

The Three Brain Complex





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Today's lesson

You have one brain, it's in your head



It's responsible for:-

- all intelligence
- interpretation of senses
- controls behaviour and
- initiates body movements



INTRODUCTION

I don't know about you, but I was taught that I have one brain, the one in my head and that was it, full stop. I was also taught that it's the superior intelligence presiding over our body, responsible for all things.

I knew something was off with that very black and white way of viewing the body's intelligence and I'm so glad to bring you this information. Because it's not even close, to being the truth of things.

Boy am I glad, that so many people have this innate drive to go beyond their thinking and belief systems, to explore what's on the other side of that.....

And bring forth their findings and observations. If it weren't for that open mindedness and curious nature, we would never evolve.

Contrary to popular belief, we do not have one brain but three beautiful brains. Each of your body's brains has very unique abilities, but no one of these brains can operate independently of the other two.

Actually, all the Three Brains function interdependently, in an amazingly mutually supportive way.

You may have intuitively sensed, like I did when I was younger, that the brain in your head is not the only brain... and that there is at least one more if not two brains within you somewhere.

From life's experiences, maybe you knew that we have three interactive brains that guide and inform us in many different ways.

And yet, intellectually, many people are still convinced that there is only one brain and that it resides in our head.

While this belief remains firm, our experience of the 'Three Brains' is that they function somewhat in conflict with one another.

This shows up for us when we describe having experiences where perhaps decisions needed to be made, and we said something like, "My head is telling me one thing, but my heart is telling me the absolute opposite" or, "My gut tells me to just go for it, but my head is saying it's a stupid idea."

The magic of being superhuman and intelligent beyond our wildest dreams begins for us, when we learn and embrace the understanding that we all have a Three Brain Complex. We then can start to learn how to support this complex and be supported by it in return.

Are you ready to dive in and start to gather an understanding of these amazing spaces within you?

The Head Brain

I like to think of the head brain as being like a super computer, because that's really what it does, super computing.



It has an untapped capacity of computing power that we are only at the tip of the iceberg of understanding it's/our, true potential.

It downloads massive amounts of information from the body and environment per second (something like 30 million pieces of data per second) and responds by running a continuous program that supports and informs all the bodily systems.

”

"My gut tells me to just go for it, but my head is saying it's a stupid idea."

”

Your Head Brain

It also takes on a certain amount of generic analysis and conceptualization. This brain is the command centre for the autonomic nervous system, which is all of your involuntary processes.

Your autonomic nervous system comprises what's commonly known as the "fight/ flight" mechanism. This is the NS in sympathetic response and its when you'll notice flight/ flight and freeze experiences showing up within you.

When your feeling chilled, calm, relaxed...that's when the opposite balance to that is presiding, and it's called the Parasympathetic response. It's known as the "rest and digest" state.



These functional processes are advised by and reliant upon the other two brains—the Heart Brain and the Enteric Brain, and vice versa.

The Head Brain in most people tends to take on a huge amount of work it's not designed to do and should not be doing.

This has become a real issue as we have evolved as a species and it's because there has been a huge over-emphasis of importance spouted about the head brain, being the 'be all and end all' of greatness. Talk about it attributing to it many of the strengths and roles of the other two brains, has lead us out of our instinctual and intuitive self and more into our ego and intellectualised self.

This is very much starting to shift now luckily.

We find ourselves in this place of letting the Head Brain be the designated driver of our thinking processes. And as a result, many of us “live in our heads,” relying on the Head Brain as our primary interpreter of life.

Given this is not a normal function of the head brain, it fatigues, overwhelming it in burden by this misplaced responsibility. The Head Brain is experienced as chronic tension reflected throughout the human systems. When left unchecked, a desensitization and psychophysical numbing occurs, or the complete reverse and we become hypersensitive and hyperalert.

Either way, as long as we “live in our heads” we defer to thoughts to determine our level of self-worth and to even tell us who we are. We're in crisis with this.

WE'RE IN A HEALING CRISIS

We do however have a natural inner drive toward healthy introspection and self-reflection and it's what ensures we don't live an unquestioned and unconscious life.

What's become very evident, is that if an individual's belief that thinking is our most important faculty becomes deeper and deeper engrained, then the more it appears the individual cannot do one of the most important human processes....to turn inward.

By dismissing the experiential and the wealth of non-conceptual information our systems are constantly providing us by the nanosecond... looking within no longer comes naturally to us.

The more 'normal' we make constant thinking to be, considering it an asset or something to aim for, the greater our stress and the greater the counter measures we start looking for.

Instead of becoming masterful of the head brain...it's role and functions, we have fallen victim to it's stress and become it's slave. We must learn how to make the head brain more our servant....for it is when it serves us better and works in unity with the other two brains that we will begin to recognise our true potential and enjoy more balanced health. Until then a person will continue to be trapped by the habit of thinking, where simply being, feels like a heavy effort.

Our dependence on the Head Brain and constant thinking to get us through life, is very similar to the analogy of someone living on 5 highly fertile acres of earth, and everyday driving the 30mins into town, going to the grocer to buy vegetables for dinner, returning in your vehicle for the 30 minute trip back home, to then spend the time prying the food that's come out of cold storage, out of its packaging and proceeding to spend an hour cooking it up.

