

Slide 1: Soul2Soul Educare

Presents

Balancing your Brain for "The New Age"

(Great tips for getting ready for the coming shift - December 21st 2012")

Slide 2: David and I first learnt about the shift and Dec 21st 2012 in 2001, but now we are only three months away from this date. Are we ready? When the shift comes will be prepared for the rise in human consciousness? It'll be a beautiful time - a new beginning – a better beginning. This evolutionary shift is going to birth us and the Earth into a higher dimension. So today one of the many things one can do to prepare for the shift is to balance our brains.

Slide 3: Take our quiz and find out if you are more right brained or more left brained. Please download and print separate pdf document entitled “Are your more right brained or left brained”

Slide 4: According to psychology in the theory of laterization of brain function, there are two different sides of the brain that control two different “modes” of thinking. Typically we prefer one mode over the other.

Left Brain	Right Brain
Logical	Random
Sequential	Intuitive
Analytical	Creative
Objective	Subjective
Separatism	Oneness
Relates to Ego Self	Relates to Higher Self

Slide 5: Dr. Jill Bolte Taylor “Stroke of Insight”

Dr. Jill Bolte Taylor lost functionality in her left brain completely because of a stroke, and lived in the silent mind of the right brain, three weeks prior and three weeks after the surgery on her left hemisphere. She says she experienced Nirvana.” Let us watch the talk that she gave at a TED conference.

Slide 6: Dr. Jill Bolte Taylor movie

Slide 7: The right brain is the one connected with oneness; that is why Dr Taylor experienced that she was part of everything – the whole, God etc. The right hemisphere is connected with who we really are – joy, gratitude, love, peace.

So you might ask then wouldn't it be a good thing to be only right-brained? Then why do we have a left brain at all? Well, when God created this Universe, he wanted us to experience the world. The left brain is necessary to experience the world. Let's go back to Dr Taylor's experience. She writes about how she was in bliss while she did not have the left brain chatter to trouble her but she also says that she could not

operate in the world in her right brain state. She was in bliss but she was just like a baby unable to take care of herself.

“Which means to function in this world we need our left brain too. We need the left hemisphere to experience life. The world can exist only when our left brain operates. This means that it is our left brain that creates our own world. It does so by projecting a world of duality where it sees the many beings going about experiencing life. Remember how Jill Bolte Taylor felt like she was one with all – she didn’t know where her hand began and where the exercise bike handle began. her cells just merged with the cells around her. The right brain knows it is one with everything.

You cannot relate to the world if you are only right-brained. That is what happens to people who discover the peace and joy, and remain innate in their right brain. They forget their left hemispheres and are completely out of their minds. There are cases of sages in India walking naked, such people needing to be taken care of and clothed because they had left their left hemispheres behind.

So the left brain is important, but the only thing we need to watch out for is not to let the left brain or the ego-self dominate.

Slide 8: The Yin and Yang of the Brain

This brings us to the yin and yang of the brain. The yin and the yang of the brain should complement each other for life to go smoothly.

Yang is the male energy, the Shiva, or Alpha, the super conscious mind or creator– the idea for anything. Yin is the female energy, the Shakti, the Omega, the subconscious mind, the energy that carries out the idea put forth by the creator; This brings life to creation. So the right brain is masculine energy and the left brain is the feminine energy that allows the yang to express itself.

Slide 9: If you look at the example from the bible, In the Garden of Eden, all peace was lost when Eve listens to the serpent and eats the apple to gain knowledge. Adam blames Eve for eating the apple. Thus when both Adam and Eve start giving in to Ego their lives become distorted, and man’s downfall begins. This story is symbolic.

What happens that the female energy - Yin in Man (which is shown as Eve – left brain) gets caught up in the world and listens to the ego – the serpent. It thus loses sight of its true nature and becomes entangled in the world so much so it forgets its true Divine nature just having an experience. Once this feminine nature sees God as separate from her, Adam or the male energy – Yang or the right brain takes a life of its own, he starts to blame her, thus creating a universe of his own. His own story, his own drama. When the left brain or feminine side (Eve) fell it dragged along with it the male part (Adam). This is called the fall of Adam and Eve.

Thus “the fall” happens when the left brain gives into its ego and leans towards separatism and materialism.

Every living creature has both male and female energies in them. That is why we are in the state that we are in now. So the key is to balance the two.

