

*Mental response versus the Physical/Emotional*

*(or "What's real and what isn't - maybe.")*

Well, this is interesting stuff, sort of. To my left brain dominant mind, which seeks rational, analytical and logical reason, it seems a lot of "fluff". How can one talk of "feelings" and such when there is no real logical and quantifiable basis for them. They are merely reactions to a stimulus, not one of which would be the same as anyone else's reaction - in other words random and individual. There is no real rationality to these reactions, hence the term "to rationalize", which means to take an unexplainable event and to make it explainable - a difficult task at best, often the vocation of a charlatan.

There is no way of knowing what another person's reaction to anything will be. One could make successive approximations and be close to an expected outcome, but certainty is impossible. Running your life this way is like being randomly zapped with pain and pleasure all the while gambling that you will get pleasure and not pain. Past experience of what hurts and what doesn't will give an indication of the preferred route, but not with certainty. This continuous uncertainty can potentially lead some to "frozen in place" caution and ultimately withdrawal and in some cases individual destruction. But if you decide that the only response you need feel responsible for is your own, that it is only your reaction to an event that matters, then you can choose to seek more pleasure than pain. It becomes a purely utilitarian exercise - seek pleasure, avoid pain.

The right brain hemisphere is your emotional, intuitive and sensitive mind. Here lives the "heart" as love, joy and wonder. These are strong and often irrational sensations. In a left dominant mind hanging about here drives one crazy. It seems whimsical, without direction or intent. Here also lies fear of being hurt, of being wrong and of doing wrong as well - in other words the feelings of conscience and guilt. All of these things are dangerous as the reaction to each, or all, can determine one's path in their life. However, distancing oneself from these things is also dangerous as it ignores what one feels about certain events or thoughts, in effect a sociopath. The exhilaration of an emotional response is unparalleled in our experience. It can overwhelm the darkest of moods and dispositions with joy and happiness, even if only momentary. It can also send one crashing down to the abyss of our darkest thoughts never to reappear.

It is in the emotional that we truly are affected by our experiences and our deeds can truly effect others. Love is the strongest emotion and it is in this that we can soar to great heights or be plunged to unfathomable depths. It is amazing that the greatest degree of experience can come from something so ethereal, so irrational that it can change our view of life and alter how we choose to view experience from that moment on. A melding of the rational/physical and the irrational/metaphysical is where the "profound thoughts" live. Here is where the great composers, painters and scientists derive their inspiration.