



## REPOWER YOUR LIFE

Awaken Your Other Mind's Eye with Hemispheric Integration™  
“In my mind's eye, I see...”

We've all heard the phrase, “*I have half a mind to ...*” which may be true! If this describes what is happening cognitively for a person, he or she may literally be using only half of the information that is coded in their brain to deal with a particular situation or event. Missing is an integration of thinking; an amalgamation of right and left brain perspectives. **Hemispheric Integration™** opens up new possibilities by teaching us how to access our “*other mind's eye,*” or that half of the brain which “sees” things other than what we may consciously be aware.

Research demonstrates that the brain codes “reality” differently in each of hemisphere of the brain. When we think of events or experience imprints from past traumas, unique cognitive perceptions are being generated by each amygdala, one located in each hemisphere of the brain.<sup>1</sup> Therefore, for every situation two distinct cognitive perceptions are at play. The left hemisphere is responsible for logical, linear thinking, analytical evaluations and historical and familiar information. The right hemisphere is concerned with spatial relationships, the essence of self, personal safety, emotionally charged memories and the assimilation of unfamiliar facts and events.

In many cases, knee-jerk or ineffective reactions suggest only one perspective of the situation is being accessed. In his pioneering work with the structure of visualization, Allen C. Sargent discovered how to harness the information in each side of the brain. In using Hemispheric Integration to align the cognitive styles of both hemispheres and their corresponding perceptual filters, Sargent calls this type of congruence **Cognitive-Emotional Realignment™**.

Structurally, Hemispheric Integration describes how to first discover the components of the image that is held more dominantly in the mind and is initially controlling the way we react to an external stimuli or internal perception. Then, Hemispheric Integration teaches how to access the information being held in the “other mind's eye,” thereby giving a full brain perspective from which to have more choice and internal control.

### **Phobias, PTSD, Anxiety and Addictions**

The “**Sargent's Phobia Release Process**” is a six step process in the field of Hemispheric Integration that resolves inner conflicts and, more important, addresses the underlying issues beneath the surface structure problem. In this process we re-educate both amygdalae in the limbic system in order to release anxieties, phobias and addictions. The efficacy of this method of addressing a phobic response far out-performs desensitization or other techniques that often leave the underlying issue(s) unresolved.

## **DEVELOPMENT OF HEMISPHERIC INTEGRATION™**

Hemispheric Integration has been termed the “fourth generation” of Neuro-Linguistic Programming (NLP). The structural templates of Hemispheric Integration include preceding iterations of NLP and add a scientific understanding of the processing of information in the brain.<sup>2</sup> Hemispheric Integration defines and integrates the relationships between our cognitive, somatic, and emotional selves.

Having a methodology based on how the brain naturally organizes information and creates change equips therapists, counselors, and coaches with the knowledge of how to recognize the ways in which clients keep themselves stuck and how to move them toward enduring and ecological change. Hemispheric Integration utilizes and then goes beyond NLP as a structural model for brief therapy.

When limiting beliefs or thought patterns are in place, consciously or otherwise, new information can “re-frame” these beliefs and patterns. Hemispheric Integration brings to the field of therapy the tools to influence the limbic system’s internal coding of events, creating change for new and permanent results. These distinctions bring ecology to change work, giving clients the freedom and direction to use their own internal resources for healing.

Therapists and coaches can add the tools of Hemispheric Integration to their tool-box of skills and experience to enhance being an effective facilitator in their clients’ journey to health and happiness.

### **What is NLP (Neuro-linguistic Programming)?**

Before going further, we will take a brief detour into the history of NLP.

