

## *Hare Brain and Tortoise Mind*

Can you find the hidden image within this picture?



The picture above, is a complex image with a lot of detail. You cannot look at it quickly and find the hidden image. No amount of focusing will help...you cannot think your way out of it. Finding the hidden image is a different kind of process...you have to have a willingness to just sit and look at the picture...it is not an analytical process.

To find the hidden image you have to call on what author and cognitive scientist, Guy Claxton, calls your "tortoise" mind. That is the part of the brain that needs time, space, and relaxation to help you solve complex problems. You often have to walk away from problems, unfocus, and let your tortoise mind, (right brain, unconscious mind) take over and work it out.

When is the last time you used your tortoise mind? \_\_\_\_\_

What problem are you faced with that you are unable to solve? \_\_\_\_\_

How could you use your tortoise mind to find a solution? \_\_\_\_\_