

BRAIN DOMINANCE WHOLE BRAIN vs. SPLIT BRAIN THEORY PSYCH-K

Our personality can be thought of as a result of the degree to which these left and right brains interact, or, in some cases, do not interact. It is a simplification to identify "left brain" types who are very analytical and orderly. We likewise certainly know of the artistic, unpredictability and creativity of "right brain" types. But each of us draws upon specific sides of our brain for a variety of daily functions, depending on such things as our age, education and life experiences. The choices of which brain is in control of which situations is what forges our personalities and determines our character.

Experiments show that most children rank highly creative (right brain) before entering school. Because our educational systems place a higher value on left brain skills such as mathematics, logic and language than it does on drawing or using our imagination, only ten percent of these same children will rank highly creative by age 7. By the time we are adults, high creativity remains in only 2 percent of the population.

The two brains not only see the world in vastly different ways but, in our current society, the left side just "doesn't get" what the right side is all about. It tends to dismiss anything significant coming into consciousness from its "flaky" cranial twin. Sometimes two sides can actually disagree, resulting in our perception of emotional turmoil from the expressive protests of right brain.

Our conscious mind can only focus on data from one brain at a time. We can switch from one side to the other very quickly but that's not always the most efficient way to act and eventually ultimate authority to enter consciousness is delegated to one brain or the other. In our modern world, this battle is almost always won by the left brain.

It appears that most people will never reach their maximum potential because of compromises that have been made between these two governing bodies. Sometimes skills which the right brain can perform better are routinely handled, with less skill, by the left brain. Ideally, both brains work together in people with optimum mental ability. This coordinating ability may be the key to superior intellectual abilities. In most people, however, the left brain takes control, choosing logic, reasoning and details over imagination, holistic thinking and artistic talent.

The ideal situation to be in when wanting to change subconscious beliefs is in a whole brain state. In other words, when both the left and right brain talk to each other. In times of stress we revert to our dominant brain or enter into a split brain state. For example, a left brain person (logical) will analyze a situation to death (purchase of a car) before making a decision where a right brain person will notice how the new purchase will make them feel. On the other hand, a left brain person will function much better in times of crisis (an accident) and will know what to do whereas a right brain person will become too emotional and not be able to dial 911.

PSYCH-K allows the client to enter into a whole brain state therefore providing optimal conditions for subconscious change.

LEFT BRAIN FUNCTIONS	RIGHT BRAIN FUNCTIONS
uses logic	uses feeling
detail oriented	"big picture" oriented
facts rule	imagination rules
words and language	symbols and images
present and past	present and future
math and science	philosophy & religion
can comprehend	can "get it" (i.e. meaning)
knowing	believes
acknowledges	appreciates
order/pattern perception	spatial perception
knows object name	knows object function
reality based	fantasy based
forms strategies	presents possibilities
practical	impetuous
safe	risk taking

Below is a left right brain quiz. See what side is your dominant side.

Choose the one sentence that is more true? Do not leave any blanks.

1) A) It's fun to take risks. B) I have fun without taking risks.	12) A) With a hard decision, I choose what I know is right. B) With a hard decision, I choose what I feel is right.
2) A) I look for new ways to do old jobs. B) When one way works well, I don't change it.	13) A) I do easy things first and important things later. B) I do the important things first and the easy things later.
3) A) I begin many jobs that I never finish. B) I finish a job before starting a new one.	14) A) Sometimes in a new situation, I have too many ideas. B) Sometimes in a new situation, I don't have any ideas.
4) A) I'm not very imaginative in my work. B) I use my imagination in everything I do.	15) A) I have to have a lot of change and variety in my life. B) I have to have an orderly and well-planned life.
5) A) I can analyze what is going to happen next. B) I can sense what is going to happen next.	16) A) I know I'm right, because I have good reasons. B) I know I'm right, even without good reasons.
6) A) I try to find the one best way to solve a problem. B) I try to find different answers to problems.	17) A) I spread my work evenly over the time I have. B) I prefer to do my work at the last minute.
7) A) My thinking is like pictures going through my head. B) My thinking is like words going through my head.	18) A) I keep everything in a particular place. B) Where I keep things depends on what I'm doing.
8) A) I agree with new ideas before other people do. B) I question new ideas more than other people do.	19) A) I have to make my own plans. B) I can follow anyone's plans.
9) A) Other people don't understand how I organize things. B) Other people think I organize well.	20) A) I am a very flexible and unpredictable person. B) I am a consistent and stable person.
10) A) I have good self-discipline. B) I usually act on my feelings.	21) A) With a new task, I want to find my own way of doing it. B) With a new task, I want to be told the best way to it.
11) A) I plan time for doing my work. B) I don't think about the time when I work.	

