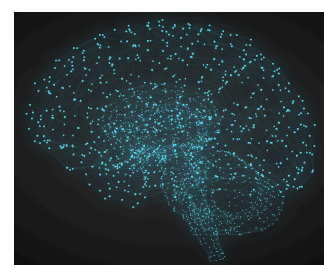


WHOLE BRAIN LIVING BOOK DIGEST



Chapter 8: The Brain Huddle: Your Power Tool For Peace.

“The more familiar you become with who is inside of you, and the safer you feel to exhibit each of them, the more whole-brained your life will become.”

Our characters’ behaviors are relatively predictable, which is why is so valuable to learn how to recognize and interact with them. In this chapter, Jill Bolte Taylor dives deeper into how to organize our BRAIN Huddles.

She writes:

“The Brain Huddle is how we own our power by taking full responsibility for who and how we present ourselves to the world, as well as how we choose to let the world influence our thinking, emotions, feeling, and behavior.”

The more systematically and enthusiastically we do them, the easier it gets to live our lives on purpose.

An Anchor For The Heart

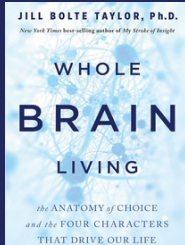
As with everything, the more often we practice in moments that feel comfortable, the more we’ll be able to rely on this precious tool when facing a challenge. Ultimately, it will even become automatic and a way of living.

It allows the loneliest parts of us (mainly represented by our C2s) to realize that they are actually never alone. That also gives us an anchor to observe our C1’s obsessive tendencies or our C2’s emotional reactivity instead of getting caught up by it. This way we can show up for our characters’ needs instead of letting their needs override our system.

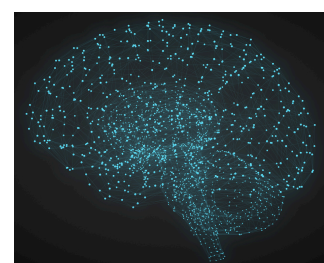
Our Mighty 50 Trillion

Our author invites us to treat each Character as a separate individual, like four children who have needs and preferences and who are just as valuable as each other. That’s how we can effectively harness their strengths and help them navigate their specific challenges.

“Imagine the authentic peace we would each bring to the world and one another if we completely supported our own, as well as each other’s, Four Characters.”



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Benefits of The Brain Huddle

It's designed to soothe our insecurities and allows our authentic Self to come forward, as a combination of the Four Characters' insights. It works as a pause button, providing our emotions with the 90 seconds they need to flow through us. We can then look at what just happened clear-minded, building on the data that our emotions just offered us.

When we're not facing immediate danger, our author encourages us to run our brain like a democracy where each voice matters and gets a say.

This inner awareness of our own 4Cs also allows us to understand more deeply what's going on for others during any interactions. That allows us to communicate more effectively and to support others in the way that they need.

She highlights:

"Loving people as they are, and not needing them to change for us to feel safe, is also a gift. There are eight characters in every relationship, each with individual needs, opinions and desires."

The Brain Huddle is a road map to our best selves.

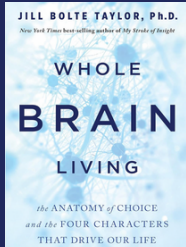
"Using the Brain Huddle for personal reflection can help us determine what changes we might like to make in who and how we present ourselves to be, as well as in how we choose to connect with others."

How It Works: The Conversation Inside Your Head

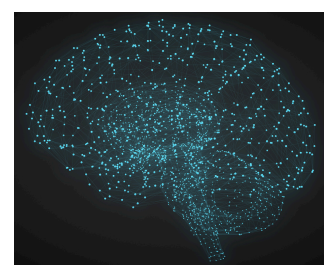
This process is powerful, empowering and healing. It is a tool for peace and it is both grounding and comforting. It's a brain reset.

B=BREATH

It takes maturity for us to be able to stop running our circuits on automatic and to stop being reactive. And the breath is our greatest ally on this quest, because it offers a physiological pause. Focusing on the breath resets the system no matter which character was at play at that moment.



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She adds:

“Practice does make perfect when it comes to brain circuitry, because every time we run a circuit by choice, it becomes stronger.”

The breath is a way to connect safely and intimately with our inner world and whole being.

