

MINDFULNESS IN
AFRIKAANS

LIEFDEVOLBEWUSTE
LEWENSKUNNS

6 WEKE KURSUS



MINDFULNESS . ART

5

Stilhouplekke op die ses weke Mindfulness pad:

WEEK 1 Vlieg met twee Vlerke: LiefdeVOLbewus!

WEEK 2 Ons Gedagte-wêreld en Liggaam-landskap.

WEEK 3 Bemagtigende Mindfulness Mentaliteite.

WEEK 4 Egoïese beweging na die Moeilike toe.

WEEK 5 Maak die meeste van elke Wondermoment.

WEEK 6 'n Florerende daaglikse lewe met Mindfulness.



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MAAK DIE MEESTE VAN
ELKE WONDERMOMENT!



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Spasie en Stilte Meditasie

FONDASIE

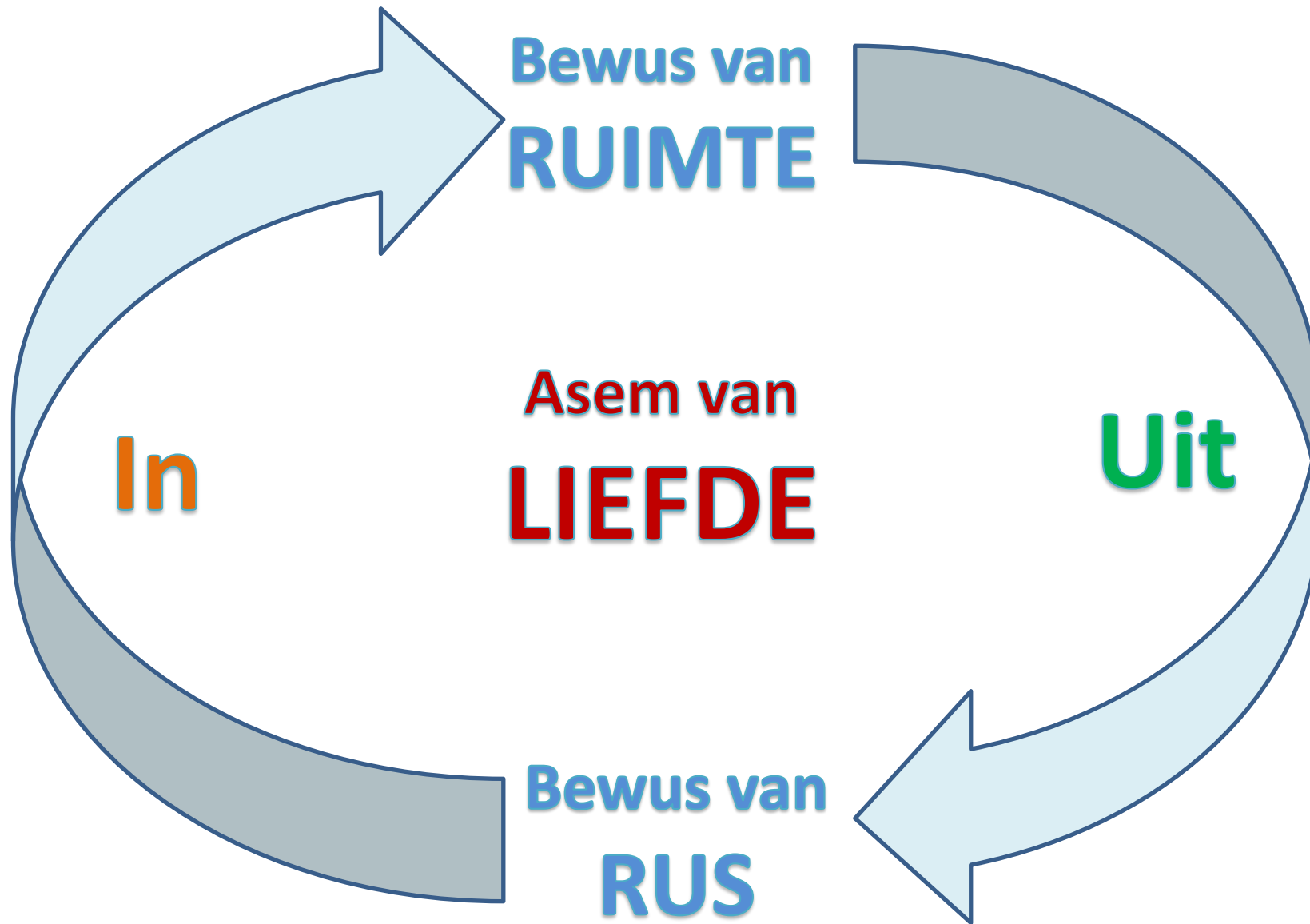
- Spasie en Stilte (Tyd, Plek en Alarm)
- Liggaamshouding (Gemaklik, Wakker, Ontspanne)
- Intensie & Motivering (LiefdeVOLbewus, kies ankerpunt: asem, lyf, klank, beweging, kos, natuur, woorde of oop, ensv)
- Blaaskans Asemrus (3 X Dieper, stadiger, smelt)
- Ondersteuning (Verbind, Geborge, Meegee)



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MEDITASIE

- Met inaseming skyn die lig van bewussyn op die spasie waarin jou gedagtes en emosies te voorskyn kom.
- Met uitaseming ervaar Stilte en ontspanning deur mee te gee en verbintenis te voel met aarde en stoel.
- Na so 'n minute probeer gelyktydig bewus(spasie) en gerus(stilte) te wees.
- Eindig deur die asem/lug wat invloei en uitvloei as liefde te ervaar.



Meelewingsmeditatie / “Lovingkindness”

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MEDITASIE

MAG...
(3x elk)

1 Ek...

2 Iemand naby...

3 Iemand neutral...

4 Iemand aversie...

5 Alle wesens...

... volbewus teenwoordig wees,

... bewus wees van innerlike bronne

... veilig voel te midde van storms,

... vergenoegd wees

... liefde ervaar en floreer!

(of eie woorde)



Some people spend their lives trying to create the perfect conditions to live, without really living.

Too many of us believe happiness is a future event. And before we arrive, we need more money first, have a successful career, find a partner, settle down. And only then we will arrive at the destination of happiness. But when we arrive, we will realize happiness isn't there.

Happiness is not found at the finish line. There isn't even a finish line. Life is not a race to be finished; it's a dance to be danced. And only if we allow ourselves to enjoy the dance, can we let happiness in.

One day your life will flash before your eyes and you don't want to see a slide show of all the things that turned out to be irrelevant in your life. Life is happening right now. We've got one shot. Taste the thrill of life. Have the full experience.

**The point of living isn't to arrive at the future;
it's to arise in the present.**

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The best season of your life

"TEN THOUSAND FLOWERS IN SPRING,
THE MOON IN AUTUMN,
A COOL BREEZE IN SUMMER,
SNOW IN WINTER.

IF YOUR MIND ISN'T CROWDED
WITH TEN THOUSAND THINGS,
THIS IS THE BEST SEASON
OF YOUR LIFE."

— WU-MEN



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DIE ONTDEKKING VAN INNERLIKE RUIMTE

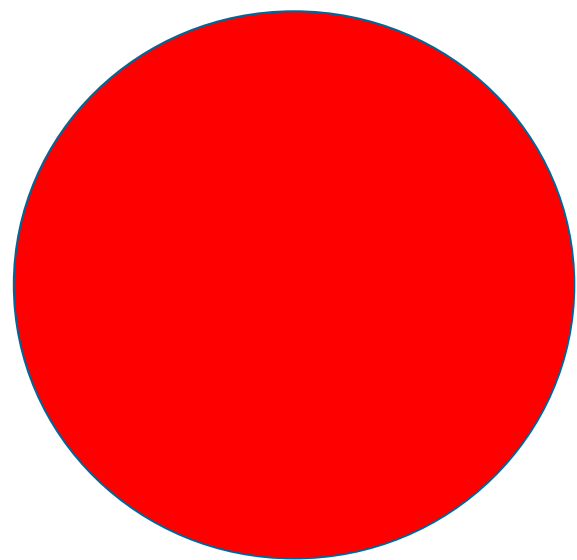
Wanneer daar in jou lewe die ontdekking en teenwoordigheid by die gewone is, soek dan binne-in jouself na die agtergrond van daardie ervarings. Maar moenie daarna soek asof jy na iets (inhoud) soek is nie. 'n Mens kan dit nie vaspen en se: "Nou ek dit," of dit verstandelik probeer verstaan en omskryf nie. Dit is soos die wolklose lug. Dit het geen vorm nie. Dit is ruimte; dit is stilte; die soetheid van Wese en oneindig meer as hierdie woorde wat maar slegs daarnatoe heen-wys.

Wanneer jy dit direk in jouself aanvoel, verdiep dit. Wanneer jy dus iets eenvoudigs waardeer — 'n geluid, iets wat jy sien, 'n aanraking — as jy skoonheid sien, wanneer jy 'n vriendelike toegeneentheid jeens iemand anders ervaar raak dan ook bewus van die innerlike ruimheid wat die bron en agtergrond vir daardie ervaring is.

Baie digters en wysgere het deur die eeue waargeneem dat ware geluk — ek noem dit die vreugde van Wees — in eenvoudige, skynbaar onmerkwaardige dingetjies te vinde is. Die meeste mense kyk in hulle rustelose soeke dat iets betekenisvols met hulle moet gebeur die onbeduidende mis, wat dalk na alles nie so onbeduidend is nie.

Nietzsche: "Precisely the least thing, the gentlest, lightest, the rustling of a lizard, a breath, a moment, a twinkling of the eye - little makes up the quality of the best happiness. Be Still!

- E Tolle (A New Earth)



Life is a banquet. And the tragedy is that the most people are starving to death. They are brainwashed, asleep by ideas about love, freedom, happiness, and so forth. These wrong ideas are influencing your life and making a mess of it. We are surrounded with joy, with happiness, with love. In order to wake up, the one thing you need most is not energy, or strength, or youthfulness, or even great intelligence. What you need most is readiness to learn something new. The chances that you will wake up are in direct proportion to the amount of truth you can take without running away. Listen! Listen! Listen!...

- Awareness Anthony de Mello p26-29



ROBERT DE NIRO ROBIN WILLIAMS

Nominated for Three Academy Awards®
Including Best Picture, Best Actor (Robert De Niro) and Best Screenplay!

AWAKENINGS



Based on a True Story



There is no such thing as a simple miracle.



***We've got remind them
how good it is!***

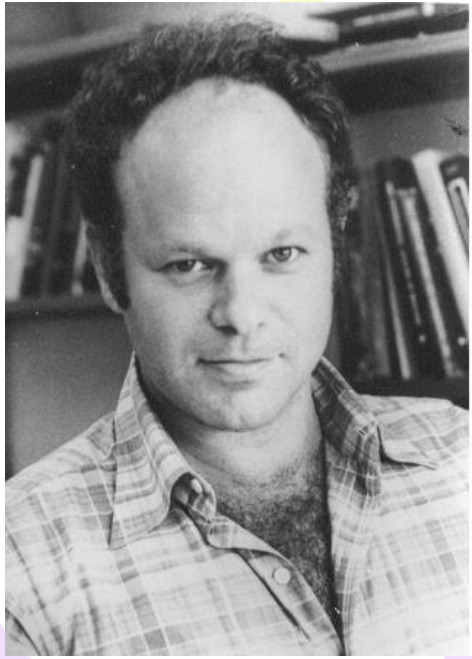
***People have forgotten
what it is to be alive!***

The gift of life, the joy of life!

***People don't appreciate
the simple things....***

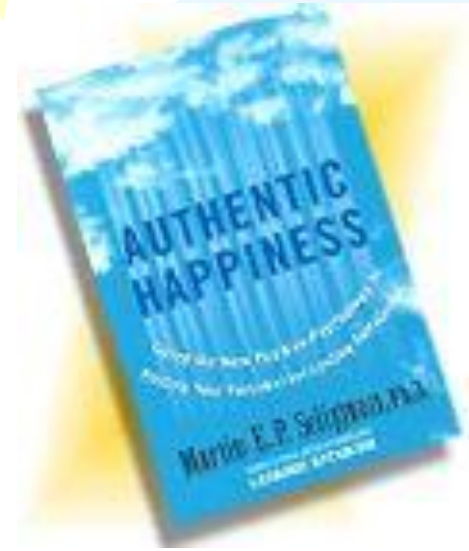
We dont know how to live...





Authentic Happiness

Martin E.P. Seligman, Ph.D.



Omstandighede

- Goeie tyding 0
- Slegte gebeurtenisse 0
- Finansies 0
- Huwelik 0
- Ouderdom 0
- Aantreklikheid 0
- Gesondheid 0
- Gemaaklikheid 0
- Voeding 0
- Geslag 0
- Godsdien 0
- Demokrasie 0

8-15%

0 - geen + baie min invloed ++ meer invloed +++ invloed



Lewensgeluk =

ERF + OMSTANDIGHHEDE + INTERN

$$L = E (50\%) + O (8-15\%) + I (35-42\%)$$

(H=S+C+V)



Authentic Happiness

- Dankbaarheid



Engelse soldaat oor Bonhoeffer

“he always seemed to diffuse an atmosphere of happiness, of joy in every smallest event in life, and a deep gratitude for the mere fact that he was alive....He was one of the very few men I have ever met to whom his God was real and ever close to him. Bonhoeffer was different from the other prisoner’s, just quite calm and normal, seemingly perfectly at his ease...his soul really shone in the dark desperation of our prison.”



Bewys jou
Dankbaarheid!





GELUK : Wat ons het
Wat ons wil hê

Ed Diener

Authentic Happiness

- Dankbaarheid
- Volbewus Geniet (Savour)

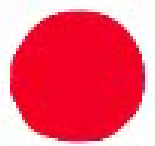


**“People usually consider walking
on water or in thin air a miracle.
But I think the real miracle is not to walk
either on water or in thin air, but to walk
on earth.**

**Every day we are engaged in a miracle
which we don't even recognize: a blue sky,
white clouds, green leaves, the black,
curious eyes of a child
— our own two eyes.
All is a miracle.” - Thích Nhat Hanh**



MINDFULNESS ART



Sintuie is 'n poort na Nou







Sig

*The true journey of life consists
not in seeking new landscapes
but in having fresh eyes. - Marcel Proust*





Francisco de Zurbarán

People see colors for the
first time
EnChroma glasses

Gehoer



"I am just as deaf as I am blind. The problems of deafness are deeper and more complex, if not more important than those of blindness. Deafness is a much worse misfortune.

For it means the loss of the most vital stimulus- the sound of the voice that brings language, sets thoughts astir, and keeps us in the intellectual company of man. „

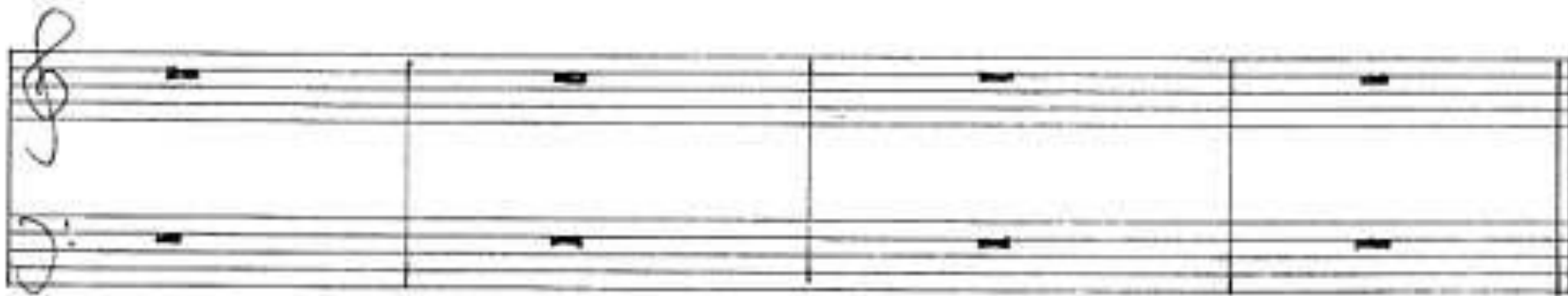
"Blindness separates us from things but deafness separates us from people„

– Helen Keller

The word
LISTEN
contains
the same letters
as the word
SILENT.

— Alfred Brendel

Wat is Stilte?





Voel

Reuk



Smaak



Vroeë oggend rituele mis

Jare lank smag my hart

na die vroegoggend verkwikking van my siel...

Soos na 'n rituele mis

wat Hom heilig aan my bedien

deur 'n priester van liefde.



Vanoggend gaan my Emmaus-oë oop
vir die bediening wat my nooit per abuis oorslaan:
die sakrament bedien op 'n piering
en hartomringende beker
deur my priester van liefde
tot heilige aanraking van my siel.

Die Beker en Beskuit
is U teenwoordigheid
vroegoggend vervleg
as Heilige Sakrament!

There are two ways to live:
One is as though nothing is a miracle.
The other is as though everything is a miracle.

Albert Einstein



Eet Meditatie



富嶽三十六景 神奈川沖
波裏

舟の波の勢



Hokusai Says by Roger Keyes

Hokusai says Look carefully.

He says pay attention, notice.

He says keep looking, stay curious.

He says there is no end to seeing.

He says Look Forward to getting old.

He says keep changing,
you just get more who you really are.

He says get stuck, accept it, repeat yourself
as long as it's interesting.

He says keep doing what you love.

He says keep praying.

He says every one of us is a child,



every one of us is ancient,
every one of us has a body.
He says every one of us is frightened.
He says every one of us has to find a way to live with fear.

He says everything is alive –
shells, buildings, people, fish, mountains, trees.
Wood is alive.
Water is alive.
Everything has its own life.
Everything lives inside us.
He says live with the world inside you.



He says it doesn't matter if you draw, or write books.
It doesn't matter if you saw wood, or catch fish.
It doesn't matter if you sit at home
and stare at the ants on your verandah or the shadows of the trees
and grasses in your garden.

It matters that you care.
It matters that you feel.
It matters that you notice.
It matters that life lives through you.

Contentment is life living through you.
Joy is life living through you.
Satisfaction and strength
are life living through you.

Peace is life living through you.
He says don't be afraid.
Don't be afraid.
Look, feel, let life take you by the hand.
Let life live through you.



Only that day dawns to which we are awake.
Net dié dag breek aan, waarvoor ons wakker is.

- Henry David Thoreau – Walden

