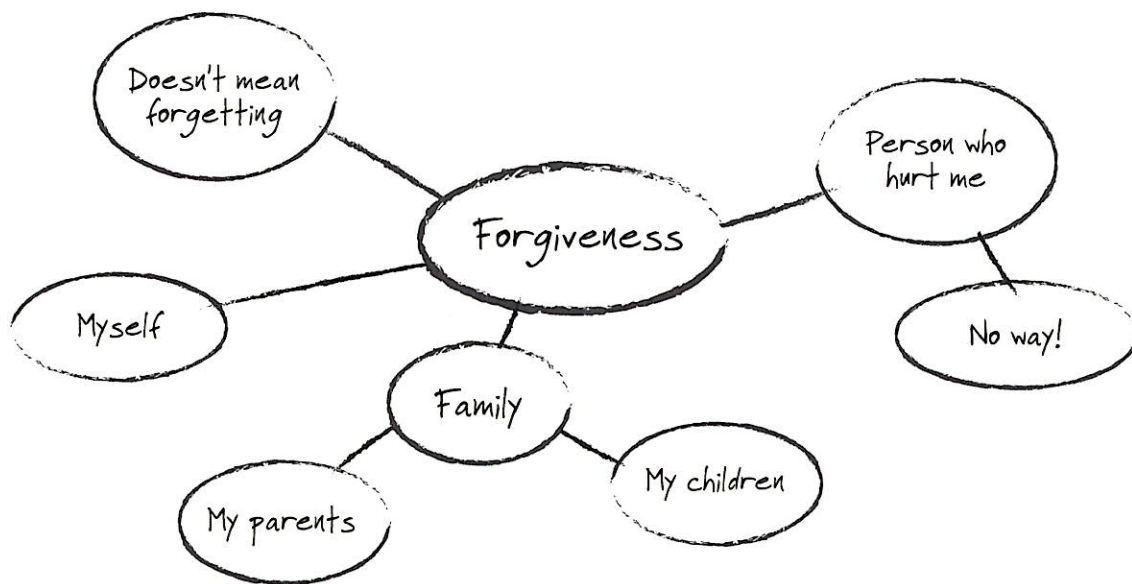


Mind Mapping as a Spiritual Practice and Tool for Prayer

What is Mind Mapping?

Tony Buzan, author of *Using Both Sides of Your Brain*, coined the term “mind mapping” in the 1970s. Students of Leonardo da Vinci have found early forms of mind mapping in his journals and diaries. Mind mapping taps into both the left brain—the rational, analytical side—and the right brain—the creative, artistic, intuitive side. The technique brings to light aspects of our journeys we may have not considered before. The process is simple:

1. Start with a central word or image and place it in the center of the page in a circle or other shape.
2. The next word or idea that comes to you can be drawn off from this center.
3. As additional ideas come, continue to add lines and new words or images all over the page.



Tips for Mind Mapping

Keep it light. Think of it simply as a brain dumping exercise, stimulating ideas.

Free associate. As ideas emerge, identify key words, symbols, images.

Think quickly. The brain works best in 5-7 minute bursts.

Break boundaries. Use any size paper, pens, and colors that you have available.

Judge not. Don't stop any of your ideas as silly or wrong. Just put down everything.

Keep your hand moving. If you slow down, create empty spaces or use new colors.

Allow organization to come later. The first step is to get the ideas onto paper. Later you can reflect on it, organize the material, and see what you can learn from it.

From *Mind mapping: Your Personal Guide to Exploring Creativity and Problem-Solving*, Joyce Wycoff, [http:// www.thinksmart.com](http://www.thinksmart.com).