I've been riding for many years in Southern California and Lane splitting or as it's referred to in England filtering is better for motorcyclists and drivers. For motorcyclists you're less likely to get rear-ended when you're approaching an intersection and you're between two cars at the stop or even if traffic is stopping on the freeway and you're between two cars you're less likely to get rear ended. For cars since you're sharing away way and you're not adding to the depth of the traffic. California Highway patrol provide some safe guidelines and if these are followed it can be done safely to everyone's benefit.