



RITUAL.

The human brain is made up of two halves. These halves are commonly called the right brain and left brain, but should more correctly be termed 'hemispheres'. For some reason, our right and left hemispheres control the 'opposite' side of our bodies, so the right hemisphere controls our left side and processes what we see in our left eye while the left hemisphere controls the right side and processes what our right eye sees.

The concept of right brain and left brain thinking developed from the research in the late 1960s of an American psychobiologist Roger W. Sperry. He discovered that the human brain has two very different ways of thinking. One (the right brain) is visual and processes information in an intuitive and simultaneous way, looking first at the whole picture then the details. The other (the left brain) is verbal and processes information in an analytical and sequential way, looking first at the pieces then putting them together to get the whole. Sperry was awarded a Nobel Prize in 1981.

In Yogic philosophy, these halves are governed by 2 main energy channels, (Nadi's) Ida and Pingala.

The Ida Nadi:

Originates in the left side of the base of the spine and traverses upward in a spiral way reaches the roof of the left nostril

Stimulates the right side of the brain

Feminine in energy (moon), cooling

Recommended for Creativity, intuition, healing, inner force and preparing for sleep

Pingala Nadi

Originates in the right side of the base of the spine and traverses upward in a spiral way reaches the roof of the right nostril

Stimulates the left side of the brain

The carrier of the solar, male energy

RITUAL.

The carrier of the solar, male energy.
Adding vitality, physical strength and efficiency

Heating (sun) energy.
Activate this Nadi for physical activities, debates, actions, analytical thought.

When the Pingala is overstimulated, we are lost in a spiral of thoughts and actions and we can't relax or be creative.

The antidote is to stimulate the Ida Nadi by being creative and present.
By pausing.

A great ritual is creating art!

Like for example.. a painting!
Yes, painting!

We invite you to get some colours and just start painting.
No structure, no straight lines, just let your hands get dirty and empty your mind.

Have fun!