

Gathering for Left Brain / Right Brain

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

Take the 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 demagogy 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 the 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."