

multiple Braining



Where neuroscience meets ancient wisdom



Find out about the field of *m*BIT and discover how to become an *m*BIT Coach

*m*Braining: The Tide is Turning...

Neuroscience has proven that we not only have one, but three brains! In addition to the brain in our head, we also have "complex adaptive neural networks"... in our hearts and in our gastrointestinal system.

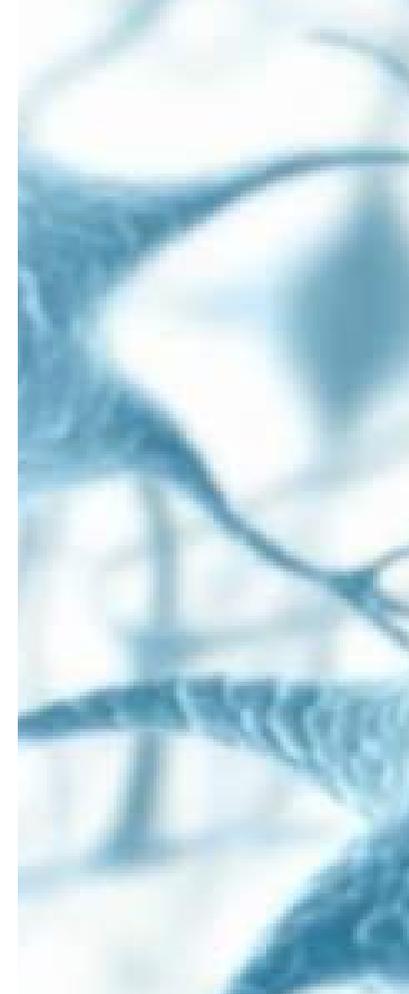
So what? Well this is a question Marvin Oka and Grant Soosalu asked - and by combining the latest research in neuroscience with their long expertise in behavioural modelling, they have created a powerful model for how intelligence in all three brains can be accessed and used optimally. Their work is the result of a meta-analysis of hundreds of articles and other research literature.

Their book '*m*Braining - Using Your Multiple Brains To Do Cool Stuff' was released in 2012 and is taking the coaching world by storm. *m*BIT stands for **multiple Brain Integration Techniques**, and uses a suite of tools and techniques that transform *m*Braining theory into practise.

Our 3 intelligence centres have been found to have primary functions and occasionally we can confuse the role of each, or favour one to the exclusion of another.

Have you ever ignored your gut instinct?
Or limited your options through conditioned thinking?
Or perhaps become disheartened?

Working to align our multiple brains we learn to access full wisdom and a greater fluidity of self. In this fast paced environment with the need for wise decisions, we can no longer rely solely on our headspace... it is time to get ahead of the curve and access some whole-brain thinking.



mBraining: Join this Wave...

Great news: You can qualify as an *mBIT* Coach with Lizzi Larbalestier from Going Coastal Blue.

Lizzi was one of the first 70 Certified *mBIT* Trainers, fortunate to train with Grant Soosalu (one of the co-developers of *mBIT* together with Marvin Oka). She attended the very first *mBIT* Master Coach training, becoming one of the first 18 *mBIT* Master Coaches globally and championing taking *mBIT* Coaching to deeper levels of integration.

Practising *mBIT* since early 2014, Lizzi has not only immersed herself in the theory, but also blended *mBIT* approaches with neuroconservation (an applied neuroscience linked with environmental psychology). This has enabled her to dive deeply into this field, extending the practical application of *mBIT* techniques.

Lizzi works internationally delivering *mBIT* Coach Certification programmes in The South West of the UK and the West Coast of the USA. With *mBIT* Coaching clients throughout Europe and the USA... Yes - *mBIT* Coaching works not only in person, but also as a virtual coaching modality!

More information about *mBIT*, is available here: www.goingcoastal.blue and on the global *mBIT* website www.mbraining.com.

You can also find out more about Lizzi and Going Coastal Blue's uniquely "Littoral" training approach when you "Meet Your Trainer"... (later in this short info guide).

Plus at the back of this booklet you will find information about how to book onto the *mBIT* Coach Certification running near you soon.