Slide 10: Ways to Balance the Brain:

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1. **Slide 11:** Meditate – getting into the silence... - Usually the left brain and the right brain waves are independent. They reach peaks independent of each other. During meditation and deep relaxation, the left brain waves and the right brain waves happen together. For both, the peaks are reached together. This is called synchronization.
2. **Slide 12:** Breathe - We take breathing for granted yet, when we breathe in an intentionally deliberate way, our physical and emotional state can be dramatically altered. Many of us take small shallow breaths, barely enough to survive, but not enough to thrive. When we learn how to breathe properly, breath changes our life experience, for the better. Yogis in India have known for thousands of years that breath can be used to influence emotional states and increase vitality.
3. **Slide 13:** Practice flip switching: Feel what it is like to cuddle a little puppy, kitty or baby and then send a wave of this energy to inanimate things around you such as the pencil on your desk, a doorknob, red traffic lights, other drivers, plants, your toothbrush, your computer, birds or your bathroom towel. The goal is to find ways every day, no matter how you are feeling in the moment, to send out some uplifting vibrations.
4. **Slide 14:** Service to Others - This path involves serving the needs of the whole or others more than 5% of the time.
5. **Slide 15:** Do activities with awareness – eg. Noticing the orange color of the carrots, the smell of lemons. Listening to the grinding rhythm of the blender
6. **Slide 16:** Spend time in nature – watching leaves fall, birds and small animals going about their business, listening to a branch fall – focus totally on each moment
7. **Slide 17:** Work with or wear crystals
8. **Slide 18:** Get rid of old perceptions, formed beliefs, habits, thoughts, and actions. Perception influences the creation of neural-pathways in the brain. When perception is changed, so does the way you react to new experiences. How you perceive life is often how your life will perceive you. Alter your perception and your brain will function in balance.
9. **Slide 19:** Let go of past traumas – Again living in the past is a left brain function – so by constantly being ruled by past traumas, we are not allowing ourselves to be balanced. The left brain always tries to ensure self preservation. This can lock brain patterning into behaviors and functioning that do not serve us after the trauma. Life’s traumas, however insignificant we may think they are, can significantly change our brain balance, functioning, and life. We must let go.
10. **Slide 20:** Drink lots of water. Water is required for proper functioning of the central nervous system and brain function. Drinking plenty of pure water is one of the best ways to detoxify as well as feel more energetic and helps with brain balance.
11. **Slide 21:** Exercise everyday - Brain balance is connected to being active. Especially several forms of yogas and strengthening exercises, are really good for brain balance. Later on in the workshop we will cover some good exercises for brain balance.
12. **Slide 22:** Get enough sleep – For our brain to be balanced, it is very important to get enough sleep – at least 7-8 hours for adults and upto 9 to 10 hours for children and young adults.
13. **Slide 23:** Eat healthy and get enough nutrients - Most people are not deficient in calories, but they are deficient in nutrition. An underlying nutritional deficiency is why so many people cannot beat their craving for food. Our bodies need a balance of good clean natural foods. Eating the right kind of foods creates a healthy balanced brain.
14. **Slide 24:** Detox to help with brain balance. People now carry chemical and toxic burdens in their bodies that were unimaginable only a few generations ago. Cleanses, fasts, saunas, drinking lots of water, exercise help eliminate toxins.

Dr. Klinghardt's Protocol for eliminating toxins

Disclaimer: This protocol is a powerful and life-changing tool for detox...but it is not intended to be a substitute for medical care. If you are dealing with any sort of serious medical illness, we suggest that you consult your physician and use this protocol under their supervision. Soul2Soul Educare Inc, assumes no responsibility for improper use of this detox protocol.

To chelate using cilantro, you can use Dr. Klinghardt's detox protocol:

<http://www.hbci.com/~wenonah/new/9steps.htm>

It may sound complicated, but the basic method is simple.

Please read the protocol prior to performing the detox to ensure your full understanding.

Detox slowly! Don't rush in. If you begin to feel nausea during the detox, this is an indication that you may have done too much in a day. Remember, when you perform a cilantro-based detox, your body will begin mobilizing toxins, which to the body appears to be a new dose of toxicity. Again, start slowly.

Here is the detox information in brief:

Note: Chlorella:

The Chlorella MUST be the kind where the cell wall has been pulverized. If you get a cheaper quality, it won't work and you'll risk your health and waste your money. If the packaging doesn't say, then it isn't the right kind. Chlorella manufacturers who have taken quality to that level will state it on the package.

Raw cilantro:

The cilantro must be raw and organic. If it hasn't been grown organically, if it has been grown with fertilizers, etc, then it will not be potent enough to achieve the goal of detox. Organic cilantro is more fragrant and it is potent. Be sure to use organic cilantro.

Fresh garlic:

Garlic strengthens the body for the detox process. It should be fresh, and in clove form. You'll want to use a small clove if you're just making for 1 or two people otherwise it will be very strong. In the pesto, the garlic should be noticeable but tasty.

Salt:

Himalayan Salt should be used. Sea Salt is ok, but not as good. Standard table salt should never be used in general as it scores the arteries, raises blood pressure and offers no nutrients. With himalayan salt, the body can detox without having any reaction to the salt.

The process

My own addition to the protocol: Start taking Chlorella for a few days - at least 3000mg. Take it for a week before you start the cilantro. At this phase, chlorella can get heavy metals like mercury out of the easy to reach places - get the low-hanging fruit as it were. After a few days of this, move to the cilantro/chlorella detox in the following paragraph.

