

## Seaside Wisdom for Life School

### Transformational Learning

Mark Victor Hansen and Robert G Allen write in *The One Minute Millionaire*

Change expert Don Wolfe teaches that there are two kinds of learning: Informational learning and transformational learning- or head learning and heart learning. Informational learning is predominant in our educational system. Teachers talk; students listen, take notes, take test, get grades and so on. It's all about memorization and regurgitation. Transformational learning is about empowering students to discover the answers for themselves. It's a slower process, but much more profound. That's why it's transformational.

We live in an age of too much information and not enough transformation. When people get stuck, it's rarely because they don't know enough. It's because they lack the ability to act on what they already know. Transformational learning is not about taking notes in a notebook. It is about writing the lessons on your heart and in every cell of your body- so that your behavior flows effortlessly, without compulsion, from the wellspring of your natural desire to live the life you were born to live. God/Spirit designed life to be transformational experience. The main goal of transformational learning is to cause you to experience "ahas". An *aha* is when your awareness expands- when you truly "get it." The lights go on and you say to yourself, "Aha!"

<u>Informational Learning</u>	<u>Transformational Learning</u>
Left Brain	Right Brain
Intellectual	Emotional
Head	Heart
Structured	Creative
Serious	Curious
Rigid	Spontaneous
Told the answer	Discover the answer
Repetition	Intuition
Passive involvement	Active involvement
Hold Back	Let go
Fear	Trust
Being <i>the</i> best	Being <i>your</i> best
Knowledge	Understanding
Uh-Oh!	Aha!
Oh-No!	Oh, yes!