

Karina

Rocha

CONSTANCE

DIGGS

PMN101:

Introduction

to

Spiritual

Formation

Spirituality is something that can be really singular to each person and each experience counts as special and unique, by reading the God words, we know how special is but we have to be confident with our thoughts, the meditations that the lesson ask us to do give us the opportunity to get in touch with God, it give us the opportunity to listen to his words, and feel comfortable in his presence, because by the action of just reading and speaking, but it has to be meditated on it , and sometimes the words just comes in mind but we do not practice. Meditation is a mental practice that involves focusing the mind on an object, thought or activity with the aim of achieving a state of tranquility and mental clarity. Meditation is commonly used to reduce stress, anxiety, increase concentration, and improve emotional and physical well-being.

Meditation on its own is really important to us humans, it can bring us to a state of mind where we can feel the happiness, we can concentrate on our body movements and feelings, there is nothing better than understanding ourselves, understand our feelings and frustrations, our securities and insecurities, our bright sides and our bad sides, understand where we come from and how our behaviors comes from our past, also have the ability to see in meditation how out

attitudes can affect not just our lives but other around us. In the beginning of the book when I meditated for 8 minutes I remember that I was feeling anxious, I was nervous because I was really overwhelmed with this college semester where I am doing my Capstone and other 15 credits, and having the thoughts that I was not capable to handle it all on my meditation I could remember that God was lifting his hands to me and saying, "You can do this, I won't give you a burden you can't carry", Life took me to a situation that I did had to drop one of my classes and I was really sad, because I might not be able to graduate earlier as I was supposed to, but it is fine, I have in mind that God has better plans for me and I believe that this is not the end.

My connection to God is really simple, I talk to him as he is my mentor in life, I wake up and I thank him for opening my eyes every morning, my meditations is to concentrate on my breaths and my body, so God can work on me and bringing positivity to my life, because this is how I see myself in God's experience, a ball of positive energy where comes to places to just bring Bright, my meditations is to keep reminding myself that I am not alone, and that I will never be. In my meditations I concentrate on my own body and my stillness and quiet time is to appreciate the time quality on my own, and organize myself to not go crazy with many things I have to handle in life. God always want us to have an abundant life, on his words, by practicing his actions and spreading the love and good attitudes that he would like us to have, to share his thoughts and his attitudes, because God is Love and patience, as God always said " Love your

neighbor as yourself” and that's is what we have to practice everyday in our meditations, work that thoughts in us, to put it to practice in real life. God shows me in my meditation where I have to work on myself, attitudes that could improve everyday to be a better person, he shows in our lives and gives the time for us to reflect on it just like in chapter 9 he tells us to, and closer we are to God more God will be in the center of our lives, in the chapter 10, reminds us the good things is to have God as a center, the benefits the world to have him in first place and have obedience, God is Love. God gives us tough moments in our lives to grow as humans, and never forget that God will never leave us behind.

On the last sentence of the chapter 8 it says, “my own heart is burdened when I think how easily the entire church could be transformed is only they would love” and brought me the Idea of the music of John Lennon with the song “Imagine” with the lyric “ imagine all the people, living life in peace”, and make actually imagine how would be the world on the presence of God, much love to share an only positivity would in the world.

In conclusion, the meditation in God made me think how important it is to have self knowledge in my own thoughts and in my own time. Have the self awareness of what is good and bad about yourself and be able to work as a self improvement just like God would like us to do, because we are humans and we are in constant improvement all the time for the good way.