Thandie Newton Ted Talk

Thought Questions:
1. Where does the ideas of our “self” originate, and why is it impossible to keep intact?
2. What impact does society have on the creation of the “Self”?
3. What is “oneness” and how is it formulated and cultivated?
4. What is the importance of connection with our “self”?

Reflection Question:
1. What is the main advantage of growing up in a multi-cultural environment for the formulation of your “Self”?