

Transformative Spirituality: Living In and Through the Spirit / WS – 610 / Fall 2018

Miriam Therese Winter

COURSE DESCRIPTION

This course, core to the MA degree in transformative leadership and spirituality, differs from its original rendition by focusing on two essential aspects of a contemporary planetary spirituality: (1) “here and now;” and (2) “after here,” or, “the hereafter.” The fact that potentially transformative cosmological, mystical, and multicultural elements once considered radical are now commonplace calls for an ongoing shift in consciousness with regard to faith-based assumptions that define religious and spiritual behaviors and beliefs. Course readings, interactions, and practical applications will encourage participants to look deep within and far beyond for potentially transformative responses.

COURSE GOAL

The primary goal of this course is to introduce transformative spirituality in such a way that students will

- understand what it is and be able to articulate its relevance to their own spiritual journey
- be aware of the dynamics and implications of living in and through the Spirit
- be able to express concretely how a transformed perspective affects both behavior and belief

COURSE OUTCOMES

At the end of the course, students will be able to

- define transformative spirituality cognitively and experientially
- give examples from personal experience of what it means to live in and through the Spirit
- share a concrete example of how a transformed perspective has affected behavior and/or belief

COURSE ASSIGNMENTS

Students taking this course for Graduate Credit are required to:

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| Read | ~ the selections on the Required Reading list |
| Participate | ~ in class discussions, small group conversations, and creative activities |
| Reflect | ~ on what one has read, heard, created, and concluded |
| Apply | ~ put into practice an element/insight of a transformed consciousness <ul style="list-style-type: none">• describe what you did and why you did it• make explicit a connection between this action resulting from and/or leading to a transformed consciousness and or a transformative spirituality |

Creative Expression

Using any medium, creatively express an aspect of **Transformative Spirituality**.

Keep a journal. Note passages potentially transformative for you and indicate why.

This may serve as the basis for your final paper. You will appreciate this resource more than you realize as the years go by.

Final Paper At the end of the course, submit a paper (approx. seven pages) based on what you have learned about transformative spirituality and how you have applied an aspect of it to your lived reality.

The class meets Monday evenings from 5:00 – 8:45 pm

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CORE READINGS

Chopra, Deepak. *Ageless Body, Timeless Mind. The Quantum Alternative to Growing Old.* New York: Harmony Books, 1993.

Part One: The Land Where No One is Old (pp. 3-48)

Part Five: Breaking the Spell of Mortality (pp. 277-334)

Keepin, William. *Belonging to God. Spirituality, Science & a Universal Path of Divine Love.* Woodstock, Vermont: Skylight Paths Publishing, 2016.

Newell, J. Philip. *The Book of Creation. An Introduction to Celtic Spirituality.* New Jersey: Paulist Press, 1999.

Ruiz, Don Miguel. *The Four Agreements. A Practical Guide to Personal Freedom.* San Rafael, California: Amber-Allen Publishing, 1997.

Winter, Miriam Therese. *Eucharist with a small "e."* New York: Orbis Books, 2006.

Winter, Miriam Therese. *Paradoxology: Spirituality in a Quantum Universe.* New York: Orbis Books, 2009.

Winter, Miriam Therese. "That All May Be One." *Journal of Ecumenical Studies*, 49:1, 2014, pp. 59-64.

RECOMMENDED ADDITIONAL READING (not required)

Powell, Corey S. *God in the Equation. How Einstein Transformed Religion.* New York: Free Press, 2002.

Schlain, Leonard. *The Alphabet Versus the Goddess. The Conflict Between Word and Image.* New York: Penguin, 1998.

Taylor, Barbara Brown. *Leaving Church. A Memoir of Faith.* New York: HarperCollins, 2007 – Part Three: "Keeping," pp. 213-231.

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COURSE SYLLABUS /THEMES

THE COURSE BEGINS ON SEPTEMBER 17TH DUE TO CIVIC AND RELIGIOUS HOLIDAYS

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**Session 1** September 17

**INTRODUCTION TO THE COURSE**

- getting acquainted...the backstory ●

**HERE, NOW... AFTER HERE/HEREAFTER**

...transformative perspectives...

**INCARNATION/MANIFESTATION/TRANSFORMATION**

**SOUL / BODY / SPIRIT**

Read: Winter article, "That All May Be One"

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Session 2 September 24

SACRED SOURCE/DIVINE MILIEU

Chaos, Consciousness / Conscientiousness, Connection

Read: *Paradoxology*, Part One: Quantumstuff; Part Two: Quantum Leap

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**Session 3** October 1

**A NEW PENTECOST**

Read: *Paradoxology*, A New Pentecost, pp. 66-82

Read: "Ageless Body, Timeless Mind"- Part One, pp. 3-48

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Session 4 October 8

SEVEN DAYS: EMBRACING CELTIC SPIRITUALITY

Read: *The Book of Creation ... Celtic Spirituality*...Emphasis on Chapter One

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**Session 5** October 15

**SEVEN GIFTS: EMBODYING QUANTUM SPIRITUALITY**

Read: *Paradoxology*, Chapter 8... Emphasis: Practical applications

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Session 6 October 22

RESURRECTING JESUS

Read: *eucharist with a small "e"*—Historical perspective, personal applications

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**Session 7** October 29

**ESSENCE/ENERGY/ETERNITY**

Evolution, Theophany, Immanence ● Metaphor, Mystical, Metaphysical

Read: *Belonging to God*

**November 5 - No class**

**Session 8** November 12

**A UNIVERSAL PATH OF DIVINE LOVE**

Universal Matrix Re-Imagined / Mystics, Labyrinth, Mandala, Metaphor

Read: *Belonging to God*

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Session 9 November 19

GIFTS OF THE SPIRIT

Creative, Collaborative, Transformative – class projects

Read: "Ageless Body, Timeless Mind"- Part Five, pp. 277-334

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**Session 10** November 26

**TRANSFORMATIVE SPIRITUALITY APPLIED**

Experiencing the Sacred: a daily practice / integrating what was /is/may be  
Remaining open to whatever lies ahead

Read: *The Four Agreements*

**Session 11** December 3

**LIVING IN AND THROUGH THE SPIRIT**