



Karolien Notebaert: The Brain-Body Connection: How to Nurture our Freedom to Decide



Ph.D. cognitive neuroscience, M.A. Economics and founder of the Science and Leadership Academy.
Find out how to naturally nurture your freedom to decide and increase your life quality.

TOP EMBODIMENT TIP: Regular Mindfulness Practice to Feel the Wisdom of our Body

Spontaneous Brain Activation: A Filter of Reality

- Constantly changing: due to events or emotions.
- Relatively stable: related to personality and decisions.
- Performance = potential – internal interferences.

Difficult Events: Take a Toll on our Brain

- In tasks related to our potential we need to engage the prefrontal cortex, which has a limited capacity.
- To reduce internal interference we need self-regulation.
- People in depletion show an amygdala that reacts much more than usual and a dysfunctional connection between the prefrontal cortex and amygdala.
- When we have a lot of stress the default mode network can get into a loop and that will always remind us of the things we are stressed about. That's the wandering mind.

Replenishment Strategy: Activate the Direct Experience Network

- It activates whenever we bring our full awareness to the sensory sensors in our brain, the embodiment comes in.
- As a biological consequence, this will deactivate the default mode network.
- When regularly practiced, those structures, such as the amygdala, that can lead to internal interferences blocking the potential will come down and those functions engaging the prefrontal cortex will significantly improve, such as focus, concentration, the quality of your decision making and creativity.

Resources

- ❖ **Books:** *The Pilgrim Who Trained Her Monkey*
- ❖ **Courses:** [Insight Timer Courses](#)
- ❖ **Website:** [Science & Leadership](#)
- ❖ **References:** [TEDxTalk; Hack Your Own Brain](#)



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As a gift to all Embodiment Conference participants, please [click here](#) to download Michelle's free **5 Step Guide to Erase Doubt, Claim Your Truth, and Create the Business and Life You Desire**. If you suffer from loops of self-doubt, indecision, exhaustion, or a life that is less than fulfilled, this guide offers powerful insights and practical Action Steps you can use right away to create the life you truly desire.

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