



mBRAINING as a Tool of Integrating Multiple Brains for Effective Counselling and Coaching

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ABSTRACT

mBraining is based on recent neuroscience finding there are multiple brains (head, heart and gut brains) capable of increasing intuitive abilities generating wiser decision-making in daily life. The science of mBraining combines methodologies of NLP, Cognitive Linguistics and Behavioral Modeling in a synergetic manner forming a powerful tool. The heart and gut brains are called the cardiac and enteric nervous systems respectively, these adaptive neural networks display amazing levels of memory and 'intelligence' and there's a growing array of evidence that these brains are deeply involved in the control and processing of numerous functions and core behavioral competencies.

mBIT (multiple Brain Integration Techniques) is the technique of integrating these three brain and develop capabilities and better performance in every area of your life. This paper deals with means mBIT can be used for effective counselling, helping the client to solve physical and emotional problems, effective motivation and confidence building. This paper deals with the methods and importance of using mBIT for coaching and skill training. This paper also emphasize on the need of the need for the coach or counsellor to operate on the highest expression of each brain which is creativity (head brain), compassion (heart brain) and courage (gut brain) for maximum efficiency

KEYWORDS : mBraining, mBIT, heart brain, gut brain, intelligence

INTRODUCTION TO MBRAINING

Research shows that human beings have three separate brains or intelligences that operate in the body. These brains have habits and memory and patterns that are learned and can either be aligned or not. The brains are located in the gut, heart, and head. There has been growing interest in the mBraining field and it is globally recognized by behavioral psychologists, scientists, and many other fields that are related to human behavior. mBraining is the process and ability to align these multiple brains through multiple brain integration techniques (Oka & Soosalu, 2012).

The way the multiple brains operate and communicate with each other is very important for decision making, happiness, success, and congruence. When these multiple brains fight or ignore each other, that is, they are not working together as a unit, it leads wrong decision making, setting of wrong goals, and internal conflicts in human lives that results to increased stress in one's life and living a life that is not fulfilling. However, when these multiple brains work harmoniously with each other, human beings are able to improve their relationships, reduce stress, stop behaviors and habits that are unwanted, and connect truly with their authentic self (Soosalu & Oka, 2012).

THE NEED FOR WORKING WITH THE HEART AND GUT BRAINS

Functional and complex neural networks are found in the gut and heart brains. They are respectively known as the enteric and cardiac nervous systems and they display amazing intelligence and memory levels. These brains are highly involved in the processing and controlling of behavioral competencies that are core and numerous functions in the human body. The gut and heart brains are involved in processing and representing intuitive and intelligence functions of specific forms (Soosalu, 2015).

The gut brain has 500 million nerve cells and 100 million neurons (Robert Mastone, 2011). The gut brain sends signal to the cerebral brain by using vagus nerve. The 95% of serotonin is found in the gut which is known as a "happiness hormone" (Adam Hadhazy, 2010)

In ancient India the gut-brain connection is well known the gut wrenching exercise such as "nauli" is for cleaning the gut (Anil.K.Rajvanshi, 2011)

The heart processes emotions of connection, joy, and love, while the gut is optimized for handling mobilization, core identity, self-preservation, and protection. The heart has 2 billion muscle cells and 40,000 neurons (Anil.K.Rajvanshi, 2011). The heart brain also release peptides which release stimulate the release of oxytocin the "cuddle hormone"; the hormone involved during love and intimacy.

The heart brain is the primary brain for the intuitive feeling together with the gut brain. Scientist have discovered that heart decodes and process intuitive information from the brain (McCraty R, 2014).

Even ancient yogis from India had the knowledge of heart-brain connection called it "sanyam" and by this the person attains balanced personality and clarity of mind.

Each of the multiple brains has a different fundamental way of communicating and domains and concerns of competence that are different. This supports the notions that are commonly held such as being true to one's heart and trusting your gut instinct. Also, it backs up various fields' assertions such as the Adaptive Leadership assertions that says that leaders are supposed not to use only their heads, but also the wisdom and innate intelligence of both their gut and heart (Soosalu & Oka, 2012).

The gut and the heart brains each perform three functions that are very prime. The heart brain performs these functions: a) Emoting; this is the emotional processing function such as happiness, joy, hatred, grief, and anger. b) Values; processing of what is important to one based on one's priorities and the relationship the value has to the emotional strength of one's desires, dreams, and aspirations. c) Relational affect; One's feelings of connection to other people such as the feelings of dislike/like, uncaring/compassion, and indifferent/hate/love. The prime functions of the gut brain are as follows: a) Core identity; a visceral and deep sense of your core self, and the determination of the deepest levels of what is self and what is not self. b) Self-preservation; the protection of aversions, hungers, boundaries, safety, and self. c) Mobilization; one's motility, gutsy courage, will to act, and the impulse to act (Soosalu & Oka, 2013).

