

UNLEARNING: A SAMPLE IDEAGRAM

What does learning mean? Learning means fixing ideas and making them material. When an idea is fixed in mind, it becomes tangible, and that knowledge becomes a kind of veil for any other knowledge that can illuminate the path through life. Unlearning is a process by which one rises above what one has learned. What one learns in life is most useful after one has attained spiritual realization, in order to express it, but it can only be a hindrance in progress in the spiritual path unless one knows how to unlearn.

How does one unlearn? Does one forget things? It is not necessary to forget in order to unlearn. Unlearning is looking at things from an opposite point of view, seeing things from another angle as clearly as one is able to see from the angle from which one is used to looking at them. It is this experience that leads one to perfection. The knowledge that keeps man narrow is the knowledge which is not unlearned, but once one has unlearned, one sees everything in life from two opposite angles, and that gives one a great mastery. It is just like looking from both eyes, to make a thing complete.

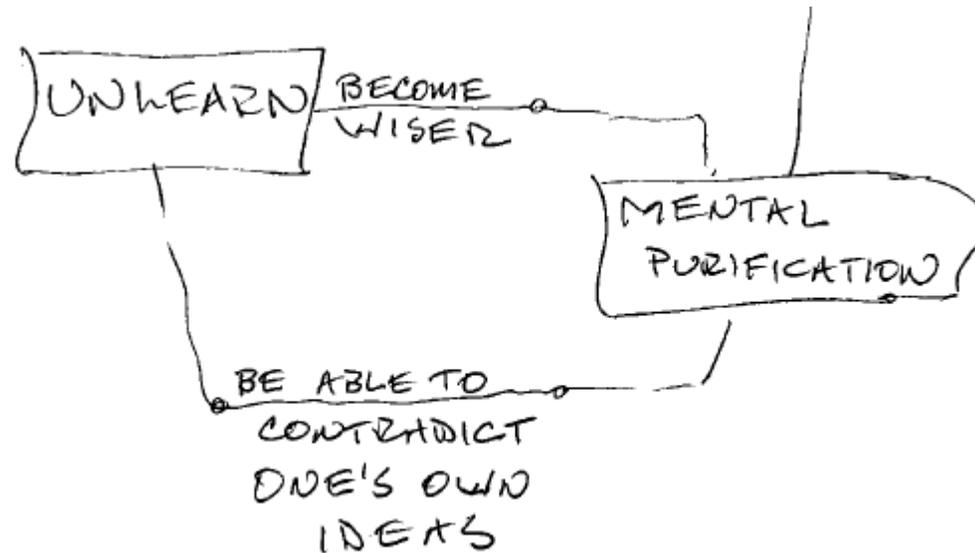
IDEAGRAM

We are going to go through the process of preparing an IdeaGram (quite simply, an outline of written material).

It is not an easy task, so take your time and don't try to do it all at once.

Start by reading the material and getting an over-all sense of the content.

Then begin to break it into the main ideas and try to determine a logical flow.



IDEAGRAM

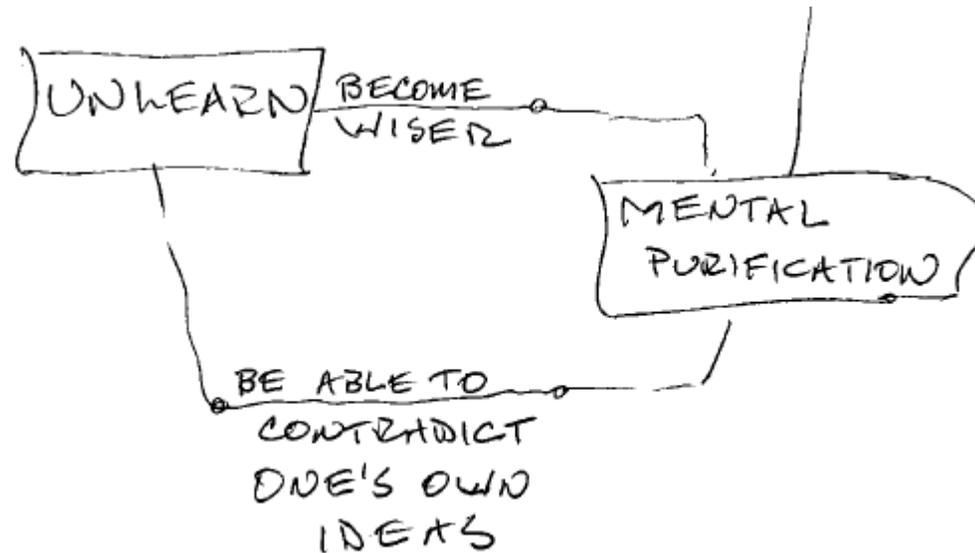
The graphic result (diagram) is not the only mission of this exercise

The value is in the process of examining the material and visualizing, formulating and drawing a graphic picture of the content

You can use pictures to add to your visual memory / interpretation of the content.

Take your time and take a break.

Concentration requires significant brain power.



IDEAGRAM

The following three pages are the hand-drawn charts I prepared when studying this content

For a long time I've been interested in understanding this concept of [unlearning](#)

The impetus for creating the chart was to use it during a class I was giving to 8th graders during summer school in 2016

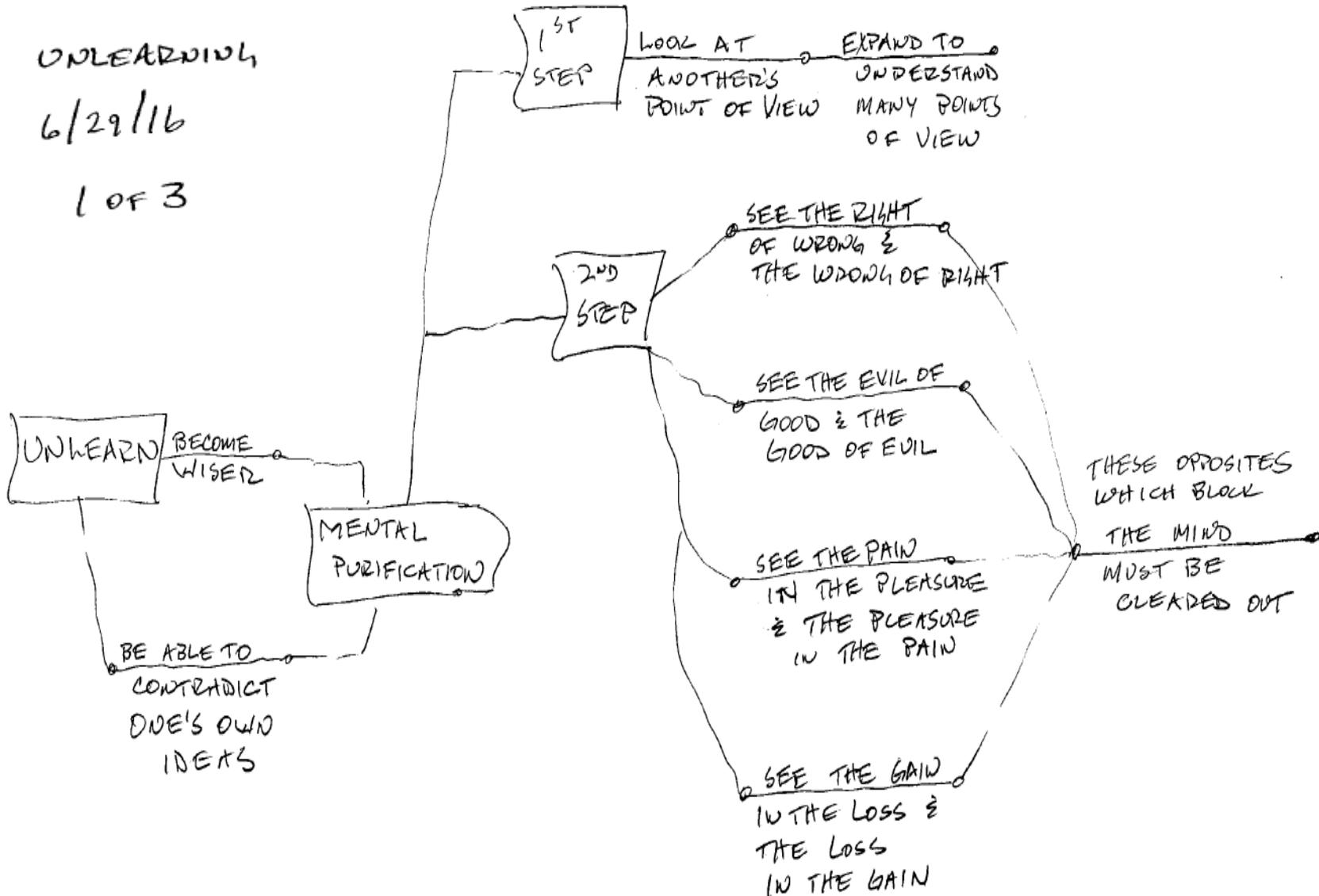
After that I provide a step by step demonstration the process of reviewing the narrative content and preparing the IdeaGrams

