

mBraining decision-making tool

Coherent breathing will put your heart and autonomic nervous system into a balanced state and is a helpful step with effective decision making:

1. Sit in a comfortable and relaxed position (rather than lying down)
2. Keep your spine straight and shoulders relaxed, upright without tension or effort
3. Make a short note of your problem or challenge
4. Your eyes can be opened or closed
5. Begin to breathe in deeply yet gently through your nose and out through either your nose or mouth, do this without force
6. Breathe into and from your diaphragm, feel it lower on the inhalation and rise naturally on the exhalation
7. Combine the sensations of exhalation with feelings of deep relaxation
8. Put aside any thought of the past or future and stay focused in the present
9. Bring the problem back into thoughts and watch and experience and further thoughts, feelings or sensations as they arise. Notice where in your body they move to and from.

Then conduct your own appreciative enquiry. Ask of yourself “what does my heart truly want from the situation?” Stay open to any response direct your attention to your head and enquire “ what does my head think about this? Then move on to your gut and ask “What is my gut instinct about this?”

10. Continue for five minutes; on completion take time to be aware of the changes in your mental, emotional and physical state

In your final step ask yourself with sincerity and positive expectation “What is the most efficient and effective response to this situation?”

11. Make any notes required and resolve to take specific action.

Note: It is possible that you may need to repeat this process particularly if you have been used to relying on one specific brain and system to approach your challenges or the brains are not in alignment.