

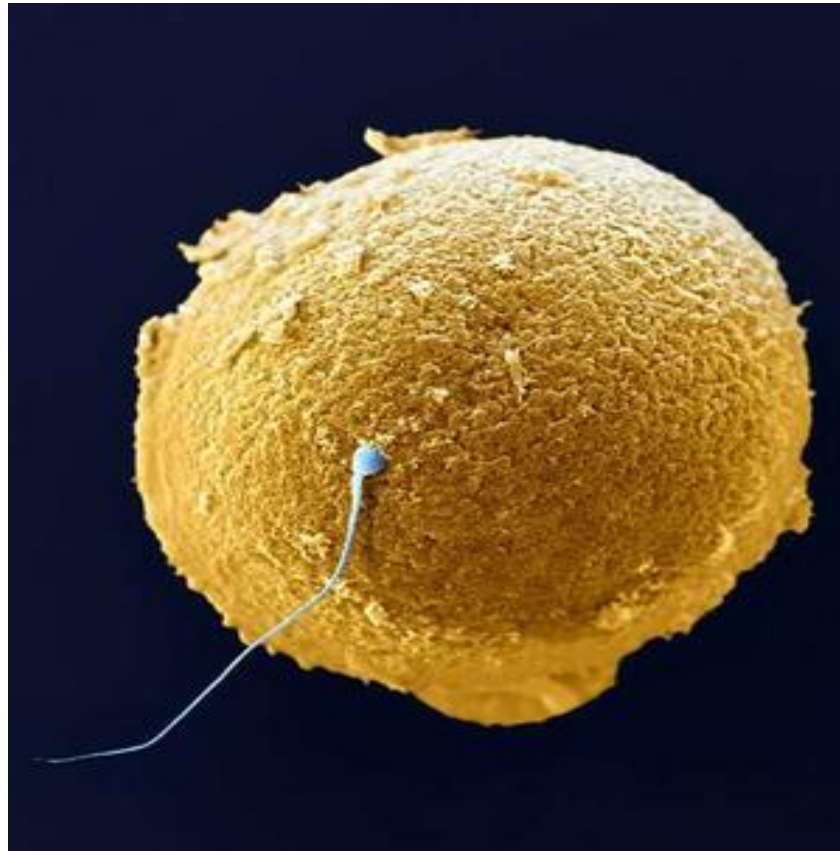
Physical Intelligence

How to Connect Brain, Heart and Gut
to Unleash Human Brilliance



Presented by Otto Siegel, MCC, M.Ed.

This is YOUR Story....



Incredible **productivity**: ONE fertilized egg cell (zygote) created **100 Trillion** cells within 9 months



At four weeks...an embryo is as big as an apple seed



After 4 months you looked like this:



And after 8-10 months you
experienced a drastic transformation:



Mind Blowing Numbers are REAL

If each cell were a grain of sand...



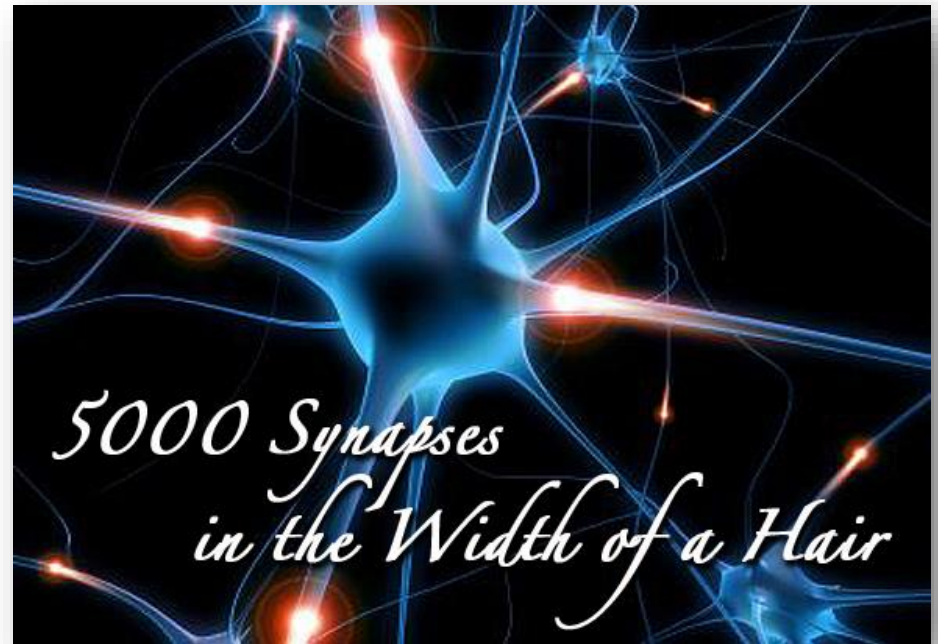
Your Body does EVERYTHING TO STAY ALIVE:

Powerful Regeneration 24/7/365/∞

- 50 million cells die per second
- 50 million cells are created per second
- We have only 200 different kinds of cells
- Average life span:
 - top layer of your small intestine 1.4 days
 - Top layer skin cells: 19.2 days
 - Liver cells: 222 days
 - Nerve cells: life-long (they regenerate on molecular level) – total number: 30 billion

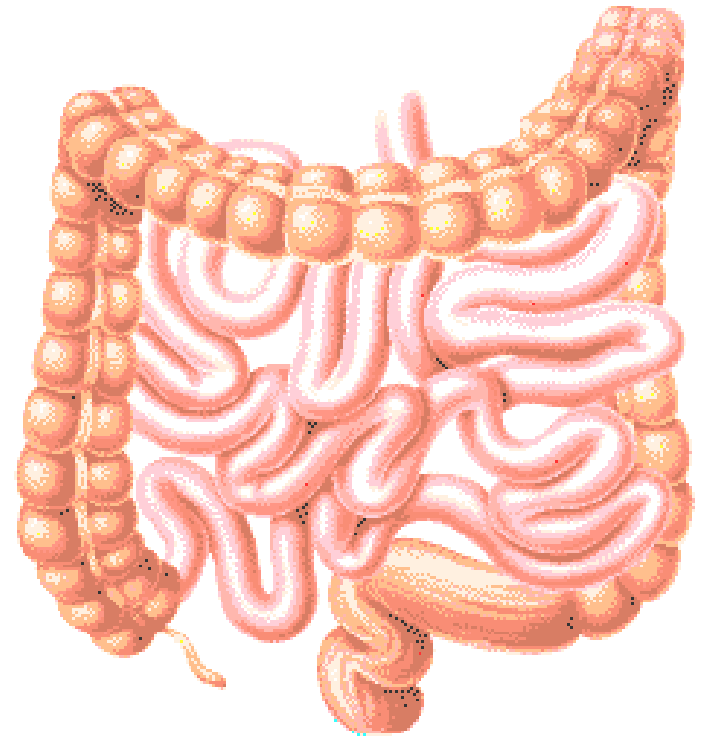
Your Brain

- 10 Billion Nerve Cells
 - Fly: 100,000
- Contact points (synapses): 10 Trillion
- Lack of Oxygen:
 - 8-12 seconds: Unconscious
 - 3-8 minutes: Brain damage
 - 8-12 minutes: Death



Your Small Intestines

- Inner surface 1800 sqft.
- Length: 10 - 12 feet
- The top layer of cells is regenerated every 2 days (1/2 pound per day are eliminated)
- Food is digested within 2-4 hours



How about your DNA?

- Each cell has 46 chromosomes with a total length of 7 feet DNA
- Just multiply this number with 100 Trillion (it could be stretched to the moon and back... 8,000 times!)



