

Title:

Thinking About Thinking - Part 2 Of 2

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Summary:

Like many of my clients, I am always looking for ways to speed things up - to produce more res

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Article Body:

Like many of my clients, I am always looking for ways to speed things up - to produce more res

But there is a whole other process, a "something" that goes on in the mind. Many people call i

How do you do that? Everybody has their favorite way. Several people, responding to my last ar

Some people put themselves in a trance state via meditation or actively listening to music. Ot

What is this spontaneous generation of unconscious ideas? I must confess that, really, I have

Spontaneous generation comes in two basic flavors --fortuitous and deliberate, both of them "u

An example of the deliberate version is when, upon retiring for the evening, you tell yourself

Analytical types may scoff at this "telling yourself" bit. But recent research in cognitive sc

Whether by happenstance or intention, the available techniques, if you can call taking a showe

Two habits will make unconscious thinking work more effectively for you. First, prepare your e

The second habit is to deliberately plant seeds of ideas in my unconscious mind. I regularly "

So -- what are some ways to stimulate unconscious thinking?

We've mentioned a number already. One way to stimulate unconscious thinking is to engage in ph

These activities, along with morning showers, afternoon massages, and evening hot tubs, may be

Mind mapping is an excellent technique for tapping the unconscious. Tony Buzan, the inventor o

There are activities which you can do in groups. You can play word association games. The game

I mentioned this in my last article: you can use structured information sources in an unstruct

Try attending a seminar when you need new ideas. The seminar need not even be on the subject o

Bring in outside speakers or consultants to spout off their ideas. (I know this might seem lik

Try game playing -- simple things like checkers, go fish, touch-tackle football, Lego, plastic

Do you get the idea? Do you have any other ideas?

Here then are your first two assignments. One: Make a mind map of all the ways you currently o

The steps are:

Identify the area in which you want new ideas.

Create a diversion for your conscious mind. Lull it to sleep using any of the above methods, o

Keep handy a way to record your ideas. This is critical. Use a pocket recorder or note cards.

Take your unconsciously generated ideas seriously. Pay attention to them: you may not use even

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