

M-Braining – The Three Brains



Often in life we become indecisive, and experience a sense of competing perspectives within ourselves, in relation to a single scenario. It might be something small, such as where to go for dinner. It might be something big, like deciding on the direction of your entire life! This is a simple technique that teaches us that we have multiple brains – not just one.

To make the most holistic and logical decision possible, we should be utilizing the wisdom and power of all three levels of knowledge: **the head, the heart, and the gut**. You often hear people talking about “listening to their heart” or getting a “gut instinct”. Now you can learn how to find inner alignment, consensus, and equilibrium within yourself.



How to align your 3 brains:

Notice your breathing and begin to breath gently, slowly, CONTINUOUSLY, and deeply into the belly. It can help to slowly draw a figure of 8 on it's side with your hand and breathe in time to your hand drawing that shape. This balances the fight/flight response with the rest/relax response (by activating your autonomic nervous system).

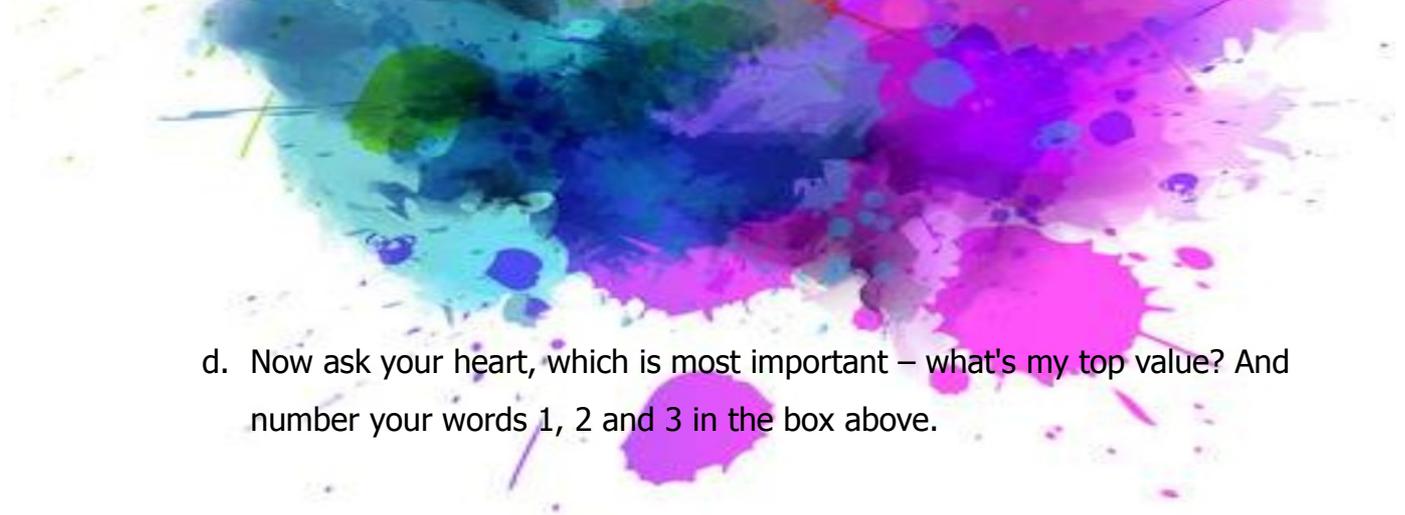
1. Think of a goal you have or something you want a solution to
– it's useful, the first time, to pick something small, rather than a big life issue – eg a cupboard or garage that needs sorting out which maybe you have not got around to doing, but would like to.

1. HEART BRAIN

a. Bring your awareness to your heart/chest area. The heart is responsible for your personal values. The chief value of the human heart is compassion. Notice that compassion now – perhaps a time when you held a baby, cuddled a puppy etc. Just take a moment to recall a memory, and the feeling of compassion that goes with it. Sit with that feeling for a moment.

b. The core question of the heart might be: *"What's important to me, now?"*
Ask yourself that question, slowly and softly, and sit inside the question for a while.

c. Notice what words come to mind as values. Write down at least 3 – eg for resolving a personal conflict a person might notice their value words are kindness, honesty, intergrity. For tidying a garage, a persons words might be orderly, creative, fun. Notice what your words are and write them below:

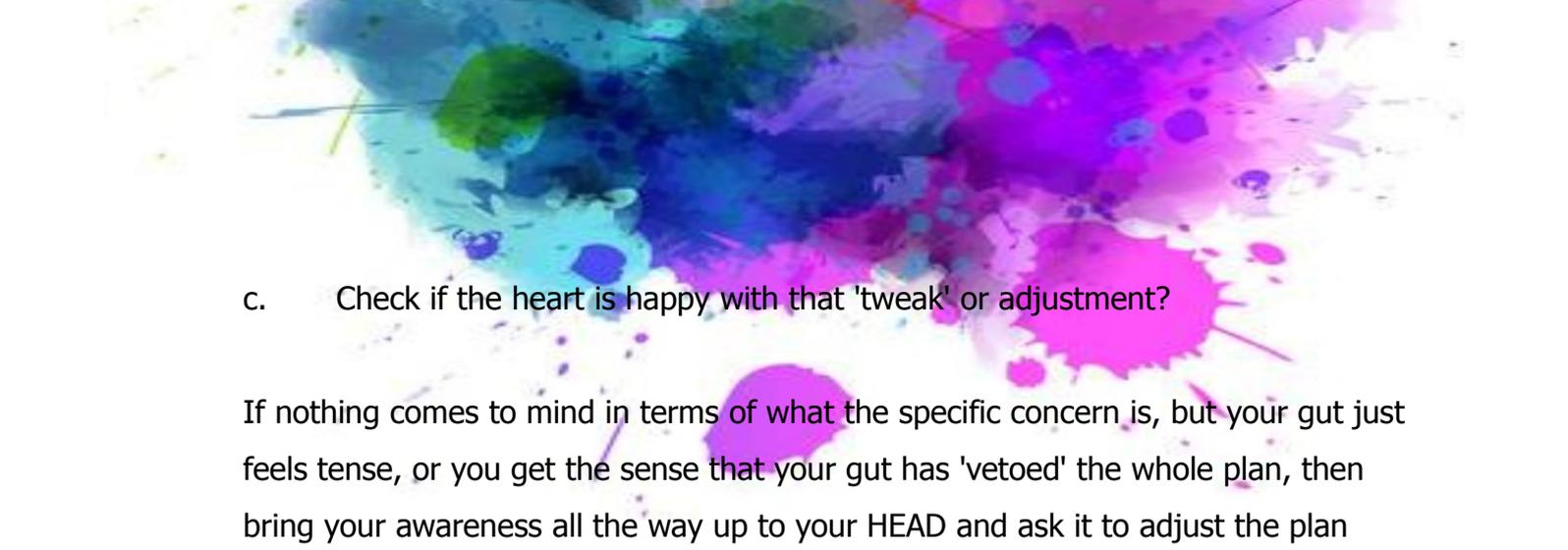
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- d. Now ask your heart, which is most important – what's my top value? And number your words 1, 2 and 3 in the box above.

4. HEAD/MIND BRAIN

- a. Bring your awareness up to your head and ask your head:
"What are some options, for achieving my goal, in a way that meets my top 3 values."
- b. Notice the options your head comes up with and ask it to choose one that seems the best fit with your values (the way of going about achieving your goal).
1. Now bring that option down to your heart area and notice your heart's response. Ask your heart "Are you happy with this option, does it meet your values fully"?
- d. If NO, then go back up to the HEAD and ask for more options or another plan, and then check that with the heart again
- e. If YES, or once the heart says YES, bring your option down to your gut area.

5. GUT BRAIN

- a. Notice how your gut responds to that option your head came up with now? Is it happy with it? Are there any concerns? A concern is often felt as a "clench" in the gut; if it's happy it might be relaxed, or warm or some positive sensation for you.
- b. IF CONCERN – if your gut clenches, notice what the concern is or what it needs to change. Ask "what about this plan needs to change or be adjusted?"



c. Check if the heart is happy with that 'tweak' or adjustment?

If nothing comes to mind in terms of what the specific concern is, but your gut just feels tense, or you get the sense that your gut has 'vetoed' the whole plan, then bring your awareness all the way up to your HEAD and ask it to adjust the plan again and repeat all the steps above.

6. ALIGNED NOW? Enjoy for a moment how that feels and sit with it. Notice how that affects your future and your present.
7. VOICE - Once all three brains are happy, it can be useful to ask your throat area (idea from NLP coach Lynn Timpany) if there is anything that needs to be 'voiced' or communicated to someone or yourself as a result of this new awareness. Notice what that is now and perhaps write some words or phrases below.

8. Notice what is your next positive-feeling step eg What's my next fun, curious, or relaxed step towards that goal?
9. TAKE ACTION within 24 hours. Remember, you don't need all the steps towards your goal, just the next step.