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4: Birthing Internal Images: Employing the Cajita Project as a Contemplative Activity in a College ClassroomThe Cajita Project; Birthing Internal Images: Employing The Cajita Project; Step I. Introducing the Cajita Project.; Step II. Conceptualizing and Creating the Cajita.; Step III. Cajita Gallery Walk.; Preparation for the Cajita Project.; Challenges to Implementing the Cajita Project.; References; 5: Integrating Contemplative Education and Contemporary Performance; MFA Faculty Characterize Contemplative Education; MFA Students Characterize Contemplative Education
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8: Contemplative Pedagogy: A Quiet Revolution in Higher EducationThe Practices; Mindfulness.; Concentration.; Open Awareness.; Sustaining Contradictions.; Transformative Education; The Deeper Significance of Knowing; The Quiet Contemplative Revolution; The Ethic, Epistemology, and Ontology of Our Teaching; References; Index

Sommario/riassunto

The complexities of 21st-century life-personal, social, cultural, and environmental-demand thoughtful responses, responses fostered and enhanced through contemplative experience. Contemplative education includes studies of the history, psychology, and socialcultural context of such experience, as well as the development of experiential knowledge through one or more personal practices. Contemplative education has recently emerged in the academy. Although there has been significant published discussion of postsecondary courses and programs that incorporate contemplative views and practi
