



REAL BRILLIANCE



Real Brillia

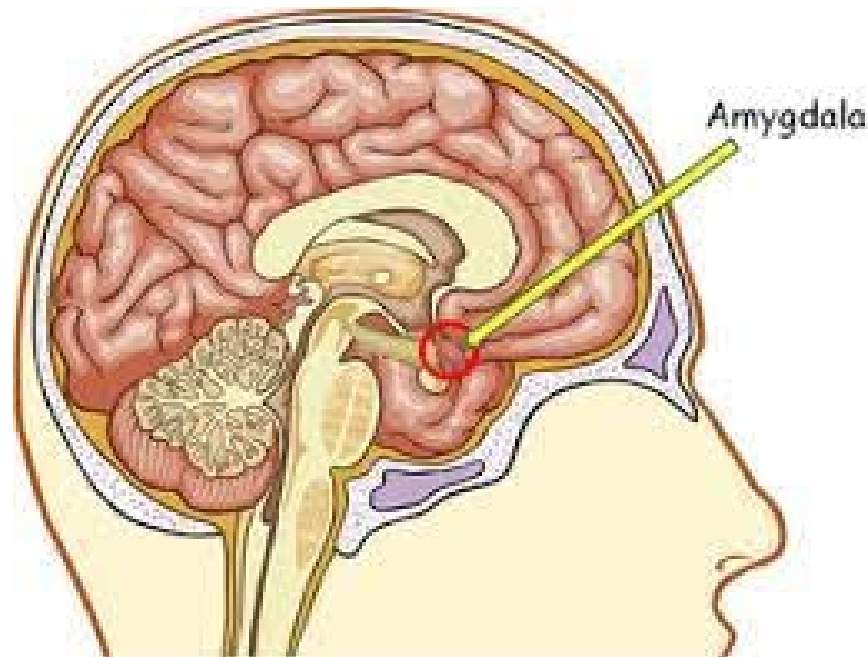
“The senses are the gateways
to the intelligence. There is
nothing in the intelligence
which did not first pass through
the senses.”

Aristotle



The case – The amygdala

The main job of the amygdala is **to regulate emotions**, such as fear and aggression. The amygdala is also involved in tying emotional meaning to our memories, reward processing, and decision-making.



The case – The vagus nerve

- The vagus nerve is the longest and most complex of the 12 pairs of cranial nerves that emanate from the brain. It transmits information to or from the surface of the brain to tissues and organs elsewhere in the body.
- The name “vagus” comes from the Latin term for “wandering.” This is because the vagus nerve wanders from the brain into organs in the neck, chest, and abdomen.





The definition – Kinaesthetic interruptions

- The brain hardwires everything it can.
- This over time becomes the automatic-default behaviour response.
- Sharp sensory interruptions serves as a break and escape route, allowing new and conducive behaviours to take root.

Real Brillia



The result of sensory-activation

- The flow state
- Rapid absorption of information
- Enjoyment
- Overall wellbeing
- Motivation
- Resilience
- Attention
- Emotional regulation
- Comfort