On an empty stomach take Chlorella 30 minutes before eating a pesto made of raw organic cilantro, garlic, olive oil & salt (to taste) in a \$10 mini food processor or maybe some other method of creating a pesto. Start with about a tablespoon of the pesto per day and take for 3 weeks. After eating the pesto you can follow it up with dinner. The chlorella binds to heavy metals & keeps them moving out. Without chlorella the heavy metals may be re-absorbed into the body via the colon's enteric nervous system. The 30 minute lead time ensures that chlorella is in the right place to be effective when the toxins start to dump. Toxins can find their way to more dangerous places, so that's why you need to start slowly. Too much detox & you'll feel nausea at best. After a few days of detox, you can increase the cilantro & chlorella dosage. The protocol has the details. Please read the protocol prior to performing the detox to ensure your full understanding.

15. Slide 25: Eliminate stress – Stress comes from the left brain – and in order to be balanced we have to get away **click:** from the damaging effect that stress has on our body and mind.

Slide 26: Most of us are constantly working from our left brains.

Here are ways to use your right brain more:

1. **Slide 27:** Feel positive emotions such as appreciation, compassion, understanding, forgiveness, kindness, joy, happiness. These create energy that feed your right brain.
Slide 28: These positive emotions feed your right brain and change your DNA
2. **Slide 29:** Cuddling and playing with babies – this opens up our hearts
3. **Slide 30:** Pet an animal
4. **Slide 31:** Appreciate at least 1 person every day. You could do this by sending e-mails or writing letters or even giving a complement to someone. eg. a student sending a letter to a teacher letting him/her know what a difference their acts of kindness made in their life. (There was a story in the National Geographic about 2 boys who stood around and gave compliments to everyone that passed).
5. **Slide 32:** Ladies you could Write love notes to your children or spouses and put them in their lunchboxes. Kids you could put love notes on your mom's fridge. Men you could put love notes in your wife's cars.
6. **Slide 33:** Read books
7. **Slide 34:** Compose a song or poem
8. **Slide 35:** Write
9. **Slide 36:** Do Art
10. **Slide 37:** Cook new dishes

Slide 38: You are being more left brained when you:

1. Rigidly follow the rules laid down
2. Bury your spontaneity
3. When you listen to your IPOD when you go for a walk
4. When you label things – this is a tulip, this is a rose
5. When you label and judge people – she is good, he is bad
6. When you react to the people based on previous experiences you had with them or what you heard about them. A person who is in touch with the right brain would approach each person and situation as if for the first time, and his response to them would be new and creative each time.
7. Live in the past or in the future – Anxiety about the future and guilt about the past are left-brain functions.

Slide 39: Conclusion:

“Dr Taylor, says that it is a small group of brain chatter cells in the left hemisphere that creates all the drama. Eckhart Tolle calls it “the voice in the head”. These are just the size of a pea but they create all the drama and stories in our life.

We are all creators. There are as many creators of universes as there are people incarnate. The left brain was meant to be used to create a nice drama for ourselves that we could witness and enjoy. What happened is that instead of witnessing the make-believe script we have written, we have gotten lost in our own creation, and what is a dream has become a nightmare.

If we could all just be aware that we are all part of that one source called God. In the ancient Vedas the Rishis have said “That Thou Art” – That referring to the Supreme Reality. **Click:** If we could be aware that we are already free, joyful, happy and whatever else it is we want to feel.

If we could see that what we have been doing is creating and projecting universes with our left brain, we could use the left brain to create a life that we enjoy

Click: We should continue to observe our creation with humor, enjoy it without being affected by it. Charlie Chaplin once said “life is a tragedy when seen in close up and a comedy when seen in long shot”

Click: Off late I have been doing this therapy on myself a lot. Recently someone close to me judged me harshly. For a while, I gave it a left-brained knee jerk reaction and felt bad about it etc. Then I started my therapy, that person was creating his own world through his own perception. I have no control over how he chooses to build his world. I can only build up my own world – ie my take on any given situation and my response to it. So I just let go. Then my right brain took over and I saw the silliness of it all. I actually felt compassion for that person who was weaving a world of sorrow for himself and forgiveness took over till I went deeper into myself and realized that there is nothing to forgive. In essence, through my own experiences I actually created him and the situation. So by looking at what it was that created this situation, it became a moot point even to feel bad about something I myself created. So the result of this therapy is to change what it is in yourself that is creating or shaping the situations around you.

Click: Cut the last ropes of the left brain ruling over you. You will then be the master of your left brain and become balanced. The ideal thing is to balance the left and right brains as you go through your experience of life.

Click: You will then use the left brain to exist on earth, and the right brain to remain in God-Space/Paradise/Heaven (call it whatever you like) and bring this God-space to earth and light to the world! That is what you came here to do!

When you live your life like this everything will seem new and you will find new energy and vigor because **click:** you will be using the calm flowing right brain energy to do your left-brained work. **Click:** In other words being while doing.

This may be what Sages call enlightenment.

Slide 40: Exercises and Activities to Balance Your Brain. Please click on the youtube link entitled “Brain Balancing Exercises by Soul2Soul Educare”.

Meditation: Please download the separate audio file entitled “Meditation for Balancing Your Right & Left Brain”