*Your genetic information, if written down, will fill **564 books...** and would take **9.5 years** to be read out loud...*

Your heart beats *100,000 times* a day



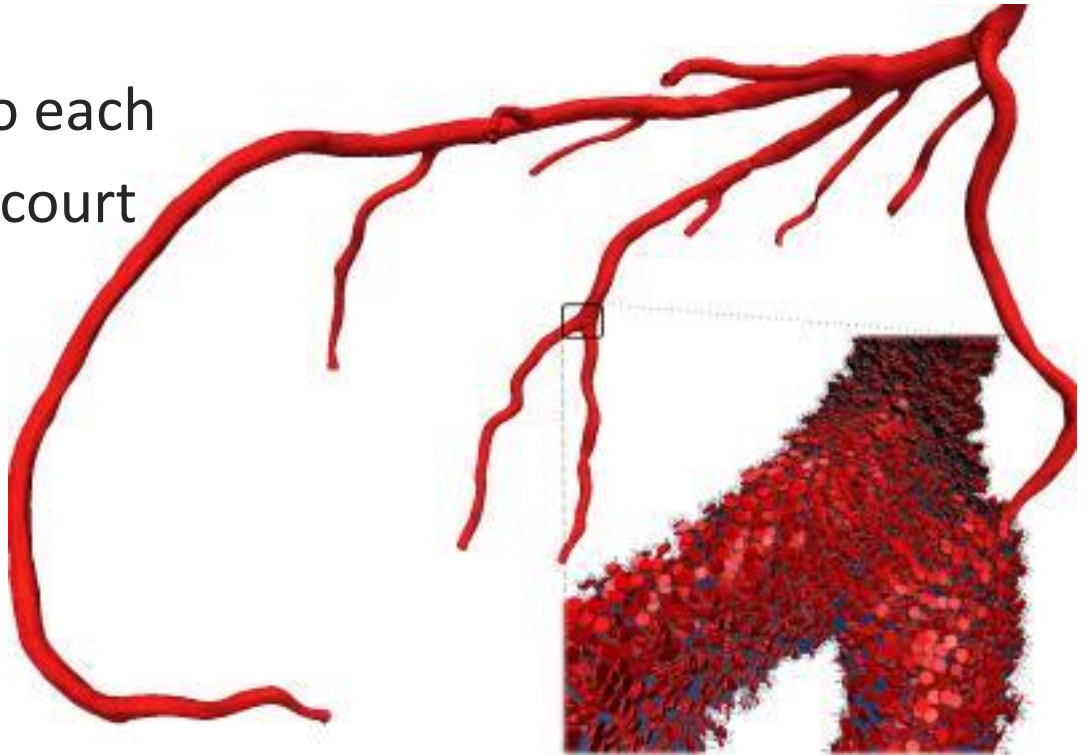
*By the time of birth, your heart
has already 49,000,000 beats...*

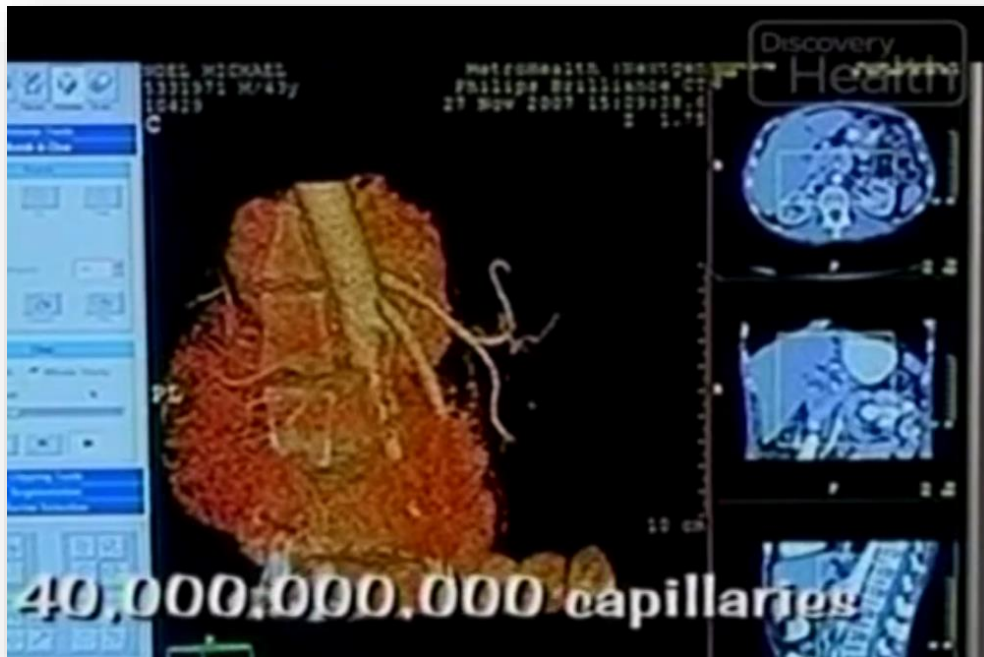
(Time to say 'Thank You')



