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Hemispheric Synchronization

The Corpus Callosum

Our super highway and gateway to expansive consciousness.

The Corpus Callosum is a mass of axons that reside between and interconnect the two hemispheres of our brain. Their job assignment is to integrate motor, sensory and cognitive performance between the cerebral cortex of one side of our brain to the same region on the other side of our brain.

People in a day of the world we live are functioning and attempting to be “expanded” within a highly fragmented internal and external world. Making it very difficult for this super highway to remain free from road blocks, closures and collisions. Rendering a fair number of us incapable of understanding that we are empowered to position of traffic control. We need not live in a state of occasionally obtaining that of which we wish to obtain. We have the answers locked inside, it’s said our brain is the key to unleashing us into a purposeful and industrious state of land, mind, body, spirit.

Taking us back to the early 70’s...

We have Neurologists who hooked yogis and experienced meditators up to an EEG machine to give us the pleasure of knowing where said persons were when they went to where they go. They showed us amazing capability and extreme mental alertness. Ability to take in copious amounts of information, retain it and be granted access to it.

During these tests the EEG activity in these lofty brains found that electrical patterns in each hemisphere were synced and their state of consciousness was in Theta. What does this mean? Things we’ve been hearing about meditation since the beginning of most of our lives are true, there exists a relationship with brain frequencies and states of consciousness.

We spend so much time pursuing ways to alter our consciousness in the name of self indulgence. Alcohol, drugs, sugar, reading, politics, sports and music. Music! Music is the perfect avenue for delivery.

Hemispheric synchronization-

Hemispheric synchronization is brainwave synchronization. Frequency following response to evoke a desired brainwave state. Think binaural phasing and binaural beats. Where we are taking one of our senses and employing it as our own private space ship.

Test studies suggest it can contribute to a society that encourages cooperation, mutual trust & social harmony. A society of big picture thinkers, expansive consciousness keepers, appreciators of varying view points, tolerant for paradoxes, open to ideals, fostering the dreams, able to manifest, an opening of the narrow lens.

This current operating system feels pretty narrow in its focus at times. Narrow focus feels exclusive, constrictive, obsessive, compulsive, hysteric and stressful, versus Open focus which, in principle, would be narrow focus within its unlimited range. Open focus is also associated with effortlessness, and softens goal oriented behavior. Warning! Side effects include, unself-consciousness, genuine authenticity of self, increase in creative thoughts and associations, unity, lack of critical-ness and judgement. Integrated awareness of ones experiences in their entirety. Dot connection.

Mindfulness of this disconnect is needed in order to actualize our potential. Simultaneous access to open focus while ordering the chaos facilitates healthful and productive attentional behavior.

Owning our perfection, our completion while swimming in the mire.

Don't believe we are perfect?

Study of the brain may put the question into question.

The left hemisphere of our brain is responsible for mathematical calculations, language, analytical antics, quantitative, casual, and linear thinking.

Essential for training, and for useful social function.

The right hemisphere is responsible for aesthetic perceptions, music, intuition, non-verbal communications, concision, integration and qualitative styles of attending. Merge the two together and I don't know...

You be the judge!

Binaural Phasing and Brainwave States

Binaural phasing is an excellent way to get the traffic running smoothly between the east and west.

A Binaural Phaser is a signal generator that produces sound patterns which can either function alone or be masked with music. Binaural Phasing results from providing a signal to one ear, with a different signal to the other ear. Example would be 300 Hz in your left ear with 305 Hz in your right. Works best with headphones. Our brain recognizes the difference between the two as an oscillating rhythm or frequency, latching it into the desired state while simultaneously synchronizing the hemispheres. Eliminating hemispheric rivalry while making it more receptive to taking on new information and experiences. This state is ironically accompanied with bodily relaxation and mental alertness.

Effectiveness of this techniques has been proven since it first started receiving attention in the early 70's. Incredibly effective in the classroom setting, and would benefit the current educational system heaps. Catapulting the youth into ever reaching and expanding heights while greasing the rusty chains belonging to this current system onto the path of re-training.

Surely it's attempted to have made it's way into the educational system more than once. It was warmly welcomed under the military's wings as soon as it could become a thing, beginning in their language department.

The major brainwaves states we exhibit would be the following, there are additional "sub-genres" if you will, but these cover the spectrum well enough.

ALPHA

Alpha is the brainwave state common to us the majority of the time. This is a relaxed 'normal' adult state of being present, alert, but not actively processing information. Creatives show alpha when coming to a conclusion or hearing a solution, as it is linked with creativity. Alpha is also associated with overall mental agility, mental and physical coordination, stillness, sharpness and learning. This brainwave state can be achieved with a frequency difference that ranges between 8-12 Hz.

BETA

Beta mirrors a high, and actively engaged processing state. It occurs during waking life and outward attention. Slow beta is your standard processing speed and mental activity, slow beta cycles between 12-17Hz. Fast beta cycles between 17-30Hz and is associated with anxiousness, fight or flight and heightened alertness.

GAMMA

Gamma is where we would be after effectively employing hemispheric synchronization. We are amongst the Whales and Dolphins when we are here. Gamma cycles between 30-100Hz. This range also includes our "aha" moments, greater alertness, "out-of-body experiences" and other joyous psycho-spiritual states.

THETA

Theta is where we live when we are sleepy, or in deep meditation. Awake, but open to mental imagery. Think intuition, creativity, day-dreaming and fantasy. It is said that our Limbic System which is involved when it comes to motivation, emotion, memory and learning is reflected in Theta. Increased activity is observed when we experience anxiety, physical reactions and inhibition. Theta cycles between 4-7Hz

DELTA

Delta cycles between .5-4Hz and exists when we are out! Deep dreamless states of rest or straight up unconsciousness!

So, what are your thoughts? Do you think it's possible to retrain through the 'seeing' entrained?

If so, what would be your ideal state?