

The Essential Tool

Laterality line

Why is laterality so important as suggested in Kinesiology?

Laterization of brain function, is referred to as “the relationship” between the two hemispheres. The basis of this communication is the neural network between the left and right cerebral hemispheres through an area referred to as the corpus callosum. Laterality determines the level of development of integration between the two eyes, two ears, and the two hemispheres [and both sides of the body]. The laterality line is a significant indicator in possible development delay and learning difficulties.

The Essential Tool drawing or a ∞-drawing [lemniscate] is all about finding out the level of balance of the person that draws it; using the knowledge of the metaphors and muscles [John and Matthew Thie] and what these muscles represent on the human body.

On The Essential Tool-drawing the laterality line consists of 4 meridians namely: Large intestine, Small intestine, Triple warmer and Lung.

The Large intestine is represented by, amongst others, Quadratus Lumborum and the Fascia Lata. *Metaphor: space for change, letting go.*

The Small intestine is represented by the Quadriceps and the abdominals. *Metaphor: taking in, assimilation, processing.*

The Triple warmer is represented by the Teres minor, Sartorius, Gracilis, Soleus, and Gastrocnemius. *Metaphor: passion, harmony, balance.*

Lung is represented by, amongst others, the Anterior Serratus, Diaphragm and Deltoïdeus. *Metaphor: free to breathe and speak, inspiration, sense of self-worth.*

Let's look at what these muscles indicate to us on a ∞-drawing.

Remembering that we are not looking at a medical model: this program was intended as an instrument to observe and advise what the student can do to achieve better balance, functioning and learning. It provides an indication of possible learning and behaviour issues that children can experience at school on a day-to-day basis all over the world. The ∞-drawings I have witnessed are universal.

The first meridian on the line is the Large intestine.

Quadratus Lumborum

This muscle supports the functioning of the diaphragm for breathing. Major stabilizing muscle in the back.

A weakness at one side can cause lack of balance and can have a negative effect on functioning of the gravity line in the body. This can create stress and inability to coordinate movements in the midline and limits cognitive processing. One of the ways to strengthen this muscle is by crawling, so it is important for children to crawl a lot before they start learning mature walking.

Fascia Lata

Affects the Lymph and also aids the Quadratus Lumborum. When there is a weakness in the Fascia Lata, legs can have unequal lengths or/and someone can encounter lymph issues.

The second meridian on the line is the Small intestine.

Quadriceps

This muscle enables differentiated movement, which can be inhibited or late in children with motor development problems. Some aspects of Small intestine are mental control, mental clarity and speed of processing.

Differentiation in learning is very helpful to support students in their learning. [individual learning styles in the lessons, varying the levels of difficulty, group students by shared interest, topic, and ability] In short: assess and adjust lesson content to meet student's needs.

Abdominals

Core of the human body. The core is the shoulder girdle area as well as the inner muscles of the trunk that strengthen the head area. The vestibular system is tied to the core muscles of the abdomen. The connection between the vestibular system as well as the eyes and the core muscles is very important to the learning process. Amongst other muscles, one needs their abdominals for crossing the midline. When this is difficult to do, the flow of information can be limited. Cross lateral movements are great for balancing the core muscles.

The third meridian on the line is the Triple warmer.

Sartorius, Soleus, Gastrocnemius

These muscles, amongst others, are all involved in the adrenal system. Adrenalin plays a role in various functions, such as digestion, respiration, blood pressure and memory, so very important for our metabolism and in maintaining homeostasis.

It is known that stress has a huge impact on the adrenals and can cause a lot of imbalance, troubles or discomfort in health and well-being. This may influence someone's way of functioning and learning.

Gracilis

This muscle is involved in turning of the hips towards the sacrum and has an influence on the posture. Also involved in the adrenal system.

Teres Minor

Turns the arm and upper arm which supports the wrist and elbow, needed for manipulation of objects. Triple warmer is the area of one's creativity; creation of our actions, and choice in movement and self-transformation. It is good to encourage creativity through art, music or anything that appeals to the person. Singing is very good to balance this element.

