

The background features a horizontal splash of ink or paint. On the left, there is a vibrant blue splash. This transitions into a large, soft, light blue cloud-like shape that occupies the center. To the right of the center, there is a pinkish-purple splash, which also transitions into a more vibrant magenta splash on the far right. The overall effect is ethereal and artistic.

The Spiritual Self

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William James' take on spiritual self which is included to the other empirical selves is defined as the inner most workings of the persons mind, the behavior, beliefs and even morals that involves every aspect of the human as a person. Considering the will of the person, how they distinguish between right and wrong and also one's intellect are some of the manifestation of the spiritual self of a person. According to James (1890) people will find more satisfaction in having been able to show of the spiritual self like their intelligence, to have their wishes be done, and to act upon their conscience than to count or show their possession, because he said that the spiritual self "is the most enduring and intimate part of the self".



Manifestations of the Spiritual Self

- Person's Will – Refers to one's wishes, these are the things that we want to see and achieve in our lives.
- Intelligence and abilities – these are the perceived strengths of a person, the things that they have confidence in doing and believe to have a certain level of mastery.
- Morals – it is the definition of what is right and wrong, distinguishing the things that are acceptable for a person, the society and at the same time the determination of the possible effects of their actions to themselves, their environment and other people.
- Values – is the person's ability to distinguish what is important and what is not. With one's values system a person may be able to prioritize what they think are the tasks or things that they need, what are things that should be done or resolved immediately and what are those that they can delay without grave repercussions



With these in mind, the establishment of a person's notion of what is good, as well as, their ability to not only be able to stand on what they think is the right thing to do but to be able to make life decisions based on such beliefs is what William James consider as the manifestation of a person's spiritual self.



In the Philippines, our country is known to have a culture that values the teachings of religion, where our notion of right and wrong is based on the teachings of the church or any religion that the people are following. Having such guide, it is imperative for one to fully understand the extent and be able to define the cohesiveness of their own beliefs to the teachings of their religion, this will enable one to be able to understand further who they are, what they want to do, and what are the things that they can and cannot do based on the acceptable behaviors that are being taught in one's religious orientation.



People will act according to how they feel, what they believe in and what they want to do or happen, but having the inability to understand that there may be some difference on how others perceive and conflict may arise, since Williams also posits that if the one's beliefs, abilities as well as emotions are being criticized a person may feel that they are being questioned as a whole which will result to negative reactions. For example, people tend to criticize other people that are different from them (religion, race, gender, etc.) these criticisms may elevate to bigger problems such as discrimination or division of groups, but if we think carefully we cannot expect others to believe what we believe in, one cannot expect others to have the skills that they have, and an individual cannot expect others to be able to think exactly like him, then we will have an easier time to create an environment that promotes the individuality of every members of the society.



Spirit and Soul

It is a search for purpose and meaning involving both transcendence and immanence, regardless of religious affiliation - Decker, 1993

□ Transcendence

□ the experience of existence beyond the physical and psychological

□ refers to an idea of divinity that is wholly separate from our universe and our universal laws.

□ Immanence

□ the discovery of the transcendent in the physical and psychological

□ refers to the idea of the divine being present in the world we all inhabit According to Christina Theology, the transcendent of God, who cannot be approached or seen in essence of being become immanent primarily in the God-man Jesus Christ.

Monist	Dualist
<ul style="list-style-type: none">● Maurice Merleau Ponty● Essence of human being that which confers individuality and humanity, often considered to be synonymous with the mind of the self.● Inseparable mind and body.	<ul style="list-style-type: none">● Socrates, Plato, St. Augustine, and Paul Churchland● The soul is immaterial, made of different substance from the body, in union with body, and each one (body and soul) acting on each other.● Body and soul or mind are separate.



