

Understanding the Self

Module 8: The Spiritual Self

THE PRACTICE OF RELIGION: BELIEF IN SUPERNATURAL BEING AND POWER

The supernatural or above-natural encompasses all things that cannot be explained by nature's laws, including things indicative of, or connected to, ghosts, angels, or other forms of spirits and non-material entities, or things beyond existence.

THE CONCEPT OF "DUNGAN" (SPIRIT OR SOUL)

ANIMISM

- Comes from the Latin word anima meaning breath or soul.
- The belief that everything in nature have their own spirit or divinity.

THE "SOUL" OR SPIRIT IN DIFFERENT REGIONS

The soul for indigenous Filipino is known as kaluluwa, ikaruruwa or karuruwa.

- Taken from the root word duwa which means two – the physical part and the spiritual part.

- For the Ibanags, the soul is the principle of life in man.

- For the Ilonggos, they call the soul, dungan which cannot be seen by the

human eye, and it may leave the body voluntarily when the person is sleeping.

RITUALS AND CEREMONIES

Rituals: A religious or solemn ceremony consisting of a series of actions performed according to a prescribed sequence.

- Rites refer to the 'spoken word' used in a ritual, conveying meaning and value, and evoking an image of importance in a community
- Rituals may involve activities that can be secular and/or spiritual as well as healing and/or destructive.

Ceremonies: • Refers to movements or gestures expressing feelings or beliefs beyond the limitations of speech.

- It is a set of formal actions performed as prescribed by a ritual or a custom such as in a wedding ceremony, or a conventional social gesture or act of courtesy.

RELIGION, SPIRITUALITY AND IDENTITY

RELIGION

An organized set of beliefs, practices, rituals, and symbols that enhances the connection between an individual and a sacred or transcendent other (God, higher power, ultimate truth).

RELIGIOUSNESS

The degree to which one is associated with an organized religion in terms of engagement of the individual in the prescribed rituals and activities, relation with his values and interaction with his co-believers

(Santrock, 2014).

Spirituality

– Involves a transcendent way of knowing something outside oneself and behaving in a manner that helps others and society.

Spiritual Identity

– A pervasive sense of self that answers overarching questions concerning the essence, intent and meaning of existence.

MAGIC AND WITCHCRAFT

MAGIC

The potential to use supernatural powers to make something impossible happen, such as causing people to vanish or manipulating natural disasters.

MAGICIAN

the one who performs the magic like casting spell and summoning spirits.

SORCERER

translated from the Greek word pharmakos, and could perform one's task with medicine, magic potions, drugs, and poison.

WIZARD

one who is thought to be acquainted with secrets of the nonmaterial or unseen world.

NECROMANCER

one who is 'seeking unto the dead'

BARANG

Filipino term for sorcerer.

MAMBABARANG

a person who practices sorcery or witchcraft

BINARANG

the target or the sorcery or witchcraft

KULAM

Tagalog word for 'voodoo' or 'witchcraft.'

MANGKUKULAM

a person who uses black magic or spells on a victim.

ALBULARIO/MANANAMBAL

Filipino practitioner of traditional medicine; he is also a medicine man who is also capable of performing sorcery.

SPRITIUAL SELF

The ability to utilize moral sensitivity and consciousness can be seen through

an individual's religious expressions, beliefs, and practices.

LOGOTHERAPY

Logotherapy (Victor Frankl) – comes from the Greek word logos which stand for meaning, and it aims to help

the person search for the meaning of his existence.

BASIC PRINCIPLES ON DISCOVERING MEANING IN LIFE:

1. Meaning in Life
2. Will to Meaning
3. Freedom to Will