**Module 1: Understanding Spiritual Activism**

**What is Spiritual Activism?**

* **Defining Spiritual Activism**Spiritual activism combines inner transformation with external action, creating a holistic approach to addressing social and environmental injustices.

**Historical Perspectives and Influences**

* **Key Figures and Movements**Examine the lives and legacies of figures like Mahatma Gandhi, Martin Luther King Jr., Mother Teresa, Nelson Mandela, Malala Yousafzai, Desmond Tutu, Ruth Bader Ginsburg, Angela Davis, Wangari Maathai, César Chávez, Aung San Suu Kyi, Jane Addams, and Berta Cáceres, among countless others, who exemplified how spiritual beliefs can inspire powerful social movements. Dwell on these figures and their chosen activist routes.

**Importance of Spiritual Connection in Activism**

* **Maintaining Resilience and Purpose**Learn how a deep spiritual connection can ground and sustain activists, providing clarity, compassion, and a long-term vision amidst the challenges of activism and economic survivability.

**Key Takeaways from Module 1:**

* **Understand the Core of Spiritual Activism:** Grasp the significance of integrating spiritual practices with activism to foster transformative and political change.
* **Learn from Examples:** Draw inspiration from past or contemporary leaders who successfully combined spirituality with activism. Reflect on their accomplishes and particular visions and leadership skills.
* **Strengthen Your Spiritual Foundation:** Recognize the importance of a strong spiritual and personal connection with yourself in sustaining your activism.

**Worksheet: Defining Your Spiritual Activism**

**What does spiritual activism mean to you?**
(Write your own definition of spiritual activism below. How might it be useful in manifesting personal change?)

**Identify and lightly research a historical or contemporary figure who you believe best embodies spiritual activism. What qualities do they possess that inspire you? What qualities would you like to develop to reach your spiritual activist goals?**
(Name qualities.)

**How can a better spiritual or personal connection with yourself support your activism and what does it mean to you? List at least three ways.**

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**What brought you to this site? What are some things in the world that you’d like to change? How can a change in yourself facilitate these changes?**

**Reflect on some of the systemic abuse(s) that we all endure (such as having to work 9-5, systemic racism, gender discrimination, environmental pollution, wars and conflict, etc.). Which issues are most important to you or have greatly affected your own life?**

**In what ways do you believe personal transformation can influence broader societal change? What characteristics would you like to work on yourself? How have you been complicit or challenged the status quo?**

**How does your understanding of systemic injustices affect your interactions with others in your community?**

**Can you identify a personal experience that has shaped your view on the systemic issues you stated? How might sharing this experience contribute to collective awareness?**

**Redefine spiritual activism. Has it changed since you engaged with these questions?**

**In a more free-write format, what other final or personal thoughts emerged from the result of engaging with these questions? What are some of your final reflections?**

**Homework Assignment**: Go at your own pace and do what feels right for you but keep a journal nearby and start a daily or weekly writing ritual. Begin a journaling practice—whether it’s once a day, once a week, for 5 minutes, or half an hour. The key is to start exploring yourself and write solely for you. Let whatever emerges come naturally, check in with how you’re feeling, and reflect on what’s on your mind. This is an excellent way to begin cultivating reflective practices, an essential step in spiritual activism.