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""David Hunt""; ""Krishnamurti""; ""The Bhagavad Gita and Nonattachment""; ""Spiritual Knowing""; ""References""; ""Chapter 4 - Attention and Meditation""; ""Meditation""; ""Forms of Meditation""; ""Intellectual Meditation""; ""Emotional Meditation""; ""Physical Meditation""; ""Action Meditation""  
""Meditation Practices""""Insight""; ""Body Scan""; ""Mantra""; ""Visualization""; ""Movement Meditation""; ""Getting Started""; ""Meditation with Children""; ""Just One Minute with Naomi Baer""; ""References""; ""Chapter 5 - Compassion, Caring, and Loving-Kindness""; ""Kindness, Empathy, Compassion, and Love""; ""Loving-Kindness Practice""; ""Caring in Schools""; ""School with Forest and Meadow (Ojiya School)""; ""Service Learning""; ""Engaged Service""; ""Community-Based Work""; ""To be and to Have""; ""References""; ""Chapter 6 - Contemplation, Mindfulness, and Presence""; ""Mindfulness""  
""Presence""""Contemplation and Mindfulness in Classrooms""; ""Contemplation and Action""; ""References""; ""Part III - Timeless Learning: Perspectives, Examples, and Outcomes""; ""Chapter 7 - Educational Perspectives on Timeless Learning""; ""Transcendental Education""; ""Emerson""; ""Thoreau""; ""Bronson Alcott""; ""Holistic Education""; ""Linear Thinking and Intuition""; ""Relationship between Mind and Body""; ""Subject Connections""; ""Community Connections""; ""Earth Connections""; ""Self Connections""; ""Slow Education""; ""Conclusion""; ""References""  
""Chapter 8 - Examples of Timeless Learning""

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Sommario/riassunto

<p class=msonormal style=""MARGIN: 0in 0in 0pt""><span style=""FONT-FAMILY: ""times new roman"">Essential principles of timeless learning include attention, contemplation, connection, participation, and responsibility; helping students achieve a sense of purpose; and improving alertness and mental health.</span>

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