

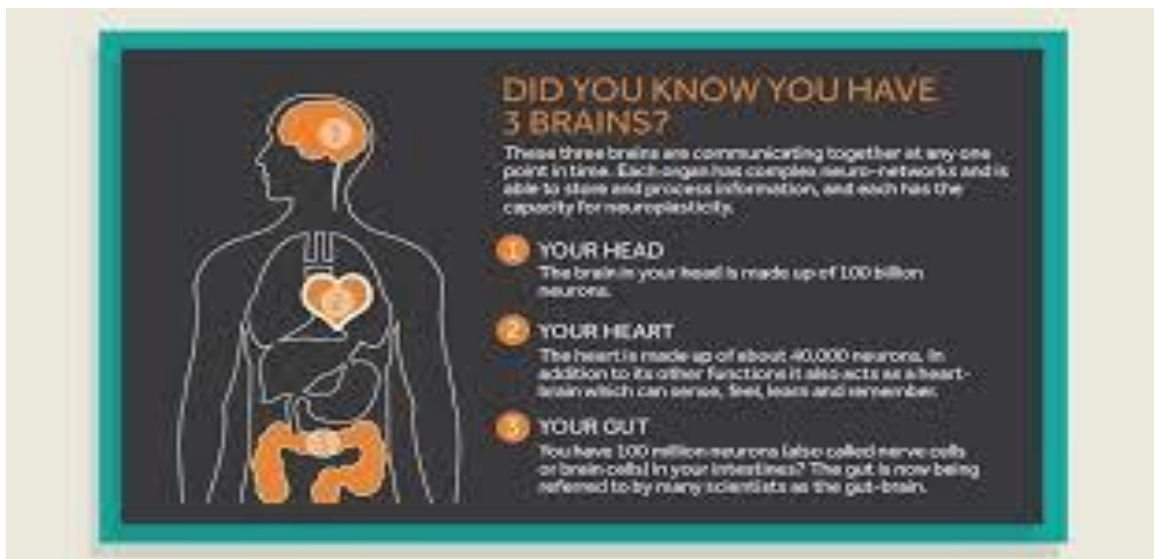
# mBIT/Multi-Brain Coaching – Heart, Gut, Mind

*“Follow your heart”*

*“Trust your gut”*

*“Use your head”*

How often have you heard or said any of these?



The Heart Brain:

- Can learn and change
- Secretes oxytocin - often called the love or bonding hormone
- Has a logic of its' own
- Sends messages to the head brain that affects a person's behaviour

The Gut Brain:

- Can learn and change
- Is a source of benzodiazepines (found in Valium and Xanax)
- In massive, acute stress, produces enough of these to calm and sedate the head brain, which is why people sometimes "choke" with emotion

It's a lot to get the (head) brain around. In their book, **mBraining: Using Your Multiple Brains To Do Cool Stuff**, Grant Soosalu and Marvin Oka explains the role of each of the brains and how mBIT Multi-Brain Coaching teaches people techniques to align their brains and access the wisdom each offers, to have more of those moments when everything "clicks".

<https://www.amazon.com/mBraining-Using-multiple-brains-stuff/dp/1475238584>