

# Learn to Learn YOUR Way

by Udana Power

TheFriendchise®

## **The professors wanted to give their students more than a brain dump.**

The old mode of teaching and grading papers was getting tedious. They realized that most students forgot what they learned right after they took a test and would most likely never use that information again.

They wanted their students to wake up to the power of discovery. Of learning. Of finding their passion. And to use what they learn to solve problems and create solutions to the ever-increasing challenges they would face in life.

## **The professors made a plan.**

They brought thousands of balloons to school -- all the same color. One was given to every student. Each student had to inflate their own balloon and write their name on it with a Sharpie. Then they were instructed to throw all their balloons into the hallway.

Then the professors mixed up all the balloons.



*"True learning is based on discovery guided by mentoring rather than the transmission of knowledge."  
- John Dewey*

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**The students were given 5 minutes to find their own balloon.**

Chaos erupted in the hallway as the students all tried to find their balloons. Despite a hectic search, when the 5-minute bell rang no one had found their balloon.

At that point the professors told the students to take the first balloon that they found and hand it to the person whose name was written on it.

**Within 5 minutes everyone had their own balloon.**

The professors congratulated the excited students and said, "These balloons are like happiness. We will never find it if everyone is looking on their own. But if we care about other people's happiness, we'll find ours too." \*

It's the same with this financial opportunity. We all win by working together and helping one another.



*We are in business FOR ourselves,  
not BY ourselves."  
- Unknown*

**This program was years in development.**

Embedded in the training are some very simple principles that are actually so easy and fun that they might be taken as meaningless. I want to bring these concepts to your attention so you don't dismiss the value of doing your "homework" as too silly or simplistic to be of value. Everything is here for a reason.

**The Course is in 4 Modules.**

Each module has 5 to 6 simple video trainings and articles.

- Module #1: How the Money Works
- Module #2: Conscious Communication
- Module #3: Easy Follow-Up
- Module #4: Launch Your Future

**The information is delivered in a specific order.**

Each article builds on the previous article. The Workbook gives space for you to do some "homework." That homework helps you integrate what you've learned with your current knowledge base. It feels good to learn something and then actually use it to build new skills.

*\* The above story was published in Patch Newspaper, Gig Harbor, WA by Akiko Oda.*

### **Each article focuses on ONE thing.**

There are usually 3 different points made about that One Thing. They are easy to read with pictures and quotes on the side that urge you to think and reflect. That helps your brain relax and integrate more connections.

### **Every article starts with a story.**

Our brains are wired to learn in stories. Just because you are enjoying a good story, doesn't mean you are wasting study time. The story actually helps your brain engage. Humans have ALWAYS learned and passed on information through stories. There have been civilizations without the wheel, however, there has never been a civilization without stories.

### **The Aha Game game is where...**

learning gets interesting. This is how it works:

### **Read one article a day.**

Don't just breeze through a lot of them at once and say, "*I got it.*" You'll never be able to retain and use that information. When you are first exposed to new information (lecture, article) you will pick up maybe 10% of it. If you don't do something to digest it, it will fly in and fly in and out of your brain without consequence.

We are bombarded 24/7 by a wall of information that never stops. We have worldwide news and social media in our pocket clamoring for our attention. A thing called "Decision Fatigue" sets in during the day, especially after periods of working, studying, thinking or making any kinds of decisions. Even small things - like what to make for the kids' lunches - can become laborious by the end of a busy day. Decision Fatigue is real. I won't go more into the science about it here. You can Google to find out more.

When we add constant interruptions to Decision Fatigue our brains get so overloaded that they tend to bounce from one thing to the next. At that point our subconscious mind doesn't know what's meaningful to retain and what is just another shiny object snagging our attention.

### **The Remedy to distractions and Decision Fatigue is built in to this course.**

My aim is to turn learning from a sense of "work" into an adventure of discovery that has direct meaning to your daily life.



*"Eureka!!! I understand A-ha!!!"*

**This is why the Aha Game is so extraordinary.**

Reminder: you only pick up maybe 10% of what you first read or are exposed to about a subject. Out of that 10%... there are only a few things that have meaning or provoke your interest.

