



ROW INTO DEEP SEA in self-knowledge. focusing on
your history and life today

ROWING INTO DEEP SEA

Keywords: **Listening, Holy Spirit, Unconditional Love, Welcome, Emotional Maturity, and Self-Esteem.**

1. HE SAW TWO BOATS AND BEGGED THEM TO PUT OUT A SHORT DISTANCE FROM THE SHORE
2. AND THEY WASHED THE NETS (What networks to review)
3. ROW INTO DEEP SEA (Exercise for enrichment)



1. HE SAW TWO BOATS AND BEGGED THEM TO PUT OUT A SHORT DISTANCE FROM THE SHORE

Introduction

*"Many things remain to be said to you, but you cannot carry them for now; when he comes, the Spirit of truth will lead you to the full truth. For what he speaks will not be his: he will speak of what he hears and will communicate to you what is to come. He will glorify me, for he will receive from me what he will communicate to you."*¹

It all starts with an invitation: *"He begged them to put out a short distance from the shore..."* The distance from the earthly, the everyday, allows us to hear from the depths the word of salvation. But before casting the nets, let us allow ourselves to review how our instruments of work and life are. We start with this step.²

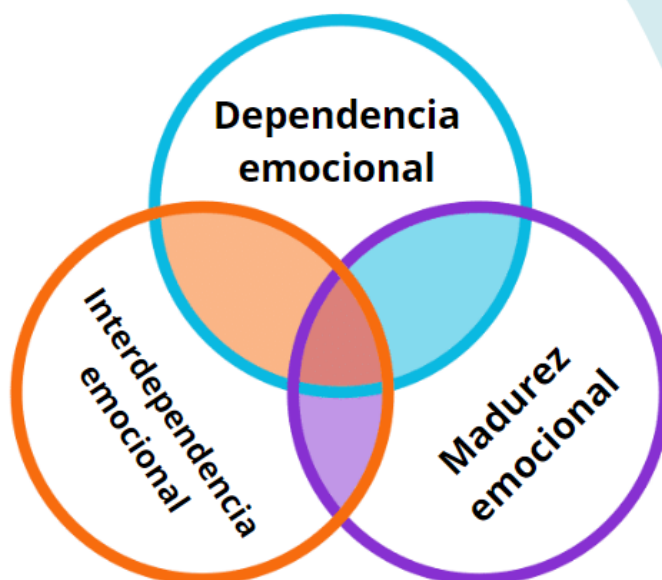
The heart goes ahead

The goal of this stage is *self-knowledge*, focusing on your history and life today. There are Good News. Just as Jesus invites his disciples to live his mandate, this congregational journey puts you on the trail of the task: To come into contact with the deep roots that sustain the project of your religious life.

Life has meaning if it is experienced; it is not enough to look at it. It renew permanently before your eyes, and no moment is repeated. Thus, this path is unique and needs to be *lived* as such in order to receive the fruits of the Holy Spirit. From this encounter with the Holy Spirit is born the community reality.³

Participating in this path can help to know from what reality and what values you are living your emotional life at the moment. And since you can only give what you own, you need to find out what path you have taken until today.

The person goes through three evolving moments:



1. **Emotional dependence:** Childhood and adolescence: Look for references in parents, teachers and idols.
2. **Emotional interdependence:** End of adolescence and early youth: referents are among equals).
3. **Emotional maturity:** Assumes the responsibility of creating positive emotions that materialize in their projects and experiences.

The first and second are necessary and are part of the first stages of human development. They reveal a lack of emotional autonomy and involve placing on others (at least in part) the weight of our decisions.

Once reached legal adulthood, the person becomes a social adult and is supposed to be prepared to *discern, evaluate, decide, and assume* the consequences of their actions. To do this, each person needs to create their own scale of values and orders them by importance. But this is not always the case.

Sometimes it happens that, being chronologically an adult, the person's emotional state does not correspond to that of an adult in all its areas. What signs can indicate that I am still living in a stage prior to that of emotional maturity?

Some simple signs can help you figure out if there are any areas of my life that need to mature. These are: to think that others are guilty of your failures, to believe that you cannot do anything in the face of a challenge, to have qualms about contributing your point of view in public, not to follow the dictates of your own conscience when you believe that they are right, to be afraid to

listen to opinions different from yours, having difficulty dealing with emotional conflicts with other people, etc. This state of lack of emotional maturity can be accompanied by a verbal expression with tinges of pessimism or criticism: "*Master, we have been struggling all night and we have not caught anything.*"⁴

The strength to make the leap to emotional maturity comes from the experience of *self-knowledge*. Walking this path helps to discover the gifts of those who are and bearer to, recognize them in other people and celebrate with them the gift of life.

