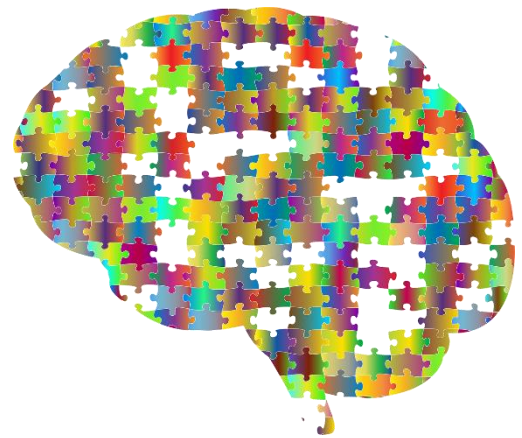


MICHAEL BLACKSTONE

A PERSONAL
RECONCILIATION
& REUNION™



HEALING INNER CONFLICT
BETWEEN THE LEFT AND RIGHT
HEMISPHERES OF THE BRAIN

Introduction

I am so glad you signed up for the workshop, “Beating the 2AM SYNDROME: Understanding and Taking Charge of the Dynamics of Food Temptations.” I’m glad because I think I can help you on your Bright Line journey. In fact, I’m committed and dedicated to it!

You know, food temptations and cravings... that’s where the “rubber meets the road,” doesn’t it? Your success in the Bright Line Eating program is totally dependent on how you handle episodes of food temptations, isn’t it? Any edge you can muster to master food temptations in those critical moments when they show up will help keep you within your bright lines, am I right?

The workshop and even this User Guide, for that matter, go much deeper than food temptations, though. The real problem with cravings is that they are *not* the real problem. They’re a symptom of something deeper. That something is *inner conflict within the dynamics of your own mind*. It is, in fact, conflict between the *left and right hemispheres of your brain*.

I know..., you may be thinking, ‘This guy’s nuts!’ But, on an intuitive level, you have an idea that I just might be onto something—I might be right. Well, I’m going to present a ton of evidence, neuroscience, in fact, that’ll convince you, and you won’t need to take my word for it.

The things you’re going to learn in the workshop are mind-boggling. You’re going to be so amazed, it’ll be too much... too much to absorb, assimilate, understand, and put into practice in one sitting. I promise you, you’ll *still* be learning months after the workshop!

That’s why I wanted you to have this User Guide, study it, watch the videos, and try the *Personal reconciliation & Reunion* exercise even BEFORE the workshop. The more you immerse yourself in this information, the faster and deeper you’ll get it and *benefit* from it! I want that for you, so get going right now... read on : -)

Biological and Behavioral Dynamics of Food Temptations

Neuroscience has done a pretty good job of informing us of the biological origin in the brain of cravings of all sorts and our urge to satisfy them. In the case of food cravings, the urge is obviously to eat.

At least three significant brain structures have been identified as playing coordinating biological roles in producing a craving—a desire—and the urge to fulfill it: 1) the nucleus accumbens, 2) the amygdala, and 3) the hippocampus. These are subcortical structures, meaning, they are located below the cerebral cortex which itself consists of the two hemispheres of the brain, the

right and the left. These subcortical structures are thought to be of “primitive” evolutionary origin relative to the higher cognitive (thinking) processes that occur in the left and right hemispheres.

The accumbens is thought to be the liaison of the three structures, relaying their “desire” and “urge” information to the right and left hemispheres. When this information “arrives” in the two hemispheres, the prefrontal cortex (approximately the front half) of each hemisphere begins the process of what’s called “reflection.”

In layman’s terms, the right and left hemisphere must now decide what to do about this desire and urge. What goes into that decision-making process is of great interest to us in the BLE program because that decision will be either to eat... or not to eat, to stay on our food plan or go off it, to successfully lose weight... or not.

So... while the desire and urge information we receive from the accumbens is a *biological* process, HOW our hemispheres *decide* what to do about that information is a conscious *behavioral* process. Importantly, it is in that behavioral process that we have a choice. In that decision-making process that goes on interactively between the left and right hemisphere... it is there that we can influence that interactivity... if we know how... to more consistently arrive at the wise decisions we really want.

Success in making wise decisions during episodes of food temptations totally depends on having a healthy relationship between the right and left hemisphere—where, instead of struggling against each other, they have learned to behave like a team! By the end of this workshop, by doing your own “Personal Reconciliation & Reunion” process, you will deeply experience what it feels like for them to be back in a fun and effective relationship—like they were a long time ago.

Now, here’s the bonus... when we learn how to effectively and consistently influence the *behavioral* interactivity between the right and left hemispheres of our brain, the long-term bonus byproduct is the easing of the frequency and intensity of the *biologically* initiated desires and urges coming via the accumbens.

My Early Career

30 years ago, in 1988, I began my career as an executive and transformation coach. Of course, I didn’t start out as that. I began as a corporate trainer, but I quickly added one-on-one work to my repertoire, which became my love. Since then, I’ve worked with thousands of business professionals from a dozen Fortune 500 companies. Breakthroughs became my trademark. And, early on, I began noticing a pattern I didn’t get the full gravity of right away.

Intrapersonal conflict is defined as inner conflict occurring solely and exclusively within the dynamics of one’s own mind.

I found that 1 in 3 of the folks I worked with secretly endured episodes of this inner conflict, turmoil, and discontent with themselves. That incidence ratio continued to hold up over time. Amazingly, when I worked at the most senior levels, the ratio jumped to two out of three!

I realized that inner conflict is epidemic, and I wondered why more wasn’t known about it—actually, I was more like *stunned* that I couldn’t find out more through the determined research that I carried out.

Incidentally, in our population—the BLE tribe—we are predisposed to overeat and to eat the wrong things, and I myself, am a charter member. In our group, the incidence of inner conflict, turmoil, and discontent with ourselves jumps to a whopping 90%!

That’s 9 out of every 10 of us. We have inner conflict in spades! If inner conflict were deadly, we would be decimated.

All of these 1 in 3 folks, most with *outwardly* successful appearing lives, had inner lives that were anything but. In the privacy of my one-on-ones with them, they confided they were insecure in themselves and not happy.

Among the many things that different ones told me, all were variations on that theme of insecurity. They believed they were a fraud waiting to be found out, the other shoe was going to drop someday. They were flawed or defective or maybe even evil, so they repressed that “part” of themselves. Or they were not good enough. Some were perfectionists, but never good enough. Others over-achieved but were never satisfied with their successes.

And they lived with regular episodes of inner turmoil, self-judgment, and some with a nearly ever-present low-grade sense of doom. When they thought they’d done something wrong or made a mistake, the episodes of self-abuse—beating themselves up— were often very emotionally painful. Does this ring any bells for you?

And, as I discovered with each of them individually, there was always, at the root and beginning of it all, a traumatic event they experienced when they were younger, usually between the ages of 7 yrs old into their early 20s.

