History of the Integration of Religion & Society

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Professor

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**Susan, great job on your developmental reading log for PHI 815-22!**

**You did a good job relating sources to course Essential Elements.**

**You chose sources that were reflected your research interests to write on medical marijuana in mental healthcare counseling. It was an interesting read because your sources are so outside my expertise, that I learned a lot! Thank you.**

**Your quote/paraphrases were interesting.**

**Your Additive/Variant Analyses were thought provoking.**

**Your Contextualizations were my favorite, though. It gave me a good picture of what you do in counseling youth. Impressive! You included both complementary and different readings.**

**Your selected readings are from appropriate and current scholarly sources, but there were a few that were not from peer-reviewed scholarly sources (like religionnews.com, ViceTV, etc.). Your entire Works Cited was centered rather than left justified, so I had to recopy it at the end and fix the alignment to evaluate your APA format for the References. Maybe it was a glitch in downloading, but after fixing it for reading, your log adequately conforms to APA style. I look forward to your essay! Nice work.**

**Prof. David Ward**

**Grade: A**

Assignment

### *Developmental Readings*

Review Assignment #3, the course essential elements, assigned readings, and recommended readings to identify selections of books and scholarly articles to identify and select developmental reading sources and entries.

* Refer to the “[Student Guide to Developmental Readings](https://drive.google.com/file/d/161V_FaYR2BnNGCSFUlWPjUSIQzcH04Hq/view?usp=share_link)” for updated information on sample comments, rubrics, and key definitions related to developmental readings.

**Source One:** Sabia, J. J., Dave, D. M., Alotaibi, F., & Rees, D. I. (2021). Is recreational marijuana a gateway to harder drug use and crime?

**Comment 1**:

**Quote/Paraphrase:**

While RMLs are associated with increases in adult marijuana use and a reduction in marijuana-related arrests, we find little compelling evidence to suggest that RMLs result in increases in illicit drug use, arrests for part I offenses, drug-involved overdoses, or drug-related treatment admissions for addiction”(p.10)

**Essential Element:**

Social Reforms: This quote addresses social reform as it pertains to Marijuana laws.

**Additive/Variant Analysis:**

This quote variant. The theory of marijuana-related arrests to alleviate jail overcrowding is extremely useful because it sheds insight into the difficult problem of substance abuse disorder and cannabis use disorder interventions. However, the enforcement of recreational laws increases the availability of marijuana and poses a potential hazard for all individuals to develop cannabis use disorder (CUD). (Mennis et al., 2023). Adolescents who engage in daily or frequent cannabis usage have a higher risk of developing (CUD) because of the onset of marijuana use.

Currently, there is a noticeable decline in the usage of treatment for cannabis use disorder, as well as a possible shortage of resources for treating CUD. This situation highlights the need for the advancement of new and creative methods to prevent and deal with CUD (Mennis et al., 2023).

Pharmacomicrobiomics studies suggest that smoking marijuana frequently is also observed with oral dysbiosis, with bacteria-enriched conditions contributing to CNS abnormalities (Pinapati et al., 2024). While Berenson, (2019) argues that the body’s natural cannabinoid, activates the CB1 receptor, leading to brain swelling and inflammation. Extended inflammation harms nerve cells, and blood vessels, which links to dementia and other brain deterioration. Brenson added that individuals predisposed to severe mental disorders such as schizophrenia are at a significantly higher risk of developing the condition.

Amen (2015) asserted that marijuana has a greater detrimental impact on the underdeveloped brains of teenagers and young adults compared to adults. Amen further asserts that Marijuana impairs their cognitive abilities and they are more susceptible to experiencing psychotic symptoms. In addition, Kandel (1975) research suggests that marijuana is often seen as a gateway to other illegal drugs, with approximately 26% of marijuana users progressing to LSD, amphetamines, or heroin. (Kandel,1975).

**Contextualization:**

I am deeply concerned by the impact of RML as it pertains to the younger generation, specifical those between the ages of 13- 24 years predisposed to depression and already experiencing symptoms. During my absence from my coursework, I had the opportunity to watch several films that shed light on the lives of young and young adults with substance abuse disorder (SUD) homeless and living on the streets of Pennsylvania (NBC news, 2023). Opioid overdose deaths have plagued society for decades, standing as one of the direst health crises in history. Alarmingly, from 1990 to 2020, the toll of opioid-related deaths has steadily increased each year (Cutler & Donahoe, 2024).

