

# Smile With Sola

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-- Notes --



[29:11](#)

the signal that generates the plasticity is the making of errors [...]



[30:40](#)

errors are the basis for plasticity - humans dont like this feeling ;-; and generally dont change much



31:21

starts to release a number of things - frustration that makes us leave -



32:30

'If you're uncomfortable making errors, and you get frustrated easily, if you leverage that frustration toward drilling deeper into the endeavor, you are setting yourself up for a terrific set of plasticity mechanisms to engage.'



34:58

incremental learning as an adult learner [..etc]



35:03

smaller bouts of learning with smaller bits of info (do at smaller increments)



38:13

motor movements for accessing plasticity



40:01

importance of short small bouts



40:42

for adult learners - setting a contingency ting



41:34

[..] serious incentive for that plasticity to occur



42:16

getting reps in is not enough ?



42:55

for people (like me) tryna learn how to learn faster or better ;wlf sdf;lsd



43:14

oh :0 "hitting a limit"



43:46

from changing within, from an internal standpoint



44:04

"when the contingency is very high - or essentially when we need to do something that is vital to us - plasticity can happen in enormous leaps"



46:03

an example of ultradian-incremental learning





48:03

the current errors you keep making will signal like smth hm wait where is this coming from



48:58

accelerate plasticity by [...] essentially making errors - cueing the nervous system that something has to change



49:46

how bad events and emotional events, etc, why negative systems are wired within us // process to keep us safe



51:03

dopamine gets released when smth excites us!



52:00

how everyone can enhance their learning



52:28

the frustration is the cue

but if you can subjectively associate that with smth good (reminds me of what i had just read when i randomly flipped to a page of atomic habits, about the negative feeling vs a positive one iirc)



53:09

failures are good for learning - smth. need a reminder of



53:31

dopamine is highly subjective, different for everyone



54:29

if you want to read more about dopamine



54:48

tell yourself that those errors are great on the path to learning



55:12

for adults - preferably do short things



55:57

advice for younger people ;p who are less than 25 y/o



56:35

thought as i'm watching this - makes me want to learn more - i feel i wanna learn anything and everything



57:04

find the time where you have natural mental acucity..



57:30

find pleasure in the frustration! and so on!



58:07

ah reminds me of how it helps to exercise right before your study sessions etc





58:36

introduction to the 3 key levers to accelerate plasticity



59:24

"Limbic friction"



59:46



1:00:38

another part to stress



1:00:58

bc it - stress? can either be too ... alert or like too tired



1:01:42

if you're too alert



1:02:46

the key thing to the level of arousal ? is it owofsodk



1:03:15

double inhale exhale - to help calm yourself



1:03:36

for those who are too tired



1:04:07

more oxygen



1:04:40

besides incremental learning, the vestibular system to access neural plasticity



1:05:39

3 Main modes of movement (of the way the brain knows) aka pitch, yaw, and roll



1:06:59

the stuff in yur earss + balance



1:07:30

where it gets rlly cool - the errors etc



1:08:15

inner ear, cerebellum were designed to recalibrate our movements "hardwired"



1:08:26

the chemical pathways - the gates of plasticity. "how are you arriving to the learning bout?"





1:09:17

a layer in b/w that -



1:10:01

flow state



1:10:15

flow is how you express what you already have within yu



1:10:33

what can make you learn faster - vestibular and stuff etc jfoisdd



1:11:06

"it depends"  
how regular do you ..  
how novel ...



1:12:00

the key is to bring novelty to the [..]



1:12:48

zero plasticity when you're comfortable with things you have done regularly [? my take]



1:13:24

about gravity and the need from the brain to "have to correct something fast"



1:13:59

find safe ways ! like yoga, etc



1:14:47

novelty and instability are key



1:15:04

dont obsess over [..]



1:15:28

setting. a contingency



1:15:51

how kids learn way faster - the other reasons on how and why they do



1:16:25

aging



1:16:40

"self-degenerating" less opportunity. for that vestibular motor convergence



1:17:44

exercises we engage in





1:18:09

resistance exercises [..]



1:18:23

novel ways , etc



1:18:47

it's in the learning of the NEW relationships to gravity



1:19:17

an amplifier on plasticity



1:19:35

there are limits -



1:20:51

focusing on behavioral tools that center around things of oh [..]



1:22:04  
yoga



1:22:24  
and science lol



1:22:39

bridging those gaps



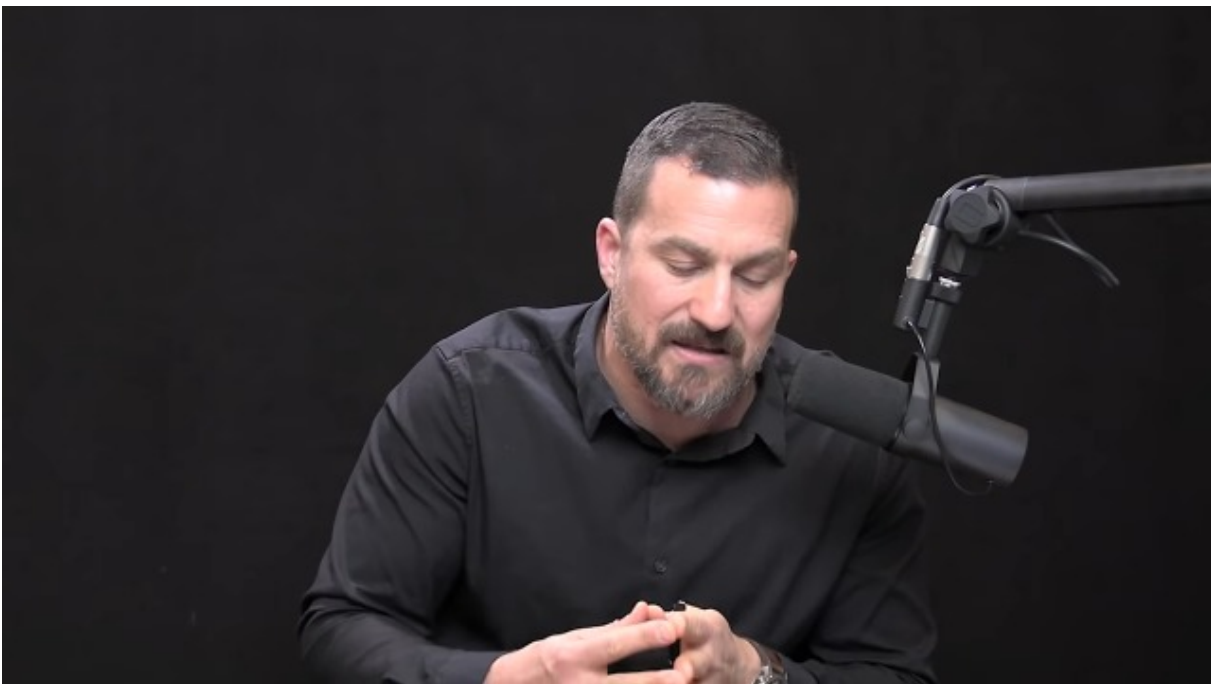
1:23:32

when we cant engage in a particular thing



1:24:08

mechanism in the lens of neuroscience



1:24:27

overall goal in this episode