NLP is defined as “*the study of the structure of subjective experience.*” NLP combines a study of the linguistic and non-verbal ways people communicate and a subtle reading of how people organize experience cognitively. Human behavior is evaluated in terms of the structural patterns inherent in that behavior — neurological and linguistic “programming” created by the systemic interaction of these elements. From the NLP perspective, this programming produces both effective and ineffective behavior, and is responsible for processes behind human excellence and pathology. NLP is a behavioral science that provides:

- An Epistemology: a system of knowledge and values
- A Methodology: processes and procedures for applying knowledge and values
- A Technology: tools to aid in the application of knowledge and values<sup>3</sup>

Typically NLP teaches us how to:

- Foster rapport as an individual core competence
- Align with people’s maps of reality by means of the visual, auditory and kinesthetic modalities and using these to pace and lead to achieve desired results

- Sharpen cognitive capabilities through Meta-Model language pattern detection to unmask characteristic linguistic and perceptual filters: deletions, distortions and generalizations
- Broaden emotional freedom through the application of the Milton Model, the language of influence and the magic of metaphor
- Optimize learning strategies
- Promote the distinctions of awareness through calibration and sensory acuity
- How to “model” excellence by understanding the structural components essential to executing that excellence, then creating a methodology to replicate that excellence

### **Gregory Bateson: *Five Logical Levels of Learning and Communication.***

In the mid 1970’s at the University of Santa Cruz, NLP began with the curiosity of seeking the structure of excellence. What is the difference that makes the difference? Many of the foundations of NLP are based on the modeling of three seminal psychotherapists: Fritz Perls (founder of Gestalt Therapy); Virginia Satir (Family Systems); and Milton H. Erickson (Psychiatrist and Hypnotherapist).<sup>4</sup>

About the same time (1972), Gregory Bateson, an anthropology professor at the University of Santa Cruz, published Steps to Ecology of Mind. According to Bateson, “*Our approach [to learning levels] is based on that part of communications theory which [Bertrand] Russell has called the Theory of Logical Types. The central thesis of this theory is that there is a discontinuity between a class and its members. The class cannot be a member of itself nor can one of the members be the class, since the term used for the class is of a different level of abstraction – a different Logical Type – from terms used for members.*”<sup>5</sup>

Bateson introduced the concept of logical types in his article “A Theory of Play and Fantasy” (1954). His logical levels of learning included five stages, learning level 0 through learning level IV. Bateson maintained that the function of each level is to synthesize, organize and direct the interaction of the level below it.

### **Robert Dilts: *Six Neurological Levels of Learning and Change.***

In 1976, Robert Dilts, a student of Bateson’s, stated that “*Changing something on an upper level would necessarily ‘radiate’ downward, precipitating change on the lower levels. Changing something on a lower level could, but would not necessarily, affect the upper levels*”.<sup>6</sup> Einstein understood that, “*The significant problems we have cannot be solved at the same level of thinking with which we created them.*” Later Dilts described the hierarchy of these levels as Environment, Behavior, Capabilities, Values/Beliefs, and Identity. In the fall of 1987 Dilts formally applied the label of the “*ABC’s of NLP*” to these levels:

What I Am	Identity
What I Believe	Beliefs and Values
What I am Capable of	Capabilities
What I Do	Behavior
My Environment	Environment <sup>7</sup>

Dilts then postulated a sixth “Spiritual Level,” defined as a type of relational field. This field encompasses multiple identities, forming a sense of being a member of a larger system beyond one’s individual identity. In 1988 Dilts coined the term “*Neuro-Logical Levels.*” Dilts described these levels in terms of common questions individuals seek to answer, later depicting these levels as phases or stages in support of learning and change:

Spirituality:	Who or What Else?	Awakening
Identity:	Who?	Sponsoring
Beliefs and Values:	Why?	Mentoring
Capability:	How?	Teaching
Behavior:	What?	Coaching
Environment:	Where? When?	Guiding/Caretaking <sup>8</sup>

**Allen C. Sargent: *Twelve Hemispheric Levels of Awareness, Experience and Influence.***

In 1997, while researching the structure of visualizing as his wellness project for The Institute for the Advanced Studies of Health [IASH],<sup>9</sup> Al Sargent discovered that we actually have two mind’s eyes. His book, *The Other Mind’s Eye: The Gateway To The Hidden Treasures Of Your Mind*, published in 1999, identifies the inaugurating and developing work of Hemispheric Integration. Robert Dilts, in the forward to this book, states, “*Sargent’s discoveries represent some of the most intriguing and significant developments in NLP in the past decade. These discoveries demonstrate both creativity and the attention to detail, which are the hallmarks of all important innovations.*”<sup>10</sup>

Sargent has developed a unique cognitive-relational field for healing and personal evolution known as Hemispheric Integration™. He then formulated a structural template which describes the harmony of having balance between both hemispheres of the brain at all twelve hemispheric levels of awareness, influence and experience. (See the Hemispheric Integration Diagnostic Template below.) Sargent advanced and coined the terms, “Hemispheric Levels,” “Hemispheric Therapy,” “Hemispheric Integration Therapy,” and “Hemispheric Integration with NLP +.”

