

In this information from The Council they talk about an experiment that we can use to increase our control of the brain.

1078 C: In order to learn to control the right side of the brain as a  
1079 healer or as one who is being healed, if one were to attempt it on  
1080 their own in order to help you sense the activities of the right side  
1081 of the brain, you may try this experiment. Sit very quietly and close  
1082 your eyes, and try to vision something very simple. You may choose  
1083 something like a number, 1, 2, or whatever. Keep it to a single  
1084 digit. Or you may choose the initial of your name. Close your  
1085 eyes and envision this letter or numeral, whichever you choose.  
1086 Take note how you are seeing it. Now, this will take a little effort  
1087 on your part. You must construct this vision. Then, with your  
1088 left hand, as you are envisioning this numeral or letter, with your  
1089 left hand place it on your left temple. Place your left hand on your  
1090 left temple, and then visually move this letter or number to the  
1091 left side of your viewing screen or however you are seeing this.  
1092 Concentrate on that. Hold that image clear and as sharp as you  
1093 can. Then take your left hand away from your left temple, place  
1094 your right hand on your right temple and move that figure, that  
1095 letter, or that number, to the right side of your screen of vision.  
1096 Do this a number of times until you can very readily move the  
1097 figure back and forth. Now, the desired objective is to actually  
1098 see this letter or number on one side or the other side of your  
1099 line of vision. Now, this is with your eyes closed. You should be  
1100 able to see this figure, this letter or number, on the left side of  
1101 your inner viewing screen and on the right side and you should be  
1102 able to see it move from side to side as you will it. Practice  
1103 this so that you can do it without touching the temple or the head.  
1104 Now, we simply say, place the left hand on the left side of the  
1105 head simply to give you a means of motivation, not that it will  
1106 draw this figure over there, but it helps you to concentrate and  
1107 utilize the activity of the brain or the function of the brain. In  
1108 other words, it is simply a support system in helping you switching  
1109 from the right to the left side of the brain. As we said, be able  
1110 to do this with some ease. Then make the effort to be able to do  
1111 it without touching either side of the head. In the process of  
1112 this moving back and forth, you should also attempt other  
1113 activities. Make the letter grow bigger or smaller. Move it  
1114 closer to you or further away. If you are attuned to what you are  
1115 doing, you will feel a very definite change. It will be hard to  
1116 describe, but you will notice something different when you move  
1117 this figure over to the right side of your viewing screen. In this  
1118 process then what you are achieving is utilizing the ability to  
1119 function or activate one side of the brain over the other.