

## **HARMONY THROUGH A BALANCED MIND & BODY**

*Under normal circumstances, we are born with two eyes, two ears, two arms, two legs and a number of other physical parts of our body, all in pairs. For the control of all these pairs, generally located on either side, we have the two hemispheres that form part of the brain. Nature has played a trick in the layout by using the left brain to control the right side of the body and the right brain the left side of the body, e.g. we use the left brain to listen with our right ear to the low sounds of rhythm of the beat and with the right brain via our left ear to listen to the melody. Evidence for this is shown in the positioning of the instruments in an orchestra. Bass, cello and drums for the rhythm are located on the right and violins and other high pitched instruments playing the melody are located on the left. Other evidence of such crossing presents itself when there has been an injury to one half of the brain such as after a non-fatal stroke.*

*Anecdotal evidence for human (and also animal) behaviour suggests that whilst the right side of the brain tends to be subjective and emotional, artistic and imprecise, broad picture approach and occasionally fatalistic, taking chances and self destruction, the left brain is quite the opposite. It is more logical and common sense in its thinking processes such as calculus, counting, rationality, being more precise and focussing in the narrow field (vertical). It is also survivalist orientated.*

*For a well balanced mind and body, it is recommended to use both halves of the brain, making use of the Corpus Callosum ( a large bundle of nerves connecting the two halves) to communicate very rapidly indeed (brain- switching).At all times, we need to use both hemispheres to perform well. Hunting is a part of left brain survival, but judging where our prey is requires the spatial ability of the right brain. Likewise, drafting block letters is done with the left brain, but when performing longhand writing, the combined use of both halves is necessary.*

### **MIND CONTROL:**

*Survival as a species should come natural for all life, but for mankind. Whatever we think of doing or not doing, results in consequences for ourselves and others. Far too much, action or inaction is based on emotional decision or impulse without any regard to what may happen even when previously there was a poor outcome for a similar event. It is even a precedent in the concept of English Common Law.*

*"The omission to do something which a reasonable man, guided upon those considerations which ordinarily regulate the conduct of human affairs would do, or doing something which a prudent and reasonable man would not do." (Alderson B Blyth v. Birmingham Waterworks - 1856). From Legal Liabilities (Law of Torts)*

*The way out of this dilemma, is Negative Bio Feedback.*

*There are two types of Feedback. The most common form is Positive (destructive) Feedback. The other is Negative or controlling Feedback. A clear analogy for 'Positive Feedback' is as follows:*

*A microphone is connected to an amplifier, which in turn can cause the amplified sound from the microphone to be heard coming out of a speaker. For no specific a reason, the volume controlled is turned up to a point that the sound being produced by the speaker is picked up by the microphone. Unless the volume control is turned down immediately, a loud prevailing howl will result. If it were to continue, most likely the amplifier will simply self-destruct due to run-away high current. The problem is easily solved by using a negative feedback loop. A very small portion of the sound is simply inverted and fed back into the system. With humans that constantly think about a problem, this also creates a chronic 'Positive (destructive) Feedback path. The thinking about a problem or problems becomes incessant and ever increasing in intensity until a psychological breakdown occurs.*

*Here also is a very easy remedy at hand. Be aware of the problem but instead of thinking about it seek a solution to the problem. It can be as simple as taking a piece of paper and a pen or pencil and jotting down whatever options are available. It is clearly a brain switching exercise that uses the left brain to rationalise the problem in the mind of the right side of the brain. However considerable discipline and skills are require to do so.*

*An easy and well documented strategy for brain switching can be accomplished by the simultaneous use of both extremities such as arms and legs. As was pointed out earlier, the left brain controls the right side of the body and the right brain the left side. This means that subjecting tension to your right arm, your left brain is switched on. Likewise, tensioning the left arm activates your right brain.*

*Note! For harmony and balance in your life, muscle tension on either side must be equal. It is called HOMEOSTASIS.*

*There are many exercises that make simultaneous use of both sides of the body. Most of these are thousands of years old and have been practiced constantly by many over the Centuries. It is able to tackle all the nasties such as depression, addiction, PTSD and many other human traits and ailments.*

*Most of these exercises are simple and non-strenuous and can be as simple as 'waving the hands through the clouds', i.e. rotating the right hand vertically in a clockwise motion and the left hand in an anti-clockwise motion. However, whatever the type of Qi Gong or Kinesiology movements are involved, both sides of the brain learn from the experience and the entire nervous system is maintained, improved and repaired where necessary. I can testify to the effectiveness of these exercises, when after suffering damage to my Eight Cranial Nerve, which caused chronic and violent Vertigo associated with Nystagmus (fluttering of the eyes) I was able to function normally again. No cure for that I was told by the medical fraternity. Practicing the aforementioned, I cured myself from that disability.*

*I always performed a very simple test to see if both halves of the brain were 'switched on' or not, by asking the client to stand erect and move both arms in a horizontal position, just below shoulder height. I then asked the client to rotate the entire body slowly in an anti-clockwise position. Only after a few turns, the right arm started to droop, indicating that the left brain was not 'switched on'. These and other tests were mainly performed on children with learning difficulties.*

*To check for depression (a right brain phenomenon) I usually played some music with a strong beat, e.g. Sultans of Swing by Dire Straits. Those admitting to feelings of depression had difficulty relating to the rhythm, this being a left brain attribute.*

*Early hardwiring of the brain halves was well illustrated in an ABC TV series called Year One, where a large number of babies were observed from birth to Year One. Some babies moved about on their bottoms, other performed lateral crawl (left hand and left knee simultaneously), whilst other babies used cross crawl to move about, alternatively using left hand and right knee followed by right hand and left knee. It was alleged that those babies that used cross crawl increased their intellect as opposed to the babies moving about on their bottoms where the intellect was actually pruned at Year One.*

*There is no doubt in my mind that the simultaneous use of both brain halves has major advantages in survival and increased intellect. So start using your left brain and function better!*

*Note! There may still be a test available on the ABC TV AU websites called "brain-switching", that enables the user by way of a number of alternate viewing of blue and yellow dots, to determine for themselves, how fast or how slow (possibly a Bi-polar disorder) their brain switching occurs.*

## REMEDIES

*Unbalanced persons, not using their left (rational) brain often enough, tend to have a low self-esteem/self-worth and as a result are often complacent and relying/depending too much on others. Often but not always their behaviour exhibits stubbornness, obstinacy and self-denial and not facing reality. When reminded of something wrong, they may even become belligerent.*

*Balanced persons on the other hand, take problems, frustration and other difficulties in their stride and deal with them immediately. So it makes common sense for unbalanced persons to do the same. Tackle whatever comes their way. They should avoid complacency and become precise in what they do, analyse whatever they hear from others or do themselves and be more critical of everything that is important. Self esteem/self worth can also be substantially improved by initially determining what one is capable of doing and equally learn what not. The step that then follows is keeping track of what one can do or not do and know what one does or not. It is called SKILLS building.*

*Are you only able to perform ten push-ups? Next try for eleven. Set your mind to it and you would be surprised what you will accomplish. Remember, even a journey of a thousand miles, must start with the first step. As you make progress, self-confidence will increase and all of a sudden unsurmountable problems become mere reasons to solve. My personal experience with problem solving is that the more problems I solve the more problems I can solve. In 2008 and without any knowledge or any formal scientific qualifications, I was able to produce a high quality inorganic antibiotic and have managed to have a paper published worldwide. Take on YOUR quest and start a new chapter in your life today. I even seek out difficult problems to solve as a hobby. It feels great when I succeed!*

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