



# MINDWANDERING

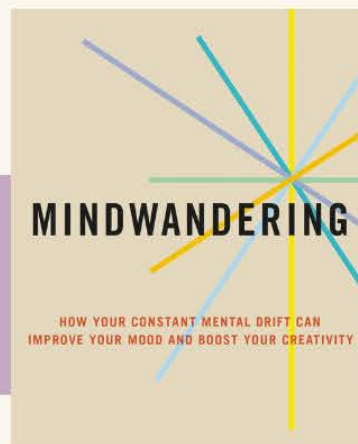
By: Moshe Bar

In a world where our thoughts are like roller coasters, and our bodies influence our emotions, creativity emerges as the wild, unpredictable passenger. Our minds wander through imaginative landscapes, from watermelons to skydiving, fueled by associative thinking and neurodiversity. But beware! As we speed through life, robbing ourselves of pauses for creative mindwandering, we risk losing touch with our authentic selves, becoming mere actors in a play scripted by societal expectations. So, let's embrace the chaos, nurture our creative quirks, and remember that our thoughts can take us wherever we want to be.

- How does thinking to ourselves contribute to our creativity? It helps us be more creative by making up reasons and understanding our hidden thoughts.
- What role does good communication play in fostering creativity? Well, it relies on understanding others' perspectives, which in turn helps us work well together. Another factor to consider is how simulations can impact our creative process as our brains have a natural inclination to find connections and similarities.
- Why is it important to be aware of the impact of continuous exposure to shocking things? It helps us stay focused on the present and keeps our creativity going by preventing desensitization.

## *Moshe Bar*

Moshe Bar, an esteemed neuroscientist, has dedicated his career to understanding creativity in the human brain. His research has fundamentally altered our comprehension of how unexpected stimuli and chance encounters can ignite innovative ideas. His work has redefined our understanding of creativity, emphasizing the importance of random elements in creative processes. His findings have found practical applications in diverse fields such as art, design, and problem-solving. Bar has also highlighted the value of interdisciplinary collaboration in fostering creativity. His groundbreaking insights continue to inspire a wide range of professionals in the creativity field.



## *Implications for the field of Creativity*

This book gave us free game to improve and channel our inner creative selves. This was done by telling us to acknowledge and label our thoughts to silence the noise and keep unwanted stuff from popping up again. Spilling secrets and expressing yourself helps lighten the mental load and frees up brain power for improved creative thinking. Meditation boosts mindfulness by opening up your mind to new observations, shutting down expectations and letting you keep it real. This all leads to better vibes and a more creative flow.