
Sternum Focus

Feel hand
 rise & fall
 with each
 Breath



Slow - Long Out-Breath

9 **Trager®**
Mindfulness in Motion
 Movement as a Way to Agelessness



"The Golden Rule"

We must treat others as we wish others to treat us.

Live in Peace

13
Breath within The Breath



Prayer

Our Children
Hold Our Future.



Please Help Support BFI's Humanitarian Mission with a Donation.

INFO@BRAINFITNESSINTERNATIONAL.COM WWW.BRAINFITNESSINTERNATIONAL.COM

TORONTO: 416.996.2441

Reference List

- Bainbridge-Cohen, Bonnie. ***Sensing, Feeling & Action***. Publisher: Contact Editions, 1993. ISBN:13. 978-0937645147
- Caldwell, Christine. ***Getting in Touch - The Guide to New Body-Centered Therapies***. Quest Books, Theosophical Publishing House, 1997. ISBN: 0-8356-0761-5
- Doidge, Norman. ***The Brain That Changes Itself***
New York: Penguin Books, 2007. ISBN: 978-0-14-311310-2
- Dennison and Dennison. ***Brain Gym® Teacher's Rev. Edition***. Ventura, CA: Edu-Kinesthetics, Inc., 1994. ISBN: 0-942143-02-7.
- Goddard, Sally. ***A Teacher's Window Into the Child's Mind - Neuro-Physiological Psychology***. Fern Ridge Press, Eugene, Oregon, 1996. ISBN: 0-9615332-5-0
- Hannaford, Carla. ***Smart Moves: Why Learning is Not All in the Head***. Salt Lake City, UT: Great River Publishers, 2005, 2nd Edition. ISBN: 0-915556-37-5.
- Hannaford, Carla. ***The Dominance Factor: How Knowing Your Eye, Ear, Brain, Hand & Foot can Improve Your Learning***. Salt Lake City, UT: Great River Publishers, 1997. ISBN: 0-91556-31-6.
- Hendricks, Gay and Kathlyn. ***At The Speed of LIFE***. New York: Bantam Books, 1994. ISBN: 0553373811
- Hendricks, Gay. ***Conscious Breathing***. New York: Bantam Books, 1994. ISBN: 0-553-37443-5
- Koval, Bess Ring. ***Sticks & Stones***. Self-published, Cortland, New York, 1994. ISBN: 0-9643608-0-2
- Levine, Peter A with Fredrick, Ann. ***Waking The Tiger***. Berkeley: North Atlantic Books, 1997. ISBN: 155643233X
- Mairi, Audrey. ***TRAGER for Self-Healing***. Tiburton, CA: New World Library, with H J Kramer Book, 2006. ISBN: 1-932073-19-1
- McCredie, Scott. ***Balance: In Search of The Lost Sense***. Little Brown ands Company, USA, 2007. ISBN 978-031-6011-358
- Ogden, Pat & Minton, Kekuni, & Pain, Clare. ***Trauma & the Body - A Sensorimotor Approach to Psychotherapy***. W.W. Norton & Company, 2006. ISBN: 0-393-70457-2
- Edited by Poole, Nancy & Greaves, Lorraine. ***Becoming Trauma Informed***. Centre for Addiction & Mental Health, 2012. ISBN: 9781-1-77114-058-4
- Thie, John & Matthew. ***Touch for Health - A Practical Guide to Natural Health with Acupressure Touch***. DeVorss & Company, Camarillo CA, 2005. ISBN: 0875168124
- Trager, Milton with Guadagno-Hammond, Cathy. ***Trager Mentastics – movement as a way to agelessness***. Barrytown, NY: Station Hill Press, 1987. ISBN: 0882680676
- Taylor, Jill Bolte. ***My Stroke of Insight***. New York: A Plume Book, 2002. ISBN 978-0-452-29554-4