Lizzi
Larbalestier



"Waking up to
who you are
requires
letting go of
who you
imagine
yourself to be "

Alan Watts

*m*Braining: Really is "Cool"

So not only do we have complex and functional brains in both our hearts and gut - these being called the cardiac and enteric brains, evidence is emerging that these neural networks exhibit adaptive intelligence and wisdom.

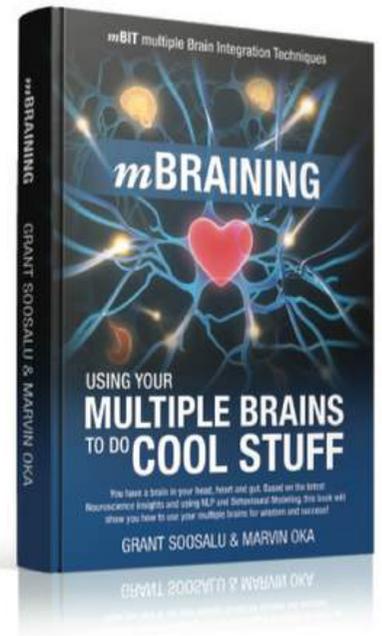
Now, scientific knowledge is finally catching up with some of the deep insights that esoteric and spiritual traditions have been informing us of for thousands of years about these three powerful intelligence centres.

Using methods from NLP (Neuro Linguistic Programming), cognitive linguistics and behavioural modelling, informed by these latest neuro-scientific discoveries, the new field of *m*BIT has created a powerful system for communicating with and integrating the wisdom and intelligence of our multiple brains.

Written in a readable and entertaining way, this book is a straightforward guide to understanding the scientific basis for gut intuition, heart-felt emotions and head-based creative powers.

*m*Braining coaches the reader to achieve greater success and happiness in a world of massive change.

*m*BRAINING - USING YOUR MULTIPLE BRAINS TO DO COOL STUFF, GRANT SOOSALU AND MARVIN OKA, 2012.



mBraining: Alignment and Balance

The next 2 pages contain abridged excerpts from an article "We Have Three Brains" from Worldwide Coaching Magazine

Grant Soosalu, co-author of the book 'mBraining', holds 6 degrees in physics, psychology, and computer engineering respectively and is a sought-after lecturer and leadership consultant based in Australia.

He and a colleague Marvin Oka performed over five years of behavioural modelling about how the heart and gut brains affect practical areas such as decision-making, action-taking, intuition, relationships, leadership and personal development.

Along with this action-research, analysis of evidence from a wide variety of divergent sources showed that heart and gut are involved in representing and processing specialist forms of intelligence and intuitive function. For example, the heart is optimised for processing emotions and drives the way we connect in relationships, while the gut handles protection, self-preservation, the deepest core identity and mobilisation, or the ability to act.

They highlighted that the brains each have a fundamentally different way of communicating and different core competencies. These findings support commonly held notions such as 'go with your gut feeling' or be 'true to your heart', and shows these phrases are more than merely metaphorical.

These results also back up the assertions of many other fields, such as Adaptive Leadership: where it is said that real leaders must not only use their heads, but also the innate intelligence and wisdom of both their heart and gut.

Ancient wisdom of esoteric and spiritual traditions have, for millennia, spoken of three powerful intelligences in the head, heart and gut. So we have always known, at an intuitive level and in our own lives that our intelligence, wisdom and life skills do not only come from the head.



Grant
Soosalu

*m*Braining: Get Wise

Have you ever worked with people who act as if they have a conflict between their thoughts, feelings and actions? Or people who don't act upon or sabotage their goals, plans and dreams?

Or anyone who has difficulty making decisions or in breaking bad habits without really knowing why?

Or maybe they feel that something is missing and they're not fully connected to their deepest inner self?

Then chances are that their brains are not fully aligned and they are not using the power and innate wisdom of their multiple brains. For when the head, heart and gut are coherently aligned with each other, they produce emergent wisdom that allows a person to deeply tap into intuitions and competencies you simply cannot get from the head alone.

This is the realm of *m*BIT (multiple Brain Integration Techniques) Coaching! *m*Braining is all about integrating brains with each other in an optimal way.

