

April 2019

Living Theory as a way to *clarify*:

- What I care about enhanced by dialectic relationships

<https://www.youtube.com/watch?v=0haCL3K85Bk&feature=youtu.be&t=2063> (34:23-37 minutes).

- What are my core values? **Hope** and **responsibility** through **love**, **respect** and **curiosity**.



In my dissertation for the M.Sc. in Development Management I looked at the sacred importance of relationships between human beings. In it I stressed how *being moved* by the lives of others, through empathy, is key to ontological and epistemological growth.

<http://www.actionresearch.net/writings/giuliaEMA.pdf>

- Who am I? Looking at my practice and actions as forms of self-identification and self-definition; analysing the sense of living fragmentation and dependency in my various identities (a woman, a mother, a wife, a researcher) and trying to overcome them through the development of an educational knowledge as a way of finding my own voice <https://www.youtube.com/watch?v=g1emqdyBas&feature=youtu.be&t=1249> (20:49-23:37 minutes).
- How can my actions contribute to the flourishing of humanity? Giving meanings to words through daily actions following my values.



We may eat different types of food, but we all eat. Breaking of bread is still breaking of bread, even if it is done with a pita, a tortilla, a bagel, a croissant, or a piece of toast. (Segal, 2011, p. 274)



The discourse of that faraway night is still before me, as if it had been a written text, an essay that I constantly had to review. (...) when one must speak to the people, one must convert the "to" to a "with" the people. And this implies respect for the "knowledge of living experience" of which I always speak, on the basis of which it is possible to go beyond it. (Freire, 2014, p. 19).