Ancient Belief

- Egyptian - ka (breath) survived death but remained near the body, while the spiritual ba proceeded to the region of the dead.
- Chinese- distinguished between a lower, sensitive soul, which disappears with death, and a rational principle, the hun, which survives the grave and is the object of ancestor worship.
- Hebrews - apparently had a concept of the soul but did not separate it from the body.
- Filipinos - kaluluwa, ikaruruwa or karuruwa, inikaduwa - the soul has two existences: one physical, where it is connected to the human body and its life, and other spiritual, where it exists on its own. Dungan or kalag of the Ilongos.
- Christian - concepts of a body-soul dichotomy originate with the ancient Greeks and were introduced into Christian theology at an early date by St. Gregory of Nyssa and by St. Augustine.

- Epicureans - considered the soul to be made up to atoms like the rest of the body.
- Platonists - the soul was an immaterial and incorporeal substance, akin to the gods yet part of the world at change and becoming.
- Aristotle's - conception of the soul was obscure, though he did state that it was a form inseparable from the body.
- St. Thomas Aquinas - concepts of the soul as a motivating principle of the body independent but requiring the substance of the body to make an individual.
- St. Augustine - the soul as a rider on the body, making clear the split between the material and the immaterial, with the soul representing the true person. Although body and soul were separate, it was not possible to conceive of a soul without its body.

The Practice of Religion: Belief in Supernatural Being and Power

Religion refers to beliefs and behaviors related to supernatural beings and powers. Worldview is broader than religion. Worldview refers to the collective body of ideas that members of a culture generally share concerning the ultimate shape and substance of their reality. Religion also differs from spirituality, which is a concern with the sacred in an individual manner. All cultures have religion, spirituality, a worldview and magic (Haviland, 2007).

Difference between Religion and Spirituality

Religion	Spirituality
Religion is an organized system of ideas about spiritual reality, or the supernatural, along with associated beliefs and ceremonial practices (Haviland, 2007).	Concern with the sacred, as distinguished from material matters. In contrast to religion, spirituality is often individual rather than collective and does not require a distinctive format or traditional organization (Haviland, 2007).

Myth, Rituals, and Supernatural

- Myth - A sacred narrative that explains the fundamentals of human existence—where we and everything in our world came from, why we are here, and where we are going.
- Rituals - A culturally prescribed symbolic act or procedure designed to guide members of a community in an orderly way through personal and collective transitions. Two types: calendric and crisis.
- Supernatural - The supernatural is around you all of the time, especially in nonindustrialized societies. In a lot of cultures, health, wealth and daily things are related to supernatural



Functions of Religion

- ❑ Cognitive Function - Enabling humans to explain the unexplainable phenomena.
- ❑ Emotional Function - Helping individuals to cope up with anxieties that often accompany illness, accidents, death and other misfortunes.
- ❑ Social Function - Social control, conflict resolution and building group solidarity



The Concept of “Dungan” – Spirit or Soul

The “soul” or spirit of a person has two dimensions;

(1) human body and (2) spiritual.

Soul referred to as kaluluwa by the Tagalogs or dungan by the Ilonggos comes from the root word duwa, two. The dungan is not seen by the human eye, it takes on a different form. For instance, it can be in a form an insect or a small animal such as lizard. The Bisayans believe that the dungan leaves the body while person is asleep. Travelling dungan outside the body must be free from accidents such as getting trapped in a jar. Only when the soul has safely reunited with the body, the person will be awake. Dungan is also connoted as “willpower”. If a person has a strong willpower, is it said to have a strong dungan (Magos, 1986).



Rituals and Ceremonies

Ritual behavior are established or fixed by traditional rules, has been observed the world over and throughout history. This classification is taken as a universal feature of religion. Belief systems, myths, and the like, are viewed as expressions of the nature of the sacred realm in which ritual becomes the determined conduct of the individual in a society expressing a relation to the sacred and the profane. The sacred is the aspect of a community's beliefs, myths, and sacred objects that is set apart and forbidden.

□ Ceremony - a formal act or event that is a part of a social or religious occasion.

Rituals in the Philippines are quite common. Visayan fishing villages practice the offering ritual called harang. A local shaman invokes sea-spirits. There are several stages of the ritual purification, invocation, entreaty and feast which cover community life such as harvest, operation of fishing boats and cases of illnesses (Kawada, 1996).



