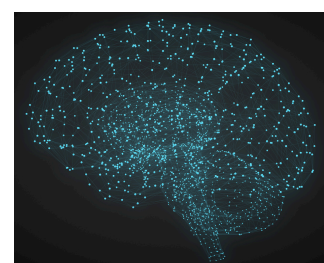


WHOLE BRAIN LIVING BOOK DIGEST



Chapter 6: Character 3—Right Brain Emotional

Our C3 gives us a bird's eye view of danger in the here and now. It is a skilled and masterful lie detector. It knows how to read body language, including facial expression and to pick up on emotional cues hidden in our voices. If all of those match, we trust the other person. If they don't add up, we question the other person's integrity at that moment. Our author adds that, therefore:

"(...) to be a really good liar, our left brain has to recruit our right brain to help pull off the trickery."

Our C3 scans our environment for familiarity. That's how it determines safety. Interestingly, our C1 can greatly interfere with our ability to benefit from our C3's guidance, because of its rationalizing tendencies. That's how we can unwittingly step into trouble, and she recommends a great book on this subject: The Gift Of Fear, by Gavin de Becker.

Boundless and Present

As previously mentioned, our right brain doesn't communicate with words, nor does it perceive any sense of separation or identity. When stepping into right brain consciousness, we can start what Joseph Campbell called the Hero's Journey, surrendering our ego and sense of individuality for the common good.

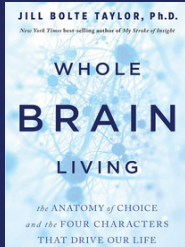
To meet our C3, we must connect with the present moment. She reminds us how:

"All we have to do to bring our mind to the present moment is to push the pause button on whatever it is we are doing, thinking or feeling and consciously bring our attention to our immediate sensory experience of textures, sights, and smells. This is easy when we are willing to step away from the details of our lives and shift our focus to what life FEELS like. Not how we feel emotionally, but how we feel experientially."

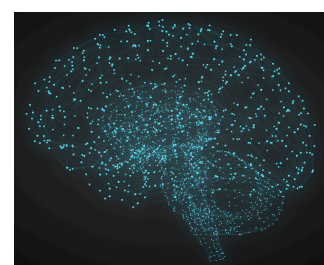
When grounded in our right brain, joy and gratitude flow through us spontaneously.

"Anytime we laugh out loud, we can't help but be open, present and completely vulnerable, which is why it feels so great and is so good for us."

Our right brain unites us with everyone else. It recognizes our similarities and celebrates our differences. Our author describes it as the underlying neuroanatomical structure of what Carl Jung called the Anima/Animus, which is the inner masculine of females and the inner feminine of males.



WHOLE BRAIN LIVING BOOK DIGEST



Indeed Jung explained that we are energetically androgynous and share a collective consciousness within which gender are irrelevant.

“The truth is our strength is in our differences, not in our similarities.”

Emotion, Past and Present

Even if we feel something in the present, we can recognize that it comes from our left-brain consciousness anytime it involves the past or future, features indispensable to create guilt, remorse, or anxiety. Our author writes:

“What this means is that when we feel that we are alone, it is because our left brain perceives, feels and experiences us to be alone. But when we release our attachments to people and things in our external reality, we shift back into the consciousness of the flow, whereby we can experience gratitude and joy. At any moment, we have the ability to choose which consciousness we want to focus on: our left-brain external reality or our right-brain present moment. It is one or the other at any moment in time. We are either focused on our individuality or we allow ourselves to blend into the flow.”

When we are in the feeling state of our C3, it is impossible to use words adequately to describe how we feel. Those moments are not definable nor measurable. They are experiential and awaken when we listen to gorgeous music, witness an awe-inspiring sunset or when we feel deeply sheltered or comforted by a hug.

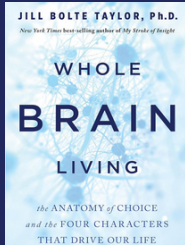
Our C3 enables our creativity. Jill Bolte Taylor shares:

“When our C3 comes out and is dominant, we become uninhibited by the paralyzing fear of our left-brain judgment”

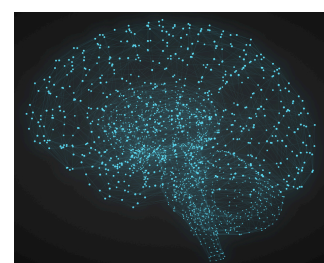
Within any creative endeavor, our left brain leads us through practice, our right brain allows us to perform.

Our C3 is the gateway into the magical experience of flow that tends to have been edited out of our everyday lives. Here's why:

“(…) because we cannot define it, see it, touch it, smell it, taste it, or hear it, this parallel world of perceptions is often minimized, invalidated, and denied by our left brain counterpart, which only believes in the external world.”



