



BREATHE ME

SYNCING THE MIND-BODY SYSTEM

GENIUS THINKING THE THREE BRAINS

HEAD

HEART

GUT

THE VAGUS NERVE

Is a key component of the mind-body connection.

Vagus in Latin means wanderer and refers to a nerve plexus that interweaves itself, or wanders, through most of the body's major systems, including the head, the heart, and the gut.

The Vagus nerve sends signals from the body to the brain. The brain then processes the information and sends messages back down to the body for a response.

An unhealthy body puts demands on the brain and robs you of energy that you could be using to

BOTTOM LINE

Take care of the body so it doesn't produce unnecessary demands on the brain.

FOUNTAIN BREATH

Imagine sitting in a pool of energy and drawing that energy up through the pelvic floor, filtering its way through the heart, and then flowing out the top of your head. You are visualising the energy, but in doing so, you're also using your breath to create the same energy flow. You're drawing the energy up through all three crucial areas and uniting them. We call this the fountain breath.

Activate your own genius thinking and sign up for our free 7-Step Quick Start Breathing Program at [BreatheMeActive.com](https://www.BreatheMeActive.com)

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