

## BACKGROUND INFORMATION

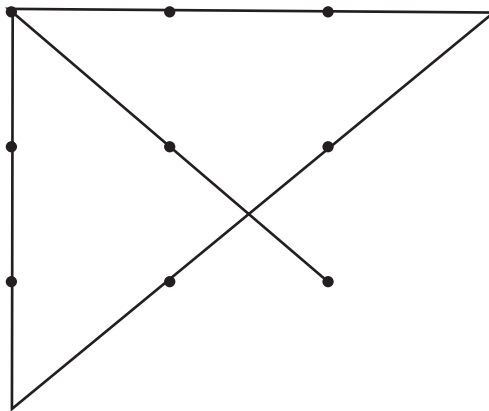
The first four chapters of *Picasso* emphasize *you* as a creative *person*. The first chapter presents the book's basic premise that *everyone* is creative. I provide a brief review of contemporary mediation literature supporting my other main premise; you can be *more* creative as you mediate.

*Picasso*, the artist, is presented as a metaphor for the creative person's need to first learn the basics of their art before attempting to expand their range of abilities. Brain research, including the Reticular Activating System, provides the rationale for my assertion that mediators use both sides of their brain when they are mediating. "Outside-the-Box" thinking illustrates the concept of scotomas as blocks to creative thinking. I advise novice and apprentice mediators to first learn the craft of mediation before expanding their artistry.

## OUTSIDE-THE-BOX THINKING<sup>1</sup>

Outside-the-Box thinking, introduced on page 29 of *Picasso*, readily demonstrates the concept of scotomas as blocks to creative thinking. On the following pages are several sets of dots where you can practice your Outside-the-Box thinking.

Here is one of the ways to solve the Nine Dot Puzzle.



What does completing the Nine Dot Puzzle tell you about the difficulty of overcoming your engrained scotomas as blocks to your creativity?

Your turn...

