



Contemplative Practices in Higher Education: Powerful Methods to Transform Teaching and Learning

Barbezat, Daniel P.; and Bush, Mirabai
Wiley, 2014

Book Review

Tags: contemplative pedagogy | student learning | teaching meditation

Reviewed by: Mary Hess, *Luther Seminary*

Date Reviewed: November 30, -0001

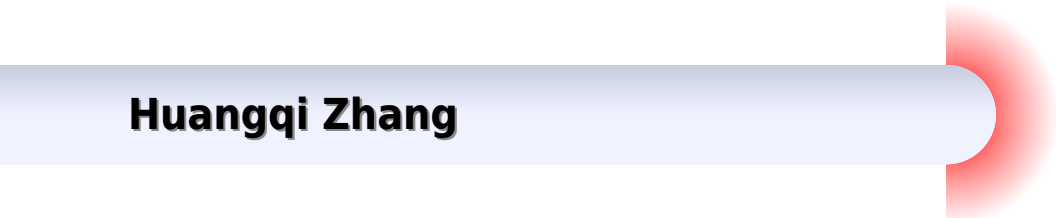
We live and teach in a world of massive distraction. It is difficult to find spaces or times in which people are simply still, let alone inhabit silence. College students claim they are effective “multi-taskers” but more and more research is suggesting that multitasking is not a route to deep learning, and can even begin to shape attention practices in detrimental ways. What can we do? One generative inquiry into these challenges comes from the field of contemplative practice. What is contemplative practice? The authors of this book define it broadly, noting that these practices

certainly include meditation, but not all are meditative in the traditional sense. . . . They all place the student in the center of his or her learning so that the student can connect his or her inner world to the outer world. Through this connection, teaching and learning is transformed into something personally meaningful yet connected to the world. (6)

Bookended by a foreword written by Parker Palmer, and an afterword by Arthur Zajonc, this book is a much needed and pragmatic resource for anyone teaching in a higher education context. It is based on nearly twenty years of research into contemplative practices in higher education, including the work of 152 fellows who worked on classroom experiments in more than one hundred colleges and universities. Barbezat and Bush provide a concise but thorough overview of this research, while keeping their focus on teaching and learning practice.

Contemplative Practices In Higher Education Cultivating Teaching And Learning Across The Disciplines

Huangqi Zhang



Contemplative Practices In Higher Education Cultivating Teaching And Learning Across The Disciplines:

Decoding **Contemplative Practices In Higher Education Cultivating Teaching And Learning Across The Disciplines:** Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Contemplative Practices In Higher Education Cultivating Teaching And Learning Across The Disciplines**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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