Paul Hyman

Paul Hyman: **President & CEO, Brain Fitness International. International Wellness Consultant for 30+ years**, teaching **mind/body approaches** based on neuroscience research. Paul's wellness philosophy is to empower individuals of all ages regardless of physical and cognitive abilities. He is a trainer, guest lecturer, and keynote speaker. **A therapist for 10 years** at the **Centre for Addiction and Mental Health (CAMH)**, he was a **contributing author of CAMH's** publication "**Becoming Trauma Informed**". He published research prioritizing **ADD/ADHD** characteristics resulting from early childhood trauma. The **key issues** were **procrastination, low self-esteem and impatient**. This **profile required integrating exceptional tools; easy to learn**, to provide **rapid relief in minutes** and to **empower individuals**. Clinical success brought invitations to teach in **Trauma Informed Programs** and **Conferences**. **First international speaker invited to oldest Summer Institute on Substance Abuse & Mental Health**, in the **USA** – 31st, 32nd, 37th, 42nd. Paul received **CAMH's Nath Nayar Award**, for Outstanding Contribution and Service.

First male Children's Facilitator, Interval House, **Canada's first Shelter for Women and Children of Domestic Violence**. Goal: **Teach children awareness** and how to **self-regulate emotions with skills so easy they would teach their mothers**. Created the **first brain stimulation program for older adults across Canada**, establishing a new standard of care. **Director of Training** at the **Canadian Training Institute**, he has trained at the **federal, provincial, and municipal levels of government**. i.e. **City of Toronto**, TESS – 1,700 staff in **Buoyant Resiliency, Critical Incident Crisis Intervention**, etc. He is involved in **Indigenous Community Development** – Northwestern Ontario & Inuvik, Arctic Circle.

The pendulum of life in 2020 swung to the max during this traumatic time. **To initiate a counter-swing have FUNN, Functional Understanding Not Necessary**. Play provides an integrative foundation for our early years of development. Teachable moments to learn about self, family, and society. His unique innovations support the interactive involvement of parents, caregivers, educators, first responders and children with fun, educational opportunities. Boost their learning enjoyment, making it easier and more rewarding. Paul serves on the Professional Advisory Council for Resilient Kids Canada. The **Learning Developmental Hierarchy** uses a movement-based, multi-sensory brain stimulation approach. "**Fire it - Wire it**" to build and reinforce neural pathways. **Neuroplasticity allows us an opportunity to wire our brain for trauma resilience & performance excel-ability**.

Benefits for Adults: Build cognitive reserves as you age.

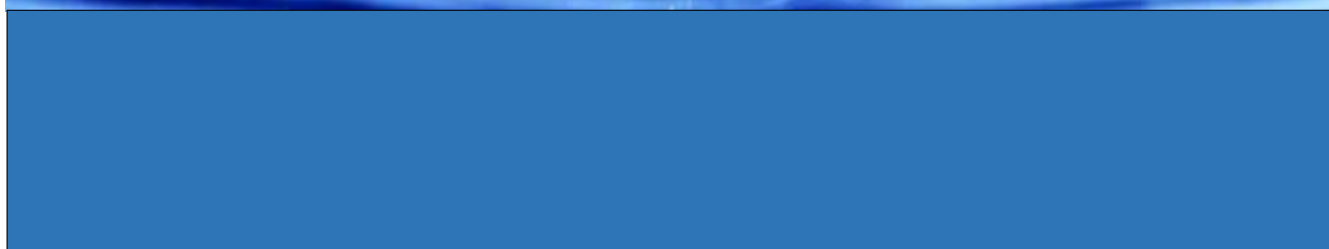
Interest in performance excellence began with his career of **15 years** as a **professional recording musician (trombone) for entertainers, TV & movie industry**. Working **9 years** with the **Hong Kong Philharmonic** he was on the **faculty at HK University & Academy for Performing Arts**. He supports Canada's emerging artists. i.e., National Youth Orchestra. **Edu-tainment is Paul's teaching style**, a fun, one-of-a-kind memorable learning experience. He focuses on positivity.