Your Blood Cells

- Your entire blood completes a circle every 20-60 seconds
- All red blood cells next to each other would cover a tennis court
- Each red blood cell lives about 120 days and circulates up to 300,000 times during that time

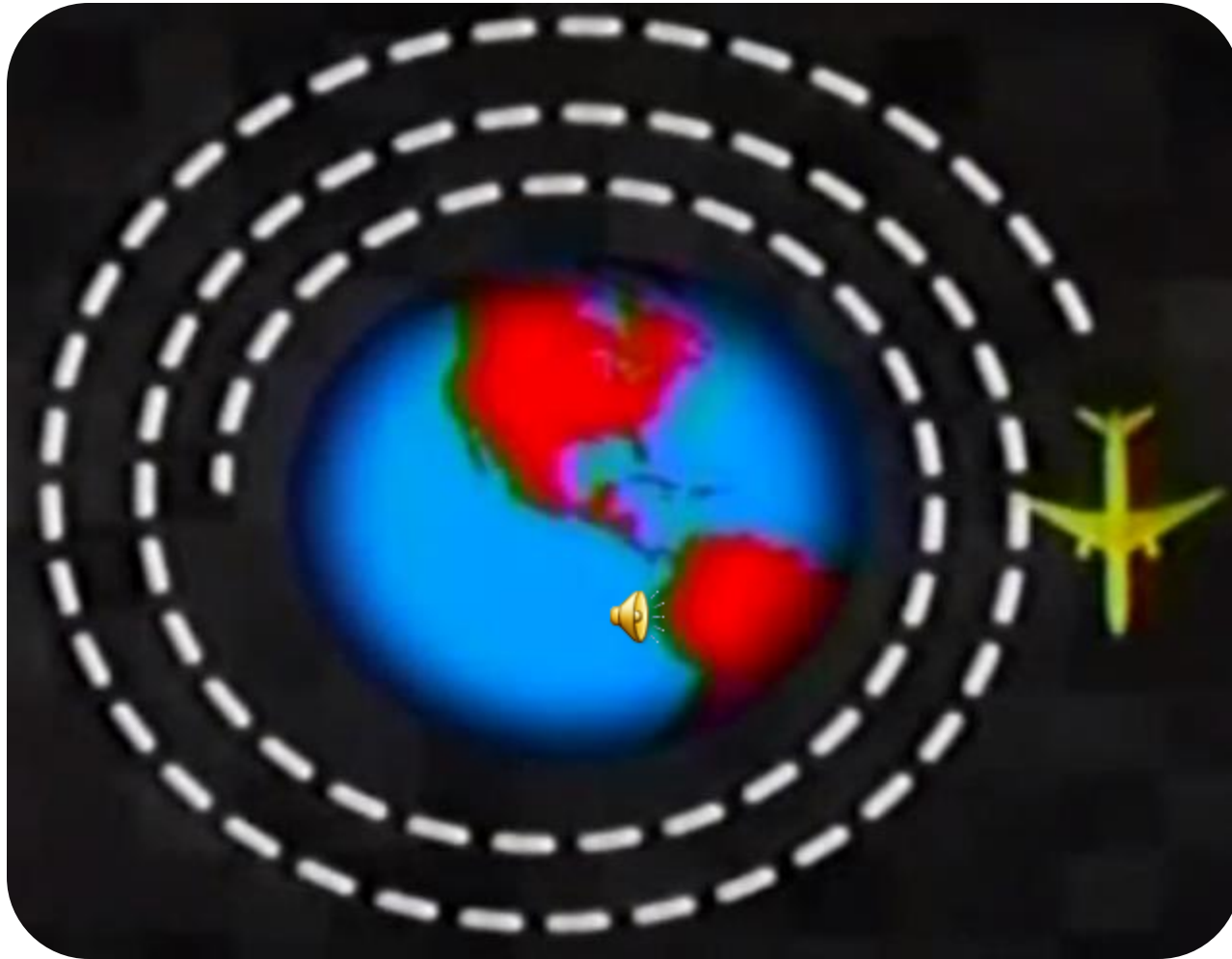




*Capillaries are 1/20
