

CONNECTING WITH HEAD, HEART AND BODY - THREE CENTERS OF INTELLIGENCE

*What one Center of Intelligence do I most connect with? Mind, Body or Heart?

*How can I activate and bring more presence to the other Centers?

*Notice what your body teaches you. Remember what it has taught you in the past. What does it have to teach you now. What does it have to say?

*When emotions arise, can you honestly look at where they are coming from? Stay in this place for 30 seconds or 3 deep breaths. What is your heart saying?

PRACTICE the wisdom way of knowing that goes way beyond your mind. The Wisdom Way of Knowing embraces the whole of a person - mind, heart and body. This “three-brained” wisdom must be working in balance.

CLEAR MIND + EMOTIONAL INTELLIGENCE + GROUNDING BODY = THE WISDOM WAY OF KNOWING. This could also be known as less suffering!!

EXPERIENTIAL EXERCISE

How do I experience and understand the differences in the Mind, Body and Heart Intelligence Centers? Explore each Center through purposeful construction of each and journaling.

HEAD (SECURITY)

Head people filter the world through their thinking. Key words might be - safety, certainty, assurance, predictability, opportunity

Sense most utilized - sight.

Suggested Activities - Puzzles, Patterns, Journal, Research, Plan, Imagine, Analyze (How do you utilize sight? What do you notice about this?)

HEART (LOVE)

Heart people are known for their emotional intelligence (perceiving for self/other). Key words might be - connection, affection, bonding, image, approval

Senses Most Utilized - taste and touch

Suggested Activities - Art, Ancient History, Spiritual Practices (Explore flavors, textures and feels (hands on body). Do you connect with this?)

BODY (WORTH)

Body people use personal position and power to make life as it should be. Key words might be - agreement, compatibility, protection, comfort, harmony, belonging, power.

Senses Most Utilized - smell and sound.

Suggested activities - Nature, Movement (What are the impacts of smells? Any sensitivities? What about sound?)