

# Preface

What is creativity? Simply put, it is the power to create a new idea. A new idea means that you are different from another person or the man you were yesterday. Everyone says that creativity has gotten more important since the society has become complicated and uncertainty has increased. As the society and technology change rapidly, any knowledge, no matter how important and good, may become of no use in 10 years.

We may ask ourselves: How much effort and time am I putting into developing that important creativity? Most would answer not even more than an hour. It is strange, is it not? Even though we know the importance of developing creativity, we put no effort into it at all. No class of creativity is conducted at school. No training course for creativity is offered at companies.

## *Have You Invested at Least One Hour to Develop Your Creativity?*

Why don't people invest time in cultivating their creativity? It may be that people think creativity is not something they can earn by sowing effort. They may think that creativity is something that people are born with, and it cannot be enhanced even if they work at it in a classroom.

Is creativity something that we are simply born with and cannot hone with effort?

Some say that reading a lot of books contributes to developing creativity. Some say that setting aside some time to imagine a lot works. Some say that if you focus on a certain matter, a new idea may come up. Indeed, such methods can contribute to enhancing creativity, but they are too vague. It is similar to saying you have to "practice very hard" to be good at playing soccer. The fact that you hear only those vague words indicates that people do not fully understand what creativity really is.

In general, our thinking sticks to reality unless there is any external stimulation. Thinking is fixed on a point of time, a position, and an area that we are interested in. With our thinking fixed on a certain situation, it becomes difficult to come up with a fresh idea. A fresh idea is likely to come up when our thinking is freed. When it is absorbed with an object, we cannot say that it is freed. We may see those around us who imagine a lot to create many original ideas. They make countless new ideas since their thinking is unhampered.

## *Questions Hinder Your Mind from Sticking to Reality*

To come up with new ideas, it is necessary to break your adherence from reality. Once you do this a new environment will be ahead of you and your brain

will be stimulated by it. The stirred brain is activated to create new thoughts. That is why some say that traveling or reading books helps create new ideas. These activities spur the individual, directly or indirectly, toward a new environment.

It can be challenging, however, for us to go on a trip or read books constantly. Is there any other way to stimulate the brain?

Yes, there is, and it is by “questioning.” The brain is kindled when given a question as the brain concentrates on what the question presents. When a question arises on the Winter Olympics in 2026, the thinking is directed to the year 2026 and to winter sports.

When a new problem comes up at school or work, people may gather together for brainstorming as a way of solving the problem. Brainstorming is a discussion among people in which they question each other. What they say becomes a question to another, and what others say becomes a question to them. While exchanging words, they may come up with new ideas, and often they are directed to the solution to solve the problem. In other words, asking questions rouses the brain and makes it produce fresh ideas.

Although people may not question you, you may ask yourself questions to constantly stimulate your brain even when you are alone. New ideas are churned if you continuously throw questions at yourself. This routine gradually will help you become a creative person.

Two issues are involved in developing creativity: First, what questions would you ask yourself? Second, how can you make yourself ask questions?

### *What Questions Would You Ask Yourself?*

Let us think about the first point. A question needs to be universal so that it can be applied to various areas. The question has to be about the basic elements of things. In this regard, three questions are suggested as follows:

- (1) Question of Time: When a problem arises, question yourself on a time axis first of all. How would the matter be handled 10 or 20 years from now? Such question will stimulate the brain, and this line of thought will move to the point of time that the questions lead to. When directed to a new point in time, the brain starts to imagine the environment in that point in time.
- (2) Question of Space: When given a problem, ask yourself some questions on its spatial elements. How would the matter be handled in Saudi Arabia? How would the matter be perceived in China? How would the shape change? Think of the given problem in another angle of space. In the process, you may encounter a new environment, which will stimulate your brain and make it come up with a fresh idea.
- (3) Question of Field: Apply the given problem in a variety of fields. How would the matter be handled in the field of music? How would it be treated in the field of electronic engineering? If you think of the matter in different fields, a convergence among fields takes place, and new ideas are likely to emerge.

Because the three elements explained earlier are basic components consisting of almost everything in the world, everything can be defined by them. Questions about them can touch almost all the important aspects of given problems.