When we learn to select, from the myriad information supplied by each side of the brain, we can live more effectively and efficiently and incorporate resources critical to the accomplishment of desired outcomes. Application of the tools of Hemispheric Integration helps us discover how to:

- Clear the clutter from your mind and live in the harmony of balance
- Choose resources to support desired outcomes
- Understand the natural cognitive roles of each hemisphere
- Modify and re-orient the way we think
- Release being a victim of past traumas
- Resolve inner conflicts
- Free the flow of useful information
- Optimize the natural flow of energy
- Enjoy the journey of life
- RePower your life by integrating the true essence of self

# HEMISPHERIC INTEGRATION™

## Levels of Awareness, Experience, and Influence

LEFT HEMISPHERE (External) I.Q.

RIGHT HEMISPHERE (Internal) E.Q.



## WHAT HEMISPHERIC INTEGRATION™ DOES

Briefly, Hemispheric Integration guides therapists and coaches to help clients through using unique, brief, solution-oriented processes that awaken the brain, removes the confusion of double-mindedness, and brings healing through internal congruence. Lasting change happens through understanding the structure of being so that it is congruent at all twelve hemispheric levels.

As cognitive representations of the world are sifted through individual modalities and the finer distinctions of the sub-modalities, Hemispheric Integration gives us the tools to distinguish past from present, memory from actuality, “subjective” from “objective” reality. In the balance hangs choice and possibility.<sup>11</sup>

As a balanced, holistic model Hemispheric Integration considers the complete person - body, mind, and spirit. As Plato stated, “...*The cure of the part should not be attempted without treatment of the whole. No attempt should be made to cure the body without the soul, and if the head and body are to be healthy, you must begin by curing the mind.*”

In his “Hierarchy of Needs” ([A Theory of Human Motivation](#), 1943), Maslow maintained that a person progresses from Survival to Security to Affection to Self-Esteem to Self-Actualization and finally Transcendence. Individuals must, therefore, satisfy their external needs before their internal needs may be fully satisfied. We would call this an “*outside-in*” approach to healing and transformation.

In contrast, the field of Hemispheric Integration is an “*inside-out*” process that begins at the “Identity” level. (Please refer to the hemispheric chart cited above for further clarification.) At the level of identity, we establish who we are, what are our limits, and what is the deeper essence of self that only we can experience. Identity is the underlying foundation for all other levels of change and, essentially, identity encompasses all other levels. Once the core identity is established, all beliefs and values, relationship, behavior, and passion or purpose flow from that essence of self.

Whatever your theoretical orientation, the Hemispheric Integration Structural Template provides a basic understanding of how to identify at what level a challenge begins and what levels will provide the change or evolution of personal growth. These tools and techniques offer precise pathways for updating a client’s historical “database,” enabling complete access to his or her full potential and teaching the client to be congruent in healing from the inside-out. Together, they provide a valuable adjunct in psychotherapy.

