HOW THE BUDDHA TAUGHT
PARTICIPATIVE LEARNING & TEACHING

An inclusive approach

Develop your own technique. Don’t try to use somebody else’s technique. Just discover your own. Be your own natural self. It’s the Individual responding to the individual

Milton Erikson

EXPLAIN
‘Listening’

EXPERIENCE
‘Meditating’

EXPLORE
‘Reflecting’

C A P E S

GROUP SKILLS

LEARNING CONDITIONS

V I S I O N

INFLUENCING SKILLS

C Concepts
A Attitudes
P Practices
E Exemplification
S Symbols

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