

Our Big Question... How does a spiritual journey develop a sense of self and identity?

People take many journeys and many of these are spiritual journeys. Did you know how important these journeys are? We can also go on our own spiritual journeys to help us to develop our identities and sense of self. We can also ask lots of philosophical questions and begin to examine how journeys shape identity.

Exciting Experiences...

- You will be able to practice guided meditation and complete a blog of your experiences.
- You are going to experience the benefits of mindfulness (religious and non-religious) and its links to spirituality
- Look at big questions such as what happens when we die and encounter different accounts across religions and cultures, as well as non-religious accounts through testimonies of near-death experiences.

WHAT PRIOR KNOWLEDGE IS GOING TO HELP ME WITH THIS PROJECT?

- To have a knowledge about journeys that you have undertaken already in your life and why these were important.
- To think about journeys other people have taken in their lives either spiritual or secular.
- To identify what gives you a sense of identity.
- To be able to work collaboratively and independently.

In this project, you will learn...

- What is the purpose of learning about Religion.
- What is the meaning of a spiritual journey.
- To consider your own journeys through life.
- To understand the term 'rite of passage'

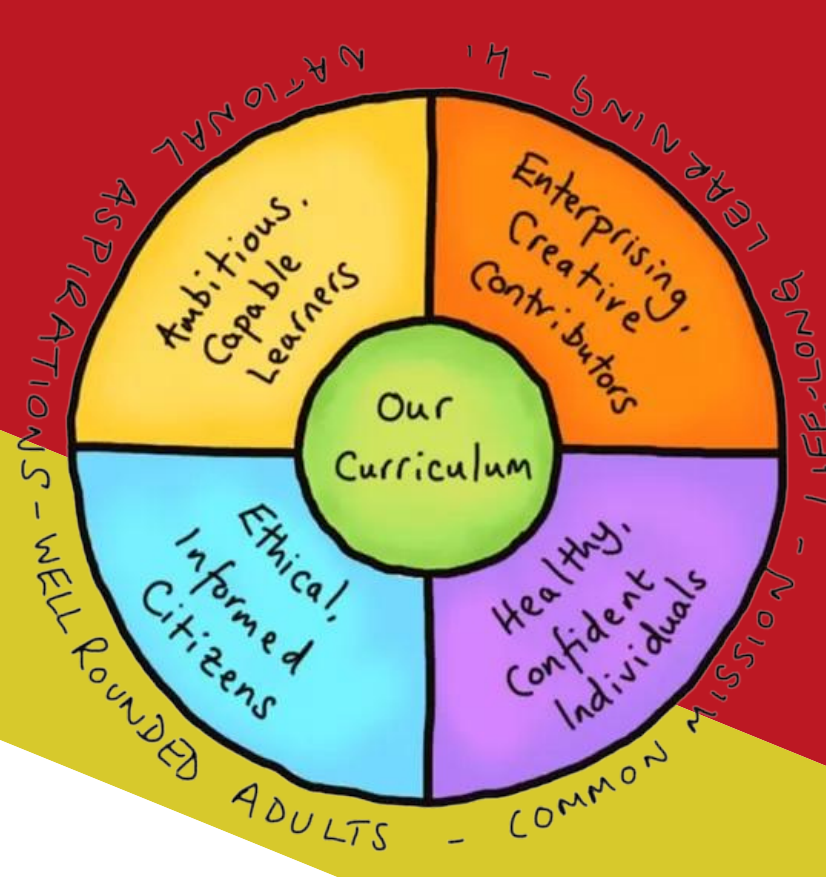
- About the life of the Buddha and the Buddhist understandings of the purpose of mindfulness (poem), enlightenment and the cycle of rebirth.
- About the purpose of Buddhist prayer flags and mandalas as mindfulness.
- The Buddhist understanding of meditation and why this is important to their understanding of life after death.
- About religious and non-religious views on mindfulness, and consider the positive impact it can have on the brain and for the self.

- All about Hindu rites of passage and our identity.
- To consider our thoughts on the afterlife.
- How life after death is considered to be a part of a person's spiritual journey.
- About Non-religious views on life after death
- How to form your own opinions

How will I be assessed?

Your Tasks...

1	A blog post on the benefits of meditation and mindfulness.
2	A quiz on the Caste system
3	A presentation on the benefits of mindfulness



The Showcase

You are going to be putting together a presentation of the tasks you have completed including your mindfulness research!