 The struggles of substance abuse disorder, I witnessed on video, evoked a strong sense of empathy in me for human suffering. No human being should be allowed to live under the condition of filth and addicted to flesh-eating substances as if they are less than human. According to Mcllroy (2014), religious disparities regularly serve as a significant catalyst for individuals to view each other as being less than completely human.

Christianity enables us to mirror Godly dignity (The English Standard Bible, 2001, Cor 11:1) and extend this dignity to our fellow humanity (Gen 1:26- 27). We must prioritize and possess a mindset characterized by sober-mindedness (1 Peter 5:8). I intend to minister to teens and young adults about prioritizing their mental health. They will learn that care for their mental health through education about marijuana prevents them from being overshadowed by civil liberty advocates. Scripture admonishes I advocate for the voices drowned by louder cannabis policies. As a result, young people will be able to serve as ministers and mentors for those adrift in the realm of (CUD).

**Source Two:** Kapadia, D. (2023). Stigma, mental illness & ethnicity: Time to centre racism and structural stigma. *Sociology of Health & Illness*.

**Comment 2:**

**Quote/Paraphrase**

“Simply put, the narratives assert that due to certain religious, spiritual and cultural beliefs held by ethnic minority populations, there are greater levels of mental illness stigma in these populations that deter help-seeking, and ultimately lead to more severe mental illness and poorer mental health outcomes” (p.20)

**Essential Element:**

Religion and Society. Historical Methodologies. This quote allows the researcher to introduce the historical methods applied to mental health. In addition, the impact of religion and society on mental illness is added.

**Additive/Variant Analysis:**

This quote is additive and variant. This researcher agrees that the stigma surrounding mental disorders can lead individuals to internalize negative beliefs, resulting in social avoidance and harmful coping mechanisms. Therefore, it is imperative to reduce stigma and the associated shame to promote positive behaviors for mental health (Riebel et al., 2023). Research confirms the detrimental effects of stigmatization.

Further, stigmatization exists within the church body as (Grecvich, 2018) writes, “mental illness is stigmatized in many of our churches in ways that other disabilities aren’t (p.384). In the book, *hiding in the Pews*, Austin

 (2021) proposed that the church should function as a hospital providing a safe and inclusive environment to allow people with mental illness to allow them to feel welcomed and nurtured. Sadly, Austin succumbed to suicide due to his complex belief about his sexuality coupled with depressive symptoms [(Smietana](https://religionnews.com/author/bobsmietana/), 2021).

A point that needs emphasizing is that the church has historically helped those battling with mental health and continues to do. For instance, Geel, a town with a rich history, became known as a place to treat the mentally ill due to the story of St. Dymphna. Pilgrims believed she could heal the "possessed" souls, leading to the practice of family foster care. Geel had a foster care system long before the first mental hospital opened in Spain (Van Bilsen, 2016).

(Braam & Koenig, 2019) examined the relationship between religion, spirituality (R/S), and depression has shown promising results. In approximately half of the tests conducted, there was a noticeable improvement in depression.

By establishing a robust support system that caters to individuals with mental illnesses, such as depression, the church body can effectively address the negative impact of self-stigmatization and public stigmatization

**Contextualization:**

In the book of (Romans 3: 23), Paul reminds us who we are before God. God does not evaluate humanity based on their inclination to sin but their repentant heart to confess their sinful intent and sinful behavior and accept that Christ forgives all sin (John 3:16). Our repentant heart makes us dependent on Christ's righteousness (Philippians 3:9). Recognizing the need to combat the stigmatization surrounding depression, I developed a transformative ministry program called the CHRIST Program to provide support, guidance, and healing to those afflicted by depression hidden because of stigmatization.

The CHRIST mentorship program is rooted in faith, family, and community and aims to introduce Christ to those struggling with despair. CHRIST is an acronym for Commitment and Culture, Health, Rest, Integration, Supplication, and Training. Together with a ministerial partnership of the church, family, and community, we will embody a newfound optimism and a shared mission in Christ.

**Comment 3:**

**Quote/Paraphrase**

The consequences of branding alternative ways of thinking about mental illness as ‘faulty’ propagates the racialisation of ethnic minority people, by laying blame for the lack of help-seeking (in Western Euro-centric psychiatric systems such as those in the US and UK) on ethnic minority people. Further, ethnic minority people are stigmatised because they may hold these alternative views about mental illness and the supposed benefits of mental health services” (p.8).

