

Download I Am What I Do: Contemplation And Human Experience

Contemplation is profound thinking about something. In a religious sense, contemplation is usually a type of prayer or meditation. Christian contemplation, from *contemplatio* (Latin; Greek *theoria*), refers to several Christian practices which aim at "looking at", "gazing at", "being aware of" God or the Divine. We meet new friends and we want to get to know them better. How do we do it? We share our stories. We tell them about our childhood, how we met our spouse or how our great-grandparents moved here. More on the Stages of Change. 1. Precontemplation Not ready. Not now. What Can Hold You Back: A sense that making the necessary changes will require too much work or discomfort.