

The spirit of teaching

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As we live in a world deeply torn apart with political, economic and social upheavals being a daily norm, the need to find peace and support has become increasingly essential. When human sufferings occur, there is a spiritual awakening to find peace within ourselves and for others. The importance of human interactions and experiences, the meaning and purpose of life and how important it is for future generations to understand and learn the dynamics of the rapidly changing world is becoming more and more important. The lack of spiritual awareness and development in the community is leading to various personal and public issues such as cultural and racial differences, violence, lack of acceptance between cultures, lack of identity and so on. The importance of self-knowledge and its usefulness is not fully realised in educational institutions.

As international education involves multicultural challenges, this paper discusses the importance of self-knowledge in order to help face these challenges and to incorporate the wisdom of selfhood in multicultural education from the perspective of open and distance education. A teacher's inner life is explored in relation to self-knowledge. Discussions also cover self-reflections as an important aspect of gaining self-knowledge by using a teaching-learning model to illustrate the benefits and dynamics within the teaching practice and to show its contribution towards self and global transformation.