

TEACHING, LEARNING, AND THE MEDITATIVE MIND

J. Richard Wingerter



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Teaching Learning And The Meditative Mind

Shasha Hu



Teaching Learning And The Meditative Mind:

Teaching, Learning, and the Meditative Mind J. Richard Wingerter, 2003 Though there is general awareness of the need for change in education relative to school organization teaching and learning curriculum and school administration most if not all of what is said as regards such awareness is partially functioning mind related The need for profound revolutionary change in education is highlighted in this work Engaging with Meditative Inquiry in Teaching, Learning, and Research Ashwani Kumar, 2022-05-30 This collection of multi inter disciplinary essays explores the transformative potential of Ashwani Kumar s work on meditative inquiry a holistic approach to teaching learning researching creating and living in diverse educational contexts Aspiring to awaken awareness intelligence compassion collaboration and aesthetic sensibility among students and their teachers through self reflection critique dialogue and creative exploration this volume Showcases unique ways in which scholars from diverse disciplinary cultural and geographic contexts have engaged with meditative inquiry in their own fields Provides a space where African Asian Buddhist Indigenous and Western scholars engage with the idea of meditative inquiry from their own cultural philosophical and spiritual traditions perspectives and practices Explores a variety of themes in relation to meditative inquiry including arts based research poetic inquiry Africentricity Indigenous thinking martial arts positive psychology trauma dispute resolution and critical discourse analysis Offers insights into how the principles of meditative inquiry can be incorporated in classrooms and thereby contributes to the growing interest in mindfulness meditation and other holistic approaches in schools and academia The diverse and rich contributions contained in this volume offer valuable perspectives and practices for scholars students and educators interested in exploring and adopting the principles of meditative inquiry in their specific fields and contexts *The Contemplative Mind in the Scholarship of Teaching and Learning* Patricia Owen-Smith, 2017-12-11 In *The Contemplative Mind in the Scholarship of Teaching and Learning* Patricia Owen Smith considers how contemplative practices may find a place in higher education By creating a bridge between contemplative practices and the Scholarship of Teaching and Learning SoTL Owen Smith brings awareness of contemplative pedagogy to a larger audience of college instructors while also offering classroom models and outlining the ongoing challenges of both defining these practices and assessing their impact in education Ultimately Owen Smith asserts that such practices have the potential to deepen a student s development and understanding of the self as a learner knower and citizen of the world **Contemplative Pedagogies for Transformative Teaching, Learning, and Being** Jing Lin, Tom E. Culham, Sachi Edwards, 2019-11-01 In our current systems of education there is a trend toward compartmentalizing knowledge standardizing assessments of learning and focusing primarily on quantifiable and positivist forms of inquiry Contemplative inquiry on the other hand takes us on a transformative pathway toward wisdom morality integrity equanimity and joy Zajonc 2009 These holistic learning practices are needed as a counterbalance to the over emphasis on positivism that we see today In addition to learning quantifiable information we also need to learn to be calmer

wiser kinder and happier This book aims to find and share various pathways leading to these ends This book will describe educational endeavors in various settings that use contemplative pedagogies to enable students to achieve deep learning peace tranquility equanimity and wisdom to gain new understanding about self and life and to grow holistically Embodiment is a central concept in this book We hope to highlight strategies for exploring internal wisdoms through engaging ourselves beyond simply the rational mind Contemplative pedagogies such as meditation yoga tai chi dance arts poetry reflective writing and movements can help students embody what they learn by integrating their body heart mind and spirit