The encounter with your inner being is even more fruitful if you do it from the gaze of God: "*but on your word we will cast the nets*". Grounding your life in the Word of God, you can ask without fear: What is the feeling that identifies the life of the emotionally adult believer? The answer to this question is undoubtedly Unconditional *Love*. For Jesus, unconditional love is the type of love that most resembles the love that God has for us, that does not seek an end beyond love, but moves from freedom and leads to the experience of unity.⁵

It is a fact that your current personality is the fruit of various realities. The inherited vision of the world, what was lived in the family and what was learned in the first years of life. This learning is always partial, because your family and your environment gave you what they had and tried to prepare you to face that moment in life.

Now you are a different person, more adult, more mature, with more tools for life. Your capabilities have increased, you have a much better chance of success. That's why it's important to find out if any aspect of your life needs to be updated or improved. It is easy to detect it because it is usually accompanied by a feeling of dissatisfaction, failure, helplessness, sadness or bewilderment. If you feel in your life any moment like that, it is the invitation to update it, to take care of it.

For those of us who have received the Good News, human maturity is expressed in Jesus' command, which is this: "*I give you a new command: Love one another, as I have loved you. In this all will know that you are my disciples, if you love one another.*"⁶

We know that there are different areas where to live love throughout life, however, all of us who have experienced it, recognize that the Love to which Jesus refers, that of God, is an unconditional love, the one that manifests or in his son Jesus, and pours out in each one of us through the Holy Spirit.⁷



But how can I live in my life the experience of this love?

Jesus gives us a permanent life plan: "*You shall love your neighbor as yourself.*" Leave⁸ the first part of the mandate for another stage of the journey and focus on the second: "*as yourself.*" If this is the one thing is that you can't give what you can't, you can hardly love others if you don't walk the way inward first, as God Himself would. Jesus gives an example of how God does it with any of his children when they come to ask for forgiveness: "*While still far away, his father saw him, moved, ran, threw himself at his neck and kissed him effusively.*"⁹

The father was moved, went, hugged and treated the son tenderly. I will act as God wants if, in the face of my failures or miseries, I see my poverty, I am moved, I approach it, I embrace it as part of my growth and with tenderness I take it to the father's house, because only He has what I need.

Invite or enjoy the best experience anyone can have: Live unconditional love in all areas of your life.

And how to do it? As God Himself would: *look at* your life today, *feel* compassion for your weaknesses, *approach* that reality, *embrace* your present and treat your "inner child" with tenderness so that she can feel like a full daughter of her Father.¹⁰

During this time you are invited to do the work with this approach. Go to meet the person who lives inside you, and look at those moments when sometimes she feels doubts, sometimes fear, your inner child, the one who is still excited about the charisma that led her to leave everything, the one who has hopes, the one who laughs and celebrates, the one who shares, the one who is brave and is always willing, the one who is curious about the new.

Self-knowledge is the way for human maturity, believing identity and mission to become life in love for others and oneself.

2. AND WASHED THE NETS (SELF-ESTEEM)

Self-esteem is the result of one's own history and also of the choices we are making. The beliefs acquired enable human development and the decisions we make shape our lives, increasing self-esteem. This value can be experienced in all areas of the person and configures the foundations to build the building of personality.



According to the digital encyclopedia, **self-esteem** is a set of perceptions, thoughts, evaluations, feelings and behavioral tendencies directed towards oneself, towards our way of being, and towards the traits of our body and our character. In the hierarchy of human needs, it is described as the need for appreciation, which is divided into two aspects, the one who has oneself (self-love, trust, appreciation, sufficiency, etc.), and the respect and esteem that one receives from other people (recognition, acceptance, etc. Carl Rogers, father of humanistic psychology, points out that every human being is worthy of self-esteem by the fact of being born.

We have already seen that since childhood we are building our self-image, the sense of ourselves, according to the messages we receive from our parents, siblings, relatives, friends and teachers. Self-esteem is the perception we have of our personal worth and our ability. It is,

therefore, the sum of self-confidence, the feeling of one's own competence and the respect and consideration we have for ourselves. It is based on the enormous amount and variety of thoughts, feelings, experiences, experiences, and sensations that we have accumulated throughout our existence, but especially during the early stages of life: childhood and adolescence.

Those who feel comfortable with themselves usually feel good in life, develop their full potential and creativity and face responsibly and effectively the challenges that arise.

Strengthening self-esteem rests on two fundamental ideas:

a) I am a person loved unconditionally and I am worthy of the love I receive.

b) I am a competent, intelligent person. Valid and capable.



The person who has self-esteem often presents very specific traits, such as: she radiates positive feelings and attitudes both towards himself and towards others in different ways: showing herself happy, smiling, welcoming, optimistic, creating illusions, looking at the face frankly, reaching out firmly and with human warmth, and so on. In doing so, she creates a propitious environment, a magical current of the same sign, which induces and motivates others to behave in a similar way¹¹.

At the spiritual level, believers experience this feeling, we know that we are valuable by inheritance, by being children of God. This means that we have inherited the divine essence of the Father. Its ability to develop the best qualities. And Jesus encourages you to live fully what you already are, without limits¹². Feel how lucky you are to be the bearer of the greatest treasure. Feel the security of being accompanied, by the strength of His Grace that pours out into the world *throughout your life*. Congratulations, God has placed in your hands the power to make everything new by the energy of his Spirit. In short, self-esteem¹³ is born from feeling loved by God and practicing the second part of Jesus' command: "*You shall love your neighbor, as yourself.*"

3. ROW INTO DEEP SEA (enrichment exercise)

3.1. Review

Characteristics of the person with SELF ESTEEM:

- ✚ Feels and acts with peace, welcoming attitude, and equanimity in times of conflict.
- ✚ Sees opportunities where there was fear.
- ✚ Offers an open, honest, and healing dialogue in the face of wounds in relationships.
- ✚ Wakes up with joy. Lives celebrating life as a gift. Rests gratefully.
- ✚ Has a welcoming, loving and communal heart.
- ✚ Recognizes herself capable of sharing with everyone the best treasure: unconditional Love.

3.2 For self-discovery

I propose now to do an exercise of self-knowledge, gratitude, and projection

The exercise consists of three parts:

a. Write



The first part is to do two columns. In the first column, on the left, I write the name of significant stages of my life, my "base stones". My life can be divided into chapters, each characterized by a "MILESTONE", that is, an event or a series of them that begin a new stage or chapter. For example, a birth, a crazy crush, a success, an important decision, something unexpected... They are events that come to mind when we spontaneously reflect on our life from the beginning to the present moment. Let your life appear in your mind like a movie. Without analyzing, without judging, without interpreting.

In this exercise I spontaneously identify five milestones that have marked my life.

I take a sheet and title "**MILESTONES OF MY LIFE**". I date it.

- ✓ I quiet down, relax, let my breathing be slow, soft.
- ✓ In this inner stillness I try to feel more than to think about the flow of my life as a whole. In an attitude of receptive passivity and avoiding a premeditated choice, I write the milestones that I can think of (between ages five and ten), the most significant events, starting with the first and most fundamental: "I WAS BORN".
- ✓ I write them first in the order that appears in my mind. Then I sort them chronologically.
- ✓ After writing, I remain for a few moments in stillness and silence. I write down the experiences that this exercise has provoked me.

In the second column I write down five projects, objectives that I want to become a reality, that motivate my present. Aspects that I would like to improve from my life, skills to develop, attitudes or thoughts that I would like to achieve, etc.

b. Dialogue



The second part consists of choosing an event from the lists, it can be from any column. Choose it with your heart. Give your mind rest. Let it resonate within you. And when you have it, keep a dialogue with it, as if it has a personality of its own. You can do it as a theater script:

I: "Hello event..."

EVENT: "Hello..." Write until the dialogue is exhausted.

I take a new sheet. I put it as "**DIALOGUE WITH EVENTS**". I date it.

- ✓ I select one of the events on the list, more with the heart than with the head, that contains an affective burden for me.
- ✓ I describe the history, the life of the event, its stages, its milestones, as much as possible. And I write about my relationship with him.
- ✓ I write the dialogue until the conversation is exhausted.
- ✓ I read what has been written and write down my reactions to the reading.

c. Celebrate



The third part:

- ✓ Celebrate what you have discovered that life gave you and give you today through that experience.
- ✓ Write it down in a visible place so you don't forget how lucky you are.
- ✓ Strengthen your self-esteem, recognize yourself as a bearer of innumerable treasures.

The gift

To conclude, I propose that you give yourself, forever, a moment of intimacy, a space of encounter between you as an adult, your inner child (the one who is excited, the one who is sometimes afraid, the one who expresses her feelings, the one who lives with intensity) and the Holy Spirit. It can be ten minutes. No more is needed. In them visualize and review with Him, how you want each appointment of your day with His presence to be. Talk about your weaknesses, fears, or shortcomings. Thank him for your strengths. Establish a loving complicity with Him. Tell him how much you love him. Listen to how much he loves you and trusts you. Be silent and keep this Peace in your heart for the whole day.

Share it with a sister or other person you trust.

¹ Jn. 16, 12-15.

² Lc. 5, 3.

³Hc. 2:3-4 "Tongues appeared to them like fire and fell on them; the Holy Spirit was all filled and they began to speak in other tongues, as the Spirit granted them to express themselves."

⁴ Lc. 5, 5.

⁵ Mt. 5: 44: "*For I say to you: Love your enemies and pray for those who persecute you.*"

⁶ Jn. 13:34-35.

⁷ Rom 5, 5.

⁸ Lv. 19, 18. Mt.22, 36-40.

⁹ Lk. 15:20.

¹⁰ Mt.18, 3: "*And he said, I assure you that if you do not become like children, you will not enter the Kingdom of Heaven.*"

¹¹Barnabas Tierno, 1998,Human Values, p. 60.

¹² Mt 5:48: "You, therefore, be perfect as your Father in heaven is perfect."

¹³<https://es.wikipedia.org/wiki/Autoestima>. Retrieved 20/06/2022.