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IMAGINATION



HOW THE BRAIN WORKS

B4U PUBLISHING

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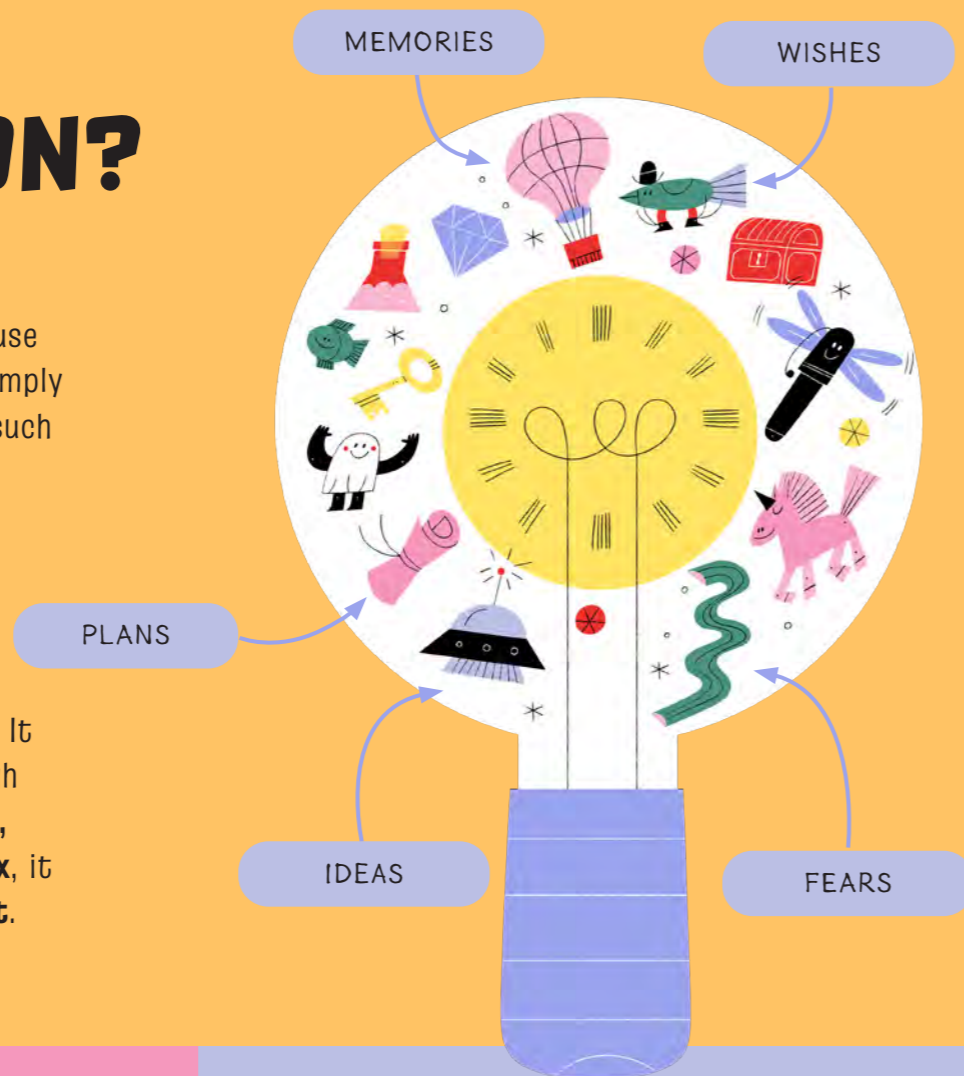


WHAT IS IMAGINATION?

Imagination is the brain's ability to **visualize what is absent**—either because it isn't in the vicinity or because it simply isn't real. Your brain is able to show such perception in the mind in vivid detail.

WHAT IMAGINING IS FOR

Your imagination is hugely important. It contains everything that goes through your mind: **wishes, fears, plans, ideas, memories**. As well as helping you **relax**, it allows you to **think, create and invent**.



Everyone without exception uses their imagination. Imagining makes life better and more pleasant in many ways. What do you think dreamy Ed is imagining right now?

The imagination is a **driver of human knowledge and development**. The thinking-up of new ideas is at the very core of science; without it, humans would still be living in caves.



IF THE IMAGINATION WERE A PLACE ...

... it would probably be like a vast amusement park. Some imaginings flow slowly and undisturbed, like boats on a lazy river. Others run into the bank, get snagged, have to be set back on

the water ... Others whizz about in all directions, fast and furious as a rollercoaster ... Ideas go off in your head like fireworks, but you never know when and where they'll come ...

SOME IMAGINATIONS ARE MORE VIVID

Children like games of "pretend". Your mind can easily turn your bed into a ship on a stormy sea, an overhanging tablecloth into a shop or a prehistoric cave ... People with a **vivid imagination** should be glad of it: such exercise is the best way to develop the brain. It has been proven that an inventive mind is adaptable and quick to learn new things.



VIVID THOUGHTS
OFTEN COME TO US WHEN
WE ARE FEVERISH.

Some people, many of them artists, keep their vivid imagination forever. The truth is, though, most grown-ups lose this superpower amid the daily deluge of tasks and responsibilities. In most grown-ups' minds, the mammal hunters' cave is an ordinary messy living room. Why is the cutlery scattered about under the table? And I've been looking for this cushion for half an hour.



CAN IMAGINATION BE TRAINED?