Knowing Body, Moving Mind Patricia Q Campbell, 2011-08-01 Knowing Body Moving Mind investigates ritualizing and learning in introductory meditation classes at two Buddhist centers in Toronto Canada The centers Friends of the Heart and Chandrakirti are led and attended by Western sometimes called convert Buddhists that is people from non Buddhist familial and cultural backgrounds Inspired by theories that suggest that rituals impart new knowledge or understanding Patricia Campbell examines how introductory meditation students learn through formal Buddhist practice Along the way she also explores practitioners reasons for enrolling in meditation classes their interests in Buddhism and their responses to formal Buddhist practices and to ritual in general Based on ethnographic interviews and participant observation fieldwork the text follows interview participants reflections on what they learned in meditation classes and through personal practice and what roles meditation and other ritual practices played in that learning Participants learning experiences are illuminated by an influential learning theory called Bloom s Taxonomy while the rites and practices taught and performed at the centers are explored using performance theory a method which focuses on the performative elements of ritual s postures and gestures But the study expands the performance framework as well by demonstrating that performative ritualizing includes the concentration techniques that take place in a meditator s mind Such techniques are received as traditional mental acts or behaviors that are standardized repetitively performed and variously regarded as special elevated spiritual or religious Having established a link between mental and physical forms of ritualizing the study then demonstrates that the repetitive mental techniques of meditation practice train the mind to develop new skills in the same way that physical postures and gestures train the body The mind is thus experienced as both embodied and gestural and the whole of the body as socially and ritually informed

The Wiley Handbook of Sustainability in Higher Education Learning and Teaching Kelum A. A. Gamage, Nanda Gunawardhana, 2022-03-30 A comprehensive resource for higher education professionals interested in sustainability pedagogy In The Wiley Handbook of Sustainability in Higher Education Learning and Teaching a team of distinguished researchers delivers an insightful reference for higher education professionals seeking to embed sustainability in learning and teaching The book offers a way for higher education institutions to implement sustainability goals in their curricula and provides comprehensive guidance to educators researchers and practitioners The authors discuss recent developments in technological innovations best practices lessons learned current challenges and reflections in the area of

sustainability teaching in higher education They also examine the impact of the COVID 19 pandemic on sustainability education With contributors from a variety of disciplines including engineering medicine urban design business environmental science and social science the book considers the embedding of sustainability in regenerative learning ecologies living laboratories and transgressive forms of learning It also includes A thorough introduction to activist learning for sustainability and outcome based education towards achieving sustainable goals in higher education Comprehensive explorations of factors that hinder the implementation of sustainability initiatives in higher education institutions Practical discussions of developing stakeholder agency in higher education sustainability initiatives In depth examinations of global trends and country specific initiatives in sustainability teaching Perfect for education developers seeking to incorporate sustainability The Wiley Handbook of Sustainability in Higher Education Learning and Teaching is also ideal for academics researchers policymakers and accreditation personnel working in the area of sustainability

Buddhist Meditation Sarah Shaw, 2006-04-18 It will primarily be of interest to those that study Buddhism at a post graduate level extracts from the book are already being used as teaching material for an MA in Religious Studies Fills the gap for a textbook in Early Buddhism which is taught in American universities Of interest to the growing market of educated Buddhists who want to read around the subject First anthology to explore all meditation objects in early Buddhism Features new translations of actual texts not merely commentaries

The Developing Brain Atina A., 2021-08-05 This highly influential updated explanation in a studied and expanded information integrating major advances in the field of development gives anyone parents educators students a current understanding of what brain development is how the mind grows and how to promote healthy development and resilience Atina A synthesizes cutting edge information from numerous disciplines revealing the ways in which neural processes are fundamentally formed by interpersonal relationships combined with the continuous informational process throughout life The role of how to communicate in any relationship builds deeper connections to society to other people and to one's own health and internal experience which remains a powerful resource of development This fully updated Developing Brain book covers the following From developmental psychology and child development to neuroscience From interpersonal neurobiology to experience and the development of identity From behavioral and mental concerns to cognitive development to theory of mind From the definition of brain mind to the science of consciousness and more And the stories of our lives Atina A shows how these explanations can illuminate fundamental debates in philosophy of mind concerning the mind's architecture brain development the explanatory power of education information representation and the social character of knowledge

A Parliament of Minds Mass.) World Congress of Philosophy 1998 (Boston, 2000-01-06 In this companion volume to the national public television documentary of the same name interviews of philosophy luminaries expose the relevance of philosophy to everyday life

