



The Curriculum Lab

~ with Joanna Lindenbaum ~

Create signature coursework, exercises, and content that allow your programs, products and events (online or off!) to be as powerful as working with you!

Resource Sheet

The 4 Levels of Learning & Processing for Transformation

Mental Learning and Processing: ELEMENT of AIR

Mental based processing exercises allow your participants brain's to hook onto new ideas, cognitive awarenesses and solutions. These types of exercises are what help participants articulate in words what their desires, needs, fears, and next steps are.

Examples of General Exercise Types:

- Presenting Information (Think about Traditional Teaching/Speaking)
- Journaling Exercises (can also dovetail with other levels of learning & processing)
- Brainstorming Exercises
- Mind mapping
- Strategizing

Emotional Learning and Processing: ELEMENT of FIRE

When you don't move your audience through the emotional level, they may leave your event with good information, but they don't feel or have access to the passion in their hearts to follow through on what they've learned.

That's because it's not enough for audiences to simply learn through their intellect. Learning facts or coming to mental understandings is a good foundation. But in order to begin to create true and long-lasting transformation for your clients, you must then create exercises that speak to the emotional level so that the **real healing and learning permeates their feelings, and their hearts.**

Examples of General Exercise Types:

- Heart Connection
- Activate Love
- Feel Emotions and Desires
- Heart Opening Experiences
- Any exercises that connect participants to Grief, Joy, Anger

Spiritual Learning and Processing: ELEMENT of WATER

Once you've activated the Mental and Emotional levels of transformation, then the next step is to activate Spiritual Learning and Processing through carefully curated exercises that really open up to receiving on the Spiritual Level. Because when you don't move your audience through the spiritual level, they can't fully receive everything they have learned, and **they aren't truly really moved and motivated to change.**

Whether or not you are a "spiritual" teacher, practitioner or coach, this step is essential for the deepest levels of learning, shifting, changing pattern, and creating results to happen. That's because this part of the transformation process **engages your audience's spirits and souls, and their connection to something** (could be Spirit, could be Higher Power, could be Inner Wisdom, etc.) that is bigger than they are. When an individual can connect to something that is bigger than her ego or her mind, **that's where real trust comes in**, that's where higher truths become revealed, and that's where deep commitment to goals is born.

Examples of General Exercise Types:

- Meditation/Visualization
- Movement/Dancing
- Singing
- Dialogue with Spirit, Higher Wisdom, Higher Power, Earth Energy etc
- Exercises to connect participant to Ancestors
- Intuition Exercises
- Divination Cards
- Dreamwork

Physical Learning and Processing: ELEMENT of EARTH

This Level allows your participants to integrate their learning even further into their bodies. When we know something – a feeling, archetypal energy, a new belief, a new

pattern, a new way of being – in our bodies, then we have that forever. We can recall the feeling and reproduce it. We can practice leaning into it. Physical Learning and Processing Exercises work to seal learning in the bones and make body memories.

Examples of General Exercise Types:

- Ritual Actions (Intention Setting/Releasing/Celebrating)
 - Using your body and props to create the rituals
- Anything to do with the body
 - Dancing
 - Authentic Movement
 - Ritual Drama
- Artmaking and Vision Boarding
- Action Taking
- Get It Done
- Practicing New Skills