HOW THE BUDDHA TAUGHT
PARTICIPATIVE LEARNING & TEACHING CORE MODEL

‘Light of foot, mercurial of mind’

Modelled on how the Buddha taught
Reflects the three levels of wisdom
Generic teaching or training approach

EXPLAIN
‘Listening’

EXPLORE
‘Reflecting’

EXPERIENCE
‘Meditating’

C
A
P
E
S

C  Concepts
A  Attitudes
P  Practises
E  Exemplification
S  Symbols

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