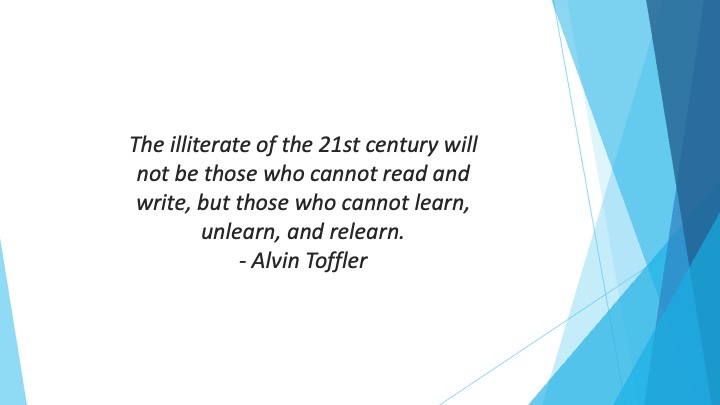
**Introduction**

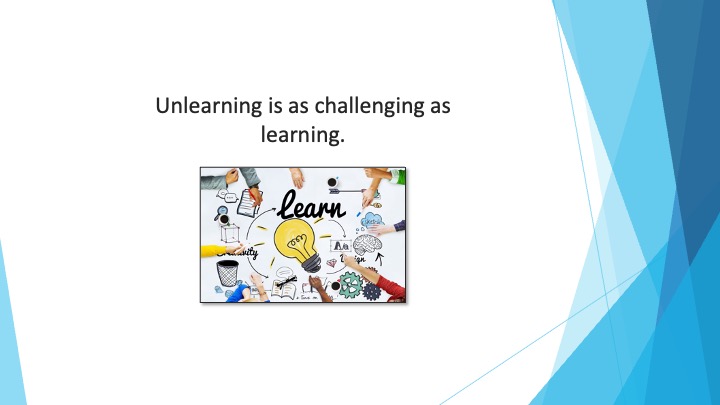
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**S1** : Pause for 2 seconds

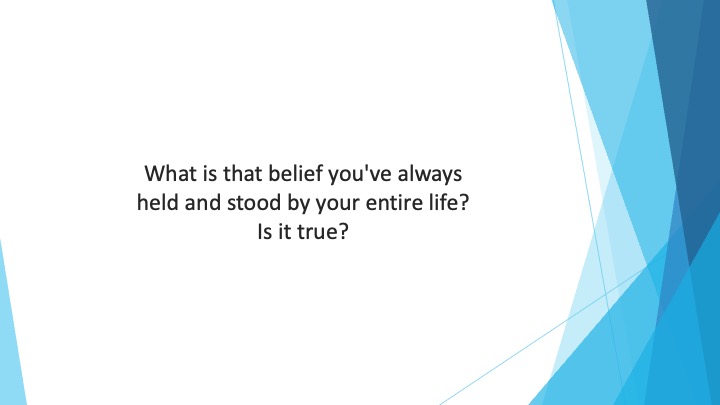


**S2 :** The illiterate of the 21st century will not be those who cannot read and write, but those who cannot learn, unlearn, and relearn.

