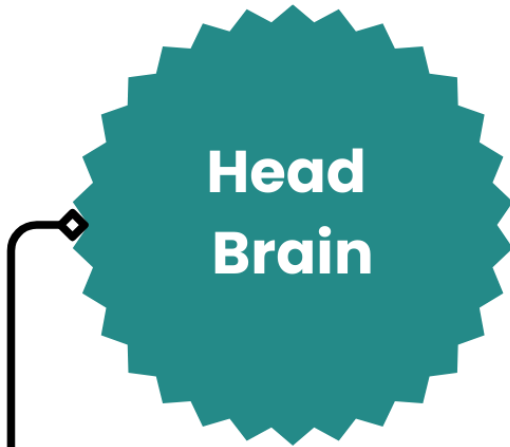


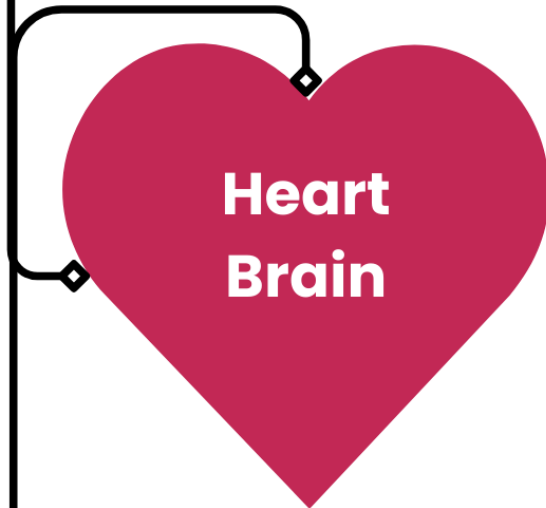
The 3 Brain Centers

Interconnectivity

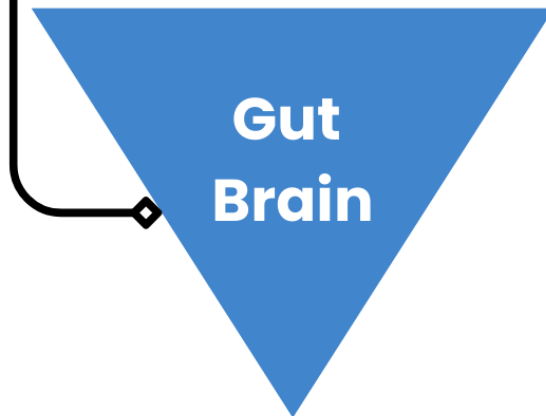
Electric Magnetic Activity & Rhythms



- Brain structures
- Cognition, perception, language, & communication
- 100 billion neurons
- Trillions of synapses
- Process, learn, & remember
- Synapses, electrical impulses & hormones
- Communicates w/ nervous system



- Aligns mind, heart, body, & emotions
- Intuitive Intelligence
- Personal, Social & Global Wellbeing
- 60x electrical activity
- 100x greater magnetic field
- 40,000 neurons
- Process, learn, and remember
- Communicates w/ nervous system
- Sends more messages to the brain



- Hormones, metabolism, & blood pressure
- Processes info as you sleep
- Walls of digestive tract (esophagus-rectum)
- 100 million neurons
- Process, learns, & remembers
- 95% of bodies Serotonin
- Communicates w/ nervous system
- Sends more messages to the brain

Coherence = Resiliency & Self--Regulation