



An Introduction to Insight Learning **Simon Davison**

The term insight implies seeing something with fresh eyes. According to the Oxford English Dictionary: the original notion of insight appears to have been ‘internal sight’, i.e. *with the eyes of the mind or understanding. The fact of penetrating with the eyes of the understanding into the inner character or hidden nature of things; a glimpse or view beneath the surface; the faculty or power of thus seeing.*

Intellectual reasoning can bring about understanding, not necessarily awaken inspirational insight that taps into a deeper wisdom. We generally have a passive relationship to this untapped aspect of ourselves, yet there is nothing to suggest passivity in the definition of the word or in the expression of it when the gift of insight arises. It comes with a release of energy, a heightened sense of aliveness, an acuity of mind and perception that has clear penetrative qualities. The kinds of qualities we need if we are to implement intelligent action. Insight born of wisdom is intangible. We cannot force it to manifest, yet we can create optimum conditions for it to arise. *Insight Learning* is an attempt to encourage us in fostering these conditions and broaden the bandwidth of our conscious receptivity, individually and collectively.

If we are to probe the deeper meaning of life then we need to be able to invite all our faculties to participate. Acknowledging that learning is not limited to intellectual knowledge and reasoning opens a space for feeling, emotion, personal experience and observation to participate, in addition to drawing on philosophical, psychological, theological and scientific knowledge to help us in our enquiry.

Collectively *Insight Learning* is a way for us to come together around a common subject to reflect, share and help each other push the edges of our understanding. Such forums require no particular experience or skill to participate, just a willingness and courage on the part of the individual to learn and offer up the truth of who they are. Insight has the ring of authenticity and as such the authenticity of our intent and approach to such an endeavour is important. Attention is given to creating an open space of learning that is a non-judgemental, safe and supportive environment, encouraging free and open expression for mutual trust and understanding to develop. The creative center ground is not opened up when either intellectual abstraction or overt personal experience dominates the expression. An *Insight Learning* forum should provide adequate breathing space for the unseen and the unknown to participate and inform. Creating such an invitational enlivened space can, with care and attention, yield great richness and insight.