**Essential Element:**

Social Reform: This quote emphasizes social reform allowing the researcher to rebut under the grounds of

**Additive/Variant Analysis:**

This quote variant. The author's assertion that adopting alternate perspectives on mental health leads to racial disparities is unfounded. Research indicates that the pharmaceutical business exerts significant control over the drug used for mental illness. Additionally, the bureaucracy within the mental health industry hinders the development and acceptance of alternative medicines, while also influencing the flawed perception of mental health. In 1940, the American Medical Association (AMA) prosecuted 1500 chiropractors for malpractice charges. This led to the landmark case of Willis vs. (AMA) in 1987, where the courts found (AMA) guilty of conspiracy against the chiropractic profession (Wildflower, 2020).

This researcher argues that the pharmaceutical industry and mental health organizations often overlook the potential of alternative medicines in treating and alleviating depression. However, this alternative perspective extends beyond one race or origin, as individuals from diverse backgrounds who embrace alternative medicine are unfortunately stigmatized and considered uninformed about psychiatry. Everyone in society must recognize and appreciate the value of these perspectives in understanding mental illness.

 A postmodern perspective supports a leftist political ideology that advocates for government control, specifically in the alternative approach to mental health and its treatment. Furthermore, a Marxist sociological perspective encourages the writers to argue that the psychological confinement experienced by minority groups, leading to a loss in mental health, must be freed from oppressors within the hierarchical system, notably white Europeans.
Nevertheless, there is a hopeful outlook within biblical theology. It affirms that society is comprised of a divinely established church body, shaped by Christ and entrusted to humanity to fulfill his mission. The relationship between the family and the state, governed by the principles of the Bible, includes the recognition that the mental disorders faced by humanity are a result of mankind's fall from God's righteousness. Mental illness, like any other sickness, arises from the fundamental weakening of the soul of humanity.

**Contextualization:**

Within the framework of God's plan to save humanity. According to John 3:16, God dispatched his son to save and restore all individuals who have faith in him. As believers, we must consider humankind as our objective and aim, by making God's presence known via our ministry. To communicate this message effectively, I seek to break down the barriers that frequently surface while discussing alternative treatments for mental health and the underlying causes of the condition.

My research in Naturopathy provided a fresh perspective on the brain, namely regarding the etiology and characterization of depression. According to Amen (2015), depression is a symptom. In other words, individuals struggling with the condition must distance themselves from the disease while recognizing that the brain has experienced harm but may be healed.

Additional advocates of mental health diagnosis and treatment suggest that the biological functioning of the gastrointestinal system, the impact of dietary choices, insufficient sleep, and inadequate nutrition are contributing factors to the emergence of depression (Graham et al., 2022).

 I researched various alternative medicine practitioners who argue that pharmaceutical medicine may be ineffective for certain individuals due to their distinctive biological characteristics (Graham et al., 2022). Amen (2015) argues that illicit drugs not only contribute to depression or exacerbate its symptoms, but can trigger additional conditions such as substance abuse disorder, brain damage, and the development of other serious mental illnesses

The love of God is not contingent upon an individual's cultural or socioeconomic

 By addressing these topics with compassion, empathy, and a commitment to fostering personal growth, I hope to make a positive impact on the lives of individuals facing these challenges.

**Source Three:** Malabadi, R. B., Kolkar, K. P., & Chalannavar, R. K. (2023). Medical Cannabis sativa (Marijuana or Drug type); The story of discovery of Δ9-Tetrahydrocannabinol (THC). *International Journal of Innovation Scientific Research and Review*, *5*(3), 4134-4143.

**Comment 4:**

**Quote/Paraphrase**

“Moreover, a continuous political movement supporting Cannabis legalization is driving the market for Cannabis pharmaceuticals” (p.7).

**Essential Element:**

This quote addresses social reform as it pertains to marijuana legalization and its effects on mental health.

**Additive/Variant Analysis:**

This quote is additive. This comment exemplifies the act of making the cannabis industry a subject of political manipulation (Mallinson & Hannah, 2020). THC, the primary psychoactive compound found in the cannabis plant, is responsible for cognitive impairment and the occurrence of psychotic-like experiences. Adolescents utilize vape products containing THC to inhale the substance and attain a state of intoxication (Clendennen et al., 2023). Young individuals acquiring cannabis through online platforms and illicit street markets, without a medical prescription for its use as medical marijuana, expose them to significant levels of THC. The industry shows less concern about the strength of THC and its impact on young individuals.

**Contextualization:**

It is imperative to provide the younger generation with knowledge regarding the psychoactive compound THC found in cannabis. Governor Youngkin's apparent lack of enthusiasm toward marijuana legislation has become increasingly apparent, dampening the initial sense of optimism. This lack of enthusiasm has raised concerns among those who believe in the potential benefits of marijuana legalization (Jaeger, 2024).

