Living Inquiry: Me, My Self, and Other

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Abstract

Belonging to the world means sharing otherness with every one and every thing there is. Hanna Arendt pointed out the paradox of human plurality: We share the sameness of being human in a way that none of us is the same as another. Still, we lack a human culture that reveres difference, reducing it to a shortfall. Moreover, as worldly beings we ‘make home’ on Earth and thus inhabit a human-made world of things we consume and use, which dictates our relationship with Earth and non-human entities. The following essay exemplifies Living Inquiry, a course I developed for inquiry into our ‘worldliness’ that encompasses both how we see the world, given our prejudiced eyes, and phenomena we experience in daily life. I discuss teaching this course with graduate students, inner-city teachers, and young adolescents. As well, I provide an example of such inquiry related to a course theme, self/other.

Full Text:

PDF

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Learn how to use myself and me with definitions & example sentences at Writing Explained. About me vs. about myself. Myself is a reflexive pronoun, meaning the speaker or writer would use it self-referentially. In other words, myself is used when the speaker both performs and receives the verb's action. For example, "I like to describe myself as an introvert, who has extroverted tendencies as well," explained Mary. I care for myself by running every morning, avoiding unhealthy foods, and getting plenty of sleep at night. "I hurt myself falling down the stairs," said Joel. I do, in fact, consider myself a work-hard, play-hard sort of girl. I worry about what others think about me and I'd rather know about other people than talk about myself. I compare myself with others and feel worthless. Update Cancel. aPds Lbryc AFcO SrFqOex ooIFZ sEBmmP RILRfeFsd. Foresight is inquiry into possibilities that are probable in future and possible current course of action. All the sustainability measures emerge from foresight. Acquire wisdom. Wisdom is inquiry into what is right and what is wrong. Wisdom is standing up for what is right. Wisdom is not allowing one's understanding die with him. The Living Inquiries are simple, mindfulness-based tools designed to dissolve the beliefs, fears and addictions that often run our lives, including anxiety, depression, low self-esteem, food issues, and trauma and its after-effects. If you wish to inquire into an addiction to alcohol, tobacco or any other prescribed or non-prescribed drugs, the facilitator you choose to contact will first refer you to the Kiloby Center for assessment, in order to safeguard your physiological and psychological well being. As with other mindfulness-based practices, we do not give advice, nor do we attempt to change or manage your beliefs or behaviors. I had created it for myself, or so I thought. A friend had to actually encourage me to bring it to the public. It hadn't even crossed my mind at that point.