



Heart+Mind Yoga

TURNING ON THE LIGHT: TEACHING SPIRITUALITY

Prepared with love by

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WHAT IS TEACHING? WHAT IS LEARNING?

Learning is the moment
the light goes on.

Teaching is using your
skills to take the student
from the first step of
learning to that Aha!
moment.

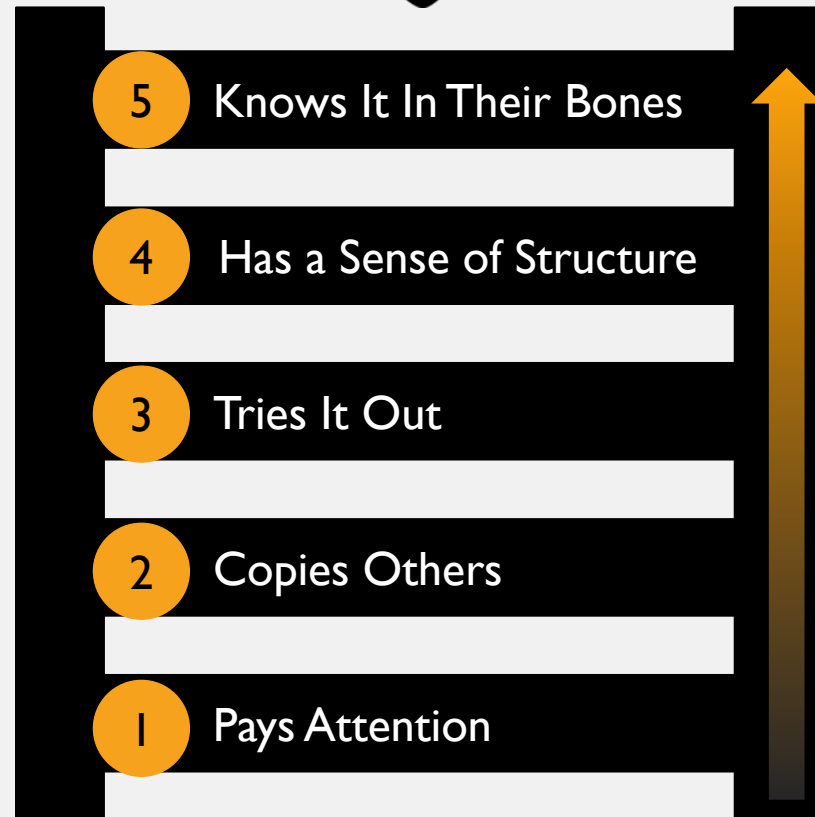
- **“The most wonderful thing in the world is being around a child when the light goes on.”**
 - — Judy Dulin

THE LEARNING LADDER

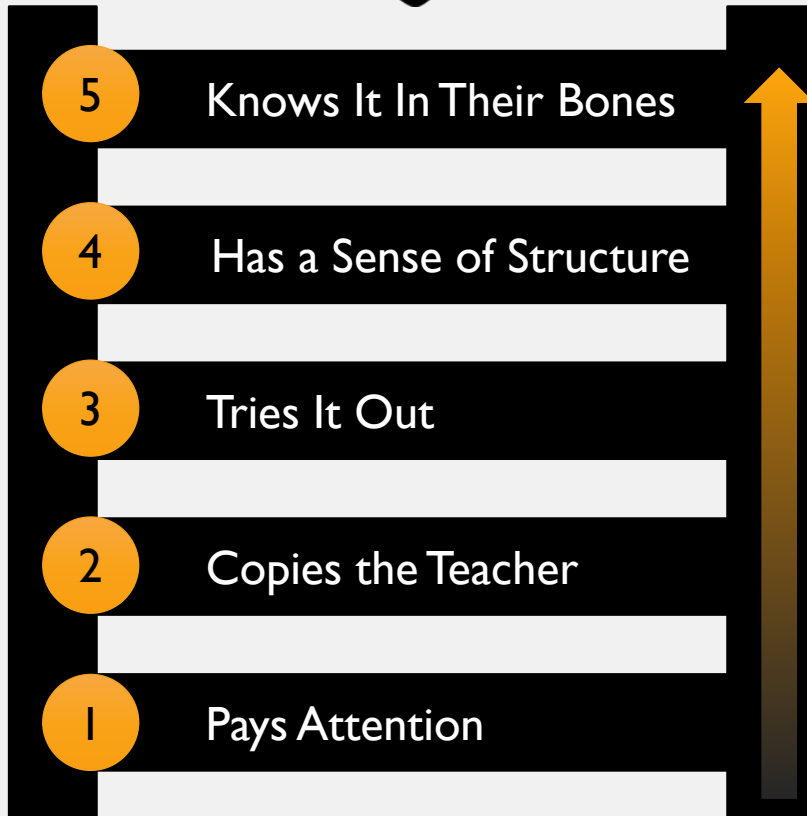
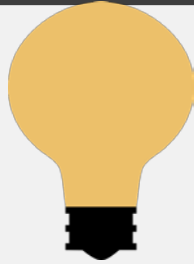


The learning ladder shows the steps a learner takes to get that aha moment.

You cannot observe if someone understands what you teach, but you **CAN** observe **ACTIONS** that indicate they are *probably* at that step.



SUCH AS...



Is fluid, can be creative or adaptive with the information of skill, applies it in new situations

Can analyze information, can put things into sequences, talks about things with a sense of framework

Tries to do it on their own but makes mistakes/is clunky → more smoothness

Is mimicking your actions; imitates your personal style

Is looking at you, is not chatting with a friend

4 REALMS OF SPIRITUAL CONNECTION

SELF

meaning and purpose in one's life



COMMUNITY

relationships from interpersonal to global



NATURE

care, nurture and stewardship of the natural world



TRANSCENDENT

universal consciousness/God



THE OBSERVABLE ACTIONS OF SPIRITUAL BEHAVIOR – DO MORE OF THESE!!!



SELF

Personal and community actions displaying affection, respect, understanding, expression, and care for oneself and one's body as well as receiving help toward engaging in these activities



COMMUNITY

Personal and community actions toward education about, respect, care, affection, affiliation with, others in personal, community, and socio-political organizations as well as receiving help from others toward engaging in these activities



NATURE

Personal and community actions that display affection, affiliation, care, and respect for animals and the natural world as well as receiving help from others toward engaging in these activities



TRANSCENDENT

Personal and community actions to obtain understanding, and which display respect, care, affection, and affiliation with the sacred as well as receiving help from others toward engaging in these activities

SUCH AS....



SELF

- Reading yoga magazines
- Coming to yoga class
- Starting a meditation practice
- Getting a massage



COMMUNITY

- Socializing with yoga classmates
- Wearing a mala/adopting yoga clothes as one's personal style
- Volunteering for a charity event your school is running



NATURE

- Adopting an animal
- Practicing yoga at the beach
- Using environmentally conscious products



TRANSCENDENT

- Reading sacred texts
- Starting a meditation practice
- Seeing a psychic
- Listening to kirtan music