*m*Braining: Creating Flow

So how do we do it? Helping brains into a congruent and effective state requires a pragmatic response to the 'how' question. Therefore, the new field of *m*BIT developed a range of simple but profoundly powerful techniques that therapists, trainers, coaches, managers and many others can use in the right context.

As described in the book "*m*Braining", these techniques and processes enable a person to communicate with their three brains, getting them aligned around an issue and then getting the brains functioning at what we call their "highest expression". When this is achieved, their innate wisdom emerges and the quality of decisions and actions becomes adaptive and generatively different.

An *m*BIT Coach consistently invests time and attention in ensuring their own alignment enabling them to coach for alignment from a place of alignment - multiple brains coaching multiple brains! *m*BIT Coaches are skilled at using a range of techniques to assist others in resolving imbalance to create the freedom and space required for each intelligence to perform its prime functions.



"Knowledge comes from but a single perspective; wisdom comes from multiple perspectives."

Gregory
Bateson

mBraining: A New Field

The next 2 pages excerpt an article written by Dr. Suzanne Henwood, Director of mBraining4success

What makes a brain? A brain is defined as a complex, adaptive neural network, with a large number of neurons and ganglia, plus support cells and glial cells, astrocytes etc. In addition, a brain has its own memory and will adapt intrinsically, without having to communicate with the head brain. So a "brain" in this context is much more complex than just a group of nerve cells, which can, for example, be found in the eye or ear.

Are we saying that the other intelligences are completely independent? No, of course not. The body is a complex, integrated whole, but these particular brains have a level of autonomy much greater than we thought until a few years ago.

Ensuring the three brains are integrated and in alignment is the ideal situation to ensure a deep and authentic, healthy lifestyle for yourself personally and for work and business. What mBraining is showing is that from a congruent and aligned state, a new higher level of wisdom emerges and when the brains work in synergy with each other, their impact is greater.



*m*Braining: So What

Over the years, different scientists around the world have been studying individual components of the neurological system and reporting on those discrete findings.

What Grant and Marvin have done, is to bring the individual brain knowledge together and to ask 'So What?' So what does it change knowing this? So what can I do differently now I know this? They took the findings and created a model which enables us to communicate with, and align those different centres and they went out and tested that in the field through action research, to see if the model worked – and it did.

Now this might be a challenge for some people who cannot see beyond what they already know, what they were taught in college. As if, as humans, we have never had huge shifts in our thinking and knowing!

What *m*Braining does is give us a practical Roadmap to explore how our three brains work together. By aligning the three brains and encouraging each brain to work from its highest expression, new wisdom emerges.

What I love about *m*Braining is that it is so complementary to what I already know. It does not require me to move away from techniques I already use in development or coaching – it enables me to add to them.

*m*Braining: Coherence

The coherent breathing technique is an important aspect within *m*BIT Coaching. It allows you to bring yourself back to a balanced state. In practice what this means is, it helps you to reduce stress and anxiety in minutes and in the moment of any difficult situation. It helps you bring you back to a grounded centre of 'you', giving you space to think and make wise decisions.

The way that *m*Braining teaches you to use your breathing to balance your autonomic nervous system is simple, gentle, safe and amazingly effective. It is truly compassionate – modelling the very nature of compassion, which sits at the core of *m*Braining.

By understanding and listening to the three brains, people are better able to recognise where they are out of alignment. You know that feeling when you want to do something, but you can't quite take the action required? Or where your heart says one thing and your head says another? Or you have made a decision – but it doesn't 'feel right'? That is your brains not being in good alignment.

Only when you align your three brains that you will move forward positively.



"We cannot
solve our
problems with
the same
thinking we
used when we
created them."

Albert Einstein

mBraining: The Power of Sleep

Here is an excerpt from the book mBraining - using your multiple brains to do cool stuff

When the Gut talks to the Head:

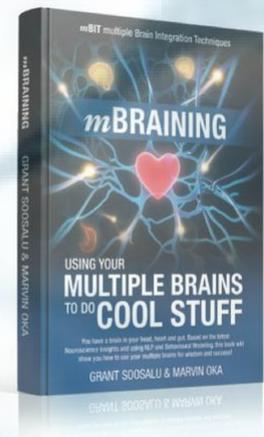
Every night, as you sleep, your head goes through periods of what is known as REM (Rapid Eye Movement) sleep. REM sleep is a normal phase of the sleep cycle, occurs every 90 minutes on average, is an integral part of our learning process and plays an important role in the integration of the memory, experience and knowledge.

A recent study from the University of California showed through brain scans that REM sleep reactivates memories and put them into perspective and integrates them. It was shown that REM sleep acts as a kind of balm that soothes the emotional experiences from the previous day.

Equally fascinatingly, the gut brain also undergoes a process reminiscent of REM sleep, but in the gastrointestinal tract and known as RGM (Rapid Gut Movement) sleep. Approximately every 90 minutes while you sleep, the gut experiences periods of RGM.

Some researchers have suggested that this is a time when the gut and head communicate and integrate knowledge and experiences from the day. Based on this insight, it is likely that dreams are an important tool for the gut to communicate to the head and to allow intuitions to arise to consciousness.

As the esoteric wisdom traditions maintain, "Your dreams contain messages from the gut and heart."



mBraining: Deliberately Hybrid

The following is from Lizzi Larbalestier - www.goingcoastal.blue website first published 2014

mBIT coaching works with: ontology, epistemology, teleology and phenomenology – so clients see positive and generative shifts in their sense of: who they are, what they know to be true, how they experience the world, what shows up in the world to them and their very sense of purpose... unclouded and revealed through a deeper exploration.

Vastly different to using solely traditional coaching methods, which often tend to primarily target A to B transition, mBIT enables access to wiser choices moment to moment.

This has deep synergy with **neuro-conservation** and **littoral wisdom** practices which emphasise environmental connection, trajectory realignment and the development of a more **liquid ontology** for a world that is **distinctly analogue**.

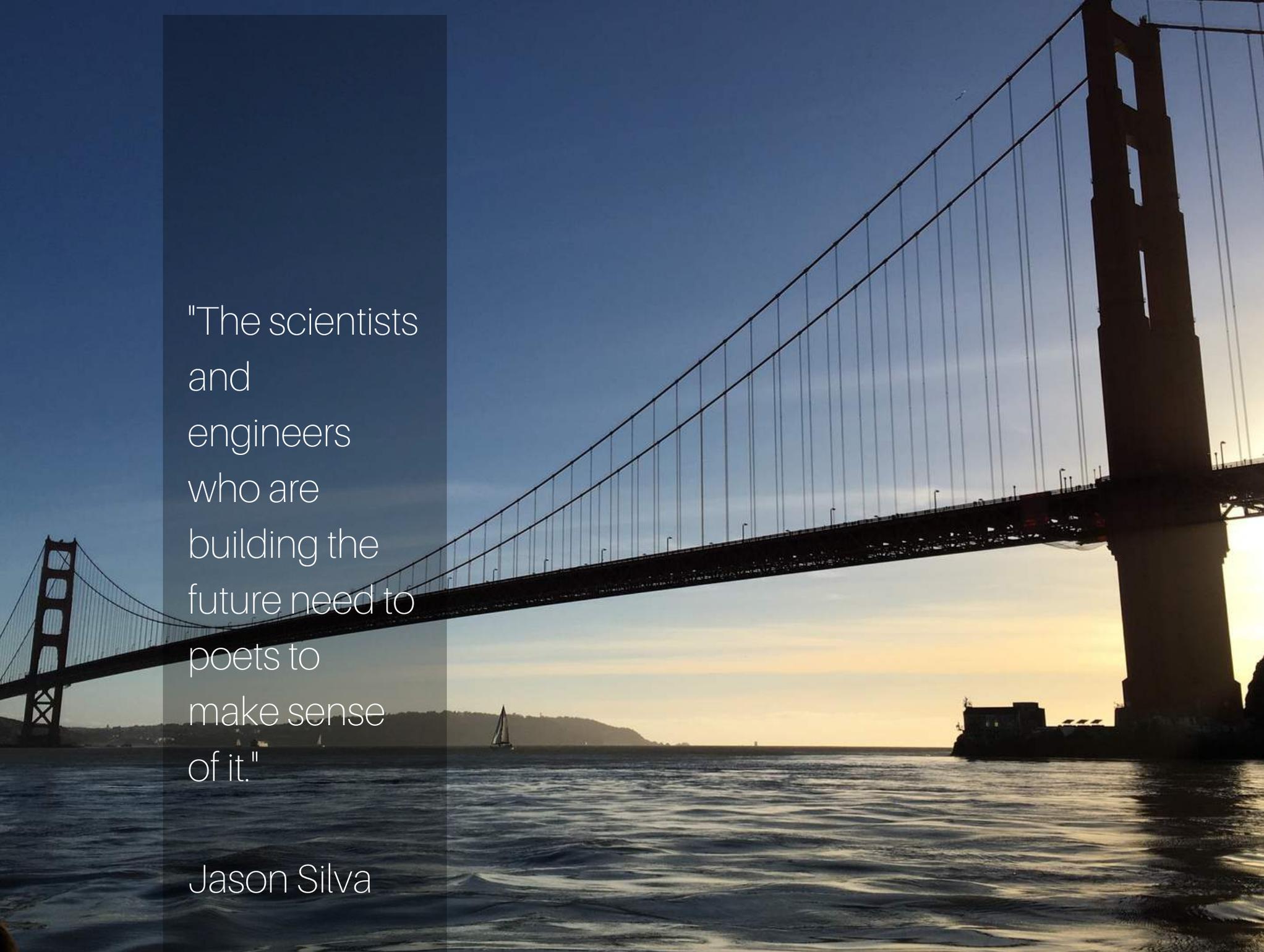
Developing less certainty-reliance offers clients the ability to leverage ambiguity creating progressive momentum and mBIT helps with this.

