

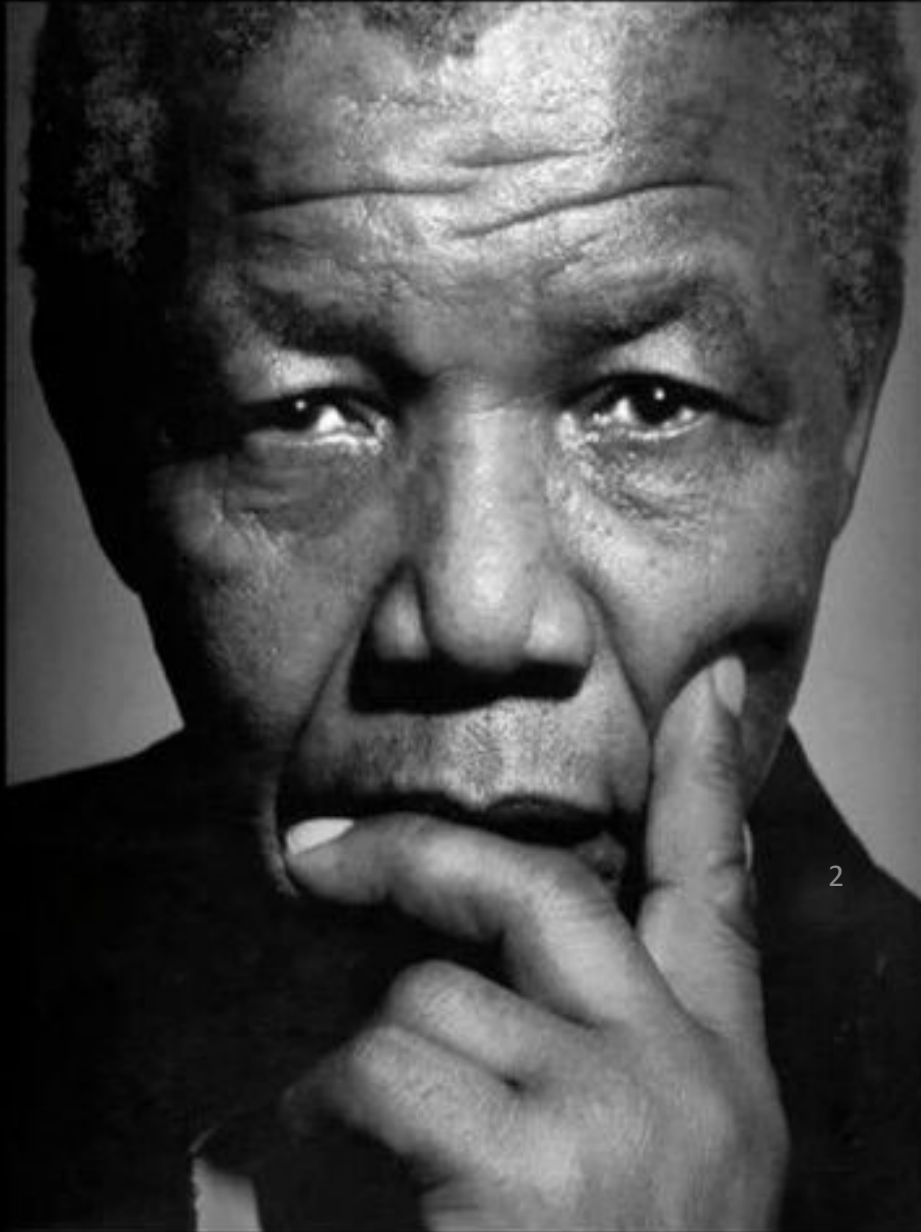
BREATH ... THE BRIDGE TO OUR 3 BRAINS

Mind Body & Spirit

1

Presentation by Nora Barnard Created by
SonyaPNagy.com This presentation is copyrighted by Nora
Barnard

1 reference



**May
your choices
reflect your
hopes,
not your
fears.**

- Nelson Mandela -

Our 3 Brains



Mind-Head
Thoughts

Body-Gut
Sensations

Spirit-Heart
Emotions

Presentation by Nora Barnard Created by SonyaPNagy.com

Our Mind - Head

Makes Choices

**WHOLE FOOD
EASE**



**WHOLE FOOD
EASE**



**PROCESSED FOOD
DIS --- EASE**



**PROCESSED FOOD
DIS --- EASE**



What are your lifestyle choices?

Presentation by Nora Barnard Created by SonyaPNagy.com

Our Mind - Head

Makes Choices

**WATER
EASE**



**SMOOTHIE
EASE**



**ALCOHOL
DIS --- EASE**



**SODA
DIS --- EASE**



What are your lifestyle choices?

Our Mind - Head

Makes Choices

**REST
EASE**



**EXERCISE
EASE**



**COUCH POTATO
DIS --- EASE**



**WORKAHOLIC
DIS --- EASE**



What are your lifestyle choices?

