



# **Breaking the Glass Box: A Korean Woman's Experiences of Conscientization and Spiritual Formation**

*By JungJa Joy Yu*

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Breaking the Glass Box includes spiritual formation process for liberation from gender oppression through multiple awareness practices of conflicts in han-based Korean culture of society and church. The metaphor has multiple liberation process: "invisible glass box" "visible glass box" "breaking the glass box" and "sticky rice" This liberation process includes conscientization, consciousness-raising, and a heightened cultural awareness in discerning the reasons of interpersonal conflicts in Korean socio-cultural contexts. By exploring the multi-faceted han-jeong dynamics with Feminist theology and Asian Feminism, the important aspects of re-imaging the self and God as spiritual formation have been examined with contemplative practices of Internal Family System (IFS) and self-compassion to create the healthy jeong-filled solidarity group. The "sticky rice" is a new cultural paradigm for Korean women's jeong-filled hospitality. The broken pieces of the glass box will be transformed into the grains of rice by the positive jeong-filled hospitality of cooking sticky rice. In the solidarity group of jeong-filled hospitality, represented by rice ready to cook a serving of delicious sticky rice, people can enjoy the fellowship of healing, forgiving, and reconciling of the sticky rice. These images are intended to promote a healthy community of ministry and spirituality for Korean women.

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### **Editorial Review**

#### **Review**

BREAKING THE GLASS BOX is innovative in metaphor and content. Tapping into her personal experiences of multilayered glass boxes, representative of gender oppression in (her) Korean culture and churches, Yu reinvents core spiritual concepts jeong and han breaking her glass box and inviting all Korean women to do the same. --Theresa Yugar, Latina Ecofeminist Theologian, California Lutheran University

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##### **Catherine Crider:**

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