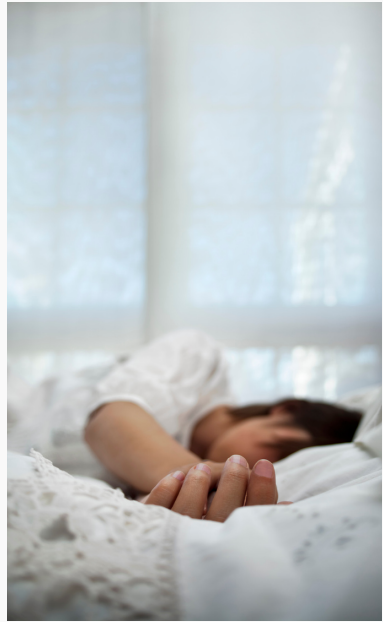


Instead of walking out the front door,

planting and harvesting the vegetables and fruit from the very ground that you live on. In both scenarios, the power of nature is underestimated, there is unnecessary fuel consumption, travelling, packaging, and a peaceful way of being and consuming ones own food, full of alive microbes and nutrients remains distant.

Fun facts about the Head brain:-

73% of the brain is filled with water. If it gets dehydrated by anything more than 2% of it, the person can suffer loss in attention, memory and cognitive skills.



Your head Brain is used in many essential processes while your sleeping. It's meant to help you, bringing together all of the days sensory data and memory information, sort it, store it and let go of anything not serving, so that you wake, feeling refreshed because the brains work slate of past day has been cleaned.

Essentially it never sleeps, it's active all the time. And if you get broken sleep, it can have a devastating effect on the brains ability to achieve these night time missions, leading to all sorts of imbalances and miscommunications within the body.



THE HEART BRAIN

In many cultures around the world, the heart symbolizes sentimental love, we see people often pointing and touching the heart centre on the chest area instinctively when they are speaking about love or referring to themselves, to highlight the self.

And although the heart does get used extensively in movies and stories to convey a notion of sentimental love, the Heart Brains actual primary function is to be an anchor for the other two brains.

When this union of three is functioning in a healthy way, the Heart Brain will anchor all our interactions in life. How strongly the Heart Brain can anchor the Head and Enteric (Gut) Brains is determined by the efficiency of the neurological and sensory input.

When the Heart Brain is able to fully anchor the other two Brains, the whole system calms; the “fight or flight” stress response that often predominates while we live in our heads. It then resumes its natural role, engaging only when necessary.

Then the human system is able to return to its natural, healthy neurological hierarchy, with the parasympathetic “rest and digest” response being the predominant experience.

When the parasympathetic Nervous System predominates, you will experience a great sense of genuine wellbeing and an awareness of ease both in rest and activity. In this way, like of our food farmer to be, actions become practical and stress free, happening in unison with nature, and the journey becomes peaceful and enjoyable.

Fun facts about the Heart Brain:-

- ♥ The heart communicates with the brain and body in four ways:
 - Neurological communication (nervous system)
 - Biochemical communication (hormones)
 - Biophysical communication (pulse wave)
 - Energetic communication (electromagnetic fields)

 - ♥ A study conducted by the heart Math Institute, examined how the magnetic field environment of the sun and earth affects our nervous system, and this resulted in a very surprising finding.
- The study showed that human heart rhythms of participants synchronized with other participants, even in some cases in which the participants were located hundreds of miles apart. This indicated that the participants were all synchronized to an external signal in Earth's magnetic field environment.



- ♥ A study by the Heart Math Institute www.heartmath.org has shown that by implementing a daily practice of genuine and sincere appreciation, the deeper the connection you have to your heart brain. This greatly improves the heart Brains function, coherence and ability to communicate with work in unity with the other two Brains.

This can be genuine and deep appreciation for anything. Different aspects of yourself, of other people, animals, activities, events, places, objects... appreciation for the fact that you woke up this morning, and am able to experience this day, a wonder filled day to extract as much Joy from as you can.



THE ENTERIC BRAIN

The Enteric Brain has several major functions. It's heavily involved in being an integral part of our defence team and its mechanisms, meaning it oversees just as a CEO would a global company, the immune system and our body's ability to defend itself from the outside, through healthy defence systems and practices.

It's there to work with the small intestine, helping to control and regulate digestion and the microbiome.

For many people, the decisions they make in life would mistakenly involve the thinking and intellectualising processes people mainly do, that we talked about previously. Which means generally speaking, people end up putting a lot of effort and energy into dragging the head brain into the process of decision making, making it fraught with over thinking, weighing up pro's and cons, procrastinating, and ultimately a decision that wasn't in their best interest or right for them is made... because this process of decision making is naturally a Gut/ Enteric brain function, that it does effortlessly.


The Head and Heart Brains analyse and ponder, but when it comes to the discernment of choosing between right and wrong, it is meant to be the small intestine/Enteric Brain that handles this.