Presentation by Nora Barnard Created by SonyaPNagy.com

Our Mind - Head

Makes Choices

**HAPPY
EASE**



**CONTENT
EASE**



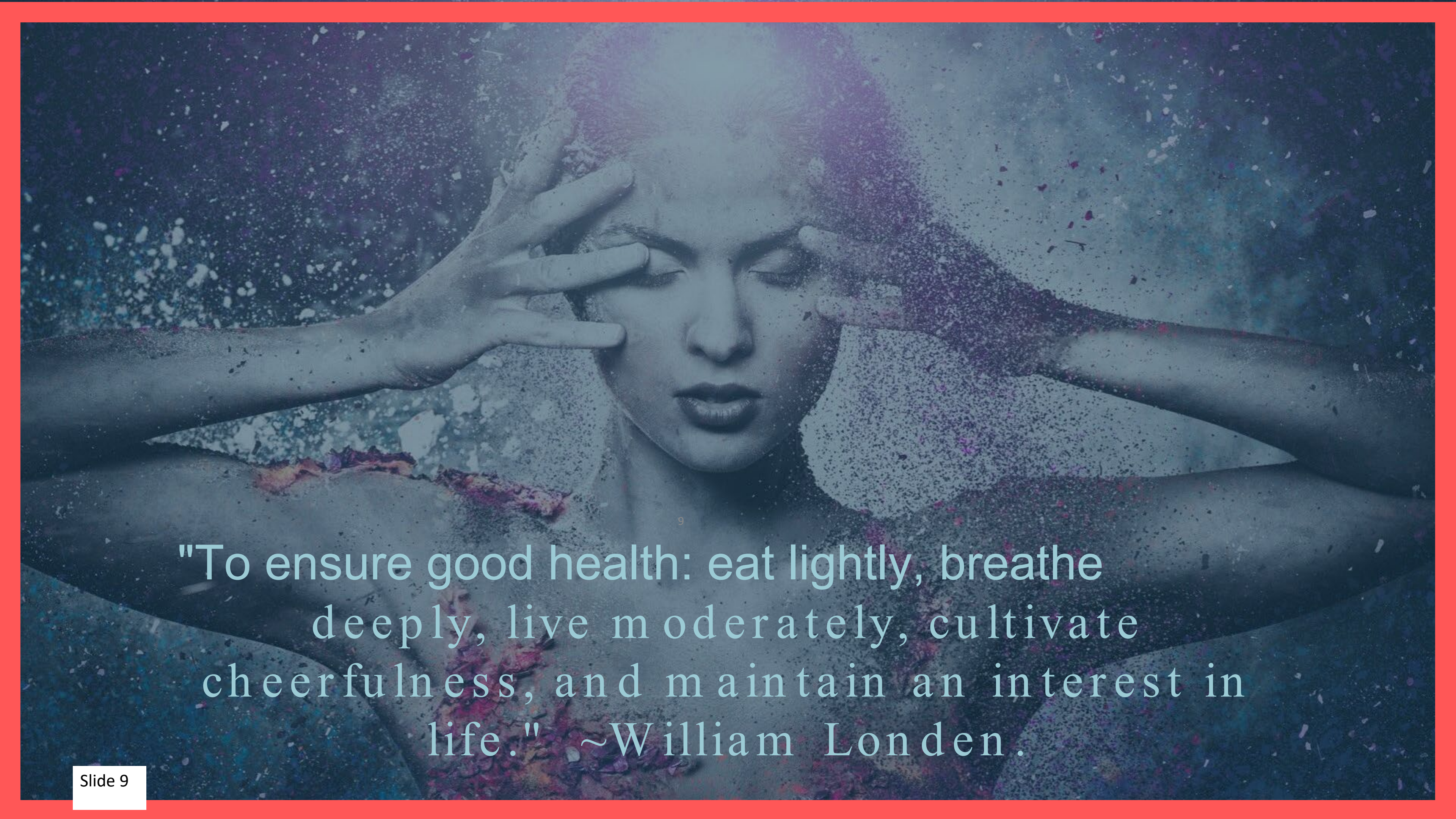
**FEARFUL
DIS --- EASE**



**ANGRY
DIS --- EASE**



What are your lifestyle choices?

A woman with her eyes closed and hands covering her face, surrounded by a shower of colorful confetti or petals.

"To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life." ~William Londen.

Our Body - Gut

The Vagus Nerve also
know as The
Wandering Nerve

**THE KEY FUNCTIONS OF THE VAGUS NERVE ARE:
SENSORY, MOTOR, PARASYMPATHETIC**

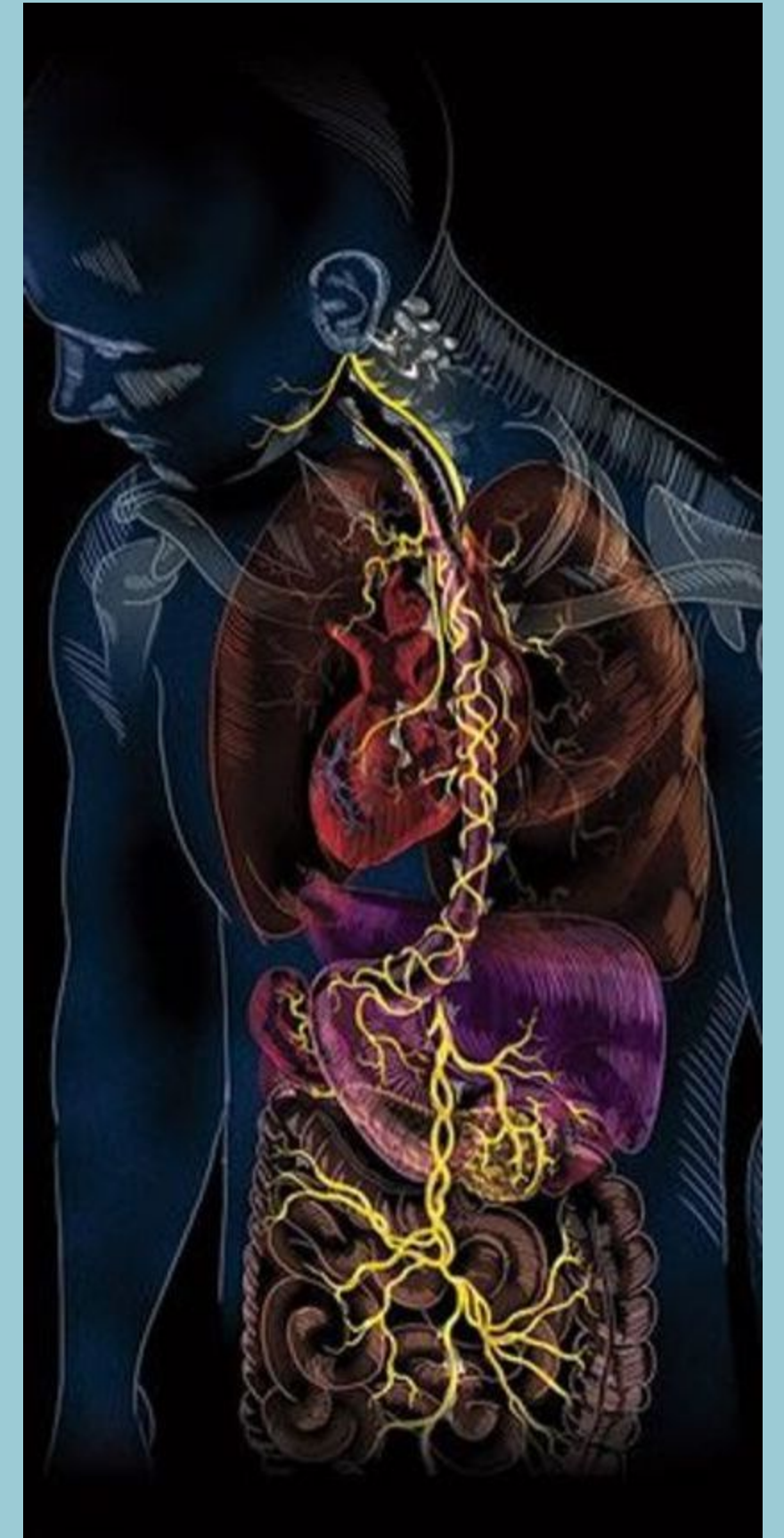


Our Body - Gut

The Vagus Nerve also
know as The
Wandering Nerve

COMMUNICATION BETWEEN THE BRAIN AND THE GUT:

¹¹
The vagus nerve delivers information from the gut to the brain.

