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Meditation – Path to Integrating Digital and Analog Worlds

By Jackson Ito

Question No. 9C of Youth Leaders Seminar asked me to comment upon my view about *Meditation*. In addition Question 12 refers to... *“meditation is the best way to connect “digital” and “analog” worlds”*.

It is a known scientific fact that the right and left hemispheres of the human brain are very different in their functions. The **RIGHT BRAIN**, which receives its input from the **LEFT EYE** is very effective for processing **DIGITAL** information such as language/speech and mathematics /calculations; while the **LEFT BRAIN**, which receives its input from the **RIGHT EYE** is very effective for processing **ANALOG** information, such as pictures, face recognition, etc. There is a narrow path called the **Cerebral Cortex** which connects the **LEFT** and **RIGHT BRAINS**, which passes across the top of your head, which allows the two sides to work with each other.

Meditation develops and enlarges the **Cerebral Cortex** to allow faster and more effective co-ordination to the two hemispheres. This is directly comparable to upgrading your computer with a more advanced and faster computer chip to speed its computation and more effectively utilize its capability. One could have information in one corner of the left and right brain which could be useful but not utilized for consideration in one’s decision without meditation. I am not claiming that meditation will make you smarter; I am only claiming that meditation will allow you to use all of your left-brain data bank and right-brain data bank to influence your overall decision.

My employer sent me to a technical speech and presentation course, which emphasized that when making a chart, the picture or graphic chart should be placed on the **LEFT** side of the chart to be seen by the **RIGHT** eye and sent to the **LEFT BRAIN** while the written description of the graphic should be on the **RIGHT** side of the chart to be seen by the **LEFT** eye and sent to the **RIGHT BRAIN**. This enhances comprehension of the information by the audience.

From a spiritual standpoint, meditation develops the brain at the top of your head, which affects that area, which also controls your religious thoughts. My personal viewpoint is that by developing this portion of your brain, it helps you to reason objectively as if you had already become a spirit (*“Shinu Keiko”*), rather than subjectively which can be heavily influenced by emotional considerations such as vanity, greed (*“Baka to Bimbo No Keiko”*), physical indulgence, etc.

I am not sure whether if this last thought is correct or not. Usually when strokes occur, it only happens in either the right or left half of the brain, but not both. The membership of

Gedatsu USA is much smaller than Gedatsu-kai Japan, so we have a much smaller data base. However, it appears to me that when Gedatsu members have a stroke, they seem to recover more quickly and completely than non-Gedatsu members. Since Gedatsu-kai membership is much larger, perhaps someone can take a survey to see whether this might also be true among your larger Japan membership. If this can be concluded, I attribute it to the fact that by strengthening the communication between the right and left brains, the other side of the less-affected brain can compensate for the other. Thus, speech impairments of the left brain could be helped by substituting language circuits in the right brain. Similarly, muscle movement control functions of the right brain could be re-programmed within the left brain. I am not a medical doctor, so I may be completely wrong in my preliminary conclusion.