



Creative Thinking for the 21st Century: An Experiential Guidebook

Sandy Sims

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In Sandy Sims' book *How Frank Lloyd Wright Got Into My Head, Under My Skin And Changed The Way I Think About Thinking: A Creative Thinking Blueprint For The 21st Century*, Sandy — who considers himself to be an “average guy next door” — describes the journey we are all being called to take. Sandy struggled in a mid-life crisis to make a go of a Honolulu-based advertising agency. After he met a psychiatrist, Kerry Monick, MD, on a blind date, he was thrust “down the rabbit hole” on a metaphorical journey into the unknown — a world of self-discovery, full of engaging people and entirely new methods of thinking. To that point his thinking patterns had produced results, but he was still plagued by fear, worry and doubt. When he learned to let go, life saw him practicing new manifestation principles, gaining confidence increment by increment, and finally risking it all in pursuit of a dream. Kerry had catalyzed Sandy's journey, and once FLW was written they together felt that some key pointers for these chaotic times would be extremely helpful for readers. Using Sandy's journey as a springboard, they wrote *Creative Thinking For The 21st Century: An Experiential Guidebook* to focus on a few salient ideas that can make a big difference. For example, why do we make the choices we do about how to think? Is there a more useful approach? Mystics knew, but could not demonstrate their knowledge in scientific terms. This gap is closing. Quantum physics is slowly revealing the “how”. As we begin to see, through science, that what we purposefully think about does indeed affect the material world, it becomes clear that it is essential to bring mindfulness to the process. If our thoughts have consequences, how do we effectively shape them? How do we avoid unintended consequences? How long do thoughts take to manifest, and what sometimes stands in their way? Is it possible that we have help available to us via the collective unconscious, and, if so, how do we improve the connections? Does becoming connected eventually put us in touch with the “flow” of life and a sense that we are part of a larger tapestry? With a few questions, self-inventory evaluations, and new points of view we can harness key principles, learn to trust our intuition and gain more understanding of this new territory. We can see that we have been more the architects of our lives than we might have imagined — what we have intentionally thought about or dwelled upon has played out in many cases. No matter how big the challenge we face, we can learn — starting from here — how to make our ordinary daily life extraordinary. This short and easy guidebook might catalyze a trigger point in you. If it does it will have been well worth the read.

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