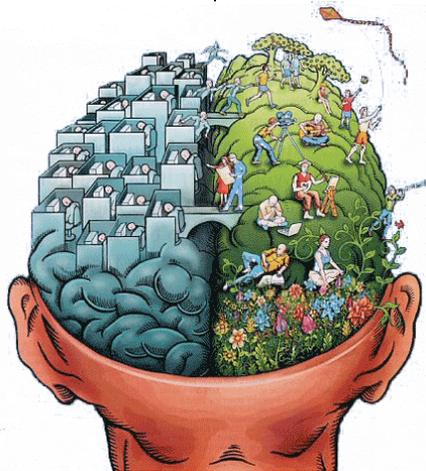


# Awakening Whole Brain Engagement

## Left and Right Hemispheric Intelligences

LEFT HEMISPHERE	RIGHT HEMISPHERE
<p><b>Temporal Time</b> – Keeps track of time. Ability to distinguish past from present and present from future. Sometimes referred to as <i>Chronos</i> time. Plans and schedules.</p> <p><b>Objective</b> – Perceives one’s self as standing outside an independent reality. Reinforces skills of observation and detachment.</p> <p><b>Expert Puzzle Solver</b> – Recognizes defined components (i.e. color, shapes) for arrangement into a new or pre-existing system or pattern.</p> <p><b>Mechanical Proficiency</b> – Seeks order and precision in how things, actions, or events are carried out or arranged, i.e. “A must happen before B which must happen before C.” Values repetitive, automatic, and reflexive behaviors.</p>	<p><b>Timeless</b> – Loses track of time. Ability to be fully in the present moment. Sometimes referred to as <i>Kairos</i> time. Improvises. Flows.</p> <p><b>Subjective</b> – Perceives one’s self in a participatory relationship with reality. Fosters intimacy with other human beings, physical space, and nature.</p> <p><b>Master Collage Builder</b> – Recognizes unique components and creates new categories to bring forward an emerging image, including images of the future.</p> <p><b>Creative Expression</b> – Seeks permeability among different ways of knowing. Values significance, meaning, uniqueness, metaphoric understanding and gestalt of the whole.</p>
<p><b>Controlled</b> – Factual and detail-oriented. Fascinated with details and with details about details. Attention to usefulness of information.</p> <p><b>Deductive Reasoning</b> – Attention to logical conclusions or plausible deductions, i.e. “if A is bigger than B and B is bigger than C, then A must be bigger than C. “</p>	<p><b>Playful</b> – Imaginative and spontaneous. Fascinated with how one thing leads to another, free association. Attention to energy and vitality.</p> <p><b>Intuitive Knowing</b> – Attention to invisible patterns and hidden interconnections. Spontaneous insight and discernment. Registers information below conscious awareness.</p>



LEFT HEMISPHERE	RIGHT HEMISPHERE
<p><b>Words</b> – Uses written and verbal language to describe, define, and categorize. Words often arise as “self-talk,” telling us who we are and what we should be doing.</p> <p><b>Interprets Literally</b> – Understands facts in isolation of larger contexts. Demonstrates command over content. “Reads the lines.”</p> <p><b>Analytic</b> – Pulls things apart, questions, and can be critical, diagnostic, and systematic. Fits together facts to derive explanations.</p> <p><b>Forecaster</b> – Ability to process large volumes of information through “loops of thought patterns.” Predicts what we might think and feel, and how we will act in the future based on past experiences.</p> <p><b>Takes Apart Big Picture</b> – Seeks manageable and comparable bits of data. Information can be converted into language. Bureaucratic and policy oriented.</p> <p><b>Linear</b> – Perceives reality as operating one step at a time. Everything happens in a set order, in phases and discreet periods of time. Change is understood as variables that can be measured and plotted on a graph.</p>	<p><b>Images</b> – Uses imagery and pictures to express feelings, unformed ideas, and relationships. Images often arise spontaneously.</p> <p><b>Interprets Contextually</b> – Understands information within larger contexts, i.e. social, emotional, and spiritual. “Reads between the lines.”</p> <p><b>Empathic</b> – Ability to identify with others and demonstrate understanding. Stories illuminate hidden truths.</p> <p><b>Evocator</b> – Refrains from judgment; engages improvisationally; assesses coherence in the present moment. Capable of imagining new possibilities.</p> <p><b>Holds Big Picture</b> – Recognizes similarities. Seeks relationships among diverse bits of data, finding life’s interconnectedness. Visionary and leadership oriented.</p> <p><b>Chaotic</b> – Perceives reality as involving chance and meaningful coincidences. Random events may represent recurring patterns or cycles. Change involves simultaneous influences and probabilities.</p>
<p><b>Factual Memory</b> – Associated with retrieval of data and facts, which are organized into hierarchies according to existing conceptual structures.</p>	<p><b>Emotional Memory</b> – Associated with relationships and feeling. Ability to recall isolated moments in time that carry meaning.</p>



“The relationship between the two cerebral hemispheres is more appropriately viewed as two complementary halves of a whole rather than as two individual entities... it makes sense that having two cerebral hemispheres that process information in uniquely different ways would increase our brain's capacity to experience the world around us and increase our chances of survival as a species.”

*Jill Bolte Taylor, My Stroke of Insight: A Brain Scientist's Personal Journey*