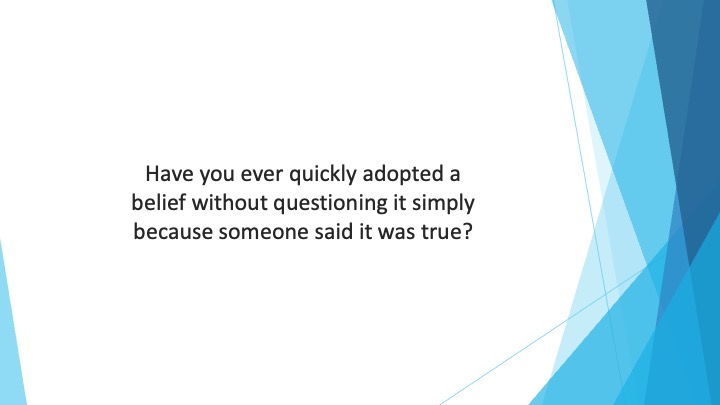
- Alvin Toffler



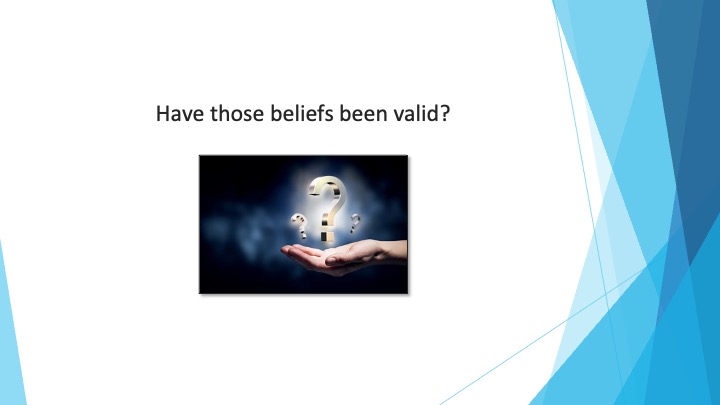
**S3** : Unlearning is as challenging as learning.



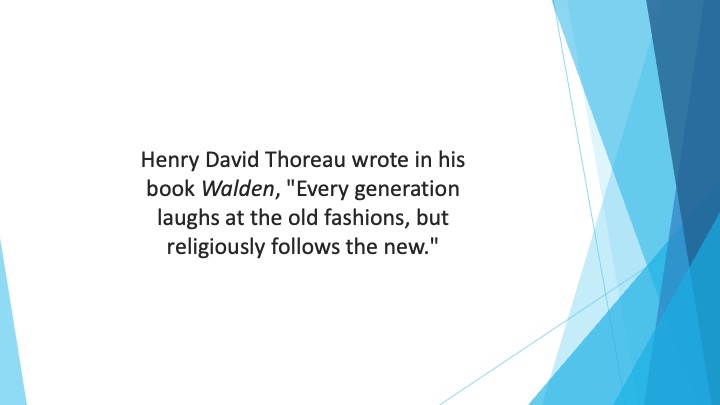
**S4** : What is that belief you've always held and stood by your entire life? Is it true?



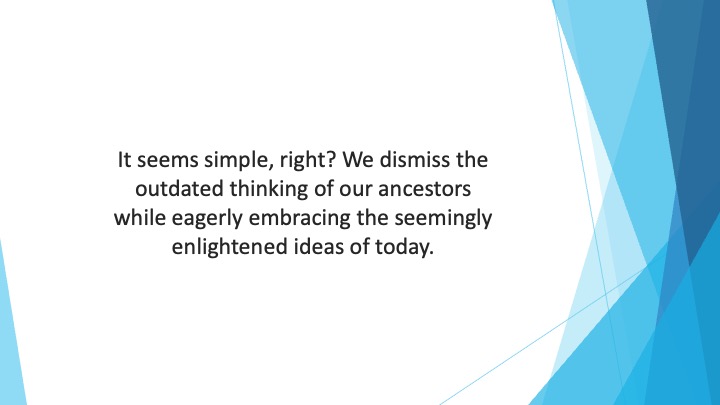
**S5 :** Have you ever quickly adopted a belief without questioning it simply because someone said it was true?



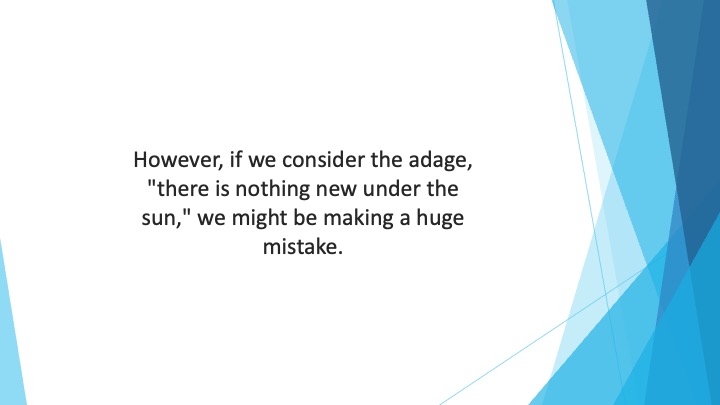
**S6 :** Have those beliefs been valid?



