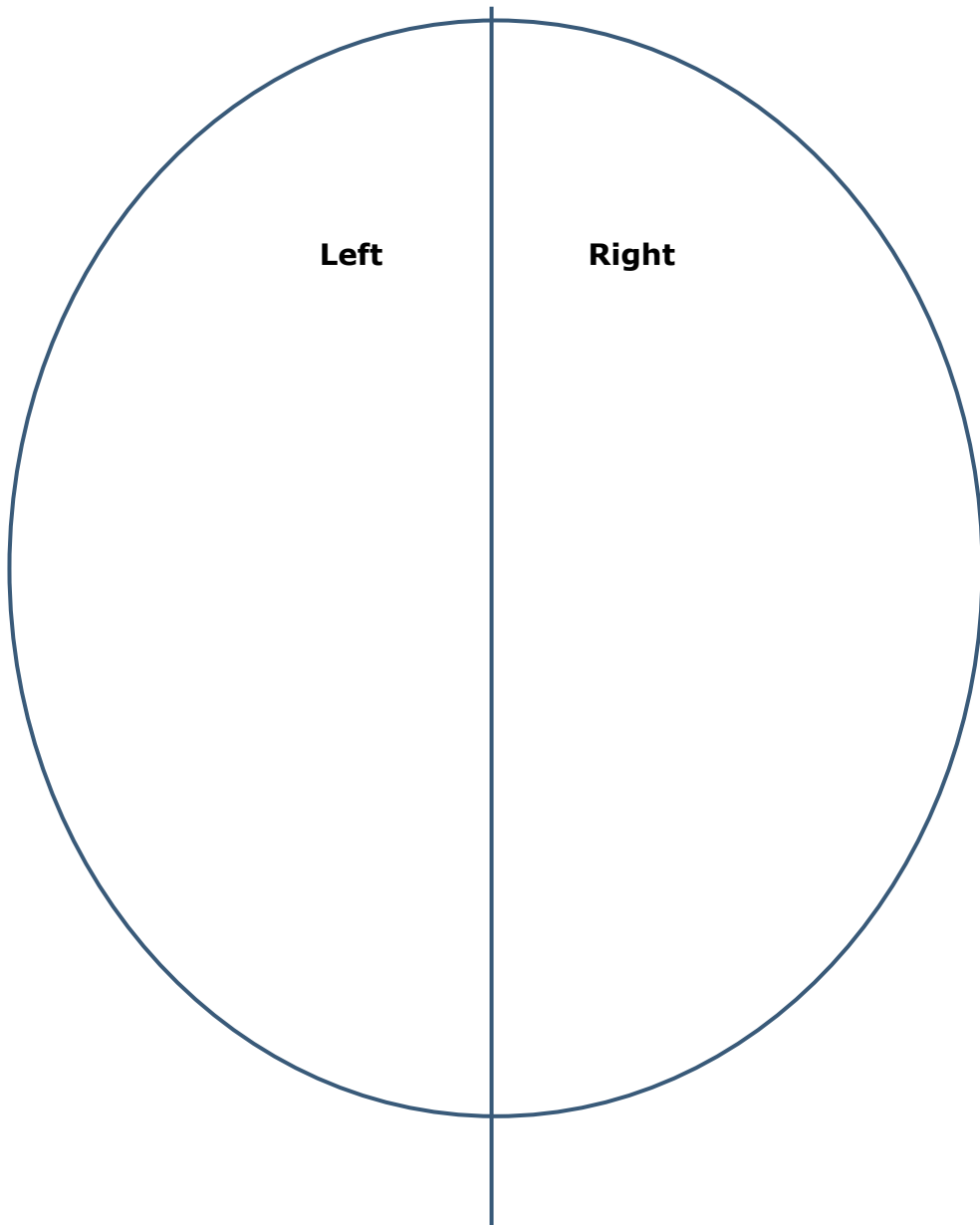


whole brain thinking

left brain or right brain



whole brain thinking

In the 1960's and early 1970's two scientists identified that the two sides of the human brain, which are linked together by a complex series of nerve fibres called Corpus Callosum, deal primarily with different types of mental activity.

Subsequent studies have shown that creative people tend to be 'whole brain' thinkers, able to make effective use of both sides of the brain.

For example, Picasso made many margin notes about the specific compilation of colours, whilst his Cubist paintings introduced a mathematical concept to his work.

Einstein, a scientist and mathematician, activities that you might associate with left brain thinking, was nearly thrown out of school for daydreaming.

Possibly the greatest example of whole brain thinking is Leonardo Da Vinci. As well as being an artist and sculptor, responsible for such great works as the Mona Lisa, he was a scientist, inventor, architect and mechanic. Amongst other things he designed a flying machine that resembled the modern helicopter more than 400 years before such things became reality.

In addition to left and right brain, recent years have seen increasing interest in the roles of the upper and lower brain. Our brains evolved from the stem at the bottom of the brain to the limbic, or lower, brain. The cerebral or upper brain is the most recent to evolve. Some evidence suggests that the lower brain governs our deepest emotions, our gut feelings and instincts.

To become more creative we have to learn to use our whole brain, and the full range of emotional and logical intelligences at our disposal.



Notes:

What have I learnt?

Notes: