



WELKOM!

LIEFDEVOLBEWUSTE LEWENSKUNNS

MINDFULNESS IN AFRIKAANS

6 WEKE KURSUS

OP WOENSDAGAANDE:

16, 23, 30 JUNIE; 7, 14 EN 21 JULIE

OP ZOOM 19:00-20-30



MINDFULNESS . ART

AANLYN OPNAMES TEEN VRYDAG



Stilhouplekke op die ses weke Mindfulness pad:

WEEK 1 Vlieg met twee Vlerke: LiefdeVOLbewus!

WEEK 2 Ons Gedagtewerêld en Liggaamlandskap.

WEEK 3 Bemagtigende Mindfulness Mentaliteite.

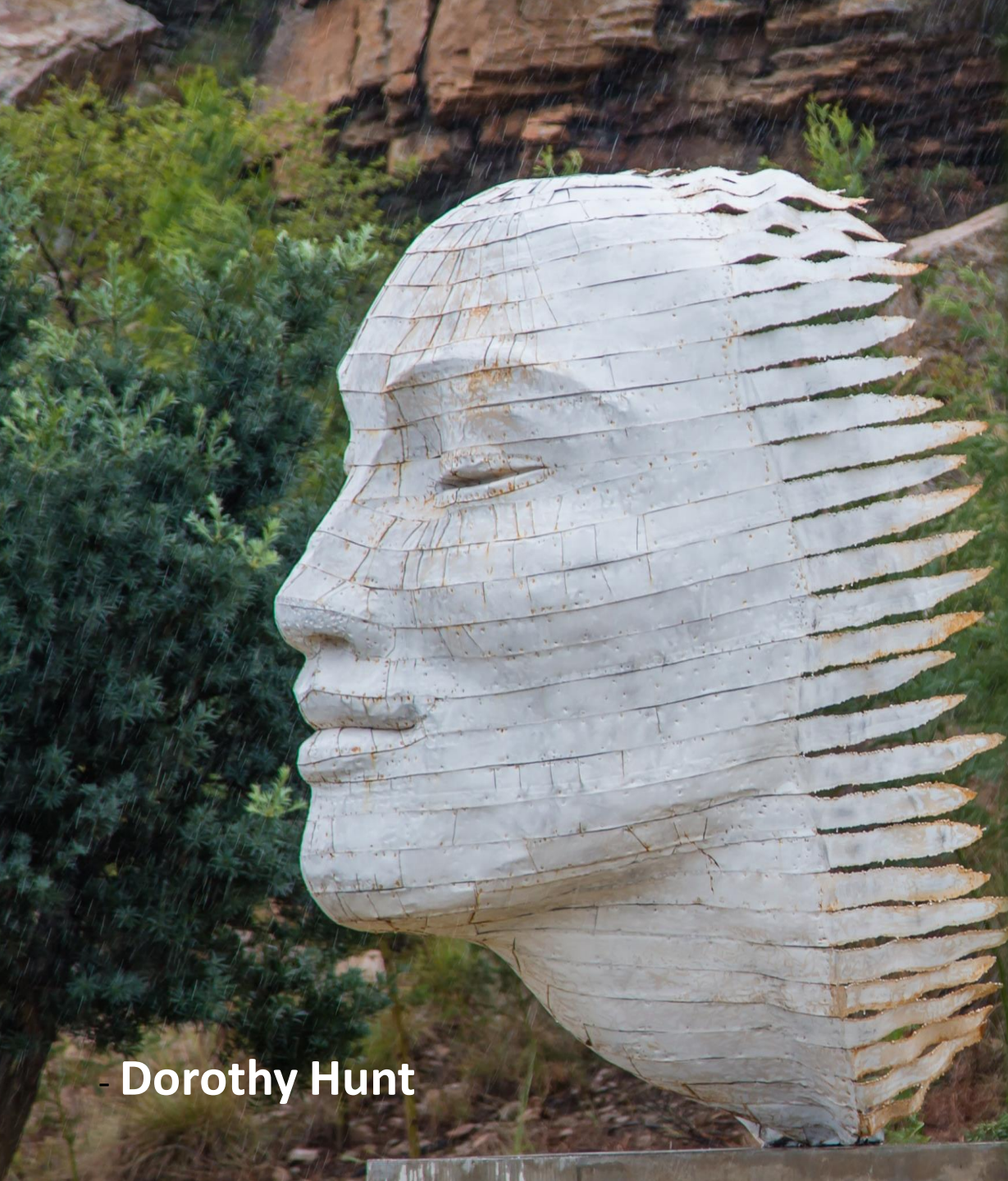
WEEK 4 Beweging na die Moeilike toe.