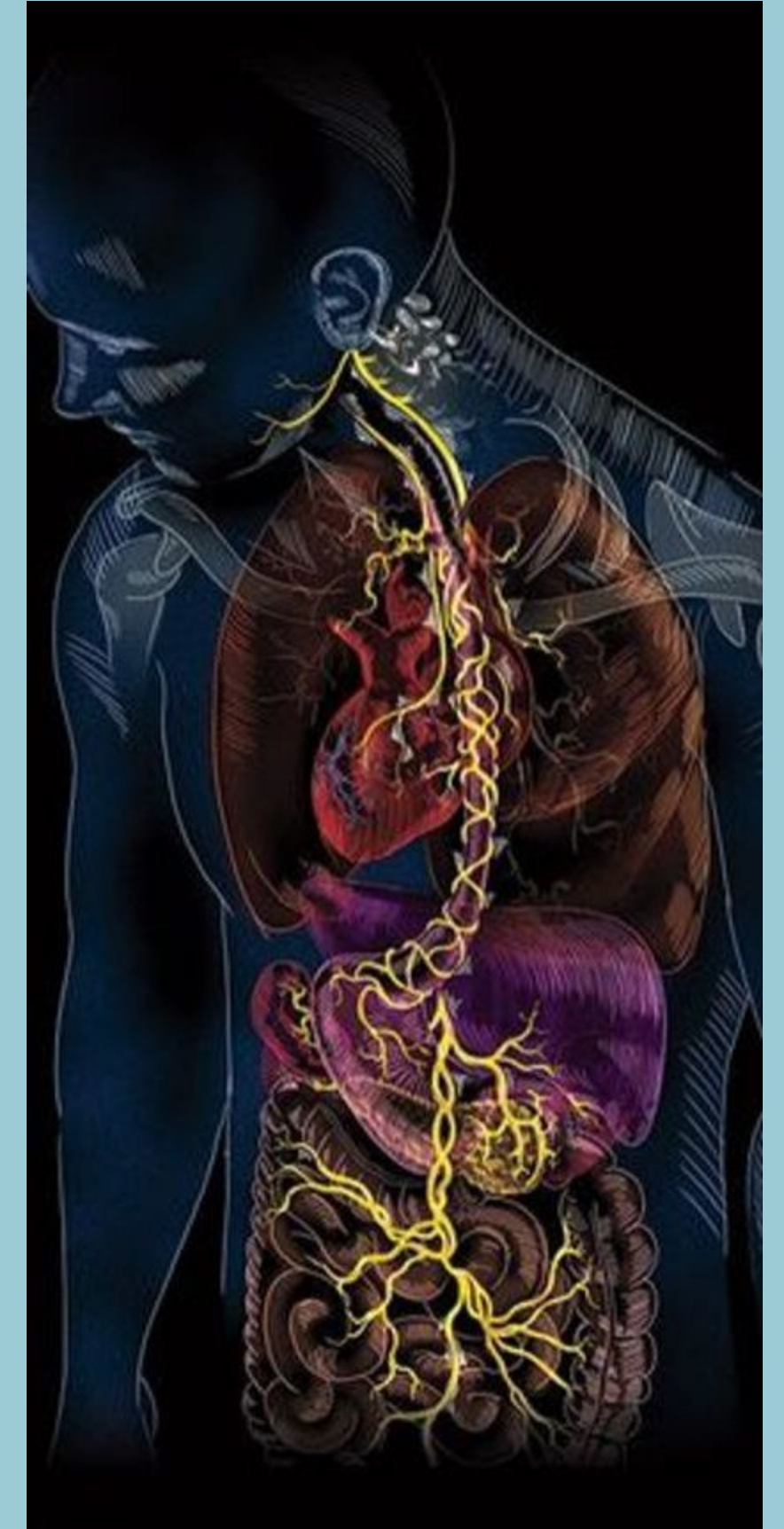


Our Body - Gut

The Vagus Nerve also
know as The
Wandering Nerve

DECREASING INFLAMMATION:

The vagus nerve sends an anti-inflammatory signal to other parts of the body.

