

What's the significance of my experience meditating? What have I learned? For instance, is there a difference between your ability to meditate when we began in January and now? What types of meditation have you tried? Which exercises do you feel worked better for you? Why? Do you see differences in how you react to situations (perhaps stressful or other) or think about situations/events, etc.? This differences could be subtle (for example, you notice that you're wolfing down your food, so become more aware, slow down, and taste each bite.) to more obvious ones (for instance you notice you're more calm while taking a test and it shows in my grades).

To start off, before this class, I always thought of mediation being a complete waste of time. I didn't believe in its success nor did I practice it on my own time. In the past, I have been forcing to participate meditation from my coaches and karate instructor. But even being open to it, I still did not believe in its effect and in turn meditation didn't do anything for me. Mediation was just a task for me that had to completed to keep my superior happy and off my back. In the beginning of this semester, I felt the same way as I always did before. It was just a means to an end.

However as I read and research more on the topic, I felt a little more connected to spiritual side. For me, meditation only started to get me when I was working on my unit 2 and 3 project. As I research my topic, I researched many famous business people that I have admire consistently claims meditation helped them get to where they are in life. This really surprise me. From that point, I research more into the topic of meditation and more importantly how achieve the spiritual enlighten that many claims to achieve. This experience motivated to actually attempt meditation myself with an open mind.

I do not believe I have achieve any spiritual enlightenment this semester however I believe I am more open minded compare to myself during the first semester. I also want to achieve a form of enlightenment in some point of my life but I also understand it would take a lot of time and effort at my end. I sadly report that even attempting many exercise, I do see any

connection or progress spiritually this semester and my look on life, and method to deal with stress has not changed. But some day I do want to connect to spiritual side and fully take in effort of meditation. During my semester in wrt 205, I became more open minded and I believe I was able to improve my writing skills. I thank Professor Andera for everything she has done.