

Welcome to the School of Experiential Learning

A Curriculum of Unlearning

It is a pleasure to have you here. Our curriculum is the best there is.

We believe in the principle of KISS: No need to complicate what works so well.

You are in the right place to unlearn anything.

The Poetic Mirror

The Call



Art that speaks to the
"Unseen" becoming "Seen".

The Mirror



Lived stories from a
community of seekers navigating
recovery and discovery.

The Insight



Moving from the "Stupor"
of the past into the clarity
of the present.

Context: This deck mirrors a live dialogue. We pair abstract poetry with the real-world responses of participants Jane, Mary, and Miriam to synthesize a path for growth.

The Work of Art

“For form to arise from divine inspiration, for the Unseen to be seen, this art is made possible by doing the work.”

-- Excerpt, “Work of Art”

The Evidence: Miriam’s Recovery



After suffering a stroke, Miriam felt a spirit-led urge to arrange flowers. She had no designs and no experience.

“I didn’t have no book to look at... pictures used to just come of what I should do... it was Divine.”

She didn’t do it **to sell**; she **did it to heal**. Using her left hand regained her strength.

“Creation in the Mud” in Playfair Display

The Call



“Speaks to its beauty...
emanating from whom the
universe breathe.”

-- Excerpt, 'Work of Art'

The Response



The Evidence: Jane's Lotus

Jane, a retired teacher and artist, refuses to accept deficits like ADHD as limitations.

The Metaphor: The Lotus blooms and produces seed in dirty water. It brings out beauty regardless of the environment.

Jane's Action: She is working harder now in retirement to reap the benefits of her past efforts through painting and poetry.

Do not wait for clear water. Creation happens in the mud.

Reframing Failure

“Failure sounds like it should be where the road comes to an end. It could be... that depends on you. You could decide to build more Road using the learning material.”
-- Excerpt, ‘Road to Failure’

The Group Consensus

Claudette: Embrace failure. It prevents us from going around in circles.

Mary: Focus on the positive side of the visible. “I see myself as I’ve not even started.”

The Consultant’s View

Failure is a premature judgment. When viewed correctly, the rubble of a collapsed plan is simply the pavement for the next mile of the journey.



The Instruction for “Stuck” is Stillness

The Call

“Stuck here on repeat...
What is it saying?
Be more gentle.
Be clear. Or be still...
The answer is in the
moment.”

-- Excerpt, 'Stuck'

The Response

Mary's Vision



Mary visualized her spirit traveling at the speed of a Concorde jet, searching for "what do I do next?"

The Pivot: She couldn't find the answer in the speed. A voice stopped her with a single word: "Patient."

Realization: We are often anxious for what we aren't supposed to be anxious for. The universe brings us back to alignment when we stop rushing.

You cannot outrun yourself. If you are stuck, the movement you need is internal, not external.

Dead by Design

The Call

“The unhelpful past is gone, no longer here...

Dead by Design. No use for living.”

-- Excerpt, 'The Dead' in Inter

Case Study 1: Jane's Title

- **Context:** A widow for 24 years.
- **The Shift:** Five years in, her children said: 'Mommy, stop telling us that you're a widow. Move on.'
- **Insight:** She was using a dead title to define a living person.



Case Study 2: Miriam's Abilities

- **The Shift:** Miriam had to let go of 'what I could do before the stroke' to embrace 'what I can do now.'
- **Insight:** Holding onto past ability paralyzed her present capability.

You cannot live in the present if your identity is anchored in a graveyard.

The Cycle of Decay vs. Growth

The Call

“Bury the dead lest it causes a stink... making life unbearable for the living.”

-- Excerpt, 'The Dead'

The Analysis

The Ecological Metaphor



Healthy Cycle

In nature, death feeds life.
The past becomes fertilizer.

The Stink



The Stink

If you refuse to bury the dead,
it doesn't feed anything. It rots.

Key Takeaways

1. Obstructing the cycle of life.
2. Unfulfilling 'fumes' in daily life.
3. Poisoning the 'living' (present moment) with refuse of the past.

Self-Inflicted Storms

The Call

“A storm brewed from Winds of my own invention... Disappointment preceded by expectation set from my own imagination.”

-- Excerpt, 'Disappointment'



Mary's Insight on Partnership:

- **The Error:** She 'over-valued' a partner, expecting them to be who she wanted, rather than who they were.
- **The Truth:** They never signed a contract to meet her expectations. She failed herself by being unreasonable.

“If you created the storm through expectation, you have the power to un-create it by releasing the expectation.”

The Curriculum is Unlearning

The Call

"You're in the right place to unlearn anything."

-- Excerpt, 'Welcome to School' in Inter



The Lesson

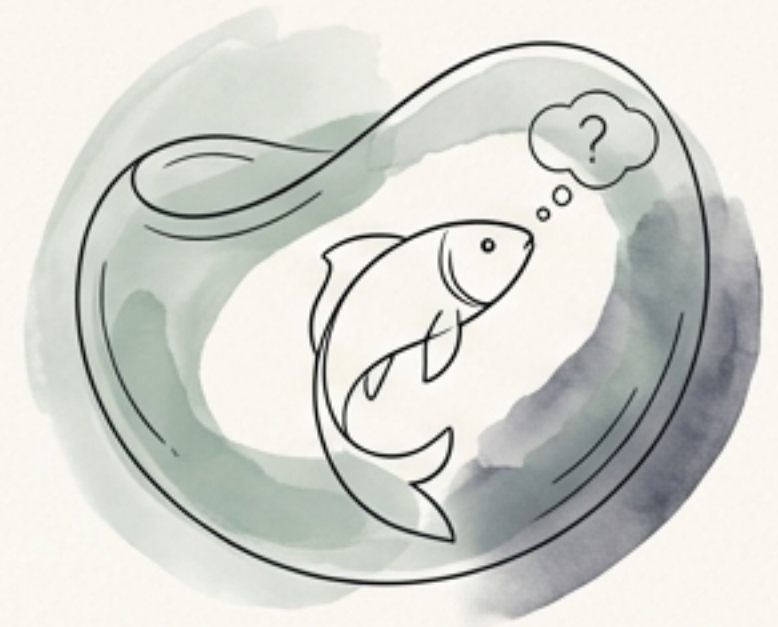
Why is unlearning so hard?

Concept 1

Old learning acts as a filter through which we see the world. If we don't remove the filter, we cannot see new possibilities.

Concept 2

Like a fish unaware of water because it has always been there. We must question what we assume is 'just the way it is.'



Trigger for Unlearning: Is this belief currently serving you? If not, it is a candidate for the trash heap.

Peace is in the Presence

The Call

“Find that little opening to get you in there... Soon you’ll be crafting the door that opens this conundrum up.”

-- Excerpt, ‘From Insight’

The Strategy

The Answer is Internal



1. Don't try to work out the whole path before you start.
2. Just find the “little opening”.
3. Take one action. The next step reveals itself *after** the first step is taken.

Mary: ‘In my presence, there is peace.’ The presence isn't a sky god; it's the internal connection.

The Final Lesson: Sit With Yourself



“Make that time to sit with myself and reflect.”
(Claudette)

“Get rid of the past even if it’s dreadful; there is always something better in front.”
(Jane)

“I can only get the inside in me by sitting with myself.”
(Mary)

The answer is not in the activity. It is in the stillness.