

Rick Hanson's "Pet the Lizard, Feed the Mouse and Hug the Monkey" practices have been put together by Marina Berney into an easy daily routine called the BEC. In this little French booklet, Marina first summarises some of the main ideas and concepts of [Buddha's Brain](#), along with selected posts of [Just One Thing](#). We are then introduced to the practice, whereby the rewiring of the brain is enhanced by Brain Gym® movements and the holding of Acupressure points. Embodying the practice in this way is extremely effective in helping the "Enrich" and "Absorb" steps of Rick Hanson's HEAL process.

Marina Mandofia Berney has a background in Law. She has trained as a barrister and worked part time as a judge, and completed a PhD before specifying as a lecturer and researcher in Medical Law and Ethics at the Faculty of Medicine of Geneva University. She emigrated to Australia from Switzerland in 1996 and there, after raising four children full time for a few years, changed her career path.

Marina Berney now works as a psychotherapist and an educational kinesiologist in her private practice Move2balance (www.move2balance.net), both in Sydney and in Geneva. Her original holistic approach combines talk therapy, educational kinesiology, acupressure techniques, tibetan bowl vibrations, and exercises using the potential of the neuroplasticity of the brain, tailored to suit each individual client's needs. This multi-dimensional method promotes change and transformation at a physical, mental, emotional and energetic level.

Marina also teaches a self-help energetic healing technique (Q-Touch Healing), a parenting/relating course (Q-Touch conscious parenting, Q-Touch conscious relating) and is one of Rick Hanson's PNT (Positive Neuroplasticity Training) teachers.