

Where the Spiritual Meets the Material:

Rebalancing the 21st Century Classroom



INTRO

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- Etymology of the word “spirit”; comes from respiration
 - Defining “frontloading” and its benefit to us
 - Feedback model afterwards: statement analysis
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1. Spirituality

- Having a still mind and a clear voice
 - Inner-animated spontaneity
 - Modelling this for students (something they do intuitively, but will see as valued by teachers and society)

- Developing our spiritual voice
 - Personal journey (for me through music)

2. Compassion

- Dalai Lama argues that with every advance of technology comes a greater cost of violence
 - Machine learning and AI making more decisions for us
 - Our spiritual voices risk being suffocated
 - And with that, our collective conscious to speak out against suffering to all sentient beings
- Dr. Ekman (5 levels of compassion)
 - Familial, Familiars, Stranger Constrained, Global Compassion, All sentient beings
 - Proximal + distal
- Dalai Lama argues it goes on a scale from biased to unbiased
 - Ultimate level of unbiased compassion is feeling compassion for someone harming you

3. Frontloading

- How do we lesson plan to engage higher levels of unbiased compassion?
- Frontloading: visualizing ahead of time, and then letting go of the reins in the lesson itself
- We need to trust our students

4. Statement Analysis

- Non-verbals (body language) can identify stress, but not necessarily what's causing it
- Statement analysis is a window into the brain-state of the person
 - Some examples include distancing (via usage or non-usage of personal pronouns)
- We could use statement analysis to measure compassion
 - Compassion journals followed by conferences

5. Conclusion

- Using human intelligence to guide the biased compassion towards unbiased (Dalai Lama)

- Make stories specific
- Don't throw yourself under the bus too much
- Keep audience involved by asking personal questions
- There could be resistance about categorizing the way people think too much
- Very hypothetical
- That the first word that you say or do could change the way someone looks at you for the rest of your life
- Legend of Kora with the spirit world
- Llamas

Credits

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