WHOLE BRAIN LIVING BOOK DIGEST



She also highlights how our right brain is what allows us to witness the synchronicities that surround us! She adds:

“Yet in the REAL world, for a strong left brain, those synchronicities are easily disguised as mere coincidences.”

Our left brain abhors this idea of inter-connection because it feels highly triggering to that part of us that wishes to defend our individuality. But she highlights:

“This is a fair judgment from our left brain if we consider how threatening this idea of connection might be to the individuality of our left-brain ego-center. The only problem with denying the duality of our left and right brains, and the realms they independently navigate, is the billions of things in our right-brain world that defy our left brain’s definition of truth. Even the existence of life itself is unexplainable by our left brain.”

“It is so IMPORTANT to realize that simply because our left brain has an opinion about something, that does not make it true.”

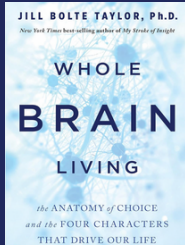
And it is also crucial for us to understand that most things in our culture, starting with our educational systems have prompted us to rely mostly—if not only—on our left brain.

“My little right-brain C3 never understood why I had to stuff all those dates and details inside my head. Wasn’t it enough that I knew where to find them?”

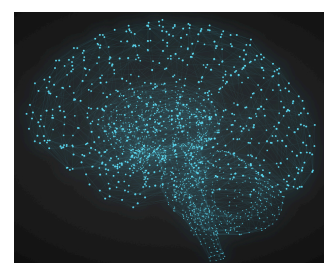
C3 in The World

Our C3 is like a puppy, always scanning what we’re doing to see if it can be unleashed and go on an adventure. It drives us towards what thrills us and brings us joy. It lets us know what FEELS right. It’s witty and hilarious and prone to feel camaraderie with anyone we meet. The beauty of our C3 is that it allows us to feel excitement together, and through that we get to experience a sense of deep connection that characterize those moments that we cherish and keep on talking about for years.

However, just like our C2, our C3 can also lead us to impulsive behaviors, and we must remember that our C3s do not care about limits or authority and prefer asking for forgiveness than for permission. Also, our C3s do not like to explain to others how to do what they believe it will be easier to just do themselves. Which is why our C1s can be great partner for our C3 and why, as she keeps highlighting, there is no character that is “better” than the other”. The magic comes when they learn to work harmoniously together.



WHOLE BRAIN LIVING BOOK DIGEST



C3 at Work and Play

C3s love situations where people are actually together, face-to-face, doing things as a team—especially in a creative setting and when the desired outcomes are not too strictly defined. They thrive within group projects, which is not to say that they don't also love working alone! However, they won't work linearly and do not respond well to tight deadlines or timeframes.

They love being in nature, immersed in our senses and free to dive freely in the boundless curiosity that they allow us to embody.

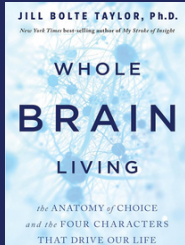
A Snapshot of Your C3

Forgiving
Awe-inspired
Playful
Empathic
Creative
Joyful
Curious
Dress however they please
Hopeful
Experiential

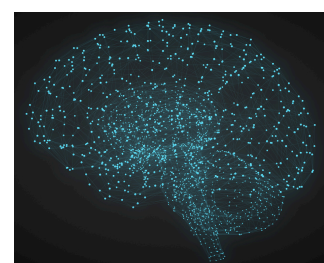
Getting to Know Your C3

Please refer to the books for guidance in answering the following prompts, meant to help you deep your relationship with your C1.

- *Do you recognize your C3? Pause for a moment and imagine yourself being in this present-moment character. Let your left brain drift into the background as you bring your attention to the right here, right now, and explore the immediate sounds, textures, sights, and smells. How easy is it for you to make this shift?*



WHOLE BRAIN LIVING BOOK DIGEST



- *“What does C3 feel like inside your body? Do you feel your heart expand? Do you stand more on your tippy-toes as though you are lighter? Does your voice disappear because it’s not about output but just about bringing it all in? What does your C3 feel like when you are having an experience right here, right now?”*
- *“Assuming you can identify your right-brain emotional C3, do you like how this character expresses itself inside of you? How much of the time do you let your C3 run your life, and under what circumstances?”*
- *“As you think about your C3, can you assign it an appropriate name?”*
- *“Who are some of the C3s over the course of your life who have influenced you, in positive or negative ways? Was your C3 emboldened by their C3 or repressed by it?”*
- *“Who in your life appreciates, cared for, identifies with, and wants to hang out with your C3? What are those relationships like?”*
- *“Who in your life does not get along with your C3?”*
- *“What kind of parent, partner or friend is your C3?”*
- *“Although you have not yet fully examined C4, it is important to consider how kind this relationship between your characters inside your head is. How does your C3 relate to your other characters?”*