

## ***Unlearn Something Today***

By Frank Gemmato, L.Ac.

The concept of unlearning seems to fly in the face of everything we know and have been taught to value. What is this strange idea, *unlearning*? Many of us are so bogged down with information that we can hardly function. Living with all the data we carry around can be extremely stressful. And what about that terrible entourage of *shoulds* that most of us have dutifully *shouldered* since childhood? And then there are the resentments we bear toward that past and present in our lives who have hurt us and whom we have been unable to forgive. These traps of the mind prevent us from responding to the subtle signs our bodies give that would enable us to care for ourselves.

How can we experience life in a fresh and exciting way if we are burdened with preconceptions and prejudgments? The first step is to live life based not on what we think we should do, but rather on what we *notice*. In his new book, Radical Honesty, Brad Blanton says that “what must be unlearned is the habit of being lost in value judgments that override experience.” He says that the minimum requirement for happiness is “*the willingness to take care of oneself.*”

There are no pat and easy answers about how to unlearn so that we can take really good care of ourselves. It seems clear, however, that just talking about it is not enough. The unlearning of patterns deeply ingrained can only come through an *experiential* process, one that would enable awareness to change at a deep level. First we must make the personal decision to unlearn. Then body oriented psychotherapy, acupuncture, massage, and homeopathy are some of the helpful tools we can use to facilitate the process.