After reading each article take a moment and open your workbook. Sit down with yourself and start writing about something in the material that sparked your interest. What stood out? Why was it meaningful? How does that relate to other things you know? What is it that YOU find important or interesting? (You are the most important person in your life.)

**Just free-write... I call it jzoozj-ing. (Pronounced jshooshjng).** Jzoozjing is not brainstorming where you try to think up new ideas from your conscious mind. Jzoozjing is where you pick up a pen and just start flowing from your heart, your inner soul, your feelings, your child-like, uninterrupted stream of consciousness that most of us ignore in our adult life. Connect THERE... to that juicy part of yourself.

**Write down what you find important.**

What was good? What was stupid? What don't you understand? Just keep that pen going even if you write, *"I don't have anything to write about..."* Soon an Aha will emerge. A flash understanding. An epiphany. A Wow moment. You will find at least one thing that was meaningful. Perhaps two. Maybe they even relate to each other when you start "connecting the dots."

**Once you have that Aha Moment...**

then take another moment to contemplate one more thing... how can you implement that new Aha into your daily life? What little difference can that flash of understanding have in the way you interact with people and events around you?

Now you are starting to integrate those new Aha's into your consciousness to change the course of your life.



QUICKTIP: Journal with gel pens, so your hands don't get tired.

*"Journal writing is a voyage to the interior."  
- Christina Baldwin*

### **One small Aha every day can transform everything.**

Think of a huge ocean liner making a turn in the ocean. The relatively small rudder underneath the big ship adjusts one small bit at a time.... and the huge boat starts moving incrementally in a new direction. Accumulating daily Aha's and taking small, simple actions on them can turn your whole life in a new direction.

### **Don't get serious about this. Seriousness closes us down.**

Optimism and good will open us up to curiosity and discovery. Start aligning with what I call "The Law of Blooming." When you start blooming into who you are *really* meant to be, it feels good - even ecstatic. We all can get so buried by distractions and busy-ness that we forget who we REALLY are and lose track of who we are meant to be.



### **Here's where it gets even MORE interesting.**

During the beta teams, we discovered how Aha-ing in Buddy groups transforms everyone.

Before I explain what happened in the Buddy Groups, I want to show you how they fit together. There are interactive groups in this course. They are:

**1: Me, Myself and I:** That's you jzoozjing - (Self-Referencing) - with your own thoughts. You get to discuss what's important about what you're learning with yourSELF and how it applies to YOUR life.

**2: Buddy Groups:** Everyone is part of a small group of 3 to 4 people that meet once or twice a week for an hour to discuss your Aha's. This is where a wonderful excitement starts enfusing everyone..

**3: Friendchise Community:** the Facebook Community along with a one-hour weekly call answers questions and connects us with one another.

### **Here's what we discovered in the Buddy Groups. (Besides that everyone loves them!)**

Find a few Buddies who want to move through the material at approximately the same pace you choose to go. Connect by phone or Zoom once or twice a week. This is a specific "study time" where each person has 15 minutes to share their personal Aha's about the material you all are covering. (Be on time, time yourselves and don't random chit-chat.)

### **You get to talk about what excites you and people actually LISTEN.**

(How often does THAT happen in real life?) It's empowering in a surprising way. We live in a world where nobody listens, everyone texts and people want to impress with their opinions about things they feel "right" about. Having someone actually hear and acknowledge what is important to you is like breathing fresh air. When was the last time someone listened to you with rapt attention? It's rare, validating and strangely exhilarating.

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Each Buddy gets to share 15 minutes of their Aha's about what they are learning and why it's important to them.

**Here is the astonishing revelation.**

Everyone has a different Aha from the same material. They have listened to one another. they are are amazed and enthused about the life lessons that are emerging. Everyone is honoring each other's differences and at the same time they are learning new ways to think and process information. It's riviting and fun.

**At the same time the information is becoming more integrated into your consciousness.**

It is estimated that your conscious mind processes approximately 60 bits of information per second, whereas your subconscious mind processes approximately 40 MILLION bits of information per second. The Aha Game is a powerful, fun and easy way to get that information seeping down into your subconscious mind. A short nap during the day also sets the subconscious into action. That's why discussions, nap breaks, jzoozjing and other kinds of breaks are encouraged, so your subconscious can do the heavy lifting.