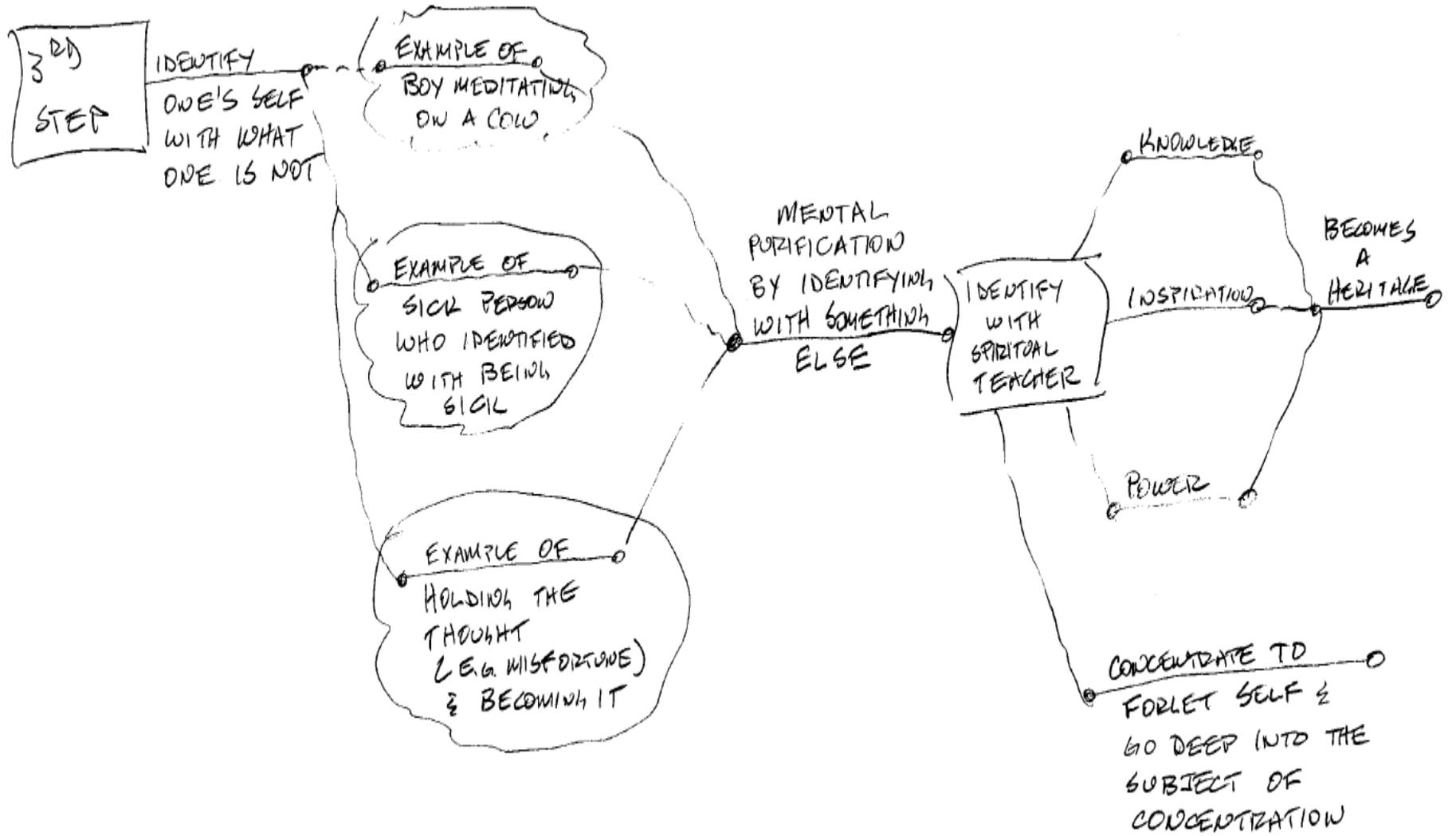
- The following three pages show the hand-drawn charts that were developed to explain the concept of “Unlearning” to a group of 8th graders in the summer of 2016.
- After that there are a series of pages that address each segment of the chart as it was developed, including the written content.
- There are also pages that present the chart in a different format that was prepared by a contributor (Dana) – these are typed into boxes but maintaining similar logic

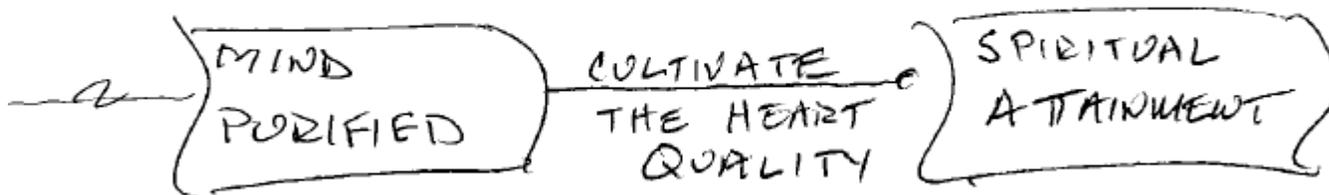
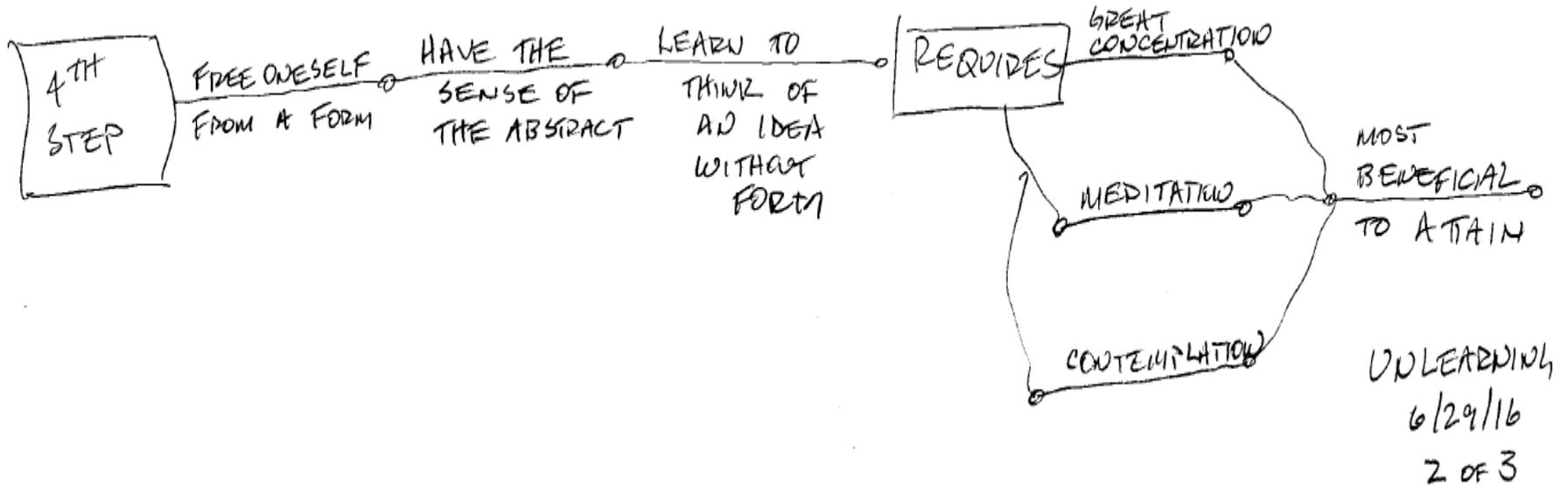
UNLEARNING

6/29/16

1 of 3





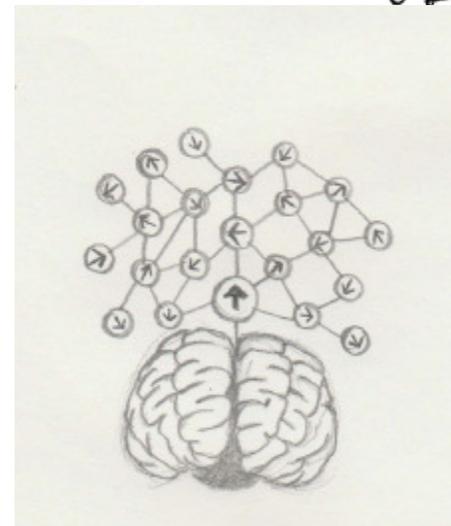
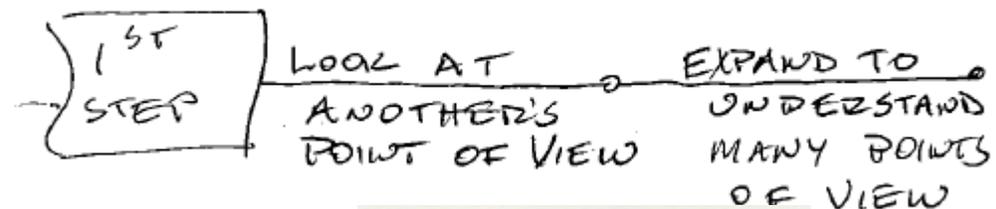


UNLEARNING
6/29/16
3 OF 3

UNLEARNING

Explaining the process of going from Learning to Mental Purification (Wisdom) by a system of Unlearning

- Learning means fixing ideas and making them material in our mind
- To become wiser it is necessary to purify our mind
- Unlearning is part of this process



UNLEARNING

- Unlearning is a process of cultivating and expanding upon what one has learned ... letting go of what became fixed in the mind and seeing the multiple ways of looking at and understanding anything
- It is not necessary to forget in order to Unlearn
- Unlearning is looking at things from an opposite point of view, seeing everything from two opposite angles
- The Dalai Lama suggests that we should see things from the front, the back, the top, the bottom, the right and the left (add link to book: "The Book of Joy: Lasting Happiness in a Changing World")

UNLEARNING

- “Learning is only a hindrance in the progress on spiritual path unless one knows how to Unlearn”
- For myself (Dennis) there is no intention herein to recommend a “spiritual path” ... we all follow our own path and I believe we end up where we are intended to be All of us, along our varied paths
- As a new learning tool, developed and cultivated over the last forty-five years, I am sharing these techniques and related content in the hope of enabling others to more easily examine their body, mind and spirit for the purpose of self-realization and expression in my mind, the true path to happiness.