Faith Traditions and Practices in the Workplace Volume II Mai Chi Vu, Nadia Singh, Nicholas Burton, Irene Chu, 2022-10-31 This two volume work examines the role of spiritual and religious

traditions as a balancing force during times of crisis in organizational settings Elucidating the varied ways in which spiritual religious traditions provide new ways of coping in unprecedented times the chapters provide an integrative review and critical analysis of recent research in the field Bringing together an extraordinary compendium of religious spiritual traditions through a combination of Eastern and Western approaches this comprehensive work provides a new perspective and highlights alternative mechanisms to deal with current socio economic dilemmas and workplace crisis facing humanity Weaving together various strands in a systematic manner Volume 1 focuses on the faith traditions and practices including Hinduism Sikhism Quakerism Catholicism Presbyterianism Abraham religions and the Bah tradition Volume 2 focuses on spiritual traditions including Buddhism and Confucianism Within the chapters of Volume 2 the authors offer critical explorations of a wide range of topics ranging from crisis management community responses to Covid 19 ethics mindfulness and approaches to pedagogy and organizational research methodologies

Mindful Teaching and Learning Karen Ragoonaden, 2015-07-22 Mindful Teaching and Learning Developing a Pedagogy of Well Being features a community of scholar practitioners from across disciplines methodologies and ideological perspectives exploring and examining contexts that support mindful teaching mindful learning and a pedagogy of well being Collectively these chapters document and analyze the opportunities and challenges within pedagogical sites and discuss how the disposition of mindfulness can be nurtured and sustained in educational practice and praxis Bolstered by the positive evidence based standards emanating from clinical settings mindfulness based training has spread into a variety of other fields like psychology healthcare and more recently education Within pedagogical environments an emergent secular conception of mindfulness under the auspices of educational psychologists like Langer 1987 1997 Goleman 2008 Lantieri 2008 Roeser Skinner Beers and Jennings 2012 and Schonert Reichl and Lawlor 2010 is making headway Consequently Mindfulness Training MT resources have been applied to educational contexts in order to maximize the academic emotional physical and psychological benefits provided by this mind body approach to well being Acknowledging the increasing evidence base for the efficacy of mindfulness interventions as well as the elevated stress levels reported by many educators and their students this book discusses how mindful practices praxis and research can inform and support pedagogy curriculum and leadership initiatives in higher education in the twenty first century Alongside the multitude of recent studies in the area of Mindfulness contributors discuss their own experiences using Self study Contemplative pedagogy Living Educational Theory and Curriculum Inquiry The content of this book examines ways in which to develop habits of mind and courses of action as well as a curriculum of study that can support educators as they cultivate competencies for thriving and coping with the modern demands of being a teacher

Can You Teach a Zebra Some Algebra? Debashis Chatterjee, 2015-03-20 This book asks what seems like a silly question can you teach a zebra some algebra You may in turn ask what kind of a question is that How can one teach algebra to a zebra However that is exactly what the education system that we have inherited is attempting to do Teachers go on to teach a

subject with very little knowledge of the real subject the student Our schools remind us of the story of a sports school for animals Here the teacher is employed to train animals to compete for the Animal Olympics The teacher looks at a rabbit and teaches it to fly Then he gets hold of an eagle and forces the bird to run The elephant is asked to swim and the tortoise is advised to practice a high jump Finally after fifteen years of training is over the duck is declared the Olympic champion Why The duck can do a little bit of hopping flying jumping and swimming a jack of all trades and master of none Think of what s happening in our schools today Students like the duck in the story are asked to do a bit of everything with no deep knowledge of anything Contemplative Practices in Higher Education Daniel P. Barbezat, Mirabai Bush, 2013-10-30

