

Week 6: An Introduction to the Hemispheres

TRUE or FALSE

Your right brain is creative, your left brain logical.

The right brain is used to narrowly focus in on the task at hand.

Left brain overrides the actual situation with a map, creating a useful fiction out of the complexity of the moment

The left brain assigns language and value.

SELF-REFLECTION

Take a look around you at the items in the room you are in. Become aware of how the left brain is assigning value to each object. Try to tune in to your emotions as you do this activity.

What did you find yourself valuing? What did you reject? How did the way your mind was assigning value effect the way you reacted?

SELF-REFLECTION

Capture your findings and any questions you may have regarding the difference between right and left hemisphere from Jill Bolte Taylor's recounting of her stroke experience.

THE DIFFERENT PERSPECTIVES OF YOUR BRAIN: (Fill in the blanks)

ACCORDING TO THE LEFT BRAIN	ACCORDING TO THE RIGHT BRAIN
You and other are _____ entities.	You are part of the _____, inseparable from your surroundings/other people.
Understands only through _____.	Right and left brain together create _____.
Your identity has _____.	Your identity is _____.
To know _____ is the key to your success.	The answer lies in _____ what you think you know.
You must determine the _____ next action.	You can only know your actions through _____.
Problems need _____.	Problems are the result of patterns that need _____.
Adopts a strategy of _____.	Needs a strategy of _____ to access it.

Each hemisphere has its purpose, neither is better than the other. Our current world problems are the result of left being cut off from the right.

Each time you apply the 4 Steps effectively, you compel the left hemisphere to take a step to the right in its need to create a new pattern.

Your consistent application of the 4 Step Repatterning technique causes this connection to naturally occur. You need to do nothing more than apply the 4 Steps as outlined in this program.

SELF-REFLECTION

- Think about someone who you consider to be hugely successful. It might be someone you know personally or someone renowned.
- List all the evidence for their success.
- Beside each item, note if you believe that to be a left-brain trait or right brain trait.

ACTIVITY #1: Daily Repatterning

Next week you will measure your progress. If you have been applying the technique correctly, you will be crossing off all the items on your initial list.

In order to ensure that happens, this week be extra diligent. Be sure to do your daily Repatterning twice a day, two patterns at a time.

This week you will be determining which item to Repattern. Scan your list and select any that still impact you.

DAY 36					
Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #_					
Impact List #_					
Make Wrong List #_					
Impact List #_					

Tip of the day

*To date, I've been using the terms body wisdom and mind wisdom.
These wisdoms are housed in the hemispheres.*

Body wisdom is a function of the right hemisphere. Right is always present and is your connection to your body vibration. The right hemisphere is also how you know you are embodied (i.e. how you can recognize that this is your hand and that is your toe). Left hemisphere relates to the body as an impersonal thing (useful and detached).

Mind wisdom is a function of the left hemisphere. This is the wisdom of patterns.

These terms are, therefore, used interchangeably

Right Hemisphere = Body = Vast Warehouse Within = The Wisdom of Now

Left Hemisphere = Mind = Consciousness = Past-created Pattern = The Wisdom of Past and Future

Optimal Patterns are caused by the interplay between the two hemispheres.

DAY 37

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #_					
Impact List #_					
Make Wrong List #_					
Impact List #_					

Tip of the day

Some people are surprised to find that they are experiencing other changes in their life, besides the area of concern that is outlined on their list. This is actually quite common. The left brain thinks linearly and assumes that A is related to B. Right brain takes a much more holistic view.

To move you in the direction of your goals, (say, for example, money) you sometimes have to first address the patterns for parenting. Left can't see any correlation between these two areas, but right can, and so, as you deconstruct the beliefs and behaviours regarding money, right guides left in the necessary direction to address that issue instead of the expected direction that left would take you in.

DAY 38

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #_					
Impact List #.					
Make Wrong List #_					
Impact List #.					

Tip of the day

It is your right hemisphere that forms the connection to your body. The drinking in of all of your surroundings indiscriminately enables the totality of your experiences to be housed within you. However, to manipulate this data, you need to call on the wisdom of your left brain. Your left hemisphere explicates. It turns the raw material gathered by your right brain into something knowable and meaningful.

DAY 39

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #_					
Impact List #_					
Make Wrong List #_					
Impact List #_					

Tip of the day

Over centuries of evolution, the left brain has positioned itself as the superior of the hemispheres. It is not! The right is the master, and the left ought to be its messenger.

DAY 40

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #_					
Impact List #.					
Make Wrong List #_					
Impact List #.					

Tip of the day

The effects of left over right can be seen all around us. As humanity positioned mind over matter, we created a world that sees resources in terms of monetary value, turns relationships into utilities, and is convinced that rational thinking is superior to emotions.

Recognizing that our patterns make things up allows us to start questioning all of this.

DAY 41

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #_					
Impact List #_					
Make Wrong List #_					
Impact List #_					

Tip of the day

Your right hemisphere takes context into account. Its concern is on the overall impact that your actions take. To your right brain, you are part of the whole, and therefore you don't take precedence over others. With right in the driver's seat, you take the actions that are beneficial to all involved, and in the process, you are equally taken care of. After all, you too are part of that whole.

DAY 42

Repatterning List	Action/ Behaviour or Belief	Physical Sensation	Emotion	Thought	Observation
Make Wrong List #_					
Impact List #_					
Make Wrong List #_					
Impact List #_					

Tip of the day

Be a chess piece of the board of life. Let right brain be the invisible hand that moves you across that board.

Congratulations on completing this week's activity.
Your next discovery session is now open