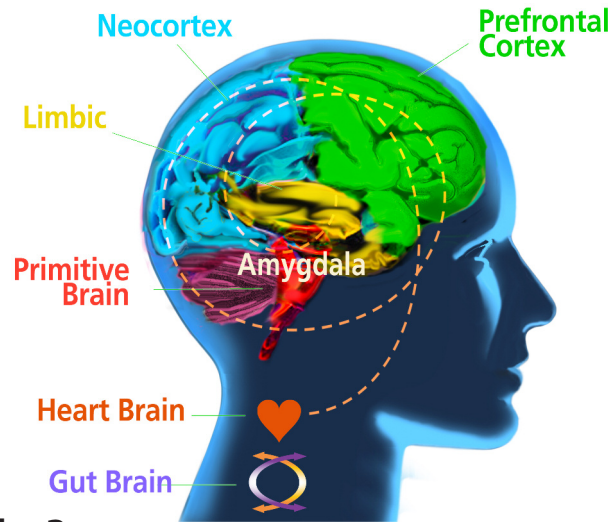




## WISDOM OF THE 6 BRAINS



### What are the 6-Brains?

#### Primitive Brain (Reptilian Brain—sensor to threats)

- The most primitive part of the brain, hardwired to protect us from harm to our body/ego.
- Decides how we react to threat ('flight, fight, freeze and appease') & protects ourselves from harm.

#### Heart Brain (The most basic of our hardwiring)

- Enables us to connect all our internal systems and also enables us to connect to others
  - We either sync or do not sync with others.
  - When we sync we move towards others as friends.
  - When we do not sync or feel apprehension, we move away & feel others may be foe.

#### Limbic Brain

- Stores a history of all emotional experiences.
- Nurtures and builds relationships, clans and tribes.
  - Deciphers 'where do I fit' in the social order.
  - Reads social context including loss and gain socially, and scans for inclusion and exclusion in the community.
  - Provides us with the emotional palette for moving towards or away from others.

#### Neocortex

- Hardwired for language, storing information, basic thinking, reasoning, and cognitive skills that enable us to navigate every day.
- Holds our 'scripts,' our working memory & our stored memory.
  - Newest research says that the left-brain is the 'steady state brain' & the right brain is the 'change brain'.

#### Prefrontal Cortex (The youngest brain & is often called the 'Executive Brain')

- Hardwired for higher-level coordination of the whole brain.
- Provides us mastery with higher functions such as: ability to envision the future (create scenarios), step into others' shoes (empathy, mirror neurons), make judgments in difficult situations, live in trust & have integrity.
- Holds our most advanced capabilities: judging, dreaming, and envisioning possibilities.

#### Gut-Brain

- The gut brain is revolutionizing medicine's understanding of the links between digestion, mood, health and even the way you think. Scientists call this little brain the enteric nervous system (ENS).
- Stress is correlated to the lack of biodiversity in the gut flora. Gut flora singularity also heightens the stress response.
- 90% of the body's serotonin is located in the EC [enterochromaffin] cells of the GI tract, where they regulate intestinal movements. This neurotransmitter helps regulate mood, appetite, and sleep. Serotonin also plays a role in cognition, specifically in learning and memory.