The Three Brains & The Vagus Nerve

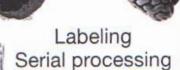
Head Brain

Vertical Integration

Attach to "not me"

Approach Opportunties

Avoid Threats Horizontal Integration



Sensory Perception Simultaneous processing

Vagus Nerve

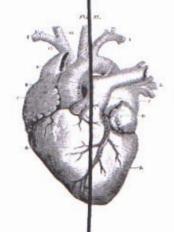
Evolved with the development of Head Brain.

Connects Gut, Heart and Head Brain

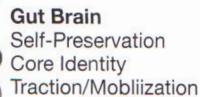
Within the Brain it connects reptilian, mammalian and primate brains

It is stimulated by:

- 1. Dropping the jaw
- 2. Deep Breathing

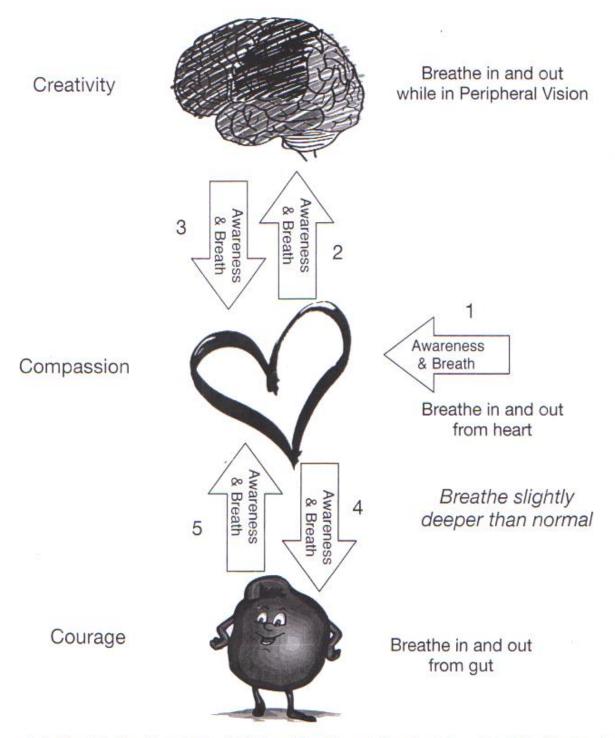


Heart Brain Emotion Relational Values



Using Breath to Align The Three Brains: Variations of Breathing and Attention

This an integration of processes from mBrain, Heartmath, and Neuro-scientific research.



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