

bell hooks Teaching & Learning  
Education as the Practice of  
Freedom, 1994

I

## Engaged Pedagogy

---

To educate as the practice of freedom is a way of teaching that anyone can learn. That learning process comes easiest to those of us who teach who also believe that there is an aspect of our vocation that is sacred; who believe that our work is not merely to share information but to share in the intellectual and spiritual growth of our students. To teach in a manner that respects and cares for the souls of our students is essential if we are to provide the necessary conditions where learning can most deeply and intimately begin.

Throughout my years as student and professor, I have been most inspired by those teachers who have had the courage to transgress those boundaries that would confine each pupil to a rote, assembly-line approach to learning. Such teachers approach students with the will and desire to respond to our unique beings, even if the situation does not allow the full emergence of a relationship based on mutual recognition. Yet the possibility of such recognition is always present.

Paulo Freire and the Vietnamese Buddhist monk Thich Nhat Hanh are two of the “teachers” who have touched me deeply with their work. When I first began college, Freire’s thought gave me the support I needed to challenge the “banking system” of education, that approach to learning that is rooted in the notion that all students need to do is consume information fed to them by a professor and be able to memorize and store it. Early on, it was Freire’s insistence that education could be the practice of freedom that encouraged me to create strategies for what he called “conscientization” in the classroom. Translating that term to critical awareness and engagement, I entered the classrooms with the conviction that it was crucial for me and every other student to be an active participant, not a passive consumer. Education as the practice of freedom was continually undermined by professors who were actively hostile to the notion of student participation. Freire’s work affirmed that education can only be liberatory when everyone claims knowledge as a field in which we all labor. That notion of mutual labor was affirmed by Thich Nhat Hanh’s philosophy of engaged Buddhism, the focus on practice in conjunction with contemplation. His philosophy was similar to Freire’s emphasis on “praxis”—action and reflection upon the world in order to change it.

In his work Thich Nhat Hanh always speaks of the teacher as a healer. Like Freire, his approach to knowledge called on students to be active participants, to link awareness with practice. Whereas Freire was primarily concerned with the mind, Thich Nhat Hanh offered a way of thinking about pedagogy which emphasized wholeness, a union of mind, body, and spirit. His focus on a holistic approach to learning and spiritual practice enabled me to overcome years of socialization that had taught me to believe a classroom was diminished if students and professors regarded one another as “whole” human

beings, striving not just for knowledge in books, but knowledge about how to live in the world.

During my twenty years of teaching, I have witnessed a grave sense of dis-ease among professors (irrespective of their politics) when students want us to see them as whole human beings with complex lives and experiences rather than simply as seekers after compartmentalized bits of knowledge. When I was an undergraduate, Women's Studies was just finding a place in the academy. Those classrooms were the one space where teachers were willing to acknowledge a connection between ideas learned in university settings and those learned in life practices. And, despite those times when students abused that freedom in the classroom by only wanting to dwell on personal experience, feminist classrooms were, on the whole, one location where I witnessed professors striving to create participatory spaces for the sharing of knowledge. Nowadays, most women's studies professors are not as committed to exploring new pedagogical strategies. Despite this shift, many students still seek to enter feminist classrooms because they continue to believe that there, more than in any other place in the academy, they will have an opportunity to experience education as the practice of freedom.

Progressive, holistic education, "engaged pedagogy" is more demanding than conventional critical or feminist pedagogy. For, unlike these two teaching practices, it emphasizes well-being. That means that teachers must be actively committed to a process of self-actualization that promotes their own well-being if they are to teach in a manner that empowers students. Thich Nhat Hanh emphasized that "the practice of a healer, therapist, teacher or any helping professional should be directed toward his or herself first, because if the helper is unhappy, he or she cannot help many people." In the United States it is rare that anyone talks about teachers in university settings as

healers. And it is even more rare to hear anyone suggest that teachers have any responsibility to be self-actualized individuals.

Learning about the work of intellectuals and academics primarily from nineteenth-century fiction and nonfiction during my pre-college years, I was certain that the task for those of us who chose this vocation was to be holistically questing for self-actualization. It was the actual experience of college that disrupted this image. It was there that I was made to feel as though I was terribly naive about "the profession." I learned that far from being self-actualized, the university was seen more as a haven for those who are smart in book knowledge but who might be otherwise unfit for social interaction. Luckily, during my undergraduate years I began to make a distinction between the practice of being an intellectual/teacher and one's role as a member of the academic profession.