**You can't learn how to ride a bike by reading a book.**

You watch other people riding bikes. You try. You wobble. You fall. You struggle. Again and again. Maybe someone who already knows how to ride a bike holds you steady while you attempt to balance, pedal and manage the handle bars at the same time. You don't learn the first time out... but as you keep struggling to learn, your subconscious mind realizes... "*Ohhh... they want to actually ride this thing?...Okay...*" And as you sleep, play and do other things, the subconscious starts weaving new neural pathways underneath all this wobbling, falling and struggling. Suddenly - one day - you get on the bike and can actually ride it.

Your subconscious has literally connected all the neural pathways in your autonomic nervous system and you're riding down the street going "Wahooo!" just like the rest of the kids.

**From then on you always know how to ride a bike.**

And you forget that you actually had to struggle to learn. Suddenly it just "clicked in." You didn't study your book harder or memorize a lot of facts in order to ride that bike... you just got on it and started wobbling around, struggling and balancing this way and that. You were getting the experience into your body. THAT was your "study." And now you can ride the bike and go wherever you want to go. And now, riding a bike is FUN.



*Learning is a process of discovery.*

You will learn more about this way of learning as you go through the articles. I just wanted to bring these concepts to your attention now, because I want you ALL to learn how to ride your financial bike to freedom. I want you to know that everyone is going to wobble and fall and we all help each other get back up on the bike with no loss of enthusiasm. There will be a time when everything will just "click"... and you'll be riding your financial bike wherever you want to go as fast as you want to get there.

**Repetition of simple ideas and concepts are built in.**

They are here to remind you what you already know so you can delve more deeply into your Ahas. You'll recognize the stable information in your knowledge base for new things to attach to. It's the foundation you build on.

We are all so different, with different skills, understandings, educations, lifestyles... yaddah-yaddah... that repetitions are here to remind you that you already know some things and can continue building on a strong foundation. Just flow with it.

**3) The Friendchise Community:** We have a Facebook page and a one hour, weekly group meeting. There you can get questions answered, meet new Buddies, share new Aha's, and generally connect to what science calls a Morphogenic Field.

A Morphic field is an energy system that explains how a flock of starlings (small birds) in the sky can move together in one direction. You can also see it in a school of fish moving through the water. The Friendchise Community creates a Morphic Field that carries us all towards our goals, much like a wave carrying us all to the shore.

Again... I just want you to know that these things are embedded in this learning experience so you don't overlook them in the cacaphony of life. Learn what to do and why, then you can make this knowledge your own.

**Three regular guys at Dartmouth College...** found themselves in a modern dance class.

By the end of the semester, they were required to choreograph a dance and perform it. Uh oh.



*Starlings fly in undulating formations called murmuring. The murmuring change shapes in exquisite undulations as they go.*



*"When you dance, your purpose is not to get to a certain place on the floor. It's to enjoy each step along the way."  
- Wayne Dyer*

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Dancing and choreographing was so far out of their wheelhouse that they normally would have thrown up their hands, had a beer and laughed it off. But, if they didn't do the assignment, they would flunk the class. If they flunked the class it could mess up their whole grade point average.

**The teacher didn't say it had to be good...they just had to do it.**

So, unencumbered by the desire to do it "well" or even "correctly", the guys decided to just do whatever came to them to do.

**They started playing around with movement.**

As they explored, it became more interesting. They found themselves curious about the origin of movement itself. Their curiosity drew them into the power and beauty of bodies connecting with each other.

**They named their dance "Pilobolus"...**

after a fungus that grew on cow poop that one guy's dad was studying in a lab somewhere. That name served two functions... It kept them non-serious while exploring the deep undulation of life itself.

**That class at Dartmouth transformed the world of dance.**

Since that fateful recital in 1970, the Pilobolus Dance Company has performed over 120 works in more than 65 countries and has been featured on major TV as well as the Academy Awards. It is still thriving and reinventing itself over 50 years later. (That's a big deal in the dance world.)



*Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible." - St. Francis of Assisi*

**NEXT:**

The next article, Pre-Training Setup, will tell you the few things that you will need to get up and running. It also includes a pdf of your Workbook.