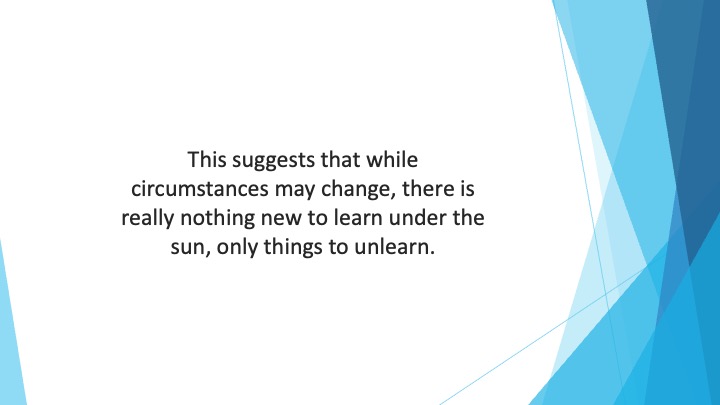
**S7 :** Henry David Thoreau wrote in his book Walden, "Every generation laughs at the old fashions, but religiously follows the new."



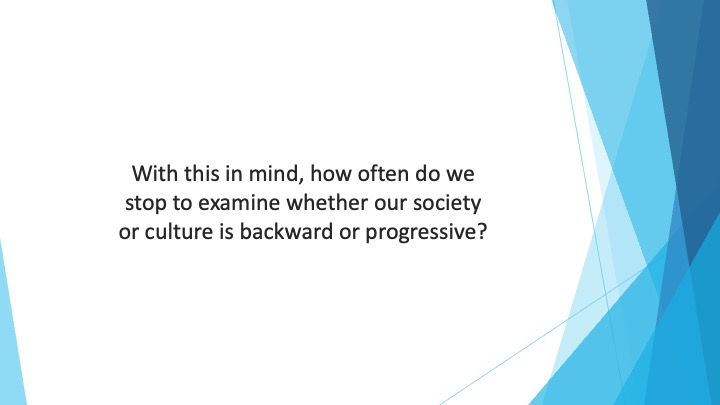
**S8 :** It seems simple, right? We dismiss the outdated thinking of our ancestors while eagerly embracing the seemingly enlightened ideas of today.



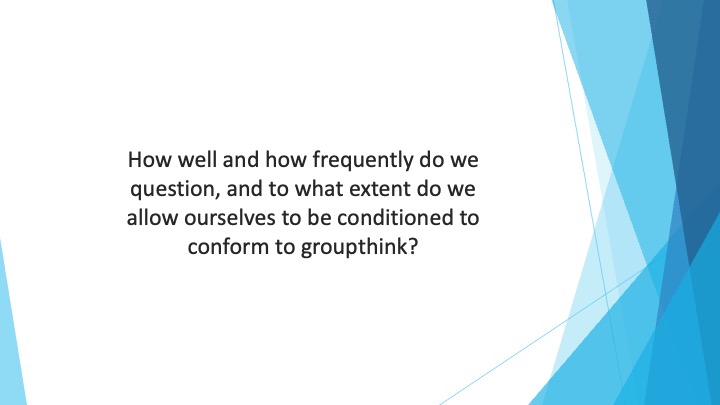
**S9 :** However, if we consider the adage, "there is nothing new under the sun," we might be making a huge mistake.