Our Children, Our Future.

"Good Today – Better Tomorrow"

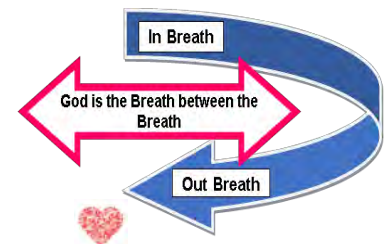
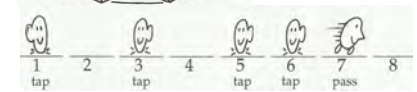
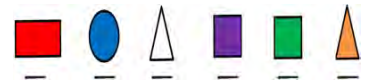
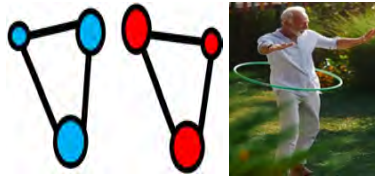
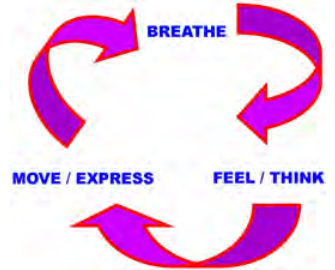
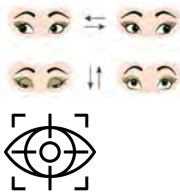
Paul is available for virtual private sessions, consultations & training/presentations.

"Strengthen Your Mind; Lighten Your Life"



By

Paul Hyman



Audio Script – 1-Page Summary of BFI Program

Better Mental Health in a Crisis

Welcome!

I am Paul Hyman.

Thank you, for your Humanitarian Spirit and time to aid in providing Better Mental Health Skills during a Crisis.

Together, we can make a difference in our global community.

A little background information about me.

I started in Wellness, working for three years in Hospice / Palliative Care.

It was an honor to be in the immediate intimacy, of their last breath.

Trained as a bereavement facilitator these tools helped loved ones cope with their grief.

Therapist for ten years at a large mental health and addiction hospital.

A large percentage of clients had a history of early childhood trauma and neglect.

Following a **trauma informed approach**, these tools empower individuals, teaching self-regulation and allowing for healing.

Therapists using these tools reported being more effective, and able to go further, faster with less effort with clients.

My Spiderweb investigation into Early Childhood Trauma led me to become the First Male Children's Facilitator at Canada's first shelter for Women and Children of Domestic Violence.

I had a precise focus on teaching these children awareness and calming, comforting skills.

The **children would teach their mothers these skills** as they supported each other, in putting together the pieces of their lives.

Director of Training for an agency facilitating Critical Incidence Crisis Intervention for organizations and healthcare facilities.

These tools are used extensively with staff involved, before, during, and after a critical crisis intervention.

Individuals need to decompress to find their homeostasis and regain balance.

A self-regulating process by which an individual can maintain internal stability while adjusting to changing external conditions.

I describe it as, being in the calmness of the eye of the storm.

During this time for **17 years, I was PENG.**

A specialty service that was on a need-to-know basis.

My clientele was a sliver of society who fell through the cracks.

Their jet-set lifestyle made it difficult to have a regular therapist so I was their virtual therapist.

This was before virtual technology to connect with people.

I did everything by email, phone, and text.

Everything about PENG-911's service was crisis and chaos.

I was the "Point Person" they called to make "Magic out of Dust".

These are some of the tools.

Life's unpredictability makes everyone a first responder.

A Blink of Chaos flips Normal to LAMRON.

There is no plan because anything may happen.

The situation requires you to do your best; dancing on a chessboard with the agility of a laser-focused goal to provide rapid relief with exceptional tools to get the job done.

