



Suggestopaedia - The Liberating - Stimulating Pedagogy on the Level of the Reserves of Mind and its Revival in Bulgaria

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Abstract

The paper focuses on the liberating-stimulating pedagogy on the level of the reserves of mind - Suggestopaedia. Very recently named by its creator, Prof. Dr. Georgi Lozanov - Reservopaedia- it addresses the whole personality both of the students and the teacher. Suggestopaedia-Reservopaedia has been developed in the course of 45 years initially in Bulgaria and applied subsequently in many countries in the world in different variants. The paper emphasizes the psycho physiological premises of Suggestopaedia-Reservopaedia and discusses the importance of notions such as inspiration and catharsis in the teaching-learning process. The originality of the methodology, unequalled up to now, lies in its consideration of the human being at his/her various levels - emotional, logical, intuitive as well as physiological. The authentic methodology as developed by Dr Georgi Lozanov with the contribution of Dr Evelina Gateva is going through a period of revival in Bulgaria, a country with traditional aspiration towards education and knowledge. At present, dozens of young teachers of languages, mathematics, physics, chemistry, geography, Bulgarian literature and primary school teachers are being trained at the Prof. Dr. Georgi Lozanov and Prof. Dr. Evelina Gateva Foundation in the city of Sliven, Bulgaria. The result of the trainings is reflected in the movement in the Bulgarian society towards an idea of this different type of pedagogy - the one of the tapping of the unused reserves of mind. Several courses in the adult education are running simultaneously in different parts of the country. The paper presents the results and stresses on the outcome of the one year experiment in a private primary school in the city of Varna, Bulgaria, where the suggestopedic teaching-learning system has been applied in all subjects to the first graders. For the first time. the paper points at the influence of this teaching-learning system on the personal development of the teachers practicing suggestopedia as well.