

The Teacher's Path:

Trusting the Possible, Teaching by Heart, Cultivating Wisdom

Trusting the Possible reminds teachers that we are keepers of the possible – mirrors revealing to our students potential they don't yet see within themselves. Skillful teachers cultivate and sustain attention to the possible while slowly and respectfully undermining conditioned ideas and opinions about self and others that impoverish our ability to learn and grow.

Teaching by Heart calls on teachers to access all that we are rather than allowing learning to be dominated by knowledge attained almost exclusively through the filters of acquired information and objectivity. While valuable tools, learning dictated by these attributes can readily lead us, as teachers and students, to feel disconnected from the very sources of inquiry and creativity that fueled our passion to teach and study the subjects we love.

Cultivating Wisdom is the teacher's path. It is an unfolding odyssey – a way of living into what is deepest and truest in our lives. And, because we are teachers, it is our invitation to those we teach to make contact with and live into what is deepest and truest within themselves. As we become more firmly anchored in this way of being, we begin to honor the genius within our students, enter more fully into the interdependent reality of our relationships in and out of the classroom, and love what we do so much that we are willing to go beyond ourselves in service of liberation and the best interests of others.

- Saki Santorelli, EdD, MA

Executive Director, Center for Mindfulness in Medicine, Health Care and Society
Director, Stress Reduction Clinic
Associate Professor of Medicine
University of Massachusetts Medical School