



# CENTER FOR TRUE HEALTH

## Necker Cube

This technique from John Overdurf helps you activate the sub-dominant hemisphere of your brain. This is the part of your brain that is activated with hypnosis or when you're involved in a creative activity.

- Think about a problem that's been bothering you, while you notice how many sequential and simultaneous angles you can observe in the cube.
- See if you can control the movement of the cube back and forth.
- Do this for several minutes.
- Notice what's different when you think about that problem.