With this event began their estrangement from a very important part of themselves—the part that was free, expressive, and joyful. This part had to be repressed in order to survive emotionally, sometimes even physical survival was not certain. You’re going to learn later that this part of you is your right hemisphere personality.

My heart went out to all of them because I, myself, often had episodes of inner turmoil and deep insecurity and discontent with myself.

With little to go on back then, I took a model that in part came from Jungian psychology’s “aspect” approach to personality and Virginia Satir’s model of “parts.” I’d act as if there were two “aspects” of their personality that conflicted with each other. I then showed them how to do a “*Personal Reconciliation*” where they integrated these two aspects based on the premise that, while each aspect had different strategies for dealing with challenges, they both had identical deeper intentions behind their individual strategies. It worked!

They all reported a deep feeling of inner peace and personal well-being after the process. And their business performance improved and their personal life improved—most important, in my view, they began *enjoying* themselves and their successes.

Then, later, I usually worked with them on the original trauma, and got that handled through another methodology I call *Remaking Your Past*™. In this method I taught them how to create a new memory of the original event, appending it to the original memory, effectively neutralizing the bad feelings the original event incurred.

Neutralizing Trauma and Emotional Conditioning from Youth—Remaking Your Past is the second workshop I do as a follow-on to this one. I’ll say more about that and offer you an invitation near the end of the Workshop

That worked, too, IF I did it in that order. Resolve the inner conflict first through a *Personal Reconciliation & Reunion*. Then work with the original event using the *Remaking Your Past Process*. My clients were always happy.

But I was never myself fully happy with the good results. I did not have a plausible explanation for why it worked, and that bothered me. Plus, in a corporate environment, not being able to explain your results, no matter how good the results may be, sometimes invites scrutiny.

For example, once upon a time I was charged with producing a breakthrough with a troublesome senior executive. This executive was secretly unwilling but went along with me during our session. Later, he tried to spread a rumor that I was doing “voodoo.” Fortunately, that met with no success because my good reputation had already been well-established for several years within that company.

My Summer of '94 and Roger Sperry

Then, everything changed on a warm summer day in 1994, just six years into my career. My world was rocked!!! Casually leafing through a basic psychology textbook, I “met” Nobel Prize winner, Roger Sperry. In 1961, he began doing experiments that had never been done before—that never *could* have been done before. These experiments provided answers I’d been looking for and thought I’d never find. Sperry and his colleagues began studying “split brain” patients, people who’d had the connection between their left and right brain hemispheres surgically severed as a last resort treatment for severe epilepsy.

To say I was surprised by what I learned is an understatement—more like “blown away.” I’m going to put the bottom line right out there, right now. Sperry’s work and findings empirically and compellingly showed that each hemisphere of the brain is an independent conscious system with its own beliefs, values, likes, dislikes, preferences, desires, perspective, method of processing information, behavioral strategies, viewpoint of past, present, and future, life mission, and personal style. With all of that, the conclusion cannot be avoided—each is an independent personality! Once I present the evidence, you decide.

The specific surgical procedure these subjects underwent goes by different names, callosotomy, commissurotomy, colossal section, hemispheric bisection, but simply speaking, the connection between the left and right brain hemispheres, the corpus callosum (CC), is cut at the mid-point between the hemispheres. The corpus callosum (CC) is the major axonal fiber array that allows the left and right hemispheres to consciously communicate and share information with each other, and to inhibit the behaviors of the other, or to facilitate behaviors of the other. The number of these “wires” is variously estimated to be between 200 and 800 million fibers; estimated because, obviously, they’d be difficult to count.

At the mid-point between the hemispheres, the CC is “gathered” into an identifiable bundle where it can easily be seen and surgically severed. That midpoint is like a double “pony tail,” from where the fibers of the CC fan out to the left and to the right into the furthest reaches of each hemisphere. In the normally connected brain, all cognitive higher thought communication between the hemispheres travels the “superhighway” of the corpus callosum.

When it is cut, all such higher information sharing between the brain hemispheres comes to a halt! There is no more cross-talk—no sharing of thoughts and ideas. They are each now in their own separate worlds with no longer any internal knowledge of what the other is doing, feeling, or thinking—NONE.

To say that split brain subjects are, post-surgery, different from the normal population is to put it mildly. That was the reason for Sperry’s intense interest in studying them. With these subjects now at hand, and the then-current state of the art in testing equipment, for the *first time in*

history, the left and right hemispheres of the brain could be *studied separately* to find out the individual capabilities of each, and what differences there may be between them. And, what I consider possibly the most profound secret of the human psyche was revealed by these split-brain experiments. A discovery so momentous, I believe it was *the* most important of the second half of the 20th century.

Speech in the Left Hemisphere, Emotional Content in the Right Hemisphere

There was one thing that was discovered that caught my attention immediately! It was already known that speech capability resides “only” in the left hemisphere (See *NOTE further down). Stroke studies had shown that stroke victims who experienced major left hemisphere damage could not speak after their stroke, and the split-brain studies confirmed that the ability to speak does, in fact, reside in the left hemisphere. However, many left hemisphere stroke victims could still swear—utter profanities. And they could still sing!

On the other side, stroke studies of right hemisphere damaged victims showed that, while they could still talk, speech produced by their undamaged left hemisphere lacked the elements of prosody (variations in pitch, loudness, tempo, and selective stress). In other words, right hemisphere damaged victims spoke in mostly monotone.

So, right hemisphere stroke damage produced a *deficit* in left hemisphere speech despite the fact the left hemisphere was undamaged. The split-brain studies confirmed that, significantly, the right hemisphere in us normally connected folks contributes “*emotional content*” to our left hemisphere speech, *and, even colloquial vocabulary!*

I immediately understood the implications for my one-on-one coaching work, and I was amazed! Typically with a new individual I’d just met, our session would begin with them being, in my observation, calm and collected and careful in phrasing their answers to my questions. Then, as they became more comfortable with me, their phrasing would “loosen” up, become more spontaneous, their body language more animated, and their speech more colloquial, to even include an occasional profanity.

I long ago intuited and learned, it was at this point in the conversation—with them “loosening up”—that I was getting “truthful” and useful information that would help me identify and truly understand the “weak spot” in this person’s psyche; and would thus help me craft a strategy for teaching them how they could transform that weak spot.

More than just intuiting that information, I now understood the actual neuro-dynamics of what was happening within their brain. In the beginning of these sessions I was getting communication solely from their more cautious, guarded, and controlled left hemisphere (LH), with right hemisphere (RH) participation being inhibited by the left hemisphere. And, as the LH

“guard” came down—they got more comfortable with me, RH participation began to be allowed (by the LH) along with the greater emotional content that fuller RH engagement always brings to a conversation. That was when I got my best and most useful information!

*(NOTE: More precisely, this is true for 93% of the general population. For another 5.5%, the orientation is reversed with speech capability in the right hemisphere. For the last 1.5%, both hemispheres have speech capability.

