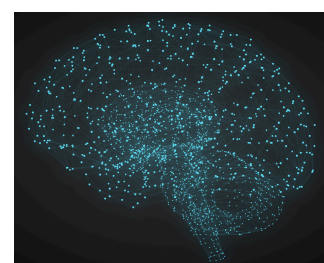


WHOLE BRAIN LIVING BOOK DIGEST



Chapter 7: Character 4—Right Brain Thinking

“Welcome to our Character 4. I say OUR because this is the part of our consciousness, our right thinking brain that we share with one another, and all other life.”

Jill Bolte Taylor describes our C4 as a portal through which we can enter and draw from the energy of the universe. When we learn how to quiet our C1, settle our C2 and focus our C3, we finally get to know that fourth character that is the glue that keeps our entire inner system together.

Jung pointed toward our C4 when describing the Self, the archetypal part of us that unites conscious and unconscious. And our C4 represents the most distant destination of our Hero's Journey. It's a coming home to our truest Self. Now, she invites us to show compassion to our C1 if the idea of our C4 feels threatening to it. She writes:

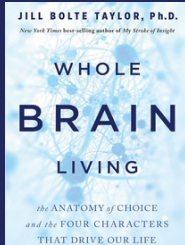
“If your Character 1 is having a hard time wrapping its mind around the validity or existence of the consciousness of C4, I recognize that it is natural for C1 to possibly judge the unfamiliar, unknown, and mystical as woo-woo. Yet throughout the history of man, and in varied cultures around the world, humans have designed techniques, tools and strategies ranging from religious dogma and prayer to meditation and yoga to access this realm of consciousness and experience their C4.”

“Our C4 is our authenticity, as it is the part of ourselves that we share with the One.”

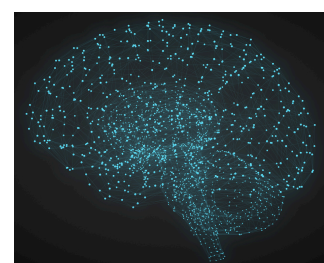
Our left brain is built to separate and divide, which explains why it would label science and spirituality as polarized, with only one allowed to be real. And most scientific methods have been designed by and for the left brain, which means that they are linear-based and therefore quite limiting and only applicable to what we can measure in the external world. She adds:

“We can only use a linear technique to study linear phenomena.”

“If something is not measurable or if experimental results cannot be replicated, our left brain will often either choose to deny its existence or negate its value altogether.”



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Brain Cells And Consciousness

She writes:

“In other words, it is the C4 part of our brain that IS a spiritual being having a physical experience. And as such our C4 is our connection to our Higher Power whereby we exist as a part of the infinite Being. Use whatever language is comfortable for your belief system, but this character exists as the cosmic consciousness.”

And the best way to connect with our C4 is to ground back into the present moment and connect with a deep sense of gratitude. She adds:

“The FEELING of the cosmos, the SENSATION of an all-pervading experience of deep inner peace and love, is available to us in life and is what we will return to in death.”

Strikingly when researchers A. Newberg and E. d’Aquili looked at imaging from monks and nuns meditating, they realized that it doesn’t light up a new part of our brain, it silences our left-brain centers.

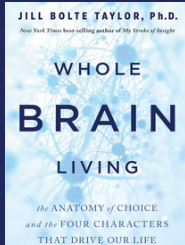
C4 in The World

Science has shown that we exist within a field of atoms and molecules and that this field also exists within us, but our left brain cannot perceive this sea of energy. And that’s why we tend to live our lives unaware of the power of our thoughts and emotions to influence this field and therefore our circumstances.

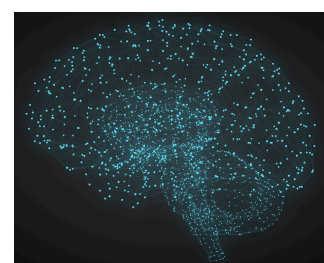
“Through the power of prayer and the power of setting our intention, we have the power to consciously change the way that energy flows.”

