Lights, Camera, Action!

Hyperactive

My child is a little wild. The doctors call it hyperactivity, but I call it crazy! He is up and down, round and round – constantly driving me crazy. He can't sit long enough to eat, or to finish a simple math problem – not even a video game! He's beginning to lash out sometimes, and I'm afraid he may actually hit someone. The doctors want him on drugs, and so do the teachers. I just can't do that to him. We really need some help.

Advice from Professor:

- Keep talking to the doctor.
- If nothing is working, then:
    - Place two *Yu* (bowls) on the floor under the child's bed.

      The shape of the *Yu* symbolizes its essence. The bowl is circular, wide, and flat, allowing it to hold a great deal, and, yet, remain stable. Its ability to safely accommodate whatever comes it way, is the definition of poise and dependability. You will find *The Essence of the Yu* in Module 9, Crime Blotter, The Lineup, and again in Module 11, Lights, Camera, Action!

      a. Place one under the heart to encourage concentration and focused study.

      b. Place one under the feet if a child plays all the time, forgetting his studies.

      c. Attach a red string to the bottom of the bed, then let it fall into the *Yu*. Do this at both the heart and the feet.

      d. Both placements will help to calm a child.

      e. Reinforce with the Three Secrets.

Note:

If the child is getting involved in physical fights, place the second *Yu* under the hands (instead of the feet). You may also place a third *Yu* under the feet.

- You, as the parent, must calm down. As a helper, what will you suggest? What design details will you look for? What methods might you suggest? Give this a try. You have learned a lot in the last months!

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