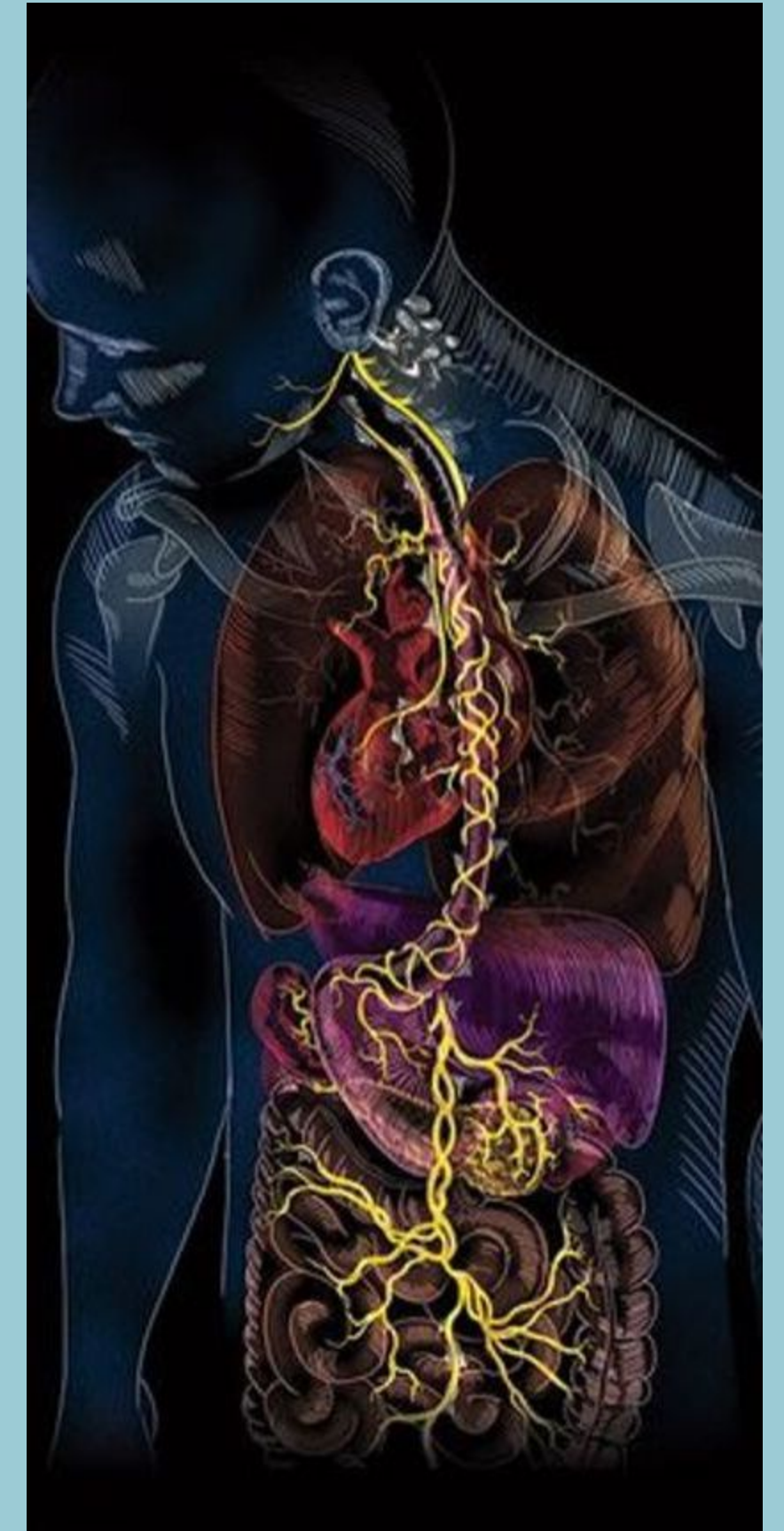


Our Body - Gut

The Vagus Nerve also
known as The
Wandering Nerve

LOWERING THE HEART RATE AND BLOOD PRESSURE:

If the vagus nerve is overactive, it can lead to the heart being unable to pump enough blood around the body. In some cases, excessive vagus nerve activity can cause loss of consciousness and organ damage.

