

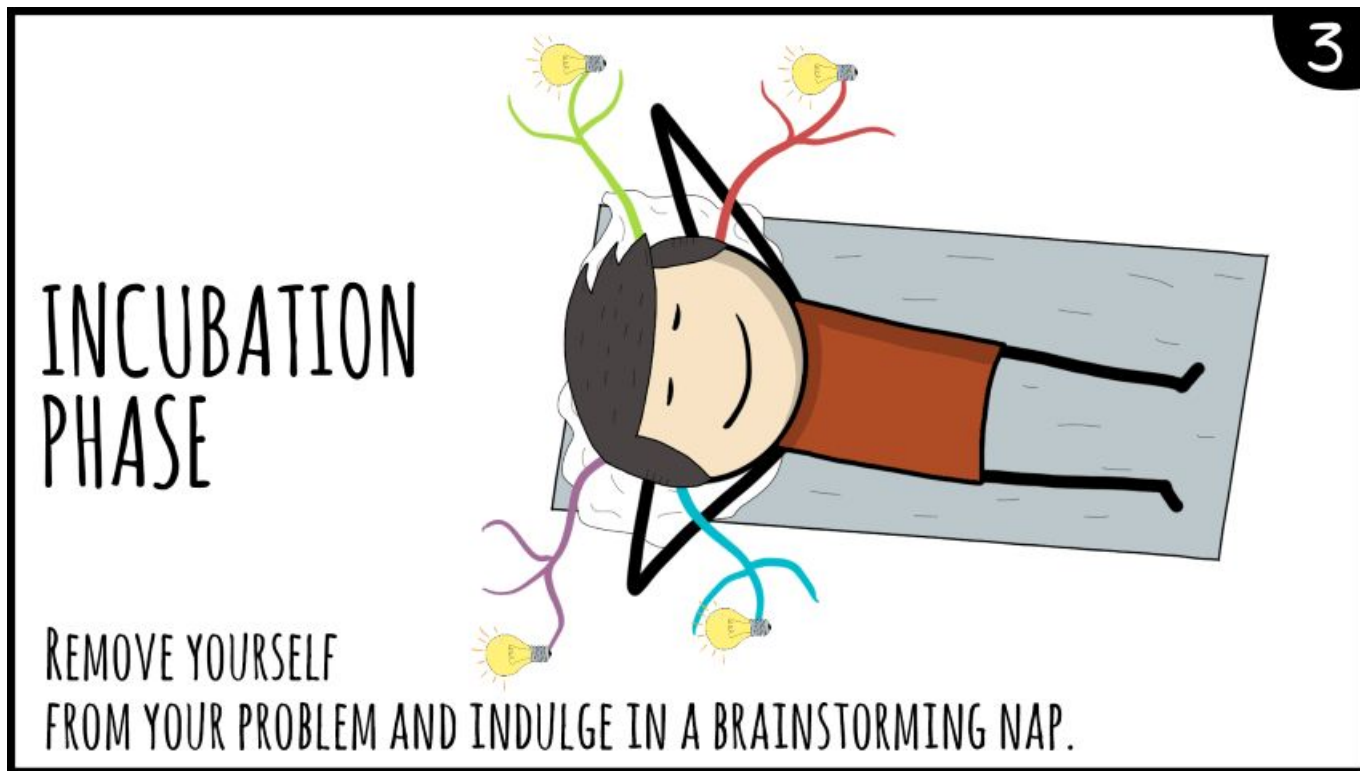
# INCUBATION



‘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'.

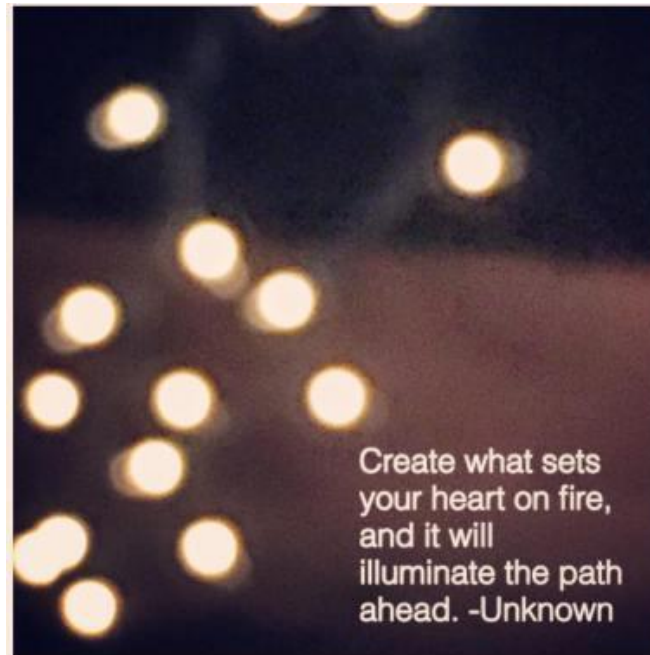


# ILLUMINATION



# 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.**

