



# Technology and Children

## How a Holistic Lifestyle Can Help Kids in Today's World

By Rita Kluny, RN, BSN, HTCP/I, HNC

**H**ealing Touch focuses on hands-on energy techniques, but it is not the only healing tool that we should have in our repertoire. Equally important is to consider the challenges that people face. Life moves so fast that we make choices every day of things that appear normal. Do we weigh in on what long term consequences might exist because of the choices we make? Sometimes! Yet with new technology, we have a blind spot about how it might be affecting the development of future generations.

Joseph Chilton Pearce (JCP) is the author of **Magical Child**, **Crack in the Cosmic Egg**, and **Biology of Transcendence**. His particular passion has been to understand who we are **from the very beginning**, and how to nurture and keep ourselves whole -- hopefully, by unveiling the mystery of birth, brain development and our evolution through life.

About ten years ago, JCP completed a study that had sobering results. He discovered that by the time a child entered first grade, (s)he had watched an average of 5000-6000 hours of television since birth. TV's and videos have become convenient babysitters in our busy lives. What he found was that the brains of infants and toddlers do NOT have the capacity to tell the difference between what is real and what is fiction. They watch programs that create stress response and stimulate the sympathetic nervous system, and the hindbrain. This is the part of us that will fight for survival, the instinctual part, the animalistic part. If this response becomes repetitive, stress and fear become chronic, the hindbrain's impulsive response can take

precedence over the frontal cortex. To explain - the frontal brain is the sophisticated part of us that thinks things through, that realizes and predicts the consequences of our actions. This helps us to be responsible for our actions, to be socialized, and to understand relationships. It fosters connectivity. The hindbrain only thinks of itself.

So JCP's findings paint a sobering reality. Some kids are growing up with a blind spot regarding how their actions might affect other people. This has to do with brain chemistry, not the right-wrong reality. They just simply do not have the wiring to figure it out. This might explain the growing incidence of senseless violence committed by youth.

Part of his experiment included other measures. He found that present day children have 50% less capacity to decipher hues and color subtleties than children of twenty or thirty years ago. Now with kids using smart phones and computers (which he says also hinders brain development, because it puts them on overload), the number might be even higher. He also found that they are prone to impatience, often becoming extremely agitated when put into a natural environment without any technology with which to occupy themselves.

So what is a healer to do? Parents need to know that speed and constant structured activity really dampen development, imagination, and creativity. Kids need time to dream, to imagine, to be close to nature, to study flowers, bugs and mud.

We can help parents realize that kids need balance and down time as much as we do, if not even more. **Modified Mind Clear-**

**ing** is really great to help counteract the stress of our times.

We also need to communicate with our kids and help them understand, albeit simply, the challenges we face. They face them, too. They understand, even though it may be at the vibrational level. You must assume that they are feeling it as much, if not more than we do. The value of therapeutic presence goes a long way!

The beauty is that they really need to be healed much more quickly than us. Being proactive about kids' stress will save them from carrying it around for decades before they realize they need help. They need that help NOW, while it is fresh, and easier to heal.

About the author:



Rita is finally giving birth to her book, **Your Baby Remembers: Parenting with a Deep Heart from the Start**. The labor pains have been rough at times. It will be available as both an e-book and a paperback. It is addressing new moms. However, many moms with older kids have found it helpful for healing old wounds. There will soon be an experiential and educational website for empowering moms towards birth -- [www.YourBabyRemembers.com](http://www.YourBabyRemembers.com). If you have any pregnant friends, do them a favor and help them give their babies the best start in life.

"As always, I am eager to teach wherever I am invited. Please visit my website [www.HealingTouchForBabies.com](http://www.HealingTouchForBabies.com) for more information. So far this year, there are/have been workshops scheduled in St. Louis, MO the end of April, Asheville, NC in mid-May, and Honolulu in October. I know of a great place where you can rent an oceanside condo in Waikiki for a week for the same price as a second floor hotel room. It comes complete with internet access and a kitchen. We could hang out together and you can help me celebrate my birthday!"

Rita is certified in holistic nursing and has been teaching Healing Touch since 1993. She was fortunate to have taken all her HT workshops with Janet Mentgen and is an elder in the program. 1994 Holistic Nurse of the Year. Rita is also certified

in Holistic Nursing and was honored by the American Holistic Nurses Association as their She introduced Healing Touch into the Omega Institute for the Holistic Studies' Wellness Center, where she spent seven seasons giving private sessions to staff and workshop attendees of all ages.

Rita's true passion is to give babies the best start in life. As the founder of Healing Touch for Babies, her vision is to see HTB integrated into all areas of prenatal and perinatal care, and to empower moms to experience the value of self-care and prenatal bonding during pregnancy. Rita is an active member of the American Holistic Nurses Association, Healing Touch Professional Association, and the Association for Prenatal & Perinatal Psychology and Health. She has written many articles on healing, some of which you can find in the archives of ***Energy Magazine***. She is also a contributor in the **Healing Touch Guidebook**, and **Chicken Soup for the Nurse's Soul, 1st edition**.