What Sperry's Work Has to Do with Inner Conflict

Sperry's work and discoveries from studying these folks during the '60s and '70s won him a Nobel Prize in 1981, and spawned all the many hundreds of books written by both legitimate neuroscientists and pop psychologists on the subject of the differences between the right and left hemispheres of the brain.

But *my* interest in Sperry's work went in a very different direction.

The first finding that riveted my attention from Sperry's split-brain research was that *each hemisphere of the brain is an independent conscious system!*

Experiments and observations showed that—though now disconnected from each other and neither hemisphere knows what the other is thinking or doing—the two hemispheres *could still engage in physical conflict with each other!*

Video 1: Outer Conflict

I'm going to show you a 90-second video clip that will blow you away... well, I'm not sure it will blow you away, but it sure did me! In the video, the second narrator's voice is that of Michael Gazzaniga who was with Sperry in these experiments from the very beginning. The film was made around the mid-1960s. Gazzaniga went on from that time to become today probably the most knowledgeable man alive about the behavioral differences between the right and left hemispheres of the brain.

Gazzaniga is now considered to be the father and creator of the modern field of Cognitive Neuroscience. And, interestingly, that is Susan Peirce Thompson's area of expertise, she is a cognitive neuroscientist. She knows very well of Gazzaniga.

You may want to watch this video again to really appreciate how the subject's right and left hand interact, or, as Gazzaniga says, “squabble” with each other during the experiment. I found it amazing and meaningful to my work with the 1 in 3 folks who suffer with episodes of inner conflict. Especially notice how the subject tries to sit on his left hand (connected to the right

hemisphere) to stop his left hand from interfering with his right-hand efforts to solve the puzzle. You’ll see, watch for it.

To watch the video, right click and open in a new tab: <https://youtu.be/1BfKS2dyuEg>

No matter how many times I watch this video, I still smile in astonishment of its implication: the right and the left hemisphere can conflict with each other, and here we are seeing it, caught live on video!

Once the corpus callosum is cut there is not only no information passing back and forth between the hemispheres any longer... there is also... no more inner conflict!!! Close relatives of these patients often reported that after the surgery they were calmer, more peaceful; which is just what you might predict if the root of intrapersonal conflict was conflict between the hemispheres, as I am proposing! Now..., if you’re thinking quickly ahead, NO..., cutting the corpus callosum is, of course, not the recommended cure for inner conflict within us so-called normally connected folks.

Now, the outer conflict you saw in the clip is not unique to just this split-brain subject, nor to just this puzzle experiment. In many of the split-brain cases, outer physical conflict still took place in other bizarre ways for some period of time after surgery, until things settled out between the hemispheres.

Examples of other split-brain subjects experiencing this outer conflict between the hemispheres include the woman who, post-surgery, would go into her closet in the morning to select what she was going to wear for the day. Her left hand (controlled by her right hemisphere) would take something off the rack, but... amazingly, it was something she (her left hemisphere) did NOT want to wear. But she (her right hand controlled by her left hemisphere) could not get her left hand to put it back on the rack until she called her daughter in for help.

A man became angry with his wife and went after her physically with his left hand (controlled by his right hemisphere), while his right hand (controlled by his left hemisphere) attempted to restrain his left hand from harming his wife!

A woman, grocery shopping, saw her left hand (controlled by her right hemisphere) putting things in the shopping cart that she (left hemisphere) did NOT want. With her right hand (controlled by her left hemisphere) she put the item back and her left hand would grab it again and put it in the cart. Needless to say, her grocery shopping was often a nightmare.

A man found himself getting dressed in the morning and his left hand unbuttoning his shirt as fast as his right was buttoning it up.

Are You Beginning to Notice the Pattern?

The first thing to notice is that, in any given moment, the desire of the right hemisphere can be very different from the desire of the left hemisphere. That is profound in its confirmation that each hemisphere contains an independent conscious system.

When I first learned this 25 years ago, I was aghast—struck with overwhelming shock and amazement—at the implications of what that meant. This observation absolutely and perfectly explained the fundamental mechanism of inner conflict within the mind. I now understood how, and why, my one in three clients were experiencing internal conflict. And, of no small importance to me, I now understood *my own* regular episodes of inner conflict and turmoil!

In the normally connected brain, the left and right hemisphere can influence each other’s behavior by sending signals (thoughts) to each other through the corpus callosum. If there is a disagreement between the hemispheres, they each try to inhibit the other’s behavior (inner conflict) or work it out (negotiate) with each other, or one just allows (facilitates) the other’s behavior.

If you look at these experiences of split-brain subjects after surgery, a noticeable pattern emerges. The now-disconnected right hemisphere is suddenly “freed up” from any inner inhibition or repression or argument from the left hemisphere. The left hemisphere can no longer inhibit the right through internal connections—the connections no longer exist. And for awhile, the right hemisphere goes a little “rogue,” trying to act out its new-found freedom. What was previously, prior to the surgery, *inner conflict*, now could only play out as literal external *physical conflict*.

Does this give you any clues about the role of your right hemisphere during a food temptation? It should. Ponder your last episode of having a craving and wanting it so bad. Walk through the steps you went through in your mind. We’ll come back to this.

I was also amazed that no one else that I knew about had connected these same dots—or had figured this out as I had. I eventually found someone who had a similar take... a psychiatrist in New England, Frederic Schiffer, who had been working for many years counseling thousands of Harvard undergraduates.

Michael Gazzaniga continued conducting split brain research and experiments after Sperry left the work in the mid-70s. And he continues to this day. His most recent book, *Tales from Both Sides of the Brain: A Life in Neuroscience*, released in February, 2015, is fascinating and full of science as well as his memoirs of the work.

The Evidence Builds, Becomes Clearer and More Compelling

As the years went on, by 1977, Gazzaniga and others were able to demonstrate that, beyond just independent conscious systems, each hemisphere has its own independent beliefs, values, likes and dislikes, preferences, ways of processing information, and personal style. Each has its own priority system for decision-making, and sense of the past, future, and awareness of self.

The conclusion was becoming inescapable that, despite its inability to speak on its own behalf, the right hemisphere was worthy of “personhood.” The clincher came when some of the split brain subjects could demonstrate linguistic capabilities in their right hemisphere and communicate their thoughts. In one experiment, the right hemisphere could answer questions by arranging Scrabble letters!

And there was converging evidence from other areas of neuroscience. Cases were studied where the subjects were born without one hemisphere or the other and still demonstrated their personhood, their ability to function in life and communicate love and intelligence, albeit with some deficits.

And there were the Wada Tests. This pre-surgery diagnostic test was developed by Juhn Wada, a Japanese-born medical doctor now retired in Canada, who devised a way to put one hemisphere to sleep, and communicate cognitively with the other, and then reverse the process to communicate with the other hemisphere.

