

To bring **WISDOM** into our lives, we need to do this from a **BALANCE** state of coherence

Consider the role of Autonomic nervous system ~ Fight/Flight



STRESS hormones resident in body time

* Cheryl Cruttenden

• Multi-brain Integration

It's easy to be **MINDFUL**, remembering to do it can be **difficult!**

Horse's heart - 7x bigger



grew up in the outdoors with horses

Creative Mindset Secrets

#4 Remember the power of breath to return us to a balanced state.

interested in Tai chi - breath

#5 Access all 3 intelligence centres when making a decision



We have **3** brains

• Equine Facilitator

What's the most creative, **compassionate** & **courageous** action I can take today?