

Psychological and Physiological Techniques to Find Insights

(guide for researchers, pedagogues, parents, and people with complex obstacles in life)

Author: Kamil Rafikov

ORCID: 0000-0002-7828-2488

Email: mailbox@kamil-rafik.com

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Introduction

The term *insight* is used in this document in the meaning of *eureka effect*:

https://en.wikipedia.org/wiki/Eureka_effect.

In the process of passing through multiple obstacles in my life, I have discovered by myself several techniques that helped me in some or another way/amount to resolve intuitively the problems that looked unresolvable at the first sight. Probably, I have reinvented the wheel because I'm not a fan of psychological literature; but I have decided to publish these techniques with open access for everyone because from my point of view they may be useful for the following categories of readers:

- people with complex obstacles in life;
- parents who would like to teach their kids to resolve complex problems intuitively;
- pedagogues who would like to do the same for their students;
- professional researchers.

The techniques are listed further starting from the simplest to the most complex and most expensive. Performing them in natural environment or just in exotic social environment should boost the result significantly.

It is my first attempt to write such article; that's why there is some probability that it contains something silly. But considering information obtained by me from communication with different young people around the world, it may be assumed that many modern young people do not know even the simplest techniques listed here. In any case, you should note that every of the listed techniques may bring results sometimes just after several years of practice. So, it is rather difficult to estimate usefulness of these techniques in each particular case.

Techniques

Multiple building and rebuilding of task lists

Nothing to describe much. All is described in the subject of the section. Just note that revision and rebuilding may be done on daily basis.

Multiple building and rebuilding of task schemes

More complex implementation of the previous technique. Schemes, mind maps, tables, and tables with color markup may be used instead of lists.

Listening tasks endlessly repeated with smartphone player

With audio recording and audio playing apps installed on your smartphone you may record your own voice reading items from the task list, and configure the smartphone to repeat them endlessly,

for 24 hours, several thousands times per day: while you are working, while you are training, and even while you are sleeping; not loud, just on the level of background noise.

Sportive microtraining mixed with intellectual work

In the process of performing any intellectual work that is needed to reach your goals, you may make breaks for 15-30 minutes every 1-2 hours with a purpose of sportive microtraining in the style of “550 reps” program demonstrated here, for example: https://www.youtube.com/watch?v=Pw_ZR86hNQI (or any other, you may find many other similar programs online). The biggest plus of this program and all other similar programs is that they load all groups of muscles, and can be performed even in the hostel room on several square meters, no gym and no sports equipment are needed.

Using complex concepts extracted from lengthy literature

Reading lengthy books (or sets of books) that take several weeks or several months for full immersion and allow to “imprint” complex concepts into your mind. Any kinds of books are suitable: popular fiction, scientific monographs, popular science tutorials etc. It will allow you later to apply the extracted concepts as so-called “ice breaker” against any life obstacles. You will be used to the lifestyle when you need to perform several thousands “steps” for many months/years to reach your goals, like it is done in lengthy literature. Sometimes, you may follow fiction literary storylines that always come to the happy end; sometimes, you may keep consistent logical reasoning under the pressure of obstacles in the style of lengthy sequence of logical arguments and explanations in scientific monographs and tutorials.

Such reading is especially important in the modern world where people used to consume tiny bits of information through smartphone. Some young people from poor social circles don’t even understand the underlying logic of extracting and applying complex concepts to the ordinary life.

Long distance running

Low-speed running for 1.5-3 hours, up to several times per week, for the period of several months at least. It will train your mind to move patiently through the long-term obstacles.

Geographical mind mapping with long-term long distance travels

This technique is extremely expensive, because it requires at least several months of long-distance travels with free flexible roaming from one place to another; in the worst case, you may need up to several years to get the planned result.

I’m not sure how to describe the technique in the best way, but try to imagine that in the process of free roaming from one place to another, you “attach” different parts of your mind to different geographic locations (through new impressions and new events); after that, when you will feel that you have several geographical toeholds that are “connected” to your mind, you may make large jump to new geographical location that correlates with unresolved problem in your mind, and as a

result of this, the problem may be resolved through new life experience obtained in that geographical location.

As you can guess, this technique may be also extremely dangerous, because in addition to risks of moving to completely new geographical environment, you may move to “the borders of your mind”.

To make description of the technique more down-to-earth and not too crazy, imagine that you live in Norway and you have difficulties in finding love partner, then you go to Italy and have amazing sex with person who leaves you immediately, then you go to France and find there person who is ideal for you from the point of view of your mother, then you go to Poland and find there person who is ideal for you from the point of view of your father. Probably, it is reasonable assumption that your ideal life partner lives somewhere in Germany, isn't it?

Microtravels

If you have spent already several years for geographical mind mapping described above, then in the future you may resolve minor problems with random microtravels to relatively dull locations on the map that take just days or weeks.

Probably, the opposite approach that starts from collecting travel experience through multiple microtravels to dull locations and then gives multiple intuitive solutions gradually, may be used too, but I did not try it due to different circumstances of my life.

Group role-playing games

This technique has been inspired by one case of participation in crash course on survival in mountains where 10+ students in the room played several situations of fiction emergency cases in daily environment and in mountains.

However, you should note that such technique in spite of its illusory innocence may be rather unpleasant in fact, because in several years after participation in this course, some unpredictable parts of played situations (invented on the fly in the room) happened in my life (probably, through so-called “self-programming”). That's why you should probably try to play only positive situations in such games.