Consider Jill Bolte Taylor, a neuroanatomist, in the following 1 minute 48 second video, and what she has to say about the two hemispheres. In 1996, she suffered a severe stroke in her left hemisphere, lost her ability to speak, and spent many months afterward literally living and experiencing herself within only her right hemisphere consciousness. She wrote a wonderful book of her experience called *My Stroke of Insight*.

To watch the video, right click and open in a new tab: <https://youtu.be/VV5zhTsBGpQ>

Independent Personalities

So, we’ve heard from Roger Sperry, Michael Gazzaniga, and Jill Bolte Taylor and they are not alone. Many neuroscientists—the ones who’ve been deeply involved in the research—believe each hemisphere is an independent conscious system and that the right hemisphere has passed the threshold of requirements for “personhood.” Though they believe this, many are reluctant to fully comment as U.K. psychiatrist and neuro-researcher Iain McGilchrist has revealed in a fascinating and well-delivered TED Talk some years back. You can watch it here. Right click the link and open it in a new tab: <https://youtu.be/p2hMhbilsc4>

Beyond being independent conscious systems with all that *that* implies (and upon which there is no disagreement), the evidence is compelling... each hemisphere of the brain is an independent personality. But they are not autonomous from one another. Each, through the corpus callosum, profoundly interacts with and influences the other in becoming a mind. Each is deserving of personalization. Neither is a robot or computer or simply a processing system. Each has all the minimum traits of human personhood and both are deserving of the title, “He” or “She.”

More Amazing Findings

You might now understand why I was so taken by Sperry’s research back in 1994. I could finally understand and scientifically explain why and how the *Personal Reconciliation & Reunion* process I developed with clients literally worked. Since then, I’ve devoted myself to studying split brain phenomena, and all the neuroscience I can find that applies to phenomena of inner conflict experienced by us normally connected folks, including me.

And I’ve taken on the mission of shedding a bright spotlight on this inner conflict epidemic. I want people who suffer episodes of inner conflict, turmoil, and discontent with themselves to know they can find relief—that there is a way out, if they know the starting point and the steps.

The second finding, and possibly as profound as the first one, is Gazzaniga’s discovery of what he calls the “Interpreter Function” in the left hemisphere of the brain.

The left half brain displays the unique ability and determination to assess and analyze events and internal moods, draw conclusions and judgments from the analysis, and then fabricate a plausible narrative to explain the conclusion or judgment. It likes to do this. It can’t not do this. Gazzaniga calls these narratives “confabulations” to indicate they are sometimes accurate, sometimes partially accurate, and sometimes pure fiction.

This function is found *only* in the left hemisphere. The right hemisphere, by contrast, does not display any interpreter function. It is said to be more “veridical”—more literally truthful. It draws no convoluted interpretations, is concerned simply with the “what” of an event or mood, whereas the left hemisphere is concerned with the “why” of an event or mood.

Coaches nowadays are trained to rarely pose a “why” question to a client to find the root cause of a client’s presenting issue. The actual reason is that “why” questions invite left hemisphere confabulations which are notoriously inaccurate, misleading and off topic. The much better question to more often ask is, “*What* happens when you experience this issue.” That question taps into the right hemisphere’s more veridical or truthful and factual nature.

The veridical nature of the right hemisphere enables it to keep better track of the details of past events. Its memory is far more reliable than that of the left hemisphere. The further back a memory is, the more the left hemisphere will embellish it, more and more distorting and diluting its accuracy over time.

In the instance of inner conflict, this interpreter function of the left hemisphere is of special interest. During episodes of inner conflict, the nature of left hemisphere interpretations can be very emotionally hurtful and damaging. She is our “inner critic.” She will draw scathing and hurtful conclusions that get passed through the corpus callosum to the right hemisphere. A major right hemisphere function is to then add emotional content to left hemisphere “inner criticism.”

For example, during an episode of inner conflict, the left hemisphere may initiate inner dialogue, such as, “You are a failure, you will never succeed, why do you even try?” The right hemisphere personality will believe this and add a 5-fold level of intensity to the bad feeling already initiated within the self-judgmental interpretations.

Once you do a *Personal Reconciliation & Reunion*, as you’re going to do later in the workshop, and you develop a dramatically better relationship between your left and right hemisphere personalities, this will happen far less frequently, and when it does, you’ll be able to stop the process and recover from it quickly.

Another difference between the right and left hemisphere is related to what they listen for in conversations with other people. The right hemisphere is much more adept at reading the facial and body language of other people, including tone of voice. Essentially, she is exquisitely better at reading the emotional states of other people.

For example, in conversation with another person, the left hemisphere will concentrate on the meaning of the words being spoken by the other person. The right hemisphere will concentrate on the voice inflection and facial expressions of the other person. If the person is, to use the expression, “saying one thing and meaning something else,” the left hemisphere will not pick up on it. The right hemisphere *will* pick up on it, however, and send a subtle feeling of unease to the left hemisphere that something is “not quite right here.” But it may be too subtle for the left hemisphere to actually get and act on in the moment.

When the conversation is concluded, though, and out of the presence of the other person, the left hemisphere will sense and pay attention to the feeling of unease from the right hemisphere and try to interpret it. And then the confabulations begin. “Hmmm, I think he doesn’t like what I said. Maybe he disagrees. I think he may be upset with me. Oh, I should have said it better. I didn’t handle that well at all. I think I blew it. Just like always, I never handle these situations well. I am such a lousy communicator.”

After a *Personal Reconciliation & Reunion*, when the relationship and partnership is good between the right and left hemisphere, these situations will not happen to this degree, nor as frequently. The left hemisphere, being far more in tune with the right hemisphere, will recognize the right hemisphere communication of unease, in the moment, and act on it. The opportunity will gracefully be taken to ask of the other person questions, no interpretations necessary. “Did what I just said not sit with you very well?”

Often, when I listen to that “little voice” of my more intuitive right hemisphere, and in the moment act on it, and inquire of the other person, they tell me there was something completely unrelated on their mind worrying them, or they’re just not feeling well, nothing to do with me. And once again I get to learn the lesson... it’s not always about me!

The following 45-second video shows another very early experiment demonstrating the interpreter function of the left hemisphere. In the experiment, Sperry and Gazzaniga used a testing apparatus called a tachistoscope that is capable of showing a picture to a split-brain subject that is seen by only one hemisphere. Now, there’s a little humor in this one. In this case, the subject is a woman, and a picture of a nude is briefly flashed to her right hemisphere only. Her left hemisphere did NOT see the picture.

Remember, her corpus callosum is severed. A normally connected person’s right hemisphere would see the picture, and immediately transfer the image to the left hemisphere through the corpus callosum, so that both hemispheres would be fully aware of the picture. But that’s, of course, not possible in this subject’s case because of colossal disconnection.

The video has no sound, so I’ll describe what you’re seeing. Her right hemisphere saw the picture of the nude, started feeling embarrassed and she began smiling sheepishly, but her right hemisphere can’t speak—she can’t say anything.

