

MINDFULNESS IN  
AFRIKAANS

LIEFDEVOLBEWUSTE  
LEWENSKUNNS

6 WEKE KURSUS



MINDFULNESS . ART

2





# Uurglasmeditatie



# MINDFULNESS

# LiefdeVOLbewuste Lewe



MINDFULNESS . ART

## BEWUSSYN:

- Kritiese Kapasiteit
- Kern van Identiteit
- Leef gewortel in bewussyn
- Aandagtigheid verbind
- Wysheid

HOUDING van „JA” met liefde

(lovingkindness)





# ONS GEDAGTEWERÊLO EN LIGGAAMLANDSKAP



MINDFULNESS . ART



# Enorme Potensiaal van Denke



- ✓ Fokus en groot prentjie
- ✓ Navors, analiseer, weeg
- ✓ Konsepte, taal, wiskunde
- ✓ Onthou en herroep
- ✓ Kreatief, skeppend, droom
- ✓ Probleemoplossing
- ✓ Gevaar & Geleenthede sien
- ✓ Konneksies met lyf, emosies en ander versterk
- ✓ .....





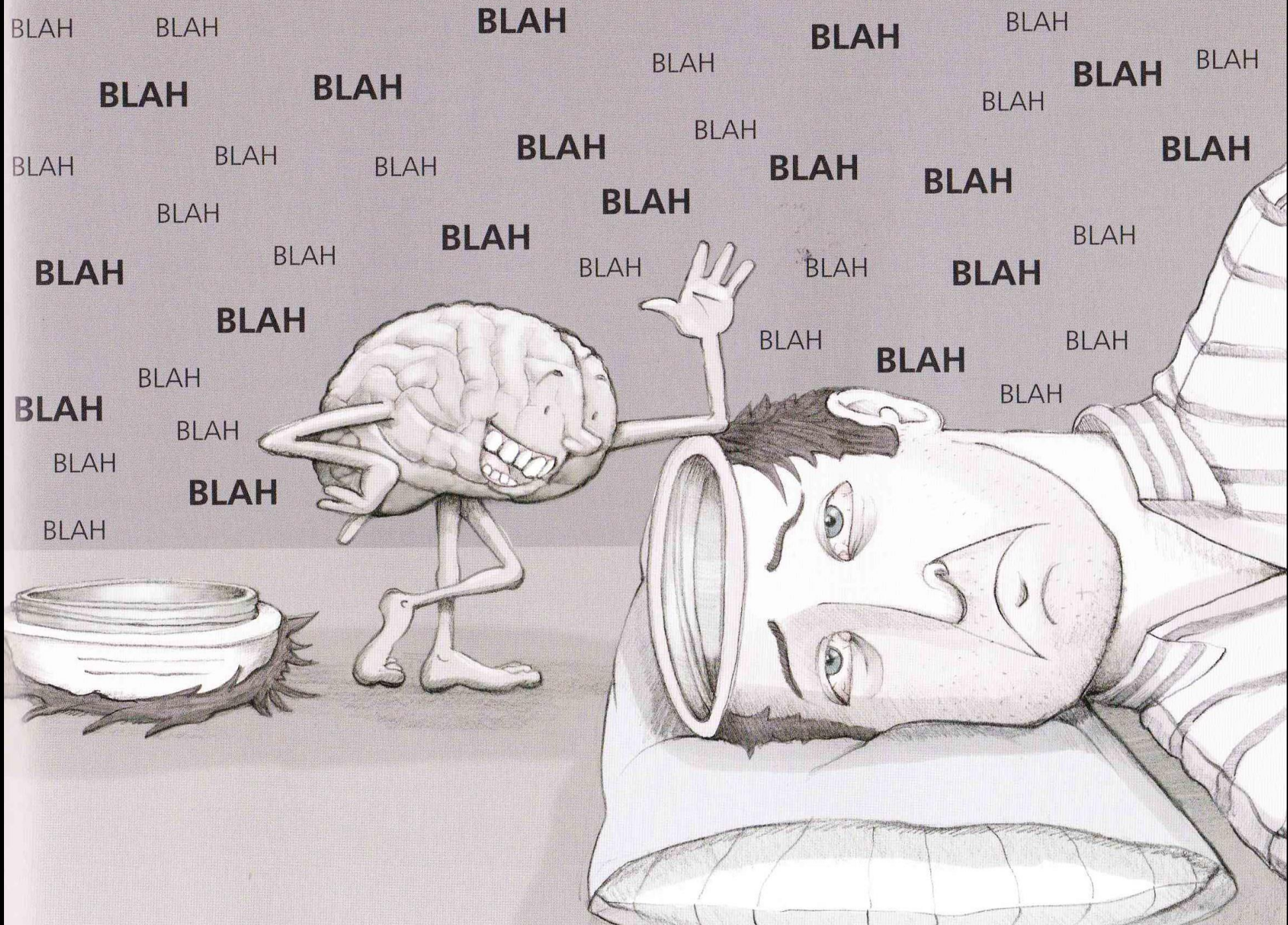
# Probleme in ons gedagtewêreld



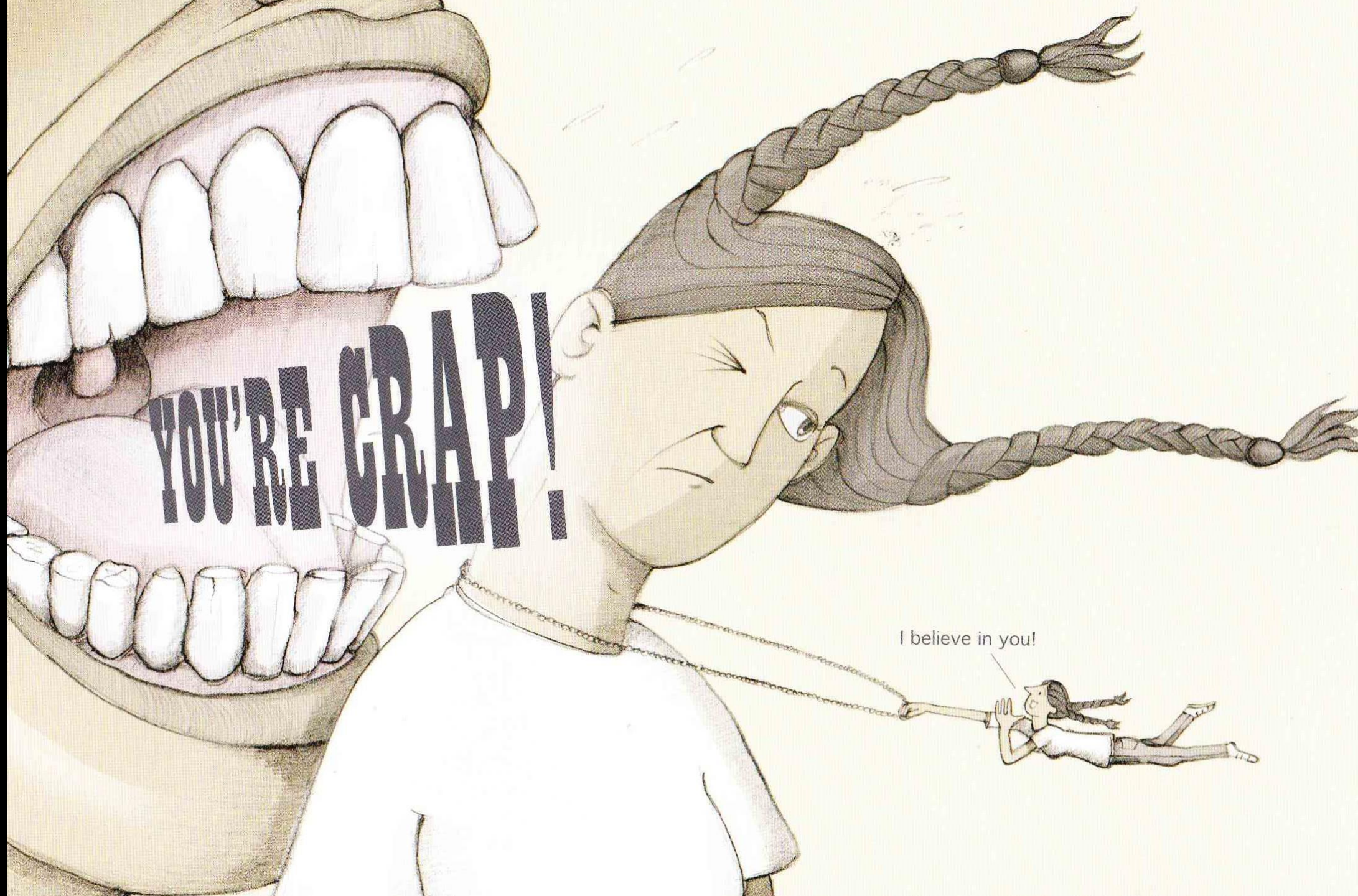
- ✓ Kan soms nie fokus (rondspring of moeg)
- ✓ Negatiewe voorkeur / Negativity bias
- ✓ Afbrekende of ongesonde gedagtes
- ✓ Geraas produseer (kommentaar)
- ✓ Persepsies filter ervarings
- ✓ Robotrat of ingedagte (Autopilot)
- ✓ Blok konneksies met emosies, lyf & ander
- ✓ Vashaak in verlede
- ✓ Verlore in toekoms
- ✓ Soms verstrengel in ongesonde spirale
- ✓ Afhanklikheidspatrone (tegnolojie, chemie...)
- ✓ Denke soek oplossings met meer denke
- ✓ Identiteit slegs in die denke self vind







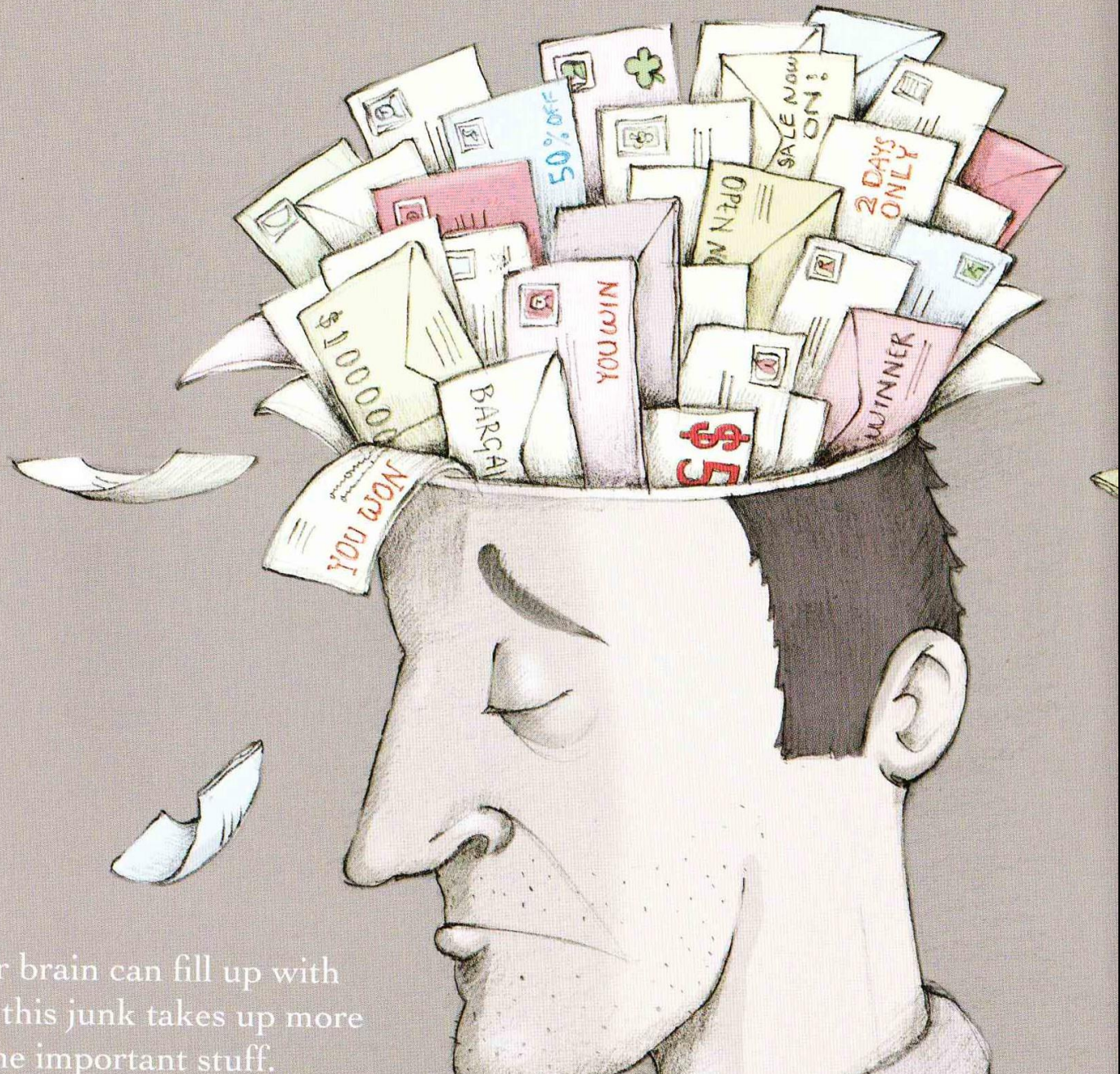




**YOU'RE CRAP!**

I believe in you!

