

# Mind-Moving (M-M): Combines the 4 Best Exercises

## MIND-MOVING (M-M) COMBINES THE 4 MOST HELPFUL EXERCISES

**1. BALANCING:** The most effective way to balance your mind is to move your mind around in your body. You move the right brain into the left side of your body and the left brain into the right side. You do this because the left brain controls the right side of the body and the right brain controls the left side of the body. Mind-Moving is done best with opposite or mirror body parts, for instance, left and right hands.

**2. MEDITATION:** The classic beginning meditation exercise is to follow your breaths. You simply either watch or count your breaths while letting your thoughts and emotions run free. M-M combines following your breaths into its practice to quiet your mind and bring you peace.

**3. RELAXATION:** Repetition, safety, and a focused attention allow one to relax. The repetition of your breathing and moving your mind is calming when done in a safe environment. M-M both relaxes and focuses your mind partially through repetition and partially through mind-moving.

**4. GROUNDING:** The self is calm when the mind is grounded. Aligning the left-brain, right-brain, heart-brain, and stomach-brain is soothing, reassuring, calming, comforting, relaxing, and freeing. The stomach-brain is where you feel flight-or-fight: stress stimulation. Your 100 billion nerve cell stomach-brain is also known as: enteric nervous system, solar plexus, celiac plexus. The process of grounding the left and right brains in the stomach brain has NOT been spoken of directly before now, but can be understood as the basis for many ancient meditation practices.

**BENEFITS: Mental stability from reduced mental and emotional noise that overloaded brain circuits.**

**1. BALANCED MIND FROM CORPUS CALLOSUM AND LEFT AND RIGHT BRAINS:** Balancing your mind frees your awareness. A balanced mind exists when the left and right brains freely communicate through the corpus callosum. A balanced mind is a healthy mind: NOT looping, stuck, fixated, racing, exaggerating, damning, avoiding, or closed. Balance comes from moving your mind between your left and right hands or other mirror body parts.

**2. QUIET MIND FROM HEART AND STOMACH BRAINS:** A quiet mind is a receptive and open mind. A quiet mind is open to creativity, the new, and being useful. Only an empty vessel can be filled. You can be filled with self or God. A quiet mind comes from your heart-brain and stomach-brain being in sync. You get them in sync by moving your mind between them using one of the M-M techniques: breathing, humming and counting, verbalizing, visualizing.

**3. RELAXED MIND FROM HEART AND EARLY BRAINS:** Relaxation reduces negative stress. Negative or unproductive stress leads to social, physical, mental, and-or emotional conflicts. These disguised conflicts cause harm and hurt to health, self, others, relationships, peace, learning, productivity, creativity, and society. The heart-brain stabilizes the reptilian and emotional brains (medulla and amygdala) with rhythmic signals: relaxed mind.

**4. GROUNDED MIND FROM STOMACH AND LEFT AND RIGHT BRAINS:** Focusing your left and right brains so they are grounded in your stomach brain induces: quietude, calmness, sanity, security, confidence, intelligence. The stomach-brain acts as a center point for the alignment of the left and right brains thus negating the compulsivity of the stomach-brain, the looping of the left-brain, and the obsessiveness of the right-brain.

**5. (HRV) HEART RATE VARIABILITY:** Studies still need to be conducted. All we can offer is that based on the work that is being done with TFT and HRV, it seems prudent to suggest that M-M will also increase HRV. An increase in HRV is well-correlated with an increase in life span.

**WARNING:** Do NOT do the exercise while operating or handling any dangerous equipment, machinery, or substances such as: power tools, tools, knives, guns, swords, scissors, sharp or pointed objects, exercise equipment, cars, trucks, motorized vehicles, fire, flammable liquids, combustibles, poisons, acids, toxins, pollutants, etc.

## OPTIONAL RELAXATION ENHANCEMENTS

1. Combine with belly rather than chest breathing: belly, stomach, or diaphragm breathing has been shown to be calming all by itself. Also experiment with breathing in through the nose and out through the mouth.

2. Repeat "my hands are hot" or "I've got hot hands." Repeating "I've got hot hands" will help make it so. Having hot hands indicates relaxation by indicating blood flow into the hands. Tension, the opposite of relaxation, reduces blood flow to the extremities such as the hands. While hot hands do NOT always indicate relaxation, they do often enough to make it a good generalization.

3. You can skip joints or areas of your body that are painful or somehow problematic for you. One of the main points of the exercise is to relax, so avoid trying to move your mind either to where you struggle to get it or to where it causes you or makes you aware of any discomfort or distress.

4. For best results: (1) sit in a comfortable position; (2) keep your eyes slightly open; (3) remove constricting items such as jewelry or a belt; (4) loosen your shoelaces; (5) wear loose fitting clothing; (6) find a quiet place to sit. However, you can also do it lying down, sitting, standing, walking, or any way you want that is safe.

5. Experiment with different options: breathing in and out in reverse order; breathing in whole sides of the body; breathing in limbs instead of joints, breathing in on both sides of the body at the same time; various physical positions; different humming, verbalizing, or visualizing; combining breathing with humming and counting; combining breathing with verbalizing or visualizing; being aware of only your hands as you do it; with music; before problems; without stomach or heart; with just stomach and heart; safe variations on the above.