She was asked what she saw. Now, only her left hemisphere can speak, and her left hemisphere didn’t see the picture, so she answered, “Nothing,” shaking her head sideways, all the while she (her right hemisphere) is chuckling with a big grin.

She was then asked, “Why are you smiling?” Her left hemisphere did not know why because she hadn’t seen the picture. But she did know, from sensing facial muscle movement that she was smiling. And she was feeling the mood of humor through subcortical structures (the amygdala, et al), so she knew *something* was funny. She just didn’t know what it was.

Her answer, not caught on the film, was priceless, “Mr. Sperry, you have such a funny machine here!” Watch the video. As they say, it’s worth a thousand words!

To watch the video, right click and open in a new tab: <https://youtu.be/US2gFNACsts>

I found this video about a year ago, but I read the story back in the summer of '94. It floored me then, and it still does, and I laugh. I remember thinking and then saying out loud in amazement, “She made it up!!! She just made it up! It was bs!” What I really found amazing is realizing immediately that us “normally connected” folks...? We make it up, too! So, as Gazzaniga says, “That’s the ‘Interpreter,’ that what it does.”

The third finding from the split-brain studies that’s related to inner conflict is actually a group of findings. They are all the differences, or “asymmetries,” between the hemispheres that have been discovered.

This is the one area of the split-brain research around which much controversy has swirled. The controversy stems from the many hundreds of books written by non-scientists, reading about Sperry’s work, and then claiming that one hemisphere is responsible for this or that characteristic. For example, some claim the left hemisphere is logical while the right hemisphere is creative. Not true. For the vast majority of tasks that the brain performs, both hemispheres are actively involved. Creativity intimately involves both hemispheres in the process.

Each hemisphere, however, has been shown to have “specializations,” where one is better at a given task than the other, but even in these specializations, both hemispheres still contribute to the task.

For example, it’s been proven only the left hemisphere has speech capability on its own. But even though the right hemisphere does not, on its own, have speech capability, it contributes emotional content to left hemisphere speech. Without that contribution, left hemisphere speech is dull, more monotone and colorless. *With* that contribution, the full range of one’s personality comes across in their communication.

Once, when I was having coffee with a friend, she told me that when her mother had a stroke in her right hemisphere, she could talk just fine, but... “Her ‘real’ personality was gone, her joy, enthusiasm, zest for life. She was never ‘herself’ again.” Emotional content, like zest, verve, and enthusiasm, is the contribution the right hemisphere makes to left hemisphere speech.

I have listed the following specializations of each hemisphere that are directly relevant to Inner conflict. This is sort of the minimum and sufficient you need to know about each hemisphere to understand how they interact with each other during inner conflict.

Remember the caveat: Neither hemisphere is exclusively capable of any characteristic listed below (with the one exception, the interpreter function is carried out only by the left hemisphere). But one is either better at it, more predisposed to do it, or does it more often.

THE LEFT HEMISPHERE:	THE RIGHT HEMISPHERE:
<ul style="list-style-type: none"> Decides to enact behavior through a thought-out, sequential process 	<ul style="list-style-type: none"> Enacts behavior through impulses, often subconscious to the left hemisphere
<ul style="list-style-type: none"> Is predisposed to reflect (interpreter function) on the future consequences—good or bad—of any contemplated action 	<ul style="list-style-type: none"> Is regularly “in the moment,” and is predisposed to “discount” future negative consequences of any attractive behavior
<ul style="list-style-type: none"> She has your future best interests at heart 	<ul style="list-style-type: none"> She has your present moment best interests at heart

This Brings Us Back to the Biological Processes That Initiate Food Cravings

Throughout an episode of a food craving there is interactivity between the hemispheres. Both hemispheres receive the desire/urge instinct from the amygdala, but each processes the information differently (according to the table above). If the left hemisphere “catches” the impulse to eat from the right hemisphere in time, a “debate” ensues that can quickly devolve into inner conflict.

The "interpreter" function resides only in the left hemisphere personality (LHP). In fulfilling her function, she brings a practical approach. She is very aware of past lessons learned about consequences that different past behaviors beget. With that information in mind, she plots the future consequences of any present-moment desire... like, to eat. So, she has a lot of “information-interpreting” to do to keep you within your bright lines.

With all that interpretive ability to assess, make judgments, and draw conclusions, she is normally a good decision-maker. And if it were left up to her alone, she would keep you well within your bright lines. Unfortunately, it's not always just up to her.

We could say that she (LHP) pays close attention to your "future" best interests. By contrast, your right hemisphere personality (RHP) pays very close attention to your "present-moment" best interests, whether you are happy, positively stimulated by your present activity, comfortable, inspired, and enjoying yourself.

In that endeavor, she pays much less attention to future negative consequences. She does not spend time interpreting. She is much quicker than that. She will send you light-speed impulses to enact behaviors that will lead to present-moment comfort. And she can be very powerful about it, especially when she quickly amps up an impulse into a compulsion (e.g., to binge) that becomes very hard for the LHP to resist.

Now, it may certainly look like she (RHP) is the "saboteur," right? But she's not. Her heart and her intentions are in the right place. Who among us does not like someone who always wants us to be comfortable, happy, and enjoying ourselves?

Saboteur-like behaviors are, in truth, a *collusion* between our RHP and our LHP. It goes like this. Upon receiving an instinctual craving/urge for food from the amygdala, our RHP initiates an impulse (to eat). At this moment, receiving the same information from the amygdala, the LHP has opportunity to step in to inhibit acting out the urge. But sometimes the LHP doesn't quickly step in.

She, herself, may be bored, tired, upset, distracted, concerned about something going on, and she just stands by, allowing the RHP to grow the impulse into a compulsion. When that happens, she (LHP) feels the pressure build and may begin to “cave in.” If she does, she will begin "interpreting," in the form of rationalizing, "Well, it's non-fat, it's low in calories, I've been good for a week, I deserve it, it won't hurt that much, I'll start over tomorrow." At that moment, both hemispheres are in a colluded “agreement,” and, the binge happens!

In the aftermath, both LHP and RHP experience regret. The desire/urge is gone and the emotional, motivational content it brought with it. And the negative physical effects of the binge are in high gear. The LHP is angry, the RHP contributes guilt. Not present to her own collusion in the affair, The LHP does her thing, "interprets," in the form of beating oneself up, blaming (the RHP). "Why did you do that!?" or "Why did I do that!?" The semantics are unimportant. The RHP will respond to the self-judgment by contributing emotional content in the form of guilt. And “everybody” feels bad—“both of you!”

So where is the problem? The "saboteur" does not reside exclusively in either hemisphere. The existence of a saboteur is a myth. It implies there is something wrong with you, something sinister. Never is that the case!

The problem is in the *relationship* between the two—*how they interact* with each other during the weak moment when a biological desire and urge crops up.

What is the Solution? Transforming the Relationship BETWEEN the Two of You!

