

PREPARE TO DELIVER

When we open our eyes, the nervous system has been in healing, repair mode. As light, and details make themselves known, we perceive the world around us. Sounds, shapes, smells, touch, and taste provide information about where we are, and what is going on, if anything.

Why don't we give the brain a little test run to see if it is performing reliably?

1. Assuming that you are on your back, raise the head a few inches off the pillow, and hold it up for 8 seconds. Then let it down. Repeat this twice more. This exercise helps to strengthen, and toughen your neck muscles. This is necessary to protect your neck. Most people have weak muscles in the neck. Getting out of bed can be enough to strain some necks. The signs that this has happened are any of the following: i) Nausea, ii) Dizziness, or Light-Headedness, iii) Loss of Arm, or Hand Strength, Dropping things, iv) Losing Balance.
2. Reach out in front with one arm, straight up. Focus on one finger, and slowly bring it closer to your nose. Stop when you lose focus on the finger nail. Hold it there for a few seconds, then slowly reach out again, and follow your finger until your arm is fully extended. Repeat the process again, following your finger until you lose focus. Stop there again, and focus. Then follow the finger out again as you extend your arm again. Repeat this about a dozen times. If you get a headache, or nausea, stop. It is probably no surprise that this will help your eyes to focus more effectively. Another surprising fact is that this will also release tight neck, and back muscles while you are lying in bed exercising your eyes.
3. Next, you can do the arm exercises to test your Cerebellum. i) Open and close index, and thumb, 10 X. ii) Open, and close all the fingers, 10 X. iii) Reach out with both arms, and flip the palms up, then down, 10 X. iv) Bring your elbows to the bed, and reach out with each hand, again palm up, then palm down, 10 X. v) Finally, now is your chance to play the piano. Run your arms and hands left, and right in a semi-circle, articulating your fingers all the while, 10 X. If you do these exercises as quickly as you are able to, then you may notice that for some of them, one side will be easier than the other. You may practise the slow side to enrich the brain's awareness of your limbs, and appendages. Every movement that you make is building brain competence, even if all that you are doing is shuffling cards.
4. Once you have done the top end, you can start with the feet, and legs, moving them gently, to get them ready for carrying you to wherever you may wish to go.