The effects of comfort

- Calm
- Clarity
- Compassion
- Courage
- Curtesy

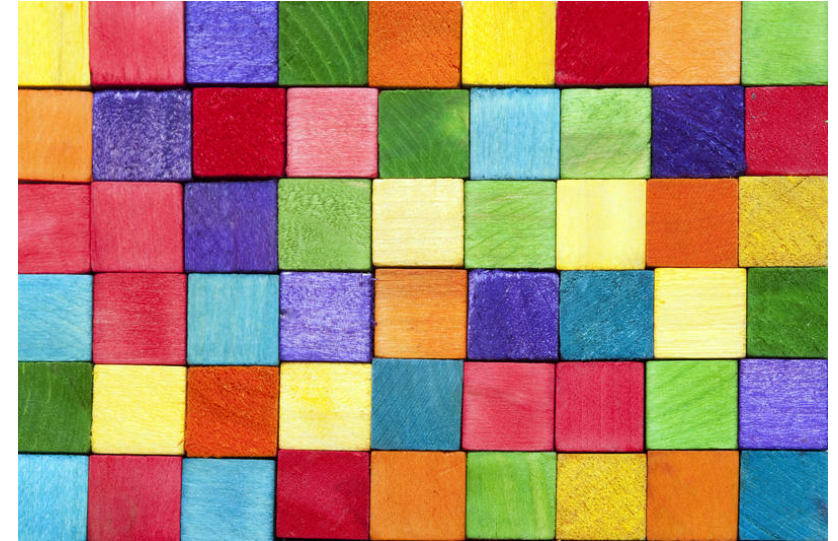


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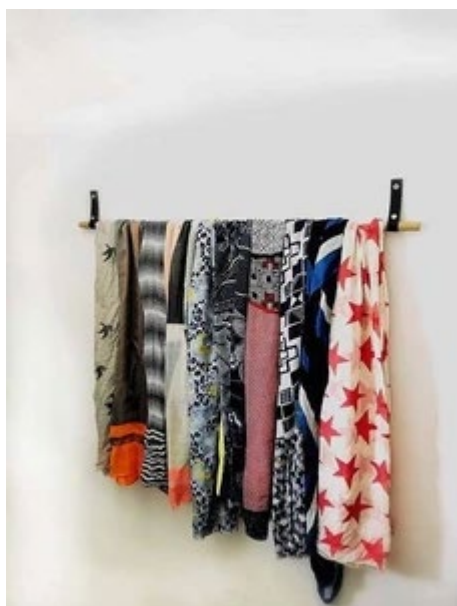
The How – visual



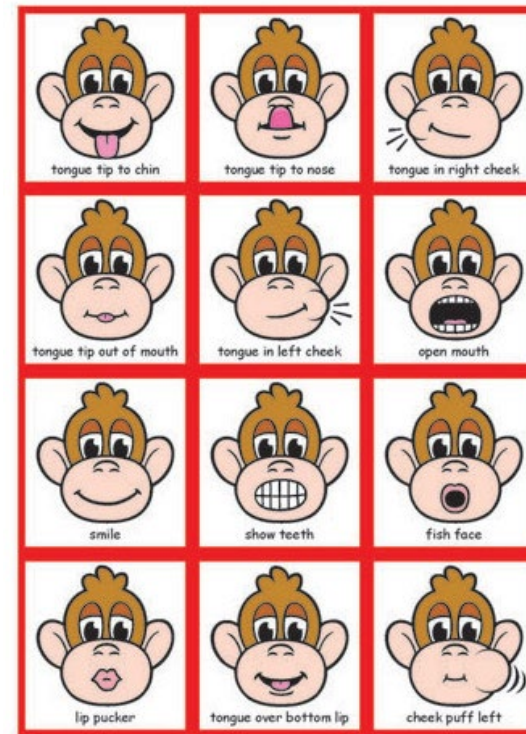
Words
Pictures



The How - touch



The How - taste (mouth and throat)