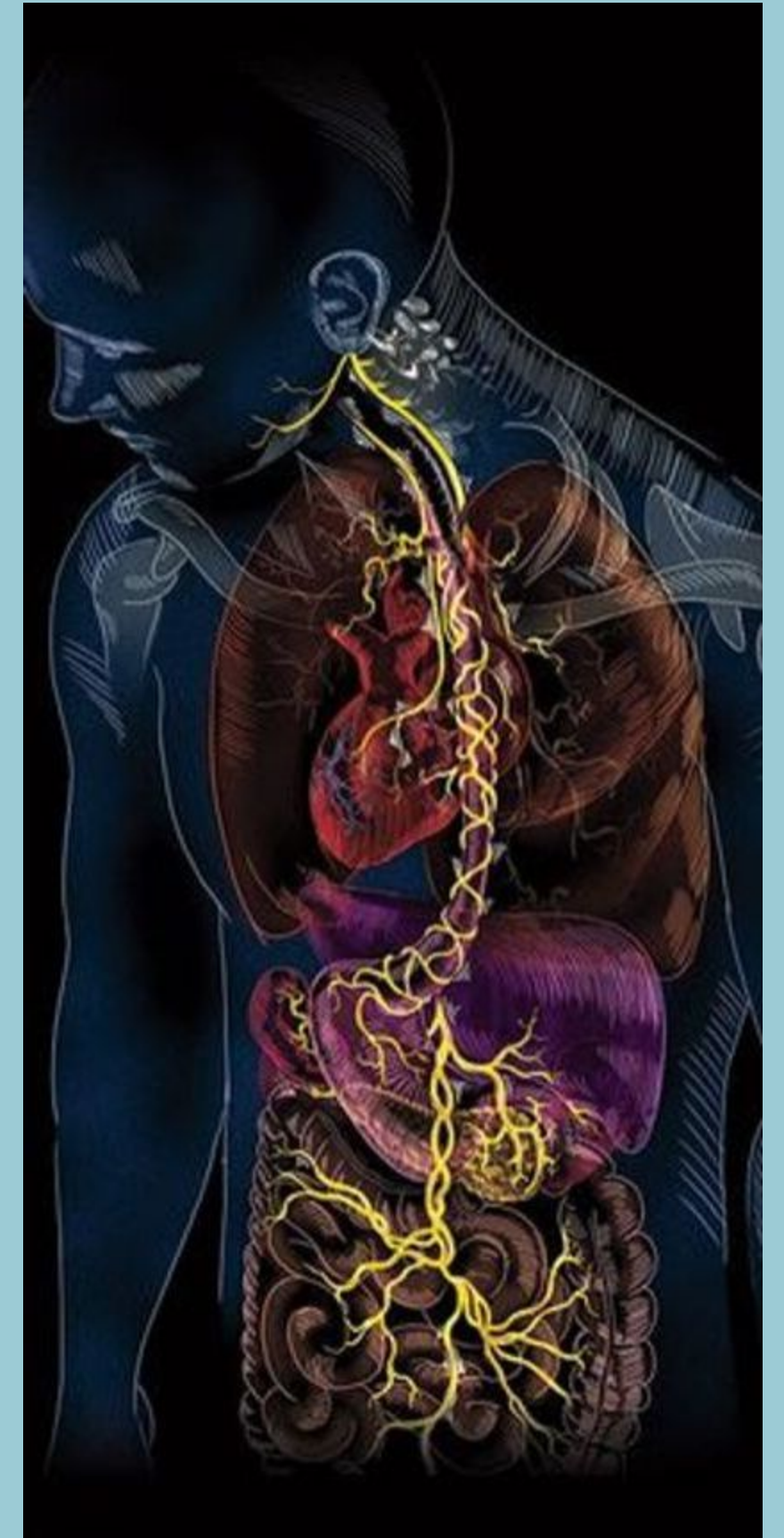


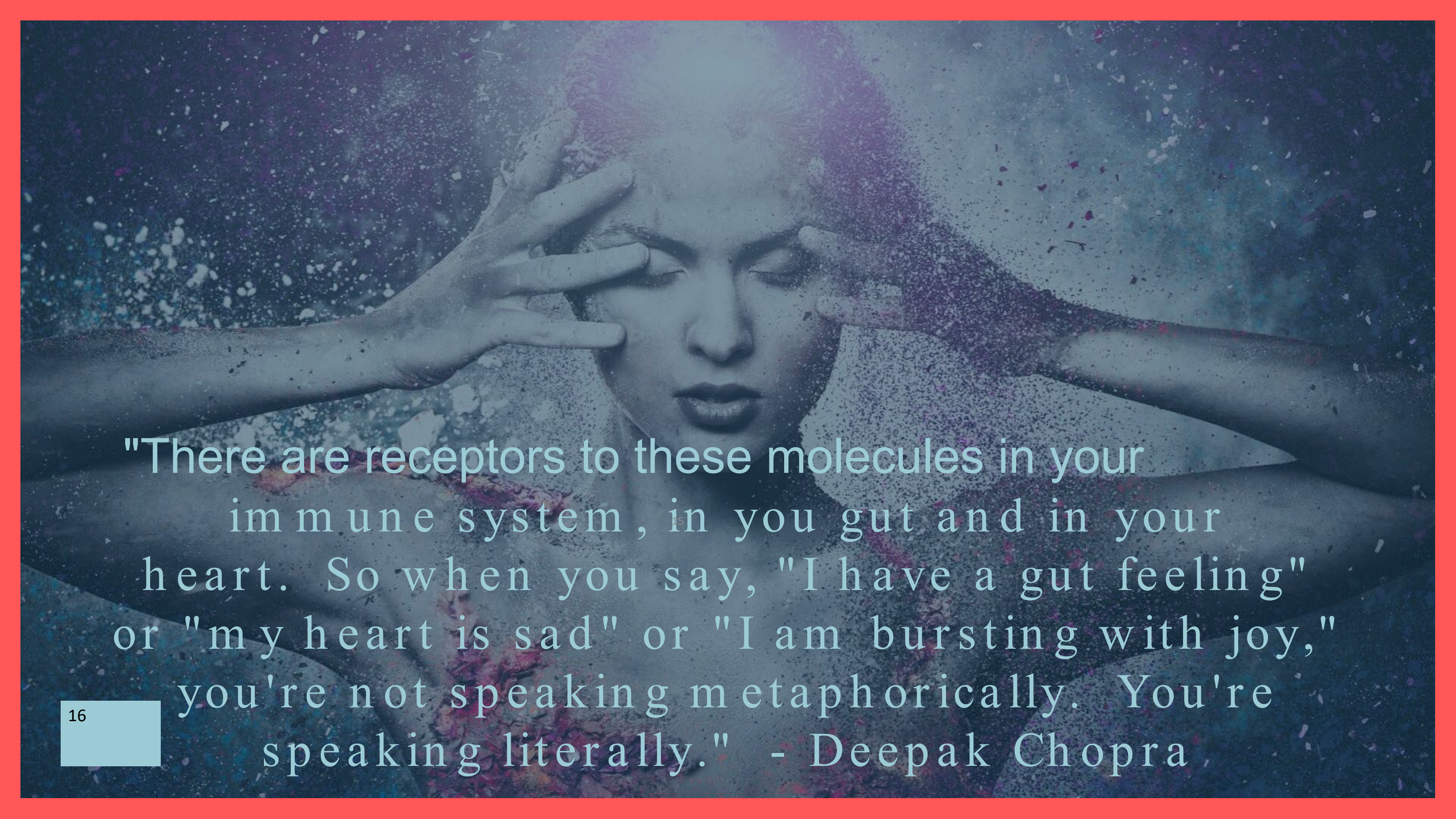
Our Body - Gut

The Vagus Nerve also
know as The
Wandering Nerve

FEAR MANAGEMENT:

The vagus nerve sends information from the gut to the brain,¹⁴ which is linked to dealing with stress, anxiety, and fear - hence the saying, "gut feeling." These signals help a person to recover from stressful and scary situations.



A woman with her eyes closed and hands on her face, surrounded by a cloud of colorful powder.

"There are receptors to these molecules in your immune system, in your gut and in your heart. So when you say, "I have a gut feeling" or "my heart is sad" or "I am bursting with joy," you're not speaking metaphorically. You're speaking literally." - Deepak Chopra

Our Spirit - Heart

The heart and the brain are in a continuous conversation with the heart sends more signals to the brain than the brain sends to the heart.



Our Spirit - Heart

Research has demonstrated that different patterns of heart activity from different emotional states have distinct effects on cognitive and emotional function.

