Name: Yu Shi

Instructor’s Name: Professor Matthew Carpenter

Course: American Lit After 1875 ENG-2212

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**The marvel of the human body**

**Introduction**

The human body has always been a masterpiece, and understanding how the body synchronizes with the environment is a piece of beauty. Understanding one’s self can be the greatest gift that one can experience especially when they master both their mind, body, and soul in perfect harmony as this will allow them handles issues and situations more discretely and with much more understanding of the environment and the human body. Our focus area of research is the self which is part of Walt Whitman’s poem "Song of Myself." We are going to focus on answering the question, how to understand one’s self.

**Purpose of the research**

The main purpose of any research is to offer a certain contribution to the society. Many people globally fail to recognize their selves. A vast majority without this understanding tend to have some form of disconnect within themselves due to the feeling of different parts of the body having different ideas of the same situation. This usually leads to most of the victims being in a conundrum and worse of all, falling into depression. This vast majority can be assisted to understand the environment, their body, and mind to work in perfect harmony and make the world a better place for them and those in their environment.

Through the research, a huge number of people in the world will learn how to achieve absolute fulfillment by virtue of their body and self to create a transcendent experience. The research is not only important to understand what one’s body and self can become but also a form of mental therapy that is needed by almost everyone in the contemporary society thanks to the increasing number of people falling into depression.

**Sources**

E-art now is one of our sources for the research. The book contains the poem, song of myself, written by Walt Whitman and was included in his work leaves of grass. Both the original eighteen eighty-five editions and eighteen ninety-two editions have been added to the book. It represents the center of a white man’s ability and vision when it comes to poetry. The source contains the history of the poem’s writing and the publication process and difficulties that the poet faced to have his expressions published (Whitman, 57).

Another source from Lowa Press University summarizes all the poems written over the years into one document and offers a clear summary of all the poems without any distortion from the original version (Whitman, 57).

BBC radio offers another insight into how the poem helped in the development and understanding of one’s self. The source also offers an analysis of the different sections of the poem and what Walt Whitman meant by the stanzas (Whitman, 57).

**Timelines**

The research-based on the required length of the paper around ten pages, the required sources and proposal will be allocated times based on percentage and duration of allowed time. The first ten percent will be accorded to planning on how to carry out the research, what the topic should be, the purpose of the research, and target audience.

Forty percent will be spent collecting and reading information. In order to come up with well elaborate research, we need to analyze the primary and secondary sources and create a functional bibliography.

We will spend half the time writing the paper. In this duration, we will write our thesis, an introduction, and the body consisting of the main research, bibliography and editing the paper for any mistakes.

References

Whitman, Walt. *SONG OF MYSELF (The Original 1855 Edition & The 1892 Death Bed Edition)*. e-art now, 2017.

Whitman, Walt. *Song of Myself: With a Complete Commentary*. University of Iowa Press, 2016.

Whitman, Walt, and Orson Welles. *Song of Myself*. BBC Radio Enterprises.