Think of this program as an artist's palette of therapeutic colors and you're creating a masterpiece while staying safe.

The activities are numbered for teaching and my suggestions yet in the immediate moment of a crisis, you have **tools for the dynamics of Hyper & Hypo arousal.**

The information about How and Why these skills are complemented by our understanding of current neuroscience research, neuroplasticity & neurogenesis will be available soon to download.

It will include **an extensive 25-page handout package & audio.**

The ultimate goal of this program is to restore a sense of safety and trust to build hope. **Hopefully to prevent or reduce the tragic consequences of childhood trauma later in life. The program is FUNN.**

FUNN – is spelled in Upper Case letters. Capital F U N N. **Functional Understanding Not Necessary.**

A person in shock doesn't care, as long as they know you care and what you offer, works quickly to ease their pain.

Just Do.

My guarantee:

You will feel better in the next 10 minutes than you do now.

Number #1

Awareness

A Paul Hyman Quote:

"If you're not aware; You can't take care."

Use these **Five Principles from a Critical Incident Crisis Intervention** – for example, a Hostage Situation.

- **Self Control** - Most Important. Lose your awareness; lose your effectiveness.
- **Subject Control** – Primary Goal – Intervention with these tools. Provide SAFETY & HOPE
- **Create a Cooperative Environment** - Does this work? How do you feel? OK?
- **Make it Easy to Agree** – Can you teach this to another person? Yes? 85% of new learning is retained when a person puts the instructions into their own words and demonstrates the activity.
- **Make it Hard to Disagree** – Any questions? Are you OK with this?

Great! Stay Safe!

Loop of Awareness – The 10-Second Rule.

You may Start anywhere in the cycle.

Let's Start.

- Breathe – Feel/Think – Move/Express
- Feel/Think – Move/Express - Breathe
- Move/Express - Breathe – Feel/Think.

The puzzle pieces coming together for peace.

I GIVE, so You May Give.

Another Healing Ripple is Created.

Pay It Forward.

Share & Play 1 Person a Day

You as a collective will be a powerful presence & force.

Remember: Stay Alive so You can Save Lives.

Number #2

Emotions / Rationality Teeter–Totter.

When emotions go up, rationality & patience go down.

Everyone, please stay in your zone of excel-ability.

Number #3

Water

In shock the delicate electrolyte balance is SHOT.

Important to help stabilize electrolyte balance with hydration.

Water also increases Oxygenation to the Brain.

Beneficial when someone is hyperventilating, to improve the quality of each shallow breath, with more oxygenated blood.

Number #4

Meridian Connection: All the meridians used in acupuncture, start or stop at the hands and feet.

Extend your legs and cross one ankle over the other.

Place your arms straight out in front of you parallel to the floor. Thumbs Up.

Rotate hands inward. Turn your hands so your thumbs point down.

Cross one arm over the other.

Bring your palms together, paddy cake, paddy cake, and interlock your fingers.

Tuck your arms inward & around to rest on your chest.

Notice your shoulders.

If you are holding any tension in your shoulders, just let go & drop them.

Now hang out in this position and breathe.

You're giving yourself a Hug.

We can have emotions without emotions having us.

Do you notice your **tongue is on the roof of your mouth?**

If not, just gently place it there.

I don't make a big deal about how a person is breathing.

This technique is quick & only takes a couple of minutes.

Notice when you take a big breath in or a big breath out.

When you notice the change in your breathing, eventually cross the other ankle over the other.

Variation #1 Providing Comfort for the Dying

Gently hold and cradle the person in your arms.

Cross their arms across their chest.

For Example:

Right-Hand touches Left Shoulder

Left-Hand touches Right Shoulder

If possible, gently cross their ankles.