WEEK 5 Maak die meeste van elke Wondermoment.

WEEK 6 'n Florerende daaglikse lewe met Mindfulness.



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- Dorothy Hunt

Peace is This Moment Without Judgment

Do you think peace requires an end to war?

Or tigers eating only vegetables?

Does peace require an absence from
your boss, your spouse, yourself?

Do you think peace will come some other place than here?

Some other time than now?

In some other heart than yours?

Peace is this moment without judgment.
That is all. This moment in the heart-space
where everything that is, is welcome.
Peace is this moment without thinking
that it should be some other way,
that you should feel some other thing
that your life should unfolding according to your plans.

Peace is this moment without judgment.
This moment in the heart-space where
everything that is,
is welcome



Eva Moses Kor
– Holocaust Victim

*We can not
change what
happened,
but we can
change how
we relate to it!*



MINDFULNESS.ART

What is *Mindfulness*?

„*The awareness that arises from paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.*”

- Jon Kabat-Zinn



Wat is Mindfulness?

„Die bewussyn wat te voorskyn kom deur aandag te skenk op ‘n spesifieke manier:
doelbewus,
in die huidige oomblik,
sonder veroordeling”

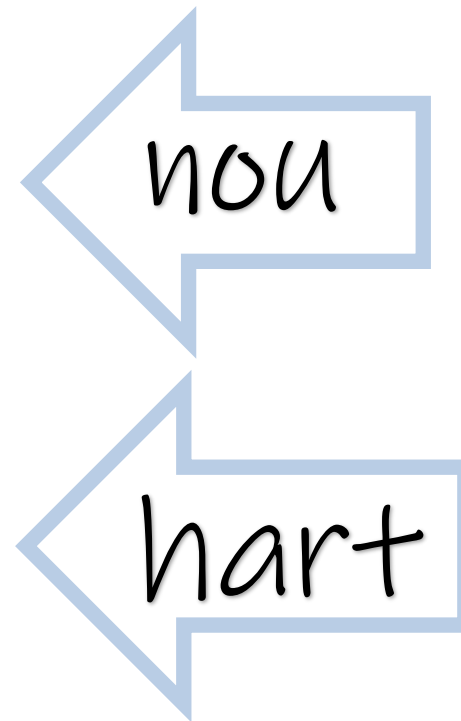
- Jon Kabat-Zinn



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Mindfulness / Heartfulness

nian





Liefdevol

Volbewus



**Twee vierke van
Mindfulness:
LiefdeVOLbewus**

**Affectionate
LiefdeVOL**

**Attention
VOLbewus**



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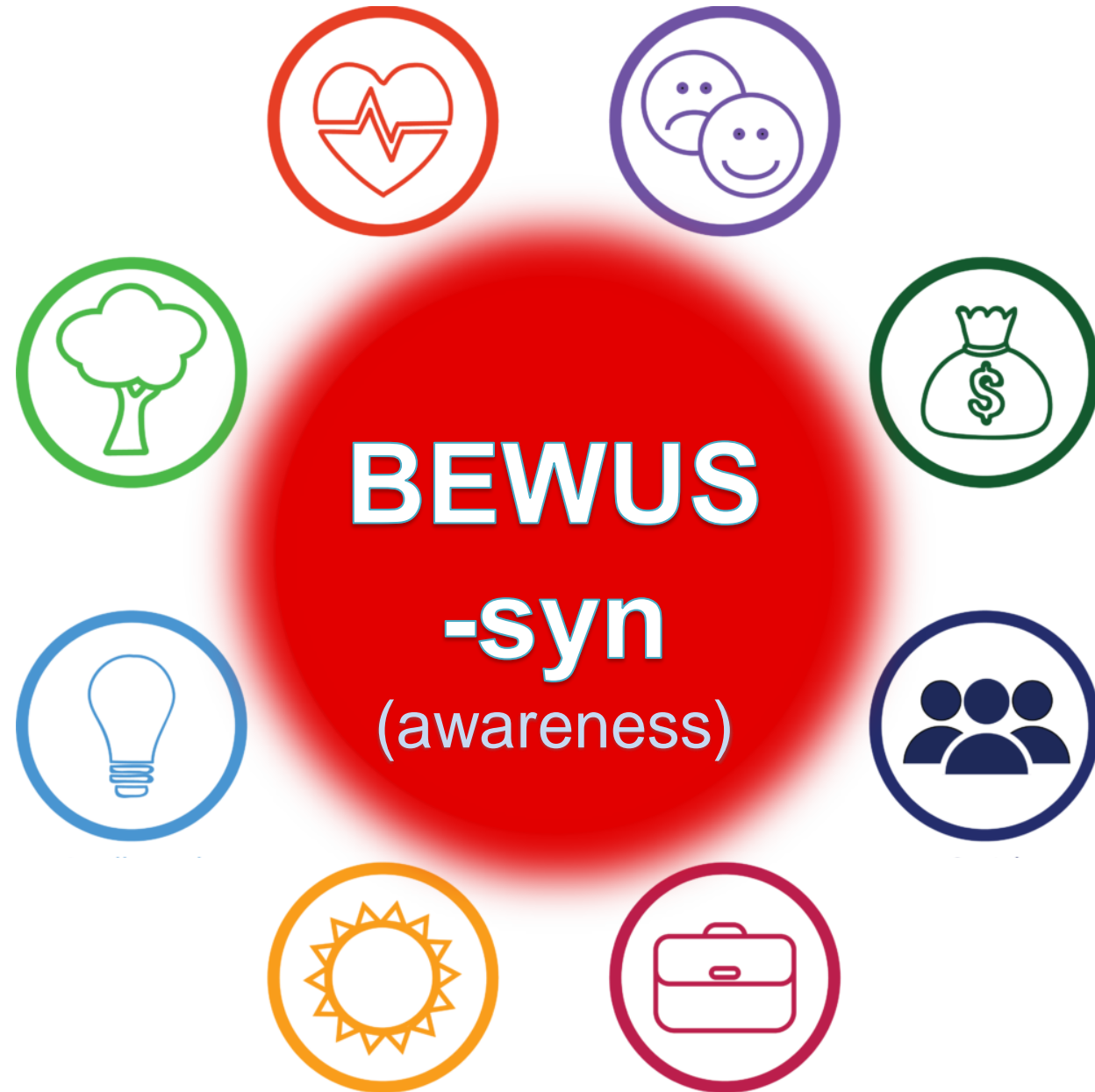
Twee vlerke van
Mindfulness:
LiefdeVOLbewus



Attention
VOLbewus

Ingebore kapasiteit van bewussyn









Twee vierke van
Mindfulness:
LiefdeVOLbewus



M

Affectionate
LiefdeVOL

Liefdevol

Houding in Mindfulness

Asof die eerste keer

Nie-veroordelend

Aanvaar

Laat Gaan

Vertrou

Geduld

Nie Forseer

Dankbaar

Vrygewig

Attitudes of Mindfulness

Beginners Mind

Non-Judging

Acceptance

Letting Go

Trust

Patience


Non-Striving

Gratitude

Generosity

Compassion





**Om doelbewus
aandag en liefde
te bring na
enige ervaring,
verander die ervaring!**

- Bv hand hand te voel...

**Twee vierke van
Mindfulness:
LiefdeVOLbewus**



**Affectionate
LiefdeVOL**

**Attention
VOLbewus**



Hoekom Meditatie?

