

# The difference between “BOOK” learning and “body” learning!

Volume 16 Issue 3 - 2023

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**Received:** May 04, 2023 | **Published:** May 05, 2023

## Editorial

It is unfortunate that people tend to underestimate the value of “hands-on-experience” in the educational process. This is why there is a 1 hour laboratory course that accompanies a 3 hour lecture course. There is no substitute for actual “hands-on-experience”. This is the fallacy that those whose god is a computer program fail to recognize. Computer programs can be a great introduction to any “hands-on-learning” experience. However, it is the actual touch that is much more important than any “reading” experience in the teaching of a subject such as massage. This is the purpose of any academic laboratory course. Now the student must interact directly with the designated subject.

Eventually, it becomes clear to the student that the purpose of “hands-on-experience” is to both introduce the “feel” of the designated subject and the very personal interaction of that “feel” with the body-field of the student. As most “healing” that may occur is clearly outside of any possibility of explanation by use of verbal wordage, the exchange is a change in feeling and recognition by both the student/healer and the designated patient. It must be emphasized that there will always be an exchange of energy that passes from the student/healer to the designated patient. This is the cause of “burn-out” among medical practitioners.

Thus, book learning is a great way to introduce a topic so that the student comes to recognize the terms and aspects of the stated subject of the learning experience topic. Listening to a discourse of any topic is both a transfer of personal experience by the teacher and the openness of the student to allow the possibility for a similar experience to manifest. However, it is the mental state of the teacher that is being passed on to the open mind of the student in an actual personalized teaching experience. This is simply not a possibility with so called “distance” learning. Thus, it is the close proximity of teacher

and student that is the key to any so-called higher” learning exchange. Mental state is what is being passed on here and that is not something that may be passed on through wires.

Younger people always seem to be in a hurry to do something and thus seem also to lose sight of the fact that there is a very distinct difference between “book” learning as opposed to hands on experience and the interaction with a mentor.

## Financial support

This research did not receive any specific funding from public, commercial or non-profit funding bodies.

## Conflicts of interest

The authors have nothing to declare. They all contributed equally to the writing of the manuscript.

## Ethical standard

Not applicable.