the thickness of human
hair!*

*And our blood vessels
make up a total of...*





Our blood vessels, if stretched, could go 2 ½ times around Earth...

How do these numbers resonate with you?



~~Thinking and analyzing?~~

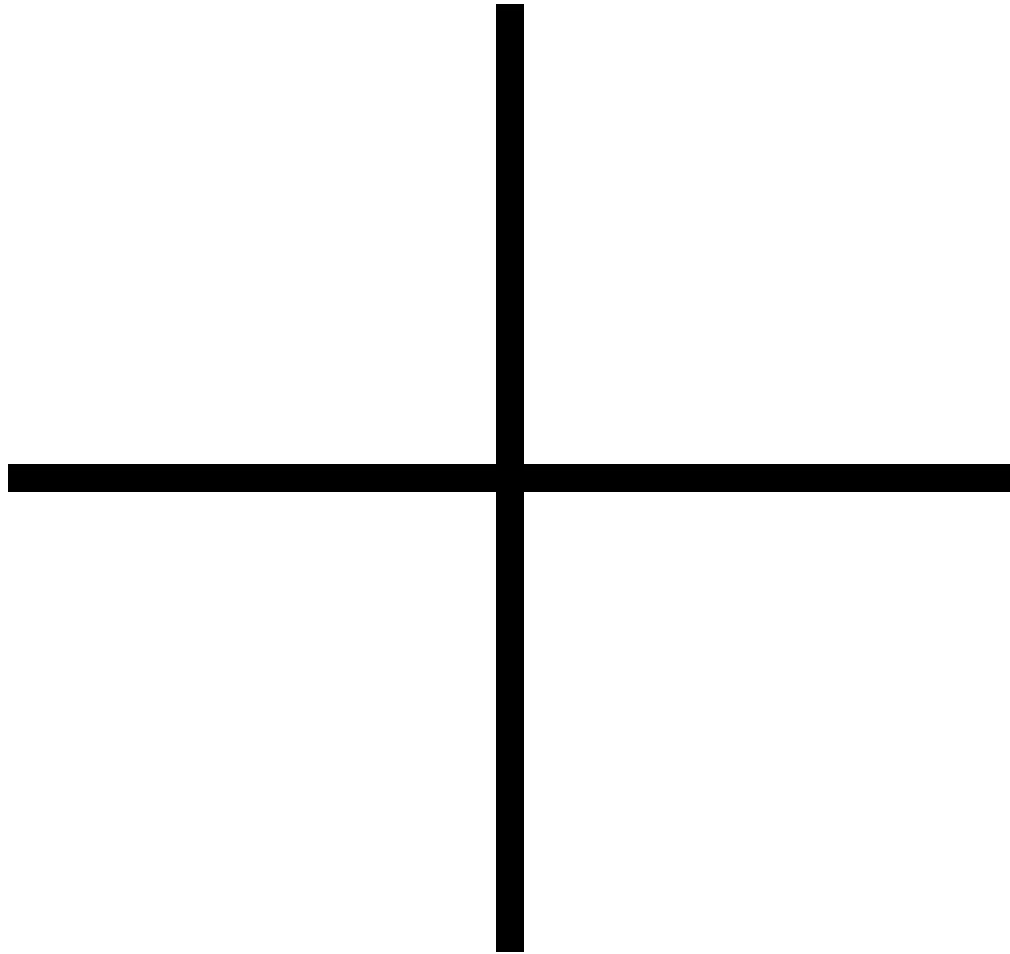
FEELING the Magic: My body IS a miracle – biologically!

