

## Notes from Group Meditation- Sept 11, 2024



### Consider embracing Intuition Age

In Penney Peirce's book, "Leap of Perception" she takes us on an exploration of how the world is shifting from The Information Age to the Intuition Age. It's obvious that our world is in a time of change. To some of us, the world has changed... and we poor humans are trying to catch up. Most might agree that the old world is not sustainable, not fair, not always just or kind or compassionate. For long term survival of all beings, a world powered by or honoring love and compassion over greed and fear is the next evolution for humans.

In that spirit, our left brains (factual, physical, show me proof) have gotten plenty of use. However, for some, our poor right brains have been in a time of drought? In Peirce's book, I was struck by her reference to left brain and right brain behavior as part of the work we must do to build a more intuitive, loving world. For those who can't keep left brain strengths straight from right brain, here's the basics.

Characteristics of the left brain include those related to:

Language	Logic
Critical thinking	Numbers
Reasoning	

"Left-brained" people described as logical, analytical, and orderly. They often with linear thinking, math, and verbal information.

The right side of the brain is best at expressive and creative tasks. A right-brained thinker is good at:

Recognizing faces	Expressing emotions
Creating music	Reading emotions
Appreciating color	Using imagination
Being intuitive	Being creative

Of course, both sides of the brain operate together, sharing information through the bridge between 2 halves, the amygdala which is generally larger in women than men. So in a sense, if we are moving from the information age to an age of intuition, we're moving from left brain to right brain strengths. It occurs to me that often a beginning meditator might struggle with focus and staying in the moment which keeps them

firmly in their left brain. I give you direction and you try to adhere to that (follow the roles.) If you do it "right," then the reward is peace or calm ( linear progression.)

Truth is (to me) that meditation is very non-linear, not rule driven. Our brains might be stimulated to calm, and free themselves from habitual thinking if we focus on stimulating the right brain or by making right brain choices.

Peirce shared in her book a list of choices one might makes, based on our old way of left brain perceving (Information Age) based in fear compared to newer choices, right brain powers (Intuitive Age) which are more based in love. I'll share a part of her list.

**Fear based**

reactive  
protective  
willful  
worried, doubtful  
in denial, judgemental  
stressed, depressed

**Love based**

responsive  
explorative  
willing  
lucky, optimistic  
receptive, open-minded  
excited, peaceful.

As we practice meditation, consider whether the disturbing thoughts that arise are fear based or love based? Are you expecting bad experiences or good? Are you feeling separate or connected? Are you seeing yourself as incomplete or perfectly whole?

Our world is not designed right now to support the right brain, loving, peaceful expectations of transformation. The media wouldn't make much money if they announced every night, "Nothing to worry about." However, you can make those choices. You can pay attention to your thoughts and make more loved based choices. Why would you only project unhappy endings rather than imagining all will be well?

So take a deep breath with me. Imagine waking up to a better world tomorrow. What changes would you see? Then think of ways that you can make some of those changes in your own thoughts and actions. Our world is created by energy. Go make some positive energy for yourself and all the rest of us too.

In our practice, we used gentle music, visual stimulation (colored lights) in hopes of shifting to right brain more easily.

There are more online resources at <http://www.SuniMoon.net/resources>