Overview

Unlearning is to rise above what one has learned.

These charts are by a contributor (Dana) – same concepts, different format

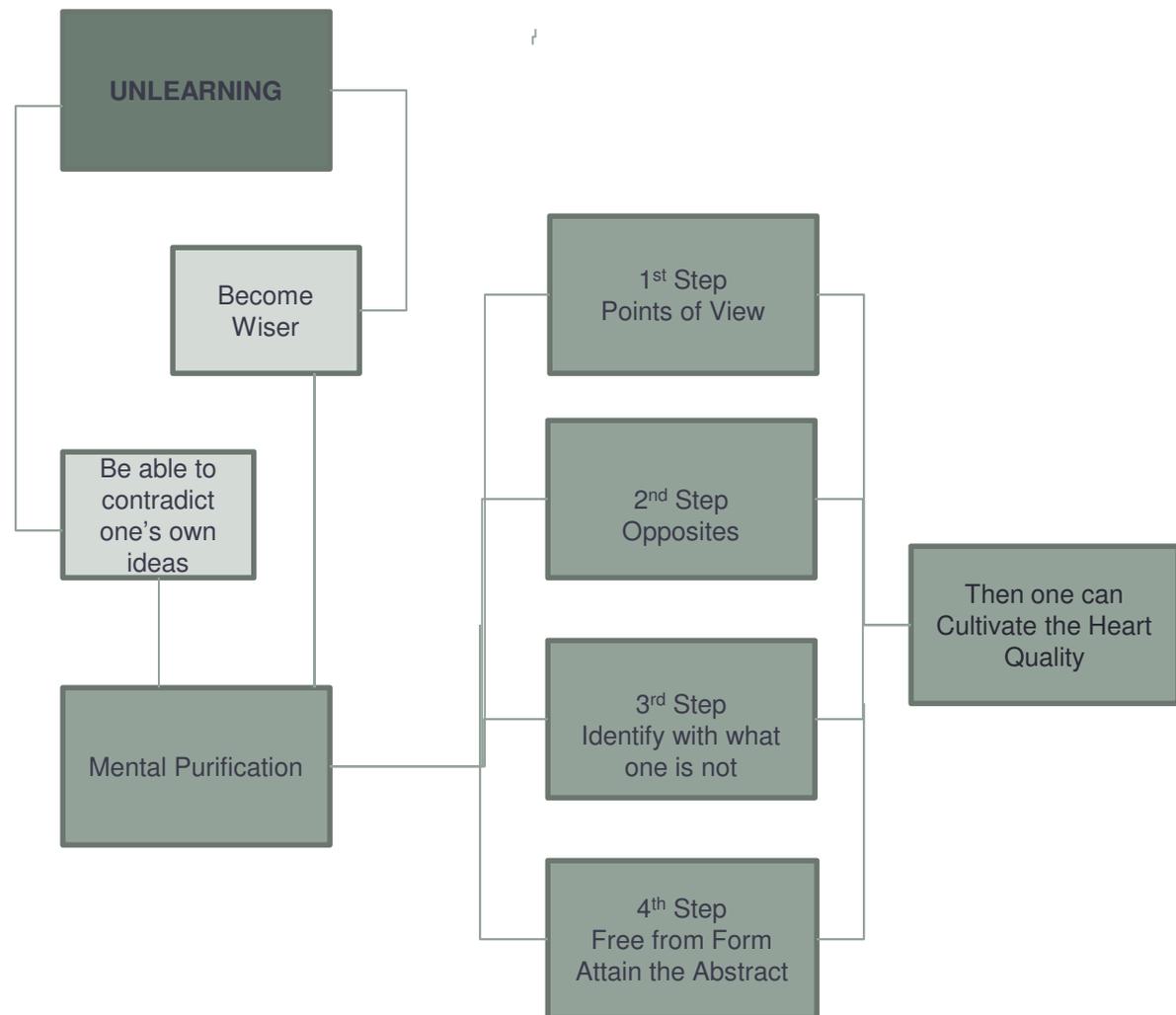
The format doesn't matter
.....

The content doesn't matter

What do you want to learn ?

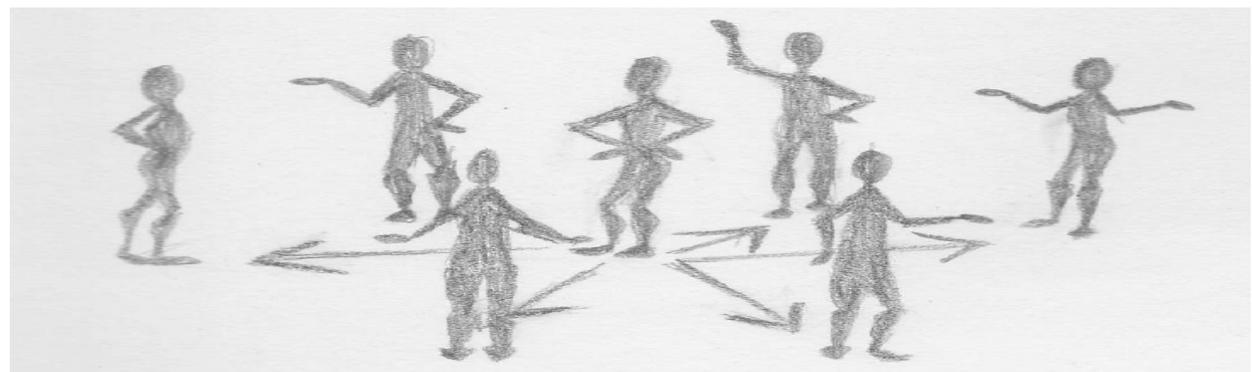
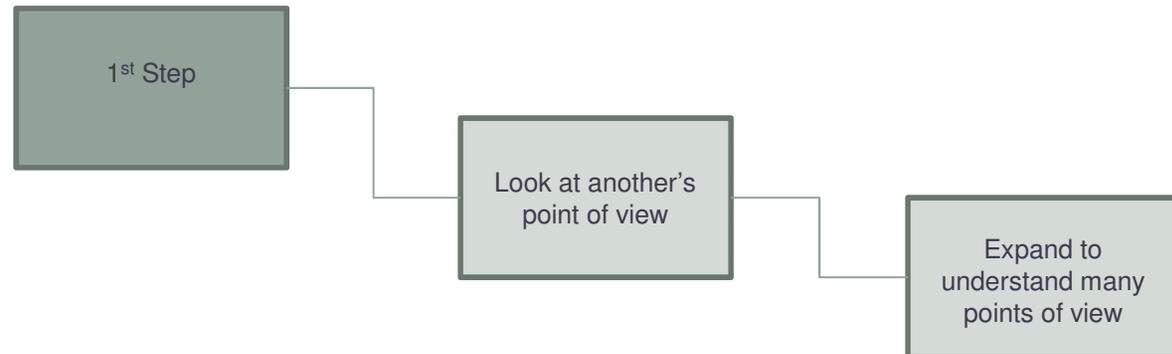
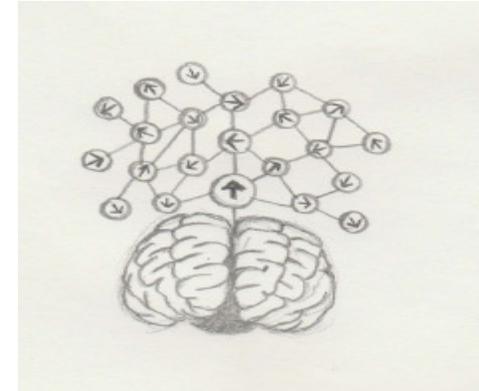
What is the best way for you to learn ?

Can this be a tool to help you learn ?



1st Step

The wise person can give up his thought, the foolish one holds onto it.



