

# CONNECTING

*When the brain is whole, the unified consciousness of the left and right hemispheres adds up to more than the individual properties of the separate hemispheres.*

Maynard James Keenan

A paper prepared by Robert Harris, Doctor of Chiropractic.  
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Your brain controls your body. The brain (*central nervous system*) is divided into two equal hemispheres that, to a degree, act almost independently of each other, as do the *visceral* (organ) and *peripheral* (arms and legs) nerves to the right and left sides of your body. The nerves from each side of the brain cross over at the *decussation of the pyramids* in the *medulla oblongata*, which is situated in the *brain stem*. This means the right side of your body is controlled by the left side of your brain, and the left side of your body by your right brain.

Obviously, if there were no sharing of information between the two hemispheres of the brain there would be no coordination of physical activity. This is accomplished in large part by the *corpus callosum*, a ‘C’ shaped structure beneath the *cerebral cortex* in the center of the brain that connects both hemispheres, but it does get some help from the spinal cord.

The spinal cord is a complex structure that is divided into two *columns*, right and left. Each of these columns is further divided into two *horns*, the *ventral* (frontal) horn that carries impulses from the brain to the body (*efferent*), and the *dorsal* (posterior) horn that carries sympathetic impulses from the body to the brain (*afferent*). There is a connection between the ventral and dorsal horns within each column called the *internuncial neuron pool* which, like the corpus callosum, contributes to coordinating right and left communication.

For those readers who do not have a background in neurology, what I have just written may be a bit confusing. Don’t worry, this is by way of explanation only, and is not a prerequisite to undertaking this very simple procedure.

## THE THEORY BEHIND CONNECTING

Our bodies, like almost everything else, do not always function to their full potential. With this in mind I began to investigate how neural communication could be enhanced. I discovered and proved to my satisfaction that right and left communication can be enhanced by forming two additional circuits involving the feet and the hands.

## METHODOLOGY

While I recommend you incorporate your *Connecting* exercise with *Grounding* and *The Big Gulp*, you can perform *Connecting* on its own – at the office, at home, or any other suitable place. It takes just three minutes.

Commence by doing this for five (5) consecutive days. This initial five-day period will awaken your body and your brain to what is happening, and to commence enhancing communication between both sides of your body, and your brain. Following the initial five-day introductory period you may now perform your *Connecting* exercise just three times each week, say Monday, Wednesday and Friday, which will be sufficient to maintain maximum results. More often will not cause a problem.

Remove your shoes and socks, sit on the floor, on your bed, or in a comfortable chair without armrests. Draw your knees up as far as they will comfortably go and lay them out flat to the sides. Gently press the soles of your bare feet together.

Spread your finger so they are not touching. Bend them slightly and lightly press the tips of

your thumbs and corresponding fingers together while keeping your arms away from your body.

If you don't alert your brain to what you are doing, you will just be wasting your time, therefore, the effectiveness of this exercise will have much to do with how much you concentrate on the task.

Close your eyes and project your mind to the connections between your hands and your feet, and 'will' the transfer of energy which carries the vital information from one side of the body to the other. Not only will this initiate energy flow through the hands and feet, it will also stimulate corpus collosum and internuncial neuronal pool connectivity. Both hemispheres of your brain will now gain improved knowledge of what is happening on the other side of the divide, which will enhance whole body performance.

Before commencing your *Connecting* exercise, please read my free download paper available on this website, entitled *Be Careful What You Think – Your Cells Are Listening*. This very important understanding of *Epigenetics*, the study of how the cells in your body communicate with each other and with your brain, over which you have surprising control, will significantly influence the effectiveness of your *Connecting* experience, together with the additional benefits positive thinking will bring to your day-to-day life.

Enjoy!

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