



The goal is to help children (and ourselves) integrate the left and right hemispheres to establish and maintain healthy relationships and optimal learning states. If we lean too far to the right, we will be flooded with big emotions and lose control often. If we lean too far to the left, we will be rigid in our need to control everyone and everything, unwilling to cooperate or negotiate. Integration is the key!

The collective discipline practices, school curriculum and culture of the western world values left-hemisphere brain processing. This unbalanced brain integration impedes the wellbeing and educational success of our children. Success requires we: