

5 Methods of Thinking

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Each method of thinking has its benefits and problems. If one method of thinking is not yielding fruit, try another.

Planning with Intention: Bringing the products of our thinking into reality, a commitment to implement change that will lead to more satisfying lives:
"Live with intention. Walk to the edge. Listen hard. Practice wellness. Play with abandon. Laugh. Choose with no regret. Appreciate your friends. Continue to learn. Do what you love. Live as if this is all there is." Radmacher

Imagination: Limitless thinking, overcoming self-censorship, dreaming, visioning what could be.
"Imagination is more important than knowledge. For while knowledge defines all we currently know and understand, imagination points to all we might yet discover and create". Albert Einstein

Mindfulness: An awareness of the self, of internal states, of our impact on those around us, listening, an openness to learning, an acceptance of the changing nature of reality, use of the quiet moment, being in the world.
"If we learn to open our hearts, anyone, including the people who drive us crazy, can be our teacher." - Pema Chodron

Logic and Rationality:
Use of logic and evidence to question established practice and cultures.
"Often, the less there is to justify a traditional custom, the harder it is to get rid of it." Mark Twain

Common Sense: The accepted reality - thinking the way everyone else thinks. Being sensible and sane.

"If everyone is thinking alike, then someone isn't thinking" (George Patton)



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