Reflection Paper

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Course Title:

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The central concern of these readings was about spirituality based on the beliefs of indigenous people. From the perspective of the latter, spirituality should be entrenched from the cultural values of one’s native society and should also be based on one’s life experience. The varied authors of the texts express spiritual experiences faced by different characters so that the reader can get a clear picture of transformative spirituality. An indigenous standpoint is offered on how society shapes one's individual spirituality growth.

I was surprised to learn that the context of one’s spirituality can shape an individual’s life and their attitude towards life. In the contemporary world, one is forced to believe that factors such as; education and social class play a vital role in molding one's personality and attitude towards day-to-day occurrences. This is contrary to what the readings depict, whereby all of them claim that society plays a crucial role in shaping spirituality that contributes significantly to one's personal traits. It also surprised me that through spirituality, one can develop different relationships with other human beings, the ecosystem as well as with animals.

I am still wondering on the best definition that can answer the question "how can you exemplify the term spirituality?' Different societies have varied ways of defining the term; hence, it can be quite obscure to comprehend the word.

I have been challenged to configure the best way that I should grow my spirituality. In the current world, less is advocated on the best way to build one's spirituality. After reading the various texts, I am led to believe that spirituality is vital in numerous ways since it shapes your personality and how one relates to oneself and with other people.