



Is it good to have choice? Yes I know that some decisions are instantaneous. **Love at first sight**, “*I just have to have that*”, “*I’m going to do it*”... and many other things we have done on the spur of the moment. Exciting, exhilarating, breath-taking; and who would ever want to deny the thrill of letting the heart rule the head?

Do you ever get gut feelings? Have you ever spent ages researching a possible important choice? Do you subscribe to *Which* magazine? Is seeing believing? Or is believing seeing?

I trust you are noticing several recurrent themes running through these videos. Unlearning, deprogramming, lifting, letting go of restrictions and limiting beliefs, expanding choice, opening new horizons, rediscovering your true self, becoming healthier, wiser and more resilient. And many more.

A governing principle in my life has always been to keep things simple. I’m sure you’ve tried this yourselves; it’s far more difficult to explain a complex subject simply than to fall into the trap of using polysyllabic words, esoteric concepts and endless references to “the literature.”

To this day I couldn’t tell you what esoteric means.

Of course I’m in good company. Einstein, Leonardo da Vinci and Princess Diana will do for starters.

The brain has two hemispheres. They are joined by the corpus callosum. The left hemisphere of our brain handles reading, writing, speaking, arithmetic reasoning, analysis, detail, “facts”, logic and understanding. Our left hemisphere processes information sequentially, one at a time.

The right hemisphere of our brain is about visual perception, understanding spatial relationships, creativity, imagination, recognising patterns, music, feelings and emotional expressions. It is good at making inferences from simple words. Our right hemisphere also lets us perceive our sense of self and processes information as a whole; the big picture.

We need both halves! Yes, throughout this series I am championing the right brain, our creativity and imagination, our connection to the Divine. However without my left brain, I couldn’t write these scripts, I would find it difficult to function normally, to be organised, rational and to communicate. There is a whole body of knowledge called educational kinesiology which allows us to use simple exercises to integrate the left and right brain. The more we integrate the two halves, the more “intelligent” we become.

Why do I need to champion the right brain? We live in a world of left brain dominance. Re-read the description of what the left brain does. Our worldview through education, the media and work is all about the left brain. Unless you are a musician, an artist or a psychotherapist!

“In the (*infinite, my addition*) universe, there is only one planet that supports life.” Please reflect on this statement. If the universe is infinite, which it is, how can anyone know there is only *one planet* that supports life? It is a ludicrous, for me *illogical* statement. But it was made by a famous British “celebrity scientist” relatively recently.

We have heard many times that the world would be a better place if it was run by women. Women are naturally disposed more towards the right brain than the left. How much of this is determined biologically or culturally is not relevant at the moment. For me, there is much truth in this. In my limited experience, women are infinitely more aware of the emotional consequences of decisions. Pressing a button to launch nuclear missiles on another country may well be a “rational”, logical decision, but the consequences are indescribable.

I have never met anyone who is wholly left or right brained. We are all a mixture of the two and again, should we choose to address this issue, the world is our lobster.

Would you like to be more creative, imaginative, artistic? How about seeing the big picture as well as the detail? Developing your right brain does not mean letting go of valuable left brain traits as I have already said.

I'm afraid the left brain can become a prison. And I should know, as someone who spent most of his life as a recovering academic and always having a sceptical, "scientific", leaning. My attempts, and there have been many, to develop my psychic and mediumistic skills have consistently failed. Ironically, but deliberately, the first video of this series talked about the afterlife. I spent 36 years with someone who had regular contact with the afterlife. It was relatively effortless for her. For me, I get occasional glimpses. And that's it!

I am a Grecophile. One of the most sacred and significant sites on the planet is Delphi, an ancient sanctuary in central Greece. Inscribed there on the temple of Apollo, in Greek of course, is the expression "*know thyself.*"

A driving force in my life has always been to know myself better. If I reflect on the few people I have met over the years who have shown no interest in themselves, who they are, how they got here, what their purpose is and what this earthly experience is all about then I despair. Avoid them like the plague. Find them in the media, in politics and in "the professions." You can't have an open mind and not develop an ability to "know thyself."

Leonardo da Vinci is consistently and regularly quoted by surveys, public opinion and "experts" as one of the greatest humans to ever have lived. He was a creative genius. He was the epitome of someone who integrated, expanded and developed his left and right brain hemispheres. Da Vinci died in 1519. Few of us are unlikely to become the second da Vinci. But all of us can develop and know ourselves.

Over 10 years ago I was fortunate to have devised and run a short training programme with my wife Anne for "below average" kids in a West Midlands comprehensive school. These beautiful young people in three short days blossomed and grew like no other group I have ever worked with. The title of the programme? Modelling Leonardo da Vinci. Seeing their latent talents, ignored and suppressed by conventional education, emerge out of the gloom moved me to tears. It is one of the best things I have ever done.

I began by talking about the heart ruling the head. Extensive research has proved that the heart is intelligent. Indeed it can be claimed that the dominant intelligence in humans is located in the heart. We also have a "brain" in the gut. How are all of these connected?

Await another video and enjoy expanding your right brain. Namaste. Which for the uninitiated means the Divine in me salutes the Divine in you.

Pure logic!

Freaksense TV https://www.youtube.com/watch?v=cEj22i_HaSM

Modelling Leonardo <https://michaelgelb.com/resources/>

Educational Kinesiology <https://braingym.org.uk/about-edu-k/>

Heart Intelligence <https://www.heartmath.org/>

Delphi <https://www.youtube.com/watch?v=SlOtxYQ5ftg>

"If you can't explain it simply, you don't understand it well enough."

Einstein