

Dial Setting

With disorientation, there is distortion in perception, and variations in brain chemistry. The variations in brain chemistry explain many of the symptoms and characteristics of Attention Deficit Disorder, including hyperactivity and/or hypoactivity.

With orientation, there is a correction in perception, and a stabilizing effect in the brain chemistry. However the effect on brain chemistry is a lot like the swing of a pendulum; it takes time for it to even out and become stable. It may also be that the brain was functioning with different levels of brain chemicals for so long that when it evens out it may even out at a higher or lower levels than the norm.

Once a person has orientation, if there remains characteristics of ADD, hyperactivity, or hypoactivity they can establish control over their experience of time and energy levels. This will give them the ability to function “normally” in relation to others. We can do this by having them “set up a dial.”

A dial, according to the dictionary, is a circle around or on which a scale is marked, so that the position of a pointer, rotating about the center of the circle, can be stated. A dial does two things; first it is a gauge that shows the functioning level of something, and second it is or can be the control for some function or functions.

For our purposes we want the dial to control the rate at which the person experiences change (time or speed), and the energy level the person is experiencing.

We set in the dial using imagination and feeling. We want the person to be oriented or aligned before we start this because their intention will be stronger, and their perception more accurate.

The Procedure

Ask the person if they know what a dial is. Explain it if they don't know. Make sure that they are aware that it shows the level of function and that it controls the level of function.

Ask the person to imagine a dial that shows their energy level. Have them describe it. It is good if the dial has ten graduations on it, so if what they describe does not, ask them to change their image so that there are ten graduations on it.

Have them position the dial somewhere in front of them to the left or right side, not directly in front. Have them put their hand in the space where the image of the dial is.

Ask them, “If the dial shows their energy level right now, what is the dial set at?”

If it is 5 or below, have them set the dial up two or three notches (at least to 7). Ask the person, “Do you feel the surge of energy? Do you feel the change in temperature in your body? Do you notice the feeling of being more awake? Do you feel jittery at this level?”

If it is above 5, have them set the dial down two or three notches (to at least 4). Ask the person, “Do you feel your self slowing down? Do you feel the calming feeling? Do you feel the cooling feeling? Do you feel the relaxing feeling?”

There may be other questions you may want to ask that would be appropriate for the particular person. Ask the questions to draw the person's attention to the changes they are

experiencing. Do not question the person's answer as to being correct or not. Do not make the person feel wrong for what they notice

When the person notices the difference, ask them to set the dial in the opposite direction two or three notches below or above the original setting and ask them the questions listed above appropriate to the setting change. When they notice the difference have them set the dial at its original setting and have them notice the changes. Because the change is less, the feelings will be more subtle, but they will be able to feel it.

After the dial is put in you can discuss with the person the "appropriate dial settings" for the various activities they do. Also, in the future you can ask them what their dial is set at and they can tell you. For a while you may need to remind them of the appropriate dial settings until they begin automatically adjusting it in relation to what they are doing.