

Vivencia Metanoia

To take responsibility for everyone's happiness including your own

Firstly if you're expecting a super long 10,000-page document on it then I'm sorry this isn't it, neither will it be an extremely sophisticated research-paper like thesis, where you have to search up the meaning of a word every sentence either. I am not claiming to be a philosopher either and I am not claiming to be superior nor am I claiming this as the most original thought any human has ever thought of, It will be none of those/that but it is honest and I would appreciate it if you approached it with the same genuineness I am giving in to this as I would really like you the reader to consider it, with an open heart. Also, do note this philosophy assumes a moral framework rooted in Christianity whether you have an issue with that is a personal stance, I will not be tackling with this.

Without wasting yours or my time let me begin explaining what it is

Firstly let me define three key terms:

-Happiness

-Righteousness
-Responsibility

-Happiness: Though words will never do it justice I will attempt to explain it in a way that can hopefully relate to your and my lived experience-Genuine joy found in love and right living

-Righteousness: Simply good acts done in love rather than superficial selfish self-interest. For Christians this flows through Jesus Christ, the one who is love. (However, do note that human righteousness is always partial and dependent on Christ's imputed righteousness not that you can't perform a righteous act but no one is pure and can reach Christ's golden standard)
Responsibility: Taking initiative and accountability for something or someone. Carrying the burden of what happens.

Now Vivencia Metanoia-
Vivencia-Has Spanish/Portuguese origin, derived from Latin vivere (to live). Means lived experience; not just in the abstract but the texture of actually living through

something. Used in Spanish-speaking philosophical and psychological traditions. Jose Ortega Gasset used it.

Metanoia-Greek; μετάνοια. Literally *meta* (after/beyond) + *noia* (mind, from nous). Means a transformative change of mind and heart, a complete reorientation. Used in the New Testament specifically for repentance; not just feeling sorry but fundamentally turning around. Appears in Matthew 3:8, Acts 2:38 (as a verb) among others. Carl Jung for those familiar with his psychological teachings also used it as a kind of mental breakdown that leads to rebuilding and transformation.

Together: Vivencia metanoia- the lived experience of transformation. A life turned around and lived differently from the inside out. It is a philosophy about taking responsibility for the happiness of all those you may have hurt, upset and/or wronged including yourself by placing upon yourself the burden of their hatred, resentment , pain and/or anger and atoning with your life itself by taking them all and all that suffering to a place where it and they can all be at peace this place being a world you create by your own actions and daily living changing who

you are so as to never fall back there again and never repeat that mistake again as you declared with your apology for them and for yourself. Repentance in Christianity and in most definitions across the world is not only a sincere acknowledgement of your own wrongdoings paired with deep regret but also an active conscious commitment to change. Vivencia Metanoia isn't just a philosophy about changing your behaviors but fundamentally changing how you go about existing after said mistake. For instance, let's say you kill a man what can you actually do for the man? And for the family? No matter what you may do he will never be alive again and no amount of apologies can ever change that fact. However there is one thing you can do- Vivencia Metanoia atoning with your life itself whether they accept your apologies or not, whether their hatred remains or not, whether they forgive you or not you must keep moving forward for it is the honorable and right thing to do and the only thing you can do to truly atone not only for them but also for yourself and God, for you to truly change. How will you know when you've reached that place that your burdens may finally be lifted, that your shoulders may truly feel lighter? When you can look back at your life and feel proud not a prideful egotistic

self-centered pridefulness but genuine contentment in what you've done and who you've become. How long it takes to reach there is spirit-led, when you can genuinely know and feel deep inside your self in your very spirit that you are a new person that the world has become a better place because of your continued living in it when you can just thank God for the person you are. It could be something like breaking something precious that belonged to someone because of your self-centered carelessness, then from then on you make sure to be more careful with other people's belongings, treating them as your own-but the key thing is that you don't get consumed by guilt, you apologize to them regardless if they forgive you or not , you apologize to God as well for he is the one that can grant you spiritual healing as your heavenly father then you pick yourself back up and keep moving forward till you reach that place (for example you notice people who didn't trust you before maybe hopefully even that person you hurt trusts you now to watch over their stuff now, because you changed) where you can thank God and give yourself a pat on the back for reaching there and not giving up. "Where does grace come in?"

Someone might ask, "It almost sounds like

you're earning salvation through works" and that is a very fair question I do not dispute, before I give my response my intent is not to imply that at all now-my answer to that is Grace is freely given by God received through faith right? So to change you have to truly believe you'll never make that same mistake again and move forward with that mentality so that you can understand you are a changed person when you can look back at your life and feel proud and then you can finally let go of the burden of pain you caused unto others and let it rest in the peaceful place you arrived at, with God at your side. "What if you slip up again? Does that mean your faith wasn't real?" Someone might ask, to that I say-transformation is not linear, grace covers the stumbles along the way, what truly matters is how genuine the change is which only you and God know as that is an internal thing that when expressed others can see through your actions and most of all...the person you're becoming. Also, for the reformed/Calvinists this is not an attack at your beliefs I understand you may disagree with the bits on faith but this is merely intended for the average Christian and non-Christian with the foundational framework of the core beliefs of the overall religion as its support, structure and pillars.

It is, as C.S Lewis titled his famous book-for the “mere Christian.” God bless you all, Jesus loves you.

- [Unique_Sherbet_4930]

Btw Vivencia Metanoia isn't just about those you wronged but also about just loving others and being kind (which is inseparable from loving) to others regardless if they have or haven't done anything to you or for you, anything else you may struggle with or have questions for should you adopt this philosophy can be answered through the bible and your personal relationship with Jesus Christ as you embark on this personal journey. ALSO, your priests and pastors, DO NOT FORGET ABOUT THEM, your local priests and pastors, pls do ask them about the bible and/or any theological questions you may have about it. I also don't mind answering any questions people may have for me that aren't too pedantic or deeply personal to the individual where as I simply can't answer you because I don't know you.