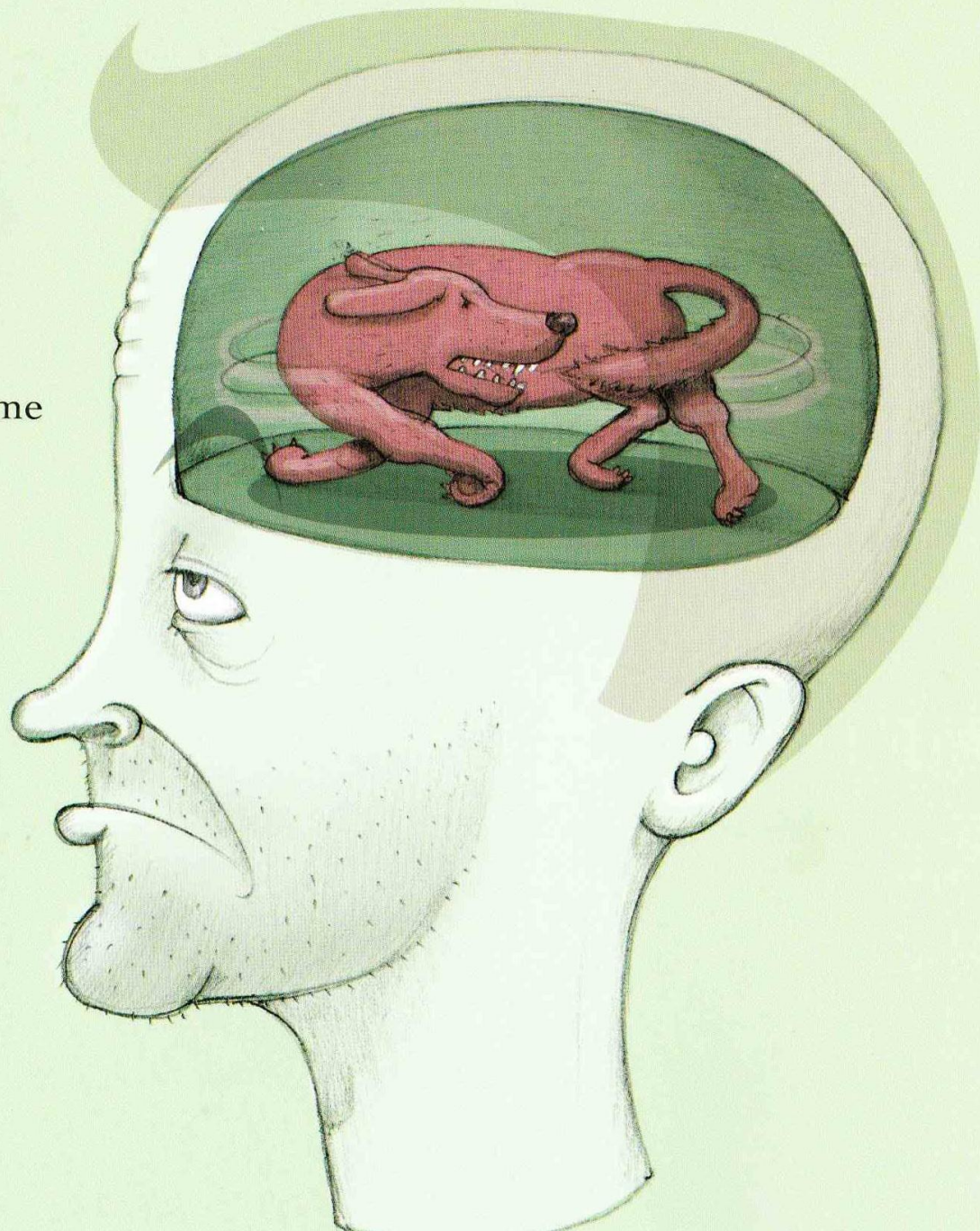




Just like a computer, your brain can fill up with junk and for some reason this junk takes up more memory and space than the important stuff.

