

January 2024 News



Painting by Robert Greenwood "There are forests in the mind"
<http://www.robertgreenwoodart.ca/>

~ John O'DonahueFor A New Beginning

In out of the way places of the heart
Where your thoughts never think to wander
This beginning has been quietly forming
Waiting until you were ready to emerge.

For a long time it has watched your desire
Feeling the emptiness grow inside you
Noticing how you willed yourself on
Still unable to leave what you had outgrown.

It watched you play with the seduction of safety
And the grey promises that sameness whispered
Heard the waves of turmoil rise and relent
Wondered would you always live like this.

Then the delight, when your courage kindled,
And out you stepped onto new ground,
Your eyes young again with energy and dream
A path of plenitude opening before you.

Though your destination is not clear
You can trust the promise of this opening;
Unfurl yourself into the grace of beginning
That is one with your life's desire.

Awaken your spirit to adventure
Hold nothing back, learn to find ease in risk
Soon you will be home in a new rhythm
For your soul senses the world that awaits you.



Connect



Radical Accompaniment – December 13th, 2023

Inspired by a discussion facilitated by Bayo Akomolafe, Lisa Marcovici and Dana Luebke hosted a celebration of light, joy, grief, lamentation, love, and peace to embrace the wholeness of our human experience. Brain Gym® associations around the world created their own celebrations, and 10 countries around the globe joined us in times appropriate to their locations!

We began with a vagal nurturing activity to support coming together in an active, receptive state. Dana spoke of our desire to offer this different kind of coming together, a gathering for our members to witness whatever people felt called to share. Our goal was that all would be seen, heard, and valued, leave feeling safe, connected, and supported, with the experience as a resource we bring into the world.

Participants were invited to voice a feeling, desire, intention... As they spoke a little candle was lit and placed in a crystal bowl of water, onscreen for all to witness.

Some of the wishes were for Guidance,
for strength to remain calm and grounded in the face of what is happening,
for time for healing,
for sharing and facing our common humanity,
to create a pause to acknowledge and express grief,
to simply witness,
to know that we have a light to shine and we can use it,
for everyone in the world to be open to the new energy and the calm,
to have the ability to release pain,
to connect and stay in touch with all those whom we know around the world,
including those with dementia,
to stay awake and be passionately curious, and to stay coherent in our hearts,
to encourage people to trust their guts,
to connect and evolve,
to connect to all things with compassion and love,
to feel connected,
to feel appreciated, and to channel light in darker days.....

We then invited members to offer or request activities, creating a menu. These included breath work, integrated movements, and a dance Dana composed of Brain Gym® and Integrated Movements set to music of Bach.

For our post activity, Dana read the poem Clearing by Martha Postlethwaite, then we offered each other figure eights, circling around ourselves at first and then imagining them looping around those on screen. We noticed our movements and breath synchronized, even as we slowly backed away from the screen, and turned our backs to the cameras, the new sense of connection remained strong, and we could imagine keeping it within our hearts.

Everyone stayed and danced to the song "Let's Love Louder" by Bliss Looper, as people expressed feeling relaxed, accepting, connected, empowered and grateful... An experience we will be repeating again in spring! Thank you all for your open-hearted participation and connecting.

Share



Photo 273898666 | Group Cute Dragons © Altitudevs | Dreamstime.com

We invite you to join us for the 5th

Brain Gym® Canada Annual General Meeting (AGM)

Tuesday February 13th, 2024, at 5:00pm Mountain, 7:00pm Eastern,
8:00pm Atlantic

2024 marks the Chinese zodiac year of the Dragon and BGC 5th birthday!

A dragon is a supernatural being with no parallel for talent and excellence, very much the qualities we strive to cultivate within our Brain Gym® community.

