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Nota di contenuto	<p>""Cover""; ""Contents""; ""Acknowledgments""; ""About the Author"";</p> <p>""Part I - Timeless Learning: Definitions and Fundamentals""; ""Chapter 1 - Timeless Learning""; ""What is Timeless Learning?""; ""What are the Characteristics of Timeless Learning?""; ""Holistic/Integrative""; ""Embodied""; ""Connected""; ""Soulful""; ""Transformative""; ""Flow""; ""Participatory""; ""Nondualistic""; ""Mysterious and Unexplainable""; ""Immeasurable""; ""What Does Timeless Learning Bring to Todaya€s Classrooms?""; ""Conclusion""; ""References""</p> <p>""Chapter 2 - The Perennial Philosophy: A Relaxed Universalism"""" Foundations of the Perennial Philosophy""; ""The Interconnected Nature of Reality and the Mysterious Unity of the Universe""; ""The Intimate Connection between the Individuala€s Inner Self, or Soul, and the Mysterious Unity""; ""Wisdom or Knowledge of the Mysterious Unity can be Developed through Various Contemplative Practices""; ""Values are Derived from Seeing and Realizing the Interconnectedness of Reality"" ""An Awareness of the Mysterious Unity of Existence Leads to Social Action to Counter Injustice and Human Suffering""""""References""; ""Part II - Timeless Learning: Processes and Practices""; ""Chapter 3 - Letting Go and becoming Empty""; ""Psychosynthesis and Disidentification""; ""David Hunt""; ""Krishnamurti""; ""The Bhagavad Gita and Nonattachment""; ""Spiritual Knowing""; ""References""; ""Chapter 4 -</p>

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"

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.
