

DOCUMENT ON EDUCATION OF THE SELF. Field of Educational Innovation (summary).

Knowledge and Self-management of the “Self”

HISTORY:

This Education Project rises from personal clinical research carried out over the last 25 years, working *integrally* with the person: the Body-Mind-Human Energetic Field relationship. Research on this relationship, which integrates knowledge on different medical, psychological and philosophical issues and on modern physics, has led me to create my own therapeutic method which I call **Ontomedicine**, which means “Medicine of the Self”.

It is precisely from this praxis that I see the advisability of acting in the educational field, from young ages, in order to **promote a harmonious and healthy growth, in the wide sense of the words, of the pupils.** This begins with Knowledge on the “Self”, not in a theoretical framework, but through actual experimentation, educating and promoting the “Feeling” and “Feeling oneself”.

AIMS

Overall it is about creating an Education of the Self– phenomenological and introspective – which teaches us to “Be”, at the same time developing Human Potential. This leads to the **acquisition of new perceptive and cognitive abilities**, as well as the implementation of the abilities of concentration, attention, creativity...and also **encourages values and positive cohabitation.**

MOTIVATION

The growing social and/or family pathology means that we are increasingly finding children and youths without roots or clear references, unmotivated to learn, which leads to an increase in antisocial behaviour and/or in problems of cohabitation.

School becomes the “care centre” and many parents delegate their children’s education to the school, which over-pressurises the teachers who are having to take on a role which is in no way theirs.

Furthermore, in the case of children and youths, structured and motivating environments stimulate their abilities and encourage a healthy psycho-emotional development.

My Onthomedical research takes me from Health to Education, not only to do Health Pedagogy, but also to face the unstoppable Evolution of the Human Conscience. This can be easily observed in **today’s little ones: they have other abilities**, their maturing is much more accentuated, both in neurological terms and in personality and which we could call “high-reaching abilities”, different to what before was considered “normal”, which means the parameters of the traditional school are no longer of any use to them.

We also have to take into account that we are in the 21st century, life’s unstoppable dynamism means everything is different, we face new and successive challenges which

lead us to a new understanding of life and ourselves and schools cannot alienate themselves from the new times.

The key, however, lies in the Human Being. What is the use of filling our heads with facts when we do not know ourselves? If we do not know what our potential is, what internal resources we can call on to face up to life, what our skills are or how we can make the most of ourselves...of what use is all the rest?

The person without internal direction or critical thinking is incapable of developing into a free being.

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IMPLEMENTATION

There are several possibilities for the implementation depending on what is considered to be the most viable in the actual situation.

- 1- Start to introduce this knowledge to teachers (and parents).
- 2- Implement it in an experimental group, noting data on the pupils before and after. Together with possibility number 1.
- 3- The implementation in different age groups, noting what the most adequate is for each group.

CONCLUSIONS:

All in all, I think that Education of the Self, due to the positive consequences it has on the personal and human development of children and the social consequences these effects have, is what needs to be prioritised and introduced to schools. (It goes without saying that by no means are the usual school contents to be put to one side.) I humbly believe that if the proposal prospers and is rooted, it can become an international academic example.

(P.D. Proposal presented to the Andorran Government during different periods of office)