Kern voordele van Meditasie

- **Ontdek jou ware IDENTITEIT (Wie is ek?)**
- **Meditasie maak ons bewus van Bewussyn!**
- **Skep nuwe gesonder brein bane**
- **Verbind sterker met jou lewe en die lewe**



MINDFULNESS . ART

Meditation is not about quieting the mind... Meditation, properly understood, is about **transforming our relationship to the mind**. It's about cultivating the ability to **no longer identify with the mind**, so that we can discover **who we are beyond the mind**. Practically speaking, this has the added benefit of enabling us to discern and discriminate which thoughts are worth listening to and acting on, and which ones aren't.

So, the next time you sit down to meditate, **instead of trying to find a way to quiet your mind, simply make the decision to not engage with your mind**. That means that when thoughts arise, even if they are very interesting thoughts, we choose not to give them our attention.

One of the things that will happen as you meditate in this way is that you'll start to discover **that you are not your thoughts**.

That's because the mind is not the problem (THE PROBLEM IS **IDENTIFICATION WITH MIND IS!!!**). Even having a very active mind is not a problem. In many ways, the power of this practice reveals itself more fully when we have an active mind because it's in those moments that we can begin to **discover directly that our true nature is already free even when our mind is in chaos**.

It doesn't matter if you are in the midst of difficult circumstances, or are experiencing painful emotions, or have a very busy, active mind. You're already free no matter what happens.

Consciousness is not at the effect of what arises within it. Who and what you truly are is not governed by the content of your mind from one moment to the next.

In the way we normally speak about **inner peace and contentment**, we mean being emotionally content, or feeling peaceful. **But spiritual awakening is not about being emotionally content.** It's much deeper than

that. **It's about being existentially content.** It means you are content at the deepest level of your being. You are content with existence as it is, without prejudice.

What's possible is the **cultivation of steadiness in the face of every changing life experience.** This heightened capacity is much more significant than any superficial and fleeting "peace" that may or may not occur in meditation. It's a kind of calm that is deeper and more enduring. Fully embraced, it is nothing less than liberation itself.

MUDDY water, let stand,
becomes CLEAR



~ Lao
Tzu

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WHY MINDFULNESS?

AWARENESS & COMPASSION

- Cultivate Awareness
- Live with Presence
- Enhance Interconnectivity
- Power of Compassion

BODY	EMOTIONS	THOUGHTS	SPIRITUALITY	RELATIONSHIPS	NATURE / WORLD
Know your body	More aware of emotions	More aware of thoughts	Aware of connections	Present in relationships	Connection to Nature
Lowers Inflammation	Insight from emotions	Strengthening Attention	Living grounded	Better listening	Wisdom in Nature
Boost Immunity	Selfregulating emotions	De-centering (knowing)	Inner resources	Deepening compassion	Life as your Guru
Pain reduction	More contentment	Skills for rumination	Who am I?	Healty Empathy	Ecological responsibility
Training senses	Happier life	Focus better	Coming home to Self	More fulfilling relations	Rooted living
Real rest and sleep	Anxiety tools	More reflective	Embodied spirituality	Tools for conflict	Living with Awe
Mindful care of nutrition	Decrease depression	Better memory	Mystic: God in all	Mindful speaking	More Generous Altruistic
More energy	Less Irritability	More mental stamina	Space in Stillness	Mindful leaders	Flourish!
Longer life (telomere)	Stress reduction	More objective	Freedom	Mindful parenting	
Brain:	Savouring the good	Better problem solving		Collaborate better	
• Rewiring unhealthy habits	More adaptable	Create healthy thought patterns		Building better world	
• Enlarge pre-frontal cortex and hippocampus	Enhance creativity			Justice and equality	
• Thicker connections between areas	Anger management				
Body - Mind connect	Equanimity				
Body reveals inner world					



MINDFULNESS . ART

***No one ever became
drunk on the word “wine.”***

(De Mello, 1982)



Richard Davidson - neuroloog



“Our brains are constantly being shaped wittingly (doelbewus) or unwittingly—most of the time our brains are being shaped unwittingly, and we have an opportunity to take more responsibility for the intentional shaping of our own minds and through that, we can shape our brains in ways that would enable these four fundamental constituents of well-being to be strengthened.”