In particular, we need those pauses when our C1 is ruling over us so that we can step away from the constant doing and planning and tend to our physical and mental health. She explains:

“It is well known that getting some movement, catching a power nap, or indulging in a distraction that breaks the continuity of a left-brain task encourages the brain at a neurological level to disrupt its stress circuitry, hit a reset, feel refreshed, and be open to new insights and possibilities.”

The breath also tends to bring forward our C4, which is always healing.

“Through the eyes of an anatomist, I can’t help but recognize the similarity between the semipermeable membrane in my lungs that filter oxygen out of the air and the semipermeable membrane of that single cell that is attracted toward some things and repelled by others. There is a very fine line between this life and the absence of it. Breath is the key.”

R=RECOGNIZE

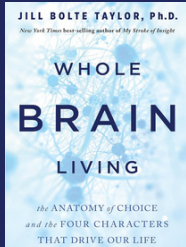
That means noticing what it feels to be us at any given moment. Which character seems to be running the show? How is my energy, my mood, and through which lens am I currently looking at the world?

She models:

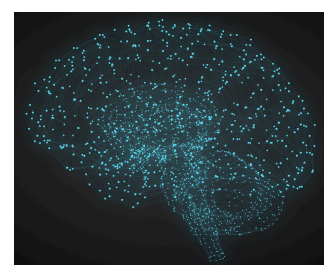
“When I recognize the character that I am being, no matter which one it is, I validate that character and my link to its awareness becomes stronger. When I pay attention and care enough to know which character I am embodying, I connect with it, and simply by doing so I connect with myself.”

“When I recognize the value of my 4Cs, I don’t need anyone outside of me to validate me.”

And of course that also allows us to connect authentically with other people as we learn to recognize which character inhabits them at any given time. That’s also how we meet them with the character they need most: indeed, someone in their C2 might need the solace of a C4 or the advice of the C1 depending on the situation.



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A= APPRECIATE

“Nothing is more important than our respect for ourselves, or more connecting with others than our respect and appreciation for the gifts that each of their 4Cs bring to the table.”

Our characters are all trying to help in their own ways, and that is something that is meant to be celebrated, not judged.

She reminds us:

“When I appreciate and value myself, I operate from a position of power. When I deny my emotions, I fuel my discontent and internal struggle.”

I=INQUIRE

“We inquire when we are curious, and we are curious when we care.”

All our characters have something to share and to offer within each situation. Our job is to learn how to give them a voice and to listen.

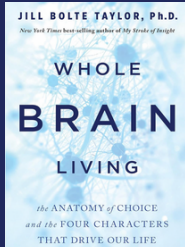
She highlights:

“If I am showing up as a C1 most of the time, it is not my nature to choose to inquire very often. Since our C1s are busy getting the job done rather than exploring new possibilities, encouraging our C1 to pause, shift into huddle mode, and then inquire with the others about what their opinions are is generally a helpful idea.”

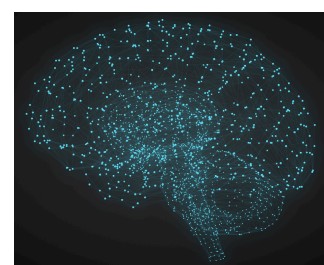
*“Inquiry is a great gift that we offer others,
as it lets them know we are available for a real connection.”*

She also reminds us that:

“By taking responsibility for the character I embody, I take responsibility for the energy I bring into the room.”



WHOLE BRAIN LIVING BOOK DIGEST



N= NAVIGATE

The last part is to learn how to navigate our inner world and how to ride the waves made by each character. That's also how we learn which character we can rely on in any given situation to make sure that we honor each opportunity that day offers and face effectively the challenges that come our way.

She writes:

“Life is a moving target, with change as the only constant. The Brain Huddle allows us to consciously shift away from our natural tendency to react on automatic and purposely take responsibility for who and how we want to be.”

*“Our circumstances are constantly changing,
so choosing a static response to a moving target will inevitably result in failure.”*

The reset

It's a valuable tool to check during the day how we're choosing (consciously or not) to show up in our lives... and it's also a powerful tool to reset amidst conflict.

She highlights:

“When we fight with another person, it is important to recognize that the energy in the space between us has become just as charged as we are. Turning off the neuronal circuits is somewhat similar to turning off electrical circuits, in that it takes a little bit of time for the energy to completely dissipate and neutralize. It is important that our 4Cs take some time to completely reset before entering back into a tense or toxic setting.”

Two C2s will not find resolution, but even if only one person can step into a BRAIN Huddle and reset, there's hope for reconnection.