

The Power of Daydreaming

When you suddenly realize / 're suddenly realizing you've been daydreaming – especially when you work / 're working on a difficult problem- the usual response is to snap out of it and try to get back to work. But what scientists now understand / are understanding is that while we daydream / 're daydreaming, we are often solving problems at the same time. So daydreaming is actually one way the mind has / is having of getting work done.

Albert Einstein's story is a famous example. He was thinking / had been thinking about his special theory of relativity for about seven years when he finally had a breakthrough. In 1904, he 'd been / was working for months on complex mathematical exercises when he decided / was deciding to take a break. As he rested, he began / was beginning to daydream. His mind had been / was wandering for several minutes when the image of a train formed in his brain – a train being struck by lightning. At that moment, it all fell / was falling into place. Because he hasn't / hadn't been trying to think about it, Einstein was / was being able to produce a completely new description of the universe.

We probably won't see / won't be seeing teachers encouraging students to stare out the window instead of doing their lessons anytime soon. But we 'll certainly see / 'll certainly be seeing more research into the power and workings of the imagination.