Visualize and create a sacred **safe space like a bubble** that surrounds you both.
Hold this energetic space as you **gently comfort them**.
Communicating with the dying is a delicate process.
If you do speak, it is softly, clearly, slowly, and with few words.
From my experience, as they transition, they are in a lucid dream state.
In this safe space allow them permission to surrender to the struggle of letting go.
Our most precious possession is time.
The best expression of time is love.
The best time for love is Now.
LOVE Them.
Your eyes are an incredibly powerful way to communicate.

Number #5 - Sternum Focus

This technique was developed from bio-feedback research and mindfulness.

1. Place one hand on your sternum
 2. Take four or five slow, deep belly breaths
 3. Feel your feet on the floor. Allow them to soften, feel them softening, becoming longer and wider
- Repeat as many times as you wish.

Number #6 – Brain Buttons – Kidney “27” Pts.

Kidney 27 acupuncture points, relate **two key opposite emotions, Fear and Trust/Safety.**

The hand on the belly button connects with our vestibular system for balance.

Developmentally, it is our core connection to life – navel radiation.

How to Landmark “K-27”.

Below your collarbone

Place your thumb and index finger on the left and right of the sternum

Bring your shoulders together and feel two indentations on either side of the sternum, just below your collarbone.

These indentations are the K-27 acupressure points.

Stimulate/massage the points firmly with your thumb and index finger, while your other hand is over your belly button.

When in shock the eyes lock.

It may be a blank stare or erratic eye movement scanning for danger, and looking for safety.

Keep head fixed and track with eyes horizontally.

Left to Right

“Blink & Breathe” Track eyes slowly back and forth until easy, slow, smooth, and comfortable.

Now track your eyes Up and Down until easy, slow, smooth, and comfortable.

“Blink & Breathe”

You may stop and reposition your head if it has moved and

“Blink & Breathe”.

Continue tracking your eyes Up and Down until easy, slow, smooth, and comfortable.

Notice what you notice.

Number #7 – Emotional Stress Release

Gently touch the point above each eye with the fingertips of each hand.

The same pressure it would take to hold up a piece of tissue paper.

These points are the neurovascular balance points for the stomach meridian.

People tend to hold tension in the abdomen, resulting in stomach aches and a nervous stomach.

Butterflies in your stomach.

Once comfortable that the stress has been defused do eye rotations both clock-wise and counter clock-wise.

Notice, if there are any areas that your eyes skip over or feel a little strained.

Hold the ESR points and look in that eye direction to further defuse stress.

Remember: **Blink & Breathe**

Complete again eye rotations in both directions.

Palming Eyes:

Rub your hands together vigorously.

Get the palms nice and warm.

Gently and softly **place the warm palms over your eyes.**

The **fingers are resting on your ESR points.**

Enjoy the comforting warmth of your palms.

The eyes may remain open in the darkness of your cupped hands.

Or your eyes remain closed, resting in the darkness of lights.

Notice and Enjoy.

Number #8 Stability Before Mobility

3-Point Stance, Grounding & Centering Technique

A body-focused approach to trauma recovery is rooted in an understanding that our bodies, emotions, & thoughts create a feedback/feed-forward loop.

Being aware is a process through which Information from the physical system constantly provides input for the brain to interpret.

Please stand up.

Notice your feet as you're standing on the ground.

The feet have three arches that support you.

First, feel the space & connection between your big toe & little toe.

Shift your weight from side to side.

Feel all the sensory information that your feet are feeding back to you.

Feel the space and connection between your little toe and heel - your outer arch.

Shift your weight from front to back.

Feel all the sensory information that your feet are feeding back to you.

Now feel the space and connection between your big toe and heel - your inner arch.

Shift your weight front to back.

Feel all the sensory information that your feet are feeding back to you.

Now the Hula Hoop:

Begin circular movements with your hips as if you had a hula hoop.

Move in both directions back & forth. Feel all the sensory information that your feet are feeding back to you.

Does the movement of your hips feel fluid or is there a part of the circle that feels a little sticky?

Do you notice any glitches on either the right side or the left side?