The Chinese and Indian systems of physiology and health have known this for many thousands of years. It's widely taught and spoken about and continues to be this day, but somewhere in our western evolution we have become conditioned to think of it nothing more than airy fairy, hippish nonsensical blithering's that seems in place when used in fantasy movies, but out of place when used in the high school classrooms, at home or the business office space.

Perhaps with this knowledge of the Three brain Complex circling the globe and making it into the fabric of our lives, it will become common knowledge in the west and an intrinsic part of our lives to embrace.


While the Enteric Brain's task is misappropriated by the Head Brain, we mistake the Head Brain for the intellect. Until there is conscious awareness of input from the Heart and Enteric Brains, the human experience is one of struggle. Intellectually, we live misinformed, misinterpreting our every experience of self and life.


Fun facts about the Enteric brain;

 It has more neurons from top to bottom, than the head brain! The Gut brain starts at the top of the system, the mouth and finishes at the bottom of the large intestine, the anus. It's huge!

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 95% of the body's Serotonin (best known as the anti-depressive or ecstasy/bliss filled molecule) is found here, along with the major cells of the immune system's inflammatory network.

 Broad spectrum antibiotics has a monumentally devastating effect on the microbiome of the gut whilst trying to attack infection, this not only profoundly affects the enteric brain function, and communication relationship it has with the head and heart brains, but it decimates the much needed microbiome of the gut and immune system cell function.

It often takes 16 - 18 months for the gut brain just to regain it's function that it had prior to the drug. Many people do not regain proper function, which leads to manifesting digestive, immune and microbiome diseases.

The Three Brain Complex

Underestimation of the Heart and Enteric Brains and overestimation of the Head Brain decreases brain plasticity, this increases the chance of chronic illness and diseases showing up.

As brain plasticity diminishes, without even realizing it, the habit of dogmatic thinking and assuming becomes our way of life. Assumptions mute a healthy curiosity and the ability of deconstructive thought processes which are the cornerstones of a healthy intellect.

Assumptions (which we are conditioned to do without thinking) cloud the heart and blind us to life as it really is.



The habit of assuming, is the most destructive symptom of a poorly functioning Three Brain Complex.

The reductionist view of the brain as purely Head Brain is reflected in an increasing number of autonomic diseases and psychological disorders.

While the Head Brain is burnout and overburdened, the harmonious collaboration and functioning of the Three Brain Complex and the entire psychosomatic system is severely compromised.



WHAT CAN YOU DO WITH THIS KNOWLEDGE?

Within the medical matrix globally is an incredible amount of scientific research and innovation happening, which is both exciting and something to really look forward to.

These new understandings are inspiring major changes in the way healthcare issues are being addressed, and it can't come soon enough. These changes will have profound ramifications on the way medicine is practiced over the next few decades and into the future.

Many of the treatment methods will involve advanced technology, transforming not only our approach to tackling complex diseases but our understanding of the true causative factors of disease.

Complementary or alternative healthcare systems which have been on this planet for many hundreds and sometimes thousands of years are already reaping benefits from the exponential changes occurring within allopathic medicine.

An ever increasing number of scientific breakthroughs and discoveries, now serve to only confirm principles that have been the foundation for amazing alternative medical practices for centuries.

This progressive validation and acknowledgment of original and alternative medicine by the scientific world is raising deep awareness and respect for complementary medical practices both with the general public and within mainstream medicine.

Added to that is contemporary science, which is providing many explanations that allow the application of complementary therapies to be more specific, leading to greatly improved therapeutic results.

This speaks to the wonderful fusion of ways that is happening between contemporary science and the ancient scientific arts that paved its way.

The system that I've been passionately facilitating for nearly two decades, The BodyTalk System is very unique in that it is one of the first complementary healthcare systems to bridge what was once a massive divide between contemporary science and the ancient healing arts. The systems complex yet simple protocols and formulae enable myself to fully utilize all this new information in a very practical way, bringing outstanding results and progress.

I respect and am forever in awe of this system because it demonstrates very clearly how science and consciousness based energy medicine beautifully complement each other in very powerful ways. It's paving the way to a bright future of healthcare which carefully integrates the best of both approaches, the best of both worlds.



In other words, BodyTalk is the embodiment of holistic medicine and whole healthcare.

The Jacquie McIntyre community allows you to get the very best of whole healthcare through the facilitation of 'The BodyTalk System'. You can tap into this in various ways as Jacquie offers you the opportunity to enjoy one on one sessions for you, your children, animals, family and business matrices. As well as the powerful space that is The My Incredible Orbit Academy, combining sessions, coaching, mentoring and workshops/courses all in the one space. And there's always those of you who desire the information that is the backbone of The BodyTalk System and allows you to bring powerful healing knowledge into your own homes via way of introductory and advanced BodyTalk courses.

No matter your need or choice, rest easy in knowing that you can experience all of what's on offer, whilst getting the very best in consciousness based healthcare, where we will be helping your Three Brain Complex to repair, synchronize and integrate their function deeply into the rest of your body-mind complex, providing a much better health portfolio with abundantly happy minds.