



# Guide

## What is Body Intelligence?

People: Ideally your whole group

Time: 30 minutes to read and discuss this Guide

Resources: This Guide and a place to meet

## How Can This Help Us?

As humans, our brains are designed to process information in two main ways. These two ways relate to the Left and Right halves, or “hemispheres” of the brain.

In the West, we are very familiar with the linear, conscious processing (what we might call “logic” or “reason”) carried out by the Left Hemisphere; however, we tend to have less of an understanding of the non-linear intelligence of the Right-Brain.

The Right-Brain’s intelligence helps us to be creative, self-reflective, and in touch with our emotions. Encouraging this type of intelligence - which we all have access to in our Right-Brains - in our groups allows us to create cultures that support creativity, that engage members’ emotional & relational — as well as rational — capabilities, and that facilitate ongoing personal and group transformation.

And as we will see, understanding Right-Brain intelligence also helps us to relate with our bodies in a more nourishing and empowered way — which is what this series is all about!

## The Guide

### Right vs. Left-Brain Intelligence

The two halves, or “Hemispheres” of the brain have very distinctive personalities. They process information in different — but complementary — ways, in order to support a rich and well-balanced experience of the world.

### The Left-Brain:

- Organizes information in a linear way that relates to time and language;
- Is capable of encoding information with only a moderate degree of emotional charge;
- Encodes information that is consciously remembered; ie. “I went to the apple orchard last Tuesday.” This is called “Explicit Memory.”

The Body-Informed Leadership Series teaches the paradigms and practices that help us attune to, and be in conscious, skillful relationship with, our body’s signals as a foundation for practicing healthy interconnection in our group cultures.

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### The Right-Brain:

- Organizes information/experience in a non-linear way, via sensation, emotion, image, and metaphor;
- Is capable of encoding information with a strong or subtle emotional charge;
- Encodes information that is felt, rather than consciously recalled. As such, we may not consciously know we are having a Right-Brain memory; we simply feel a certain way.

### The Right-Brain and Body Intelligence

Because the Right-Brain stores and organizes information largely via sensation and emotion (which both happen in the body), the best way to access Right-Brain intelligence is by learning to build a relationship with our bodies. This means making a habit of noticing, “Tracking,” and “Staying With” sensation.

When we do this, we have new insights into ourselves, into what’s motivating us, how we’re feeling, what we value, and what we need. Being in conscious relationship with these elements is essential in order for us to perform well in our human relationships, and for us to have a creative partnership with our life experience.

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