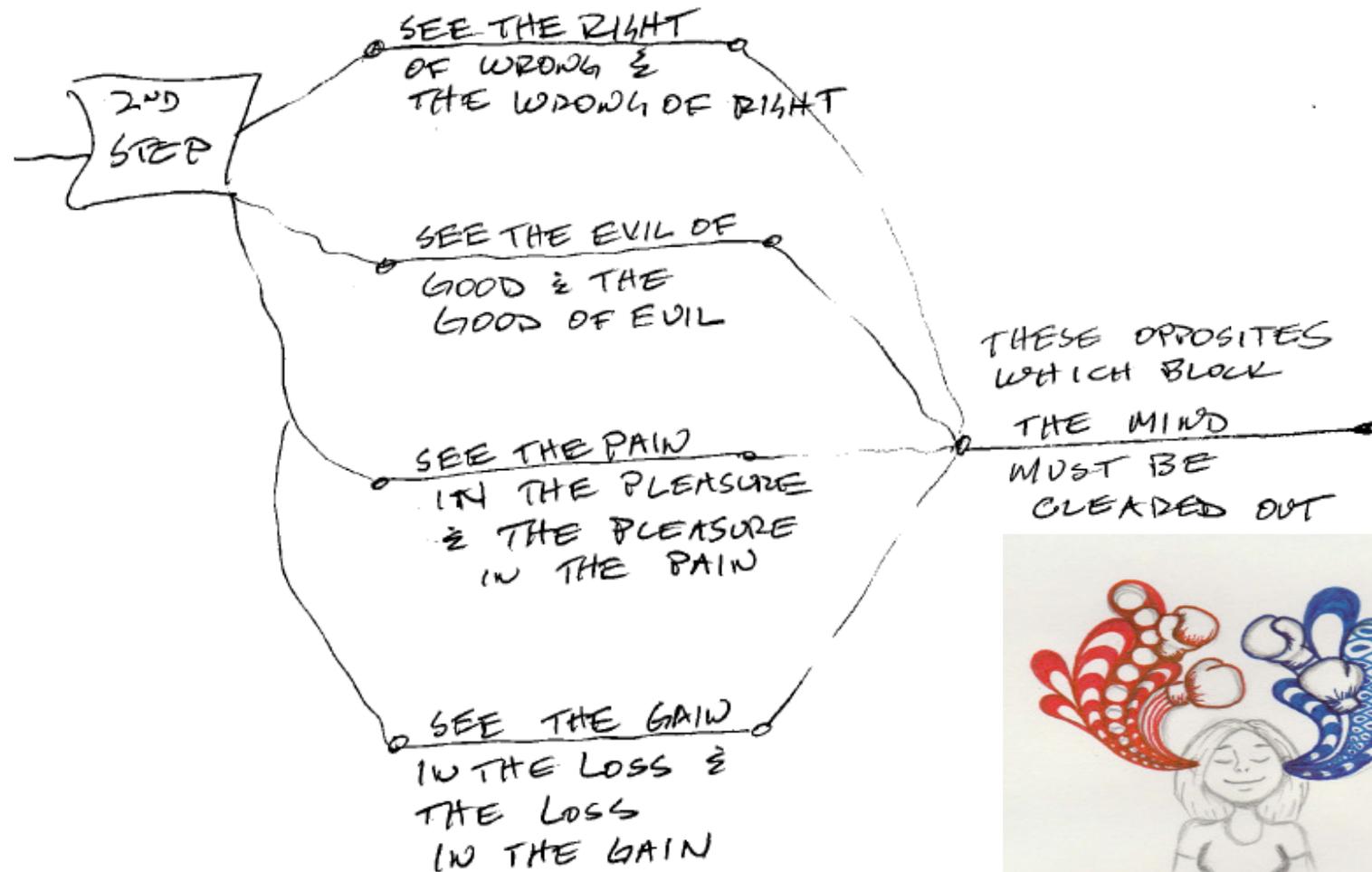
UNLEARNING: THE SECOND STEP

The next step in mental purification is to be able to see the right of the wrong and the wrong of the right, and the evil of the good and the good of the evil. It is a difficult task, but once one has accomplished this, one rises above good and evil.

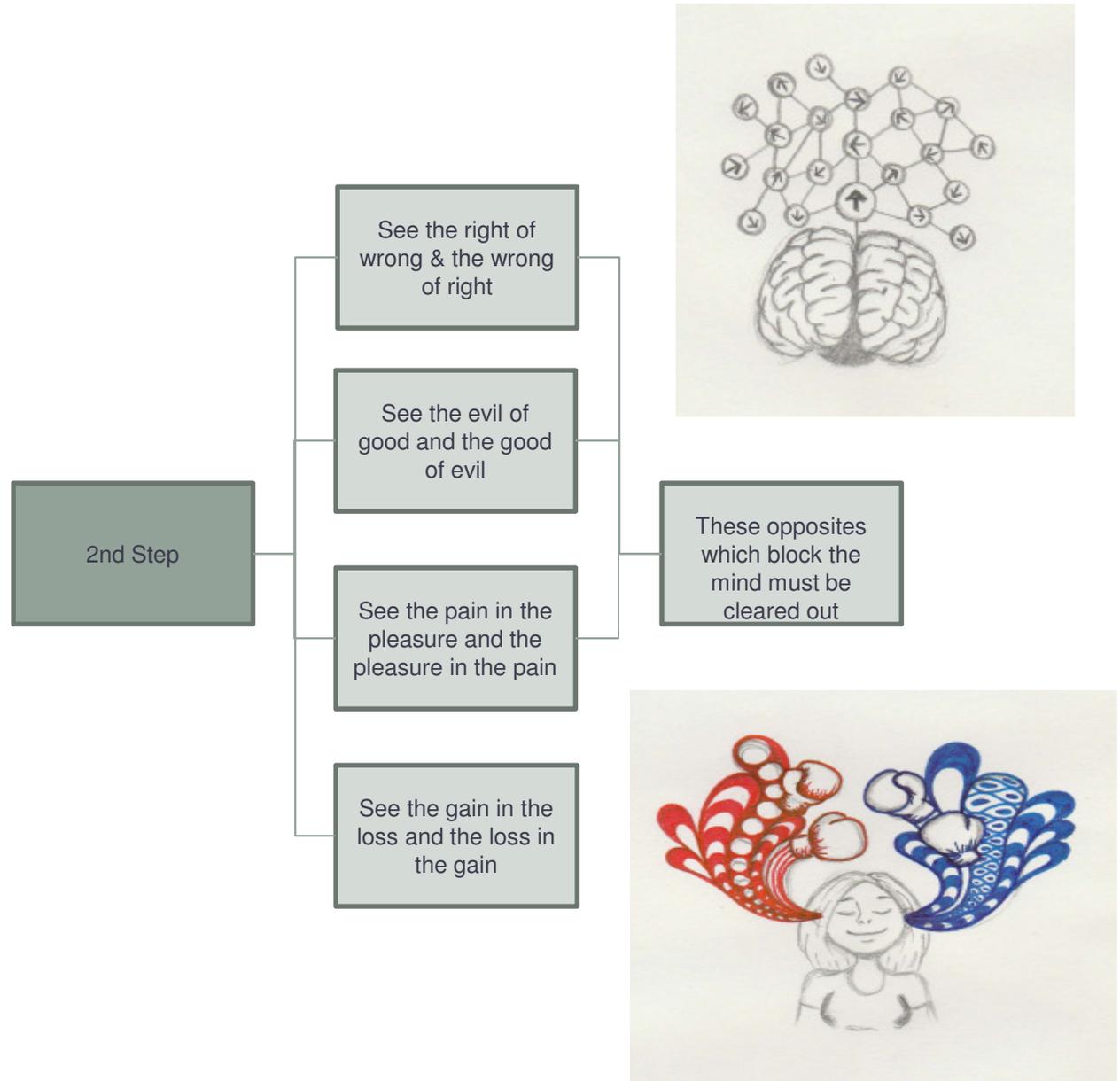
One must be able to see the pain in pleasure and the pleasure in pain; the gain in loss and the loss in gain. What generally happens is that one is blunted to one thing and one's eyes are open to another thing; that one does not see the loss or that one does not see the gain; that if one recognizes the right, one does not recognize the wrong.

Mental purification means that impressions such as good and bad, wrong and right, gain and loss, pleasure and pain, these opposites which block the mind must be cleared out. Then one can see the enemy in the friend and the friend in the enemy. When one can recognize poison in nectar and nectar in poison, that is the time when death and life become one too. Opposites no more remain opposites before one. That is mental purification, and those who come to this stage are the living sages.

UNLEARNING: THE SECOND STEP



2nd Step



UNLEARNING: THE THIRD STEP

Mental purification means that impressions such as good and bad, wrong and right, gain and loss, pleasure and pain, **these opposites which block the mind must be cleared out.** Then one can see the enemy in the friend and the friend in the enemy. When one can recognize poison in nectar and nectar in poison, that is the time when death and life become one too. Opposites no more remain opposites before one. That is mental purification, and those who come to this stage are the living sages.