Going through an episode like the food temptation described above is draining as hell—it's like you're having a “fight with food!” In that scenario, the relationship between your right and left hemisphere personality is... well..., it's dysfunctional, and more to the relevant point, it's adversarial, each pitted against the other.

There is an amazing methodology to completely transform that relationship! If you’re motivated to end episodes of inner conflict, turmoil, and discontent with yourself; and you’re willing; and you’re open to something radically different...

The transformation process begins with you really getting the full import of the evidence I have presented to you so far: THAT THERE ARE TWO OF YOU, and there is nothing sinister about one or the other, but that in certain situations YOU TWO ARE ACTIVELY AT ODDS WITH EACH OTHER and not getting the best job done doing it that way.

You need a breakthrough in your internal relationship and partnership. I so often say, “The most important relationship in life is the one with yourself.” Now, you are beginning to understand what I really mean when I say that!

If you’re with me up to this point, have read diligently and thoughtfully to now, you’re really starting to understand yourself differently than you ever have before, is that true? The duality of the hemispheres is real and is the only sensible explanation for the existence of inner conflict within the mind... and that understanding offers the only sensible model for resolving that inner conflict.

Years ago, when you were very young, there was no inner conflict. You were free, impulsive, life was fun. But then social conditioning from parents, others, and teachers started to pull you “two” apart. Impulsive behavior was discouraged and punished. And you (your left hemisphere) had to learn to “control” yourself (right hemisphere impulses) and without meaning to, you began to slowly crush your (right hemisphere) spirit and your (right hemisphere) zest for life.

It’s time to reverse that estrangement from and repression of your (right hemisphere) self, and bring freedom, life, and verve back into your life by *reconciling* with her and having a genuine reunion with her. The rest of this guide is about how to do that.

The Personal Reconciliation and Reunion Process

This will involve having an inner discussion with yourself, inside of what I call a “structured daydream.” I am going to give you instructions for how to conduct an inner dialogue during this structured daydream. When you were a child, you did this kind of thing easily. Just pretend this dialogue is real.

For many of you, doing something like this will be a new experience, and in the beginning, you may be skeptical of getting results.

Going through the following steps leads to surprising and always profound self-discovery. The questions you ask yourself will lead to deeper and deeper levels of your network of beliefs and

values, inside of each hemisphere. You will discover and understand things about yourself and your behaviors that will amaze you—positively. It really works.

Getting Familiar with How the Two of You Are Different

I want you to really get to know yourself, or, to put it more precisely, to get to know your selves. Read and ponder the following points describing the fundamental personality differences between the right and left hemispheres of your brain. Contemplate how this new information actually fits quite accurately with your own personal experience of yourself and your past shifting behaviors, the ones that were so confusing and exasperating—that defied understanding...

7 Specializations, the Minimum You Need...

Left Hemisphere

and

Right Hemisphere

- You are practical, cautious
 - You like the familiar
 - Like process, predictability
 - You plan and calculate
 - Assess future consequences
 - Future best interests
 - You are polite
 - You believe you are in control
 - ***You try to inhibit her***
- She is your “wild child”
 - Loves the new , novel, & sensuous
 - Loves surprises and a little intrigue/chaos
 - She is impulsive, spontaneous
 - She’s in the moment (future be damned)
 - Present best interests
 - She is direct, authentic, literal
 - But most decisions originate with her
 - ***She loves to express & be understood***

Getting Familiar with the Different Strengths Each of You have

I’d like you to ponder now the positive characteristics, traits, and skill sets of each of your hemisphere personalities. Notice the two lists are not redundant—there are no duplicates that appear on both sides. The strengths are completely complementary with each other. In fact...

STRENGTHS of Each Hemisphere

LHP Strengths*

- Disciplined
- Problem solver
- Good Communicator
- Intelligent
- Confident
- Good Logical Thinker

*Complementary

RHP Strengths *

- Big Heart
- Resourceful
- Loving
- Inspiring
- Enthusiastic
- Good Creative Thinker

*Complementary

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Notice and ponder the “emergent properties” on the next page... how well the combinations fit together. Emergent properties are unpredictably positive outcomes from merging two traits.

Fit them together by saying them in the same phrase, and then reversing them. See how they sound to you as you speak them out loud. I’ll say just a few examples from the next page to illustrate:

What if you were: A disciplined creative thinker
A creatively disciplined thinker
A problem solver who inspires
An inspired problem solver
Confidently Inspired
Inspiringly confident

EMERGENT PROPERTIES in Partnership

LHP Strength Combinations

- Disciplined
- Problem solver
- Good Communicator
- Intelligent
- Confident
- Good Logical Thinker

RHP Strength Combinations

- Heartfelt
- Resourceful
- Loving
- Inspiring
- Enthusiastic
- Good Creative Thinker

These emergent properties will manifest into positive behaviors...

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The Personal Reconciliation and Reunion Instructions

You'll need 30-60 minutes to complete the process, so find yourself a quiet, uninterrupted time for it. Remember, although this is a structured daydream with steps to follow, it beautifully lends itself to improvising. So, completely trust your own intuition and improvise throughout these steps to your heart's content.

During the process, you will have full access to all of your skill sets, creativity, personal experience, and all of the positive characteristics of each hemisphere consciousness. Thus, you cannot make a mistake

I want you to remember a recent episode of inner conflict you that you experienced. This should be a good representative example of the type of inner conflict you know you regularly experience. *I want you NOT to use an episode of a food temptation as this example.* A NON-food related type of inner conflict is best to select as your reference experience during the Personal Reconciliation & Reunion process. The reason is that NON-food related inner conflict episodes trigger a behavioral compensation—usually eating. And, even though eating is certainly a dysfunctional, behavioral compensation initiated by the RH to get relief from a core issue, the eating is NOT the core issue.

Core issues can be about life problems/circumstances (e.g., a job we hate), relationships (e.g., one that brings strife into our life), or personal dissatisfaction with ourselves (e.g., being not good enough, defective).

“Unifying Your Mind” through a *Personal Reconciliation and Reunion*™

During earlier live webinars, more than 90% of you said you also experience episodes of inner conflict in NON-food related areas of your life, as well as in food related areas.

The best type of episode of inner conflict to use as your reference point during the Personal Reconciliation & Reunion process is one of these core issue conflicts. The positive results you get working with a core-issue-triggered inner conflict will then usefully generalize to food issues.

So, think of an episode now. Here’s a few more hints if you need them.

Remember the last time you were disappointed or upset with yourself for something. Someone may have said something to trigger you. You might be holding yourself back from something out of fear. You may have done something and later beat yourself up for it.

Have you got something, yet? Now, during an episode of inner conflict, your hemispheres interact with each other in a very non-useful and uncomfortable way. For example, your left hemisphere can be very self-judgmental and critical of self and “beat you up” with it. Your right hemisphere will contribute emotional content to the mix like sadness, depression, or just feeling bad.