Liquid Ontology is...

- *emotional / social*
- *physical / psychological*
- *environmental / spatial*
- *spiritual / intuitive*
- *cognitive / logical*

So mBIT is hybrid... in that it works with additional coaching methods - extending our scope of exploration, creating new neural networks and actively building intelligence to resolve inner conflict and address stagnation.

Whatever the labels we apply with the addition of mBIT as a complementary coaching methodology we go deeper... making a conscious choice to observe, listen and attend to the full range of intelligence and information available to us at any given time!

A photograph of the Golden Gate Bridge in San Francisco, California, taken from a low angle on the water. The bridge's massive suspension towers and cables are silhouetted against a bright, hazy sunset sky. The water in the foreground is dark with gentle ripples. A small sailboat is visible in the distance on the water. The overall mood is serene and majestic.

"The scientists
and
engineers
who are
building the
future need to
poets to
make sense
of it."

Jason Silva

*m*Braining: Become an *m*BIT Coach

If you think all this sounds awesome, and something that would complement your existing skills in your work with people, then *m*BIT Coach Certification is for you.

*m*BIT can be used in a myriad of different contexts, for example with people who personally and / or professionally:

- Seem like they know what they want, but find it difficult to act in accordance with their goals
- Have an internal conflict between their thoughts, feelings and actions
- Have undesired habits that they are struggling to break
- Find it difficult to make decisions
- Are very concerned about risks in whatever they do

*m*BIT is a highly effective way to work with these, and many other perceived challenges.

As an *m*BIT Coach, you will learn how to help others to express themselves with greater congruence, aligned within their heart, head and gut.

When the person's thoughts, feelings and instincts are acknowledged and balanced, he / she is able to make wise decisions - reducing fear and reluctance to act.



mBraining: Gives You

In addition to certifying as an mBIT Coach, you will get:

Your personal copy of the book 'mBraining - Using Your Multiple Brain To Do Cool Stuff'.

Use of the mBIT Coach logo in your marketing materials.

Option to be listed on the global and regional website, so that people looking for an mBIT coach in your area can find you.

Access to the private Facebook group for mBIT Coaches worldwide, where you can expand your professional network and keep yourself updated on the latest neuroscientific findings.

The opportunity to qualify as a facilitator of the online course 'Loving Your Life', which you can offer your own clients. It is an online personal development programme that raises awareness of mBIT and builds interest for one-to-one coaching programmes.

You may even wish to progress towards qualifying as an mBIT Master Coach continuing your journey of coaching mastery or extend your learning further, becoming an mBIT Coach Trainer, so that you can train and certify coaches yourself.

mBraining: Who is it For?