The **third step in mental purification is to identify oneself with what one is not. By this one purifies one's mind from impressions** of one's own false identity. I will give as an example the story of a sage in India. The youth asked his mother, who was a peasant woman living in a village, "What is the best occupation, Mother?" And the mother said, "I do not know, Son, except that those who searched after the highest in life went in search of God." "Then where must I go, Mother?" he asked. She answered, "I do not know whether it is practical or not, but they say in solitude, in the forest."

So he went there and for a long time lived a life of patience and solitude. And once or twice in between he came to see his mother. Sometimes his patience was exhausted, his heart broken. Sometimes he was disappointed in not finding God. And each time the mother sent him back with

UNLEARNING: THE THIRD STEP

stronger advice. At the third visit he said, “Now I have been there a long time.” “Yes,” said his mother, “now I think you are ready to go to a teacher.” So he went to see a teacher.

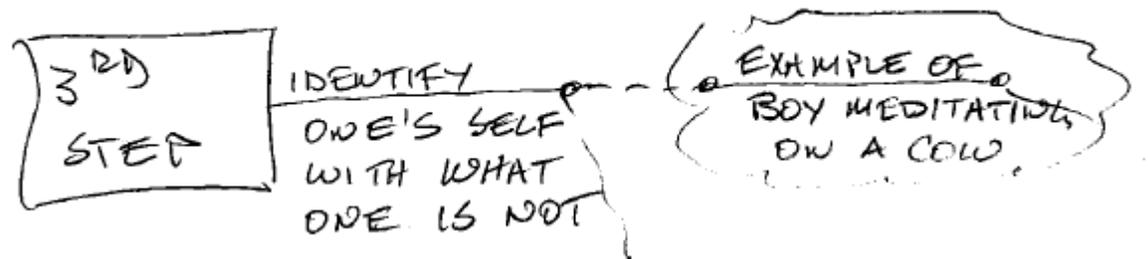
There were many pupils learning under that teacher. Every pupil had a little room to himself for meditation, and this pupil also was told to go into a certain room to meditate. The teacher asked, “Is there anything you love in the world?” This young man, having been away from home since childhood, having not seen anything of the world, could think of no one he knew except of the little cow that was in his house. He said, “I love the cow in our house.” The teacher said, “Then think of the cow in your meditation.”

All the other pupils came and went, and sat in their rooms for fifteen minutes for a little meditation. Then they got tired and went away. But the young man remained sitting there from the time the teacher told him. After some time the teacher asked, “Where is he?” The other pupils answered, “We don’t know. He must be in his room.” They went to look for him; the door was closed and there was no answer.

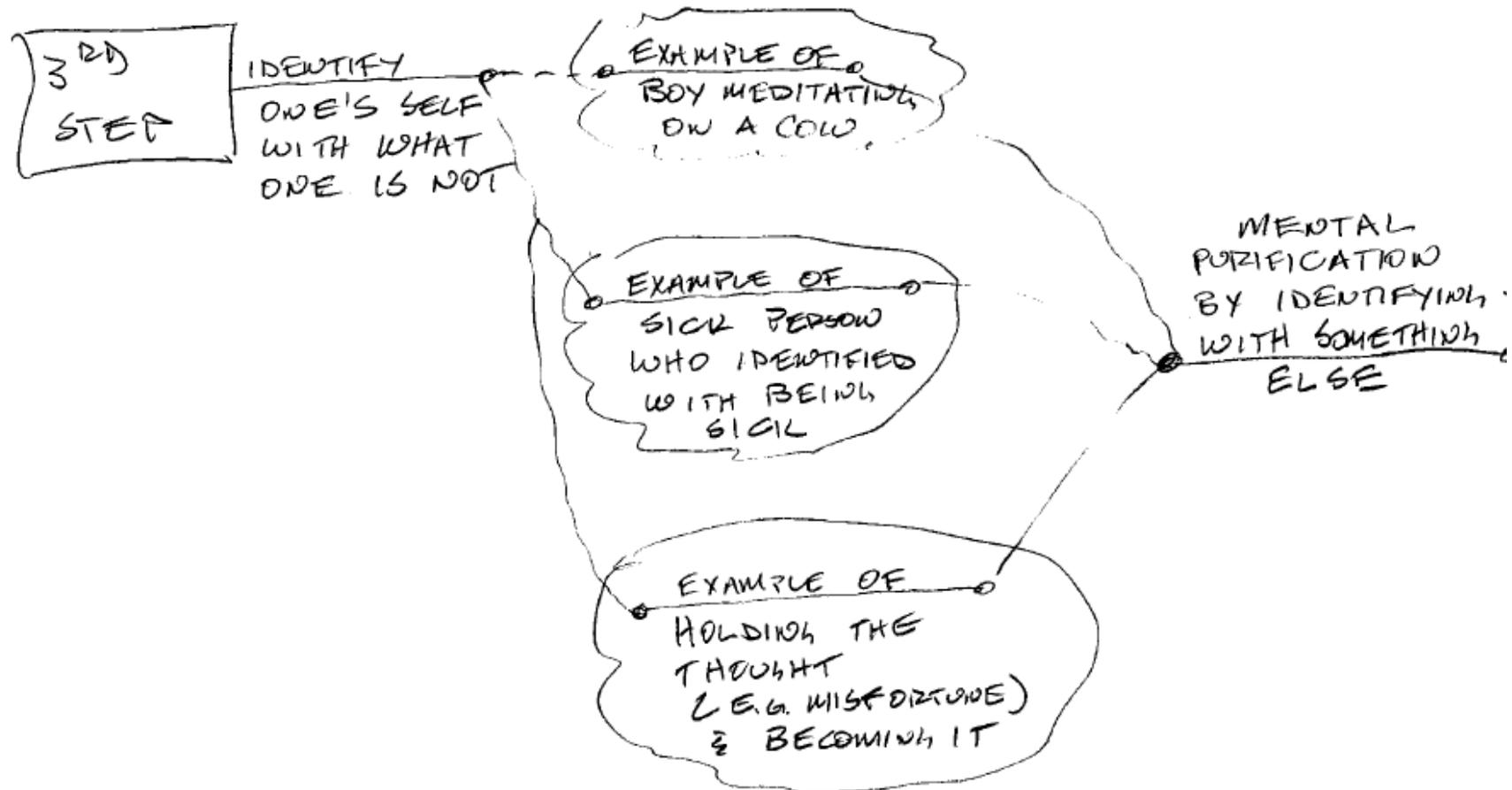
The teacher went himself and opened the door, and there he saw the pupil sitting in meditation, fully absorbed in it. And when the teacher called him by name, he answered in the sound of the cow. The teacher said, “Come out.” He answered, “My horns are too large to pass through the door.”

Then the teacher said to his pupils, “Look, this is the living example of meditation. You are meditating on God and you do not know where God is, but he is meditating on the cow and he has become the cow. He has lost his identity; he has identified himself with the object on which he meditates.”