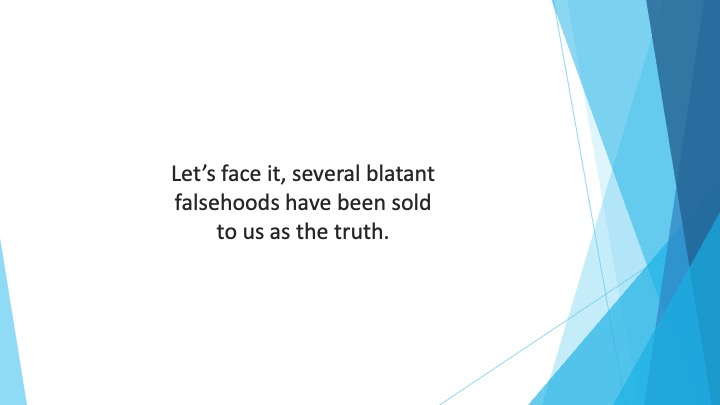
**S10 :** This suggests that while circumstances may change, there is really nothing new to learn under the sun, only things to unlearn.



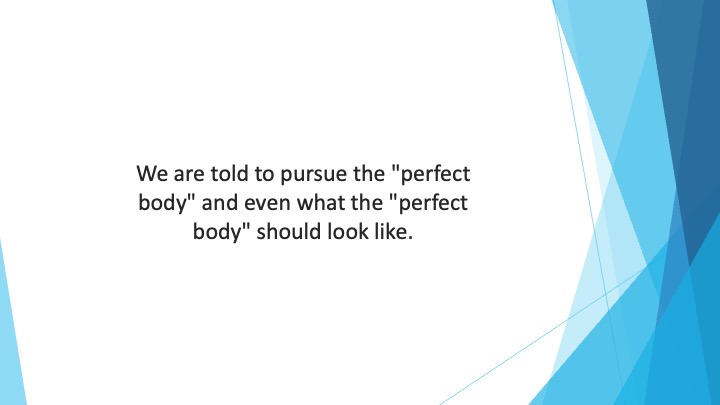
**S11 :** With this in mind, how often do we stop to examine whether our society or culture is backward or progressive?



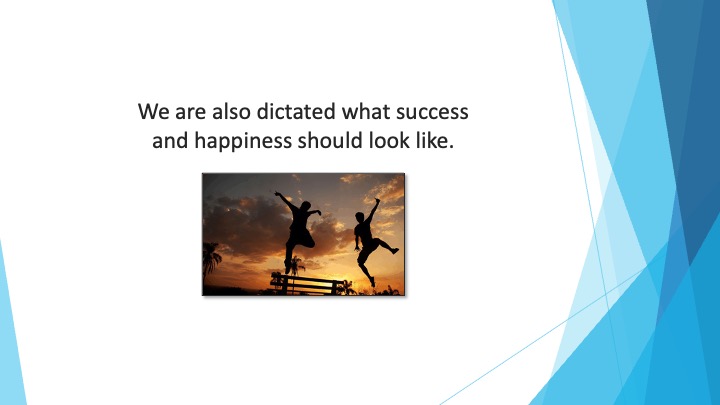
**S12 :** How well and how frequently do we question, and to what extent do we allow ourselves to be conditioned to conform to groupthink?



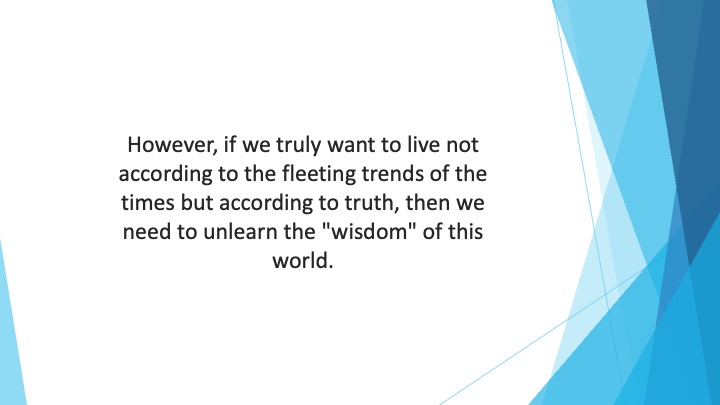
**S13 :** Let’s face it, several blatant falsehoods have been sold to us as the truth.



