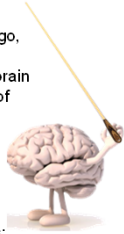


From Leonardo da Vinci's day, 500 years ago, until the late 1990s, people throughout the Western-educated world believed that the brain is the "**CONDUCTOR**" leading the **SYMPHONY** of functions that keeps us alive and well.
It's what we've been taught.



According to [The Anatomy of the Brain](#) on the site for the Mayfield Clinic, it beautifully illustrates this perspective. It states:
This mysterious three-pound organ [the brain] controls all necessary functions of the body, receives and interprets information from the outside world, and embodies the essence of the mind and soul. Intelligence, creativity, emotion, and memories are a few of the many things governed by the brain.

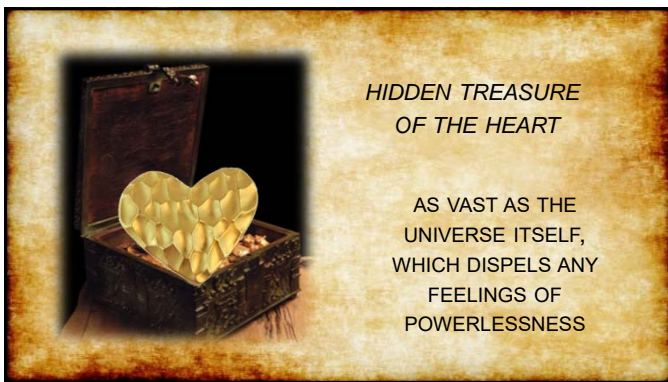


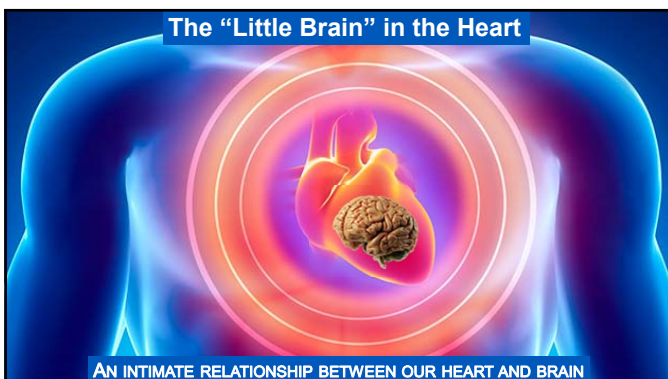
THE HEART IS MORE THAN A PUMP

The Old Testament describes the **HEART** as:
a vast source of wisdom that requires a cultivated
understanding to make sense of.

The book of Proverbs states,
"Counsel in the **HEART** of a man is like deep
water; but a man of understanding will draw it out."









Heart Focused Breathing™

- ✓ It's a powerful and effective tool for self-regulation.
- ✓ It's a first step in shifting to a more coherent state.
- ✓ It can help you maintain your composure in challenging situations.
- ✓ Calms stress reactions and takes out some of the significance and drama in the moment.
- ✓ Saves Energy
- ✓ You can be alert and calm at the same time.

1. Focus your attention in the area of your heart.
2. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Week 2: **ENERGY MANAGEMENT WITH RESILIENCE & COHERENCE**

What is resilience and what does Energy Management have to do with it?
A capacity to recover from stress.

Week 2 Technique: **Quick Coherence®**

- ✓ Builds coherence and composure
- ✓ Regulates energy expenditure
- ✓ Increases resiliency capacity