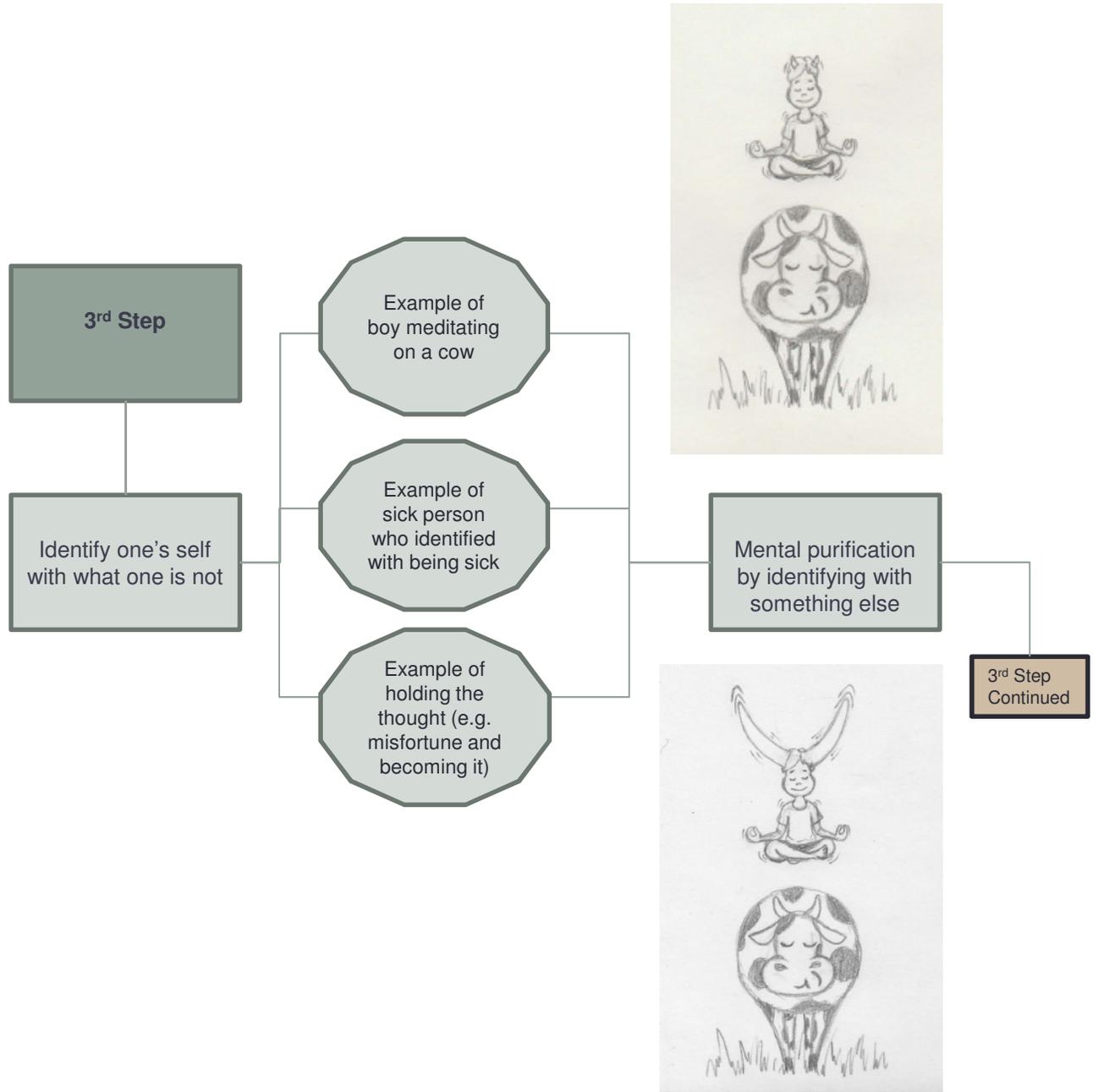
UNLEARNING: THE THIRD STEP



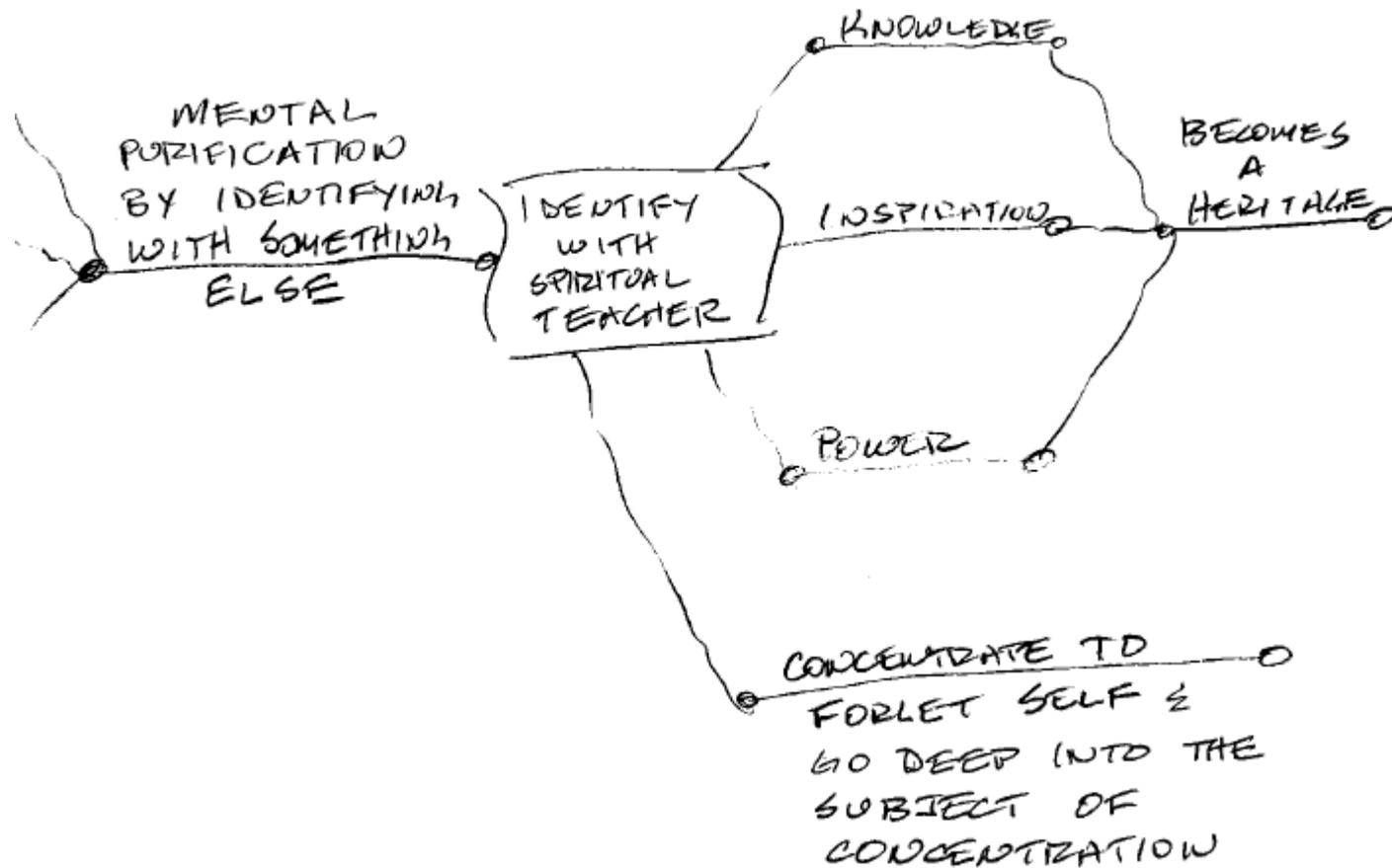
UNLEARNING: THE THIRD STEP



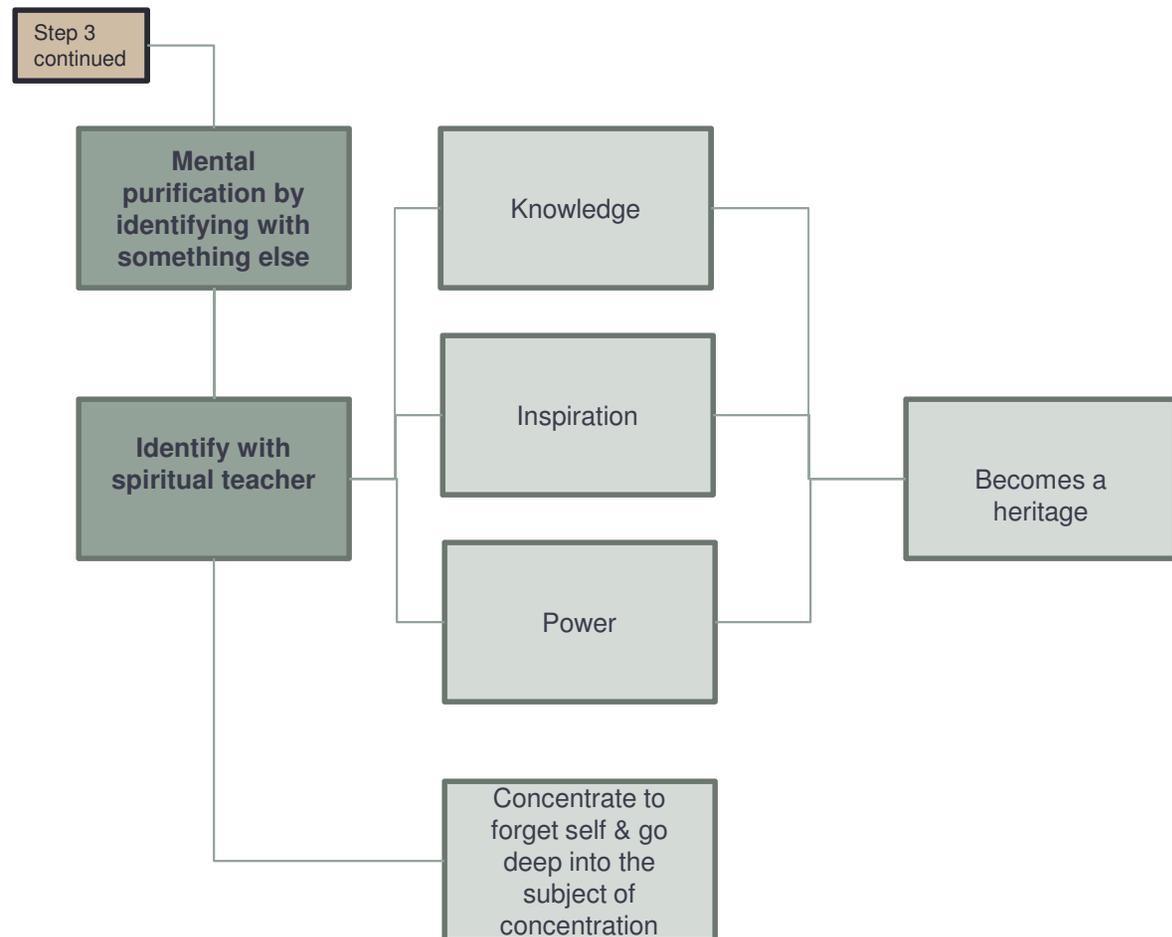
3rd Step



UNLEARNING: THE THIRD STEP



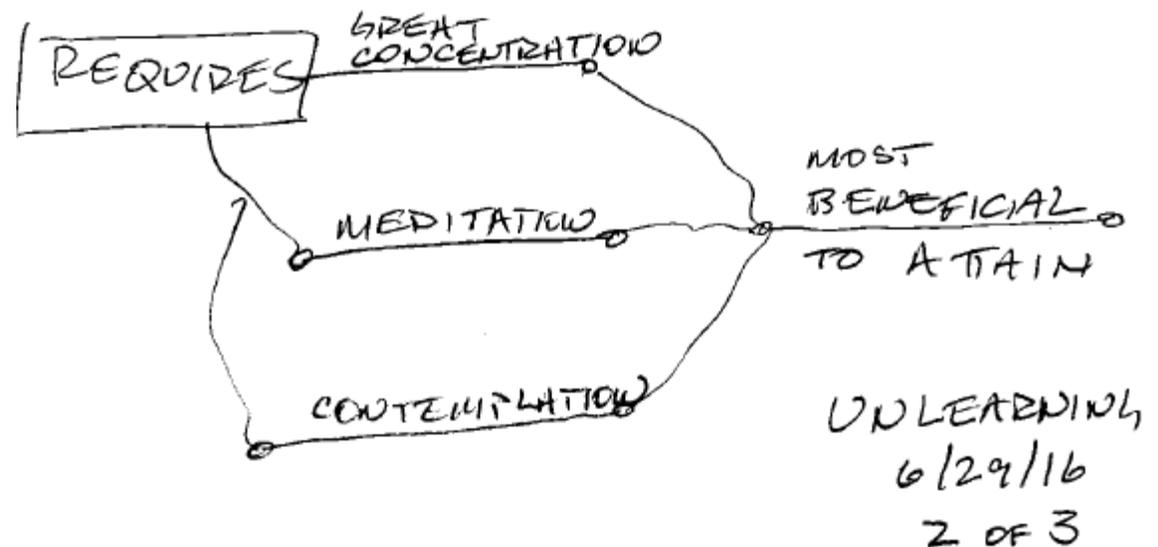
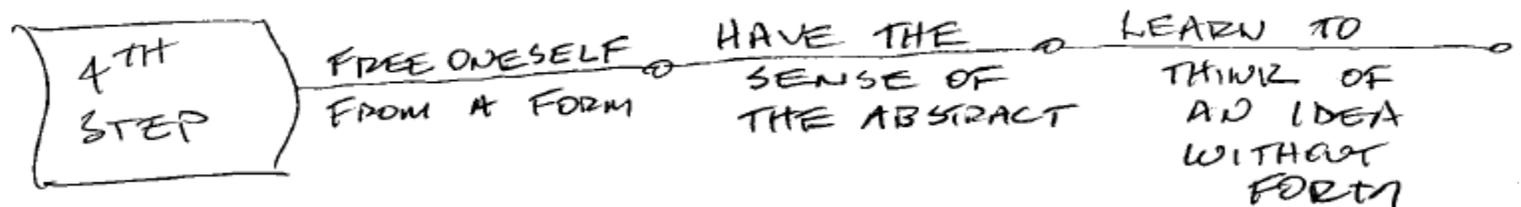
3rd Step



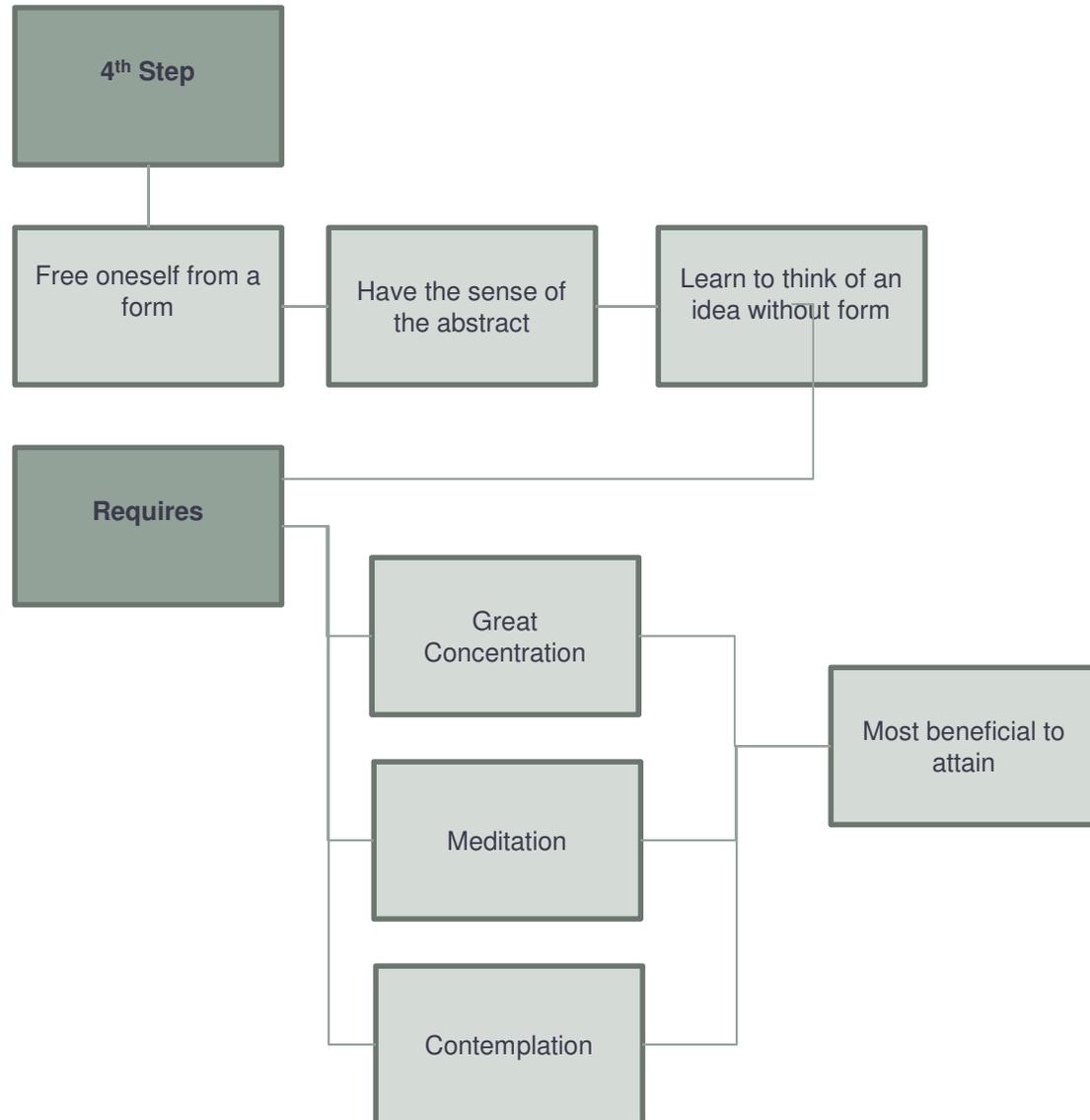
UNLEARNING: THE FOURTH STEP

The fourth mental purification is to free oneself from a form and to have the sense of the abstract. Everything suggests to the eye a form, everything; even so much that if the name of a person whom one has never seen is mentioned, one makes a form of him. Even such things as fairies, spirits, and angels, as soon as they are mentioned are always pictured in a certain form. This is a hindrance to attaining the presence of the formless, and therefore this mental purification is of very great importance. Its purpose is to enable one to think of an idea without form. No doubt this is only attained by great concentration and meditation, but once it is attained it is most satisfactory.

UNLEARNING: THE FOURTH STEP



4th Step



4th Step

THINK OF AN IDEA WITHOUT FORM

IT IS A VERY DIFFICULT THING TO DO

I HAVEN'T FIGURED IT OUT YET, MYSELF

SOMETIMES I THINK ABOUT "MEMORY" – BUT
THEN A PICTURE EMERGES (AN ACTUAL MEMORY)