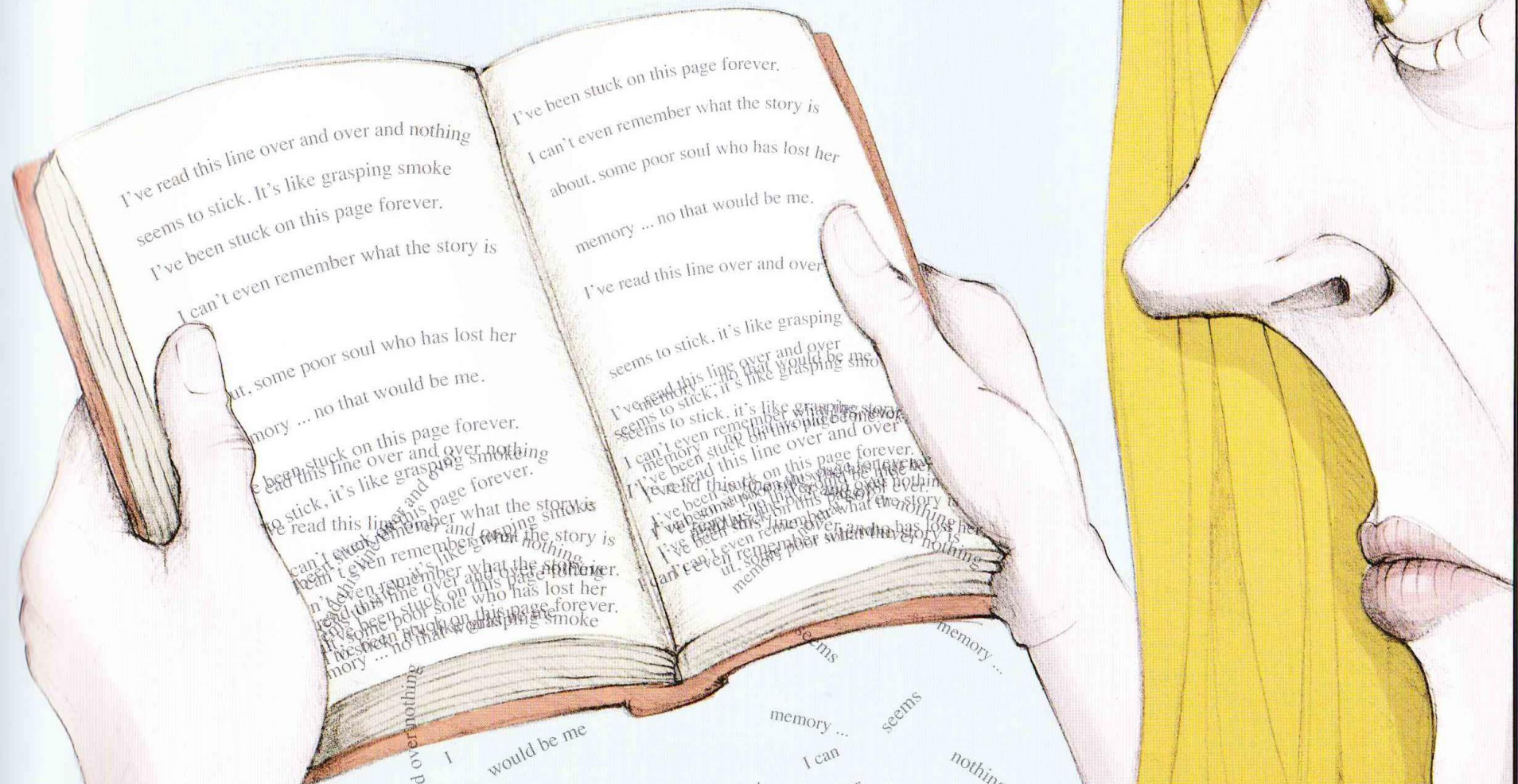


Thoughts can become obsessive  
and intrusive; they can also become  
stuck and repetitive.

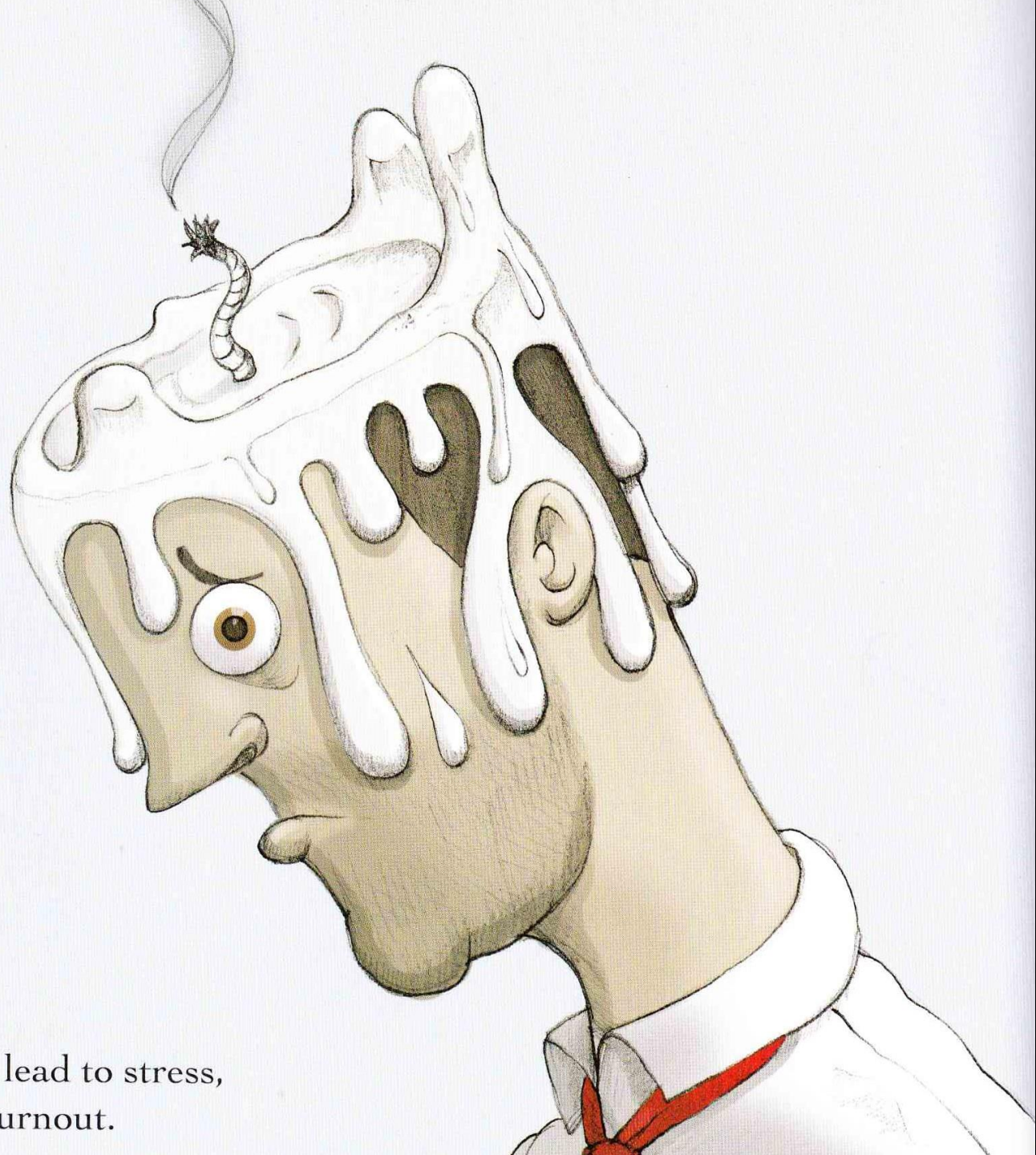




If your memory is full of junk it becomes difficult to concentrate.