I aspire to provide a lecture in educational institutions regarding the impact of THC in the Cannabis plant and its potential hazards on the underdeveloped brains of young individuals. Already, I believe that the cannabis industry is a formidable and influential entity. There is a significant presence of legislative parasites in all states. The Bible, as a historical source for the church, instructs us to provide proper guidance for the youth (Ecc.11:9:).

**Comment 5:**

**Quote/Paraphrase**

“According to The Vedas, Cannabis was one of five sacred plants and a guardian angel lived in its leaves”(p.2).

**Essential Element:**

This quote pertains to Christianity’s influence on society concerning the treatment of mental illness.

**Additive/Variant Analysis:**

This quote is variant. The Vedas are the most ancient scripture texts in the Hindu religion, which purport to provide spiritual wisdom and eternal truths (Malabadi et al., 2023). The relationship is founded on the veneration of the supreme deity, known as the Brahman, who is acknowledged as the creator from whom all other gods emanate (Davis et al., 2023). Cosmic Humanism includes the theology of Pantheism inclusive of the worshiping of many gods through the Hindu religion. Hinduism has a strong influence in the field of natural medicine particularly in the psychophysical realm. Ayurveda is a part of Naturopathy healing that originated in India and is associated with the Hindu god Brahma, the creator of the universe. According to Malabadi et al. (20203), Ayurveda is a traditional medical system that incorporates naturopathic practices and utilizes herbal remedies deeply rooted in Indian culture. Hence, Secular Humanism proposes naturalism theology which designates plants as sacred, and possessing divine qualities (Summit Ministries, n.d.; Worldview, n.d.). Vedas consist of the four systems of healing in the Hindu religion (Wildflower, 2020).

**Contextualization:**

 In the Christian worldview, we acknowledge that our Creator designed and brought into existence plants, animals, and humans- all living beings. There is a distinction between creation and the creator (Gen 1: 25-31). In my naturopathic studies, I encountered the notion of the benefits of engaging in conversations with the plants cultivated since they possess the capacity to think and feel in response to our emotions respond to our emotions (Wildflower).

According to the Biblical worldview, plants are alive, but they do not possess the qualities of divinity. God is divine. Although my inherent inclination lies with naturopathy which enables me to advise individuals suffering from anxiety and depression with herbal medication the origin of life, and healing takes me back to scripture.

The philosophy of Cosmic Humanism posits the existence of God everywhere, asserting the divinity of nature. As a Christian, I am obligated to adhere to scripture, which guides the use of plants for healing purposes, but not for worship (Ex, 28:33,34; 2 Cor 2:10; Judges 15:5 ).

**Source Four:** Jackson, S. D., Harvey, T. D., Watson, R. J., Pereira, K., & Clark, K. A. (2023). Multilevel stigma and depression among a national sample of Black and Latinx LGBTQ+ adolescents in the United States. *Journal of Psychopathology and Clinical Science*, *132*(5), 577.

**Comment 6:**

**Quote/Paraphrase**

“In general, states with higher anti-LGBTQ+ structural stigma were in the South and Midwest parts of the United States (e.g., Alabama, Kansas, Oklahoma, Texas), while states with lower anti-LGBTQ+ structural stigma were in the Northeastern and Western regions of the country (e.g., Maine, New York, California, Oregon)” (p.6).

**Essential Element:**

This quote covers Social Reform and Christianity’s influence in society of LGBQT and stigmatization.

**Social Reforms**

**Additive/Variant Analysis:**

This quote is additive and variant. The responsibility of Christians towards the problems of society entails the act of extending sacrificial love, compassion, and empathy in their ministerial vocation. (John 3:14; Galatians 6:2). Postmodern philosophy, which originated from thinkers like Nietzsche and Rorty, aims to replace the biblical explanation of gender and sexual identity (Gen 1:27; Lev 20:13). The Marxist perspective argues that to safeguard and promote the rights of marginalized groups such as LGBQT, Latinx, and Blacks, biblical ethical principles ought to be disregarded (1 Cor 6: 9-11). According to this view, these groups are considered the proletariat, and their ethical values are seen as morally acceptable (Summit Ministries, n.d.; Worldview, n.d.). In the Marxist pursuit of global dominance, they seek to overthrow the authority of God and the biblical principles that acknowledge his existence (Summit Ministries, n.d.; Worldview, n.d.)).
Glennon (2021) argues that the lifestyle and rights of the LGBTQ community conflict with Christian doctrine. The LGBTQ secular humanist worldview asserts that individuals possess autonomy over their own lives and beliefs, thereby making them the ultimate authority(Summit Ministries, n.d.; Worldview, n.d.).