THE MENTAL ABILITY TO THINK OF AN IDEA
WITHOUT FORM REQUIRES A PURIFIED MIND

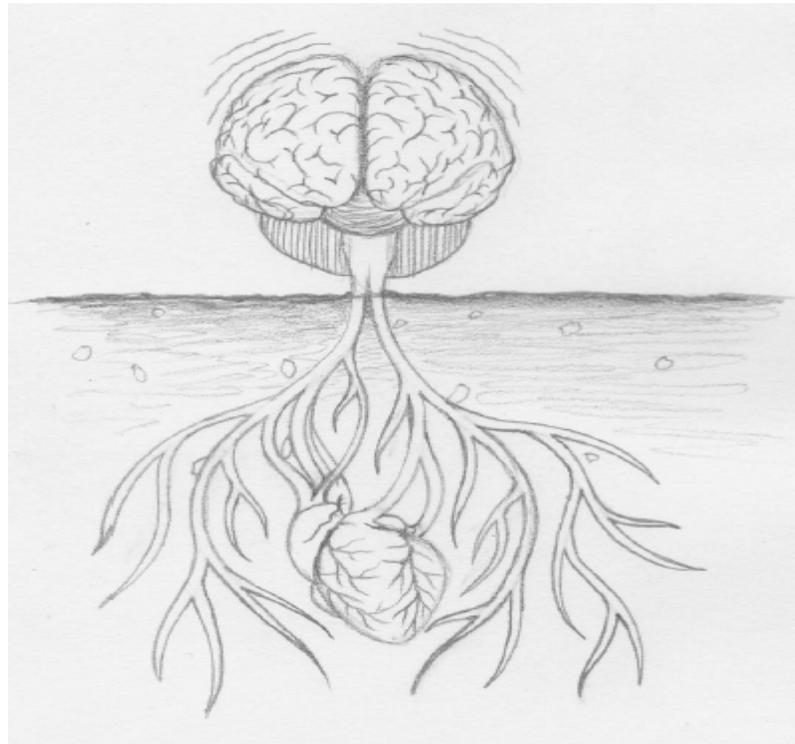
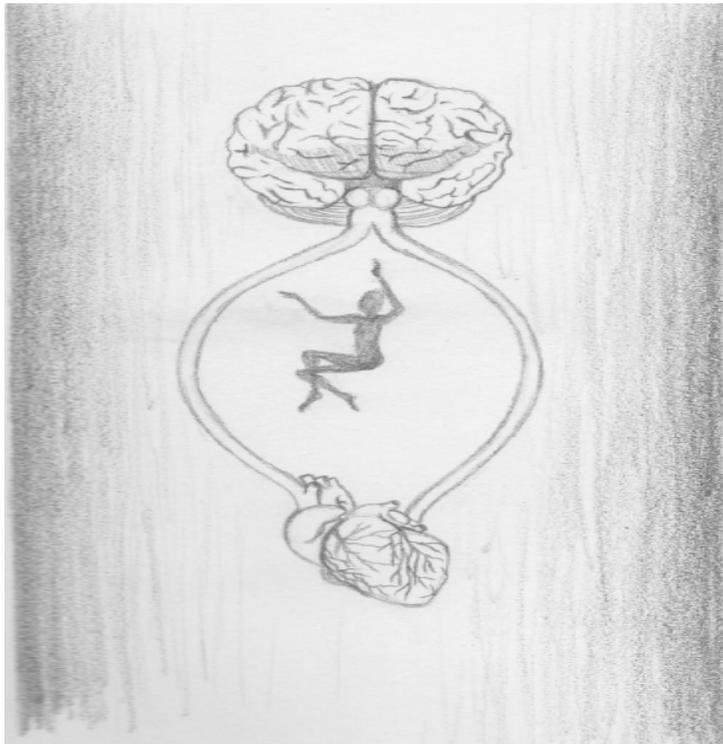
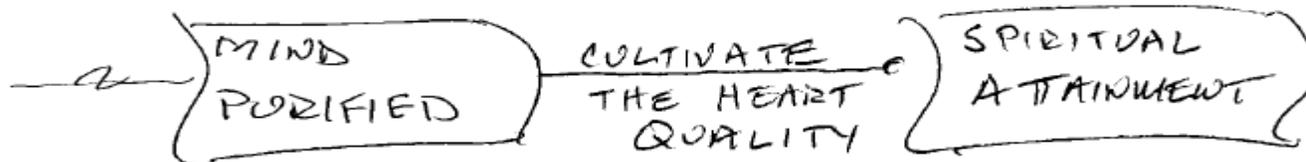
THE ABILITY EVOLVES AS TIME IS SPENT
CULTIVATING THE PRACTICES OF
CONCENTRATION, CONTEMPLATION AND
MEDITATION

I BELIEVE IT IS WORTH THE EFFORT !

THINK OF AN IDEA WITHOUT FORM

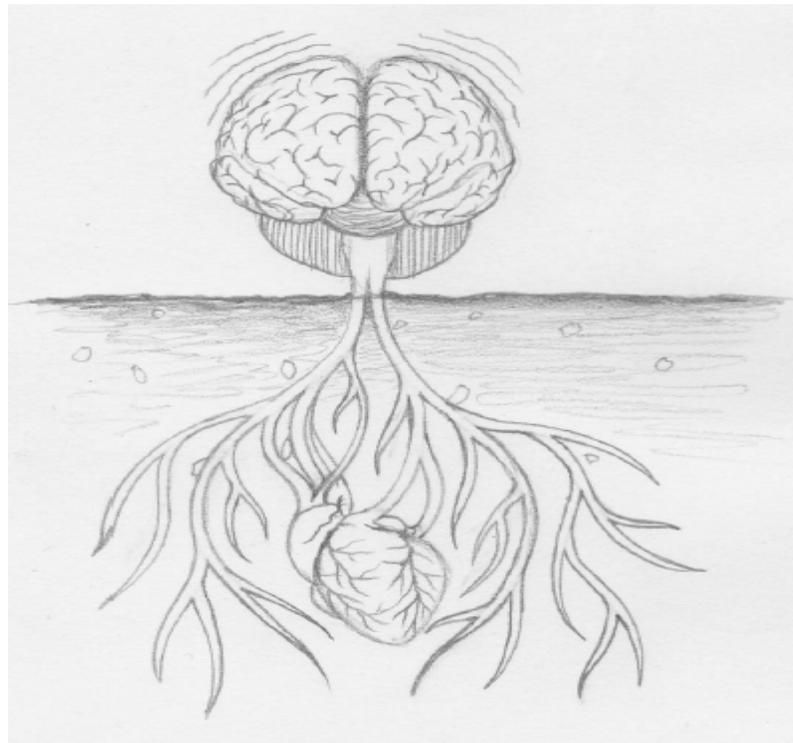
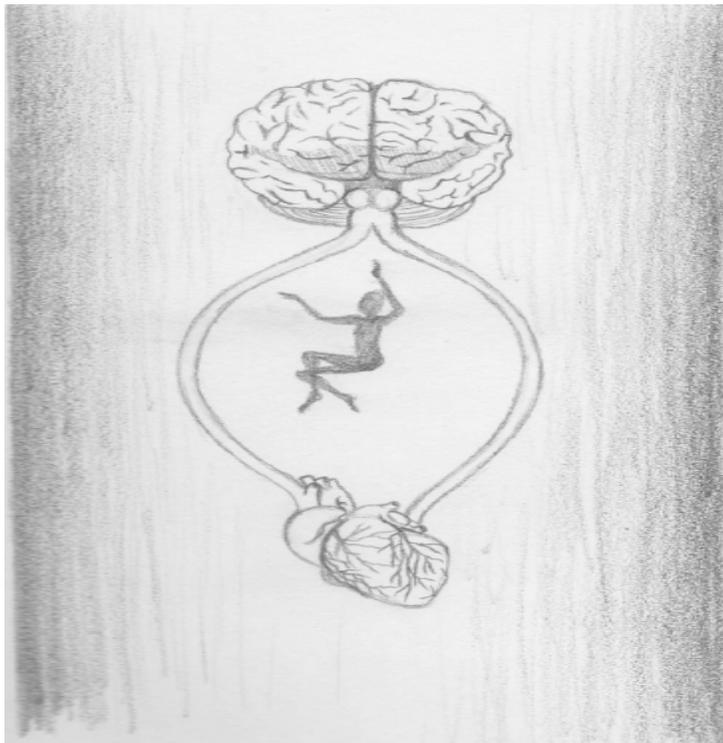
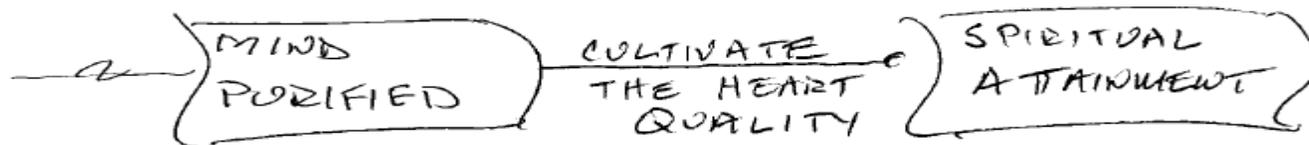


UNLEARNING: THE NEXT STEP



HAZRAT INAYAT KHAN:

“The Mind is the Surface of the Heart;
The Heart is the Depth of the Mind.”



Spiritual Attainment



UNLEARNING: THE NEXT STEP

Unlearning is a mental process for purifying the mind; it creates wisdom, compassion and ultimately dispassion

- The Four Steps of Unlearning have a parallel in one of the “Eight Pillars of Joy” as presented in “The Book of Joy: Lasting Happiness in a Changing World” as presented by His Holiness the Dalai Lama and Archbishop Desmond Tutu with Douglas Abrams copyright 2016 by The Dalai Lama Trust, Desmond Tutu and Douglas Abrams AVERY an imprint of Penguin Random House New York
- The Eight Pillars of Joy:
 - Perspective
 - Humility
 - Humor
 - Acceptance
 - Forgiveness
 - Gratitude
 - Compassion
 - Generosity

The First Four Pillars are qualities of the mind. The next four are qualities of the heart.

“Unlearning” is an expansion of the first pillar.