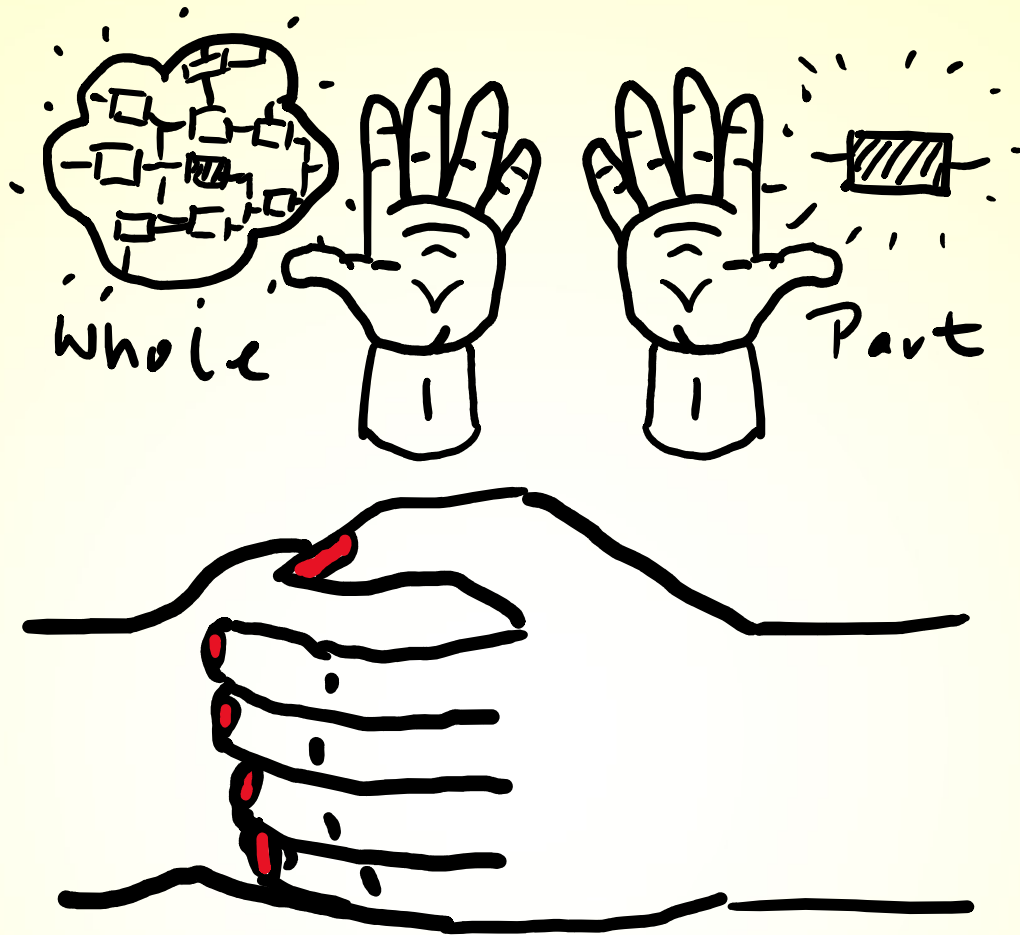


Embrace Right with Left



The right hand is good in grasping things and focuses on parts. The left hand is good in perceiving what is and focuses on wholeness.

Embrace Right with Left

The right hand is specialized to grasp and handle things (except for true left-handers). Its fingers relate to seeing, judging, intending and thinking about details, representations and parts of a mechanistically imagined world. The left is specialized to perceive or imagine what is as a whole and as a continuous flow. Its fingers relate to seeing, judging, intending and thinking about the wholeness and overall reality of a situation. Usually in our modern world, the right-hand related mind processes are dominant. Put your right hand inside the left, have the left embrace it e.g., in front of your chest or belly, and enjoy the peacefulness of this more natural order.

Nice Videos: [The Matter with Things](#)*

**Many older brain hemisphere theories are over simplistic or even wrong. Better watch videos based on the latest Ian McGilchrist research.*