

MINDFULNESS IN  
AFRIKAANS

LIEFDEVOLBEWUSTE  
LEWENSKUNNS

6 WEKE KURSUS



MINDFULNESS . ART

6

# 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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# 'N FLORERENDE LEWE MET DAAGLIKSE MINDFULNESS



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# Asemhaling Meditاسie

## FONDASIE

- Spasie en Stilte (Tyd, Plek en Alarm)
- Liggaamshouding (Gemaklik, Wakker, Ontspanne)
- Intensie & Motivering (LiefdeVOLbewus, kies ankerpunt: asem)
- Blaaskans Asemrus (3 X Dieper, stadiger, smelt)
- Ondersteuning (Verbind, Geborge, Meegee)



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## MEDITASIE

Skyn volbewus jou aandag op die **fisiese sensasies** van asemhaling.

**Volg die pad van vloei** van die lug noukeurig deur al die organe in en uit. Ook aanraking op die vel.

Kies 'n plek waar asemhaling vir jou die **prominentste ervaar** word. Rus die aandag rustig daarop.

As jy besef jou aandag is weg van die fokuspunt; nie-veroordelend, nuuskierig, met aanvaarding  
**terugkeer rustig na anker.**

Is daar fisiese of emosionele **pyn** / ongemak / frustasie / verveeldheid / gedagtegeraas?

(gee spasie, toestemming, deernis, meelewing, aandag en laat gaan dit met fokus op die asem-anker)

Is daar vrede, geluk en **euforie**? (volbewus, dankbaar, nie verknog vasgryp, keer terug na die asem-anker)

Na die klokkie, stel intensie om **deur die dag** op asemhaling te fokus om jou teenwoordigheid op te skerp.



# Vloei van die rivier tot hier:

- 1 Wie is ek? Identiteit**
- 2 Die kapasiteit van Bewussyn (Volbewus)**
- 3 LiefdeVOL en Mindfulness Mentaliteite**
- 4 Ander verhouding met binnewêreld.**
- 5 Insig in swaarkry en geluk.**
- 6 Om LiefdeVOLbewus waar te neem genees**
- 7 Jy het reeds alles wat jy nodig het**



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**Via**



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**Negativa**

**deur te verminder  
vermeerder dit**



I have not attained anything, **Because whatsoever I have attained was always within me.** On the contrary I have lost many things. I have lost my ego. I lost my thoughts, my mind. I have lost all that I used to feel I possessed. I lost my body – I used to think I was my body. I have lost all that! Now I exist in awareness, consciousness; Stillness. This is my achievement!”



Serenity is not freedom from the storm  
but peace within the storm.

What lies behind us  
and what lies before us  
are tiny matters,  
**compared to what lies within us.**

– Ralph Waldo Emerson



**Oop Bewussyn meditasie**

**Open awareness**

**Choiceless awareness**









**She realized that she always tried to be mindful in her life and never lets herself off the hook. And it became a big chore, a mindfulness chore.**

**She had an epiphany that she could trust that the meditation will follow her. She could just play with her children rather than having an extra task of trying to be mindful while playing with him.**



# RD Laing

The range of what we think and do is limited by what we fail to notice. And because we fail to notice that we fail to notice, there is little we can do to change; until we notice how failing to notice shapes our thoughts and deeds.



# Oop Bewussyn Meditasie

## FONDASIE

- Spasie en Stilte (Tyd, Plek en Alarm)
- Liggaamshouding (Gemaklik, Wakker, Ontspanne)
- Intensie & Motivering (LiefdeVOLbewus, Ankerpunt: bewussyn self)
- Blaaskans Asemrus (3 X Dieper, stadiger, smelt)
- Ondersteuning (Verbind, Geborge, Meegee)



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## MEDITASIE

- **Ons kies nie 'n ankerpunt nie, maar raak bewus van die spasie en bewussyn self**
- **Jy kan 'n rukkie met jou oop oë bewus raak die fisiese spasies in jou omgewing of in die natuur**
- **Maak nou maar oë toe as jy so verkies**
- **Raak bewus van spasie in ons asemhaling, spasie om ons liggaam, spasie in die omgewing, en ruimte.**
- **Spasie tussen en om gedagtes, Spasie tussen en om emosies en fisiese sensasies.**
- **Net bewus van bewussyn self**

ONDERLINGE VERBINTENIS

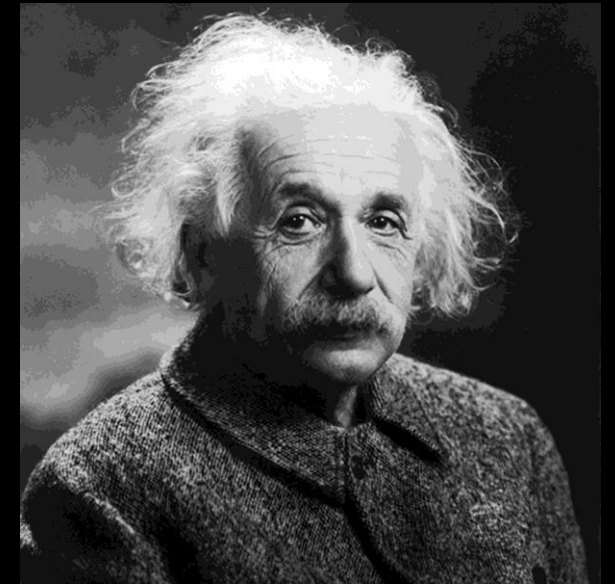
INTERCONNECTEDNESS



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A human being is a part of the whole, called by us 'universe', a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty. Nobody is able to achieve this completely, but the striving for such attainment is in itself a part of the liberation, and a foundation for inner security.

- Albert Einstein





**Eckhard Tolle**

# ONDERLING VERBIND : RICHARD ROHR



**Grootste Geskenk  
aan iemand anders:**

**liefdeVOLbewus  
Teenwoordig**

# Riglyne vir



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# MEDITASIE:

- 1 Noodsaaklikheid van Meditاسie**
- 2 Meditاسie as gebaar van Liefde**
- 3 Daaglik kort eerder as minder lank**
- 4 Ingesteldheid is alles! (Mentaliteite)**
- 5 Probeer verskeie meditasies(Crossfit)**
- 6 Vra gereeld: Wat gebeur nou?  
Kan ek net met dit wees wat hier is?**
- 7 Grootse gevaar is om uitkoms te forseer**



# Daaglikse

# Mindfulness



**Wakker word intensie**

**Meditasie ritme**

**Asemhaling spasies**

**Gewone Geleenthede**

**Vriende-lik met binnewêreld**

**Uurglas vir moeilike**

**Fisiese oefening**



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A person is sitting on a beach at sunset, looking out at the ocean. The sun is low on the horizon, creating a bright orange and yellow glow. The person is in silhouette, wearing a dark jacket and pants. The beach is dark, and the ocean waves are visible in the distance.

Enough...

Enough. These few words are enough.  
If not these words, this breath.  
If not this breath, this sitting here.

This opening to the life  
we have refused  
again and again  
until now.  
Until now

- David Whyte



**Mindfulness.Art** Facebook Blad, Instagram en Webblad

**Mindful.org** eposlys en webblad

**YouTube:** Eckhart Tolle 7 Jon Kabat-Zinn, Tara Brach ensv

**MBSR** ([mindfulnessstraining.co.za](http://mindfulnessstraining.co.za) & ander)

**Boeke:** Mark Williams, Jon Kabat-Zinn, Eckhart Tolle, Rob Nairn, Tara Brach...

**Retreats**

**Persoonlike gesprek met Mindfulness terapeuet**

**APPS:** Insight Timer of Headspace



## **"Now Is the Time" - Hafiz**

**Now is the time to know  
That all that you do is sacred.**

**Now, why not consider  
A lasting truce with yourself and God.**

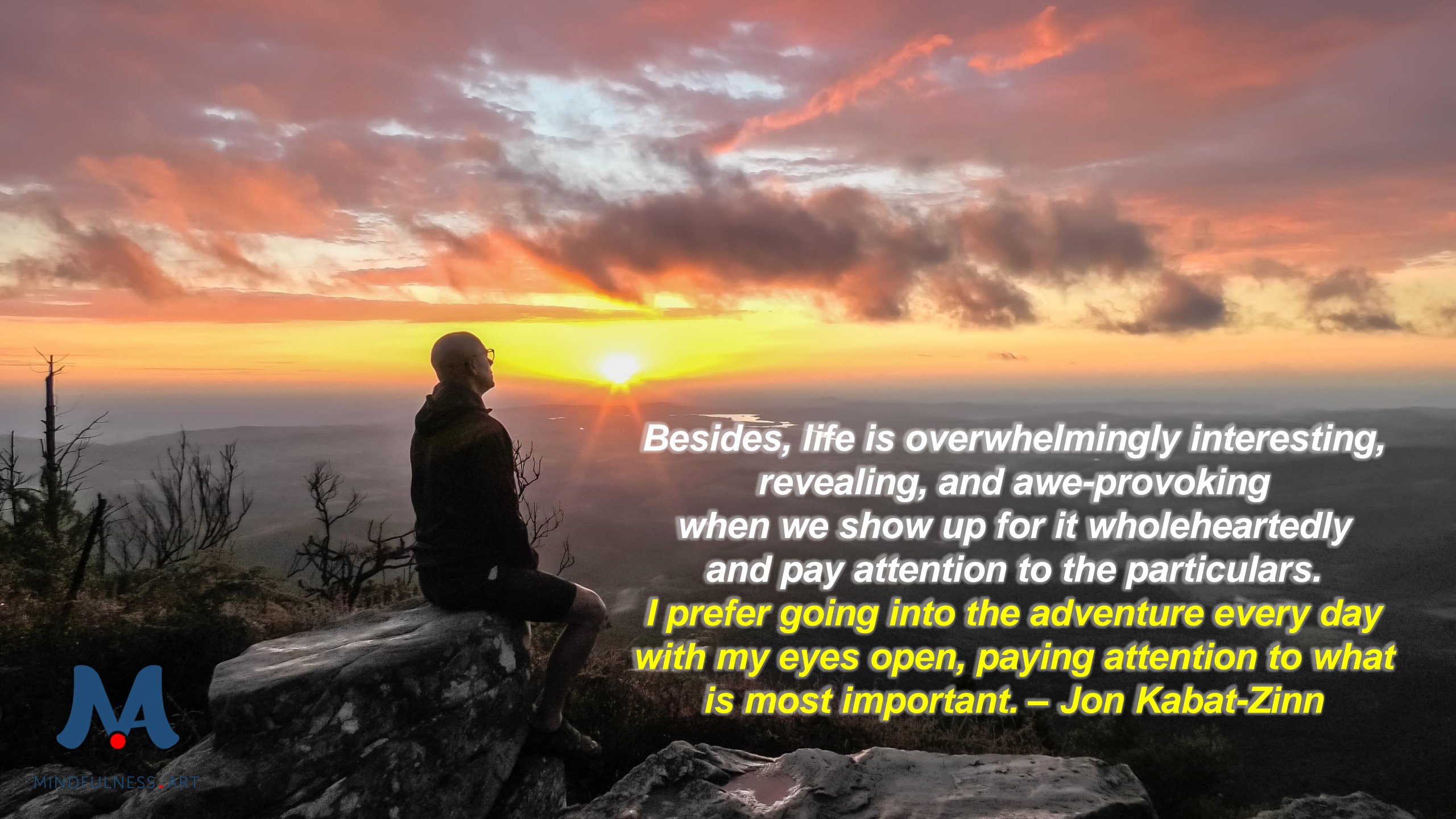
**Now is the time to understand  
That all your ideas of right and wrong  
Were just a child's training wheels  
To be laid aside  
When you finally live  
With veracity  
And love.**

**Now is the time for the world to know  
That every thought and action is sacred.**

**This is the time  
For you to compute the impossibility  
That there is anything  
But Grace.**

**Now is the season to know  
That everything you do  
Is sacred.**



A person is sitting on a large rock on a mountain peak, looking out over a vast valley at sunset. The sun is low on the horizon, creating a bright orange and yellow glow that fills the sky and reflects on the clouds. The person is silhouetted against the bright light of the sun. The sky is filled with dramatic, colorful clouds in shades of orange, red, and blue. The valley below is hazy and filled with rolling hills and some bare trees.

*Besides, life is overwhelmingly interesting, revealing, and awe-provoking when we show up for it wholeheartedly and pay attention to the particulars. I prefer going into the adventure every day with my eyes open, paying attention to what is most important. – Jon Kabat-Zinn*

