

Brain Integration Exercise

Firstly, what's the basic idea behind brain integration?

Just like we have a dominant hand (either left or right handed) we also have a dominant side of our brain (either left or right hemisphere) and although we can function at a very high level operating from one half of our brain it does not give us the full picture.

That is where brain integration comes into play. If we can activate both the right and left hemispheres of our brain it helps us to get into the zone so that we are able to function optimally at the unconscious level.

There are several ways to train your brain to react at the unconscious level however today we are going to focus on brain integration.

Below is an activity that will begin to integrate your brain, help you to relax and ultimately increase your health.

Easy Activity 1: Cross Crawls This first exercise for brain integration is very simple and can be practiced anywhere (do it often - a couple of times a day). Especially do it just before you exercise.

While standing, raise your right leg, bending it at the knee, and bring your left arm over and touch the right knee. Return to standing. Then raise your left leg and touch the knee with your right hand. Return to standing, and then continue, alternating sides. You will find yourself marching in one place while alternately touching your knees with your opposite hand.

With the exercise you can alternate the pace that you do it at to achieve different results. If you slow it down you will find it puts more stress on your sense of balance, improving it over time. If you speed it up (until you are almost running on the spot), it can be used as a pre-exercise warm up as well as the all important brain integration exercise.

Brain integration is an essential part of development and co-ordination, it is integral when babies are first learning to crawl as they are also integrating their brain with the cross crawl movement!

Now if you practice these brain integration activities for a minimum of 2 minutes each morning. 2 minutes each evening and definitely for 2 minutes at lunch and before any type of focused activity, I promise you will see some astonishing results.

Alright how simple is that? But it is also super powerful!

Practice this exercise - get into the habit of doing it and start noticing the difference!

Rhythmic Diaphragm Breathing and the Entrainment Effect

This technique can be done in most positions but the easiest is lying on your back.

1. Lie flat on your back in a quiet peaceful location.
(Do the best you can to find a location like this)
2. With your eyes closed, focus your attention on your heart. Imagine that you are taking the breath in through your heart. With your mouth closed, breathe in through your nose slowly. Take approximate 4 sec. to inhale.
3. As you are inhaling, use your diaphragm. You will know you're doing it correctly if your stomach rises and your chest doesn't move.

Note: To help you re-integrate your brain and the diaphragm muscle, put one hand on your chest and a book (or the other hand) on your belly. As you breathe in, make sure the book on your belly raises. If you must, forcefully push your stomach out as you breathe in. Almost automatically you will create a vacuum in the lungs and they will fill with air. (that's how the diaphragm works)

4. Next, as you exhale, slightly open your mouth and let the air out slowly taking 6 to 7 sec. As you do this, your stomach should go down gradually pushing the air out of your lungs. Imagine that you are blowing on a candle flame without blowing it out.
5. As you are exhaling, focus your attention, with your eyes closed, on your solar plexus area. That's right above your stomach where your rib cage meets. Imagine that the air is going out through that area.
6. To get the positive effects of this activity, you'll need to do this for a minimum of 5 min. At first you may experience some dizziness due to the increased O₂ in your system so start at a short duration and work your way up in time. You will get even greater benefits if you continue to do this for longer periods of time.
(10, 15, or 20 mins.)
7. Don't be discouraged if you fall asleep, keep trying the breathing and eventually you won't fall asleep. As you improve you will experience a wonderful relaxed state of stress free consciousness.

This activity will actually improve the frequency at which your brain functions which will have global positive effects for you and your health. Your hearth health will improve and your brain will have the opportunity to rest and recover.

In order to get these changes, the activity needs to be repeated daily, even multiple times a day in order to change the habit pattern of your brain and reset the brains resting rate. A fairly permanent resting rate of brain function seems to be achieved around the 4th to 5th month of repeating this activity.

Caution: don't make doing this activity another stressful thing in your life. It's about learning to calm your entire system. Blood pressure will lower if it's too high, immune system function will improve, digestion will improve, life in general will not seem so stressful.

Do it - it's for you and those you love!

Heart Meditation

This heart meditation will help you become the real “you” again.

To begin, sit quietly and relax. You do not have to sit cross- legged if this is not a comfortable position for you. The important thing is a relaxed body, so that the mind can be free from any signals of discomfort. Work for a moment with visualization. Picture a person who you love very much. Choose just one individual who is very dear to you. After you have determined who will be the recipient of your loving energies, focus all your attention on the area of your chest and heart. Now, slowly replace your loving thoughts about this person with the real sensation of feeling love (FEEL IT, DON'T THINK IT).

Continue this exercise for 15-20 minutes and remember to avoid using the word ‘love’ or engaging in a visualization process. Remember you are focusing on the real sensation of pure love, which may bring warmth and delicate vibrations, or perhaps a hint of heaviness or pain in your chest area.

With this exercise, students report feeling many sensations in the chest area. The most frequent sensations are warmth, tingling, vibration, expansion, heaviness and discomfort. All indicate the movement and concentration of energy. Pain demonstrates that your physical body needs time to adjust to the higher vibrations of your heart chakra. You may also suddenly feel that tears are coming to your eyes. Allow them to flow, as they indicate a much needed release. As the heart exercise is repeated, the awareness of unconditional love comes more and more frequently and brings you an intense and wonderful sense of tranquility.

Repeat this exercise every day, sending your love to people close to you, those who you love and of whom you are fond. After 10-days, gradually switch to those for whom you care very little, and then to people you dislike. With the latter group try to build up friendly feelings step by step before you start this meditation. Think about their better qualities and characteristics. The person you are focusing on may have a nice smile or lovely eyes, or you may admire the way he or she moves or dresses. Try to find something positive, and from this basis, build up friendly and accepting feelings. After several days of doing this exercise, you will see these people differently; they will seem much less hostile and much more like you. At this point, it will be much easier to send acceptance and unconditional love to them. As long as there are unfriendly vibrations in your heart center, it will be difficult to pass the energy through it. Your heart chakra needs to be thoroughly cleared and open in order to play an important role in the external energy fluctuations around your body.

We have found that the first part of this practice - sending loving vibrations to someone we love - is simply an enhancement of everyday life. Since we do it quite often, it does not have a dramatic impact on the change of vibrations in our heart chakra.

However, the second part - sending love to people with whom we have problems - can literally change our lives.