Eponaquest CLIENT HANDOUT

Enemies of Learning

© Medicine Horse Way, Carol Roush – 2024 Update Josselien Janssens

1. Low tolerance for allowing and feeling the emotion Vulnerability.

2. Inability to admit "I don't know". Everyone has things they don't know that they don't know.

3. Making yourself responsible for everything. Always stepping forward in a leadership position, as a way of giving yourself a sense of control.

4. Or its opposite: learned helplessness – asking others for help instead of figuring out things yourself, as a way to avoid taking responsibility.

5. Being blind to blindness. Projecting onto others characteristics one cannot see in oneself. Transferring onto others unresolved conflicts from the past.

6. Desire to have everything clear at all times (this gives a sense of control!), leaving no room for the process to unfold that is necessary for learning.

7. Not granting authority; desire to learn but inability to be taught.

8. Resistance as a survival mechanism. Not able to be open to the point of view of another.

9. Not being able to access beginners mind which is essential to learning.

10. Confusing "having opinions" with "knowing". Opinions are not necessarily based on facts and can be rigid, factually baseless, beliefs instead.

11. Emotional flooding, getting high-jacked by old emotional patterns that prevent learning in the moment.

12. Inability to play, play is action with no purpose which at times allows us to discover purpose.

Keys to Learning

© Medicine Horse Way, Carol Roush – 2024 Update Josselien Janssens

1. Create a space of emptiness within your mind and heart. When you create the space, willingness to learn can grow.

2. Cultivate desire and develop interest in exploring the unknown.

3. Focus with intention into this present moment and absorb all it has to offer you.

4. Relax your mind into a state of allowing; dissolve perceptions and open to new possibilities.

5. Surrender resistance, and embrace acceptance, opening your mind to infinite possibilities and the correction of misperceptions.

6. Expand your capacity to receive. Solutions occur in a receptive mind.

7. An awakened mind knows that to learn one must be willing to explore mystery with the understanding and acceptance that some things will remain unexplained or contain paradox.