

mBraining

Living a life of compassion, creativity and courage



Over the past couple of years two extraordinary people, Grant Soosalu and Marvin Oka, have done some amazing work in defining (and gifting us with) a modern approach to behavioural modelling based on the latest research and findings in neuroscience.

Neuroscience researchers have uncovered some astounding facts over the last decade or so – complex and functional neural networks exist in our heart (cardiac nervous system) and gut (enteric nervous system) and that they both contain all the characteristics of a brain (yes, like the one in your head!). It has therefore been proven, scientifically, that you have at least 3 brains – you head, your heart and your gut.

Have you ever heard or even made comments such as *“Follow your heart”*, *“Trust your gut instinct”*, *“Use your head”*, *“My head says one thing, but my heart is saying something else”*?

The prime functions

Each of the 3 brains has its own prime functions – each one has a fundamentally different form of intelligence, it uses a different language, has different goals and functions under different criteria. They process the world differently.

- Heart brain's prime functions – emoting, relational affect, values
- Gut brain's prime functions – mobilisation, self-preservation, core identity
- Head brain's prime functions – cognitive perception, thinking, making meaning

So what?

mBIT Coaching is a generative process and evolutionary change model – into increasing wisdom, happiness and success in life. It facilitates generative learning that brings greater wisdom to the lives of people and ongoing evolution in choice, control, adaptability, resilience and novelty.

When you learn mBit you learn to coach yourself to:

- Get in touch with your deep intuitions
- Intimately connect with your self and with others
- Express your highest sense of self
- Create generative wisdom in all aspects of your life
- Evolve your world!

This journey

Learn about the Prime Functions and Core Competencies of each of your brains and how to leverage them to 'Evolve your World'. mBIT provides tools for tapping into the deep intuitive wisdom of your gut brain, aligning that with the creative insights of your head brain and tempering it all with powerful heart intelligence. Understanding how you use your heart and gut intelligences to either limit yourself or empower yourself via dreams, motivations and core identity is crucial to real success.

Ultimately, *“Knowledge coupled with a warm heart brings wisdom”* (Dalai Lama) so if you desire to live a life of true compassion, real creativity and deep courage then dare to journey with me.

Contact me today at amelia@chokmahcoaching.co.za or visit my website at www.chokmahcoaching.co.za.

