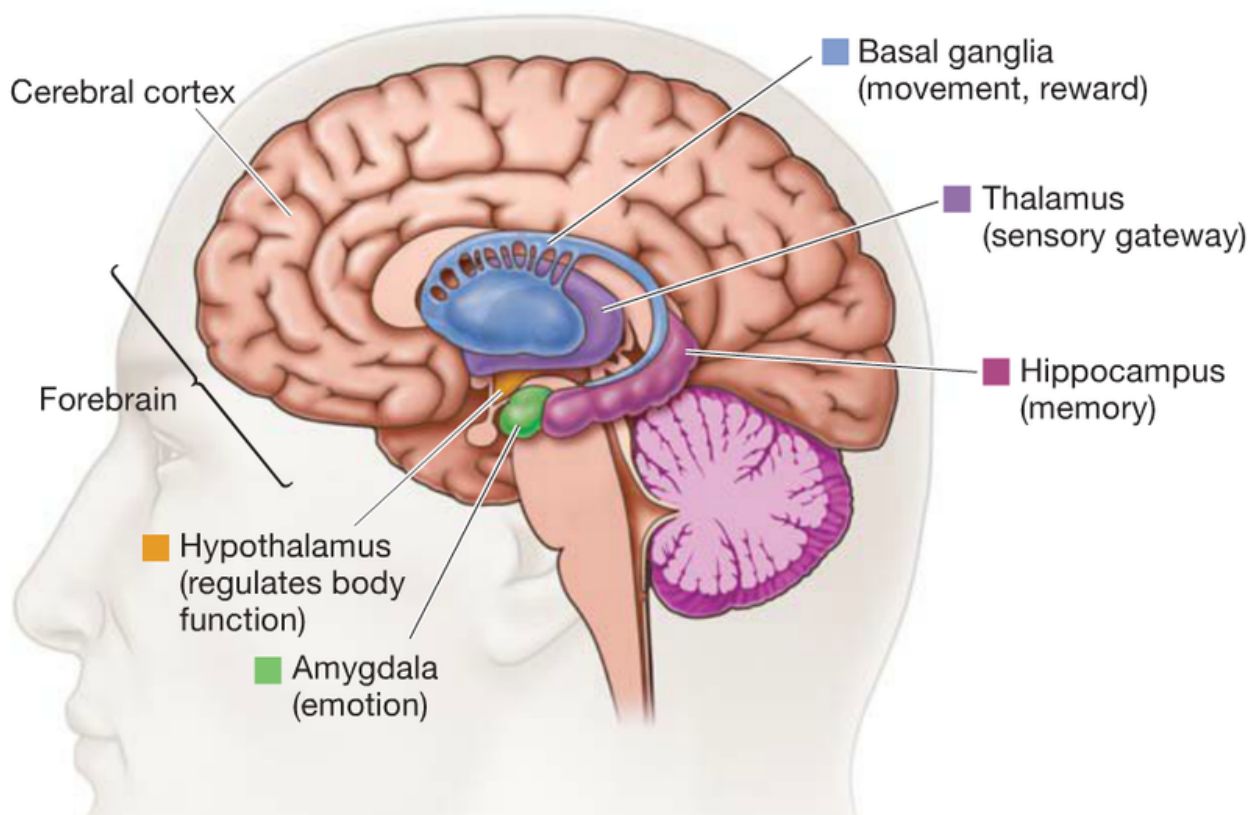


The 5 Important Facts About The Brain



1. The Brain runs on limited resources.

The two resources the brain uses are time and energy.

2. Emotion is a form of intelligence.

Your emotions are so smart. Every time you feel one, its there to prepare you to take action. Either to connect, work, food, make love, run away, fight, sleep, shelter, rest, etc.

3. The Brain Is a Social Organ.

It's an organ wired for connection with others.

4. Wellbeing is Created Through Integration

5. The Brain Loves Completion

Jak Panksepp's Seeking System

Seeking emotion comes online first for a baby to seek caregiver.

The 3 emotions when in connection:

Care

Lust

Play

The 3 emotions when in disconnection:

Grief

Fear

Rage