**Contextualization:**

I am motivated to assist young individuals struggling with depression and drug addiction, regardless of their sexual orientation. My commitment will enable me to assist and support fellow humanity including untouched souls of the LGBTQ+ community, and all ethnicities. As a change agent grounded in Christian principles, I am directing my attention towards them as the Imago Dei- their image of God.

 Therefore, it is crucial to engage in thoughtful conversations to intelligently share the gospel with others. Young people grappling with symptoms of depression, devoid of thinking and the teachings of God need the compassion of a ministry that focuses on their soul. Stigmatization represents an additional challenge faced by individuals with mental illness. Instead of using the Gospel as a tool to shove believers away, we ought to use the rod and the staff to reel them into the kingdom, creating a common ground, and demonstrating the Gospel (1 Peter 3:16-22).

**Comment 7:**

**Quote/Paraphrase**

As of June 2019, 18 states, the District of Columbia, and a number of

localities had enacted laws banning licensed professionals from using conversion therapy on youth”

**Essential Element:**

This quote responds to Social Reforms as it pertains to conversion therapy allowing the researcher to rebut with Christianity’s influence in Society.

**Additive/Variant Analysis:**

This quote is variant. The practice of conversion therapy for young individuals involves preventing licensed counselors and therapists from using their religious beliefs to convince them that their true gender identity is not valid. Therefore, if the client is anatomically female or male but desires to identify as the opposite gender, the practitioner must adhere to the regulations, otherwise risking the revocation of their license to practice in their state.

While it is regrettable that young individuals encounter difficulties with their gender identity, these laws indicate the direction in which society is heading. The ideology of Secular Humanism denies the authority of the supernatural, hence making gender issues the focus of its laws, which are detached from any ethical or moral principles (Summit Ministries, n.d.; Worldview, n.d.). The postmodern perspective on the LGBQT community and its advocates posits the belief that there is no God or that individuals can govern themselves. In this view, truths are drawn from individual perspectives and experiences. Postmodernism is primarily motivated by the desire to reject traditions and values initially established by God, and instead, prioritize ideals that are relative to humankind (Groothuis,2009).

**Contextualization:**

I endeavor to engage with the younger generation in society grappling with despair and resorting to marijuana as a coping mechanism. My objective is to employ Christian principles to inspire individuals to embrace Christ wholeheartedly, both in their hearts, souls, and minds. It will be a formidable task, given the challenges of conversion therapy. However, we are obligated to diligently labor for Christ.

The issue highlighted in the aforementioned quote extends beyond gender dysphoria and is primarily rooted in a spiritual dilemma. Furthermore, research has demonstrated that a significant portion of the LGBTQ+ community has depression and requires assistance, much like any other individual. My responsibility is not to personalize the numerous young individuals who require assistance in combating addiction and addressing depression. But the goal is to impart the knowledge that God is supportive of their endeavors to know him.

**Source Five:** Dix. L. D. (2018*). Memorial soliciting an appropriation for the State Hospital for the Insane, at Lexington: And Also Urging the Necessity for Establishing a New Hospital in the Green River Country.*

**Comment 8:**

**Quote/Paraphrase**

I am told that the citizens of Kentucky have heretofore been neither slow nor reluctant in responding to the calls of duty, and acknowledging the claims of those, who through privation and disease are made wards of the State—legalized dependents on its beneficent and guardian care. « . \*: hope of your effective and generous action, as in the belief that you will not hesitate to provide amply for those who, in the providence of God, cannot provide for themselves: yes, I believe that with united mind and will, you will act wholly upon that sacred rule of universal obligation, which enjoins upon Legislators no less than upon individuals in their social relations, to do for others what they in similar circumstances would have meted to themselves” (p.13-19).

**Essential Element:**

This quote entails the Historical Methodologies and Christianity’s influence on society.

**Additive/Variant Analysis:**

This quote is additive. In Dorothea Dix's address to the Commonwealth of Kentucky, she highlights the dire conditions of mentally ill individuals in state hospitals. Dix's report not only emphasizes her dedication to God but also showcases her altruistic nature in assisting those who need help. Her actions serve as a remarkable example for Christians to challenge the legislature and urge them to support mental health.

