

Questioning, Remembering, and Forgetting

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Humans are crazy backwards. They follow the worst leaders like lemmings, instead of ***questioning*** them. They forget that they know stuff from lifetimes of wisdom in their hearts, instead of stopping to ***remember***. And they teach kids in school to try to remember all of these facts for tests, instead of ***forgetting***, then re-learning stuff when and if you need it.

A few years ago, I saw a dog that had lost one leg. It was surprising how well he walked and ran. His balance seemed to be quite intact. I found myself staring at this dog, watching to see if there would be some position where he was ill at ease. But he was fine. Juxtapose that dog to the poor fellow I saw who was missing a leg. He definitely needed a crutch to get along. I suppose he could have hopped around on one leg; but he didn't try while I was watching. He got along fairly well. But he was nowhere near to the two-legged people running all about. It made me wonder. We have two legs, two arms, two ears, two eyes ... where's the third? Wouldn't it be good to have one that balances the others? And somehow this started me thinking, "What about our brain? We have two sides – the analytical, logical left and the intuitive, holistic right."

And they're always arguing, "Let's sit down and *reason* this out!"

"No, let's just leap, I can *feel* that everything will be alright."

Wouldn't it be good to have a third side to mitigate or referee between the two?" So I went back to college and got a PhD. It was in Urban Education. For my dissertation, I researched Intuitive Education. Ok, so there are no current research studies on Intuitive Education. Ok, there never has been. I made up the topic. But, once I got it approved as a research area, I could study the two sides of the brain and write about how almost everyone today ignores the right side. I was happy because, basically, I had found a way to disagree with almost everyone in the university. It was great! During this time, I came to a very cool realization – we do have a third brain – *it's our*

heart! It does a kind of thinking. And it's quite good at deciding, you know, like in the old expression, "Let the heart decide."

Humans are crazy because they don't use heart thought! They're all walking around in their heads or bodies. You've seen them. The *head crazies* can't smell the flowers or see anyone else. The *listen to your body crazies* are eating one kind of food for every meal for six months until they get sick. Don't you sometimes feel like you're the last sane person left in the world? Me too. So, fine. We'll have to set them all straight. You and me.

The answer to all questions is to use heart thought. Heart thought is the balance of mind, body, and soul. It's thinking with feeling. It's moving into action with mindfulness. It's a balance of both sides of the brain. I'll give you an example. I'll give you three. 1) What do you say to a teenager watching the news? "Don't just take all of that stuff, ***question*** it!" 2) How do you decide whether or not to eat the leftover cake in the refrigerator? "Don't!" Do you ***remember*** anything from the last 20 times you did? 3) How can you remember to act around that great looking guy – and what to say – and how to stand – and how to fix your hair? "***Forget*** about it – forget all that stuff in your head. Just be yourself!" Heart thought helps you decide when to question, when to remember, and when to forget.

Questioning what you have been taught - I mean, everything you've been told – is probably good advice. But don't take it from me. Question this advice. Try it out for yourself. If it feels good, then there you are. Take control of your life. You know that expression, "Learn from your mistakes?" Well, pretend everything you hear is a mistake. Start by taking control of what you learn, by deciding for yourself if you'll take it or not. Check with your heart whether or not to accept it. If it passes the *heart thought test*, take it. You don't eat every food that is given to you, do you? So don't believe every idea that is put out there.

Remembering what you know is probably good advice, too. Did you ever read how Socrates used to say that just about all learning is really remembering – that we kind of know things inside of us already? Ok, so your buddy says that the best idea for you is going along with the gang to the movies; but you know you also need some down time. How can you test whether or not to believe what is being shoved at you? A lot of times false lessons come in the disguise of good

advice. Ask your heart. Heart thought is more like *remembering*. It gives you a feeling about *what you know*, already. Just like you can ask your gut what your body wants to eat, and your mind what you can comprehend; you can ask your heart about *ideas* that are good for you to hear more about.

Forget about it! Ok. There's two cases. 1) Stuff you really don't need to remember. And 2) stuff you do.

Case # 1 – Stuff you really don't need to remember. Let's get one thing straight. Most stuff they teach in school is crap. When was the last time you pulled out your algebraic skills to factor a polynomial at the movies? How about the way you've been told that we need to study history so humankind can learn from our mistakes? First, are we? And second, are those history books true? It seems to me that this thing we call education has gotten out of hand. It started out good – about 100,000 years ago, then along the way it became out of date – way out of date. We need to stop testing the kids. We need to question the race among states and countries to remember lots of stuff. We need to, well, basically, forget about it – and have some fun with each other.

Case # 2 – Stuff you do need to remember. Fine. Sometimes you need to remember stuff. Like which light means go and which means stop. Or, which box is rat poison (which brings up the question, “Is that really the way to handle the rat over-population?”), and which box is count chocula cereal. So, fine, when you want to learn stuff and remember it, I STILL SAY FORGET IT. Did you know that there are studies that show that the best way to move information to long term memory involves a stage of forgetting? Yes. Letting go of ideas can let them gracefully get filed away. Sure, some review is good. But this repetitious drumming in of facts and skills, then giving young people tests that have high stakes causes a kind of remembering that pushes out the great experiences of life (like love, fun, and deep meaning) in favor of crap (like algebra and revisionist history that only the textbook companies agree on). When I want to memorize material, I put it down, then pick it up a day or two later. It's like the old expression, “If you love someone, let her go. If she comes back ...” Actually I can't remember that expression.