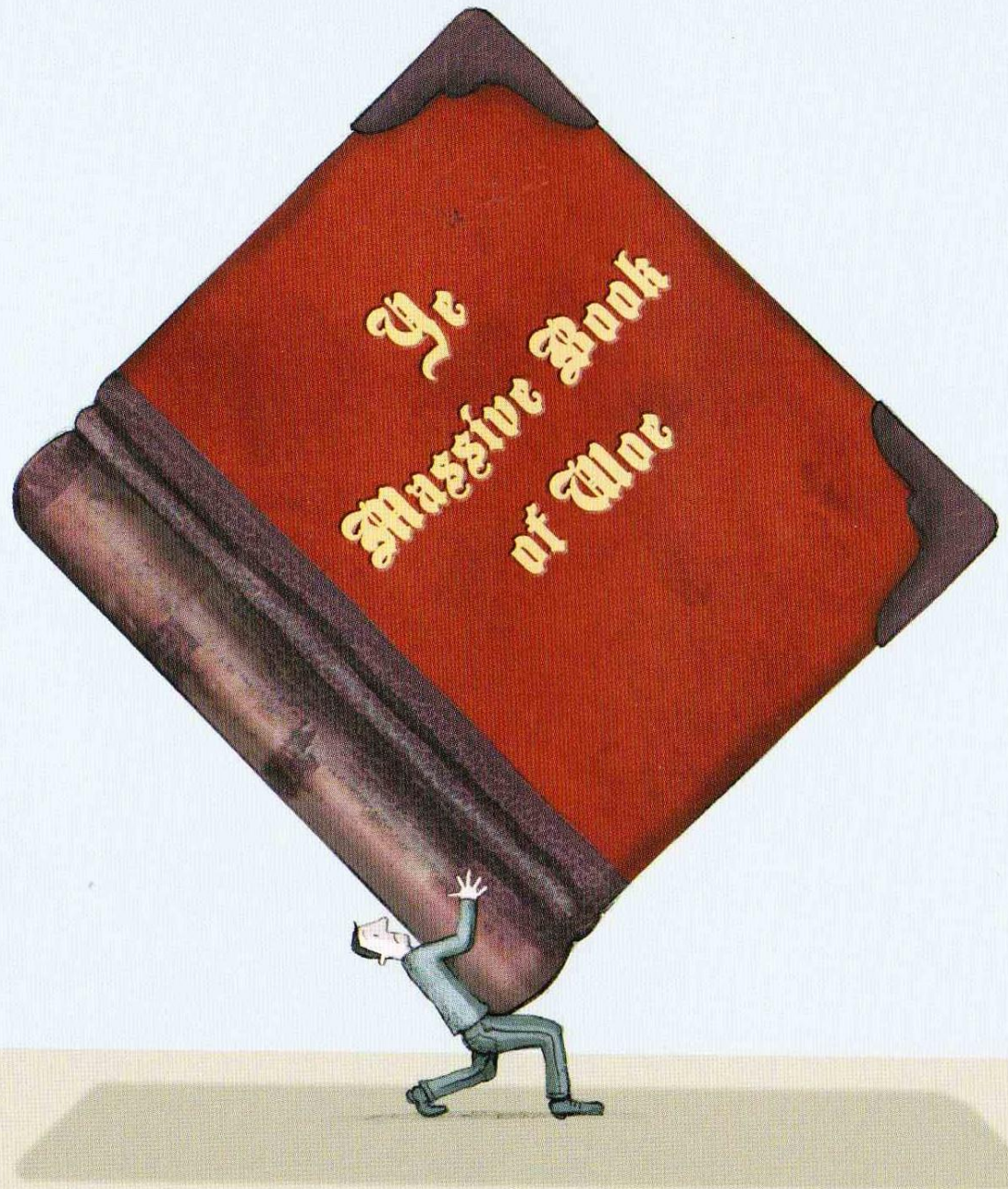






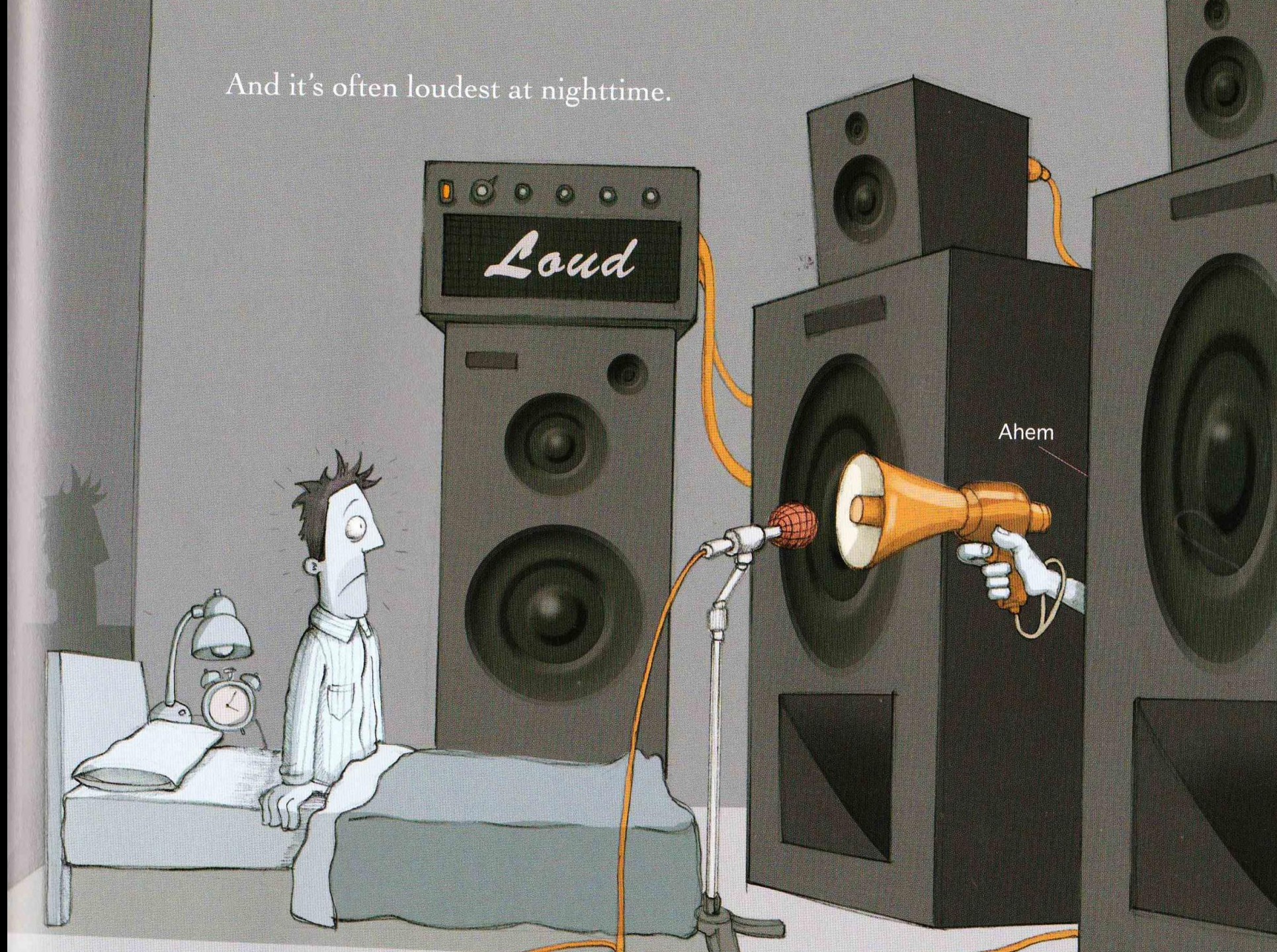
This kind of thinking can lead to stress, anxiety, depression and burnout.







