

She is Out of Her Left Mind!

Dr. Mitra Makbuleh

Several of you have forwarded this superb clip to me and I thank you all,

<http://www.ted.com/talks/view/id/229>

This is one of the most fascinating and eye-opening video clips you'll ever see—guaranteed! A well-credentialed and highly respected brain scientist—Dr. Jill Taylor—describes how her own bout with a severe brain stroke led her to a remarkable mystical experience followed by true enlightenment and insights into the human condition. Watch this clip at your leisure.

As she explains in the video, she went from a linear, analytic, form-oriented, divisive left-brain consciousness to a non-linear, oceanic, formless, “unitive” right-brain consciousness. The right side of the brain has long been labeled “The Seat of God/the gods” because of its mystical capabilities. We have “fallen” away from a direct experience of this divine connection because the left brain has become predominant. The right brain is the seat of formlessness and one-ness, the left brain is the place of forms and divisions. The creative mind makes use of both sides of the brain in a complementary and harmonious manner. To overemphasize or ignore the needs and capabilities of either side of the brain defeats the purpose for which humanity was created.

Our job as human beings is to serve as a conscious bridge that makes possible the creative union of Heaven and Earth, Spirit and Matter, Masculinity and Femininity, Unity and Diversity, and all other sets of opposites in a harmonious and balanced manner. This is why we have been endowed with the two hemispheres of the brain and not just one. Those who want inner peace tend to gravitate to one side of the brain or the other—e.g., it is much easier to be at peace when you are focused only on the material or the spiritual side of life, but it is much more difficult to deal with

the demands of both the material and the spiritual sides of life. This is why creative geniuses rarely have inner peace and are often beset by horrible mental illnesses. The trick is to find the Middle Path between serenity and creativity.

Are you up to it?