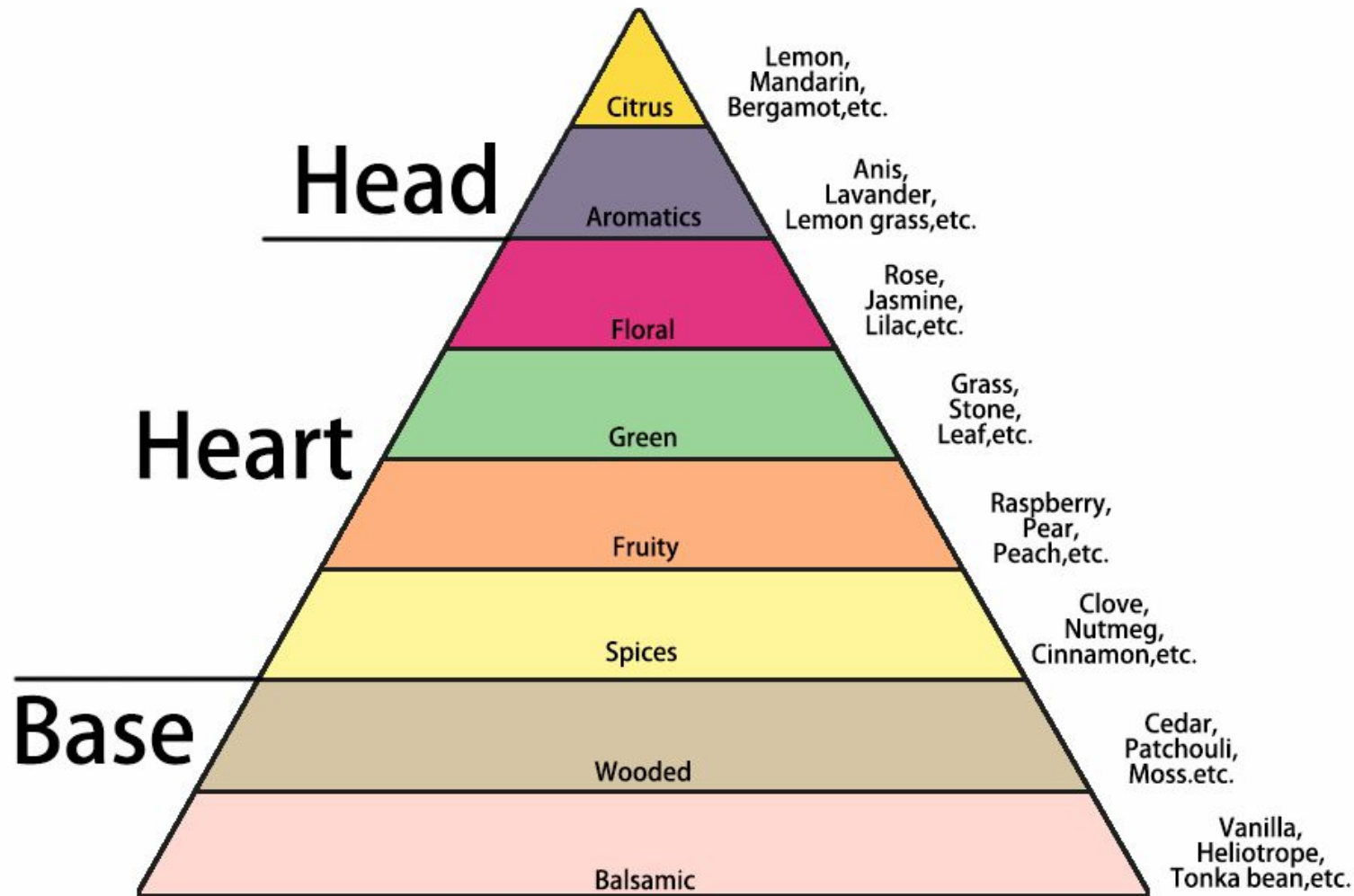




How does scent affect the brain?

To understand the connection between scent and emotion, we first need to mention an interesting and crucial region in our brain, called the hippocampus. The hippocampus, part of a network called the limbic system and one of the most studied parts of the brain, is associated with the processes of feelings and reacting. The hippocampus also stores two types of memory: declarative and spatial. The former is related to facts and events and the latter to pathways and routes. The hippocampus is also where short-term memories turn into long-term memories. Since smell processing is also closely related to the hippocampus, scents and emotions are tightly intertwined. Our sense of smell is constantly taking us somewhere. As we journey in and out of memories and along with them, it invokes a range of emotions that tie to our present situation in either clear or very subtle ways.