To Score

1. Give yourself one point for each time you answered "A" for questions: 1, 2, 3, 7, 8, 9, 13, 14, 15, 19, 20, 21.
2. Give yourself one point for each time you answered "B" for questions: 4, 5, 6, 10, 11, 12, 16, 17, 18.
3. Add all points. Totals imply:
 - 0-4: strong left brain
 - 5-8: moderate left brain
 - 9-13: middle brain
 - 14-16: moderate right brain
 - 17-21: strong right brain

LEFT BRAIN FUNCTIONS uses logic, detail oriented, facts rule, words and language, present and past, math and science can comprehend, knowing, acknowledges, order/pattern perception, knows object name, reality based, forms strategies practical, safe

RIGHT BRAIN FUNCTIONS uses feeling, "big picture" oriented, imagination rules, symbols and images, present and future philosophy & religion, can "get it" (i.e. meaning), believes, appreciates, spatial perception, knows object function, fantasy based, presents possibilities, impetuous, risk taking.

After you have identified your dominant hemispheric mode of thinking, you can improve your attitude and your performance by avoiding your behavior patterns that cause problems for that hemisphere or by switching to the opposite hemisphere activities if you find yourself in a rut. For example, if you are left brain dominant, not getting anywhere because you get hung up on details, or you've been selling yourself a negative verbal bill of goods, then you can get out of it by engaging in some right hemisphere activity. Try listening to music, paging through an art or photography book, or taking part in some kind of athletic activity.

If you are right brain dominant, you can get unstuck from problems (such as not being able to organize yourself) but putting your thoughts down on paper, making outlines, and by analytically dissecting your ideas and objectives in writing. Ideally you want to get both halves of your brain working together rather than overemphasizing either mode. Once you become reintegrated, you will find yourself functioning more effectively, with more energy and enthusiasm

What Is PSYCH-K?

"PSYCH-K® is a user-friendly way to rewrite the 'software' of your mind in order to change the 'printout' of your life." – Robert. M. Williams, M.A. Originator of PSYCH-K®

YOUR BELIEFS ESTABLISH THE LIMITS OF WHAT YOU CAN ACHIEVE!

As Henry Ford once said - "If you believe you can, or if you believe you can't... you're right!" Your life is a reflection of your beliefs. These beliefs - usually subconscious - are the cumulative effect of life-long programming." As a result of past negative programming, we sometimes think and behave in self-defeating ways. PSYCH-K provides a user-friendly way to rewrite the "software" of your mind by changing beliefs that limit you into beliefs that support you... quickly and easily. Changing subconscious beliefs that may be getting in the way of well-intentioned actions is similar to reprogramming a personal computer. Using PSYCH-K processes—a kind of "mental keyboard" to your own brain—you can increase "cross talk" between the two hemispheres of the cerebral cortex, thereby achieving a more "whole-brained" state, which is ideal for changing subconscious beliefs. In addition, when right and left hemispheres of the brain are in simultaneous communication, the qualities and characteristics of both hemispheres are available to maximize your full response potential to life's challenges.

With PSYCH-K you learn to:

- * experience abundance in every aspect of your life
- * reduce stress and anxiety and increase your sense of well being
- * enhance career opportunities and develop your relationships
- * increase sports performance
- * eliminate fears and phobias and destructive habits like smoking and over eating
- * reach your full potential because you start talking yourself into things NOT talking yourself out of things

PSYCH-K is

- a non-invasive, interactive process of change at the subconscious level
- a simple, powerful process to change negative beliefs that are self-sabotaging
- a unique blend of various tools for change, contemporary and ancient
- derived from scientific research in brain dominance theory.
- a ground breaking approach to facilitating change at the subconscious level
- a process that transcends the standard methods of visualization, affirmations, will power, and positive thinking