

Whole Brain Living: The Anatomy of Choice and the Four Characters That Drive Our Life

An overview of Dr. Taylor's work, combined with a synthesis near the end of various other solution-focused models I utilize in my practice. - Kent Tompkins, LPC

Book by: Harvard trained Neurobiologist, Jill Bolte Taylor, PhD

“It all begins with that single cell. It then repackages the cell structure throughout the development of additional cells throughout gestation.” - Dr. Taylor

Quadrants of brain:

We have two amygdala, two hippocampi (one each on left/right hemispheres).

For explanation purposes: The amygdala is commonly thought to form the core of a neural system for processing fearful and threatening stimuli, including detection of threat and activation of appropriate fear-related behaviors in response to threatening or dangerous stimuli.

For explanation purposes: Humans and other mammals have two hippocampi, one in each side of the brain. The hippocampus, as the medial pallium, is a structure found in all vertebrates. In humans, it contains two main interlocking parts: the hippocampus proper (also called Ammon's horn) and the dentate gyrus.

The left side carries information from the past, while the right side focuses on the right here, right now wonder and possibilities. So you can see how the hippocampus provides broader perspective, pathways out of deeper residing fears associated with the amygdala.

Four characters of the brain:

1. The rational thinking brain. It likes to categorize, work, organize, dress us in a certain way. Highly competent, functional part of us.
2. All of the pain from the past, fear of the future. It can hook into our resentment, it grows with primal energies linked to fear, trauma, rage, etc. We are in alarm, alert stage. In here, we become constricted, isolated, feels superior, makes harsh judgments on others, individualized, pushes others away etc. As soon as we are doing this, we need to become aware there are parts 1, 3 and 4 that a part of our team. The rational part of us can remind it that this part can last only 90 seconds if we choose. We are safer when in community and using all 4 parts within our brain. For example, part #1 can pop on and rationally assess is

there a real fear, danger? Then part #4 can come in and say Oh honey I've got you. We are OK." Do you need to be held, talk, loved, supported, look around, go for a walk etc. Then #2 can look around and let go of its fear. Part #1 can ask how can we support you?. The part #3 can go and have fun, play etc. Then we have the power to choose, be more automatic and have conversations within, versus having part #2 keep us stuck in perpetual fear and anxiety. We have a 90 second chemical flush through the body that is associated with this and each in the brain. The brain runs circuits, and in this Part #2 phase, we are triggered to experience anger, resentment, hostility (examples), then we are allowing our brains to be hijacked with noradrenaline, cortisol etc. We are allowing our brains to produce these hormones that keeps us in this hijacked loop.

3. This character is playful, open, can have positive addictive traits like exercise, playfulness, (adrenalin junkie), is interactive with others, likes to hike, dance or get on our bikes, or swim, climb, to be a happy, to be that playful three year old again.
4. This character is the wise person, carries deep gratitude, wonderment, is associated with the space we desire to meditate to, pray to etc. NOTE: When we are conceived, we are that single cell. That single zygote cell has the molecular genius to metamorphose its single cell self into some 50 trillion beautiful molecular cell geniuses that when completed, are differentiated for different kinds of functions to be a complete human baby by the time gestation is over. The energy ball of that consciousness of all those cells and that infant body is pure consciousness, it's pure energy, the same energy of and throughout the universe. That character #4 remains the energy, consciousness of the universe, the bigger picture of atoms and molecules that have the continual essence of all-knowing, gratitude, always existing, divine connection to something greater with infinite wisdom.

REMEMBER: We have a 90 second chemical flush through the body that is associated with each character in the brain. The brain runs circuits, and if we get angry, it triggers anger, resentment, hostility (examples), then we are allowing our brains to be hijacked with noradrenaline, cortisol etc, because we are restimulating our brains to produce these hormones that keeps us in this hijacked loop.

Parts 1, 2, and 3 are weather patterns over part 4, which always has a higher order of divine intelligence within and throughout.

How do we get into the whole brain? We have a choice which parts of the brain we live in, to not run on automatic.

We have the power to choose moment to moment how we interact in the world. To have more cognitive and emotional accountability how we show up, and what we attract.

When we can then step back and see what is triggering us, this stops the hormone dump, and in 90 seconds we can reset our perceptions and ability stop reacting and then interact. We then also

have the power to choose *how* we interact. When we go to our Character #3, we shift our focus, attention and positioning into a predictably more stable, broader, happy place.

It's important to value the benefits of each character. Don't condemn any part, yet focus on utilizing all parts, while refocusing and moving into expansive self through time in nature, meditation, prayer etc, which holds the path to higher consciousness.

We have the capacity to function in a balanced manner within our brains, yet in the western world, the majority are living in a skewed manner, with heavy character #2 involvement. We typically have a couple dominant parts.

A dominant part #1 and #3 is a good combination. Work hard, play hard. Then bring in part #4 for that spiritual or broader perspective that brings in more purpose, existential fulfillment.

Jung has spoken of 4 archetypes. He considered part #1 being conscious, while others are subconscious. This whole brain philosophy calls for all 4 parts to huddle together and speak and work together.

Kent Tompkins' Synthesis: The Internal Family Systems (IFS) model is a useful approach in psychotherapy to develop solution-focused dialogue with each of these parts throughout the system.

Additionally, EMDR is useful in integrating these aspects, addressing specific triggers or trauma that may hijack the entire system until freed.

Somatic languaging, and dropping into the felt sense with somatic and authentic movement also is a valuable approach to develop a sense and languaging, movement into various parts integrating.

I continually assign time in nature, and the refocusing on something natural. Within nature are all the designs (fractals) necessary to reorient and remind ourselves of our purity, natural essence Dr. Taylor emphasizes in part #4 character.

Within couples work, attachment is essential. By connecting on feeling, or a felt sense level, we connect, acknowledge another's perceptions in the felt sense. Otherwise we become right fighters, or focus on another's flaws from an analytical or judgmental position, which is an avoidant behavior that bypasses the felt sense. In Dr. Taylor's model, analysis stems from Character #2, and pulls rank on others, without the employment of parts 1, 3 and certainly 4.

10/10/21

