

In the framework of mental health for this reflection I want us to review the learning process.

## The learning

By Dora Inés Grosso Garcia  
Holistic Psychologist



Learning is a continuous process that empowers us to walk in this existence, it is inherent in the human being, that is, it belongs to us by right, we have it and it is the one that gives us the wisdom and the guidance to live.

We are learning at every moment; consciously and unconsciously. For this reason, it is important to pay attention to all the stimuli we receive and what we create in our minds; the quality of our thoughts, the feelings we allow ourselves to feel, the emotions we allow ourselves to experience and how we control them. Also, the stimuli that we provide to our body, our experiences and the relationships we establish.

We learn and unlearn very quickly. Our minds are prodigious and so is everything in our being, body and spirit. All our human dimensions are impregnated with the external and internal aspects of us and the environment.

To realize this, is to have awareness:

Learning is **being aware** of the steps we take and the lessons that life experiences leave on us. Learning brings us to happiness and the achievement of everything we need and desire, for our greatest good. Although a situation seems unfortunate or difficult, it leaves us a teaching, it depends on us what it is.

Learning is **change**. From the development of learning, we transform the ecological environment according to the needs of each one, we have created everything that allows us to live here on the planet and we have been exploiting space; from the most sophisticated technology, smart cities, computers, satellites among others.

It is important to live in harmony with the ecological, organic, clean technologies, each one chooses where he has to develop, grow and create, as he learns how to transcend and be happy.

Learning is intimately related to intelligence, which is defined as the ability to learn and understand; is knowing how to choose the best options to solve a problem. It is related to the possibility of assimilating, understanding and elaborating information to process it adequately and effectively for our life.

I want to share some of the ideas that are in the book Genial Intelligence, by Michael Gelb inspired in the life and work of Leonardo Davinci, as a strategy to improve our mental health through simple exercises that strengthen the learning processes.

The seven Da Vinci principles are:

**1. Curiosità: curiosity**, from children we have an attitude of approaching life with insatiable curiosity and continuous search for learning.

- To increase curiosity, it is recommended to practice your ideal pastime.
- Learn new things that you have always wanted to learn. Learn another language.

- Ask questions about what intrigues you, or do not understand.

**2. Dimostrazione: demonstration**, the commitment to test knowledge through experience, persistence and willingness to learn from our mistakes.

- Self-evaluation: Analyze your experiences. What have been the most significant experiences in your life? How do you apply what you learned from these meaningful experiences on a daily basis?
- Create affirmations, positive decrees, such as: I am happy, I can. Everything is solved.

**3. Sensazione: sensation**, refers to the permanent process of cultivating and sharpening the senses, depending on which one you have developed the most: sight, hearing, touch, taste and smell. The senses are the keys to open the portals of experience, explore visual experiences and seek beauty in the environment where you are.

- Experiences with color. Painting, sculpture.
- Observe the sunset.
- What is your favorite scent? Do you smell the flowers, the fruits?
- Experiment with textures, with closed eyes.
- Try different foods.
- Walk barefoot in the grass or on the sand.

**4. Sfumato: two poles**, balance between up and down or joy and sadness. That is the willingness to accept that conflict brings positive things to change. I can release the fear of the unknown, cultivate my intuition.

- I look for humor in my daily life. Can I laugh at my mistakes?
- Perform meditation exercises, enjoy silence.
- I enjoy word games, riddles and puzzles?

**5. Art / scienza: art and science**, development of the balance between science and art, logic and imagination. Think with the whole brain.

- Am I organized and disciplined?
- Make mental maps, imagine a place with all its connections and details.
- Draw mandalas.

**6. Corporalita: Body**, the cultivation of grace, Ambidexters, physical condition and bearing.

- Do practical exercises with both hands, left and right, write with the opposite hand, comb or eat.
- Perform balance exercises, dance, yoga. All that implies using the laterality of the right and left hemispheres.

**7. Connessione: connection**, the recognition of the interconnection of all things and of all phenomena. Think in terms of systems.

- Perform exercises where all the elements of a system are integrated, such as the family, what role each member plays and how this affects the environment.
- Make a drawing where you integrate all the elements, a landscape. Or visualize it with all its relationships.

This proposal is very practical and helps us to improve in all our dimensions, it leads us to understand that there are multiple forms of learning, it allows us to develop the creative potential and activate the connections of our cerebral hemispheres.

We think with our senses. We can be efficient in the contexts where we develop, at home, in our work, in our relationships, in society and with the planet.

"I love those who can smile in trouble, who can gain strength from anguish and grow up brave through reflection."

"Learning never runs out of mind"

**Leonardo da Vinci**, is one of the most famous painters, scientists, inventors, writers, architects and historians of all time.

**DORA INES GROSSO GARCIA**

**Holistic psychologist.**

**doraigross@hotmail.com**