

LOST?

FIND YOURSELF!

**NO
PREREQS**

**FULFILLS
H and GM1
REQs**

REL 304: Spirituality and Transformation:
From Sufism to Self-Help

**“Only from the heart
can you touch the sky”**

--Rumi

Course Description [Fall 2024]

What is spirituality, and what role does it play in transforming human beings? The course examines this central question through the lens of three different but related traditions: Islamic mysticism (Sufism), Jewish spirituality, and the modern American tradition (and \$12 billion industry) of Self-Help. In addition to course readings, students will do exercises that support their own transformative journeys such as performative storytelling. Active participation and lively discussion are highly encouraged.

PATEL TR 9:30 – 10:45AM