

22 WHAT IS LEARNING?

"Remember when you first sat down at a computer? You had an idea what could be done, but because you had not built the brain cells for operating it, you had no realities in your mind to guide you. Therefore, you could not get it to perform. Once you studied computers or an expert helped you build the brain cells, you could run it successfully.

"Prior to being able to operate the computer, the only difference between you and the expert was the content of her brain cell structure compared to yours. She had realities about computers that you had not yet built. Once you developed 'the eyes to see,' you were able to tap the creative capacity of the computer because you now had the brain cells.

"Notice, when the computer wouldn't perform for you, it did not mean there was something wrong with the computer or with you. All the possibilities were there. If you crashed the computer, it was not interested in being vindictive and punishing you, it simply did not work the way you wanted it to work. This is a perfect model of what happens in life."

"So, getting the computer to work takes learning. Is that what you call building brain cells?" Richard interjected.

"Yes, and in life we live out the realities for which we have brain cells. Life does not 'punish.' It only gives us back what we ask for. If the realities we hold in brain cells call for what looks like punishment, life will be limited to doing just that, again and again, until we change! Just like the computer, when you learn how life works, its creative capacity will open up to you.

"Developing a deeper comprehension of how we learn and refining our understanding of the difference between 'reality' and 'actuality' will make this work easier to grasp. In the Aramaic culture, the distinction between actuality and reality was well understood. Through the brain, we can only see and grasp a reality that is in our brain cell structure, though we may think we see and understand what is happening in the outside world. There is much more to life than what is seen through our limited senses.

"It takes patience to build brain cells for deeper awareness. It takes time to integrate the ideas presented in this work and for significant change to take place. Those without the brain cells will often wonder why others get excited when using these tools.

"I've seen people become impatient with this work because they want all of the information now, instead of taking the time to go through the learning process. I experience some frustration myself because I would like to teach the whole process in one exhale. It would be wonderful if people could have all the understanding and tools in usable form all at once.

"One of the blocks that tends to slow the process is the conflicting realities people have in their minds about words. The way words are used plays an important part in building brain cells. A word may be understood in various ways, it may be hooked into a variety of realities, individual to each mind. There are agreed upon meanings that seem to be inherent in words, but the only meaning a word has is the reality it brings up in an individual's brain cell structure. Just because people agree upon a definition does not mean the word itself holds that or any meaning."

"I can see, michael, that just keeping clear on the concepts of reality and actuality will take time for me, but I'm up for the challenge! I can see it is going to involve unlearning old habits of thinking and ingrained behaviors. It's time for me to deal with the things that haven't worked in my life. I just need to get past the feelings that overwhelm me when I think about how much work I have to do.

"I don't agree with everything you have said, and some of it doesn't click for me yet, but I've looked at many other approaches and this one makes more sense than anything else I've investigated." Richard spoke with an unexpected enthusiasm and sincere appreciation.

"Putting these tools to work in your life will fill in many blanks and answer most of your questions. Let's look at the Forgiveness process as it is presented in the Reality Management Worksheet," I suggested.

Richard assured me he was willing to do whatever it would take, and for the first time since he arrived acknowledged that he knew this was what he needed. Richard looked calm.

KEY THOUGHT—Want change? Start with the part you control. Your "self."