17



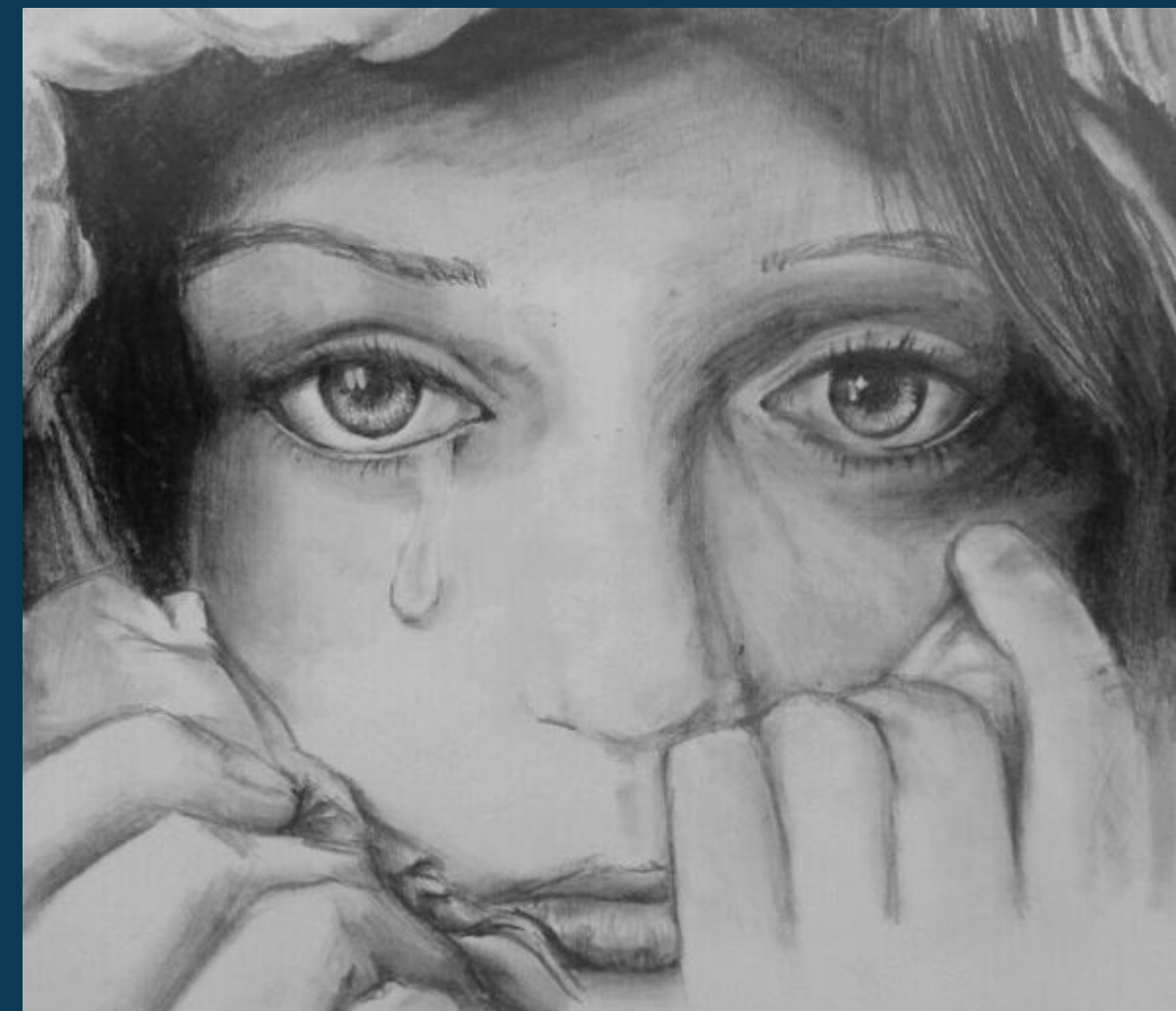
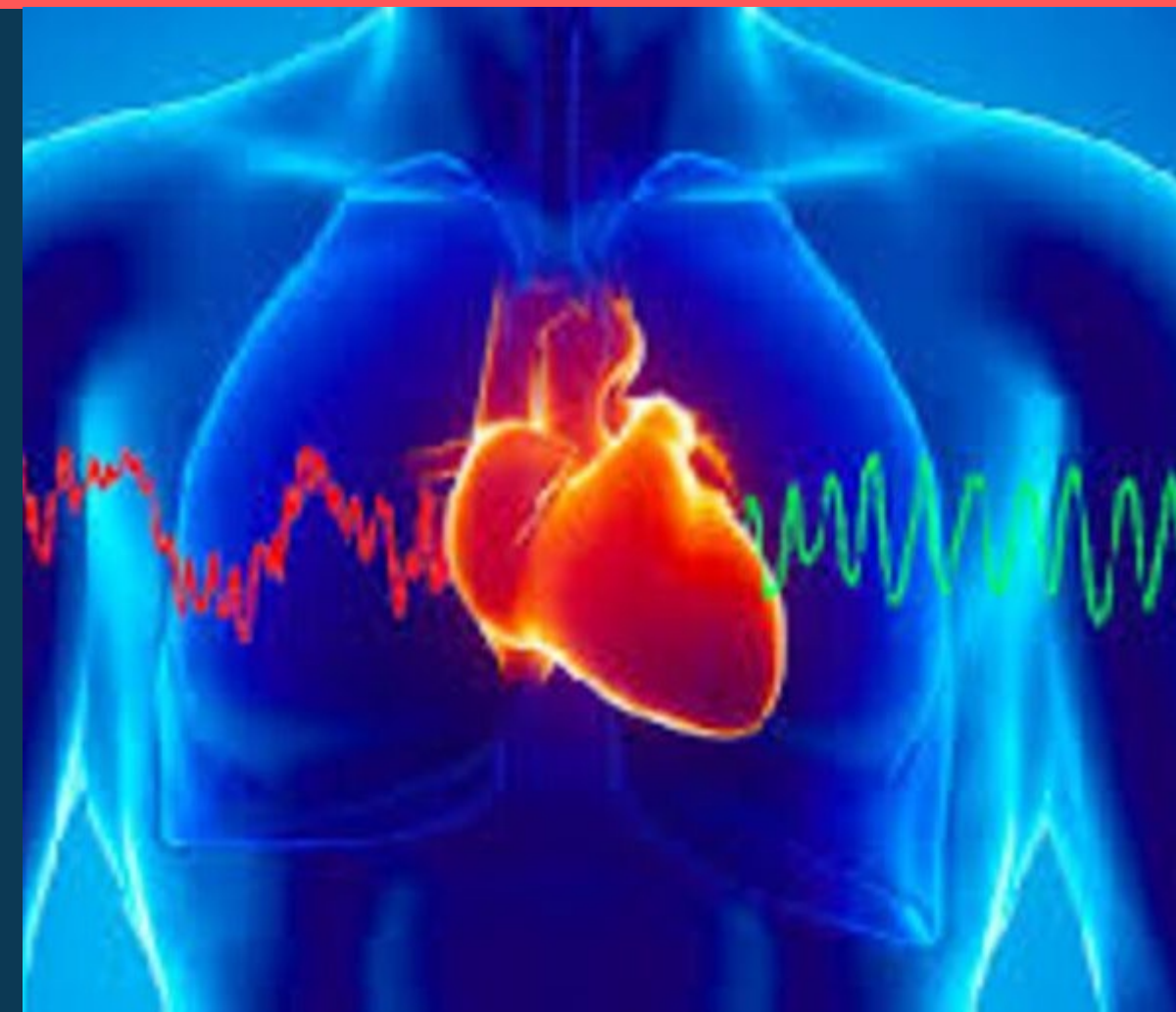
Our Spirit - Heart

DURING STRESS AND NEGATIVE EMOTIONS:

The corresponding pattern of neural signals traveling from the heart to the brain inhibits higher cognitive functions limiting our ability to think clearly, remember, learn, reason, and make effective decisions.

THE HEART'S FEEDBACK TO THE BRAIN DURING STRESSFUL OR NEGATIVE EMOTIONS:

Has a profound effect on the brain's emotional processes—actually serving to **reinforce** the emotional experience of stress.



