

Introducing Mind/Body Connection for Beginners

You probably know that the body's Central Nervous System (CNS) includes the brain, stem, spinal cord and the Peripheral Nervous System (PNS), made of nerves or neurons. And, with the brain stem connecting the brain to the spinal cord neurons send and receive messages from the brain to the body.

But, do you know that the Nervous System is a primary factor in our social wellness and emotional health?

Our Nervous Systems control every part of daily life, from breathing & blinking or planning a bright future to memorizing facts for a test. Developing both gets easier with practice and improves self-control in every aspect of life - from how soon you react to an experience, to what you say & do when you react. Ready? Set. Go!

The Cerebrum or neocortex is the largest part of the brain and it is where we find the power to develop language, abstract thought and imagination. The cerebrum is divided into left & right hemispheres – our logical and creative hemispheres –and further divided into 4 Lobes associated with the kind of thoughts they produce or process.

1. Frontal Lobe - reason, movement, emotions, problem solving, personality
2. Occipital Lobe - visual processing
3. Temporal Lobe - perception, auditory stimuli, memory, speech
4. Parietal Lobe - orientation, recognition, perception of stimuli

Cerebellum or "little brain", is associated with regulation and coordination, posture & balance.

Brain Stem & Spinal Cord: are responsible for basic vital life functions such as breathing, heartbeat, blood pressure and sleep.



ACTIVITY: Create a Mind/Body Connection. Map the functions of your brain to locations within the body where you can feel and connect emotion & thought to daily experience. Make these seven mind/body energy-source activities your own to improve the ability to handle everyday stress & demands of life.

Understand where & how the mind communicates directly with the body's natural energies, and transform your mental-physical vibration, social balance & communication ability. Consider how a Mind/Body Energy Practice can serve you and those you love.

As your brain minds the body, the body energizes your world!

Mind/Body Energy Practice

Mind Your BODY = Change Your WORLD

There are 7 energy centers in the body. The graphic below outlines *where* brain signals flow to & fro within every body. Millions of neurons connect the conscious mind to our physical life experience every second of life. Understanding your power centers *and* their location in the body, will help you build mindful connections within your SELF.



Self-Practice is vital when learning to self-reflect, self-motivate & self-regulate in any stress-filled environment. Each 15-minute practice activity will help you (very easily) *Mind Your Body* and Change Your World!

ENERGY CENTER	ELEMENT	BIRTH RIGHT	LOCATION IN THE BODY	PRACTICE ACTIVITY
1. Root	Earth	To Have	The base of the spine. It looks after your connection to Earth & helps you feel grounded.	GROUP ACTIVITY: Common Ground for Inclusion
2. Sacral	Water	To Feel	Below the navel, it maintains your sexuality, sensuality, desire for love, emotional connection, & relationships.	Read Article - https://drugabuse.com/11-real-reasons-teenagers-experiment-drugs/
3. Solar Plexus	Fire	To Act	Above the navel, it gives presence to your self-worth, body function, power & vitality.	Debrief Article – 11 REAL Reasons Teenagers Experiment with drugs
4. Heart	Air	To Love	The center of the chest signifies love, devotion, compassion, equilibrium & transformation. It ensures you are capable of expressing love and emotion for others.	BREATHING MEDITATION: 1. Stop! Stand Still. Use 3 Breaths to send love to those we love and those who love us – whether alive or not. 2. Send 3 love breaths to any who has caused you harm – intentional or not. 3. Send 3 love breaths to yourself. 4. Send 3 love breaths to the universe.
5. Throat	Spacial Void	To Speak	The throat is responsible for conveying your sense of truth. It also holds your power to communicate with logic & reason.	SELF-REFLECT: Do your words accurately reflect your level of logic and reason? How are you using your throat energy at school/ home? What adjustments might you make?
6. Third Eye	Reality	To See	The space between your eyebrows signifies self-realization, your Divine or Spirit consciousness, vision, knowledge & intuition.	FIELD RESEARCH: Ask someone(s) who cares about you to give you a Wish Kiss on your 3 rd eye. Eyes close. Be still. Document what you feel, see & sense about the kiss. Share your research/experience.
7. Crown	Thought	To Know	The crown of the head represents oneness, self-realization, & spirituality.	ONLINE RESEARCH: Visit BrainHealth&Puzzles.com for fun tools that can improve your brain health.