The following list of *interactions* between each hemisphere consciousness may be helpful in identifying which hemisphere is doing what during your example episode of inner conflict.

During an Episode of Inner Conflict**	
Left Hemisphere	Right Hemisphere
What is commonly called our “Inner Critic” is the left hemisphere (LH) stressing us with critical self-judgments, often referred to as “beating ourselves up.”	What we commonly call our “Saboteur” is the right hemisphere (RH) initiating behaviors, impulses, and compulsions as a means to relieve such stress.
The LH assesses future negative consequences of behaviors, and attempts to inhibit RH initiated behaviors it judges will lead to such future negative consequences.	The RH’s primary concern is the experience of the present moment. She will attempt to initiate behaviors away from discomfort to comfort. These attempts lead to inner turmoil.
A significant function of the LH is to make decisions in our best “future” interests.	The RH will “fight” such decisions she deems not in our best “present” interests.
In the face of a high intensity compulsion, the LH will do an about-face and “cave in,” supporting the compulsion by rationalizing it, and “discounting” future consequences.	The RH can build the intensity of a compulsion to an irresistible level.
In the “aftermath” of such an episode the LH will revert to the role of “inner critic.”	In the “aftermath,” the RH will amplify the emotional content of LH criticism into guilt.

Disclaimer: The above table should NOT be thought of as blaming either hemisphere. The problem is NOT with one or the other. The problem IS... in the *relationship* between the two. In Systems Thinking, each of the 5 pairs above is in either a **self-reinforcing or **inhibiting** loop with itself.

Now... everything I have said up to now about remembering a recent example of experiencing an episode of inner conflict may have just confused things for you. So if, in fact, I have made it confusing, let's simplify. Answer the following question: *Is there a part of yourself that you are not happy with?*

Remember the last time you felt bad about that. Keep in mind that, while you were feeling bad, your left hemisphere was judging you and your right hemisphere was giving you the bad feeling. That's all you need to get started on this process of a *Personal Reconciliation and Reunion* with yourself.

Before you begin, I want you to slowly read and ponder the following points...

You will dramatically benefit from doing it if...

- You have been trying to repress her for a long time
- Your relationship with her has often been a battle
- Your repression may have damaged her spirit (and yours)
- You've imagined her a "saboteur," and she became one
- You've been trying to go it alone, beginning a long time ago
- **You need her** for all she can bring to your life
- **You need each other** to experience the full richness of life
- **Working together**, you can be unstoppable
- **You can love and enjoy** yourself like you haven't...
- **Your inner experience of life** will change dramatically, for the better

*My Encouragement to You Before You Do Your First
Personal Reconciliation & Reunion*

There was a time when you were totally integrated—when there was no estrangement in the relationship between your brain hemisphere personalities—when you were *free* and could just “BE” yourself, with no worries. Maybe that was a very long time ago... so long that you have completely forgotten. But... it’s possible again... when you reconcile with yourself... and re-unite with yourself. When you do, you will be delighted with the respect, with the admiration, with the affection you will feel for yourself. You may only feel each of those only a little at first... but those feelings will grow... as you both grow again... *together*

Setup and Steps for the Personal Reconciliation and Reunion™ Process

Settle into a comfortable chair, put both feet on the floor. Arrange your arms to rest comfortably on your thighs with both palms facing up. Take 5-10 minutes to get relaxed using whatever method you like. While you're relaxing, bring out an image, or picture, or metaphor to represent your left hemisphere personality (LHP), and visually place it in your left palm. Then do the same with your RHP, bringing her out into your right palm. Select these images by simply using your intuition and trusting yourself.

In this three-way arrangement with your LHP and your RHP located in your palms, think of yourself as the ever-probable, ever-possible, deepest inner self who is facilitating the process.

Step1:

- A. Ask each of them, in turn (use your intuition to select which one to ask first), what name they would like to be called that truly reflects their best and highest intents, desires, and purpose for you. Then address each by their name for the rest of the structured daydream. It is possible that, with the selection of meaningful names, the images in your palms may change. Thank each of them from your heart for revealing this special part of themselves. Be appreciative of them throughout the process.

When they have names, this represents an important psychic shift. You are granting them personhood and humanness. They will respond profoundly and positively to being acknowledged in this way—you will sense it.

- B. Ask each, in turn, it doesn't matter who you ask first, just use your intuition and begin, “Would you be willing to consider working together with her?” Getting a “yes” from both *might* take some time, so, work with each. Be patient. Once you get a yes from each... Warmly thank each of them for their willingness to work together.

NOTE: Sometimes, if one or the other, or both do not agree to consider, there may be active animosity of long-standing between them. Talk to them, invite them to express their anger, take time to hear out both. In some cases, just this part of step 1 can take up to an hour. Don't be discouraged, stay with it. At some point, with your compassion, they WILL each agree to consider working together.

(As you're doing this entire process, have as your intention that each hand very slowly move physically toward the other as a symbolism that they are moving toward a oneness with each other that will include mutual cooperation, collaboration, respect, admiration, recognition of the gifts each brings, affection, and a deep and building desire to do it... together... from now and onward.)

Step 2:

Ask each of them, in turn, to say what their positive intention is for you... the intention that is deeper—that is behind their individual behaviors. Have them explain in a way that the other, and you, can understand. Deeper intentions are ALWAYS positive. You may have to ask clarifying questions to unfold and enrich the intention. Then ask them each, in turn, to express their understanding and appreciation for the other’s deeper intention—how each can begin to see where the other is coming from

Step 3:

Ask each of them, in turn, and now with this new understanding of each other, if it feels right to apologize to the other for judging and impeding those intentions, for getting in each other’s way, causing gridlock and inner turmoil. AND, to express their desire NOT to do that anymore. (Notice your hands slowly moving.)

(When you reach this point, pause and read the following to yourself, softly out loud. Then resume with Step 4.)

“Now, I can begin to see, and I’m already noticing, you both have nearly identical intentions. But you have very different beliefs and even values about life, the world, other people, and yourself. And you have different styles. Yet you both have the same ultimate intention, desire, and purpose.

It would be wonderful..., no, awesome... if you were to team with each other, combine all your skills in moving toward those intentions, desires, and purpose. You could bring the best of both of you, and notice, by the very nature of your teaming together, you would cancel the limitations each of you has when you operate alone.

You see, you have each been operating independent of the other up to now; and, often in conflict and judgment of each other. When you operate alone, you are, literally only half a mind, with all the immaturity of only half a person.

Imagine... when you team up. The skill sets each of you has are exactly the skill sets the other of you is missing. You are a perfect complement of each other... like, the yin and yang of each other.

Imagine... when you combine the highest potential of each of you... by the nature of your union, you would combine the best of both of you, and cancel out the limitations each of you has when you act alone.

Up to now, you have been in grid lock with each other as far as moving toward the deepest mutual intention you both share. If you both were to assemble your assets and skills, imagine, we, ALL three of us, could move with quantum acceleration toward that intention... TOGETHER AS ONE SUPER BEING.

It begins to seem like a compellingly good idea for us to join forces, skills, and potential... and become one, doesn't it?”

Step 4:

Ask each, in turn, to express their concerns, if any, about working together. Help them work out agreements with each other for each concern... with a form that may be like this: “If she agrees to this, what could you do... would you be willing to...?” Remember, the name of the game here is self-trust and confidence through IMPROVISATION and IMAGINATION and INTUITION. It can only go right. Take all the extra time you need here to handle every concern. (Read Step 5 before you begin this step.)

(Notice your hands.)

Step 5:

This step can run concurrently as Step 4 unfolds. Begin to build optimism and excitement—as Step 4 arrangements are being made—for what is now possible with them working together. Take all the time you need to build this wonderful anticipation of this departure from the past ways of conflicting with each other into new ways of working together to create quantum leap options and strategies not previously possible. The possibilities NOW are immense!

Step 6:

Sensing your hands being now very close to each other, fingers about to touch, as they do touch and start to slide together, the image in each palm will begin to meld with the other. Allow the melding to unfold as you watch an entirely new (and usually surprising) image, picture, or metaphor begin to form from the two—one with rich meaning you will love. Allow yourself to fully enjoy the deep sense of inner peace and personal well-being you are experiencing. Stay still for as long as you wish, allowing the colorful glow to gently bathe every cell of your body. NOTE: They may not completely merge but become close or connected in some symbolic way that is perfect for them.

Step 7:

Now, very slowly bring your clasped hands upward, near to your heart area, only as fast as you are making silent and subconscious arrangements to embrace this new sense and being—the oneness of ALL of you—your mind unified. As your clasped hands begin to touch your heart area, allow them to unfold, fingers still inter-twined, and flatten out over your heart, allowing the new sense of being to enter your heart area, immersing it in oneness of being. Remain with that for as long as you wish. Then, you are complete.

Debrief of Your Experience

You may have experienced some physiological responses within your body—that’s normal. This integration will continue for some days afterward as it tapers off, and during your sleep. You will sense it continuing to process in the back of your mind. During the structured daydream you gave this process a massive jump-start by de-coupling negative and dysfunctional information patterns that were coursing back and forth through the corpus callosum into each hemisphere. You replaced them with a new network of patterns characterized by a systemic organization of cooperation, collaboration, mutual respect, admiration, affection—all with high functionality.

You can repeat this process or any variation of it any time you wish... to deepen it, to handle new developments, to plan, strategize, rejoice, or just enjoy something together.

In the coming days and weeks and months, you will pleasantly surprise yourself with new behaviors. This will take some getting used to, because... it’s *different* from what you’re used to. You will find yourself (LH) wondering, occasionally second-guessing yourself. ‘Did I really do the right thing?’ This is totally normal as you acclimate to your new inner relationship, and you begin building trust and the beginnings of “flawless” confidence in yourself.

In my personal experience and what clients tell me, if my intentions are in the right place, I nearly always discover what I did was the right thing, verified by later events.

Now, this process does NOT eliminate all future inner turmoil. It does dramatically change the way you react to it, respond to it, and process it—accelerating its resolution. Where before you would sit for days, weeks, or months in turmoil; now, you handle it in minutes, a few hours, or just a few days.

If some life issue comes up, where before there was inaction, you may now respond by realizing you need to gather more information to make a decision. The initial turmoil is just a signal to get your attention on the issue.

If an issue comes up with another person, where before, there was inaction and isolation, you may now realize you need to ask them questions to determine their real intention. Again, your turmoil is a clue the relationship needs your attention.

If you start to “beat yourself up” over something, like an “I should have” or an “I shouldn’t have,” you quickly recognize it’s a LH assessment prone to distortion. And you ask, ‘Is this really, really true?’ And you do an abbreviated Personal Reconciliation, similar but shorter than the one you just finished.

Your entire life is now open to you and is more actionable—to experience and to think about in new, wonderful, and more enjoyable, fun and functional ways!

One important point I did not cover in the original webinar is, AFTER you do the Personal Reconciliation process, and you later experience an episode of food temptation or craving, you MUST guide your hemispheres to collaborate quickly at the onset of the craving. If you vacillate, not collaborating and not making a joint decision, she (RH) will build the intensity of the compulsion, making it much harder, if even possible by that point, to decide against the craving.

I speak from personal experience, having many times fooled myself into carelessly thinking, ‘I got this covered,’ and waiting until the intensity of the compulsion was too strong to resist. In the aftermath, I realized my lack of fore thought led me to NOT make a decision, and it was too late by that point.

Remember, YOU (LH) are literally interacting with another conscious system, a personality—HER (your RHP). Thus, all the good life skills you have learned to negotiate effectively and to lovingly interact with other people... you can use with her, too!

So, an example of a decision could be, saying, "No, that is not our food, that food is our poison, look how well we're doing. ODAAT (one day at a time). I love you. Let's do something else that you love, but not food. Work with me."

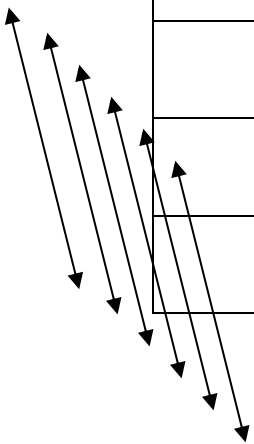
If you make this decision at the onset of a craving, before compulsive intensity builds, she may well respond with a simple, "Ok." My example response above is just a starting idea. Embellish and improvise with her.

Email me at mentor@cox.net and tell me how you did. I'd love to hear!

All my best,
Mike Blackstone
Revised January, 2020

Negative Traits

Positive Traits



One Page Summary of the 7-Step PR&R Process

1. Ask each for their name, it doesn't matter who you ask first, just use your intuition. Then ask each, “Would you be willing to consider working together with her?” Getting a “yes” from each *might* take some time, so, work with each. Be patient. Once you get a yes from each... warmly thank each of them for their **willingness to work together**.
2. Ask and have each **express their deepest intention for you and each other**, what they have been trying to accomplish for you, and express it in a way that the other can understand with empathy.
3. Ask each to **offer heartfelt regret** to the other for their contribution to the past, “I don't want to do that anymore...” Ask and have each promise and **express their commitment to each other** and to working together now.
4. Ask and have each **express any concerns they may have** for this new arrangement. Taking all the time you need, facilitate them making mutual agreements to resolve every single concern. (Read Step 5 before beginning this step.)
5. As facilitator, have as your intention—as Step 4 is unfolding—that **you begin to build excitement** for what's now becoming amazingly possible in this new cooperative partnership.
6. Once your **hands are joined**, images merged into one or connected, **sit with that for several minutes**, allowing yourself to fully enjoy the feeling.
7. Whenever you're ready, **bring both hands up into your heart area...** only as fast as you're willing to have this be your new way of being... together. Be with that for however long... and you're done.