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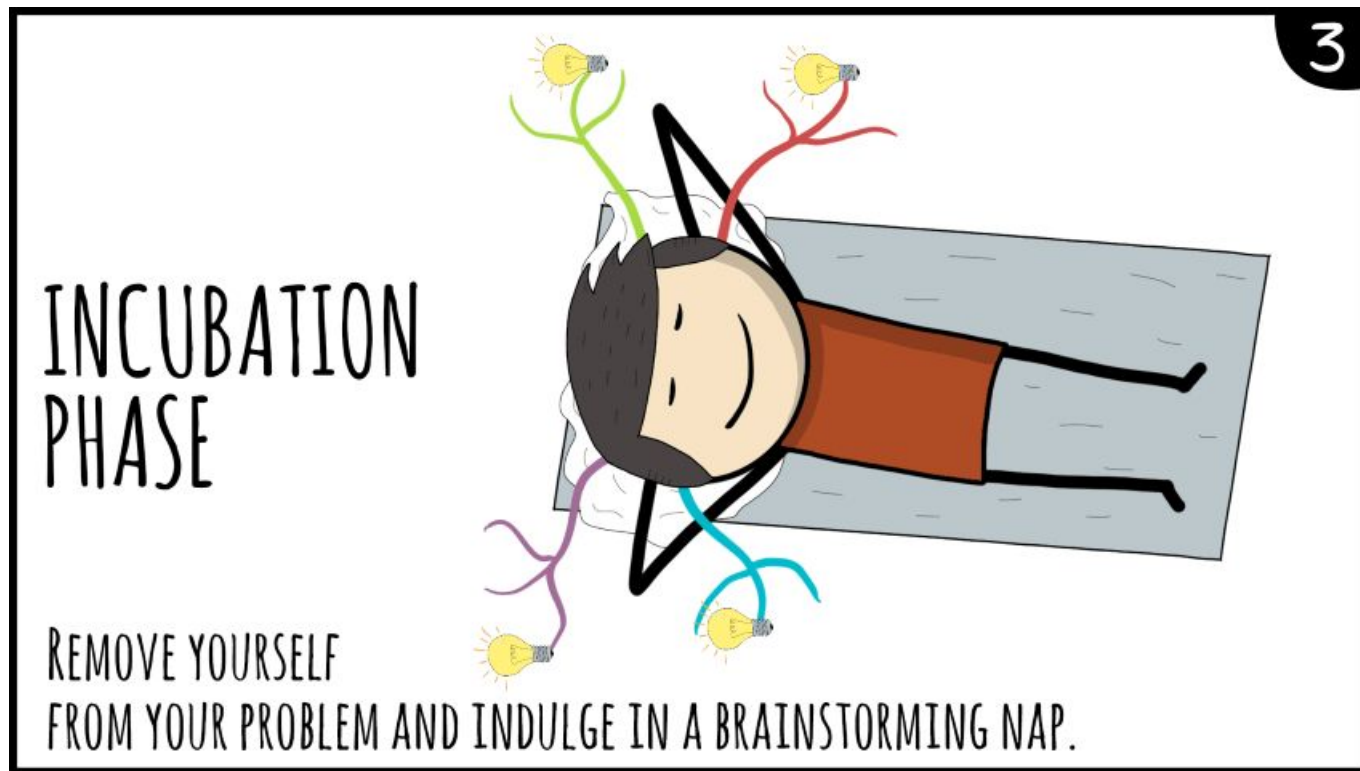
INCUBATION



‘Have you a solution to my problem?’ Evidently, a solution to your problem then comes to mind.

‘I climb into bed. I lie there listening to the wind in the trees. Sometimes I hear my neigh - bour’s dog barking. Then my eyes close and I wait for my songs to come.’

Incubation works not only at a deep subconscious level, but also during what is commonly referred to as ‘daydreaming’.

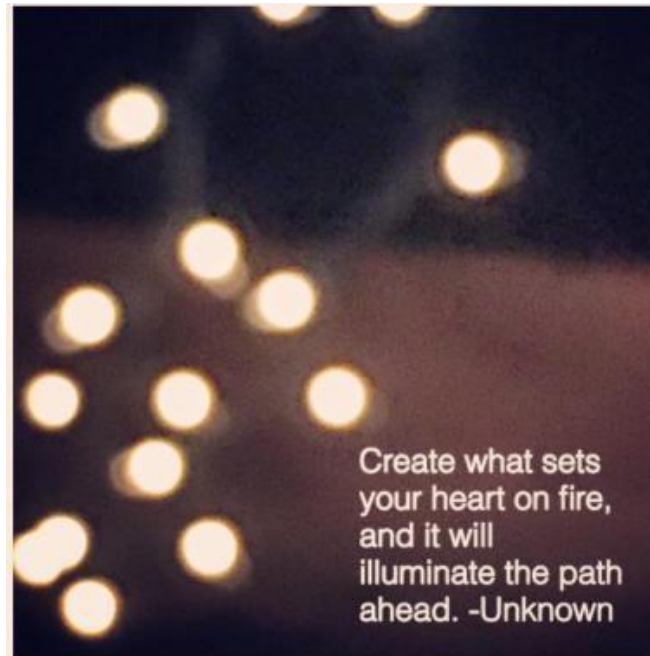


ILLUMINATION



Illumination

This is the scientific name for that classic "eureka!" moment when connections automatically, subconsciously collide and then reach the threshold of consciousness.



The most frustrating thing is that the “illumination” moments happen at the most inopportune times.