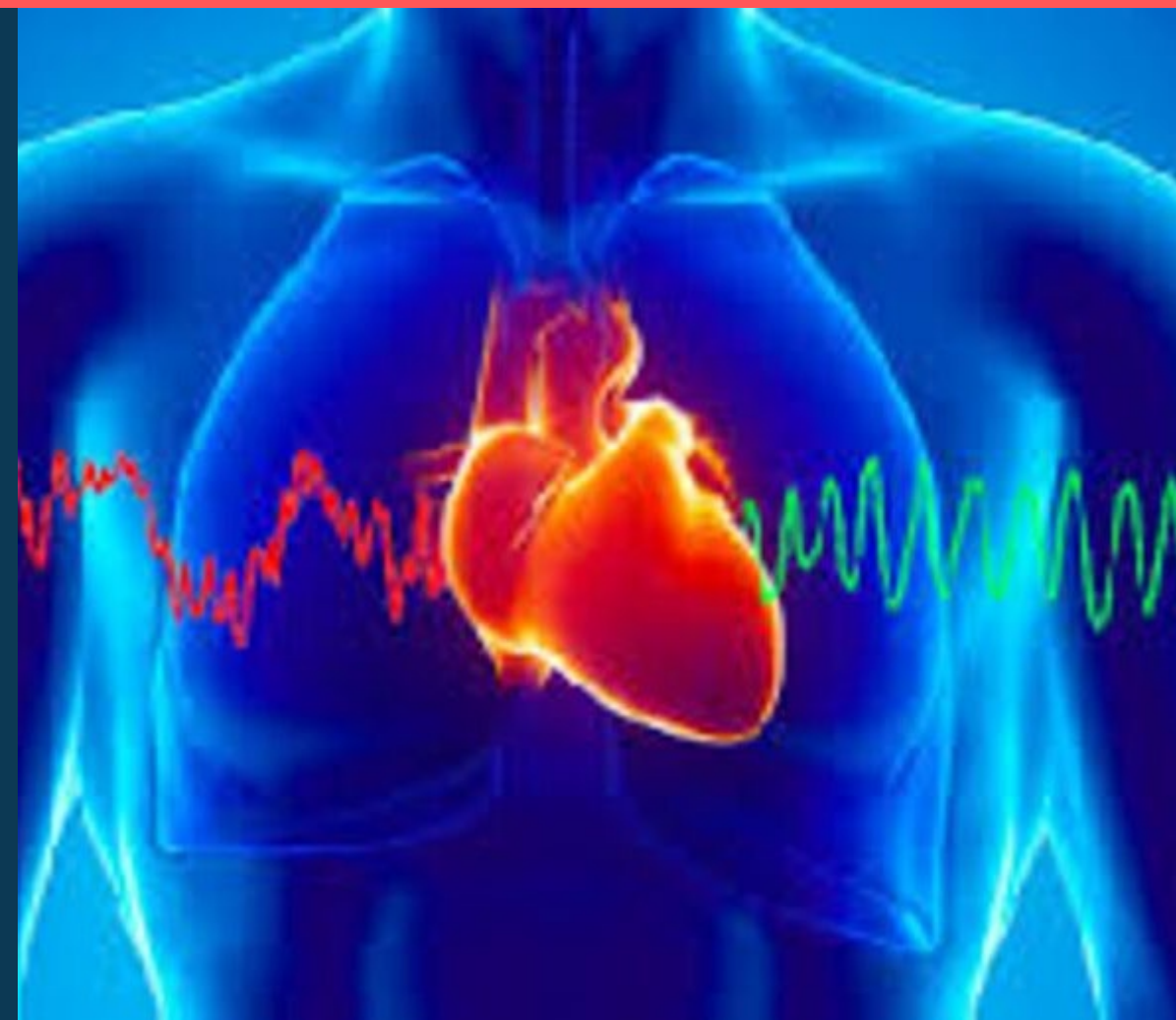
Our Spirit - Heart

DURING ORDERED, STABLE AND POSITIVE EMOTIONS:

The corresponding pattern of neural signals traveling from the heart to the brain facilitates cognitive function and reinforces positive feelings and emotional stability.

THE HEART'S FEEDBACK TO THE BRAIN DURING ORDERED, STABLE AND POSITIVE EMOTIONS:

Learning to sustain positive emotions, not only benefits the entire body, but also profoundly affects how we perceive, think, feel, and perform.



A woman with her eyes closed and hands on her face, surrounded by a cloud of purple and blue powder.

"Breathing is meditation;²⁰ life is a meditation.

You have to breathe in order to live, so
breathing is how you get in touch with the
sacred space of your heart." — Willow Smith

Breath is the Bridge

Mind Body & Spirit

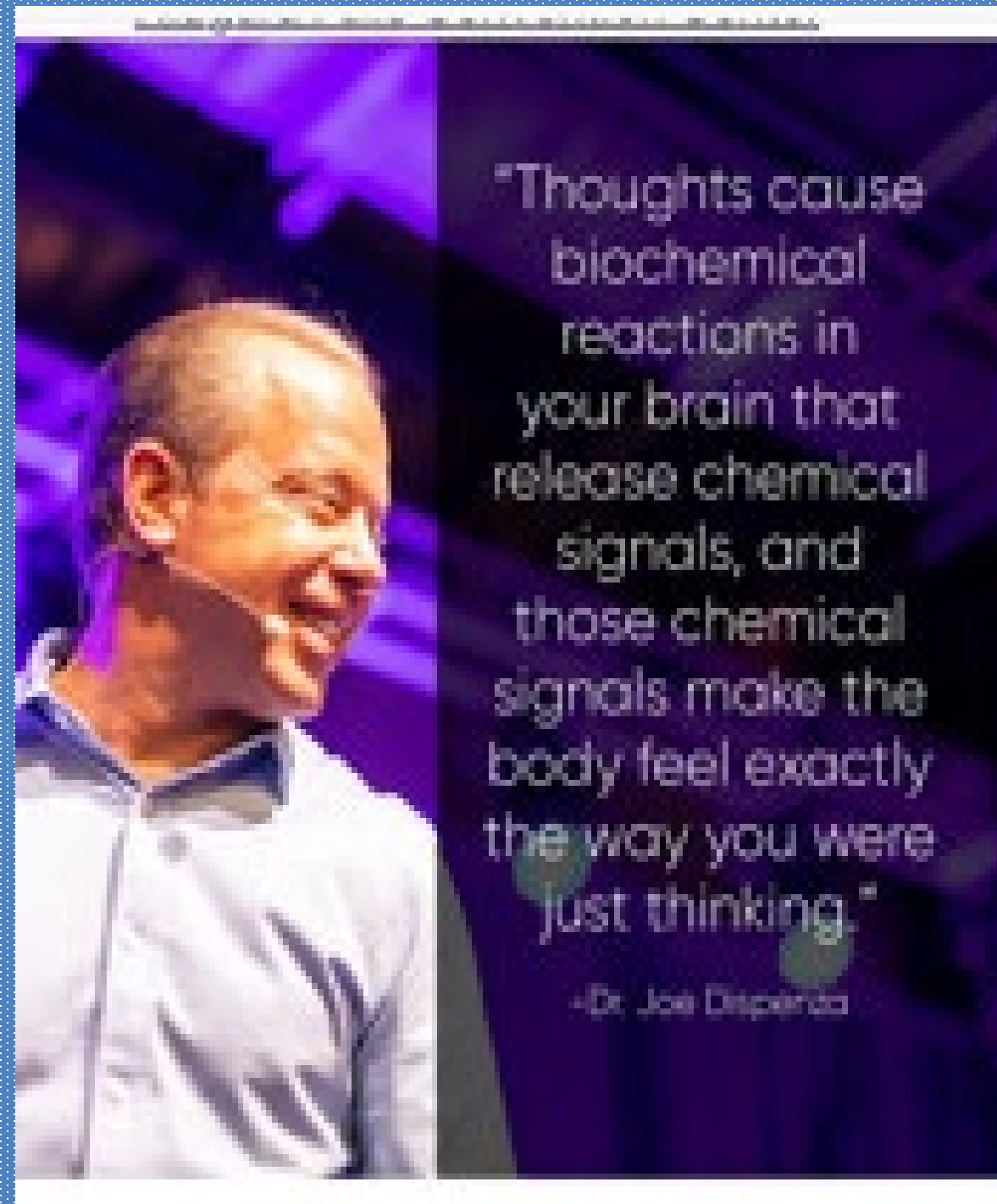
RYTHMIC BREATHING WITH INTENTION:

A useful intervention to initiate a shift out of stressful emotional state and into increased wellbeing.