It was difficult to maintain fidelity to the idea of the intellectual as someone who sought to be whole—well-grounded in a context where there was little emphasis on spiritual well-being, on care of the soul. Indeed, the objectification of the teacher within bourgeois educational structures seemed to denigrate notions of wholeness and uphold the idea of a mind/body split, one that promotes and supports compartmentalization.

This support reinforces the dualistic separation of public and private, encouraging teachers and students to see no connection between life practices, habits of being, and the roles of professors. The idea of the intellectual questing for a union of mind, body, and spirit had been replaced with notions that being smart meant that one was inherently emotionally unstable and that the best in oneself emerged in one's academic work. This meant that whether academics were drug addicts, alcoholics, batterers, or sexual abusers, the only important aspect of our identity was whether or not our minds functioned, whether we were able to do our jobs in the classroom. The self was presumably emptied out the moment the thresh-

old was crossed, leaving in place only an objective mind—free of experiences and biases. There was fear that the conditions of that self would interfere with the teaching process. Part of the luxury and privilege of the role of teacher/professor today is the absence of any requirement that we be self-actualized. Not surprisingly, professors who are not concerned with inner well-being are the most threatened by the demand on the part of students for liberatory education, for pedagogical processes that will aid them in their own struggle for self-actualization.

Certainly it was naive for me to imagine during high school that I would find spiritual and intellectual guidance in university settings from writers, thinkers, scholars. To have found this would have been to stumble across a rare treasure. I learned, along with other students, to consider myself fortunate if I found an interesting professor who talked in a compelling way. Most of my professors were not the slightest bit interested in enlightenment. More than anything they seemed enthralled by the exercise of power and authority within their mini-kingdom, the classroom.

This is not to say that there were not compelling, benevolent dictators, but it is true to my memory that it was rare—absolutely, astonishingly rare—to encounter professors who were deeply committed to progressive pedagogical practices. I was dismayed by this; most of my professors were not individuals whose teaching styles I wanted to emulate.

My commitment to learning kept me attending classes. Yet, even so, because I did not conform—would not be an unquestioning, passive student—some professors treated me with contempt. I was slowly becoming estranged from education. Finding Freire in the midst of that estrangement was crucial to my survival as a student. His work offered both a way for me to understand the limitations of the type of education I was receiving and to discover alternative strategies for learning and teaching. It was particularly disappointing to encounter white

male professors who claimed to follow Freire's model even as their pedagogical practices were mired in structures of domination, mirroring the styles of conservative professors even as they approached subjects from a more progressive standpoint.

When I first encountered Paulo Freire, I was eager to see if his style of teaching would embody the pedagogical practices he described so eloquently in his work. During the short time I studied with him, I was deeply moved by his presence, by the way in which his manner of teaching exemplified his pedagogical theory. (Not all students interested in Freire have had a similar experience.) My experience with him restored my faith in liberatory education. I had never wanted to surrender the conviction that one could teach without reinforcing existing systems of domination. I needed to know that professors did not have to be dictators in the classroom.

While I wanted teaching to be my career, I believed that personal success was intimately linked with self-actualization. My passion for this quest led me to interrogate constantly the mind/body split that was so often taken to be a given. Most professors were often deeply antagonistic toward, even scornful of, any approach to learning emerging from a philosophical standpoint emphasizing the union of mind, body, and spirit, rather than the separation of these elements. Like many of the students I now teach, I was often told by powerful academics that I was misguided to seek such a perspective in the academy. Throughout my student years I felt deep inner anguish. Memory of that pain returns as I listen to students express the concern that they will not succeed in academic professions if they want to be well, if they eschew dysfunctional behavior or participation in coercive hierarchies. These students are often fearful, as I was, that there are no spaces in the academy where the will to be self-actualized can be affirmed.

This fear is present because many professors have intensely hostile responses to the vision of liberatory education that con-

nects the will to know with the will to become. Within professional circles, individuals often complain bitterly that students want classes to be "encounter groups." While it is utterly unreasonable for students to expect classrooms to be therapy sessions, it is appropriate for them to hope that the knowledge received in these settings will enrich and enhance them.

Currently, the students I encounter seem far more uncertain about the project of self-actualization than my peers and I were twenty years ago. They feel that there are no clear ethical guidelines shaping actions. Yet, while they despair, they are also adamant that education should be liberatory. They want and demand more from professors than my generation did. There are times when I walk into classrooms overflowing with students who feel terribly wounded in their psyches (many of them see therapists), yet I do not think that they want therapy from me. They do want an education that is healing to the uninformed, unknowing spirit. They do want knowledge that is meaningful. They rightfully expect that my colleagues and I will not offer them information without addressing the connection between what they are learning and their overall life experiences.