The answer is simple - anyone who works with people. It can, for example, be all types of coaches, therapists, trainers, consultants, teachers, managers or mentors.

We expect you to already know the basics of working with people. We build on that knowledge and give you a deep understanding of the mBIT toolkit that you can adapt to your own field of work.

mBIT tools can be used on their own or as a complement to a variety of other tools and techniques.

This is an accredited training - as an mBIT Coach, your certification is recognised globally through the International Coach Federation and counts as CCEU resource credits.

Why be one of the first? When you become an mBIT Coach, you are qualifying early in the development of this field and can be influential in how mBIT evolves across the globe.

So what are you waiting for....?

mBraining: Meet your Trainer

You already know Lizzi's *mBIT* credentials... and that as an *mBIT* Trainer and Master Coach she seeks to champion the development of this field... What else?

Lizzi is an ICF Professional Coach and NLP Trainer with a passion for continuous learning. She trains and speaks internationally on the topic of beach wisdom (and *mBIT*).

The founder of Going Coastal Blue, Lizzi specialises in executive coaching outdoors primarily within the littoral zone. Her work builds on the latest neuroconservation findings relating to the positive emotional, physiological, social, cognitive and psychological impact of spending time within water-centric locations.

In 2013 she gained her Master of Arts in Applied Coaching - exploring "Ambiguity Leverage for Productive Outcomes" and insights from this work flow through many of her coastal coaching techniques where she encourages clients to adopt a more analogue perspective towards life and step away from certainty reliance.

With over 20 years working in the field of leadership and personal development she is also a coach supervisor with a clear passion for facilitating personal change.

She is currently authoring a book and carrying out independent research in the field of Blue Health in collaboration with the National Marine Aquarium and Plymouth University.

Her "deliberately informal" approach and disarming humour create a platform for a highly provocative yet warm coaching experience. A commercially aware and accomplished change and organisational development professional she is also a qualified sports therapist and yoga teacher.

She is an avid Freediver currently pursuing her Freediver Instructor Award, so as you might imagine breath awareness is close to her heart and she has a deeply embodied cognition when it comes to the breath related aspects of *mBIT* Coaching mentioned earlier in this info guide.

Her eclectic experience provides a grounded yet holistic and highly creative edge to her training bringing together a range of applied neuro-psychology and somatic work, connecting with the intelligence of mind, physiology and location creating a truly systemic and integrated approach to identifying, embodying and expressing personal wisdom.

mBraining: You Will Learn

How exactly modern neuroscience research acknowledges three brains, and how these findings validate ancient wisdom teachings and practises.

How to harness your innate intelligences and generative wisdom through the process of "mBraining".

An entire suite of powerful and easy-to-learn "multiple Brain Integration Techniques", collectively, known as *mBIT*.

How to balance the Autonomic Nervous System through the "mBIT Balanced Breathing" method to quickly relieve stress and gain access to the innate intelligences of your three brains.

The 9 Prime Functions of heart, head and gut brains and how each provides you with a different ability and talent.

The 5 classes of Neural Integration Constraints (called NICs) that give deep insight into how the three brains may produce internal conflict within yourself and what you can do about it.

How to work with the *mBIT* Core Competencies Framework, to quickly diagnose unresourceful states and discern what is needed to bring the nervous system back into balance for optimal functioning in all three brains.

The technique of "Neural Syntax Mapping", to explicitly surface functional or dysfunctional sequencing between the three brains.

The "mBIT Foundational Sequence", to ensure you are working with the three brains in the optimum sequence for generative results.

What "Neural Integration Engagements" are, and how to work with them to significantly amplify the positive impact of your *mBraining* activity.

How to recognise and overcome Neural Integration Blocks, that temporarily prevent full integration between the three brains.

mBraining: Meets Neuroconservation

Spending time within Blue Space flows through all Going Coastal Blue trainings and our *mBIT* Courses are no exception. As Ocean Advocates, we acknowledge our deep connection to water, actively favouring water centric training locations and consciously utilising their **Blue Mind** benefits throughout your learning.