Play with different sizes of your circular Hula Hoop.

Allow the movement to happen.

Do not try. To try is an effort, & effort is tension.

Now to make the movement feel even smaller.

Do small rotations with your knees.

Feel the connection between your hips, knees, and feet.

Finally, make micro-circular movements in both directions with your ankles only.

Feel the connection between your hips, knees & feet.

Remember to Breathe & Blink.

Think of this as a mantra – “**Stability before Mobility**”.

Number #9

Trager®

Trager is a sensorimotor movement re-education approach to improve functional abilities and is supported by the current neuroscience research about the brain’s plasticity.

Mindfulness in Motion

Movement as a Way to Agelessness

“There is no such thing as a tight muscle, yet a tight holding pattern in the brain.” Dr. Milton Trager.

Helps **release deep-seated physical and mental patterns.**

These **patterns may have developed in response to** accidents, illnesses, or any kind of physical or **emotional trauma**, including the stress of everyday life.

The goal is to unite body, mind, and spirit.

Bobble – Head

Numerous individuals because of stress, report muscular tension in their necks and find this little **Trager Mentastics (Mental - Gymnastics) movement**, helpful.

Sit up straight, close your eyes and feel your head balanced on your neck.

BREATHE & BLINK

Imagine your nose as a pencil.

Trace the roundest, most fluid # 8 top to bottom.

Notice which direction you are moving and then change direction.

Again, trace the roundest, most fluid # 8 top to bottom.

Now the #8 is on its side, trace an infinity sign, left to right.

Notice which direction you are moving and then change direction.

Change between #8 and the infinity sign, in both directions.

Think about softening, and deepening.

Think about lengthening, expanding, relaxing.

Think about light, lighter, and lighter still.

Think playful, feel a wobble of your Bobble-Head.

Gradually allow movements to get smaller and smaller.

Slowing down to a stillness

Notice what you notice

BREATHE

Move gently and rhythmically in such a way that you actually experience the possibility of being able to move freely, effortlessly, and gracefully.

Think About A Dancing Cloud

Number #10 - Homolateral & Contra Lateral whole-body movement.

"Have you ever gone out for a walk and come back feeling better?"

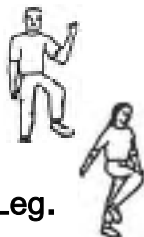
Approximately 80% of the motor neurons of the muscles on the left side of the body are associated with the motor areas of the right cerebral cortex, and vice versa.

When we simultaneously stimulate the large muscles on the opposite upper and lower limbs (including the corresponding trunk muscles), we are very powerfully stimulating the integration of the two brain hemispheres.

This is a huge part of our early childhood development and beneficial throughout our lives.

Benefits for Adults: Build cognitive reserves as you age.

Homolateral: Same Arm & Leg.



Contralateral: Opposite Arm & Leg.



For young children at their stage of development, start with Homolateral movement pattern.

Later as they develop introduce Contralateral

The Silly Walk:

- How would it feel to walk... If the bottoms of your feet were rounded?
- How would it feel to walk... If you were on the moon with one-fourth as much gravity?
- How would it feel to walk... If you felt every subtle shift of pressure on the bottoms of your feet?
- How would it feel to walk... If you felt really good inside and your heart radiated a powerful beam of golden light?

Number #11 – T.O.T.E. Breaker is a technique I created.

The acronym is, **Thought Override Therapeutic Experience**

Einstein said that energy & matter are interchangeable

A thought is like a neural circuit board lighting up.

Move your body and change your mind.

I designed this program to be universal so I used geometrical shapes.



Left Right Together Right Left Together

Under each symbol, write in one of these three letters: L (left); R (right); T (together). Think of the patterns as an alphabet, creating 26 random shapes.

Concentrate on an event or occurrence that, when recalled, manifests itself KINESTHETICALLY (i.e. physical sensations such as butterflies, fist in the stomach, muscular tension, etc.).