This demand on the students' part does not mean that they will always accept our guidance. This is one of the joys of education as the practice of freedom, for it allows students to assume responsibility for their choices. Writing about our teacher/student relationship in a piece for the *Village Voice*, "How to Run the Yard: Off-Line and into the Margins at Yale," one of my students, Gary Dauphin, shares the joys of working with me as well as the tensions that surfaced between us as he began to devote his time to pledging a fraternity rather than cultivating his writing:

People think academics like Gloria [my given name] are all about difference: but what I learned from her was mostly about sameness, about what I had in common as a black man to people of color; to women and gays and lesbians and the poor and anyone else who

wanted in. I did some of this learning by reading but most of it came from hanging out on the fringes of her life. I lived like that for a while, shuttling between high points in my classes and low points outside. Gloria was a safe haven . . . Pledging a fraternity is about as far away as you can get from her classroom, from the yellow kitchen where she used to share her lunch with students in need of various forms of sustenance.

This is Gary writing about the joy. The tension arose as we discussed his reason for wanting to join a fraternity and my disdain for that decision. Gary comments, "They represented a vision of black manhood that she abhorred, one where violence and abuse were primary ciphers of bonding and identity." Describing his assertion of autonomy from my influence he writes, "But she must have also known the limits of even her influence on my life, the limits of books and teachers."

Ultimately, Gary felt that the decision he had made to join a fraternity was not constructive, that I "had taught him openness" where the fraternity had encouraged one-dimensional allegiance. Our interchange both during and after this experience was an example of engaged pedagogy.

Through critical thinking—a process he learned by reading theory and actively analyzing texts—Gary experienced education as the practice of freedom. His final comments about me: "Gloria had only mentioned the entire episode once after it was over, and this to tell me simply that there are many kinds of choices, many kinds of logic. I could make those events mean whatever I wanted as long as I was honest." I have quoted his writing at length because it is testimony affirming engaged pedagogy. It means that my voice is not the only account of what happens in the classroom.

Engaged pedagogy necessarily values student expression. In her essay, "Interrupting the Calls for Student Voice in Libera-



tory Education: A Feminist Poststructuralist Perspective," Mimi Orner employs a Foucauldian framework to suggest that

Regulatory and punitive means and uses of the confession bring to mind curricular and pedagogical practices which call for students to publicly reveal, even confess, information about their lives and cultures in the presence of authority figures such as teachers.

When education is the practice of freedom, students are not the only ones who are asked to share, to confess. Engaged pedagogy does not seek simply to empower students. Any classroom that employs a holistic model of learning will also be a place where teachers grow, and are empowered by the process. That empowerment cannot happen if we refuse to be vulnerable while encouraging students to take risks. Professors who expect students to share confessional narratives but who are themselves unwilling to share are exercising power in a manner that could be coercive. In my classrooms, I do not expect students to take any risks that I would not take, to share in any way that I would not share. When professors bring narratives of their experiences into classroom discussions it eliminates the possibility that we can function as all-knowing, silent interrogators. It is often productive if professors take the first risk, linking confessional narratives to academic discussions so as to show how experience can illuminate and enhance our understanding of academic material. But most professors must practice being vulnerable in the classroom, being wholly present in mind, body, and spirit.

Progressive professors working to transform the curriculum so that it does not reflect biases or reinforce systems of domination are most often the individuals willing to take the risks that engaged pedagogy requires and to make their teaching practices a site of resistance. In her essay, "On Race and Voice:

Challenges for Liberation Education in the 1990s," Chandra Mohanty writes that

resistance lies in self-conscious engagement with dominant, normative discourses and representations and in the active creation of oppositional analytic and cultural spaces. Resistance that is random and isolated is clearly not as effective as that which is mobilized through systemic politicized practices of teaching and learning. Uncovering and reclaiming subjugated knowledge is one way to lay claims to alternative histories. But these knowledges need to be understood and defined pedagogically, as questions of strategy and practice as well as of scholarship, in order to transform educational institutions radically.

Professors who embrace the challenge of self-actualization will be better able to create pedagogical practices that engage students, providing them with ways of knowing that enhance their capacity to live fully and deeply.