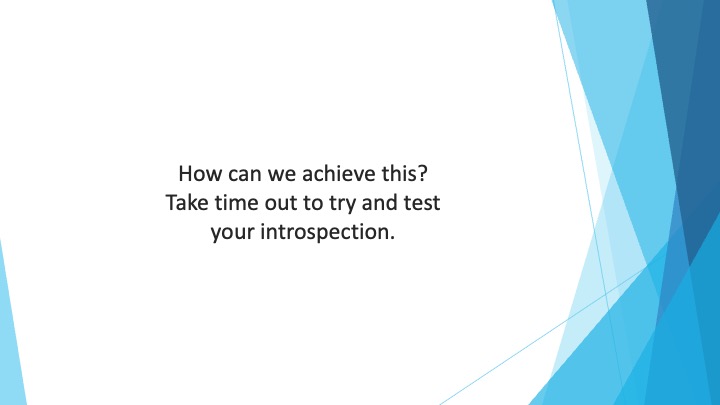
**S14 :** We are told to pursue the "perfect body" and even what the "perfect body" should look like.



**S15 :** We are also dictated what success and happiness should look like.



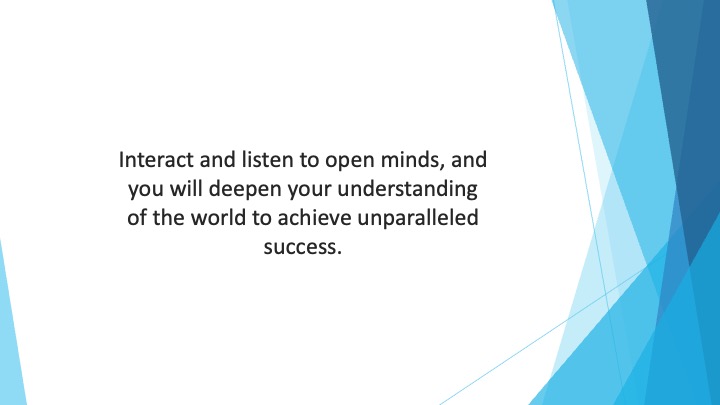
**S16 :** However, if we truly want to live not according to the fleeting trends of the times but according to truth, then we need to unlearn the "wisdom" of this world.



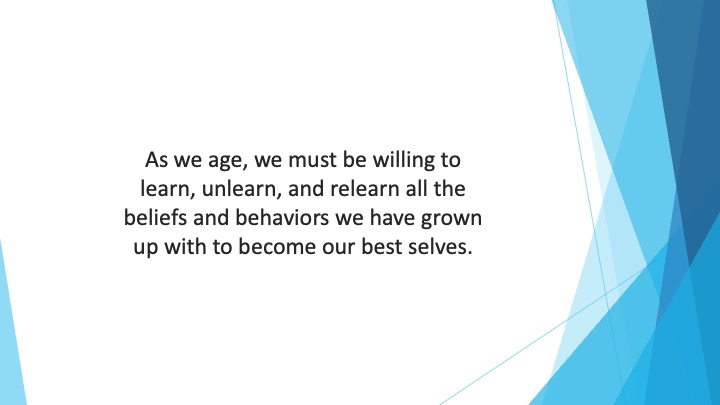
**S17 :** How can we achieve this? Take time out to try and test your introspection.



**S18 :** Spend quiet moments contemplating the beliefs you hold and let them connect you to your most authentic self.



**S19 :** Interact and listen to open minds, and you will deepen your understanding of the world to achieve unparalleled success.



**S20 :** As we age, we must be willing to learn, unlearn, and relearn all the beliefs and behaviors we have grown up with to become our best selves.