Written in the early 19th century, Dix's report to the legislature was a groundbreaking initiative to address an issue that had previously gone unnoticed. This demonstrates the power of one person speaking on behalf of others, inspiring Christians and individuals in society to advocate for the marginalized (Clinton,2019).

Dix's desire to improve the conditions for mentally ill individuals reflects her belief that even those who are spiritually impoverished and challenged by mental illness are created in the likeness of God (Gen 1:27). Her plea for redemption echoes the biblical teachings of Christ's redemptive death on the cross for the life of sinners (Romans 5:8).

Dix's ministry serves as a paradigm not only for advocating mental health but also for addressing all concerns that affect humanity. Her courageous act of challenging the legislature with her pen, using the authority of the sword, served as a valuable lesson for everyone (Heb 4:12). It reminds us that the kingdom of God triumphs and offers everlasting happiness as promised in (Matthew 5-7). Those who carry out God's work with joy receive his blessings.

**Contextualization:**

I thoroughly enjoy listening to the heartfelt lyrics of a beautiful song by the talented Mendes (2006). Timeless [Song]. This song reminds me that kindness is not bound by time and is a virtue that is divinely mandated, in (Galatians 5). The enduring struggles faced by Doreatha Dix serve as a powerful testament to the everlasting nature of kindness, which we should extend to others to fulfill our call.

 Inspired by Dix’s remarkable example, I feel compelled to advocate for those in need and confront the complex challenges posed by legislative issues, in the context of recreational and medical drug use.

Through the suffering of Christ, God has granted us redemption, allowing us to empathize with the pain of others and speak out against silence. As the two greatest commandments dictate, we should love God above all else and love our neighbors as we love ourselves (Matt 22:37-39).

Like Dorothea Dix, I carry a sense of responsibility to those facing mental health problems with compassion. I lived in the haunting shadows of depression. In the early 2000s, I played a pivotal role in rescuing my brother from the grips of psychosis through the severe form of mental illness. This crisis was the first stage of recruitment in my Jospeh’s Calling (Hillman, 2017). When I returned to the United States, I burgeoned on the research of abnormal psychology.

**Source Six:** Cox. C.K ; Day, J.G; Maruszewski. C; Bennett. A (2024) Coping with depression, anxiety & stress: The healing effects of a jail-based trauma-sensitive yoga program, Issues in Mental Health Nursing, DOI: [10.1080/01612840.2023.2284770](https://doi.org/10.1080/01612840.2023.2284770)

**Comment 9:**

**Quote/Paraphrase**

“Through pre and post-test interviewing and a mixed methods data analysis, data indicated that those who participated in TSY experienced statistically significant increases in overall health, in addition to statistically significant reductions in stress, anxiety, depression and institutional misconduct” (p.1)

**Essential Element:**

This quote relates to Social Reforms and Christianity’s influence on society.

**Additive/Variant Analysis:**

This quote is additive and variant. Studies have shown that practicing yoga meditation can alleviate symptoms of anxiety and depression. Engaging in deep breathing called diaphragmatic breathing techniques coupled with meditative practices can alleviate stress and anxiety(Pawa, 2020). Cosmic humanism is a philosophical belief that emphasizes the attainment of a heightened level of consciousness (Summit Ministries, n.d.; Worldview, n.d.). This is achieved via the practice of yoga, which enables individuals to delve deep within themselves and achieve a state of consciousness. This state of consciousness allows individuals to align themselves with their thoughts and effectively overcome feelings of despair(Pawa, 2020).

Utilizing a Christian worldview principle would employ meditative practices that draw upon verses from the Bible and diaphragmatic breathing while visualizing the messages from creation. Hence, a biblically influenced Trauma-Sensitive meditation therapy, (BTSM) will renew the minds of the incarcerated individuals. A new method (BTSM) encourages them to center their minds and hearts on the word of God. Meditation inclusive of (BTSM) will allow one to attain spiritual and everlasting liberation from the confines of a prison cell.

 Mediation is effective, but for Christians, it must be based on the word of God. Christ resorted to the mountains to meditate before his expected affliction (Mark 6: 46). Joseph fervently invoked God's help amidst the animosity and treachery from his brothers and the subsequent ordeal of slavery(Gen 37:2- 36).

**Contextualization:**

I am currently working on a book that explores the biblical principles of meditation and diaphragmatic breathing. I intend to incorporate (BTSM) therapy, which I developed during my writing and research. The book aims to differentiate true meditation from its secular interpretations, which often borrow techniques from ancient Indian and Asian cultures. My goal is to restore meditation as a practice associated with Christ, highlighting its significance in the lives of biblical figures such as Joseph, David, and others. Job's unwavering trust and focus on God enabled him to endure suffering and patiently await God's intervention, irrespective of the outcome.