PROCESS:

Inhale 1 2 3 4, Hold breath 1 2 3 4, Exhale 1 2 3 4, Hold breath out 1 2 3 4, Repeat. While breathing it is important to focus on intentionally generating heartfelt positive emotions.





"Thoughts cause biochemical reactions in your brain that release chemical signals, and those chemical signals make the body feel exactly the way you were just thinking."

-Dr. Joe Dispenza

Breath is the Bridge

Mind Body & Spirit

WHY RYTHMIC BREATHING WITH INTENTION WORKS:

Because feedback generated by the heart's rhythmic activity is actually one of the main factors that affect our breathing rate and patterns. When the heart's rhythm shifts into harmony as a result of a positive emotional shift, our breathing rhythm automatically synchronizes with the heart, thereby reinforcing and stabilizing the shift to system-wide harmony.



HOW TO RAISE YOUR SPIRITUAL VIBRATION

MIND

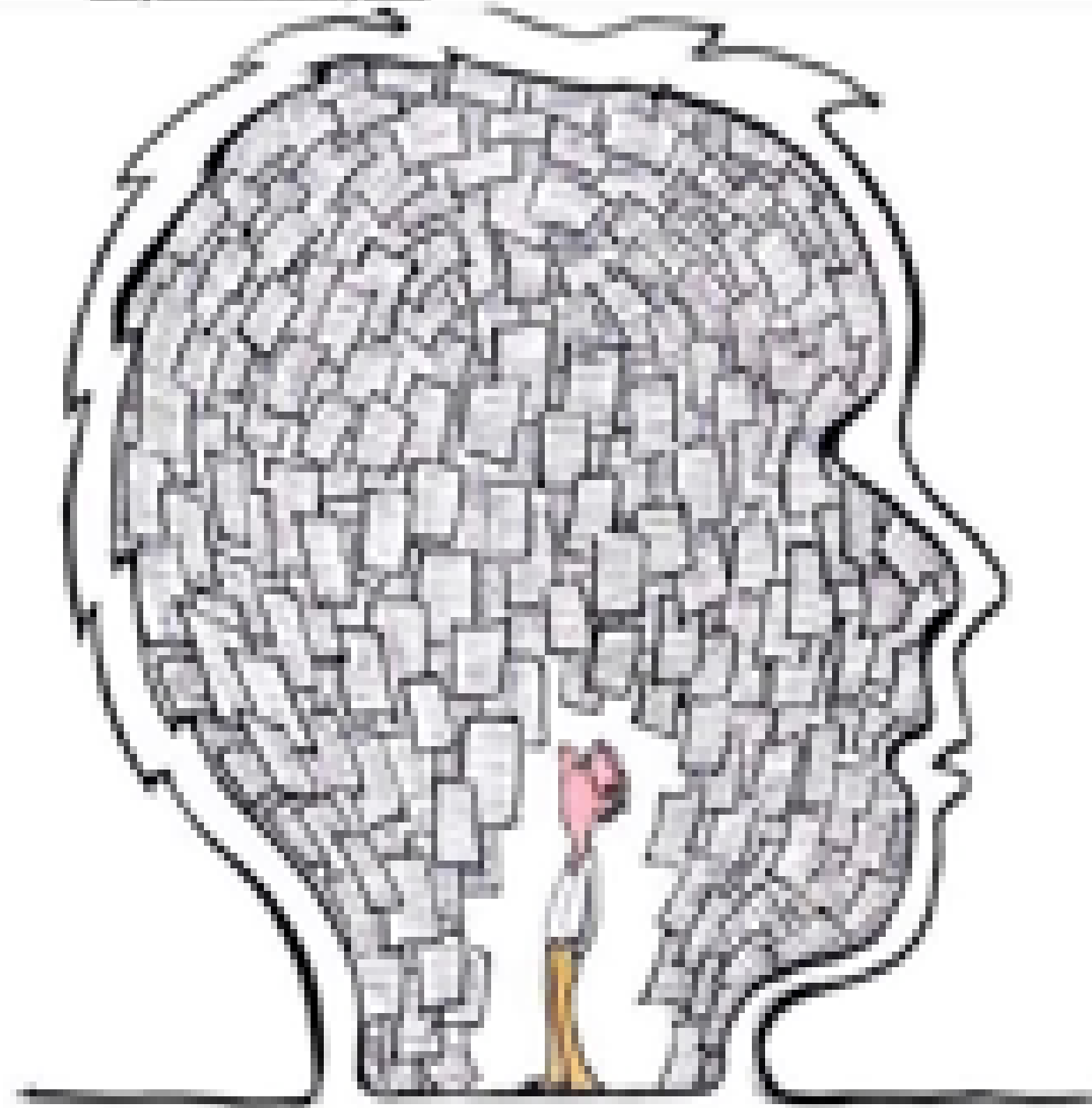
BODY

- 
- Meditate
 - Stretch/Move
 - Show appreciation/gratitude
 - Detox
 - Give/help others
 - Ingest plants as food/medicine
 - Stop watching TV
 - Breathe consciously
 - Think your own thoughts
 - Relax/get enough sleep
 - Spend time in nature
 - Walk barefoot



A woman with her eyes closed and hands covering her face, surrounded by a shower of colorful confetti or petals.

"Our self-respect tracks our choices. Every time we act in harmony with our authentic self and our heart, we earn our respect. It is that simple. Every choice matters." - Dan Coppersmith



**All the knowledge in the world
is useless without action.**



BREATH ... THE BRIDGE TO OUR 3 BRAINS

Mind Body & Spirit

Presentation by Nora Barnard
Created by SonyaPNagy.com
connect@sonyapnagy.com
(954) 445-1146