You can't understand your body power, but you might **feel** it

- We are taught to understand the body
- We **never learned** to feel our bodies – until we experienced pain
- How about feeling our bodies when we are doing well?
- Let's develop the **feeling for the power and wisdom** of our bodies
- Yes, but HOW???

Mind Blowing Experience

#1



The POWER of being CENTERED



- Fighting - Martial Arts
- Coaching: Getting to the core FASTER
- Coaching: Taking charge with powerful action
- Biology: Alignment Brain - Heart – Guts/Core
- Communication: Wisdom in Action

FEEL the Wisdom of Your Body:

Body Meditation



Genius Coaching

- Connecting Power and Wisdom of your own body with the Core Competencies

“ Physical Intelligence is Coaching on Steroids!”

Allan Ellis, Mentor Client

The Power of Language

Mind Blowing Experience #2

Yes = Action = “ON”

No = Inaction = “OFF”

Every Word Counts....



....if your client listens!

Impact on Professional Coaching



- Experience speaks louder than words
- Simplicity wins the game
- Trust is a physical sensation
- Every word causes a physical reaction
- Authentic communication



The “secret” of Physical Intelligence: How smart is your body really?

- Intuition – gut feelings
- Inklings
- Subconscious information
- Body wisdom
- Inner Knowing
- Symphony of information flow between 100 trillion body cells

Your Inner Body Communication

Four different languages

1. Touch – connected

- Cells within the same organ
- Muscles, tendons, joints and bones.
- Adjoining organs like stomach and liver



