

Facilitator Notes for Left Brain / Right Brain

Before the Meeting

At this session, members take a “Left Brain / Right Brain” test as they arrive – the test is included with the Facilitator Notes. Take the test yourself ahead of time and score it so that you can help others at the gathering. Make enough copies for each member and bring extra pencils and pens for this activity. Another option is to email the quiz to members before the session.

Members also do the Words of the Day as they arrive and mark responses as “Left” or “Right.”

Words of the Day

Write “Left” or “Right” at the top of the slip to indicate which sentence you are completing.

“Left” at the top. I use the “left brain” (rational, organized, story-telling) when I ...

“Right” at the top. I use the “right brain” (visual, creative, embodied) when I

Activity

As members arrive, they should take the paper-copy Left Brain / Right Brain test and score it.

Chalice Lighting

We light this chalice to shine on our time together. In its light we celebrate the relationships and understanding we are creating in this place and time. May our sharing be deep. (*Light chalice*)

The Basket

Sharing of Joys and Concerns

Silence, holding ourselves and each other in silent support

Shared Readings

Our [meditation] practice is to correct this tendency to discriminate and think dualistically, so that reality will have a chance to reveal itself. *Thich Nhat Hanh*

The main theme to emerge ... is that there appear to be two modes of thinking, verbal and nonverbal, represented rather separately in left and right hemispheres respectively and that our education system, as well as science in general, tends to neglect the nonverbal form of intellect. What it comes down to is that modern society discriminates against the right hemisphere. *Roger Sperry*

You have two hemispheres in your brain – a left and a right side. The left side controls the right side of your body and the right controls the left half. It’s a fact. Therefore, left-handers are the only people in their right minds. *Bill Lee (left-handed pitcher & writer)*

If you use only one facet of your perception – either just your mind or your gut – then you will only ever see half of the picture. *Brendan Foley, The Yin Yang complex*

The heart has its reasons, which reason does not know ... We know truth, not only by the reason, but also by the heart. *Blaise Pascal*

[By] coming to know a place where the common elements of life are understood differently one has the advantage of an altered perspective. With that shift, it is possible to imagine afresh. *Barry Lopez*

The ... charts [left/right brain, enneagram, Jungian temperament types] ... all have one thing in common. They are all attempting to provide us with models of brain-mind functioning while giving an account of our irreducible differences in how we process experience and perceive the world. *Rich Lang*

Harry is young enough both to adapt to altered realities and to observe them with a minimum of preconceptions. *Paul Gray, article on Harry Potter in Time Magazine*

The kind of thinking that makes a distinction between thought and feeling is just one of those forms of demagoguery that causes lots of trouble for people. *Susan Sontag*

Knowledge, gleaned from within these processes and within an Aboriginal context, includes other ways of knowing, i.e. dreams, visions, insights, and teachings that validate one's sensory intake. *Dr. Leroy Littlebear*

Deep Sharing/Deep Listening

Round 1: Share your reflections on left brain / right brain and the preparation materials.

Round 2: Share additional thoughts or reflect on what others have shared.

Closing Circle

Extinguishing the Chalice

We extinguish this flame and we remember the warmth of our community, the light of our wisdom, the generosity of our sharing. We keep these in our heart until we meet again. (*Extinguish chalice.*)

Song/Chime

Announcements

The Covenant

I commit myself:

- to come to meetings when I possibly can, knowing that my presence is important to the group
- to let the facilitator know if I will be absent or need to quit
- to share with the facilitator the responsibility for good group process by watching how much time I take to speak and noticing what is going on for others
- to do the reading and thinking about the topic ahead of time
- to not gossip about what is shared in the group, and tell only my own story to others
- to honor the safety of the group by listening to what others share with an open heart
- to refrain from cross-talk, judging, giving advice, or advocating a specific view
- to share as deeply as I can when it is my turn and to stay on the "I-message."

Left Brain / Right Brain Quiz (not scientific, just for fun)

In the list below, mark “Y” for each characteristic that applies to you. Leave blank ones that don’t.

	1. I constantly look at a clock or wear a watch
	2. I keep a journal or diary of my thoughts
	3. I believe there is a right way and a wrong way to do everything
	4. I find it hard to follow directions precisely
	5. The expression “Life is just a bowl of cherries” makes no sense to me
	6. I frequently change my plans and find that sticking to a schedule is boring
	7. I think it’s easier to draw a map than tell someone how to get somewhere
	8. To find a lost item, I try to picture it in my head where I last saw it
	9. I frequently let my emotions guide me
	10. I learn math with ease
	11. I’d read the directions before assembling something
	12. People tell me I am always late getting places
	13. People have told me that I’m psychic
	14. I need to set goals for myself to keep me on track
	15. When somebody asks me a question, I turn my head to the left
	16. If I have a tough decision to make, I write down the pros and the cons
	17. I’d probably make a good detective
	18. I learn music with ease
	19. To solve a problem, I think of similar problems I have solved in the past
	20. I use a lot of gestures
	21. If someone asks me a question, I turn my head to the right
	22. I believe there are two ways to look at almost everything
	23. I can tell if people are lying or guilty of something, just by looking at them
	24. I keep a “to do” list
	25. I am able to thoroughly explain my opinions in words
	26. In a debate, I am objective and look at the facts before forming an opinion
	27. I’ve considered becoming a poet, a politician, an architect, or a dancer
	28. I always lose track of time
	29. If I was trying to remember a name I forgot, I’d recite the alphabet until I remembered it
	30. I like to draw
	31. When I’m confused, I usually go with my gut instinct
	32. I have considered becoming a lawyer, journalist, or doctor

source: adapted from <http://www.angelfire.com/wi/2brains/test.html>

To Score. Look at each line that you marked as “Y.” Find its number in the Key below and circle it along with the L or R next to it. Then count your L and R choices to determine whether you are more L (left) or R (right) brained.

1. L 2. L 3. L 4. R 5. L 6. R 7. R 8. L 9. R 10. L
 11. L 12. R 13. R 14. L 15. R 16. L 17. L 18. R 19. R 20. R
 21. L 22. R 23. R 24. L 25. L 26. L 27. R 28. R 29. L 30. R
 31. R 32. L Total L: _____ Total R: _____