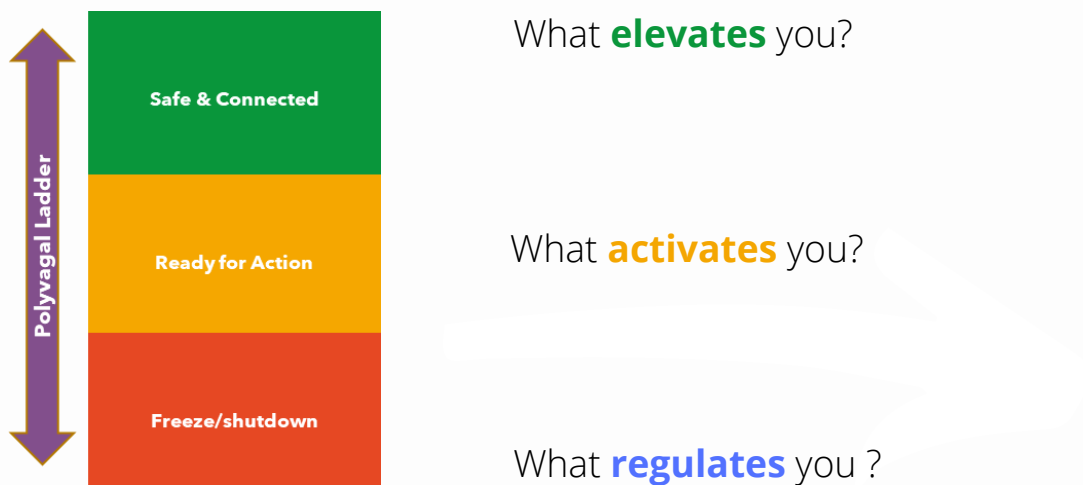


# Understanding Your Human Control Panel

Why can it be said that your autonomic nervous system is your human control panel?

What is coming to your awareness as you learn about how your human control panel operates?



What is **one thing** you need to **let go of** to bring yourself more elevating energy?



One **insight I'm taking** with me today is:

One **thing I'd like to explore** further to deepen my understanding is:

One **action I will take** to optimize my human control panel is: