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English 1121 SEC D349

Prof. Schmerler

Final Portfolio

Unit 1

Prisoner's Constraint Assignment

When asked to write an assignment without using descending letters, I was shocked. I have never been given an assignment like this before. I was impressed by the change in curriculum a school could offer and was willing to try my best in order to complete the task. The prompt was about my biggest fear and I knew I could talk about it, I just had to figure out how to. The constraint forced me to think differently and to incorporate vocabulary that I wouldn't always use in a "regular" assignment. - ER

Each individual has fears. Insecurities. Stuff that make them shiver, startle, or afraid. It's in our human nature. Some are scared of sheer locations, others are afraid of animals. Now then, since it is known that there are a ton of entities that can strike trouble in one's heart/mind state; One may ask, what is it that I fear? To answer that, I'd tell them death. Yes it may seem rather foolish for me to fear what is known as the inevitable, but understand that I have several reasons. You see, I do not have an actual fear of death. However, what worries me most is the fate in the afterlife. Time after time, the kin of mine have influenced Catholicism onto me, which led me to believe that there is not one existence but God, heaven and hell once someone dies. I talk in an eternal sense of course. The overall kismet where one lives in an untroubled, harmonic serene with those who love thee, or thou who thou loves. Or even the alternative, in which one burns alone, but still suffers in calamitous with the realm of the dead. Still, it all is based on the acts of

the individual. You are either a sinner or a saint. At least that's how I remember it. Now I have this blame worth excitement how I like the Notorious B.I.G's famous sonnet where he talks about his desire for the descent to hell for how he had lived as an outcast and his whole life of sin. Nonetheless, I want all to believe me when I claim that I'd rather ascend to the great doors of the heavens than to be shut out and abandoned, disdained for what I believe is to be a innocent soul not in line, to be diminished.

As I take a look at the ten commandments (no, not the Notorious B.I.G version) I realize that I have a lot to redeem. For instance, I take the Lord's name in vain often with the odd "oh my God!" moments. I've stolen before, I've lied, and I cannot state that I've never killed if I, the writer of this narrative am a meatatarian, which, as unfortunate as it seems, means I create a demand for innocent animals to be raised and massacred in abattoirs. In other terms where animals of different breeds are bred under harsh conditions to be consumed. Next, I idolize certain mortal men like Che Guevara who was an infamous warfare leader and Jean Michel, AKA "SAMO" a brilliant artist who sad to mention, died of an overdose. This could be seen as foul since one of the commandments states "thou shalt not make idols". I have also worked a ton of shifts on the seventh dawn of the week instead of rest or little did I ever disburse time with loved ones as the thick black book (The Bible) insists. I have had sex before union, and I have walked in front of a countless number of homeless men and women without batting a look or even the decent offer of cash. As you can see, I am not a saint nor do I hold much more than maintain the sinlessness beaut that the Bible claims I should. I've made certain mistakes and I have lived with the decisions I chose. Yet, to be well aware of the actions of mine in addition to the belief that I am a well-rounded individual is a chunk of the situation or fear that exists within

Me.

When I think about Ancient Pharaohs and their attitude/mindset in terms of death, it amazes me how these individuals envisioned the afterlife. Once a Pharaoh has died, the man or woman would have the interior of their carcass removed, and their bodies would be under conservation. All but the heart of course, which would remain in the Pharaoh's anatomic structure. This is due to the belief their heart would be counterbalanced or scaled with the feather of an Ostrich. This serves as their final discern or review. If the outcome of the feather came out heavier than the heart of the individual, the Pharaoh would be allowed into the afterlife, full of a blissful serenade. If the contrast had occurred, their heart would be devoured as a ferocious dinner to a bloodlust creature in which the beast denies them of eternal blithe. Sounds intense huh? A strict belief such as this one does not fail to alleviate a sense of monomania inside of me. Of course, I like to believe I am a nice, kind human full of efficacious intent, but what if this conscience of mine has an immense self doubt when I die? What if I'm not in a calm mind state, or I never even confessed for the vast number of mistakes I have made? Sins I have committed? Will I too be an addition to those who were deemed as deficient? I am more than certain that I do not want that to occur.

Still, I do not stand alone. These "sins" are done in other locations in the world. These sins occur with different individuals. More in relation, the societal bodies around me and those I know. Friends, brothers, sisters, cousins, lovers and associates. Each of them walk around each other with their sorrow or remorse, their secrets, as well as misdeeds. Besides, there are a lot of secrets humans hide to themselves, sometimes it even has bruteness over the individual and resides with them in their coffins. I refuse to be one of those characters. I will not let this false

belief that I am a saint take over. I want to cleanse this soul of its malice, of all the bad, and hideous. I want these bad habits to deteriorate. I am on board to admit for the sins I have committed but I would also feel comfortable to walk into the afterlife with the feel that I deserve a seat, or that I'm adherent to become a calm immortal. Nonetheless, know that this state where I am insecure of death is not a fear of a more broad existence, but more of a desire to show admiration and honor to what the afterlife offers.

Of course, the idea of Catholicism was created by humans. Therefore the chance of it as 100% valid is not certain. It's all faith if we discuss it in honest terms, and that's for all beliefs. Christian, catholic, Muslim or Buddhist. Humans decide to behave, to be devoted, and how to live the ideal life a faith or God insists under a code of life. It can stem in broad ideas such as a belief in reincarnation to never eating swine. Devotion is what is recommended and is not forced. We all have free will, after all. Yet, knowing there's a vast amount of beliefs, enactments, and sacred texts to follow stirs a whole other dilemma for me. With an abundance of holistic exercises that exist, how does one know which to choose? It's obvious one would choose the faith that best fits their interests, but still, what I want is a covenant, secureness, a warrant. I want to rest in bed, dozed off with the feel or sensation that I would know where I would travel to if I did not wake to rise once more. As of now, I do not want to dwell over which faith I will reside with. Instead, I want to have faith in the advancement of the mind and soul that is mine. This will enable me the confidence to draw close this fear as well as set this far fetched, creative mind at ease. I have spent numerous occasions when the moon is amidst the skies, stuck in a bubble, in a wondrous, rational, curious state. I trial endeavor, I think in relation to this vast trek called life and where it will take me next. I want to be able to slumber, sheltered, and safe. I want to

embrace the moment where I shut these visual orbs closed, mischievous if whether or not I rise the next dawn or dusk, I have done as much in the ableness of the will that I have to be a vessel of truth and love. To be unadulterated and blameless. That I have shown characteristics of what beauties this existence called heaven holds. To do that, I must create a difference in who I am, how I think, and how I act. In which I look forward to achieve.

Unit 2

Genre

While completing this task, I wanted to summon emotion within the reader. By doing this, I thought I could make the story relatable, slightly humorous, and give it a touch of romance. This genre assignment made me think about things I have read and how to reproduce that same feel or strategic writing techniques - ER

Times are hard. The sky is dull. The television sings a song of murder, robbery, war, and crime. The topics on the news are not necessarily new, anymore. I shut it off. I seek refinement. A release of tension. So I invite my friend over. Perhaps we should drink, for the good times we've had, and the good times to come. A pina colada should do the trick. Then I remember, my good friend Mafruza does not consume alcohol. Something about religion. Ah, I remember now. The Quran forbids intoxicants and pushes for sobriety. I think about this rule while I blend my pineapples, ice, and natural juice. I imagine a world of sober individuals and wonder. There are many abusers of intoxicating drugs,

such as alcoholics, crack addicts. Would these individuals be different had they not met their addicting substance? I reserve these thoughts for my conversation with Mafruza, and I hear a knock. Speak of the Devil or saint should I say. It is her, my blessed precious. “Is that pineapple I smell?” She asks, “Why yes it is” I respond smiling “And it is halal”. She smiles, and suddenly, I am not tense and the sky is blue.

Unit 3

Research Worksheet 1

I love using facts to support things I talk about. This research assignment helped me strengthen my research skills and made me feel stronger as a writer. We live in a day and age where information is easily accessible so I feel it is imperative to have this skill. It even makes me feel that I can argue about more broad, important things. - ER

The focus of my research is lucid dreaming. I am of the idea that lucid dreaming is overall a safe practice of self-exploration with positive effects. However, after doing some preliminary research, it has come to my attention that there are counter-arguments to my claim. One argument over a problem that arises with the attempt to lucid dream is sleep paralysis. In a brief summation according to the National Health Service, “Sleep paralysis is a temporary inability to move or speak that occurs when you're waking up or falling asleep.” The argument contrary to my claim of lucid dreaming playing a positive role in self-development is that lucid dreaming can be potentially dangerous and frightening to some who experience sleep paralysis.

Rightfully so, considering that one is consciously paralyzed. However, lucid dreaming is not the causation for this occurrence. In fact, it is rare that this event can occur in one's life, to begin with. Plus, studies have shown that dreaming itself is not the only correlation with sleep paralysis but also irregular sleeping patterns, sleep deprivation, narcolepsy, family history, or even something as simple as sleeping on your back. Though still, despite the reasoning behind it, sleep paralysis itself is not something that is detrimental to one's health or fatal. Just terrifying. The people or community of people most affected by this problem are those who believe that there is an insufficient amount of research to support lucid dreaming and the positive aftermaths of it. Though however, Oneironautics is a relatively abstract topic that is more spiritual than physical. Given that, it would be difficult to have a cemented basis on it, let alone scientifically prove it through documentation. But this does not mean it has not been looked into, all over the world and through the course of history there have been many communities who valued their dreams and looked into them for messages and advice...

Here are some key terms or phrases particularly associated with this issue

- Asleep
- Awake
- Conscious
- Oneironaut
- Self-exploration

Here are the sources I have used so far to read about and otherwise learn about this issue.

1) Sleep Paralysis: Get Facts on Inability to Move While Asleep,

https://www.medicinenet.com/sleep_paralysis/article.htm#is_sleep_paralysis_a_symptom_of_a_serious_problem, MedicineNet, 06/10/2016

2) The Benefits and Risks of Lucid Dreaming,

<https://lifehacker.com/the-benefits-and-risks-of-lucid-dreaming-1795735303>, Lifehacker, June 02, 2017

3) Sleep Paralysis – Overview & Facts,

<http://sleepeducation.org/sleep-disorders-by-category/parasomnias/sleep-paralysis/overview-facts>, Sleep Education

4) Sleep Paralysis

<https://www.nhs.uk/conditions/sleep-paralysis>, NHS Choices

Unit 4

Digital

Transferring literature into a digital form is an effective way to spread information or a message. Since technology is on the rise, this is another skill that is good to have and I am grateful to have experienced this. - ER