Mindfulness

Meditasie

- o Uurglas Meditatie (Three Minute Breathing Space)
- o Asemmeditatie (Breath Meditation)
- o Liggaammeditatie (Body Scan)
- o Klankmeditatie (SOund Meditation)
- o Bewegingsmeditatie
(Mindful Movement Meditation)
- o Eetmeditatie (Mindful Eating Meditation)
- o Natuurmeditaties (Berg, Boom, Meer)
(Mountain, Lake and Tree Meditation)
- o Meeleewingsmeditatie (Compassion Meditation)
- o Oop volbewuste meditatie (Open Awareness)
- o Stilte-spasie Meditatie





Boudblokke van Mindfulness 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

- Skyn volbewus jou aandag op die ankerpunt met 'n liefdevolle houding (vloei)
- Aandag weg van fokuspunt? (Nie-veroordelend, nuuskierig, met aanvaarding terugkeer na fokuspunt) RAIN: recognize, allow, intimate attention, non-identification
- Fisiese of Emosionele Pyn / Ongemak / Frustasie / Verveeld / Gedagtegeraas? (gee spasie, toestemming, deernis, meelewing, aandag, asem en laat gaan dit)
- Vrede, geluk en euforie? (volbewus, dankbaar, nie verknog vasgryp, keer terug)
- Na die klokkie, stel intensie om steeds wakker, volbewus en ontspanne te leef.

Uurglasmeditatie



UURGLAS 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)
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MEDITASIE

Raak bewus wat in jou gedagtes gebeur (soos verkeer). Merk net op en laat gaan.

Skuif na Emosies. Wat is die prominente emosies. Hoe reageer jy as jy emosies ontdek?

Beweeg die fokus nou na die liggaam. Nuuskierig oor alle sensasies.

Fokus nou op asemhaling

Bewussyn en asem van hele liggaam

Ruimte/ kamer

Verbintnisse

Gesprek

**“Forget about enlightenment.
Sit down wherever you are
And listen to the wind
singing in your veins.
Feel the love, the longing,
and the fear in your bones.
Open your heart to who you are,
right now,
Not who you would like to be.
Not the saint you’re striving
to become.
But the being right here before you,
inside you, around you.
All of you is holy.
You’re already more and less
Than whatever you can know.
Breathe out, touch in, let go.”
— John Welwood**





Meelewingsmeditatie

“Lovingkindness” Meditatie



Meelewingsmeditatie / “Lovingkindness”

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)
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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)

Mag ek

... volbewus teenwoordig wees,

... bewus wees van innerlike bronne

... veilig voel te midde van storms,

... vergenoegd wees

... liefde ervaar en floreer!

Mag jy

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... volbewus teenwoordig wees,

... bewus wees van innerlike bronne

... veilig voel te midde van storms,

... vergenoegd wees

... liefde ervaar en floreer!

Mag alle lewende wesens

... veilig wees en vrede ervaar

....vry wees van lyding en die oorsake daarvan

... geluk ken en floreer!

Gesprek

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Oefeninge deur die week

- Daaglik 'n vorm van UURGLAS Meditasie
- 3 x Aangestuurde Uurglas meditasie
- Eet ten minste een ete liefdeVOLbewus
- Skryf in joernaal wat jy ontdek
- Stuur WattsApp aan my as vrae het of opmerkings
(0835406015)



“Stop trying to heal yourself, fix yourself, even awaken yourself.

Let go of letting go.

Stop trying to fast-forward the movie of your life, chasing futures that never seem to arrive.

Instead, bow deeply to yourself as you actually are.

Your pain, your sorrow, your doubts, your deepest longing, your fearful thoughts...are not mistakes, and they aren't asking to be healed.

They are asking to be held.

Here, now, lightly, in the loving arms of present awareness.”

— Jeff Foster, *Beyond Awakening: The End of the Spiritual Search*