Hemispheric Integration is being used successfully in brief therapy to:

- Release Anxiety Disorders, Social and Environmental Phobias
- Heal Traumas and PTSD
- Relieve Depression
- Change habits like overeating, smoking, procrastinating and other addictive or compulsive behaviors

- Resolve limiting beliefs and overcome fears
- Stop reacting to people who “push your buttons” and be at choice
- Move through Grief with Grace and Dignity Grief the Way Nature Intended
- Resolve conflicts, negotiate effectively thereby creating win-win results
- Differentiate between “Right Brain” and “Left Brain” cognitive thinking styles and easily adapting the way you communicate for increased comprehension and better rapport
- Design Healthy Relationships
- Visualize effectively for more immediate results
- Develop strategies for precise memory and information processing
- Discover the secret of turning your dreams into reality
- Create and solidify a true sense of identity for success, wellness, and happiness

## **TWO EXAMPLES OF APPLICATIONS FOR HEMISPHERIC INTEGRATION**

### **Unhooking from People Who Push Your Buttons**

Do your clients have people or situations in their lives that “push their buttons,” evoking strong emotional reactions? They might be facing a boss, co-worker, neighbor, family member or dealing with a critical workplace meeting, a decisive sales call, a casual conversation gone awry, or an intimate moment unexpectedly skidding toward a spat. What if you had a powerful tool that could transform your clients’ initial behavior from habitual reaction to measured response?

Hemispheric Integration has just such a tool. The “Unhooking” process teaches a step-by-step way to elicit information from both hemispheres, hold this information co-consciously, thereby giving a more complete understanding of a situation or interaction. Learning how to gather the full information about particular events, people, or situations, enables the coach or therapists to guide individuals to make better choices in the real world. When clients remain centered, they can more easily manage their behavior and circumstances, promoting a general sense of well-being. The “Unhooking from People Who Push Your Buttons” process, is designed to give people choice about their initial response to a person, place or event.

### **Relationships**

In relationships, one person may more dominantly lead with a left-brain focus for processing interactions and the other may lead with the processing filters of the right-brain. Communication between these two people can be frustrating, simply because of their unique cognitive maps. Guiding each to see the other person’s perspective and teaching them to intentionally use both hemispheres of the brain, provides new information and creates understanding and compassion in the relationship.

Often in relationships, arguments begin and escalate into stressful events because the communication digresses to an attack on the identity of the other. When both parties in the relationship agree upon the intended outcome or goal of an event, both can contribute to resolution. Working with issues at each of the twelve hemispheric levels and understanding the

function of each brain hemisphere leads to congruent interactions. Once congruence is found at a higher level, then the lower levels issues can more easily be resolved.

### Summary Remarks

*“Between stimulus and response, there is a space. In that space lies our freedom and power to choose our response. In our response lies our growth and freedom.”* — Victor Frankl, Man's Search for Meaning. Hemispheric Integration transforms that space through the cognitive-emotional realignment of our subconscious and conscious perspectives. We have heard the phrase “double-minded”, which means an undecided or confused mind. Confusion originates from the incongruence between the left and right brain and not having a clear point of focus or goal.

Wrote Cicero, *“Rightly defined philosophy is simply the love of wisdom.”* How can we increase the client’s wisdom? As Sargent has discovered: *“Wisdom is the congruent integration of multiple levels of awareness: enlightening the pathways of truth and knowledge within the thought processes of the logical, linear self and enlightening the pathways of compassion and understanding within our relational, authentic essence of self.”*

Imagine being able to understand and access your brain the way it was designed to be used, enabling you to update your database of knowledge and make use of all cognitive processes intentionally! Learning to have conscious control of which hemisphere to use for a given task broadens the range of choices and responses available to us. Power is defined as the ability to act. Hemispheric Integration expands our ability to act on our own behalf, developing personal power. By distinguishing the nuances of behavior influenced by the brain’s processing system, by employing the languages of precise information-gathering, we can productively influence the world around us, moving from challenge toward desired results. The field of Hemispheric Integration provides a revolutionary structural template to RePower Your True Self.

Over the centuries philosophers and artists have hinted at what we know to be true. Concerning our actions Cicero said, *“All action is of the mind, and the mirror of the mind is the face, its index the eyes.”* And Charles Dickens described the function of each eye this way, *“With affection beaming out of one eye, and calculation shining out of the other.”* Today, more than ever, it is important to have the skills to live proactively, responding to challenges, problems and people in the most resourceful manner possible. Without the proper tools our well-being and success are at the mercy of shifting surroundings, the people we come in contact with, even our past experiences, limiting beliefs and patterns of behavior.

Every part of our lives is affected by relationships. The power to respond effectively and efficiently is the key to success. A strong foundation of personal resources and communication skills equips us to take on life’s challenges and create the lives we truly desire. Only when we know what we want and have the means to remove obstacles — internal and external — can we experience our ideal life and influence the lives of others.

Hemispheric Integration™ gives us a profound understanding of human communication and behavior, enabling us to apply this knowledge to all aspects of life.

Kevin L. Humphrey, M.A.

Allen C. Sargent

Marilyn Sargent

## RESOURCES DEMONSTRATING HEMISPHERIC INTEGRATION PRINCIPLES

### Books:

The Other Mind's Eye: The Gateway to the Hidden Treasures of Your Mind (1999) by Allen C. Sargent

Moving through Grief with Grace and Dignity the Way Nature Intended (2008) by Allen C. Sargent

Core Transformation: Reaching the Wellspring Within (1994) by Connirae Andreas with Tamara Andreas

### DVDs:

RePower Your Life!: Hemispheric Integration with NLP+ Training and Certification Course: Level 1 (15 DVDs + 198 page Manual)

The Other Mind's Eye: Level 1 (4 DVDs)

The Other Mind's Eye: Level 2 (4 DVDs)

Bridging the GAP – The Well-Formed Outcome: Generative Action Plan (1 DVD)

Unhooking from People Who Push your Buttons! (1 DVD)

Creating Healthy Relationships (5 DVDs)

Presentation Skills (4 DVDs)

Power of Perspective: Aligning Perceptual Positions (2 DVDs)

Leadership Dynamics for Coaches and Business Managers (2 DVDs)

Interactive Demonstrations of Hemispheric Integration:

Performance Anxiety and Organizing Clutter (2 DVDs)

Sargent's Phobia Release Process: Anchors Away with Food Compulsions (1 DVD)

Sargent's Phobia Release Process: Fear of Birds (1 DVD)

### Training Resources:

Hemispheric Integration Chart refrigerator magnets (4" x 6") with second magnet:

“Where is the challenge?” / “Where is the solution?”

Wall Chart Package (11 different 8 ½" x 11" charts with instructions)

### Trainings:

The Other Mind's Eye: Level I

The Other Mind's Eye: Level II

Core Transformation®

The Power of Perspective - Aligning Perceptual Positions

Moving through Grief with Grace and Dignity

Bridging the GAP – The Well-Formed Outcome: Generative Action Plan

Creating Healthy Relationships

Presentation Skills: Leadership Dynamics for Coaches and Business Managers

Releasing Weight and Regaining Balance

Hemispheric Integration with NLP+ Practitioner Training / Certification Course: Level I

Hemispheric Integration with NLP+ Master Training / Certification Course: Level II

**Note: The above trainings qualify for CEU's for MFT's and LCSW's**

## PRESENTER INFORMATION

### **Allen C. Sargent**

Author - The Other Mind's Eye: The Gateway to the Hidden Treasures of Your Mind (1999)

Author – Moving Through Grief with Grace & Dignity The Way Nature Intended (Date TBA)

Director of Research and Development, Success Design International

Creator of Hemispheric Integration 1997

Co-creator of over 15 Brief Solution-Oriented Processes

International Trainer in Hemispheric Integration and NLP+

Neuro-Linguistic Programming Master Practitioner Certification (1991)

### **Marilyn Sargent**

Bachelor of Arts in Psychology, Antioch University (1992)

Director of Training and Education, Success Design International

First Licensed Trainer of Core Transformation®

Co-creator of over 15 Brief Solution-Oriented Processes

Learning About Learning

Parenting on Purpose

International Trainer in Hemispheric Integration and NLP+

Master Practitioner Certification in Neuro-Linguistic Programming (1987)

### **Kevin L. Humphrey**

B.S. Electrical Engineering, BYU (1976)

M.B.A., BYU (1978)

M.A. Clinical Psychology Marriage and Family, Azusa Pacific University (2000)

Author of “Forgive and Remember, *Five Steps for Creating P.E. A.C.E. within the Heart*”

Author of “Zion Relationships: *True Unity Reveals the Christ within Us*”

Hemispheric Integration with NLP + Master Practitioner Certification (2004)

Trainer & Coach, Success Design International.

