



Transformation Through AFMIX

In almost every part of the world, the Dragonfly symbolizes life's ever constant process of change, transformation, adaptability, and self-realization... an understanding of the deeper meaning of life. Dragonflies also symbolize our ability to overcome times of hardship. They remind us to take time to reconnect with our own strength, courage and happiness.

- Dragonflytransitions.com

The past two years, I have been fortunate enough to participate in AFMIX, spending time immersed in further understanding the history of Ignatius of Loyola, Ignatian Spirituality and Jesuit Education. Like the dragonfly, I have gone through a personal transformation, realized a greater sense of purpose and focus; and welcomed a profound sense of belonging. Being a part of a greater community where I can continue to make a difference has become a way to live and grow. There are many lessons and experiences that will carry me forward: the strength of Cura Personalis, Magis, Discernment, Reflection, Solidarity and Kinship, and Service Rooted in Faith and Justice.

Reflecting and practicing the Daily Examen are just a few of the practices that will be continually used. Within my heart, I look for **God in all things**. As I do my work and interact with others, I will ask myself each day “who has been the face of God for me?”

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