CREATING | PSYCHOLOGY | THINKING | VISION

"The right brain can FEEL perfect round"

Ever wonder what your intuitive mind could do for you – if only you were able to stop the interference from your analytical mind?

by **Kurt Wright**

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That's what Dr. Philip Alexander told me as he rolled a magnificent, hand-crafted "marble" across his desk and into my lap in April of 1982. Dr. Alexander is a doctor on internal medicine in Bryan, Texas, and is one of many people around the world who regularly gains direct access to his brain's powerful right hemisphere by consciously shutting off its left.

The above incident occurred some 15 months after Dr. Alexander read the book, "*Drawing on the Right Side of the Brain*," by Betty Edwards – and discovered the awesome power of making this simple shift in consciousness. Once he's "in the right brain" as he describes it, he can take an ordinary chunk of mineral, or "rock," hold it against a lapidary stone and continue to grind away at it until his left hand (which is connected to his right brain) can "feel" that it is gradually becoming perfectly, spherically round.

The spheres shown above are beautiful examples of the right brain's tremendous power when allowed to function without interference from the left. Each of the 57 spheres is about as close as you can get to optically perfect. Each was carefully shaped by Dr. Alexander while operating "in the right brain" and working free-hand with his lapidary stone. If you were to start any one of them rolling very slowly across a clean, glass-top table, it will continue to roll in a perfectly straight line until it reaches the edge of the table.

Every one of us is fully capable of duplicating Dr. Alexander's ability to "feel perfect round" by learning to shut off our analytical mind.

But doesn't that make you wonder what else your intuitive mind could do for you – if only you were able to stop the interference from your analytical mind?

What if you knew that your intuitive mind:

- Is at least a thousand times more powerful than your analytical mind?
- Runs far too fast for words and numbers to work as a processing language?
- Relies instead on an extremely high speed processing language that's based on feelings, patterns and pictures, or symbols?
- Relentlessly seeks to find the "perfect round" in everything it does.

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Kurt Wright, author of *Breaking the Rules* says: There's an old saying that we teach what we need to learn. My career has been one of teaching people how to bring out the best in themselves and others. This focus of attention grew out of a decision made in 1970 to spend the rest of my life seeking to understand what each of us is like at our very best. I observed that there were far too many studies of what is wrong with people and too few about what is right with people. *Breaking the Rules* thus summarizes the findings from this 33-year study of what each of us is like when we are at our very best, and how to be that way more often.

During the study it became clear that people who operate at their best most of the time didn't learn to do so by looking outside themselves for answers. For this reason, I resisted the idea of writing a book about my findings. It seemed to me that it would be too easy for a book to reward readers for looking to me for answers. I was unwilling to do that.

Eventually I found a way to write so there is not a sentence of advice in the entire 320 pages of *Breaking the Rules.* In lieu of advice, I have attempted to capture and model throughout the book a unique mentor-coaching process that shows up in the background of every visionary leader I have studied.

I hope you enjoy the book and benefit richly from reading it.