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**Success Design International**

A Training, Coaching and Distance Learning Company

11850 Wilshire Blvd. Suite 201

Brentwood, California 90025

(877) SDI – MIND (877) 734-6463

Ph: (949) 713-4936 Fax: (949) 713-4937

[www.nlpla.com](http://www.nlpla.com)

Email: [mail@nlpla.com](mailto:mail@nlpla.com)

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<sup>1</sup> The anatomical explanation of the exact functioning of specific areas of the brain are available in more detailed scientific textbooks and papers. For our purposes, we are using the basic designation of right and left hemispheres as a general reference for the accumulated functioning happening in each lobe. Readers interested in a more in-depth study are encouraged to reference the latest research on brain functioning.

<sup>2</sup> Robert Dilts postulates first generation NLP as “cognitive mind,” second generation as “somatic mind,” and third generation NLP as “field mind” (energetic or relational). Dilts, Robert (2006), *Generative Body – Generative World*, NLP IASH World Health Community Conference, San Francisco, CA.

<sup>3</sup> Dilts, Robert (2000), *NLP Dictionary*, Santa Cruz, CA, NLP University Press, www.nlpu.com.

<sup>4</sup> Bandler, Richard; Grinder, John, (1975), *The Structure of Magic*, vol.I. Santa Cruz, CA, Science and Behavior Books. Bandler, Richard; Grinder, John, (1976), *The Structure of Magic*, vol. II. Santa Cruz, CA, Science and Behavior Books. Bandler, Richard; De Lozier, Judith; Grinder, John, (1975), *Patterns of the Hypnotic Techniques of Milton H. Erickson*, vol. I, Santa Cruz, CA, Science and Behavior Books. Bandler, Richard; De Lozier, Judith; Grinder, John *Changing With Families*, Santa Cruz, CA, Science and Behavior Books.

<sup>5</sup> Bateson, Gregory (1972), *Steps to Ecology*, San Francisco, CA, Chandler Publishing Co.

<sup>6</sup> Dilts, Robert, (2005), *Logical Level History*, 5<sup>th</sup> Evolution of Psychotherapy Conference, Anaheim, CA, Milton Erickson Foundation.

<sup>7</sup> Ibid.

<sup>8</sup> Ibid.

<sup>9</sup> Sargent, Allen C. (1997), *Internal Dominant Eye Accessing*, Anchor Point Magazine, Salt Lake City, UT, Anchor Point Institute.

<sup>10</sup> Sargent, Allen C. (1999), *Other Mind's Eye: The Gateway To The Hidden Treasures Of Your Mind*, Malibu, CA, Success Design Publishing, www.nlpla.com.

<sup>11</sup> Hemispheric Integration allows for the diffusion of what Kurt Goldstein called “abnormal post-effects” or imprints: “Every activity of the organism leaves a repercussion (post-effect) that modifies subsequent reactions, their progress, and their intensity. ... When the development is normal, it consists in an uninterrupted formation of new structures, making the old forms inoperative because they are of a different architectonic type. But, if the conditions of maturation are bad, abnormal post-effects disorganize behavior and hamper the subsequent development of the child and even of the life of the adult.” Goldstein, Kurt, (1939) *The Organism: A Holistic Approach to Biology Derived From Pathological Data in Man* New York: American Book Co. The blindness of emotional states alluded to in the epigram which heralds this paper looks to be half a blindness, a natural byproduct, “traumatically” induced, of how the two hemispheres of the brain code information. Partial or not the “blindness” is, nonetheless, operative, both in its significance and in actively coloring subsequent events that fall under its purview. Leading, as William James put it, to an insensibility to all facts that contradict it. With the two distinct images of a troubling event clearly in hand, the “existential climate” within which the event lives, and the behavior or pattern of behavior encouraged by that climate, is brought into ecological equipoise. Whole sight is restored. And with it a natural equilibrium. Opposing forces or factors balance each other out and stability is attained.