



BABINETICS
THE FIVE DYNAMICS OF HEALTH



From the Desk of Dr. Bertrand Babinet

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Dear Bertrand,

"Summertime, and the livin' is easy....." Such a sweet refrain, but not always an accurate version of reality! In these days of extreme polarization, it's more important than ever to make the choice of moving to a place of peace inside, that easy place which never leaves us, and make this summer your best one yet!

The Pursuit of Happiness



Are We Wired for Lack?

When I applied for citizenship several years ago I was reminded, in the Pledge of Allegiance, of the reference to the pursuit of happiness as a protected right under the constitution. What puzzled me was my observation of how unaware people were about the foundation of happiness. I think that the biggest challenge is that for the most part our brain is programmed in fear and lack and so it tends to react to external situations

and opportunities based on our perceived weaknesses rather than based on clarity of purpose and values. Then we rationalize our attitudes and behavior and perpetrate patterns of ineffectiveness. Happiness, contrary to what we have been led to believe, is not based on what we *get* but on what we *give*.

What is Our Ego Up To?

Our ego is formed based on certain dominance of our brain, which promotes both strengths and vulnerabilities. Research on the psychological functions of the brain identify four primary drives:

- **Connection**, which supports our social interactions,
- **Direction**, which supports our ability to follow through on our pursuits,
- **Imagination**, which supports our self-expression, and
- **Cognition**, that enables us to make sense of what is going on.

These functions are essential to navigate life and respond to external and internal opportunities and demands.

Is Your Ego Running You?

Our ego dominance promotes our weaknesses. Any serious imbalances lead to ego fixations. People with a strong connective need seek **approval**, those with a strong directional need seek **control**, the ones with a strong expressive need want **attention** and individuals with strong cognitive abilities want **recognition**. In turn those drives lead to feelings of **rejection, betrayal, disappointment** and **misunderstanding**.

The more we are driven by our ego, the more we promote ineffectiveness in dealing with life challenges and the more we rely on our ego to attempt to bring back balance in our lives. I am sure you have observed these mechanisms in many situations in your life. To simplify this dilemma we can just say that: "Lack promotes lack".

What does Love Have to Do With It?

Our fear of lack disconnects us from our heart, which is the source of our authentic empowerment.

I look at love as an integrating process, the connecting principle of all things and all people, more in line with a spiritual approach to life. My book, "Empowering the Heart" is not a philosophical essay on love, the importance of love or the nature of love. It is a practical guide to the healing and transformational power of love - how to get in touch with it, sustain it, and apply it to specific aspects of our lives. Love is easily accessible and profoundly enriching when we place it in the center of our lives.

Book Special Through September -- 20% Off

**Empowering the Heart:
Restore Your Peace, Heal the Hurt
and Share Your Gifts**

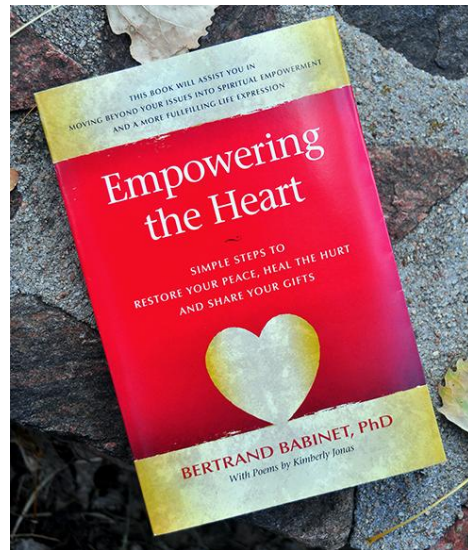
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<https://babinetics.com/product/empowering-the-heart/>

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For further information or
to schedule an appointment with Dr. Babinet
call us at 720.328.8299
or email us at babinetics@gmail.com



Sharing *Empowering the Heart* at 20% Off

Please help us tell others about Babinetics and our new book, *Empowering the Heart*

If you have friends who you think might benefit from our work, or if you have read our book and found it helpful, please share this newsletter with them by clicking here and adding your endorsement in the message box. Doing so will not automatically place them on any list, but they will be able to get the book at the discounted rate, and will have the option to subscribe to our newsletter if they choose to.

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About Dr. Babinet

Dr. Bertrand Babinet has created a revolutionary approach to optimal health and wellbeing. Drawing from extensive education and training, 21 years practicing Chinese Medicine, and utilizing proprietary assessment and treatment tools to address both the physical and psychological, he helps clients identify natural strategies to restore balance and harmony in the body and in life. Dr. Babinet works with individuals, couples, families, organizations and the physical environment to optimize health, effectiveness and creativity. [Read More.](#)



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