Hermeneutics and Communication

Israel Tigistu Melesse

Omega Graduate School

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Professor

Dr. Ken Schmidt

Assignment #1 Core Essential Elements

1. Write a three-paragraph essay responding to the following question: When have you noticed your pre-judgments influencing your interpretations? How have you experienced a "fusion of horizons" in your learning experiences?

Yoga appears to be a form of demonic worship to me in and of itself. Having been raised in a very strict Christian family, my understanding and attitude toward life were greatly influenced by their way of thinking and discipline. It is particularly evident that all members of my family oppose you when it comes to yoga; even though they are highly educated, they would never equate yoga with exercise or therapy; they all view the world from the philosophical perspective of yoga, which has a spiritual connection to the evil world, or from the philosophical perspective of Hinduism and Buddhism, both of which are completely opposed to Christianity. Furthermore, my Christian friends and members of the group to which I belong are not interested in yoga-related activities. Thus, how I viewed the yoga community was certainly judgmental.

To gain a better understanding of what yoga entails and how it can benefit and disadvantage us, I began attending yoga classes here in Addis Ababa, Ethiopia. Throughout my training, I always focused solely on the workout components, such as stretching muscles and relaxing joints and ligaments and breathing for a healthy respiratory and blood-circulation systems. I once travelled to Uganda for a scripture engagement course. A lesson taught throughout the course focused on the importance of meditating on God's word. I was fascinated to hear from someone who excels at teaching God's word that spiritual meditation is also a Christian spiritual exercise that increases our closeness to God, and I redeemed yoga by contemplating the Word of God.

Another clear example was from a colleague who injured her backbone and muscles. She was unwell and couldn't sleep or walk for a long period, so the physicians ordered physiotherapy and yoga activities for her. She can now walk and sleep normally for extended periods after receiving both treatments, and she can also give birth and got a baby girl after the treatment.

In conclusion,of course as a Christian, I agree with my family and friends about the use of yoga from a philosophical standpoint. However, my horizons are widening, and I've begun to consider yoga for fitness and therapy.