

The Seven Da Vincian Principles are:

Curiosità—An insatiably curious approach to life and an unrelenting quest for continuous learning.

Dimostrazione—A commitment to test knowledge through experience, persistence, and a willingness to learn from mistakes.

Sensazione—The continual refinement of the senses, especially sight, as the means to enliven experience.

Sfumato (literally “Going up in Smoke”)—A willingness to embrace ambiguity, paradox, and uncertainty.

Arte/Scienza—The development of the balance between science and art, logic and imagination. “Whole-brain” thinking.

Corporalita—The cultivation of grace, ambidexterity, fitness, and poise.

Connessione—A recognition of and appreciation for the interconnectedness of all things and phenomena. Systems thinking.

Having read this far, you are already applying the first Da Vincian principle. *Curiosità*—the quest for continuous learning—comes first because the desire to know, to learn, and to grow is the powerhouse of knowledge, wisdom, and discovery.

If you are interested in thinking for yourself and freeing your mind from limiting habits and preconceptions, then you are on track for the second principle: *Dimostrazione*. In his search for truth, Da Vinci insisted on questioning conventional wisdom. He used the word *dimostrazione* to express the importance of learning for oneself, through practical experience.

Pause for a few moments, and recall the times in the past year when you felt most vividly alive. Chances are, your senses were heightened. Our third principle—*Sensazione*—focuses on sharpening the senses, consciously. Leonardo believed that refining sensory awareness was the key to enriching experience.

As you sharpen your senses, probe the depths of experience, and awaken your childlike powers of questioning, you will encounter increasing uncertainty and ambiguity. “Confusion endurance” is the most distinc-