Cultivating meditation that directs our attention to scripture can greatly benefit prison ministries and mental wellness coaching. When we nourish our minds and hearts with the fruit of the Spirit, we connect ourselves to God. My objective is to complete this book and promote awareness of meditative practices attributed to God and the beauty in his creation.

**Comment 10:**

**Quote/Paraphrase**

“Hence, this research implies that TSY, a benign intervention, easily implemented in a correctional setting, has the ability to beget benefits for persons who are incarcerated within a short period of time”(p.1)

**Essential Element:**

This quote is based on Social Reform, Christianity’s Influence on Society and Historical Methodologies.

**Additive/Variant Analysis:**

This quote is additive and variant. Prisoners should be allowed to practice psychopysical therapy. However, yoga is rooted in flawed ideology. It is a pyschophysical practice that aims at integrating the mind, spirit, and body(Pawa,2020 ). The philosophy of comic humanism states that humanity's divinity can be achieved. God exists in everything. Hence spirituality occurs in thoughts and actions and the environment (Summit Ministries, n.d.; Worldview, n.d.). Cosmic humanism empowers individuals to find solace, serenity, and fulfillment in meditative practices based on the divine self.

 However, the prison official should emphasize the significance of prayer and meditation on scriptures as the primary focus. Prison ministries have gained recognition for their efforts in visiting and praying for the incarcerated for centuries. Prison chaplains in the 1800s primarily acted as moral guides, a role that continues to be relevant for both prison personnel and convicts in the present day (Quinby, 1873).  Christian prison ministries recognize that prisoners represent the image of God despite their shortcomings in their disobedience to the law. The souls of those behind bars benefit through the work of Christ’s redemption as the souls in front bars. Quinby’s chaplain duty guided prisoners in prayer and facilitated discussions on the sermon of the day. Through the devotional sessions, he encouraged inmates to reflect on their lives, as he believed that their actions and expressions reflected their salvation (Quinby, p. 33, 1873). The historical significance of prayer within prisons cannot be overlooked.

**Contextualization:**

I enrolled in a coaching program that teaches strategies used by a Christian organization to assist individuals facing mental health challenges. During our coursework, I was alarmed by the reality that the prison system often becomes the first point of diagnosis for individuals with mental health issues ( Clinton, 2019). Unfortunately, those with severe mental disorders do not receive the appropriate care until they commit a crime.

As I train in mental health coaching, I will be equipped with the skills to identify and assess mental health problems in adolescents through evaluations and assessments (Clinton, 2019). In this context, adolescents refer to children between the ages of 13 and 18. Additionally, I will receive training on effectively referring families to quality mental health care providers. Before making these referrals, mental health coaches carefully vet the providers by establishing relationships and ensuring they are aligned with the specific needs of the family(Clinton, 2019)

Coaching also includes fostering connections between families, churches, and communities to advocate for comprehensive support systems. By building trust and facilitating collaborative efforts between families and providers, the aim is to prevent crises such as incarceration due to inadequate care. This approach ensures the safety of adolescents with mental health problems and the well-being of the public as a whole.

**Source Seven:** Savić Vujović, K., Jotić, A., Medić, B., Srebro, D., Vujović, A., Žujović, J., ... & Vučković, S. (2023). Ketamine, an Old–New Drug: Uses and Abuses. *Pharmaceuticals*, *17*(1), 16.

**Comment 11:**

**Quote/Paraphrase:**

“The immediate effects of ketamine can induce schizophrenia-like symptoms, both positive and negative, in a dose-dependent manner and are mostly related to abnormal activation of the prefrontal cortex and limbic structure” ( Savić Vujović,p.7 et.al, 2023).

**Essential Element:**

This quote concerns the effects of Social Reform and the influence of social media.

