

THE THREE BRAIN MODEL

There is extensive information written about the brain, specifically in the area of the dual nature of the brain. This discussion will not address the scientifically documented body of knowledge, but will give a working knowledge of the **Soma Theory** so we can use it as a reference. We are not referring to the brain anatomically, but the way the brain functions in processing incoming information. We are looking at perceptions and how we function out of those perceptions.

Implications of recent brain research by *Candice Pert* in “**Brain and Biochemistry**” indicates that our “emotions are the key to health.” The limbic system is the “seat of the emotions,” which is located in the midbrain*. **The Soma Three Brain Model** indicates that healing occurs in the core brain which is the “seat of the emotions”. This research by *Pert* scientifically assists in confirming that the brain and the body are not separate.

Let’s use the visual diagram attached to explore the theory. The three brains are in fact one, but with three different areas of focus. Only one brain is actively focused on at any given time. The speed is so rapid between the areas of focus, or each of the brains, when integrated it gives us the perception of existing in all three simultaneously. The function of the three brains is to process the information coming in from external stimuli. We distinguish which area of the brain we are focused on by the appearance of the world. Satisfaction comes from the integration of the three brains. The left hemisphere is the dominant brain in our culture.

The *left hemisphere* is linear; the emphasis is to move ahead, to get better. This reflects in time orientation; time being from birth to death. This is the brain in focus if we feel in struggle. If the goal is to go forward, where you are becomes very important, and leads to constant evaluation. This evaluation happens by comparing ourselves to others rather than enjoying our own self worth. This is the brain that makes judgments of right and wrong. It is the struggle here in the left hemisphere that separates us from each other. The orientation is survival. I am always ‘trying’ to do better because where or who I am is not enough. Our breathing becomes shallower in a survival state. There is a direct link between shallow breathing and heart disease. In our left hemisphere dominant perception we are forgetting to breathe. We are in our mind and forgetting our body. Integration of the three brains allows greater access between the mind and body.

The perception in the *left hemisphere* is result oriented rather than satisfaction oriented. Language is only realized in the left hemisphere brain. This is the brain of choice for analyzing, or any sort of linear reasoning, teaching or goal oriented behavior. This is not the brain in which we perceive ourselves to be satisfied; therefore, we need access to the core and right hemisphere for the satisfaction to be felt.

In computer terms, the *left hemisphere* is the programmer and the software. The power available is sixteen (16) bits per second, which is extremely slow and produces a sense of overwhelm. It is not unusual in our left hemisphere dominant society that there is such an extensive sense of overwhelm. I personally feel the preeminence of the left hemisphere perception in our culture is the deciding factor in the underlying stress and overwhelm that many people are experiencing. In dominance, when the sixteen bits are filled and we find it necessary to continue, and not only to continue, but to improve, get better, and try harder, we are stressed and overtaxed.

The *left hemisphere* is the most effective place to be for inductive, logical thinking. Conclusions are reached in the left hemisphere that allow us to function efficiently in logical settings. This brain has great value when integrated with the other brains rather than in dominance. Dominance of this brain tends to keep us out of balance and feeling like we don’t have enough time in our life.

The *Core* or *central nervous system* is the center of energy, physical movement, inspiration, and feeling. Time orientation is like a roller coaster in the core. When you are on top you realize that next you will be down, so there is a flowing and allowing of the sense, as opposed to urgency or lack of time. When you are down it is only a matter of waiting for the next hill. Deep depression stems from being locked in the left hemisphere, rather than having the availability of the feeling, sensing core brain.

The *Core* is the power plant of the body. In computer language the core brain is the central processing unit and the power available is one hundred million (100,000,000) to one billion (1,000,000,000). This power capacity allows you to take in four (4) volumes the size of War and Peace every second. This is a significant jump from sixteen (16) bits per second, and just in the area of energy usage we certainly need access to our core brain in the accelerated

times in which we live. It is most difficult to release the left hemisphere 'survival' brain and surrender to the core brain, yet this is where we find the rest and energy needed to replenish and heal ourselves.

There seems to be no direct connection between the left and right hemispheres and the core is the connector. In the *right hemisphere* you are not aware as we know consciousness. Our concept of consciousness is conceived in linear thinking; one thought leading to another. In the right hemisphere you are survival, you are one with the universe, you do know, you sense yourself as creation. There is no language here and no struggle. This is the brain of reverie and daydream. It is difficult to daydream in a scheduled system. Reverie and daydream are viewed as unproductive rather than a timeless place of creation and rest. The right hemisphere is "the quiet moment between the thought" that *Deepak Chopra, MD* speaks of in his book "*Ageless Body, Timeless Mind*".

