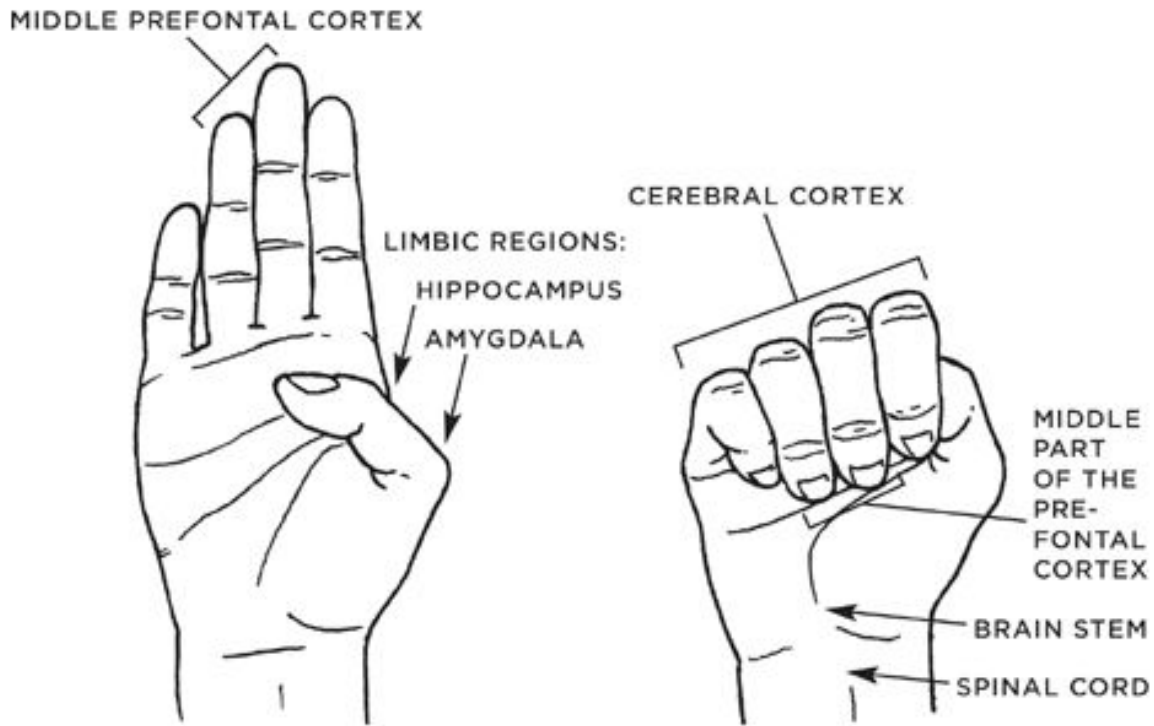


THE BRAIN IN THE PALM OF YOUR HAND



Place your thumb in the middle of your palm as in this figure.

Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.

BRAIN STEM: The “Reptilian Brain”

The brain stem keeps the automatic functions of the body going: breathing, blood circulation, etc. It is also involved in the fight/flight or freeze response, states of arousal, and other functions.

LIMBIC SYSTEM: The “Mammalian Brain”

Your Limbic System lies deep within your Brain and includes the Amygdala (there are two amygdalae) and the Hippocampus (there are two Hippocampi) among other parts.

AMYGDALA: The Fight/Flight, or Freeze Initiator.

Our Amygdala always wants to know if we are safe and if we matter. At birth we are run by the amygdala. We are hard-wired to have messages from the amygdala take over the brain for the sake of our survival. We build the neural networks for regulating emotions and calming the amygdala when resonant empathy is given to us.

HIPPOCAMPUS: The Librarian and Biographer of the brain.

The Hippocampus files and tracks our factual and autobiographical memories until they have migrated to the cortex.

MIDDLE PREFRONTAL CORTEX: Our mindful brain, empathy brain, NVC brain.

Our prefrontal cortex does empathy, attunement, emotional regulation, response flexibility, insight, mindfulness, morality, soothes fear and triggers, and more.