

# AFMIX VIII Reflection

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My reflection project is comprised of four spiritual exercises fit into my GROW Model to Overcome Trauma. The spiritual exercises are chosen based on the personal impact that they had on me.

Photos by Dr. Katrina Wyche



## GRATITUDE

### The Contemplation

"I beg for the gift of an interior knowledge of all the goods which God lovingly shares with me. Filled with profound gratitude, I want to be empowered to respond just as totally in my love and service." (S.E. #233)



## RECONCILATION OF THOUGHTS

### Gods Walk With Us

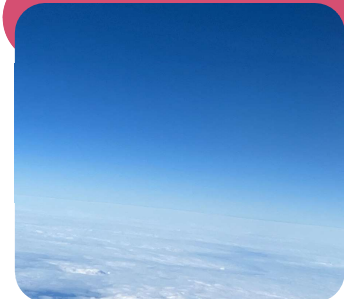
"I ask for the grace to know Jesus intimately, to love him more intensely, and so to follow him more closely." (S.E. #104)



## OWNING FEELINGS

### Our Freedom And God's Love Response

I ask to be more conscious of why I was created and to notice how all of creation is intended by God to help me.



## WELCOMING NEW OPPORTUNITIES

### All Creation is A Gift ...For Me

"I look at my world. Everything cooperates to continue to give me life and strength. I look at the whole support system of air and water, warmth and coolness, light and darkness, all the produce of the earth, all the works of human hands --- everything contributes to my well-being." (S.E. #60)

WHAT SPECIAL MISSION DOES GOD HAVE FOR ME AT THIS TIME IN MY LIFE IN THIS WORLD?