Time in the *right hemisphere* is like floating down the river and absorbing whatever we encounter. We create an opening for something new to enter, a clearing, a possibility. This is a brain of no effort; just being and bringing forth. In computer terms this would be the modem to all computers in the universe. The power and energy perceived here is infinite.

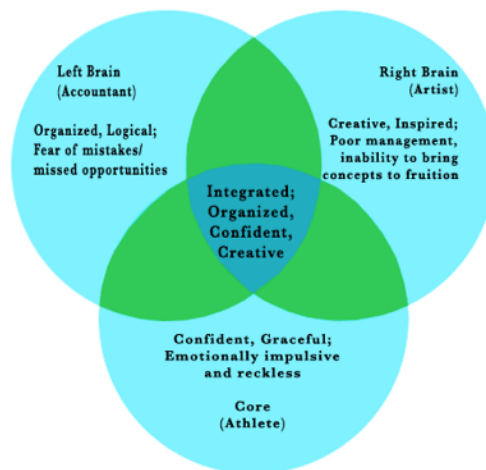
The *Reticular Activating System's* purpose is weeding out all perceptions and deciding which 16 bits of information go to the left hemisphere for your concentration. We program the RAS in the left hemisphere and then it chooses where you are permitted to focus. Seventy percent of all brain cells exist in the RAS, yet it is only about the size of your little finger. The core is our sensing body and receives information (programming input) from a variety of life experiences and not through the RAS. Habit patterns are formed from external verbal injunctions while the left hemisphere supplies repetitive verbal injunctions (internal programming) from the RAS.

None of the "brains" are better. The goal is *to integrate all three and be able to easily access whichever is appropriate for the activity in which we are currently engaged*. In our society most education and thrust tends to be toward the left hemisphere and this seems to produce dominance. When we consider that the left hemisphere contains only 16 bits of energy and focus per second it may not be the most effective place to be dominant. Soma Neuromuscular Integration® in its theory as well as in practical application is designed to reintegrate the three brains so we can function more optimally and with less stress and overwhelm.

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THREE BRAIN MODEL

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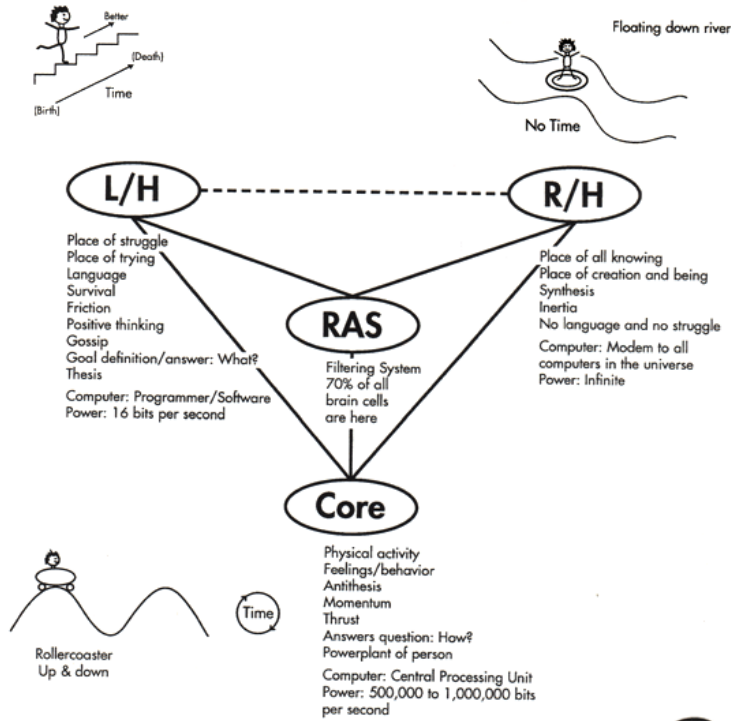
This diagram indicates the need for balance among the three brains. The lack of integration suggests some common (though illustrative) stereotypes: The artist with little confidence (from the body, or core); the athlete with no grounding (from the left brain); or the accountant who lacks the (right brain's) gift of intuition.



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L/H = Left hemisphere
 R/H = Right hemisphere
 RAS = Reticular Activating System

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