Neuroconservation is a field developed by Lizzi's good friend Dr Wallace J Nichols. It builds upon the research and work of top brain scientists, oceanographers, explorers, educators, psychologists, and artists.

There is a growing body of evidence showing very tangible health benefits of spending time near, in, on or under water. These insights invite closer guardianship and greater compassion for our planet. Neuroconservation has deep alignment with the compassionate intent at the core of *mBIT*.



"Be fearless
enough to
invite challenge
and humble
enough to not
think you
already have all
the answers"

Lizzi
Larbalestier

*m*Braining: What *m*BIT Coaches say about the Training and Lizzi

"I love balanced breathing as a technique to call forth the wise counsel of the heart, head, and gut brains for greater awareness and coherence." JB

"I loved this course. If you want to help yourself, others, enjoy coaching or want to get into it, this is a joy to attend. Lizzi delivers in such an easy manner and *m*BIT itself makes total sense. Of course we need to align all of our senses, brains, inner voices, whatever you want to call them. You will not be disappointed. This is life-changing stuff! Treat yourself." TW

"I believe the core competencies and consciousness of our autonomic nervous system will ultimately provide a touchstone for how decision-makers tap into their highest wisdom." JB

"*m*Braining helps me to appreciate what IS working, what IS possible, and takes the rocks and boulders out of my path for a smoother ride! I take myself and my life more lightly, find life more enjoyable and more fulfilling, valuing wisdom over knowledge." WB

"For me *m*BIT has filled in the "gaps". The beauty of it is in its simplicity, it's so easy to grasp, to explain and facilitate. It can be embedded into what you already know or used as a stand alone technique." LB

"Lizzi is fun, compassionate, attentive and thoroughly grounded in *m*Braining." JB

"Lizzi's style is very relaxed and light-hearted, her undeniable joy for *m*Braining made this an unforgettable experience.

This was a case of Lizzi genuinely sharing her knowledge (didn't feel like teacher and students) and empowering us to own and use that knowledge." WB

"Lizzi facilitated a fantastic course in a beautiful Beach location, embodying her blue mind approach. She delivered the course clearly, simply with humour and elegance. Everyone immediately felt relaxed and connecting was a pleasure. I came away feeling excited at knowing how to get to know myself at a deeper level and to share what I'd learnt to help empower others. It really is a privilege to have been a part of this *m*BIT training." LB

"The *m*BIT course was truly transformational and I couldn't have imagined how much my life would change as a result. Lizzi is an exceptional trainer and incredibly inspiring, and the coastal location was amazing. What ever field you work in, attending this course really will be the best decision you'll ever make; you'll have lots of fun and it will evolve your world in ways you never thought possible." SH

"The choice of location was fantastic and Lizzi has a unique way of putting the message across so that it resonates not only to each individual personally but also to the group as whole. I would have absolutely no hesitation in recommending this course to anyone. Eye opening, challenging, great fun and extremely rewarding." CH

mBraining: Dive In

Lizzi has trained *m*BIT Coaches from Atlantic to Pacific from a range of sectors including: health, government, legal, environmental activism, real estate, corporate business development, HR, lifestyle, sports, education, trauma recovery, IT, nutrition and the military.... Will you be next?

When can you train with Lizzi? All Going Coastal Blue UK and Overseas *m*BIT Coach Cert course dates are available on the website - please also sign up to our newsletter to be kept informed as soon as new dates are added.

Where can you train with Lizzi? Going Coastal Blue courses run in the South West Coast UK - Cornwall / Devon and on the West Coast USA - California, with more global locations being added.

How much is it? The full course investment fees are listed on the website and there are limited discounts of up to 10% for social enterprises! Book now to secure your place... or send an email to lizzi@goingcoastal.blue if you have further questions at this stage.

Your investment includes all your course materials, lunch for the four days and most importantly your certification and license to practice as an *m*BIT Coach. "I would love for you to join this group of Certified *m*BIT Coaches (pictured to the right) and look forward to welcoming you on an *m*BIT Course soon!"



Lizzi Lorbalestier



Going Coastal Blue:

Liquid Ontology for our Analogue World

Start a Conversation...

web: www.goingcoastal.blue

email: lizzi@goingcoastal.blue