An additional area added to the Triple warmer meridian consists of two further areas:

the Pineal gland and the Pituitary gland.

Pineal Gland

This gland produces melatonin, which is essential for the functioning of our biological clock. The Pineal gland is an important switch in our sleep wake rhythm. This effects our quality of sleep.

Pituitary gland

Sometimes called the Master of the hormone orchestra. It regulates the production of the hormones. This gland has a central, regulating role in the endocrine system; influences, amongst others, blood pressure, memory, temperature and metabolism.

It has a powerful influence over the rhythm of the heart.

The fourth meridian on the line is Lung.

Anterior Serratus, Diaphragm, Deltoideus

All these muscles are involved in and therefore have a huge influence on breathing. As we know, breathe [oxygen] is vital for the functioning of our whole body including the brain, feeling of well-being, and also for learning.

The Laterality line also supports several reflexes, like:

Abdominal reflex, Leg Cross flexion, ATNR, Moro and the TLR.

Abdominal reflex

Calms down the sensory system, hearing and listening. If our auditory system is inhibited, this can cause being passive or feeling sleepy. Non-attentiveness has a huge impact on receiving information during lectures [auditory specialized functions, like analysis, and synthesis].

ATNR

This reflex affects head turning activities and development of binocular vision required to integrate the images from both eyes into one image. A retained ATNR makes it hard for children to cross the midline of the body. For this reason they can have difficulties using two hands, for example to manipulate objects or tying shoe laces, and in handwriting. These activities require cooperation between the left and right hemispheres as well as support of sequencing skills.

Leg cross flexion

This reflex affects the development of the muscles and the coordination of the legs. It influences muscle development, posture, and the functioning of the gravity line of the body. The maturation of this reflex has an effect on cognitive functions such as speed of perception, thinking ability, and thus also on e.g. mathematics and reading.

Moro Reflex

Assists in the development of the breathing reflex. If the learner is in a constant state of survival, breath holding can occur. An aspect of overstimulated [un-integrated] Moro

reflex is an over-production of adrenaline which negatively influences the immune system and can contribute to, for example, feeling not well and absence at school.

TLR reflex

Develops muscle responses enabling the core and limbs to react to subtle changes in the inner ear [vestibular system] caused by head movements. Important for balance, auditory processing, muscle tone as well as developing the proprioception system [knowing where the body is in space]. As a result of a non-integrated TLR reflex a student can experience difficulties in following multiple instructions and also struggle with verbal learning.

The laterality line is an important area. It will help the student a lot when it is identified as early as possible. Many students, their teachers and people like e.g. coaches and kinesiologists can benefit from this information. Instead of limitations, a sense of failure and frustration, every human being deserves to experience positive improvement.

Using The Essential Tool program provides possibilities to achieve more balance, better communication, motivation and learning results. All this can contribute to more pleasure in learning and life. Many people of various ages – including students – from all over the world have experienced The Essential Tool and benefit from this program.

The information shared with you all today is one of the many areas that are part of my work “The Essential Tool“. Hopefully I will have another opportunity to tell you more about these in the future.

My journey into the world of 8s [short for a ∞-drawing] began in 2008 in Cape Town, South Africa. I was doing my practical's before qualifying as a Licensed Brain Gym International Trainer by working with students at a primary school. When working with the students I noticed that there were so many strange shapes being drawn and became intrigued as to what these shapes represented.

15 years and some 30.000 drawn 8s later I have compiled a wonderful Kinesiology program which I have called “The Essential Tool” which consists of 4 Levels.

The Essential Tool program has made it possible to help many students, in both high school and foundation phase, to improve their grades, and many of them have qualified to enter university and college. One of the High Schools even managed to receive an “Excellence award” which was exceptional considering the low socio- economic environment that the students were travelling from.

Many of my workshops have been attended by students in over 14 countries and will continue to thrive in the coming years.

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Websites with information regarding The Essential Tool in the Netherlands:

www.braingym-ki.nl en www.topki.nl