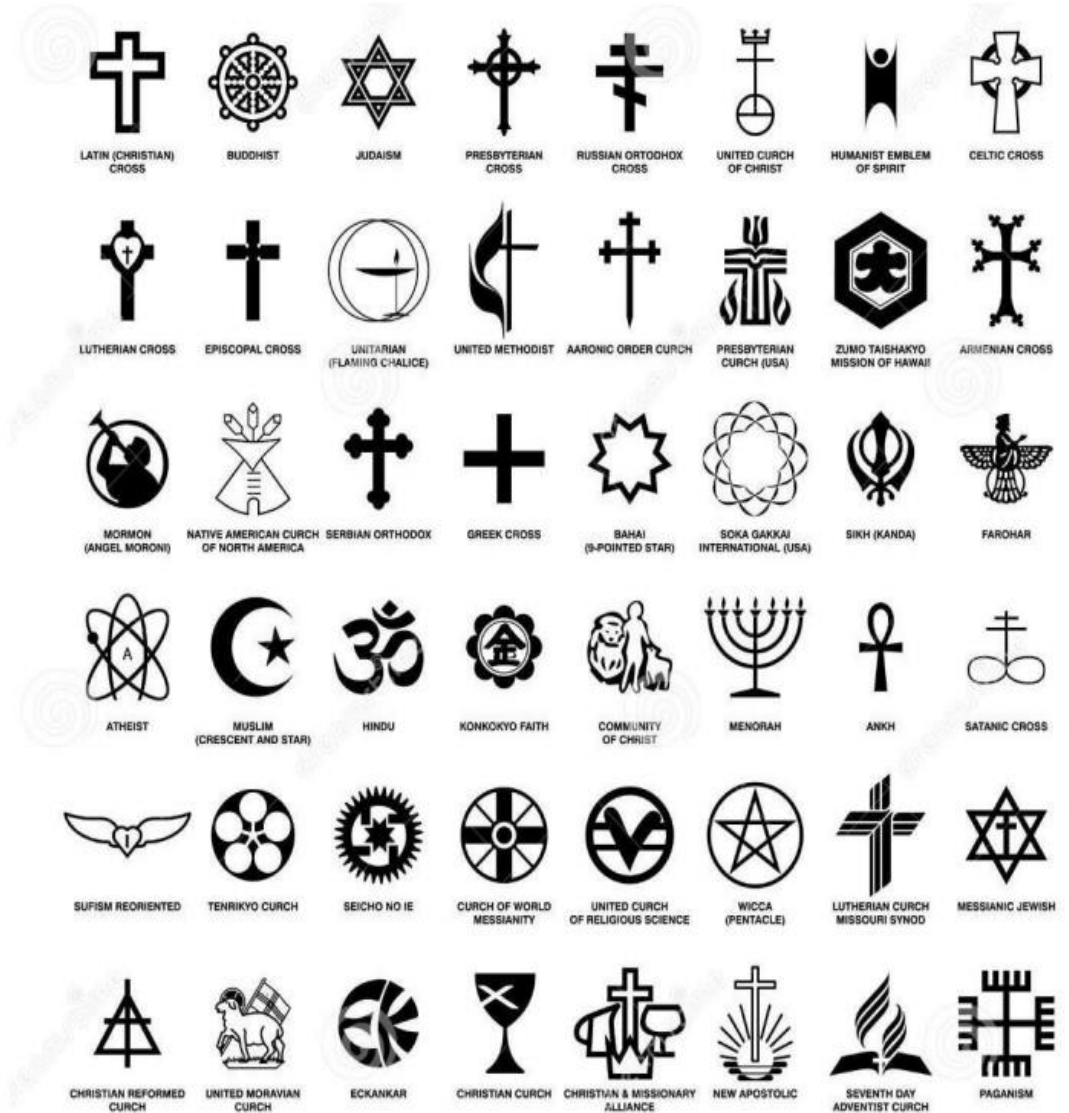
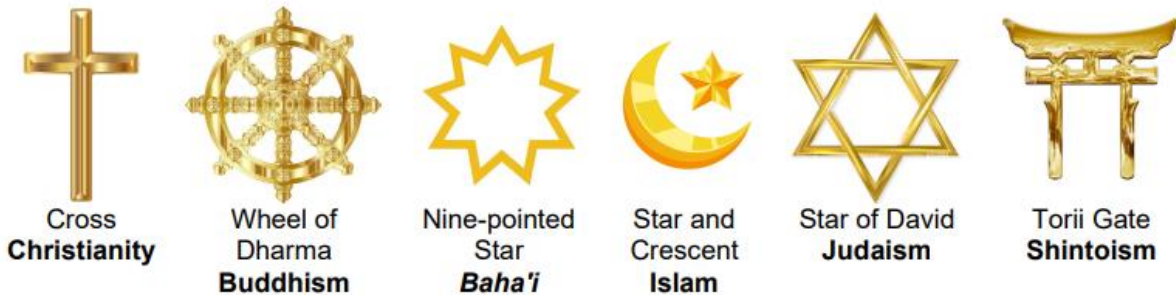
Functions of Ritual