THE WAY MBIT WILL ENHANCE CAPACITIES AND IMPROVE PERFORMANCE IN EVERYDAY LIFE

Research shows that the best companies in the world are guided and led by leaders who have the ability to tap the intelligence of their guts, heart, and head. The gut and heart brains play very critical roles in generative and adaptive leadership. Organizations are facing a great challenge in operating in a business and social environment that is increasingly volatile and complex. As such leaders who are not able to use the full innate and intuitive intelligence of their guts, head, and heart brains are at a great disadvantage. The new leadership development field of multiple brain integration techniques (mBIT) provides leaders who have practical methods of integrating and aligning their gut, heart, and head brains for higher levels of wisdom when it comes to decision making, and developing a core identity that is expanded as leaders that are authentic to their organizations (Soosalu, 2015).

The adaptive challenges and complex issues facing today's organizations require a response that is far more generative than devising strategies that are innovative and business models that are new. New leadership form is required with leaders having the ability to engage their wisdom and consciousness in making decisions. The leaders require levels of self-awareness that are new and self-facilitation in order to be able to integrate intellect that is head-based with values that are heart-based and instincts that are gut-based. As such, it is evident that mBIT will enhance capacities and improve performance in everyday life through this new development of leadership (Oka & Soosalu, 2012).

THE HIGHEST EXPRESSION AND CORE COMPETENCIES OF THE THREE BRAINS

Each of the multiple brains has its highest expression and core competence. This is a competency that is emergent and expresses what is meant by being deeply and truly human. Each brain's highest expression is creativity for the head brain, compassion for heart brain, and courage for the gut brain (Soosalu & Oka, 2012).

These expressions are activated and accessed when one is in a neurological balance that is optimum, a state known as autonomic coherence; one is neither too relaxed nor stressed, but in a state of flow. Unless one is in a state of neurological flow, their perceptions on any particular situation or issue along with their ability to make decisions gets contrastly impaired. When one is in an optimum state, he is unable to take actions and make decisions from an expression that is more authentic from their highest and deepest self-sense (Soosalu & Oka, 2012).

THE ROLE OF MBIT FOR EFFECTIVE GUIDANCE AND COUNSELLING

mBIT is a very effective tool in guiding and counselling since it helps people in using all the multiple brains and as such, people, especially those with the responsibility of offering guiding and counselling are to engage their gut, heart, and head brains when giving advice and making decisions on critical issues affecting the people and the society at large. They are able to provide solutions to critical issues as a result of the high level of wisdom they have due to the use of all the multiple brains (Soosalu & Oka, 2013). Through mBIT people are able to live a fulfilling life with little or no stress at all, hence in a better position to guide and counsel others.

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THE IMPORTANCE OF MBIT FOR A LIFE SKILLS COACH

MBIT offers powerful and simple techniques that trainers and coaches can use in their daily activities while training their clients. The toolkit of mBIT provides critical training for the coaches on self-awareness and intuition, self-control and state management, action taking, motivation and courage, problem solving and decision making, overcoming compulsions and habit control, and well-being and health. Through these, the trainers and coaches are able to help their clients recognize the languages of their multiple brains and be able to interpret these languages; get insights that are deep on how their multiple brains are able to produce internal conflicts and how they can handle this; and balance their autonomic nervous system using the mBIT method of balanced breathing in order to relieve their stress quickly (Soosalu & Oka, n.d.).

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CONCLUSION AND FUTURE PROSPECTS OF MBRAINING

Neuroscience has shown and proven that human beings have multiple brains, that is, the heart, gut, and head brains. It is important, especially for leaders to learn and understand how to align and engage these brains in making critical decisions. The ability to harmoniously use all these multiple brains helps in improving relationships, reduc-

ing stress, connecting authentically with oneself, and stopping unwanted behavior and habits, hence living a fulfilling life.

mBIT and mBraining can be used by HR managers for negotiations, guidance and counselling.

HR managers can show empathy and compassion which is the highest expression of heart brain to improve employee relation. Empathy is the most important trait of a truly transformational leader (Bass, 1985). The process of showing empathy and compassion will make the employees realize that the company truly cares for their employees.

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