How does spirituality impact transformation?

Define spirituality. Define transformation. How do the two intersect? Or, do they intersect, at all? Connect the dots between these two terms using the philosophical, psychological, spiritual, and or biocultural perspectives we’ve learned in class.

Requirements:

1. Clear thesis
2. Succinct line of argumentation (2-3 points of evidence)
   1. Possible evidence:
      1. Discuss Internal Family System Therapy (Schwartz)
         1. Listening to/accepting one’s parts/ thoughts without judgement and resolving (chapters 1-3 Schwartz)
      2. Hollingsworth on spirituality, empathy, and compassion
      3. Discuss physicalist idea, panpsychism, “prehensive self” (Whitehead Griffin)
      4. Meditation, spirituality, and transformation
3. Conclusion
4. Ability to defend said argument (take on counters)

7-10 minutes

PSYCHOSPIRITUAL

* Spirituality: one’s connectedness to surroundings and to their deeper self
  + Define connection and deeper self
* Transformation: extreme, seemingly evolutionary, progress within a human that makes them appear differently in one way or another (either to others and/or themselves)
  + Bullet points:
* One’s spirituality allows them to transform into the best version of themselves, or the version of themselves they believe is meant to be here.
  + Why is this the best version? Why do they want this one to be here?
  + SPIRITUALITY CAUSES TRANSFORMATION\*\*\*
* Evidence:
  + Parts: listening to them/accepting them help us become the best version
  + Meditating: allows us to spiritually connect with our surroundings and detach ourselves from material world
  + EVIDENCE MUST TIE BACK TO THESIS
  + HOW WOULD PARTS LEAD TO TRANSFORMATION?
  + BE INTENTIONAL
* Talk about SELF LEADERSHIP IN TRANSFORMATION