She highlights that:

“Just as our C4 can profoundly influence our use of language to converse in deep and soul-stirring ways, this part of our consciousness is open, aware, and accepting that everything is exactly as it should be. Our C4 does not judge, it simply celebrates with wonder the life that it lives.”



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Children have little to no problem connecting with their C4. The challenge comes with adulthood. She explains:

“As we age and assign higher value to the skills and consciousness of our left-brain characters, we become more comfortable in the external reality of our left brain and less comfortable in what becomes unconscious and unknown.”

And that’s why it can feel so dangerous now to drop our left brain’s focus on identity and to allow ourselves to take a leap of faith into our right brain consciousness. But eventually our ego will acclimate and witness that there is nothing to be afraid of, no death-trap involved, and that we can jump back and forth between all our characters depending on what the moment invites and requires.

“Who might you be if you believed in yourself like your C4 believes in you?”

Now, letting ourselves experiencing our C4 cannot happen without some inner commitment. She reminds us that:

“This sacred awareness of your C4 is omnipotent and just beyond your focus, and no one else can take you there but you.”

She then quotes the persian poet Rumi who referenced our C4s in this poem:

“Out beyond ideas of wrongdoing and rightdoing, there is a field. I’ll meet you there.”

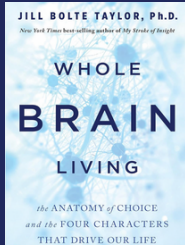
C4 at Work and Play

At work, the C4 is the anchor everyone can hang on to. She describes:

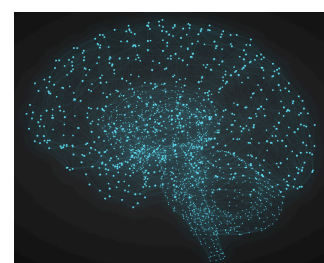
“C4 is the predictable, reasonable, big picture, unbiased perspective of how it all fits together, flows collectively, and works—or not. C4 is not afraid of the money situation, no matter what it is, and is not attached to its ego-center because it does not have one. It is aware of the egos of others, of course, but C4 is completely available to assess the big-picture performance of the overall machine. It thinks in SYSTEMS”

She then summarizes:

“When it comes to business practices, our C1 wants to make a profit, our C2 will squirrel around with the idea and details, our C3 wants it to be fun, and our C4 wants to serve the greater good.”



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At the beach, our C4 fills up with awe and gratitude facing the extraordinary beauty and aliveness that surrounds us.

“And those dolphins we see today, the ones that bring everyone so much joy, they are here in communion with our C4.”

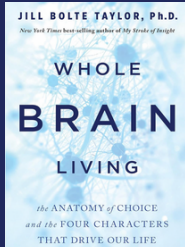
A Snapshot of Your C4

Aware
Expansive
Connection
Accepting
Embraces Change
Authentic
Generous of spirit
Clarity
Intention
Vulnerability

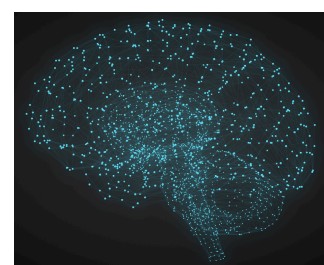
Getting to Know Your C4

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 C4? Pause for a moment and imagine yourself being this part of yourself.*
- *What does C4 feel like inside your body? How does this character hold your body, and what does your voice sound like?*



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- *Assuming you can identify your right-brain thinking C4 how do you let this character express itself? How much time do you spend in your C4, and what is it like for you?*
- *“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 C4, can you assign it an appropriate name?”*
- *“Who are some of the C4s over the course of your life who have influenced you, in positive or negative ways? Was your C4 emboldened by their C4 or repressed by it?”*
- *“Who in your life appreciates, cared for, identifies with, and wants to hang out with your C4? What are those relationships like?”*
- *“Who in your life does not get along with your C4?”*
- *“What kind of parent, partner or friend is your C4?”*
- *“How kind is the relationship inside your head between your characters? How does your C4 relate to your other characters?”*