Contemplative pedagogy is a way for instructors to empower students to integrate their own experience into the theoretical material they are being taught in order to deepen their understanding help students to develop sophisticated problem solving skills support students sense of connection to and compassion for others and engender inquiries into students most profound questions Contemplative practices are used in just about every discipline from physics to economics to history and are found in every type of institution Each year more and more faculty education reformers and leaders of teaching and learning centers seek out best practices in contemplative teaching and now can find them here brought to you by two of the foremost leaders and innovators on the subject This book presents background information and ideas for the practical application of contemplative practices across the academic curriculum from the physical sciences to the humanities and arts Examples of contemplative techniques included in the book are mindfulness meditation yoga deep listening contemplative reading and writing and pilgrimage including site visits and field trips Mindfulness and Learning Terry Hyland, 2011-08-21 In recent decades education at all levels has been seriously impoverished by a growing obsession with standards targets skills and competences According to this model only a circumscribed range of basic cognitive skills and competences are the business of education whose main role is to provide employability credentials for people competing for jobs in the global economy The result is a one dimensional economic and bleakly utilitarian conception of the educational task In Mindfulness and Learning Celebrating the Affective Dimension of Education Terry Hyland advances the thesis that education stands in need of a rejuvenation of its affective function the impact it has on the emotional social moral and personal development of learners Drawing on the Buddhist conception of mindfulness he advances a powerful argument for redressing this imbalance by enhancing the affective domain of learning Mindfulness and Learning Celebrating the Affective Dimension of Education shows how the concept and practice of mindfulness non judgmental present moment awareness and experience can enrich learning at all levels Mindfulness thus contributes to the enhanced achievement of general educational goals and helps remedy the gross deficiency of the affective emotional aspects of contemporary theory and practice The author outlines a mindfulness based affective education MBAE programme and shows how it might be introduced into educational provision from the early years to adult education with a view to harmonising the cognitive affective balance across the system **100**

Chakra System Raven Shamballa,2019-07-23 The 100 Chakra System is a revolutionary spiritual work When all 7 chakras are open and flowing you are functioning at optimal When you are cleared up to the 100th chakra you are illuminated with Divine light and on the path of Ascension Raven defines the anatomy of the energy body which includes 100 chakras and the anatomy of the Lightbody which contains our Higherself New concepts are discussed like the differences between opened and closed chakras and the concept of negative energies Raven defines types of negative energies that can disrupt energy flow in chakra system Raven introduces psychic development and how to open spiritual gifts She speaks about the differences between clearing the chakras and meditation In order to channel one s guides the spiritual chakra need to be activated and the 100 chakras need to be cleared Negative Energy Release Work is a style of pranic healing taught by Raven which is introduced here The self healing section provides a self study course for you to start your own energy healing practice The 100 Chakra System book is the foundation work for Raven s psychic development courses and introduces concepts that are explored in her work Insight into Meditation and Yoga Yogi Suraj Nath,2023-03-19 There is the way and not ways This is about the learning of our consciousness in its movement as it is which basically is movement of feelings and sensations That is the learning of life per se is possible only in the fire of observation of feelings and sensations with skill and diligence involving the awakening of bodhi or intelligence on its own from nowhere and their emptying We need to understand this absolutely clearly Look you drive a car by learning driving skills how a car works traffic rules etc however when you drive a car if you miss attention for a second you will have an accident Attention cannot be learned and achieved by any gradual preparation learning some methodology or science Thought has no role in learning about and coming to attention Attention can use thought and its skills in different fields but not vice versa Round the other way inwardly thought has no potential to behold the movement of feelings as they are and the tremendous speed of sensational waves and learning life beyond the known Understand this well and realize the futility of different ways traditions beliefs in the name of religion The sense of siddhas and buddhas is the way of attention or meditation and virtue which is not such a difficult thing to understand and to live with Our ears listen and eyes see and it is not that somebody else s eyes listen ears see That is the part of religion In attention in right meditation with skill and diligence you are open to learning the infinite depths and mysteries of life And this text is a rare guide that shows what easy sweet and natural way or flowering of meditation is The water of the word is ambrosia not yet drunk learn about pain and sorrows in the blood Nath says this wisdom is peerless look behold don t fall in the pit Gorakh Sabadi 303 **Professionalism in Teacher Education** Indian Association of Teacher Educators. Conference,2010 Papers presented at the 39th Annual Conference of the Indian Association of Teacher Educators held at Allahabad during 10 11 February 2006 Start With Radical Love Crystal Belle,2023-12-30 Foster an environment of love and healing within schools In this groundbreaking book educator poet and activist Dr Crystal Belle challenges traditional educational practices and offers a new approach to teaching rooted in radical love and social justice Combining

