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As a clinical anesthesiologist and a brain researcher/writer, my exposure to the techniques of Hemispheric Integration (HI) has been a fascinating journey. I have been impressed at how such a simple methodology can be so reflective of the true processes and structure of the working brain; efficiently reflecting what we know in 2005 about brain function. More importantly the techniques are reproducible and reliable in the hands of anyone trained in them. I have found HI useful for those I have worked with, and even myself.

As I have developed a brain-based mind-clearing 4-step process, I have found HI the perfect compliment to really accomplish significant progress with subjects either alone or after the 4-step clearing has been done. The HI techniques are unlike many others encountered in my study and writing about the brain. While my 4-step process can produce a clearer stage with any method of hypnotic work, the HI methods truly produce results better than any other mind techniques I have tried in my search for the best protocol to guide a client.

Beyond reflecting the components of higher and lower brain function as they work together to produce various emotional states and thought patterns, HI takes an additional important step - it recognizes the extreme relevance and need to work with and recognize the dual higher brain as a team of two separate and often very independent hemispheres. It is important to realize that while each half of the cortex of this higher brain contains somewhere on the order of 10-50 billion neurons, each connected to each other by 1000-3000 neural fibers..., these separate halves connect to each other only by a mere 200-300 million neural fibers (a 1/millionth order of magnitude). One can then start to appreciate how important and useful any technique that exercises the integration of these two separate 'brains' contributes to having a healthy and well-integrated mental life.

I have worked with the Sargents and have learned the techniques of HI over the last three years. HI is simple, elegant and effective, and eminently teachable. Once learned, it can be used with precision to safely enact general life improvement, cure phobias, eliminate shyness and irrational anxiety, and remedy catastrophic physical reactions - including stress-induced asthma. On our first meeting in early 2003, in only 30 minutes the Sargents eliminated the asthma that had plagued me for most of my life. It has not returned since.

I have applied HI to my own clinical work, taught some of the methods to others, and have worked with it to produce amazing results in my own life. You may contact me via [neo2rock@yahoo.com](mailto:neo2rock@yahoo.com) if you have any questions.

Respectfully,

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