The How - smell




by <http://www.osperfume.com/>



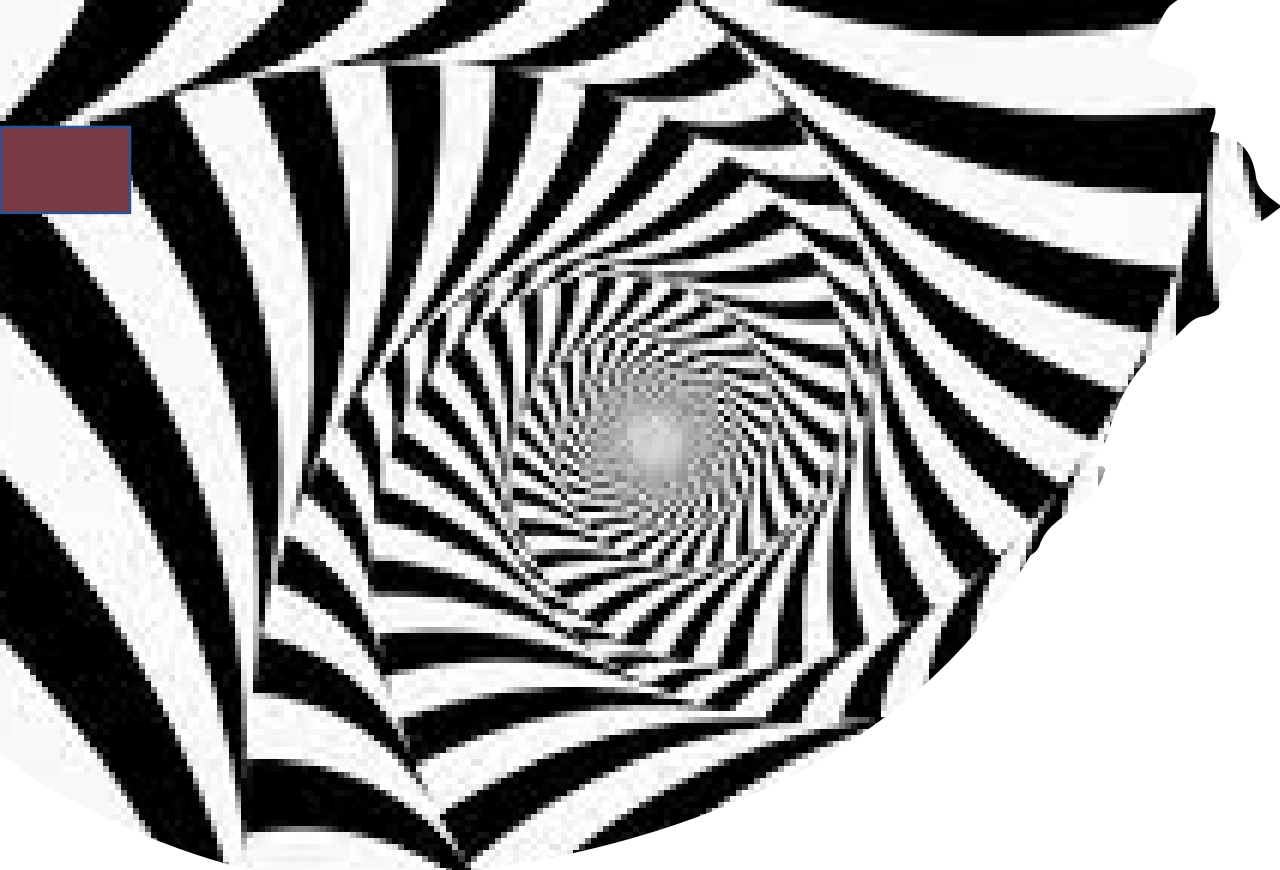
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The How – audio

- Soft brain-friendly music
- Clap hands
- Intention statements
- Affirmations
- The 'bell'



