UNIVERSIDAD FRANCISCO MARROQUIN

Michael Polanyi College

Marcela Richardson

Synthesis Essay 6

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Again, this past two weeks has thought me a lot, especially on how to behave around others and how to control my impulses. The vote of silence thought me more than I can put into words (ironically), it helped me be more aware of my impulses and how I tend to control things even thought they are not my responsibility. Don Quijote’s advices to Sancho Pansa have to be considered and applied in my life.

Don Amable started the week with some reflections towards the chapter of the advices Don Quijote gives to Sancho when he is being ordered as a mayor. Most importantly I learned that we have to be aware on who we are and thrive to learn more about ourselves. Wisdom its in knowing how to live in peace without loosing control. I can relate this with the day of my vow of silence where I had to control my impulses, keep my opinions to myself and I realized that instead of believing I was right, I could doubt my opinions and second guess them. I also could actually listen what others had to say towards the same thing I already had the answer to. Many times I had the urge to say something, but I also acknowledge others and listen them trying to help others understand for themselves. From GEB I took this quote that completely summarized what I learned about myself by being quiet for an entire day: “A zen person is always trying to understand more deeply what he is, by stepping more and more out of what he sees himself to be”. I learned from myself that I tend to control things and people when they don’t do what I would’ve done. I also burst out comments that are not constructive for the person who said it but rather very humiliating or with a tone of sarcasm or fun.

Along with my learning from the vote of silence I could also connect it with Difficult Conversations in the chapter about feelings. Many times we don’t know how to listen to people because we don’t know how to express ourselves and there’s just too much things going in our heads when somebody else is talking to us. Applying the zen it would help to put your whole attention towards the person speaking and putting aside your assumptions or feelings. It is to be more present with the people who are trying to send their message across. I also learned that unexpressed feelings causes greater tension that makes you disengage, and I can say this happened to me many times during the dialogues I wasn’t able to speak. I had so many feelings bottled that when a moment of chaos occurred I lost concentration and said a few words. “You can change your feelings by altering your thinking”.

In Godel, Escher and Bach on chapter 13 thought me that each message appears to be random until we establish a code to read it. I easily can see this related to our lives, because we are all in this world to accomplish something but we need to discover it by learning from ourselves and giving it a meaning to read it. When we find our purpose in life and we are sure what we want to pursuit for the rest of our lives, you’ll notice things having more meaning than previous times and it is because we are giving that meaning to it.

In the book from Mechanics to Aristotle, we’ve been discussing about change and time. Change can only happen with time, and if something changes we know time has passed by. For us to change our attitudes or actions that we are learning from others when they give feedback, it has to pass some time for us to notice and then do something about it. I also related this chapter with Copernican Revolution where there were two types of thinking the one of Aristotle about the search through cosmology that had a philosophical speculation and the one of Plato that was the search for astronomy, which had more observation to the skies and had exact mathematical calculus.

We had a visitor that is an expert of informal markets and we had a great dialogue about poverty and about ideas. He said that the most important thing he learned in his experience was that he saw the potential in people to organize themselves, and many things can get accomplish by having a purpose in life. We have to create the environment in which our effort and our thinking will flourish and will give out outcomes of success. Another lesson he shared with us was the one of realizing you are good at things you thought you don’t. In our metadialogue we talked about trying to foment an attitude towards new experiences and new environments were we could learn, we have to maximize our opportunities and turn them into learning experiences.

We had another visitor on Friday which revolutionized our previous dialogues. Yes. We had never had had such an experience, but I was glad we could have him because he gave us a different opinion were he stood, and thought us to rather of imposing the rubrics to our guests we can instead model the rubrics in our dialogue and afterwards explain them to him what they are for and how they became to be. Because this was a process for us which we first live the experience without rules and afterwards notice some patterns and set the standards of our dialogue followed by rubrics we have to follow to help them accomplish it. Our visitor saw our rubrics as a language to communicate with others, but you didn’t had to have a share meaning for it. But I asked him that what was the word communication for him because it is to make something common. How else you can communicate with others if both of you are having different meaning for things. As Bohm puts in his book, you have to create a common meaning.

Reality just is. And we will strive to search it, by having approximations to what is. Truth is a relation to what is, and it can always be improving. Reality is independent of humans, because our interpretation can always be refutable.