2. Chemical – consistent

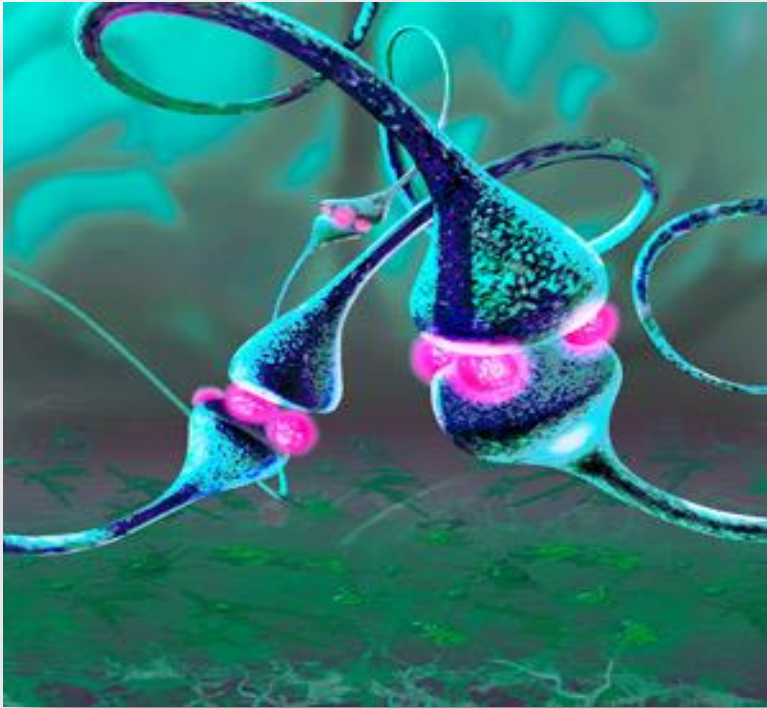


Enzymes

Hormones

M-RNA

3. Electric - rapid



Neurons

Brain

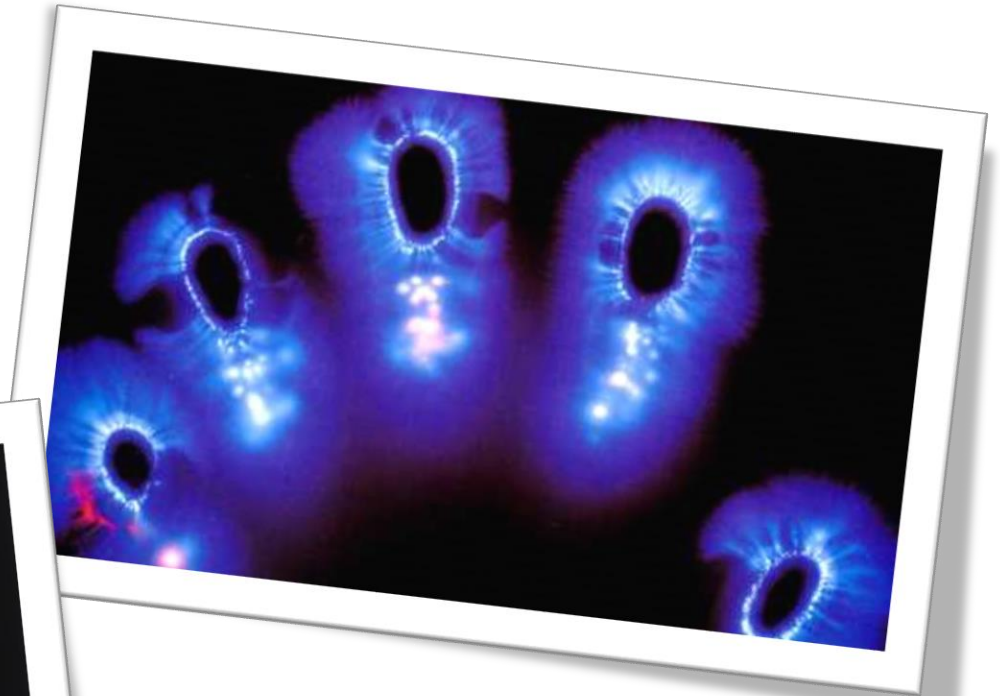
Muscles

4. Photons – extremely fast

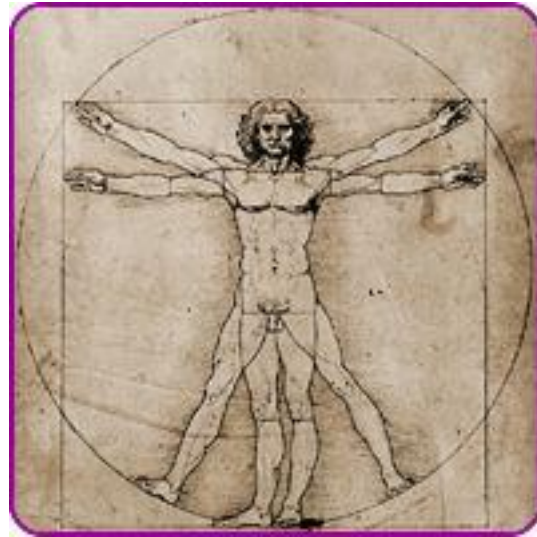
Eyes

Light emission –

Kirlian Photography



You are Your Body



Soul and σώμα (greek)

Mind Blowing Experience #3

The Power of Language – Part 2

- Setting boundaries on a biological level

NO, I hold my arm up



Starving the “Inner Terrorist”

1. Notice: “Who has the microphone?”
2. Interrupt – NO....
3. Replace – the lie with your own truth

Examples

De-energizing Message

- You will never succeed in business.
- You are not smart enough.
- You make too many mistakes.

Re-energizing Response

- NO, I build my business every day!
- NO, I do my best!
- NO, I am valuable!

Mind Blowing Experience

#4

Powerful Breakthrough



Thank you for co-creating this presentation today!