And it's often loudest at nighttime.





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OR  
fakebook

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Ad · Page · Group · Event

is so pragtig!  
Like · Reply · 3h

View more comments

Write a comment...

Berenice Esterhuyzen and 3 others shared Jay Shetty's video.

**EVERYONE NEEDS TO HEAR THIS**

"We sacrifice our health in order to make wealth, then we sacrifice our wealth in order to get back our health."

**SHARE TODAY**

ear This Follow

JENNEKE

She had no idea why the crowd was staring!  
mydaily magazine.com  
These Photos Could Not be More Perfectly Timed

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4:23 PM





MINDFULNESS . ART



# Eckhart Tolle:

*The greatest obstacle to experiencing the reality of our connectedness is **identification with your mind**, which causes thought to become compulsive. This incessant mental noise prevents you from finding that realm of inner stillness that is inseparable from Being. It creates a false mind-made self that casts a shadow of fear and suffering.*





# Eckhart Tolle:

*Identification with mind creates an opaque screen of concepts, labels, images, words, judgements, and definitions*

*that blocks all true relationship.*

*It comes between you and yourself,  
between you and your fellow man en woman,  
between you and and nature,  
between you and God.*

*This is the screen ot thought that creates  
the illusion of seperateness.*





# Eckhart Tolle:

*This is the disease.*

*You believe you are your mind.*

*This is the delusion.*

*The instrument has taken you over*





# Denkprobleme:



- ✓ Kan soms nie fokus (rondspring of moeg)
- ✓ Negatiewe voorkeur / Negativity bias
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- ✓ Oplossings met meer denke spel
- ✓ Identiteit slegs in die brein self vind



Veg?

Vlug?

Vries?

Verdoof?

Staan in nuwe  
liefdeVOLbewuste

**VERHOUDING**

met jou binnekant!  
(decentering)





# Kalmte is: —

***nie om geen ongemaklike gedagtes te hê nie,  
maar om met 'n ander verhouding  
met die gedagtes te staan.***









# Eckhart Tolle:



MINDFULNESS . ART

*“At the moment of arising we do not have to pick up a thought! Freedom from thoughts does not mean no thoughts! It means that thoughts come and go freely.*

***We don't latch onto them!***

*An incredible brilliance come into the mind”*

The background features a light gray and white wavy pattern. Dark brown branches with vibrant autumn leaves in shades of red, orange, and yellow are scattered across the scene. Some leaves are falling, creating a sense of movement. The overall aesthetic is warm and seasonal.

Ongepaste  
gedagtes?

