

to act through the release of cortisol. Cortisol is meant to be a quick fix to help our bodies fight or flee; it is not meant to be triggered for periods of prolonged stress. Excess cortisol kills brain cells, damages the hippocampus in the brain, reduces the capacity to store information and may be responsible for many degenerative diseases. Holding onto judgment, bitterness, control, fear and anger inhibits change and learning, and causes real damage to the body and brain. The Power of Love helps us train our minds to see the best instead. It is essential we do this to improve our physical health and the health of our relationships, and to help children wire their brains in healthy ways.

Accurately assessing the intentions of others is impossible; we make up their motivations based on our amygdala's set points and the filters on our CD-Rom. When we make up negative motives, we are guarded and operate out of the lower centers of the brain. When we make up positive motives, we are calm and can access the prefrontal lobes, executive skills and transformative Power of Love. Our internal CD-Roms may predispose us to making it up positively or negatively, but ultimately we are responsible for the choice to act on that impulse or override it. Wishing well, mentioned in Chapter 4 as part of the active calming process, is also a way to call on the Power of Love at any time. We have a choice in every moment to close our hearts through judgment or open our hearts and wish well. As our hearts open and close, so do the higher centers of the brain.

Integrating the Left and Right Hemispheres

The brain is divided into two hemispheres, the left and the right. Each hemisphere processes different types of information in very different ways. The Power of Love and the Skill of Positive Intent help integrate the left and right prefrontal lobes so we can achieve long-term goals. Before we learn how and why this integration is important, we must first understand how the hemispheres of the brain process information.

Right and Left Prefrontal Cortex