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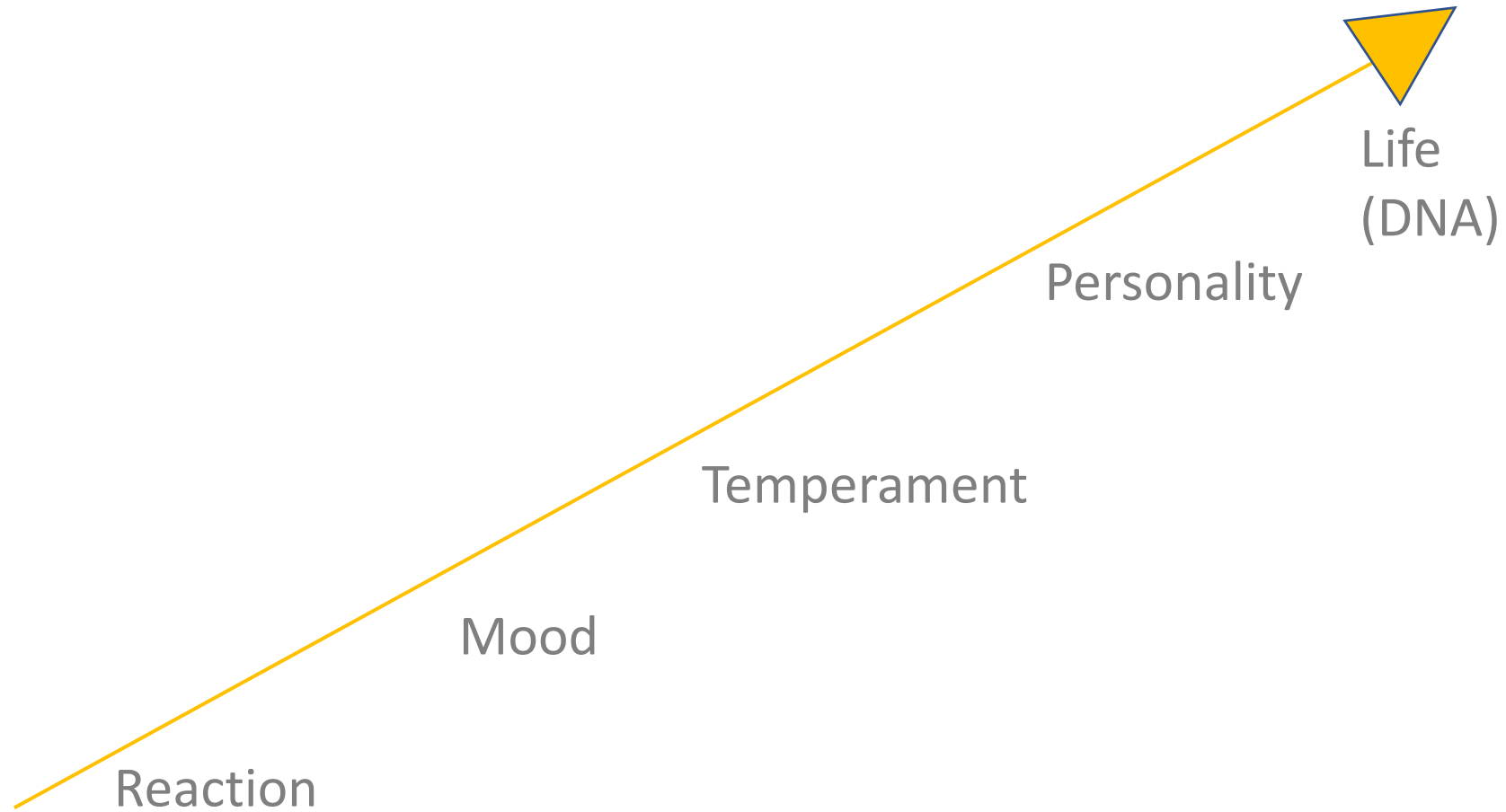


The How – whole-body

- “Push out pick-up” technique
- “shake it off” technique
- “catch the fish” technique

Real Brillia

Choose your LIFE



Choose your focus

"Always remember, your focus
determines your reality"
George Lucas

Real Brilliance



Vision



Planning



Detail



Problem



Drama

Live integrated!



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Creating authentic brilliance together