Stand in a normal stance, arms at sides.

#1 Starting with the first symbol, call out the shape, and raise the appropriate arm to shoulder level, directly in front of you, parallel to the floor.

Rectangle – Left Arm

Circle – Right Arm

Triangle – Together Both Arms

Square – Right Arm

Square – Left Arm

Triangle - Together Both Arms

#2 Raise the appropriate arm to shoulder level, directly in front of you, parallel to the floor, and also kick out the opposite leg.

Under the white triangle  with the Letter T raise both arms and hop off the floor.

Rectangle – Left Arm & Right Leg

Circle – Right Arm & Left Leg

Triangle – Together Both Arms & Jump

Square – Right Arm & Left Leg

Square – Left Arm & Right Leg

Triangle - Together Both Arms & Jump

#3 Reverse your starting position and begin at the last symbol to the first symbol.

Triangle - Together Both Arms & Jump

Square – Left Arm & Right Leg

Square – Right Arm & Left Leg

Triangle – Together Both Arms & Jump

Circle – Right Arm & Left Leg

Rectangle – Left Arm & Right Leg

After you have completed the T.O.T.E. pattern notice now, as you re-enact both the kinesthetic feeling (physical sensations) and the event which triggered it.

What do notice? What are you aware of?

I believe the greatest counterbalance to the Pendulum of Life from trauma, is to swing it through play.

“One does not cease to play because one grows old;
 One grows old because one ceases to play.”
 - George Bernard Shaw

Number #12 – Stones – Cooperative Play

Children in Ghana play sitting in a circle tapping stones in rhythmical patterns.
Stones is the creative genius of Bess Koval, a special colleague. She passed away in May 2023.

She created a fusion of dance and movement, for all children in every culture, for a lifetime of health and happiness.

I received permission to carry forth her legacy.

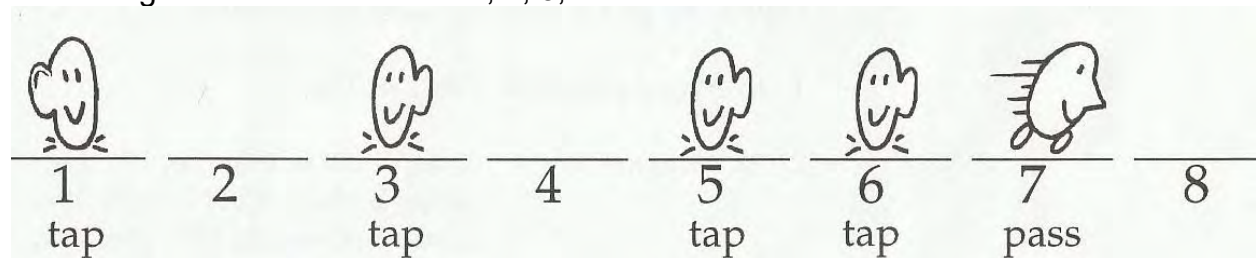
Out of over 100 patterns, here is one.

I trust it expresses to you, how the spirit of play inspires children.

This program was designed so there are no required equipment costs. It is universal since no language is required.

The Tick – Tock of Time is Talking.

Here we go on a count of Four. 1, 2, 3, 4.



Left	Space	Right	Space	Right	Right
Hand		Hand		Hand	Hand

Number #13 – Breath within The Breath – My Connection.

Recent resiliency research since 2020 has added the “spiritual” aspect of “a belief that life has meaning.”

