

## Consciousness, Conversion, and Grace

Session One - b

Who Am I, Anyway  
A Fresh Look at Being Human

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## A Psycho-spiritual Answer

- What is spirituality?
- Are we “spiritual” or do we need to “become” spiritual?
- What does it mean to be “real?”
- Spirituality yesterday and today
- How is spirituality related to religion?
- Spirituality and the World’s Religious Traditions
- *Christian* Spirituality
- Three Characteristics:
  - Incarnational
  - Sacramental
  - Communal

## Organism, Psyche, and Spirit

- How the Human *Functions*
- Anthropology in a New Key (1 Thess. 5:23; Luke 1:46-47)
- Organism: Biological Function
- Psyche: Psychological Function
  - Subconscious energy force rooted in the organism
  - Imaging
  - Imagining/fantasizing
  - Emoting (spontaneous and considered)

## The Human Spirit

- **Openness** to Transcendent Mystery
- Conscious *Awareness* of **Experiencing**
- Intelligent *Questioning* for **Understanding**
- Reasonable *Concluding* of factual data for **Judging**
- Responsible *Evaluating* for **Deciding**
- **Being-in-Love** with God, the world, others, oneself

## Getting a Glimpse of My Soul and Its Development

- Psychic energy + organism = “Body”
- Psychic energy + spirit = “Soul”
  
- No life force (psychic energy) without the Divine
- “You were always with me, but I was not always with you.”  
(Augustine in *The Confessions*)
- The Divine has carried me from my conception...I am unaware of this Presence.
- The Awakening: Religious Experience

## Questions for Discussion

- In talking with family and friends, how would you explain the “soul” in commonsense language from what you learned in this session?
  
- How would you explain the “body?”
  
- Why is this important in light of today’s understanding of science and psychology?