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#AKACONFERENCE2019

USE YOUR 3 BRAINS TO DO MORE COOL STUFF IN THE WORLD

The latest neuroscience research confirms what Ancient Wisdom and esoteric traditions have been trying to tell us for the past 3,000 plus years.

We have complex, adaptive and fully functional neural networks, intelligences or 'brains', in our Head, Heart and Gut. These 'brains' show astonishing memory and intelligence capacity. Further, there is a growing array of evidence from within a wide variety of research fields that these brains are deeply involved in the control and functioning of numerous functions within our body and nervous system, including the autonomic nervous system (ANS).

Through a series of relatively simple yet powerful techniques it is possible to balance the autonomic nervous system, allowing easier access to communicate with these 3 brains. Once connected and communicating with the 3 brains, there is an opportunity to align them, i.e. get them in agreement with each other. This allows us to easily and effortlessly tap into the innate wisdom that resides within, resolve internal conflicts and bring deep intuitive wisdom into decision making and action taking. Further, create wise and compelling goals, aspirations and outcomes.

Communication and alignment of these 3 brains is *vital* for this kind of congruence, success and happiness in life. Life can be very different when our multiple brains are working harmoniously together to produce ongoing wisdom every day.

A whole new world opens up from this place of tapping into the power of the Head, Heart and Gut brains. However, when these '3 brains' or intelligences are not aligned and not working well together, life can become chaotic and dysfunctional. It's also possible for one or more brains to be in conflict or antagonistic with another, meaning they are fighting each other or simply ignoring each other, then life can feel challenging and stressful.

This can present as:

- internal conflicts between thoughts, feelings and actions

- patterns of not acting upon or sabotaging dreams, goals and plans
- continually behaving in a destructive manner but cannot seem to stop
- being indecisive and unmotivated and as a result cannot move forward in life
- stuck in dis-empowering emotional states such as frustration, depression, anger, anxiety etc.
- health issues, especially those affecting their heart or gut region

The presentation will cover:

1. the 'Prime Functions' of each intelligence
2. Insights from Traditional Chinese Medicine
3. Why collaboration is essential to healthy living
4. The specific language of each brain
5. Common blocks and constraints to full integration
6. A pathway to integration and alignment of the 3 brains
7. The links to decision making and consciousness

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Bill Lee-Emery has been training and facilitating for nearly 40 years throughout Australia and overseas and has taught thousands of people how to improve various aspects of their lives.

He has worked with many elite sportspeople including the Australian National Skydiving Team and other individuals including world-class cyclists, triathletes and golfers.

An early adopter of human transformational exploration, Bill is an mBIT (multiple Brain Integration Techniques) Coach and one of a small number of mBIT Master Trainers in the world. He teaches coaches, leaders and health professionals how to align their three brains for better personal and professional outcomes.

Bill is the author of four books including 'Stop Procrastinating' and has written several articles in national magazines on mBIT and its application in decision making and living a fulfilling life.

Bill lives with his partner Julie, in a beautiful eco-village on the Gold Coast, Queensland, Australia.