



## “Disequilibrium”

Disequilibrium is a state your brain is in when it is learning something new and different. You may be in a class learning a new technique or a new skill. You may find yourself facing an obstacle head on and trying to overcome it. You may be facing a fear and trying to conquer it.

All of these situations put you in a place that is very uncomfortable. You are not happy there. You may find yourself becoming very agitated, restless and unfocused. More than likely you will find yourself doing other little tasks in order to avoid doing this “new and different thing” like taking a walk, eating, taking a nap, quilting...other tasks that are in your comfort zone and take you away from having to address this new thing.

Disequilibrium is a state your brain is in while it is actively learning...it is how your brain processes new information. Once you realize what is happening you can relax...take a deep breath...allow your mind to process this new thing...and watch the magic happen. You will break thru that brick wall. You will be given wings and fly.

*I want to thank my student, Marti Zenker, for sharing this amazing word with me during one of my workshops. It has changed my life and the way I teach and learn.*

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