

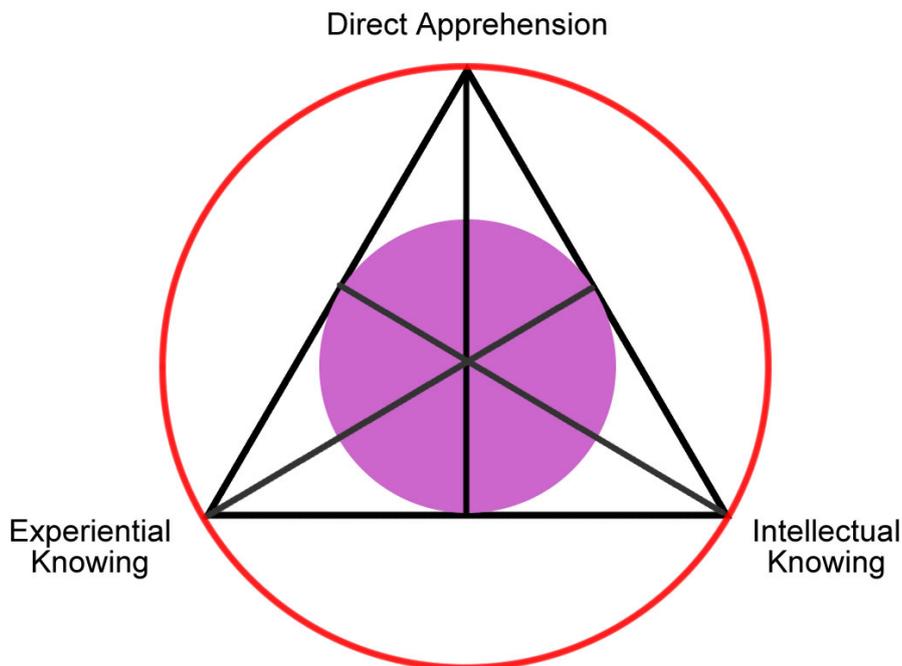
Essence of Knowing

[A course for the BodyMind Institute](#) by Keith Beasley

What do you know? How do you know it? There's what we've been formally taught . . . and what we've learnt through first-hand experience. There's also a deeper, more profound, inner knowing: just as an acorn knows how to turn into a mighty oak tree and a chrysalis knows how to become a butterfly. This course explores these three ways of knowing, their strengths and weaknesses, and how you can develop those you're currently weak in. Just as importantly it examines, in a very practical, real-world way, how to integrate these complementary ways of knowing. The better we are at knowing what we need to know, the more fulfilled we're likely to be . . . in both our working and personal lives. This course introduces the essence of this process: the real process of knowing.

The Gist: 3 Ways of Knowing:

| Intellectual Knowing | Experiential Knowing | Direct Apprehension |
|---------------------------------------|---|-------------------------------|
| Facts, theories; conceptual knowledge | Practical skills; realities of daily life | Deeper meaning; inner knowing |
| Taught through words | Experienced through senses | Sensed with whole body |
| "Logically . . ." | "In practice . . ." | "It just feels 'right'" |



At any given moment we might be engaged in a combination of ways of knowing that corresponding to any point within the outer circle. Being In the centre probably equates to Being 'in the Zone', In the Tao (etc.) and at the extremes:

| Intellectual Knowing | Experiential Knowing | Direct Apprehension |
|--------------------------------|---------------------------------|--------------------------------|
| Benefits = Grounding | | |
| Grounding in established ideas | Knowing for oneself | Obtaining a cosmic perspective |
| Dangers | | |
| Stuck in an 'Ivory tower' | Sensationalism; 'animal' reflex | "Away with the fairies" |

The Course

The approach of the course is to present the *Essence of Knowing* in a practical manner, without getting bogged down in semantic debate. It consists of the following 10 lessons (followed by an on-line Quiz and follow-up resources). Each of these is a video (a narrated PowerPoint) lasting around 15 minutes:

Lesson 1-1: The Essence - An introduction to transcendent knowing (as above)

Lesson 1-2: Experiential Learning - The connection between knowing, growing and learning.

Lesson 1-3: Embracing the Subjective - Rational and post-rational knowing.

Lesson 1-4: One Reality – Knowing & Being

Lesson 1-5: Transcending Thought – Whole-body & non-local consciousness

Lesson 1-6: Normal & Natural – When the extraordinary becomes the ordinary

Lesson 1-7: Beyond isms & ologies – Perspectives to knowing

Lesson 1-8: Holistic & Holographic Knowing – Chaos & the non-linear world

Lesson 1-9: In the Zone – Getting the right balance

Lesson 1-10: The Process – Phases of transcendence & growth

[**Enrol here!**](#)