

Diving into the Unknown

Collecting deeper insights by methods that widen your everyday thinking



“The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is fear of the unknown.” H. P. Lovecraft

Tags Whole System; Vision and Purpose

Challenge:

People tend to focus on issues with rational thinking and it is difficult to come up with something new or to think outside the box. In this way they might stay in a vicious circle, thinking through their issue again and again not manifesting any new ideas or making any progress. A lot of decisions not only need careful consideration but also need to include emotions and aspiration that may be partly still subconscious.

Solution:

There are methods and holistic approaches that invite the unknown. They can help to open the potential that is hidden in the subconscious or is already conscious but has not been heard yet. It can be useful to create environments that make it easy to get surprised by yourself others. For example Dyades (structured twin talks), Treshold walks (in the mirror of the nature), Flirts (process work), Contemplation, Intuitive Painting, Flow writing, Authentic Movement.

Diving into this unknown, sometimes scary terrain widens our horizon and gives us access to new and deeper knowledge. These moments and insights are often opened through channels and processes other than rational thinking.

References:

Foster, S., and Little, M. (1988). *The Book of the Vision Quest*. NY: Prentice Hall
Scharmer, Otto (2009): *Theory U: Leading from the Future as It Emerges*.
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