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Are You Using Both Halves of
Your Brain?



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Finally, use your head. Nothing in this Guide is intended to replace common sense, legal, medical or other professional advice, and is meant to inform and entertain the reader. So have fun with the ebook, and get your stuff done.

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Are You Using Both Halves of Your Brain?

No? Then here is how you can accomplish it to function more effectively, realize your hidden potential and become a complete person.

Every human being has two personalities. That this statement seems to have been designed to shock doesn't deter from its truth.

It's a sort of benign schizophrenia that keeps us balanced gingerly on the tightrope between what society labels as sane and what it ridicules as mental malfunction. Lasting happiness is a state of mutual peace and balance among our physical, mental, emotional, psychological and spiritual aspects. This is because in order to strike this balance we need to identify our real and ultimate goals correctly (which should not appear to be misplaced later on) and then adopting the correct and balanced routes to attain these goals.

Underneath the buzz of day-to-day hustle and bustle that gives us no time to pause and reflect upon our actions and our lives, an uneasy realization of some kind of an imbalance lurks just beneath the surface of our skin, but manages to elude all our endeavors to identify the same.

The imbalance indeed lurks very close to the surface – in fact, only a few millimeters beneath the scalp!

Two Brains One Body

The last time anyone talked about two brains in one body was regarding those behemoths that dominated the earth 65 million years ago: dinosaurs. Tyrannosaurus Rex, the most dedicated carnivore of all time, weighed between four and six tones - too much bulk for one pea-sized brain: so, in a fit of mothering, Nature gave it two pea-sized brains, one in the

head to handle senses like vision, hearing and the procreative instinct, the other near the tail to deal with locomotion and control of the extremities.

Nature was subtler with human beings: she gave them one brain and bisected it into halves that not only look different but have exclusive functions as well: the grayish left half is logical, analytical, verbal, linear and sequential; the right white half is emotional, spatial, visual and holistic.

The right hemisphere is white because the nerve cells there are protected by a white insulation called myelination, covering the nerve cells, which are too involved in processing an unending march past of visual, emotional and sensory messages to keep a lookout for their enemies. It is here that fuzzy logic creates lifesaving abstractions like hunches and gut feelings. The left-brain doesn't need much myelination because its function, unlike the right brain, does not need to process a wide variety of messages to provide a complete and overall picture of the situation. It processes the messages only to provide special and analytical results.

The hemispherical preference of our personalities - left – or right dominant - depends on our genes and psychological conditioning. This preference has a direct bearing on our style of thinking, which in turn influences our skills, our inclinations, and ability to gather particular kinds of knowledge. Our attitude towards life, the quality of our performance and our relationships with people, work, money, material possessions, nature, and all that we are surrounded by and interact with, all these are determined by our left-right brain orientations.

One hemisphere grows in skill only at the cost of the other. The consequences are unnerving; the impoverishment of the right brain could lead to our denial of our intuitive faculty. Also, the historical cost of this hemispherical sequestration is mind boggling: the Industrial Revolution blindly favored the left brain and accelerated the pace of scientific and technological progress - but it retarded the progress in research in the right brain, the paranormal, ESP and other hidden powers of man.