



## Metathinking

"The only real voyage of discovery consists not in seeking new landscapes but in having new eyes." -Proust

### What is this?

A way to cultivate your metathinking capability – your thinking of how you are thinking - to deepen your reflective and thinking capacity, which is a catalyst for growth. Do it by yourself, regularly, and explore sharing with someone else.

### Theoretical Introduction

There are two major thinking modes. Logical thinking and Dialectical thinking. Both have its place, but most of us will benefit from elaborating and developing our dialectical thinking patterns, as the logical are taught and trained throughout life.

Below, a brief introductions of the two thinking modes are presented.

[Metahinking, 2020; Shannon, Frischherz]

#### Logical thinking

is the thinking pattern taught in most schools and educations. It helps us categorize, label and divide the world, experiences and observations. An "either or" approach.

"Do what I hear, observe or experience belong to category A or B?"

Logical thinking provides a more closed approach, where "both and" often is not available. It has its place and is really useful. In the right context.

#### Dialectical thinking

...opens up to see structures, flows and connections and provides a frame for transformative thinking. The general process of metathinking is:

**Decomposition** into "smallest viable element" to observe. How can this element be understood/experienced?

**Elaboration** of the element(s). Seeing them in a different way.

**Integration.** How can these elements be integrated into a new coherent whole? In different ways?

#### Structure

Thinking in / reflecting on structures, patterns and elements of things.

What is a smallest viable element? How do these elements arrange to create a bigger whole?

#### Process & flow

Thinking in / reflecting on the process/ shifts / flow of things.

How do things change over time? Recurring patterns? Elements of change? How do energy/information/'stuff' flow, change, shift?

#### Relationships / connections

Thinking in / reflecting on the relations & connections between nodes.

What nodes/elements are related / connected? What are the characteristics of the relations? How do they interact / counteract?

### Transformational Thinking

Combining the different thinking modes to enable transformative thought and action.

Where are we?

Where do we need to go?

What do we need to sense?

What do we need to let go of?

What do we need to let come?

How do we need to transform structure, flow/process and relations/connections?

What wants to emerge?

## Practice

### **Metathinking of Self**

- Thinking of how you are thinking -

We want to invite you to see yourself, your journey, and your surroundings with perhaps new eyes. We make that invitation by helping create awareness of how you think and try on different modes of thinking.

1. In everyday life: reflect on and create awareness of how you think.
2. Then try to actively choose additional thought patterns. How does reality change with the way you think about it?

### **Metathinking in the SOS**

Now, try to *Decompose, Elaborate and Integrate* in the SOS perspectives

#### **System - Your Organization:**

View the system as recurring patterns and structure.

What elements do you see?

View the system as a process or flow.

What shifts do you see?

View the system as relations.

What connections do you see?

#### **Other - Your Team:**

View your team as recurring patterns and structure.

What elements do you see?

View your team as a process or flow.

What shifts do you see?

View your team as relations.

What connections do you see?

#### **Self - You.**

When do you let your light shine?

View your Self as recurring patterns and structure.

What elements do you see?

View your Self as a process or flow.

What shifts do you see?

View your Self as your inner relations.

What connections do you see?