Onttrek die energie

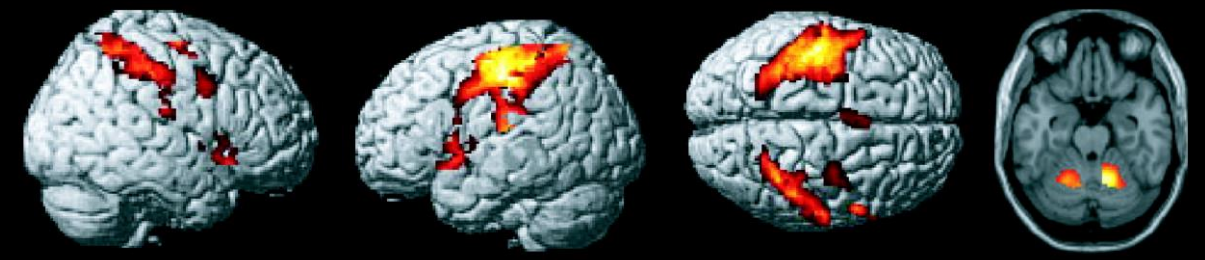


# Mindfulness and how the brain works

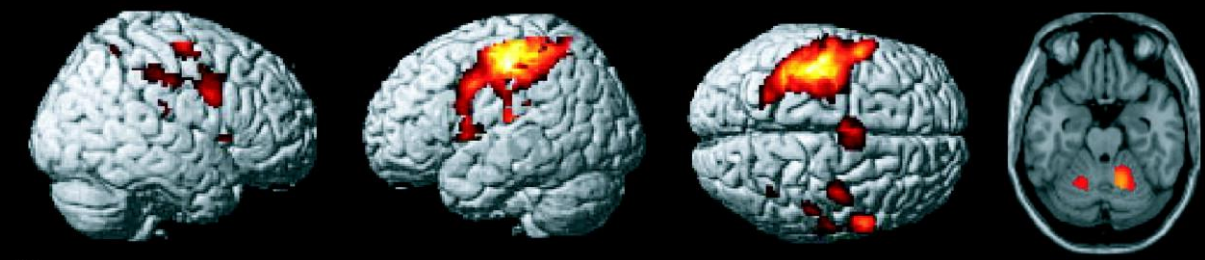


Mind the Bump

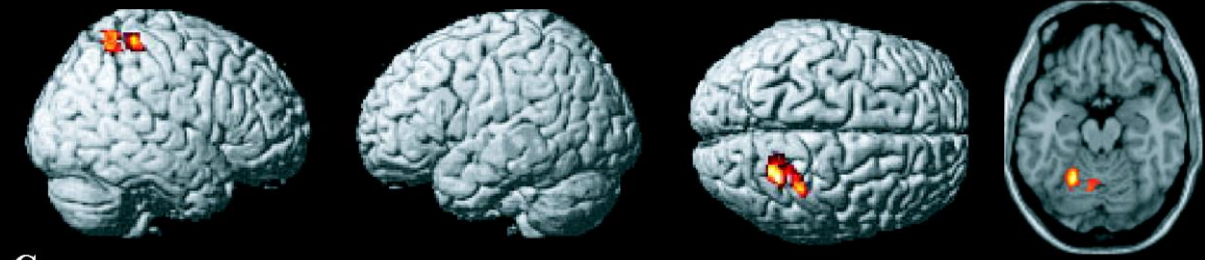
# fMRI



A



B



C

**Sekere gesonder  
dele sterker**

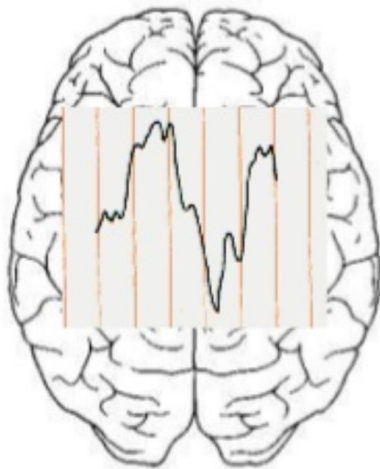
**Konneksie tussen  
dele verbeter**

**Nuwe brein bane**

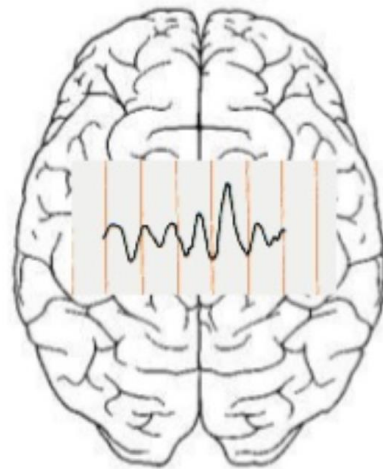


# 'AWAKENED' OR 'HIGH-PERFORMANCE' STATE ASSOCIATED WITH DISTINCT BRAIN WAVE CHANGES

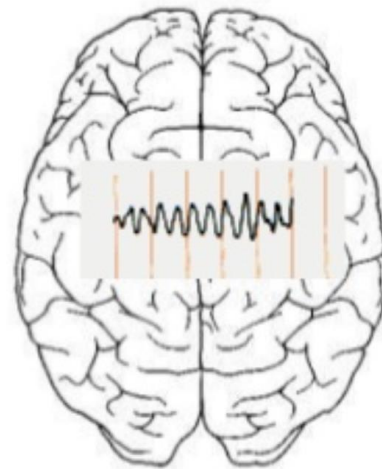
**Delta**  
Unconscious



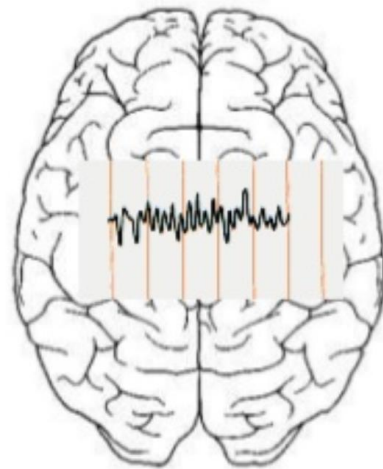
**Theta**  
Creative subconscious






**Alpha**  
Relaxed alertness



**Beta**  
Active thought

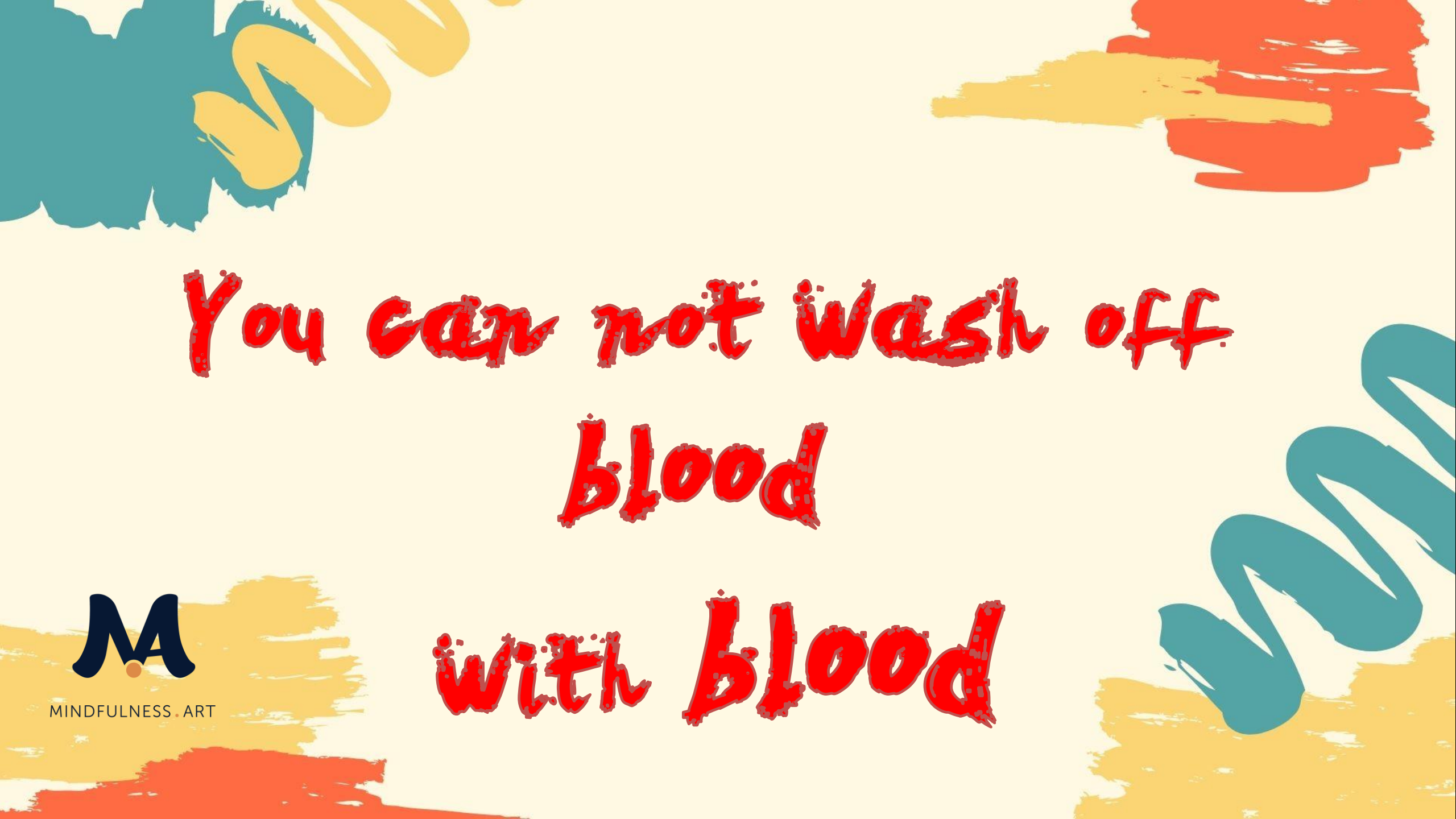


 Increase in activity

 Decrease in activity 







You can not wash off  
blood  
with blood



MINDFULNESS . ART

# Hoekom die lyf?

- Daar is 'n sterk verband tussen jou liggaam, denke en emosies; hulle beïnvloed mekaar.
- Die liggaam gee boodskappe van wat in jou gevoelens en gedagtes gebeur.
- Die liggaam is 'n **poort tot die hede** as ek bewus word dat ek afwesig is.
