



Need a refresher after the workshop? These reference pages help remind you of the tools, the brain science, and the bigger picture when needed.

MEMORIES

BELIEFS WITHIN YOUR CONTROL THAT SHAPE YOUR REALITY, INCLUDING OBJECTIVE PHYSICAL REACTIONS AND EVEN LONG-TERM HEALTH, HAPPINESS, AND SUCCESS.

BRAIN MAP REGIONS

NEOCORTEX

- AKA Navigation
- Oversees analytical and technical ability
- Links ideas to facts and helps with pre-planning
- Making sense of things and deciding to store them or toss them

PREFRONTAL CORTEX

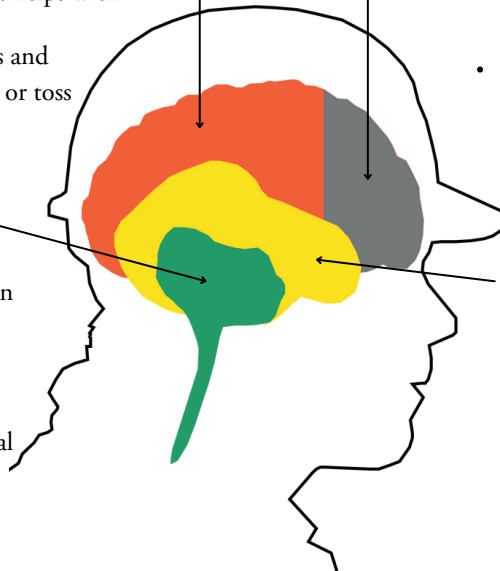
- AKA Executive Center - houses executive functions
- Integrates our brain(s) and body
- Receives and analyzes information from all the different regions to make decisions (good or bad)
- Can veto emotional reactions (if we allow it to)

BRAINSTEM

- AKA Reptile Brain
- Oldest part of our brain
- Regulates life systems (breathing, digestion, heart function)
- Houses Freeze, Fight, Flight, Fawn instinctual reactions

LIMBIC SYSTEM

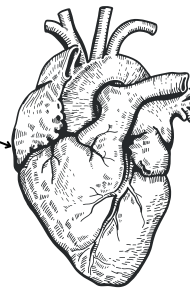
- AKA Mammal Brain
- Houses our emotions and motivation
- Takes control in emergencies
- Consulted by cortex for final decisions
- Leadership and teamwork (people skills) are stored here



GUT & HEART

HEART BRAIN

- Stores impactful and essential memories.
- Oxytocin is manufactured and secreted from our hearts.
- The magnetic field provided by our hearts is 100x greater in strength than our head brain and can be detected up to 3'.
- The heart also holds one of the most powerful electrical fields in the body.



GUT BRAIN

- Stores life lessons & wisdom we've picked up but can't necessarily recall where we experienced before or felt a certain way in a similar situation.
- Most of our serotonin is produced in our gut.
- Gut bacteria (microbiome) directly impact our quality of thinking and access to our intuition.

