



## LEARNING SKILL

Hello, Welcome to share the light!

Today's topic is learning skill, an essential and powerful tool kit that allows learning new things possible.

Have you ever heard of “speed learning”?

Well, we know about speed typing and speed reading but AWE will show you speed learning.

What is the obstacle preventing us from learning new things?

It is our ego! Our ego does not want us to listen. Therefore, learning stops.

We have two ears and a mouth for a reason, but we do not use them proportionally. We like to talk more than we listen. What makes us cover our ears?

It is the force of habit that prevents us from learning.

What is force of habit? For example, every time we get in our car, we always select our favorite radio channels; by repeating these actions, we create and form a habit.

In fact, the brain learns by neuroplasticity, which is to say, by habit forming, i.e. if a stroke patient repeatedly practice and force the arm to move for period of time, then the patient eventually be able to move the arm.

It is hard to break old habits because our brains get used to those old habits. We are comfortable with the old way and resist the new way. Learning stops.

If we remove this egotistical obstacle, we get speed learning.

Learning Skills have three major components: Definition of terms, communication skill sets and mind set.

### **Definition of terms**

Definition is to specify the meaning a term, a word, phrase or what you are going to talk about.

Definition is very important and critical in communication.

Why does AWE emphasize the importance of definition?

Example: to define the word “Buddha”

Some define Buddha as Shakyamuni, the founder of Buddhism.

Some define Buddha with supper natural power that people worship and pray to everyday.

AWE defines Buddha as the Awaken One.

Definition of terms will eliminate confusion, misunderstanding or argument.

Definitions clarify what we are talking about, communicate unambiguously.