

Week 2

Leonardo da Vinci

Traditional concept of IQ

First flaw: intelligence is fixed at birth and immutable

Second weakness is that the verbal and mathematical reasoning skills measured by IQ test are the sine qua nons of intelligence. **IQ covers:**

Logical-Mathematical/ Verbal-Linguistic/ Spatial-Mechanical/ Musical/ Bodily-Kinesthetic/ Interpersonal-Social
Intrapersonal (Self-Knowledge)

Science: the average brain can improve with age.

In *Book of Genius* (Tony Buzan): 10. Albert Einstein 9. Phidias (architect of Athens) 8. Alexander the Great 7. Thomas Jefferson 6. Sir Issac Newton 5. Michelangelo 4. Johann Wolfgang von Goethe 3. The Great Pyramid Builders 2. William Shakespeare 1. Leonardo da Vinci

Drawing from Da Vinci's notebooks, inventions, and legendary works of art, Gelb introduces Seven Da Vincian Principles. (↔ Organizations ask people or employees to "think out of the box" while confining them in boxes.

Seven Da Vincian Principles:

Curiosita: an insatiably curious approach to life and an unrelenting quest for continuous learning

"The desire to know is natural to good man." (Leonardo da Vinci)

Leonardo's intense desire to understand the essence of things led him to develop an investigative style equally noteworthy for its depth of study as for its range of topics.

Dimonstrazione: a commitment to test knowledge through experience, persistence, and a willingness to learn from mistakes.

Leonardo's practical orientation, penetrating intelligence, curiosity, and independent spirit led him to question much of the accepted theory and dogma of his time.

"To me it seems that those sciences are vain and full of errors which are not born of experience, mother of all certainty, first hand experience which in its origins, or means, or end has passed through one of the five senses." (Leonard da Vinci)

Sensazione: the continual refinement of the senses, especially sight, as the means to

enliven experience.

“All our knowledge has its origin in our perceptions.” (Leonardo da Vinci)

Leonardo reflected sadly that the average human “looks without seeing, listens without hearing, touches without feeling, eats without tasting, moves without physical awareness, inhales without awareness of odour or fragrance, and talks without thinking.”

Sfumato: a willingness to embrace ambiguity, paradox, and uncertainty.

Keeping your mind open in the face of uncertainty is the single most powerful secret of unleashing your creative potential.

Leonardo’s contemplation of opposition and paradox took many forms.

For example, Mona Lisa (corners of mouth and eyes are left indistinct, merging into a soft shadow.

Arte/Scienza: the development of the balance between science and art, logic and imagination. “Whole-brain” thinking.

According to the Nobel prize-winning research of Roger Sperry, the left hemisphere of the cerebral cortex processes logical, analytical thinking while the right hemisphere processes imaginative, big-picture thinking.

Leonardo was a scientist who studied art, and an artist who studied science.

Corporalita: the cultivation of grace, ambidexterity, fitness, and poise

Leonard possessed “great physical beauty. . . and more than infinite grace in every action.” (Vasari)

What is your image of the body type of a genius?

Connessione: a recognition of and appreciation for the interconnectedness of all things and phenomena. Systems thinking.

“The stone where it strikes the surface of the water, causes circles around it which spread out until they are lost; and in the same manner the air, struck by a voice or a noise, also has a circular motion, so he who is most distant cannot hear it.”

(Leonardo)

“Observe how the movements of the surface of the water resemble that of hair, who has two movements, one of which stems from the weight of the hair and the other from the waves and the curls. . . . (Leonardo)

“Every part is disposed to unite with the whole, that it may thereby escape from its own incompleteness.” (Leonardo)

Curiosita

Keep a journal or notebook (notes on different subjects)(“Write drunk, revise sober”)

Practice:

What is one thing I could stop doing, or start doing, or do differently, starting today that would most improve the quality of my life?

What is my heart’s deepest desire?

How can I best be of service to others?

What is my greatest talent?

Contemplation exercise

Find a quiet, private place and hang your question on the wall in front of you.

Relax, breathe deeply, allowing extended exhalations

Just sit with your questions

When your mind starts to wander, bring it back by reading the question again, out loud.

Practice:

“How can I make my life meaningful?”

Continuous learning

Practice:

“How can I get paid for pursuing my ideal hobby?”

Emotional intelligence

Practice:

“What are my weaknesses, blind spots, and areas for improvement?”

“What are my strengths, my best qualities?”

“What can I do to be more effective, helpful, or sensitive?”

Dimostrazione

One challenges the world view by first challenging one’s own view.

Good judgment comes from experience. But we often gain experience through bad judgment.

Practice:

How do I form this idea?
How firmly do I believe it?
Why do I maintain it?
What would make me change my belief?
Which of my beliefs inspire the strongest emotions?
Try to make the strongest possible argument against belief.
Mistakes and adversity

Practice:

What mistakes do you repeat?
What role does the fear of making mistakes play in your daily life, at school and at home?
What did you learn at school/home about making mistakes?
What I would do differently if I had no fear of making mistakes?

Sensazione

Learn to draw: Drawing was the foundation of painting and of learning how to see.
Listen for emotion: Why does a particular piece of music play with your heartstrings?
Which compositions, songs, instruments, and voices affect you most profoundly?
What do you smell right now?
Buy three kinds of chocolate. Describe the difference in aroma and taste.
Touch nature.

Sfumato

“Poise in the face of paradox is a key not only to effectiveness, but to sanity in a rapidly changing world.”

Self-examination

Describe the feeling of anxiety. Are there different types of anxiety? Where in your body do you experience anxiety? How do you respond to feelings of anxiety?

Arte/Scienza

Practice

In two minutes, write down as many uses as you possibly can for a scarf.
In two minutes write down as many uses as you possibly can for an orange.
Take the total number of answers and divide by two to calculate your score in terms of uses per minute. After you have calculated your score in uses per minute, circle

your best answer. "Best" as you define it, using your own personal, subjective criteria.

Corporalita

Practice:

Experiment with mirror writing

Try signing your name with the other hand

Conessione

Practice:

Do you experience wholeness in daily life? How about disconnection? Describe the difference. What are the different parts of elements that make up your character? Do you experience conflicts between the different parts of your self? In other words, do your mind, emotions, and body ever disagree? If so, which part tends to dominate?

Time Line: River of Life

(about your past)

Make time lines for your life: including all the events you deem significant physically (birth, illness, growth); mentally (key moments of understanding, insight, learning); emotionally (milestones of love, sadness, joy, depression); spiritually (experience of communion, grace, transcendence, oneness); and globally (key events in your lifetime such as, perhaps, the fall of the Taliban)

Physical time line:

Mental time line:

Emotional time line:

Spiritual time line:

Global time line:

Leonardo noted, "In rivers, the water you touch is the last of what has passed and the first of that which comes: so it is with time present."

Use your power of choice, in this present moment, to direct the course and quality of the river of your life.

Think of this issue: my life as a river.

(about your present and future)

What do I want?

Why do I want it?

How will I get it?