**Additive/Variant Analysis:**

This article is variant and additive. Recent research indicates that ketamine, an anesthetic agent, has shown promising benefits for individuals experiencing depression. It has been found to effectively alleviate symptoms of restlessness, and sleeplessness, and even prevent the occurrence of bad thoughts or suicidal impulses (Savić et al., 2023) However, it is important to note that the recreational use of ketamine can have detrimental effects on users. In the United Kingdom, for example, some young individuals are known to use the drug as a means to unwind and have fun, referring to this period as "getting ketty." (Bassil, 2019)

One concerning aspect is the impact of social that amplifies drug use, where drug use is sometimes promoted as a way to explore one's spiritual identity(Vice TV, 2018). Social media posts that promote ketamine as allowing one to embark on a spiritual journey can potentially influence young individuals prone to use illicit drugs as a pseudo-treatment for depression (Vice TV, 2018). Additionally, (Savić et al., 2023 ) accurately highlight that ketamine induces schizophrenic symptoms which can be particularly problematic for young people already struggling with mental health issues. Although Ketamine is effective for diseases such as depression it is often used as a recreational drug.

**Contextualization:**

I remain skeptical about Ketamine. Research has shown its effectiveness in alleviating symptoms of depression, and it has been in use for many years. However, I am cautious about the recreational use and addictive potential of ketamine contributing to an epidemic of “ketty” users in the UK (Bassil,2019).

Therefore, as I strive to advocate for the youth regarding the use of medication to manage depressive symptoms, I intend to conduct an extensive investigation on the topic of Ketamine.

Further, with the increasing impact of social media, the church must strive to remain unaffected by cultural influences. The intent of social media should be to educate young individuals about depression and anxiety and the appropriate use of prescribed medicines and natural healthy alternatives to cope with their symptoms. Instead, social media is used to distort the minds of people by downplaying the effects of ketamine.

**Source Eight:**  Paine, T. (2022). *The rights of man*. Grapevine India.

**Comment 12:**

**Quote/Paraphrase**

Man finds himself changed, he scarcely perceives how. He acquires a knowledge of his rights by attending justly to his interest, and discovers in the event that the strength and powers of despotism consist wholly in the fear of resisting it, and that, in order "to be free, it is sufficient that he wills it." **(**p.205)**.**

**Essential Element:**

This quote addresses historical methodologies and Christianity’s influence in society.

**Additive/Variant Analysis:**

This quote is additive and variant**.** People have neglected their innate theocentric abilities bestowed upon them by God (Mcllroy, 2014). Still, there exists a dilemma between prioritizing one's own needs and safeguarding therights of others for the betterment of society's welfare. Protecting people from the government is important, but human invention rights serve as the foundation for the government to enforce and uphold these rights (Mcllroy, 2014). Paine (2017) expressed the notion this way- “Society is produced by our wants, and government by our wickedness; the former promotes our positively by uniting our affections, the latter negatively by restraining our vices” (Paine, p.127, 2017). The philosophy of human rights posits that individual rights are the epitome of individualism.

Consequently, laws are enacted to safeguard the rights of individual groups. For example, the laws surrounding medical marijuana, recreational marijuana, and decriminalization appease the desires of both corporations and recreational marijuana enthusiasts. However, their policies can lead to unchecked vices and personal gain, which undermine humanity’s duty mandated by God to honor and care for vulnerable young people.

**Contextualization:**

My ministry is set to educate and counsel young people using marijuana to cope with depressive and anxiety symptoms. These laws arising from the principle of human intervention rights reject the inherent worth of fellow human beings. (Mcllroy, 2014). Therefore, employing God’s plan as the measure of rights maintains the significance of human rights in the proper context. As Dix (2018) espouses, promoting justice and kindness lies at the heart of supporting the vulnerable in society and advocating for their human rights.

In another instance of the assertion of *possessive individualism,* I encountered a situation where I asserted my rights as a woman (Mcllroy, 2014). I attempted to purchase an automobile, but the car owner declined to present me with his driver’s license to authenticate the ownership of the tile he provided.

According to the gentleman I offended him by implying he did not own the car. In response, I told him, “I am a woman,”- I was exercising my rights as a vulnerable female - with another male protector as a witness - making a thousand-dollar transaction. I felt my request to see a picture identification warranted the right my right to verify the identity of the person selling the car. Instead, the vehicle owner retorted, “I am a man.” I couldn't help but smile in response to his remark. But in shame, I realized that I entangled myself in the concept of individual rights.

Examining possessive individualism taught me how often we advocate for our rights. Moreover, when we presume to claim God's rights as our own and demand possession of them, we inevitably invite the intervention of the law into our lives. As exemplified by the marijuana laws, despite the detrimental effects it has on young individuals. The rights of proponents of medical and recreational marijuana laws challenge the fundamental human rights and dignity of young individuals impaired biopsychosocial by THC in marijuana. Freedom comes from exercising the rights that God demands. Roseveare (2007) reminds me to sacrifice my life for the things of God because it is my spiritual duty to him.

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