



A LIBERATORY LEXICON

A Tiny, Sprouting Glossary for Self-Determination

Power Tools For Your Life Project:

Words and ideas to expand possibilities and bust through limiting beliefs!

AGENCY Capacity to act, to exert power. oed
Capacity to decide; to act on your choices. smk

ANDRAGOGY - The method and practice of teaching adult learners. oed Adult learning. smk

AUTONOMY - The capacity of reason for moral self-determination. Liberty to follow one's will; control over one's own affairs; freedom from external influence, personal independence. oed

CITIZEN - Inhabitant of a nation, possessing civic rights and responsibilities. oed

CULTURE - The distinctive ideas, customs, social behavior, products, or way of life of a particular nation, society, people, or period. Hence: a society or group characterized by such customs oed

CUSTOM - A mode of behavior which is widely practiced and accepted in a particular society, community, etc.; a convention; a tradition oed

DISPARITY - The quality or state of being of unequal rank, condition, circumstances. oed

ETHICS – The guidelines, rules, agreements and group approaches to morality. smk

EPISTEMOLOGY – How do you know what you know? smk

HARAMBEE – Pulling together. oed It means "All Pull Together" in Swahili and is the national motto of Kenya.

HEUTAGOGY - Self-Directed Learning

MEANING (in our life): gives purpose, fulfilling smk

MORAL - Of or relating to human character or behavior considered as good or bad; of or relating to the distinction between right and wrong, or good and evil, in relation to the actions, desires, or character of responsible human beings. oed

KEY: OED = Oxford English Dictionary
smk = Sue's perspective

MORALITY - knowledge concerned with right and wrong conduct, duty, responsibility, etc. oed

OWNERSHIP - The fact or state of being an owner; proprietorship, dominion; legal right of possession or solving a problem. oed

PHILOSOPHY - The love, study, or pursuit of wisdom, truth, or knowledge. oed
Once a foundation of learning, now rarely studied, yet critically needed. smk

SELF-AWARENESS - Conscious knowledge of one's own character, thoughts, emotions; awareness of the fact of one's own existence. oed

SELF-CONTROL - The ability to control one's emotions, desires, and reactions, esp. in difficult situations oed

SELF-DETERMINATION - The power or freedom to direct oneself or act independently; the capacity for free will; the process of, or capacity for, determining one's own course of life. oed

SELF-GOVERNANCE - The ability to govern or control oneself or one's emotions, desires, etc.; the fact of governing oneself in this way; self-control, self-discipline. oed

SELF-REALIZATION - Realization of one's true nature or ideal self; fulfilment of one's potential by one's own efforts. oed

UBUNTU: I am who I am because of who we all are. (aphorism)

oed: embodying the various values and virtues of essential humanity

Desmond Tutu: the sense that my humanity is bound up in your humanity

UBUNTUGOGY – Framing our learning within the belief that everything is connected so all learning must include and address connections and interdependence. smk

WHY AM I SO OBSESSED WITH LIBERATION, FREEDOM?

WHY QUESTION BELIEFS THAT WERE GIVEN TO US?

WHY DO I WORRY ABOUT LIBERATION FROM LIMITING THOUGHTS?

I want you to be able to find what you need to build a satisfying life. I believe a lot of the things that we really need to do that are not taught to us in school. It is my hope that by building this Manual, and by sharing ideas with its readers - that we will continue to build the book and the website together. Together, we can offer even more tools and information, including tools to build trust and community. The most important thing we need is deep, not fleeting, desire. If that flame is burning, we can learn to locate and reinforce everything else.

I believe:

If we want to build the life a life filled with meaning and connection -

If we want to be successful -

If we want to navigate the world safely -

If we want to learn, to develop, to build the future with intention -

If we want to support families, friends and communities -

THEN, it might be beneficial to:

Think about how we think. (cognition)

Think about how we know what we know. (belief / epistemology)

Think about how we feel. (some of what we believe is based on feelings that go way back...)

Think about how we sense. (we learn through our body and our surroundings, too)

Think about what we project on to what we think we know. (we assume our beliefs are true)

and Think about how we are 'persons-in-the-world', not 'solitary individuals'.

When we sharpen our skills and our care, we'll build our vehicle to a better future.

We can't always calculate and strive, however....

...we need to rest and reflect, too.

A couple of ways you can relax and reinvigorate your mind:

Reflect	Yoga / Meditate	Listen to an elder
Write in a journal	Mow / Shovel / Dishes	Listen to music w/o words
Walk / Run / Swim	Read with a child	Read by yourself
Laugh	Day dream	Paint, draw, dance, etc