

Development; Kolb learning cycle; brain lateralisation; being and doing #1

How do we respond to change?

Hi, I'm Alex Staniforth; Artist, Coach, Trader. In these bi-monthly letters I'm exploring how our species makes meaning and takes action in the context of an ever evolving dynamic world. I write this as a place to share and collect thoughts as we explore these topics. I hope this blend of information serves to raise some interesting dialogues.


We have a couple of events coming up in January:


- Meditation Circle on Friday 24th January (19:30-21:00) RSVP via email below
- Exeter University Learning Set on Friday 31st January (TBC) For more info and RSVP contact via email below

If you haven't yet visited our website, you can visit [here](#).

A wider perspective

 Esko Kilpi: Human development is at the core of systemic change. An insightful read into the making of our current world and the required shift in our responses to meet the demands of the here and now. He touches on exponential development in technology and how this has distorted the power our species now wields. We seem to have developed more advanced forms of power, but have we developed our ways of using these tools of our creation? Not nearly enough I say.

 Brain lateralisation may be responsible for the making of the Western world. While no function is completely lateralised, our society's over-reliance on the left-brain has distorted our world view to favour categorisation over connection. In short, our left-brain sees pieces where our right-brain sees a whole. In this 100 page interview from RSA, Iain McGilchrist and Jonathon Rowson offer a story beyond the commonly batted around 'thinking vs feeling' debate and delve deep into not what each hemisphere does, but how their interaction determines the 'trueness' of perception.

 The latest CO2 concentration (ppm) measurement (as of January 11th, 2020): 413.20 ppm; January, 2019: 411 ppm, 25 years ago: 360 ppm.

Closer to home

🧐 “Learning is the process whereby knowledge is created through the transformation of experience”. Published in 1984, David Kolb experimented with a theory of learning involving four key stages and four separate learning styles. While much of his work is centred around the learner’s cognitive process (omitting other experiential stimuli like somatics) he offers a simple and effective look into not only how we learn but also what we can expect at different stages of a learning journey.

😬 Humans have always had a conflicted relationship with change and uncertainty. While mostly subconscious to the majority of us, fear of uncertainty guides much of our behaviour. We manage this fear in many ways, most notably in our age of data saturation, through modelling. But is this a holistically useful way of dealing with it? EOC Institute offers a complementary view here.

❤️ Knowing where to look on the internet for compassionate, humanistic information is one of the biggest challenges in the data age today. It’s compounded by the exaggeration of algorithmic bias toward stories which incite strong reaction - usually negative. Reddit Relationships is one of several moderated online forums where people come together to share and explore all things emotions, connections and relationships. A prime example of empathy in our digital age.

Notes on compassion

👐 Thich Naht Hanh shows us that looking at the enemy with eyes of love is possible for us all. When we are able to look at enemies with eyes full of compassion, we are accepting ourselves.

☀️ A crucial difference between empathy and compassion is that someone being compassionate has emotional, cognitive and physical energy to decide whether to sit with and endure the suffering of another. Someone experiencing empathy may feel the pain but has no idea what to do with it.

🌿 Here’s a meditation on compassion.

Artistic expression




Symbiosis (04/05/2019) @14:12

Poetry Corner


 [Mary Oliver reading Wild Geese](#)


You do not have to be good.
You do not have to walk on your knees
For a hundred miles through the desert, repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting —
over and over announcing your place
in the family of things.

Things & Stuff

 [South Korean career consultants advise their clients to “smile with your eyes” to pass AI hiring exams.](#)

 [Some spurious correlations.](#) Amusing.

 [The garden is your therapist? Oliver Sacks on the psychological and physiological consolations of nature.](#)

 [Here's what experts are 'predicting' in 2020.](#)

I hope you found this collection stimulating and insightful. In future reviews, we'll have space to delve into responses from prior pieces. If you've any questions or comments then please email: aostaniforth@gmail.com.

Stay well, Alex