

“In her best-selling Memoir, *My Stroke of Insight*’ (Viking, 2008), Harvard-trained brain researcher, Jill Bolte Taylor, 49, tells of the rare form of stroke she suffered in 1996 that shut down the left hemisphere of her brain (where language, logic and linear thought are based). For months, she was unable to walk, talk, read, write or recall the events of her life. Remarkably this shutdown – **silencing of mental chatter** – left her in a state of bliss. After eight grueling years of rehab, she regained full brain function yet could still access, at will, what she describes as ‘A state of complete peace and well-being.’

“Q. ‘Can a person tap into this bliss without suffering a stroke?’”

A. ‘Absolutely! When you are really paying attention to the richness of the present moment, that’s *right-minded awareness*. The left hemisphere is pre-occupied with past and future, projected fears, contemplating ideas that aren’t relevant to the here and now. Once you realize you have these two different brains, you can learn to choose, moment by moment, how you want to live. Of course, you do need *the push*, as well as *the pause*, to function properly.’”

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