

REMANLAY  
AGUREFLEX  
INTEGRATION  
AND THE  
THINKING CAP

MONTY THE  
MONARCH  
BUTTERFLY

BLAZING A  
BRAIN GYM<sup>®</sup>  
TRAIL IN MAINE

## Monty, The Monarch Butterfly

Marg Harris



**A**s a Brain Gym<sup>®</sup> instructor and consultant for over twelve years, I discovered some adults had difficulty doing Hook-ups due to arthritis of the hands, wrists and shoulders. Utilizing skills developed as a previous public health nurse and educator, I quickly realized the need to create a modification for Hook-ups, yet honor the intention of the movement.

I demonstrated my "Butterfly Technique" at a Brain Gym workshop. An energetic grandmother in the group declared it was delightful and wanted to share it with her two-year-old grandson. What a fun way to learn self-control! Thus was born the following story:

Monty the Monarch butterfly awoke early one morning, freshly hatched from his warm, snuggly cocoon. As he fluttered and dried his new butterfly wings, he cheerfully greeted a wonderful sunny day.

He flitted from flower to flower looking for nectar and happily exploring his new world, since being transformed from a caterpillar into a butterfly. He extended his long butterfly tongue (it is actually a feeler for butterflies) to drink the flower's nectar as he moved from flower to flower.

Suddenly he came upon a wee child, bowed over crying in the garden. Monty was startled, but not afraid, curious really.

He stretched his beautiful bright orange and black butterfly wings

and made a decision. He would courageously (for a small newborn butterfly) land on the wee child's head. There was no response from the upset, crying child!

"Hmmm!" he said to himself, "Perhaps I need to move closer."

He mustered up more courage and fluttered to the child's forehead. This time he startled the wee child, who looked up at the butterfly wings waving before his eyes. The child laughed with glee at the wings waving before his eyes.

Monty, also responding with surprise, laughed too, and then flew in a happy double circle to the left and the right. (Butterflies are known for their unique fluttering skills.)

"My name is Monty the Monarch Butterfly. What is your name?"

"I'm Devin," replied the wee child.

"Well, Devin watch me for I can show you how to joyfully flutterby just like me," Monty responded with a butterfly grin.

Wee Devin was curious,

stopped crying, and said, "How can I fly as beautifully as you?"

Monty offered, "I see you have your legs crossed. Humans do that when they want to relax. Now raise your hands. Wow! That's it, palms up facing you. Now cross your wrists, hook your thumbs together and then wiggle your fingers. See you have made your own butterfly in your own body"

Devin grinned with delight!

Monty guided, "Move your butterfly to the right in a circle and to the left and then to your right making circles as you go, fluttering with your fingers... That's it! You can do it! I am so proud of you! Can make your hands dance and fingers flitter and flutter?"

"O.K., now circle left, then circle right!" Monty continued, "Play with it two or three or more times. You are awesome! Let's pause a bit for another trick. Fold your baby and ring fingers. That's It! Good work Devin; follow just like me above your eyebrows. Here, I'll show you."

And Monty Monarch landed right in the middle of wee Devin's forehead. Devin again giggled at the tickling sensation of the butterfly on her brow. She followed Monty's instruction and placed her pointer and ring fingers on her brow.

"Now," said Monty Monarch, "Think of a happy space where you love to be. That's it! Close your eyes, take a deep breath

and just be in that space for a minute or so."

And wee Devin did just that, imagining a place by the beach with sand and sunshine. When a minute or so had passed Monty the Monarch Butterfly asked, "What are you noticing?"

Devin answered, "I feel great!"

"Why were you sad?" asked Monty.

"I have clean forgotten," replied Devin.

"Then let's play some more!" said an excited Monty who fitted about with wee Devin dancing and fluttering joyfully as they moved about the sunlit garden.



This story has been so useful to me that I am in the process of creating a potential sequel: *Monty the Monarch Meets Sammy the Swallowtail*.

Early in my training to becoming a licensed Brain Gym® instructor, I had the privilege of taking a course with

Carol Ann Erickson. She challenged us to find different ways to combine Brain Gym movements. I've enjoyed

open you to various ways of sharing this elegant work.

rising to her challenge and trust *Monty the Monarch Butterfly* will open you to varied ways of sharing this elegant work.

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## Energy Exercises

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weight of the hips) back over the knees and heels.

Whether one is sitting, squatting, or standing, the Energy Exercise points provide important alignment markers to help balance the body's weight over the center of mass.

*Gail Dennison is the co-originator, with her husband, Paul, of Educational Kinesiology, the Brain Gym activities, and Edu-K's Learning-through-Movement series of books and manuals. A member of the International Faculty, she also wrote the Visioncircles, Double Doodle Play, and Movement Dynamics courses.*

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