Just as every musician has their own approach to learning a new song, we all have different ways of developing the imagination.

To improve your imagination, you should **be open** to new ideas and **unafraid** to follow them up.

'I'M GIVING IT MY ALL! I HAVE NO FEAR, I TRUST THE NOTES, AND I'M CURIOUS ABOUT THE MELODY THAT WILL EMERGE.'

Before thinking up something new, people often find it helpful to **prepare**—by searching for information on the topic, for instance.

'I NEED TO STUDY THE NOTES PROPERLY FIRST. THEN I'LL FEEL MORE CONFIDENT WHEN I PLAY.'

When ideas get stuck, it often helps to **try something unusual**. Why not sing, jump, paint? Do whatever occurs to you.

Unchaining thoughts from reason, **allowing them to run free**, is great for developing imagination.

'I RELAX WHEN I'M PLAYING. I WANDER ABOUT IN MY THOUGHTS. THE NOTES ARE JUST A KIND OF SPRINGBOARD ...'



'I WANT TO TRY SOMETHING DIFFERENT. HMM, I'VE NEVER PLAYED STANDING ON MY HEAD.'

INNATE ABILITY

Everyone has an innate level of imaginativeness. Often, those who lack a vivid imagination excel in other ways.



ANASTASIA'S HEAD HAS BEEN FILLED WITH FRESH IDEAS SINCE SHE WAS LITTLE. FOR HER, COMING OUT WITH NEW, UNUSUAL IDEAS IS A PIECE OF CAKE AND A GREAT WAY TO RELAX.



PATRICK HAS ALWAYS PREFERRED PROVABLE FACTS. HE DOESN'T REALLY ENJOY THINKING THINGS UP, FINDING IT HARD WORK.

CAN THE IMAGINATION BREAK DOWN?

SYNAESTHESIA

What does the sound of footsteps taste like? How does the word "clever" smell? What is the sound of red? These questions are nonsense, you must be thinking. But with a breakdown in perception known as synaesthesia, the imagination can connect the unconnectable—like colour with sound, or word with smell.



PSEUDOLOGIA PHANTASTICA

A sufferer of pseudologia phantastica invents the craziest events and experiences. They fear that others would find them uninteresting, even boring, without their tall stories. The German soldier Baron Münchhausen, who lived over 200 years ago, has become synonymous with fantastical lying.



INTRUSIVE THOUGHTS

These intruders can be really annoying! They keep coming back to bother us. Almost always, they are connected with our fears and anxieties. Charlie can't walk over a bridge, even a footbridge, without imagining that he will fall off.



IMAGINATION IN ART

A vivid imagination is a fine thing, but can it be of use to others? Of course it can! It's a handy thing to have if you're an artist. Artists can **see the world in their own, new, unique way**, noticing things that are **invisible** to others ... By recasting their thoughts and ideas as pictures, sculptures, music and dance, they pass on **joy, understanding and depth of experience**.



How wonderful it is to dance to your own tune! Creativity is an expedition in search of the inner self. It helps you develop in relation to your own feelings and the beauty around you. It gives a lot, including a great deal of happiness.

A COMPLEX CREATION PROCESS

Don't worry if your mind just won't produce that work of art. Art often demands patience and long concentration.



Some artists find the act of **preparing** their tools before they start work a great help.

A good idea may need time to **mature**. Artists often discard a first attempt but learn from it for what to do next.



You can find **inspiration** practically anywhere. For many, nature is a bottomless well of ideas.



In the final stage, the artist inspects and **checks** their work. Sometimes they make a few changes.



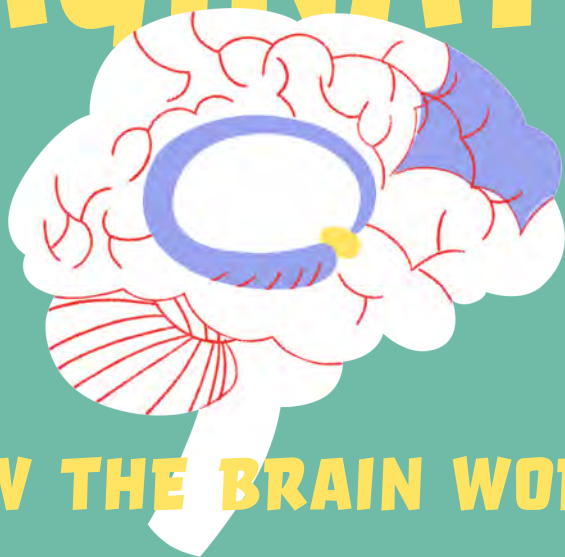
Can a brilliant work of art be born out of **sudden inspiration**? It does happen, but it's rare.



We find art everywhere! Next time you go for a walk, pay attention to all the talented creators around you. Not every "creator" is an "artist". Painters, musicians and dancers

aren't the only makers of art: a skilled confectioner, a window dresser and the restorer of the façade of an old house make art, too.

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Have you ever noticed that there are people who have the most extraordinary and crazy ideas running through their heads day and night, and others who can't imagine anything they can't see right in front of them? And how is it that children often have great imagination, but adults tend to be so dull? And why do we have wild nightmares during a fever? Take a look into the fascinating world of the human brain and explore how imagination, dreams and ideas work. Witty illustrations and simple texts will help you understand why imagination is so useful to each of us and how we can develop and nourish it.

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