

The Weekly Skillet

Serving Up New Choices For Your Life!

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The Main Course



Richard Jorgensen, CEO

Why Me???

Every one of us has accumulated unresolved issues about families' friends' leaders coaches teachers, life, and ourselves in general. These unresolved issues get in the way of learning new things. When someone tries to teach us something new, what we believe to be true prevents us from being taught.

We experience the phenomena of "don't confuse me with the facts" or "don't confuse me with the truth." We insist on holding onto beliefs even if they are not true. Why do we do this?

It has something to do with how our mind works. The average person's mind has about 40,000 thoughts a day going through it. The interesting thing is that only about 2,000 of these thoughts have to do with the present. That means that about 38,000 of those thoughts come from the past. Why is this?

We go through life experiencing things and making decisions about what they mean. When something happens that we don't understand or seems unfair and can't be solved, we are told by others to forget about it and go on with our lives.

The truth is, we can't forget. These unresolved feelings are stored in the subconscious part of our mind and they leave us with a deep unresolved question of, "Why me?"

"Why did this happen to me?"

When something happens to us today, which reminds us of an unpleasant and unfair event of the past, the old feelings also come back. They warn us of a possible danger. Along with these feelings come a flash of thought that "jogs the memory."

This often occurs so fast that we don't notice it, but it happens just the same. This is part of our automatic recall learning system and once again we feel, "Why Me?". We refer to these phenomena as having our "buttons pushed" and we can't move past this until this question is answered.

Our online coaching classes utilize a technique called Parallel Learning™, which allows us to:

- Uncover what is not working in our lives
- Discover an achievable solution
- Discard what is not working
- Replace what is not working with what will work

Parallel Learning is very different from traditional education or linear learning used in most workshop and classroom experiences. Linear learning process is appropriate for learning new information. Parallel Learning is appropriate when a process of unlearning and re-learning is required.

Parallel Learning presents information in a way that allows the mind to sort through life experiences. Then all you have to do is to be willing to gather all the pieces of information and let your natural process of resolution work for you. In other words, change is a natural ability we all have. This process of Parallel Learning is designed to allow you to gather all the information you need, to make whatever changes you choose.

(From Passage to Adulthood)

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"As I reviewed the results of the closure class, I was left with a profound appreciation for the creativity and insight of people where they are given the space and time to express the space themselves without fear of judgment of rejection."

—Richard Jorgensen

Next Class

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