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 Free Spirit
 Transcendentalism is the understanding of the idea that the people have a deep relation with nature and to see beyond the natural world. It basically means when one communicates and finds themselves through nature. Transcendentalism blossomed during the 1800s with the help of Ralph Waldo Emerson, Henry David Thoreau, and Emily Dickinson. They were Transcendentalists who expressed their beliefs through writings from poems to essays and they believed that “the individual was at the center of the universe” (Prentice Hall 384). This is how transcendentalism came to be. The transcendental thoughts include: non-conformity, self-reliance, free thought, confidence, and the importance of nature.
 Non-conformity is the failure or the refusal to conform. The idea of Transcendentalism is complex and for this reason, only a number of people understood it. One example is from Lobo James, “I don’t like to go with the flow because most rivers end in a waterfall with sharp rocks at the bottom.” This means that don’t let anyone control one’s destiny. If one followed a crowd and not their own, they’ll hit rock bottom and end up unhappy. Another example is from the movie called Into the Wild, “If we admit that human life can be ruled by reason, they all possibility of life is destroyed.” This shows that imagination is part of life. If we let reason and reality in, then nothing creative can come upon the people.
 Self-reliance is to depend on one’s own powers rather than those of others. An example of self-reliance is from Socrates, “To find yourself, think for yourself.” This means in order to figure out yourself and your future, one need to start relying on themselves for those answers and not others. A person has to think for themselves and to act on it and only them that can make judgments about who they really are. Also if one always relies on others, then they’re just copying that person.
 Free thought is a thought unrestricted by yielding to authority or an established belief. An example of this is "Let every man make known what kind of government would command his respect, and that will be one step toward obtaining it," by Henry David Thoreau. This means that if one speaks out about something, they’re likely to get it. Like how the African American were injustice and they spoke out about being treated badly and were segregated from other races. They were soon recognized and got what they want, equality and rights.
 Confidence is the ability to feel proud of oneself. An example of this is by Robert Collier, “Your chances of success in any undertaking can always be measured by your belief in yourself.” This means that any chances of success are determined in one’s own hands and confidence. Also they have to believe in themselves that they can do this and not to rely on others to boost their confidence.
 Lastly the importance of nature; it’s a large part of the natural world. An example of this is “Every creature is better alive than dead, men and moose and pine trees, and he who understands it aright will rather preserve its life than destroy it” by Thoreau. This means that nature is a huge impact on the natural world. We should take care of creatures, men, and pine trees to preserve its life. If it’s destroyed, then all records of nature will be gone.
 Nonconformity, self-reliance, free thought, confidence, and the importance nature are the five transcendental thoughts. Transcendentalism was a literary and philosophical movement in the 1800s and it was joined with a small group that included Thoreau and Emerson. They had increased the number of people with their beliefs and this movement had affected the cultural and people’s views.