- ❑ Rituals and ceremonial acts, are not all religious in nature, but those that are, play a crucial role in religious activity.
- ❑ Religious ritual is the means through which people relate to and communicate with the supernatural. ❑ Ritual serves to relieve social-tensions and reinforce a group's collective bonds.
- ❑ Ritual provide means of marking many important events and lessening the social disruption and individual suffering of crises, such as death.

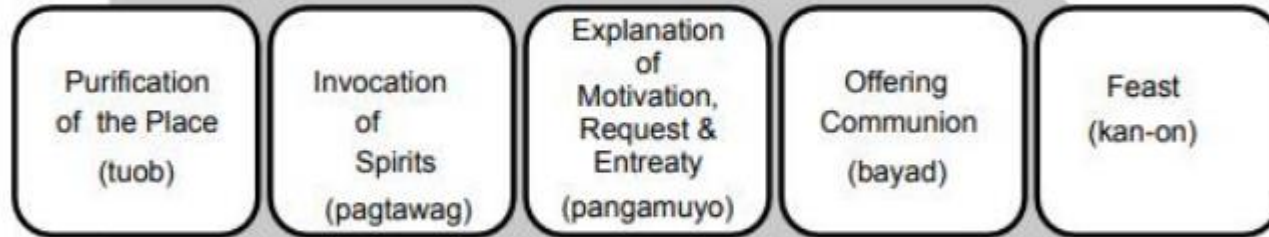


Symbols

Religious symbolism is the use of acts, artwork, and events to create a mythos expressing the teachings of the religion.



General Features of Harang Ritual



Finding and Creating Meaning in Life

Viktor Frankl, the originator of Logotherapy, indicates how his involvement in quest for the significance of life in a Nazi death camp changed his viewpoint of the world. Frankl states that we can't abstain from affliction, yet we can pick how to manage it and discover significance in it.

Frankl's hypothesis question the thoughts of Freud, who trusted the significance of life from creatures as well as enables us to survive troublesome circumstances. The reason forever isn't identified with the quest for delight, however to finding what you adore and living with significance. For Frankl, man cannot avoid suffering but can find meaning from it. His theory holds three primary human capabilities called as noological possibilities: self- detachment, self-transcendence, and the ability to “spiritually be in touch” with something or someone independent of spatio- temporal dimensions. To complement these capabilities he indentified three postulates.

Anthropological	<p>“Man does not simply exist but always decides what his existence will be, what he will become in the next moment.”</p> <p>Man is ultimately self- determining</p>
Psychological	<p>Man's key motivation is the search for meaning.</p>
Philosophical	<p>Life has unconditional meaning, regardless of the circumstances or situation. His life in the concentration camp, Frankl writes that he found meaning that helped strengthen his will to survive.</p>