

HOW YOUR 3 BRAINS RUN YOUR LIFE!


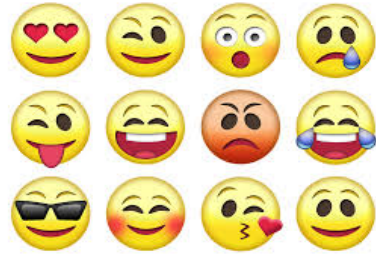

Did you know that instead of one brain, it's like you're living with three? In the 1960's, neuroscientist Dr. Paul MacLean created a theory linking brain development and behavior. You have 3 distinct areas of your brain that function as if they were individual brains making decisions. When these 3 brains don't agree on something, it can create a stress reaction and self-sabotaging behavior.

The Reptilian Brain controls everything you need to survive.

The Mammalian Brain controls your emotions and everything you think or believe to be true about yourself or others. It's called "emotional reality" and it may or may not correspond to "actual reality".

The Neocortex controls everything that we normally think of the brain doing like math, language and reasoning.

The Reptilian Brain (your survival or unconscious) and the Mammalian Brain (your emotional or subconscious) control about 80% of your decision making NOT your logical brain! Because of this, you can have self-sabotaging behavior and no idea why!

Reptilian Brain (Survival)	Mammalian Brain (Emotional)	Neocortex (Logical)
		
Fear Fight Flight Freeze	Emotions: Love Nurturing Empathy	Logic Math Language Reasoning
Autonomic Reflexes: Blinking Breathing Hunger Heart Rate	Bonding Intuition Pleasure Seeking Short Term→Long Term Memory	Problem solving Goal making Planning Self-awareness Creativity
Arousal/Reproduction	Connection/Affiliation	Spelling
Safety	Tolerance	Grammar
Instinct	Hormones	Higher thought
Am I Safe?	Am I loved?	What can I learn from this?
Unconscious	Temperature Control	Cause/Effect Thinking
Id	Superego	Ego
Primitive Muscle Reflexes	Perfectionistic/Idealistic	Voluntary Muscle Movement

What Is Mindset Magic?



Mindset Magic is a 3 Brain Realignment Technique (TBRT) based on a proven combination of the latest scientific research and centuries-old techniques used in Eastern healing. By acknowledging the relationship between the body's emotional, mental, spiritual and energetic health, many clients enjoy better health and well-being.

Although the expression of emotions is normal, emotions such as fear, anger, grief, and many others can negatively affect us long after the original event that caused them. When our body fails to “let go” of these emotions, we can find ourselves with unexplained aversions, self-sabotaging behaviors, destructive beliefs, phobias and many chronic physical conditions. The 3 Brain Realignment Technique (TBRT) allows us to identify and help you let go of “stuck” emotional patterns.

As a sensitive person, it's also possible for you to absorb the emotional burden of others while attempting to “help” them. This is especially common for Empaths and Highly Sensitive People (HSP's). The 3 Brain Realignment Technique (TBRT) also determines if stuck emotions are YOURS or belong to someone else! Either way, Mindset Magic helps you let go of stress, anxiety, anger, and fear affecting your life.

Mindset Magic via the 3 Brain Realignment Technique (TBRT) is a safe, quick, and effective way to instantly resolve long-standing problems that have an emotional component.