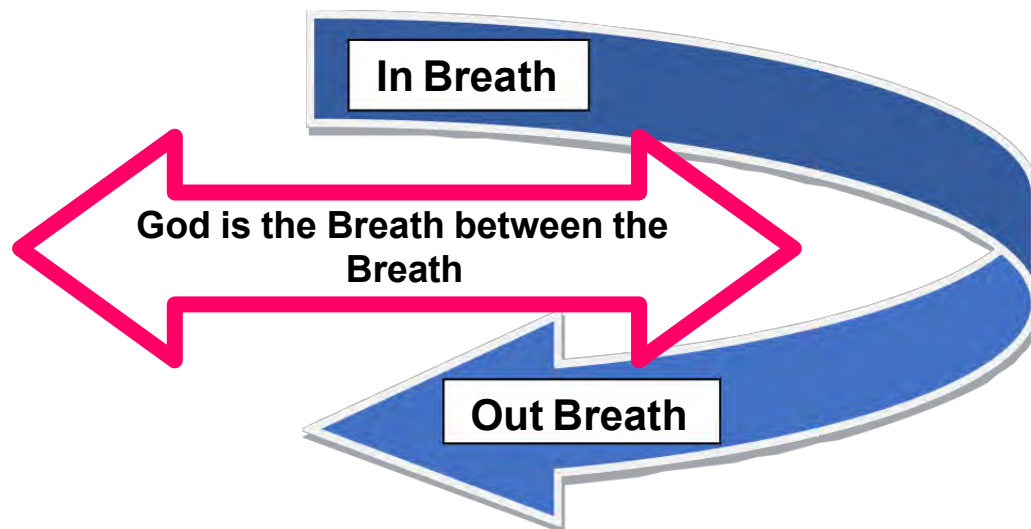
“Spiritus” – Latin for Breath

“God in Action”, “Hand of God”, “God breathed life into us.”

We begin life with a breath.

We end life with a breath.

Every breath in between is a gift.



In the space between the next breath, acknowledge the Divine presence of, God, Creator, Connection with Universal Consciousness.

Say "Thank you." A Moment of Gratitude, Smile, Silence, Peace.

The English words Listen and Silent contain the same letters.

We take between 22,000 - 24,000 breaths each day.

The key essence returns to the profound simplicity of the "Gift of Life's Breath".

One of the unique qualities is being in the Now.

Every moment is a symbiotic connection between your mind/body/spirit.

The Breath within The Breath allows you a moment-to-moment connection.

The most powerful way to deal with unbelievable life situations beyond your control is prayer.

I'm surprised at the moment of a disaster, people encourage everyone to pray.

My question is if prayer at that moment is all you can do, and call upon the global community to do the same, why not keep praying when things are not a crisis?

I am alive today only by prayer.

In a crisis, you need the "Power".

That is the only way I survived being PENG along with my clients.

I prayed before, during, and after the crisis was resolved.

The Golden Rule – Live in Peace

Across the World's Religions, we discover the distilled wisdom of the human race.

"We must treat others as we wish others to treat us."

This is not rocket science, and these life skills are more effective than a cruise missile.

As you have experienced and looked at your one-page handout of activities, is there anything that a child could not teach?

The skills are so easy to learn and use, please teach your children.

To teach is to touch a life forever.

You are giving them a gift of love, and life skills with priceless benefits.

Think global, act local.

Everyone, everywhere, needs this program NOW!

Please share this link throughout your network so more people may download this FREE Gift.



These skills are NOT the answer to everything.

In the **immediate moment of crisis, and chaos, these skills offer something when there is nothing.**

The Voyager space probe carried this poem by **Saadi, a 12th-century Persian poet** into space.

A Persian carpet with this poem woven into it is now in the United Nations headquartered in New York.

**Human beings are members of a whole
In creation of one essence and soul
If one member is afflicted with pain
Other members uneasy will remain
If you have no sympathy for human pain
The name of human you cannot retain**

I pray God blesses you and keeps you safe as you Pay Forward, Better Mental Health Skills in a Crisis.

Please listen to your heart and Help Support BFI's Humanitarian Mission with a Donation.

Any amount that feels right will create more healing ripples.

You don't have to jingle to get your brain to twinkle.

Thank you.

Merci beaucoup and "Bon Chance."