research with personal experiences and interviews Dr Belle explores the roots and practical application of a social justice education framework grounded in Critical Race Theory CRT heart healing educator beliefs and a deep understanding of the structural inequities in education Features of the book include Personal narratives and portraiture that highlight the complex human aspects of education Sample social justice lesson planning templates and a social justice oriented curricular map Pedagogical activities that encourage critical thinking and more inclusive classrooms Radical love notes objectives reflection prompts and discussion questions Critical discussion of special education the school to prison pipeline and the impact educators can have on their students through self examination Teaching with radical love means looking beyond traditional metrics of a student s success and utilizing their brilliance cultural wealth and intellectual potential to create transformative learning experiences especially for minoritized children This innovative approach to social justice education supports educators to teach with care understanding and intentional support for the diverse backgrounds experiences and identities of students

International Education and the Chinese Learner Janette Ryan, Gordon Slethaug, 2010-06-01 International Education and the Chinese Learner is one of the first full length studies in the relatively new field of transnational pedagogy to explore the role of the Chinese learner in international schools and universities across the globe It describes the unprecedented growth of international schools and university exchange programs during the past decade together with the way in which Chinese learners at all levels have taken advantage of these opportunities and have been scrutinized in the process The results of this internationalization have in some cases solidified stereotypes about Chinese learners and in other instances have helped to overcome those prejudices Teachers within the international schools comment about the challenges of integrating students from different ethnic and national backgrounds in their schools and about the rewards of developing intercultural programs that will give the students the most substantial diverse and ethical education and encourage cross cultural understanding build academic skills and develop character University teachers both Chinese and Western describe the opportunities and challenges for cross cultural teaching and learning within the classrooms of their own countries and in global classrooms where local and international teachers together advance new perspectives based on team teaching interdisciplinarity and intercultural enquiry Teachers within international schools and university and school teachers who teach exchange students and other international students will find the understanding experiences and practical advice to be of help in their own teaching but those within international business communities may well find the research helpful in understanding their own intercultural environments Janette Ryan is a lecturer in education at Monash University She specializes in cross cultural teaching and teaching for international students She is a Mandarin Chinese speaker and works with a network of schools and universities across China on curriculum reform and professional learning communities Gordon Slethaug is a visiting professor in English studies and communications at the University of Southern Denmark and has previously been professor of English at the University of Waterloo Canada and director of American Studies at the University

of Hong Kong He has recently been visiting Lingnan professor at the University of Hong Kong and Sun Yat sen University in China and senior Fulbright professor at the University of Southern Denmark

TEACHING AND LEARNING WITH EMERGING TECHNOLOGY: A Future Perspective Dr. P. Muthukumar, Dr. A.R.S. Kannan, Dr. K. Malini, This edited book focuses on the possible education responses that can be implemented in future education times The impact of technology on learning and teaching is often at the forefront of demands particularly from those who dictate the funding available to pay for technology within education systems This is not an unreasonable request and there is merit in impact evaluations of educational technologies including emerging technologies Besides it also shows how emerging technologies including Artificial Intelligence Blockchain Educational Games and Virtual Reality Augmented Reality will reshape the future of education to provide efficient learning teaching experiences and assessments Furthermore the book discusses innovative teaching and learning approaches e g the use of open educational practices and peer to peer learning that can be applied in this rapidly moving technological era to maintain education including in unconditional times Particularly new instructional methods such as game based learning should be designed based on integrated technologies to provide an effective learning experience resulting in better learning outcomes Future education should not solely focus on technology and psychology but also on the applied instructional methods as well as the human touch to maintain authentic and effective learning experiences The book also discusses how teaching and learning can be designed to meet the growing tendency of Open and Distance Education where thousands of learners can be taken the same course from different cultures backgrounds and learning needs This book aims to establish itself through the published books textbooks and research as a medium to provide guidelines and recommendations for different stakeholders including policymakers educational designers teachers and students on how to enhance both learning and teaching experiences in the future for better learning outcomes as well as how to maintain education in emergency times It also provides one step ahead towards future education to prepare different stakeholders for the rapid evolution of education even in times of emergency and difficult situations

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