



**PROJECT TRAINING ON NEW
METHODOLOGIES AND FRAMEWORK
APPLIED TO EDUCATION**

Newsletter #3

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“When we learn or train in something, we pass through the stages of Shu, Ha, and RI... In Shu, we repeat the forms and discipline ourselves so that our bodies absorb the forms that our forbearers created.

We remain faithful to the forms with no deviation. Next, in the stage of Ha, once we have disciplined ourselves to acquire the forms and movements, we make innovations. In this process the forms may be broken and discarded.

Finally, in RI, we completely depart from the forms, open the door to creative technique, and arrive in a place where we act in accordance with what our heart/mind desires, unhindered while not overstepping laws.”



- **Shu** – In this beginning stage the student follows the teachings of one master precisely. He concentrates on how to do the task, without worrying too much about the underlying theory. If there are multiple variations on how to do the task, he concentrates on just the one way his master teaches him.
- **Ha** – At this point the student begins to branch out. With the basic practices working he now starts to learn the underlying principles and theory behind the technique. He also starts learning from other masters and integrates that learning into his practice.
- **Ri** – Now the student isn't learning from other people, but from his own practice. He creates his own approaches and adapts what he's learned to his own particular circumstances.

The idea of Shu Ha Ri provides thinking tools, a language and a frame of reference to approach learning a new skill. When you are first learning something, variety of ideas isn't usually the most helpful place to start. Once you get the basics down, then move on to experimenting and looking to integrate new thoughts or ideas. Your experiments will lead you to new paths and eventually you'll move beyond the specific practices and evolve your own way of doing things.

In the next page you find some examples to start your SHU.



The Globe # <https://www.smores.com/hxmnu>

The raising of the Industrial Revolution gave origin to the educational system to create products.

Then it came to the era of consumption, and education was focused on developing services. Creativity and innovation are where we are now in education. None of the previous models applies any longer, and teachers became facilitators of content creation, empowering their students to co-create knowledge and develop new skills.

My Values your Values # <https://www.smores.com/u98sw>

You have a beautiful HOUSE. The house has four guest rooms and one main ROOM.

In room one lives the **Ego-self** guest. In room two lives the **Mindself** guest

In room three lives **Dualityself** guest. In room four lives **Cravingsself** guest

In the main room lives the **Masterself** (you). Every day any of these guests disturb you in one way or another.

Hear, Seen and Respect # <https://www.smores.com/d4acq>

On many days and sometimes in family situations, we feel we are not Heard-SEEN-Respected.

You can't imagine how many situations of HSR and how they impact organisations and our daily life.

The background image represents the concept, connections, and interconnections we need to handle every emotional day, some stronger than others.

Drawing Monsters # <https://www.smores.com/rlgxv>

Drawing Monsters enables a safe space to surface and frees up options for conversations around our fears. It helps us to be aware and visible of our fears.

It reveals incredible insights about issues that are difficult to talk about, and the environment of vulnerability brings a world of opportunity to people in this space.