Asking yourself the three questions above will make your brain travel in a new environment more freely. True, this is a theory. A theory, no matter how good it is, would be of no use unless you apply it. For instance, no matter how good you are

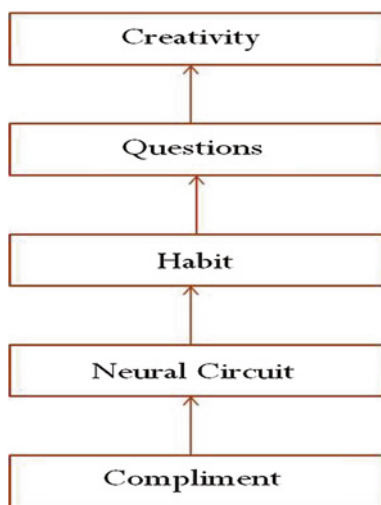
at reading musical scores, you cannot play music well unless you practice playing frequently and get familiar with an instrument. You need to repeatedly practice to the point of making something your habit.

### *How Could You Make Yourself Ask Questions?*

All mental behaviors of humans originate from the brain. All its processes are recorded in its circuit that consists of brain cells. It is a neural circuit that controls recognition and judgment. Memorizing new facts is a process that creates a neural circuit. Playing repeatedly to be familiar with music and adjusting to local time in an overseas trip involve the formation of a neural circuit. Every memory and every habit are made by a neural circuit, and such a neural circuit is never formed at once; rather, repeated efforts are necessary to make one. This is why you need repetition to memorize a new word or be adept in playing music.

What makes an individual repeat a pattern? Humans resort to pleasure. Pleasures are a strong element that induce human behavior. Pleasures depend on dopamine, a neural substance released from the brain. Humans secrete dopamine when commended. Commendation pleases a person and makes him want to be commended again. Such repetition results in the formation of a neural circuit. Commendation is important when it comes to repeated efforts. It leads to repetition, forming a neural circuit, a habit, and a good disposition in an individual. Parents and teachers need to give commendations to elicit good conduct.

But how could you make yourself ask questions when alone? It is necessary to make it a habit to ask the three questions of time, space, and field in such moments. When it becomes your habit to ask yourself questions, a lot of new ideas will come to you. Make a neural circuit that asks the three questions. Self-questioning is necessary when a problem that needs to be solved is encountered. As the process of questioning is repeated, it will become a habit, and this ingrained tendency will help you to become a creative person.



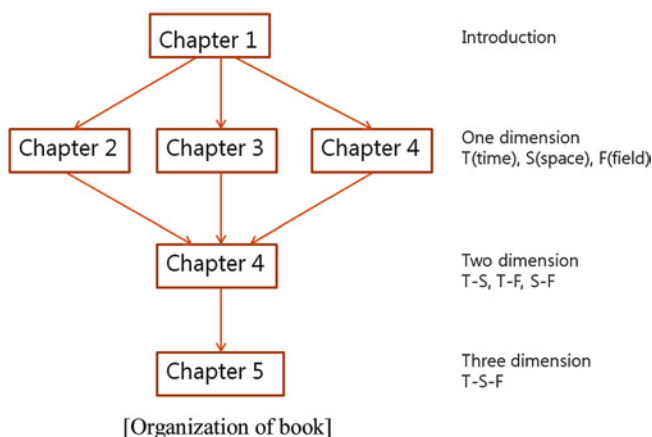
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*The Three-Dimensional Navigation That Expands Your Thinking*

The three questions suggested here are given on the three axes: the axis of time, the axis of space, and the axis of field. Combining these three results in forming a three-dimensional world, and you can free yourself from reality as you move on the three axes in the three-dimensional world. In such a free state, the brain produces a wealth of new ideas.

The three questions are universal and applicable to every problem. They are subdivided so that they can be readily applied to practical matters: The question of T (time) is divided into T1 (Transpose), T2 (Tempo), and T3 (Translation). The question of S (Space) is divided into S1 (Shape), S2 (Site), and S3 (Size). The question of F (Field) is divided into F1 (Function), F2 (Fertileness), and F3 (Fusion). These categorized rules are applied on the three axes, respectively.

When a brain is given a question, thoughts move along the direction the question points out. Thus, questions play the role of directing our thinking. This navigation prompts us to explore another area. When navigating another place, we encounter a new environment and tend to produce new ideas. Hence, the three questions suggested here can be spoken of as a navigation that expands our thinking, and the three-dimensional axes a frame that enables us to think three dimensionally.



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