PRIVY Episode #450

# INCORPORATING CORTICAL HEMISPHERIC CONNECTION

*By Ron Hruska*

The corpus callosum, and its two hundred million axons, enable both sides of the cortex to smoothly be woven into one mind. (*Koch C. The Feeling of Life Itself, 2019)*

Brain-bridging has always been an underlying premise in my designing a clinical treatment or intervention program for anyone that has limited alternation of acceptable hips, shoulders, trunk or head rotation. I believe our interconnected nervous system requires bandwidth from both sides of the cerebellum and cerebrum, for intrinsic perspective and interoceptive balance. Our Whole, and our explicit memory will often interfere with novel nuance of movement if our right and left hemispheres do not coexist, cooperate, and communicate with each other, as new patterns of organized centrifugal force is slowly integrated for development of acceptable rates of repetitive alternation.

Our speaking mind almost always has its home in the left cortical hemisphere. Only its experiences, memories, and recall are publicly accessible via language. The mind of our non-dominant right hemisphere is more difficult to reach, and its interaction with the left hemisphere is based upon the amount of integrated information developed by the 'whole' brain and the experience of the body as a 'whole'. (This is why in the Mirrored Left Stance with Left Arm Reach technique, vocalization of activity is beneficial, because it incorporates a fixed action pattern (FAP) as we are given time to focus on other things that reminds us of the world around us.)

FAPs are modules of motor activity that liberate our Whole from spending time and attention on every aspect of an ongoing movement, or on the movement at all. They allow time on making a visual memory on details of perspectives that assists in regaining balance and resetting locomotive hip, shoulder, trunk and head alternation, while supported by the cortical non-dominant hemisphere. *(You can read more about fixed action patterns in Rodolfo Llinas book, I of the Vortex: From Neurons to Self.)*

Conflict can arise between what the left brain and mind wants and what the left side of the body, that is controlled by the right side of the brain and mind, does. This hemispheric rivalry eventually ceases, with the left cortical hemisphere establishing dominance over most, if not all of the entire body. (*Feinberg TE, et al. Two alien hand syndromes. Neurology, 1992)* Left cortical hemispheric dominance is more than likely responsible for most idiopathic Left Anterior Interior Chain / Right Brachial Chain PRI polyarticular patterned behavior.

The more one integrates information from the two sides of every Whole, the less the conflict between the Whole, and the world around it. Interaction with other objects, including other Wholes, and what it feels and experiences enhances solitary controlled existence. By using a mirror, two Wholes can fuse to give rise to a larger Whole, with a larger existence, without the cost of losing their previous identity. In essence, the "new" whole will be more empowered through integrated information coming from the non-dominant physical cortex and their dominant analytical, verbal and sequential cortex.

Most, if not all, of the PRI® non-manual techniques provide sentience, experiential and cognitive criterium for Whole integration of both unique cortical representation that should advance cognitive abilities for balanced supportive upright behavior of hips, shoulders, trunk and head.

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The networks within each hemisphere are specialized for solving certain tasks; and if the task involves spectral sound features, it is likely to engage right-hemisphere networks. (*Robert Zatorre, From Perception to Pleasure.)*

Listening to our voice, describing what the Whole is doing with reverence to the Whole's mimic, assists interhemispheric structural network organization associated with the left side of the Whole through left hip engagement by the right-hemisphere.

Joel Salinas, M.D. wrote a chapter in his book, Mirror Touch, that describes the patterns of mirror-touch synesthesia, where physical sensation of touch is felt, while observing it occur on another person. Those with mirror-touch synesthesia are aware of the mental process taking place, and can even describe the sensations in detail. Triggered automatically by sight, they feel a mirrored touch on parts of their body that corresponded visually to whom they are looking at face-to-face. Your left, my right, your right, my left, as if one is looking at oneself in a mirror.

The Mirrored Left Stance With Left Arm Reach technique was designed to integrate interhemispheric activity from vocal, auditory, and visual processing, for purposes outlined above, while sensing active rotation of the hips and shoulders, and synergistic simultaneous indirect centrifugal sense of counter rotation of the head on the trunk and the trunk on the head, as repetition is stabilized through fixed action patterning provided by left stance.

This technique reduces the associated biased sensorium of the Whole in left Anterior Interior Chain and right Brachial Chain patterns through experiencing mirror-touch synesthesia where one, the Whole ends, and 'you', the Whole's mirrored image begins.

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