

A WHOLE-MIND SURVEY

Creative intelligence nurtures the whole mind, but, as time passes, we all develop our own quirks, which turn into a mind-set. We see ourselves as logical and reasonable, in which case artists and “creative types” are different enough from us that we tend to be suspicious of them. A mind-set in the other direction, toward the completely intuitive, might lift you so far into the clouds that you have no use for “left-brain types.”

But a mind-set is rarely this cut-and-dried. To see how much you favor one side over the other, place a check mark by each of following statements if you feel that it applies to you.

LOGICAL / RATIONAL MIND

- ___ I approach tasks methodically.
- ___ I keep my work space neat and tidy.
- ___ I read articles on science, technology, medicine, or finance.
- ___ I am good at fixing things around the house.
- ___ I would be comfortable tutoring a schoolchild in math.
- ___ I took physics, chemistry, or math in college.
- ___ I like puzzles and mental games.
- ___ I believe that science is the best approach to solving difficult problems.

- ___ I believe that it will take technology to solve the climate crisis.
- ___ I think scientists will one day create an intelligent computer equal to human intelligence.
- ___ I think the key to consciousness lies in the brain.
- ___ In my personal relationship, I am the more rational one.

Score: (0-12)

INTUITIVE / CREATIVE MIND

- ___ I think of myself as creative.
- ___ I have a good instinct for what people are really like.
- ___ I tend to invent my own recipes rather than follow a cookbook.
- ___ I can paint, dance, or play a musical instrument.
- ___ I can feel the mood in a room as soon as I walk into it.
- ___ I am quick to notice another person's moods.
- ___ I am absolutely against violence.
- ___ I make impulse purchases and don't regret them.
- ___ I am a warm parent.
- ___ I read articles about the arts.
- ___ I am inspired by poetry or scriptures.
- ___ I have a childlike side.

Score: _____ (0-12)

ASSESSING YOUR SCORE

If your score skewed sharply toward Logical / Rational or Intuitive / Creative, you have a strong mind-set. Once they settle into a mind-set, people tend to stick to it, and your behavior has a strong tendency in that direction. A maximum score for each section is twelve, and if you are near the maximum, you identify with your mind-set. It is your worldview for all practical purposes. If your score on the *other* section is four or less, you might tend to ignore or be intolerant of someone with a mind-set opposite to yours.

If your score is fairly balanced for both sections, you are not strongly attached to your mind-set. You make room for logic, order, and method, but you also make room for hunches, creativity, and inspiration.

If you scored nine or higher in *both* sections, you are a rare person indeed. Rather than fixing on one mind-set, you combine the best of rationality and intuition. In Yoga, you would be seen as very attuned to the flow of creative intelligence, which nurtures both sides of the mind.

If you scored five or lower on both sections, you either resisted being asked these questions or were in too much of a rush to fully reflect on them.