

## The United Brain

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We need to look at the brain not as a divided brain but as a united brain and the left brain and right brain complement each other. They are not opposed to each other, they are not opposite to each other. In the same way as in our body we have the left hand and right hand. Left hand and right hand are not divided, they are not separate, they are two arms of one body. When you bring those two arms together, left and right, then they complement each other and they can hold the pot or make a pot or they can decorate a pot, they can build a house or they can do everything. But you cannot do that with just one hand, you need both hands. In the same way you need both hemispheres to do anything.

Wholeness from the Indian perspective is the combination of the two. In our body, we have the left eye and the right eye, in our nose we have the left breathing channel and the right breathing channel, when we are listening, we have the left ear and the right ear. They are all part of the same one, united brain, united body, united mind. It's always that two are present and united. They are not divided. They have slightly different functions, but those functions need the whole.

In the same way in Indian mythology, you always have the masculine and the feminine as two aspects of one single unit. If you take all Indian mythological gods, for example, there can be no Krishna without Radha, there can be no Rama without Sita, there can be no Shiva without Shakti or Parvati, there can be no male without female. Actually in Indian mythology we say that the feminine principle or the right hemisphere is the master and should be the first. Whenever in India we say the two names, we do not say the male name first, the female name comes first. In Indian mythology at least, the right hemisphere is the master and still rules! The emissary has not taken over in mythology!

In the west, first we divide and then what we also do is we put one above the other. So we put the society first – male/female, male better, female less important. Then we say right hemisphere brain and left hemisphere brain, left hemisphere better, right hemisphere lower. Educated- uneducated –uneducated peasants are lower than educated Oxford, Cambridge big universities being higher. So first of all we divide and then we put one above the other. We divide like Rene Descartes – we divide mind and matter and we put mind superior to matter whereas matter has the mind!

One thing that Iain McGilchrist says is very beautiful and I feel almost the key to everything. He says that reality is not a thing in itself. He says, reality is a relationship among things. So you are not real, I am not real, but the relationship between us is real. My body is an amalgam of relationships and that is *the* very important key. The same thing was said by Gregory Bateson. When he came here to Dartington he said 'we don't have five fingers, we have four relationships'. So Iain and Gregory are saying the same thing – reality is not the thing, the reality is the relationship between things.

The reality is made of relationships. And when there is relationship – there is no ego – because ego means that is the end of relationship. Superiority, I am better than you, I am your boss, I am this I am that I, I, I – I think therefore I am .. I, I, I – that's the ego. When I'm related there is no I. There is no left brain and right brain – but that which comes out from the whole united brain! We need to find that key again – it will open all the doors and resolve all the crises we see in the world today.

*When only nine years old, **Satish Kumar** renounced the world and joined the wandering brotherhood of Jain monks. At the age of eighteen, he left the monastic order and became a campaigner, working to turn Gandhi's vision of renewed India and a peaceful world into reality. Fired by the example of Bertrand Russell, he undertook an 8,000 mile peace pilgrimage, walking from India to America without any money delivering packets of 'peace tea' to the leaders of the four nuclear powers. Since 1973, he has been the Editor of Resurgence magazine.*

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