

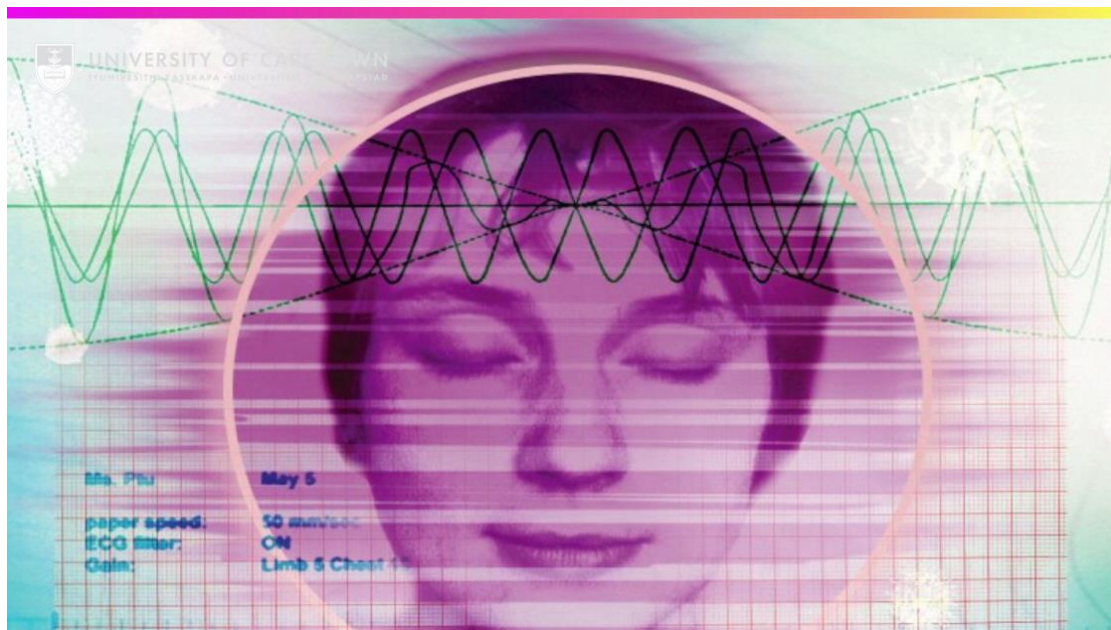
**WEEK 4** MEDICINE & THE ARTS – REPRODUCTION AND INNOVATION  
CULTIVATING CREATIVE THOUGHTS

00:00:00

In the next couple of minutes I will be talking about creativity and meta creativity. Meta creativity is a language, is a science which tries to disentangle the processes and phenomena which underlines thinking. I will also be talking about thinking, which is a meta structure. The processes of thinking requires the awareness of certain phenomena. And this certain phenomena are and include nonlinearity, dispersion, and dissipation. The awareness of this phenomena is very crucial in my understanding of creative thinking.

In order to give you an idea what I am talking about, the best way is to offer you a window through the processes which underline my own thinking. I have realised that there is a necessity where sustained activity over many years and also a dedicated effort of several hours every day for a specific topic that we are entrusted in. Again, I specify some of these ideas are based on what I do every day for the last couple of decades. I start my mornings by reading certain motivating ideas, positive thinking, and areas such as mathematics, physics, philosophy, that I love to engage with. I engage in thinking. I provide my subconsciousness with a certain amount of information. I consciously provide educated ideas to my subconsciousness. I await a certain incubation time, and then I realise that at times certain spikes emerge from my subconsciousness.

## MEDITATING 1



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Depending on how quiet I am in realising the spikes, the occurrence of these spikes my creativity happens. My creativity depends on conscious awareness of realising the occurrence of these spikes, and utilising the nature of these spikes. This is one of the processes that I consciously practise in my daily life and as I endeavour to understand physical phenomena in my profession, in my conveying ideas, in disseminating ideas. Again, I observe. I practise observation, conscious observation.

So these are, in my views, some of the phenomena which are involved in the formation of thought. But then in particular, I want to provide you some of the skills which are required in order to utilise this information that we get from or subconsciousness. The first and four important ideas that I have been realising is to acquire more than one expertise, professional expertise, or discipline. And these disciplines must be ideally very different. For example, music and mathematics, physics, biology, philosophy, logic, history of science, and also observing. Observing is the ability to observe other people's thinking and behaviour. Become an active observant, an active awareness of my observations.

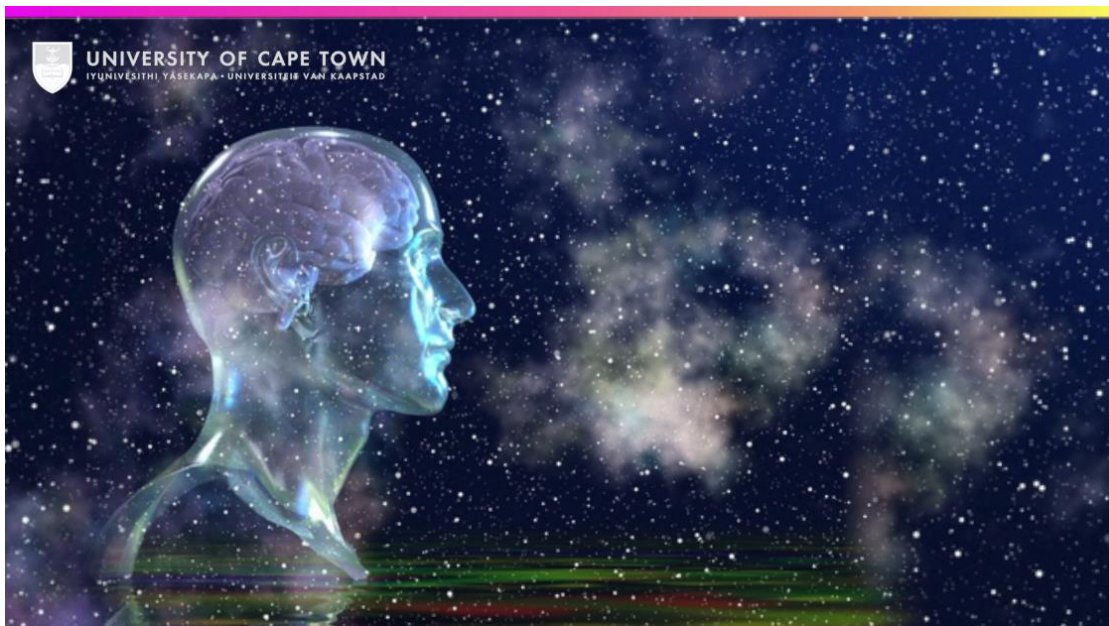
At the overlap between these various areas of expertise I try to operate. So the overlapping areas is the platform on which I operate. I try to utilise several properties which these various disciplines provide me and try to combine. And in fact, the combination between various disciplines occur in my subconsciousness.

## MEDITATING 2



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To sum up, I want to point out the fact that creativity is an ability that can be acquired.



Working continuously over an extended period of time is another point. Like a ballet dancer, a scientist needs to devote him or herself an extended period of time in order to observe the development of ideas in her or his mind. So my invitation to you is practise developing consciously new habits, observing the development of your habits, and also criticising certain habits which are distractive or not contributing to your goals and replacing those habits consciously with other habits.



Alireza Baghai-Wadji, 2015

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