

BRAIN FUNCTION ABOVE AND BELOW THE LINE

	Below the Line	Above the Line
Hemisphere Impact	<p>Below the line aspects of each hemisphere dominate; Left Hemisphere generally takes the lead:</p> <ul style="list-style-type: none"> ▪ LEFT: Anger, rigid thinking, ignoring things that can't be expressed through logic or language ▪ RIGHT: Pessimism, emotional overwhelm, depression, inability to focus, sometimes inability to move <p>Fewer connections between the hemispheres (less white matter in the corpus callosum) means lack of integration, resulting in:</p> <ul style="list-style-type: none"> ▪ Inability to put feelings into words ▪ Inability to recover from strong emotions or ▪ Lack of awareness of emotional state (self and others) ▪ Over-focus on action to the exclusion of human feelings or ▪ Inability to move into action due to emotional overwhelm (self or losing self in others' emotions) 	<p>Above the lines aspects of each hemisphere dominate and interact with each other; Right Hemisphere generally takes the lead:</p> <ul style="list-style-type: none"> ▪ RIGHT: Holistic view, intuition, empathy, inspiration, "interoception" (ability to connect with messages from the heart and gut and sensations in the body) ▪ LEFT: Positivity, focus, expression through language and logic <p>More connections between the hemispheres (thicker corpus callosum) means hemispheres become more and more integrated, resulting in:</p> <ul style="list-style-type: none"> ▪ Ability to put feelings into words ▪ Awareness and increasingly quick recovery from strong emotions ▪ Balance between action and emotion/beingness ▪ Awareness of (and empathy for) emotional state of others without losing self
Chemicals	<ul style="list-style-type: none"> ▪ Adrenalin ▪ Cortisol ▪ Pro-inflammatory 	<ul style="list-style-type: none"> ▪ Endorphins ▪ Oxytocin ▪ Anti-inflammatory ▪ GABA (Gamma-aminobutyric acid)
Health Impact	<ul style="list-style-type: none"> ▪ Immune system suppressed ▪ DNA constricted ▪ Weight gain (negative impact on metabolism and endocrine system) 	<ul style="list-style-type: none"> ▪ Immune system boosted ▪ Healing ▪ Weight balance (metabolism and endocrine system in natural balance)
Emotion	<ul style="list-style-type: none"> ▪ Stress (Fight, flight, freeze) ▪ Anger ▪ Fear ▪ Shame 	<ul style="list-style-type: none"> ▪ Bonding ▪ Love ▪ Connection ▪ Peace