

Left and Right brain from the inside out with Jill Bolte

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One morning, a blood vessel in Jill Bolte Taylor's brain exploded. As a brain scientist, she realized **she had a ringside seat to her own stroke**. She watched as her brain functions shut down one by one: motion, speech, memory, self-awareness ...

"How many brain scientists have been able to study the brain from the inside out? I've gotten as much out of this experience of losing my left mind as I have in my entire academic career." *Jill Bolte Taylor*

Then she realized how large and connected our right side spirit is compared to the separation of the left side ego. And that we all have a choice in every moment which side of our brains to focus on. Which side are you focusing on? Which is more useful in this moment?