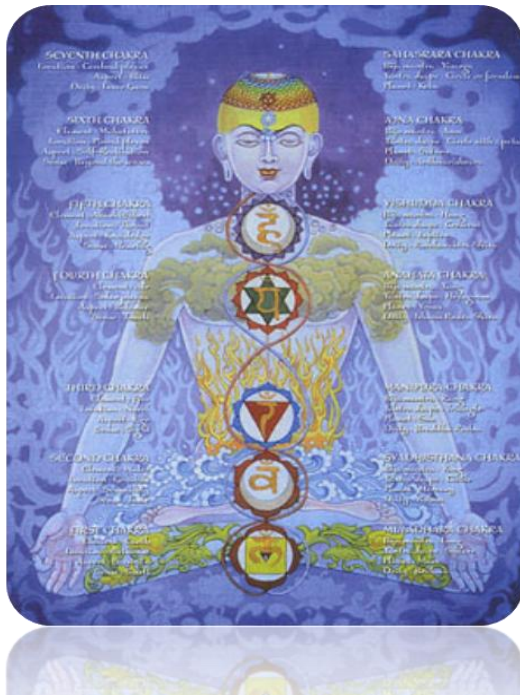


Visual Metaphor of Teaching



Visual Metaphor: Meditation

Inherent to the practice of meditation are the acts of knowing, learning, and teaching. As is the case with 'knowing' in the sense of education, knowing during meditation is an embodied practice, and decentralized in so far as the experience or goals are set by the individual, rather than by the structure of an overarching authority. Learning, or *Enlightenment* as it might be more appropriately described, is both complex and about expanding the space of the possible through our conception of the world around us, and within us. Finally, the role of teacher or the act of teaching exists in a mentorship or guidance capacity. As in education, the power to know and to learn rests within the will of the individual, and the teacher may only lead the student to the practice through their embodiment of knowing and learning, and guide the student on their own journey.

So then...

Knowing is: the continuous and life-long practice of internal and external reflection through a complex and self-induced mode of consciousness in an attempt to make sense of knowledge.

Learning is: the sense made of, and connections drawn between internal knowledge and external knowledge as a means to understand our place in and relationship with the world around us. From the Latin word *meditatum* – to ponder – a translation of the Eastern spiritual practice *dhyanā* – of which the root word means to contemplate – *learning*, like the practice of meditation is both intensely personal and life-long.

Teaching is: the guidance given to assist others in uncovering, making sense of, and putting into practice the process necessary to make the connections between knowing and learning.