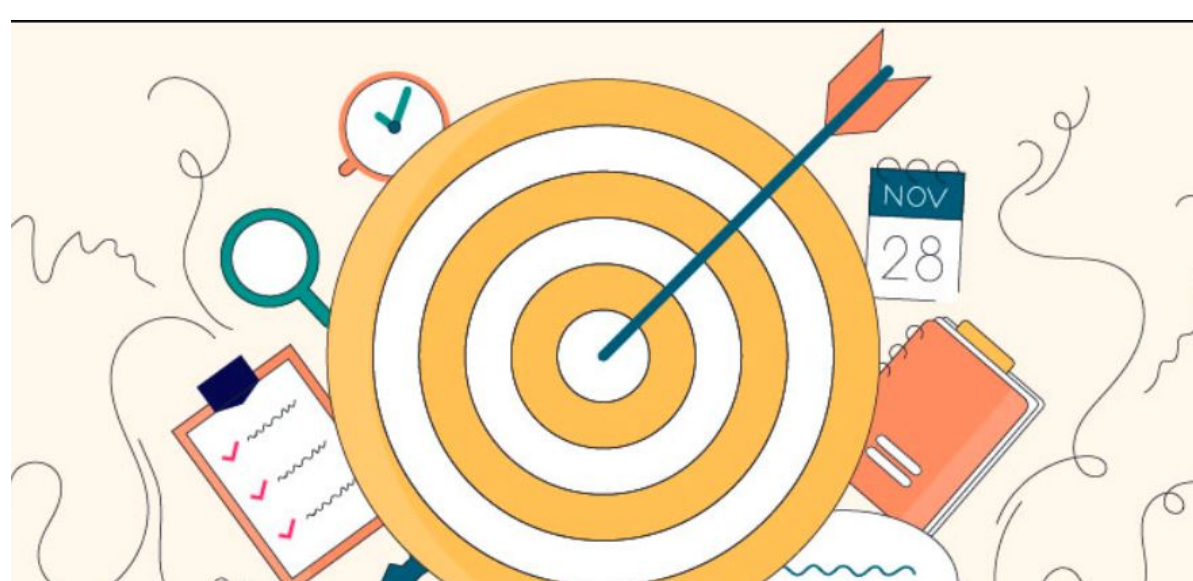
The Chinese Dragon has been a symbol of strength and power, wealth and wisdom and considered one of the luckiest animals in the Chinese Zodiac.

For instance, take the dragon combined with the water element. The water element represents flow and therefore flexibility and fluidity. Water at the same time can also be very powerful, as in the power of a flood or surging water. The water element combined with the Dragon's strength and power could mean a year of opportunities and change, a more "fluid" or "flexible" dragon, but also a more powerful one. This could herald a very unpredictable year but one to be embraced and to take advantage of all the good fortune that dragons are known for.

Mark your Calendar for the BGC 2024 AGM (Annual General Meeting)

Tuesday February 13th, 2024, at 5:00pm Mountain, 7:00pm Eastern,
8:00pm Atlantic

Learn



Goal Setting Workshop

This workshop is happening Thursday, January 18th, 2024 and we are very excited to be able to begin the New Year with an exploration of goal setting visions and skills.

Carol Ann Erickson, International Faculty Member, master goal-setter, and author of the Movement Exploration series of courses and workshops, will be offering a presentation on goal setting within the 5-step framework of a Brain Gym balance.

There will be plenty of time for discussion and sharing so please join us for this special event to launch the New Year!

**Thursday January 18th, 2024 5:00–7:00pm Mountain,
7:00–9:00pm Eastern, 8:00–10:00pm Atlantic**

Online via Zoom

Fee for Brain Gym Canada Members: **\$10**

Non-members: **\$25**

To register send \$10 (members) or \$25 (non-members) via Paypal or e-transfer to:

info@braingymcanada.ca

(Zoom link will be provided after registration)

Grow



Brain Gym® Canada Meet-Up: January 27, 2024

Do you wonder why so few men attend Brain Gym® events? Do you feel Brain Gym® tools could be useful for men? We do, and we would like to make Brain Gym® more welcoming, inviting and relevant to men.

Our new verb for Brain Gym® Canada this year is Grow, and with men being almost half of the population, our first meetup of the year will be a discussion of how to make Brain Gym® seen as relevant and welcoming by men.

We've invited some special guests, including Don Wetsel from the US, Pierre Hazera from France, and holistic healer and mindset mentor Steve Harvey, as well as our own David Loree and Dana Luebke. Please join us for some heart storming on this topic. Our intention is to generate some ideas that contribute to men's increased involvement in Brain Gym® and the transformation of our presence online and in person.

Saturday January 27, 2024 at 11am Mountain, 1pm Eastern, 2 pm Atlantic

As always, no need to sign up, simply use the zoom link below to join us:

<https://us02web.zoom.us/j/82327422029>



As we support each other's growth, we all thrive, and Brain Gym® Canada continues to grow. It is through this lens that we are expanding our website to reach out to people who may not have heard of Brain Gym® or know what it is and what it can offer.

In the coming weeks we will be inviting you to bring this new part of the Brain Gym® Canada website to life with your own videos, images and stories. We will offer templates for sending these to the committee so that we may get the new section up and running as soon as possible.

With much gratitude your devoted website committee

website@braingymcanada.ca

Dana Luebke, Joanne Smyth & Sonya Sommerville

www.braingymcanada.ca