CLASSIC | LEADERSHIP | MOTIVATION

You are a genius - Unlocking the power of the mind

Excerpted from the Jim Rohn One-Year Success Plan- Pillar Eleven: Accelerated Learning

by **Jim Rohn**

1353 words | 6 pages

This month we focus on the learning that comes through the power of the mind. Take care to feed and stimulate your brain, and you will expand your mind. A healthy brain is central to a healthy mind. Because the two are inextricably connected, I would like to start this month by giving an overview of the astounding complexity of the brain. Many of these facts may be familiar to you, but they are important reminders of this incredible tool God gave us. We again need to see the human brain and mind with wonder, awe and inspiration.

But first, what do we mean by "learning?"

Here is how some dictionaries define it:

--the act, process, or experience of gaining knowledge or skill
--knowledge or skill gained through schooling or study
--behavioral modification especially through experience or conditioning
--to gain knowledge, comprehension, or mastery through experience or study

Keep this in mind as we go through the month.

> ***Learning is gaining knowledge through various means.***

Now, a little about the brain:

The brain is the equivalent of a human supercomputer. Your brain is more complicated than any computer mankind has ever made. Maximizing your brain's ability is essential to becoming the success you desire to become - because it controls who you are. It is the command center involved in and controlling absolutely everything you do. Your brain determines how you think, feel, and act.

> ***Simply put: When your brain is working at peak performance, it allows you to be your best, because it controls the rest.***

Here are some facts about the brain:

It is about 2% of body weight.
It consumes about 20-30% of the body's energy.
There are about 100 billion neurons in the brain.
Each neuron or nerve cell is connected to other nerve cells in the brain.
There are over 1,000,000,000,000,000 connections in the brain.
Each one of these neurons is a little "learning center" capable of storing knowledge.

Needless to say, most of us have barely scratched the surface when it comes to tapping into those neurons!

There are some basic influences on the brain that shape how it functions and how far it develops. Some of these include genes, health, injury, self-talk, life experiences, stress, and study (or lack of it). Notice I said that these influence the brain, but they do not determine how far you can go or what you can learn, except perhaps in the case of severe injury or mental retardation.

> ***In other words, you have the incredible opportunity to go as far as you desire!***

So with such a tremendous tool at our disposal, what keeps so many from experiencing the possibilities that this tool can bring? There are some simple barriers that many people face that can have the potential to wreak havoc on our learning if we allow them to.

Barriers to Finding Your Genius

Lack of Belief. Many people do not believe that they can learn, master knowledge, or become "smart." These are deeply held beliefs for many, and ultimately if you do not believe it, you will not achieve it.

Lack of Knowledge. What keeps some people from learning is that they choose not to access or do not have access to knowledge. Knowledge comes from experiences, books, people and other "knowledge dispensers." We must tap into that knowledge.

Lack of Desire. Some people simply do not have the desire to learn. They may be lazy, or they may not see the positive impact that learning would have on them. They have no passion inside that drives them to learn.

Lack of Hard Work. Gaining knowledge--learning--is hard work and takes a lifetime to master. It is an ongoing discipline that is never complete. I am getting on in years and I am still learning. I am still doing the hard work to expand my mind. It would be easy to give up and coast, but I love the challenge of continuing to learn.

So how do we overcome or break through these "barriers?" The key to breaking through these barriers is to do the opposite.

Let's look at how to knock down those barriers:

Change Your Beliefs. It is up to you to do the work of changing your beliefs. And when you do you will be opening up new worlds - literally! This month Chris is going to talk about winning the thought battle, which will help you keep negative beliefs out and positive beliefs and thoughts in.

Feed your mind with information that will change your belief.

By taking part in this One-Year Plan, you are doing just that. But also ask yourself if you are doing that with belief. The truth is that you have an amazing mind with a capacity for learning that is beyond your comprehension. You must believe this. And when you do, you will be unlocking the potential of your mind!

Get the Right Knowledge. Words--if they are not true--are meaningless. I hear children say, "I read it in a book." But is it true? Just because someone says it or writes it, doesn't mean it is true. As learners, we want to get the right knowledge, not just information or opinions. It is our job to seek out information and knowledge and then test it and run it through our minds to see if it is true, and if it can be rightfully applied to our lives in order to make them better and help us succeed.

> ***We need to weigh and measure what we learn in order to gain the right knowledge.***

And when we do, we will be unlocking the potential of our mind!

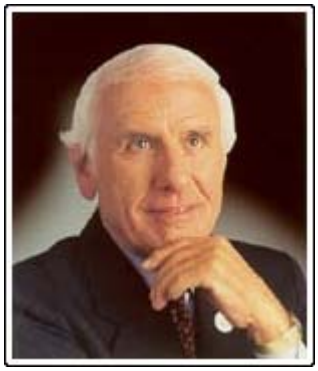
Become Passionate about Learning.

> ***This will take some work, but the only way to do it is to begin learning about things that have an immediate impact in your life.***

When you learn about a new financial concept that helps you earn money or get out of debt, that will get you fired up. When you learn about a way to communicate that helps you sell more product, that will energize you. When you learn about how to interact with your family in a healthy way and your relationships get better, that will inspire you! Become passionate about learning. And when you do, you will be unlocking the potential of your mind!

Discipline Yourself Through the Hard Work of Study. Learning will take work. Until someone comes up with modules that can plug into your mind and give you instant access to knowledge, you are on your own, and that takes work. The process of learning is a long one. Yes, we can speed it up, but it is still a process of reading, listening, reviewing, repetition, applying the knowledge, experiencing the outcomes, readjusting, etc. Simply put, that takes time. Slowly but surely, when you discipline yourself, you gain knowledge and learn. And when you do, you will be unlocking the potential of your mind!

Learning is possible, no matter what your age. You are never too young or too old. Your mind was created to learn and has a huge capacity to do so. This week, make a commitment to unlock the potential of your mind!



Jim Rohn is considered to be "America's Foremost Business Philosopher". He's been delivering his life and work-changing seminars for over 39 years... addressed over 6,000 audiences and four million people worldwide... he's the recipient of the 1985 National Speakers Association CPAE Award... authored 17 different books, audio and video programs... and, Mr. Rohn is internationally hailed as one of the most influential thinkers of our time.

To subscribe to the FREE! Jim Rohn Weekly E-zine, use our affiliate link here: JimRohn.com and receive 20-60 percent off on all audios, books and tapes. Also, you can review the complete Jim Rohn archive of articles, vitamins for the mind, Q and A and more.