- Fokus op die lyf/asem bevry jou uit die spiraal van denke





**The body reveals,  
what the heart feels  
and what the mind conceals.**



MINDFULNESS . ART

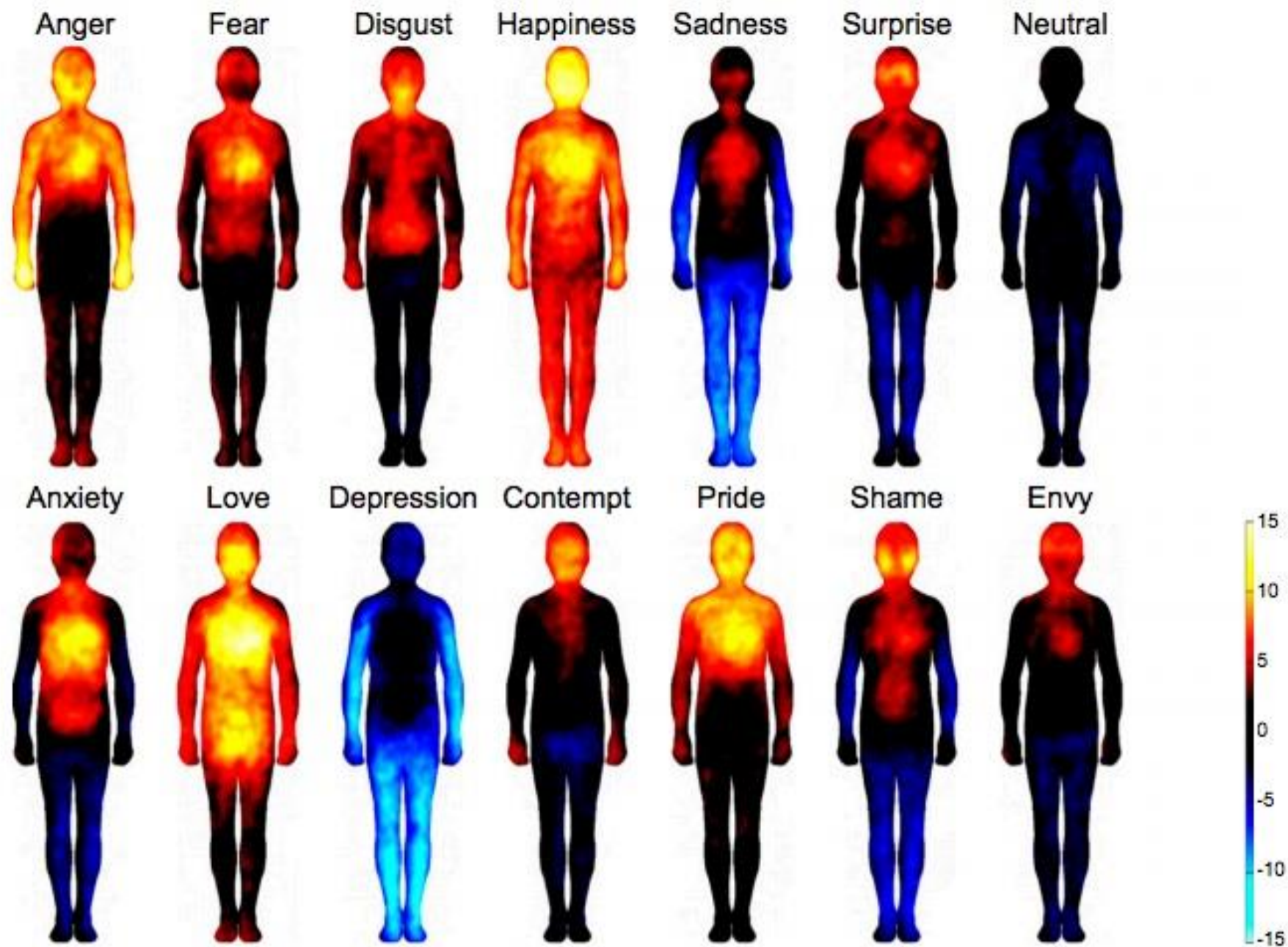


Fig. 2. Bodily topography of basic (*Upper*) and nonbasic (*Lower*) emotions associated with words. The body maps show regions whose activation increased (warm colors) or decreased (cool colors) when feeling each emotion. ( $P < 0.05$  FDR corrected;  $t > 1.94$ ). The colorbar indicates the t-statistic range.



Onderbreek die string  
gedagtes



# Hoekom die lyf?

- As jy fokus op die liggaam skep dit geleentheid om na jou gedagtes en gevoelens te luister.
- Die manier waarop ons reageer op sensasies in die liggaam soos pyn, leer en oefen ons om na die pyn toe te beweeg, nie weg daarvan af nie. Dit is 'n oefening in medelye/compassion met onself.
- Ervaar “decentering”: Jou waarnemer neem die sentrale beheer en neem nou jou gedagtes/emosies
- /pyn waar.





# Hoekom die lyf?

- Erken gedagtes as gedagtes en emosies as emosies. Dit is veranderend en verbygaande.
- Die liggaam of asem word 'n anker in die middel van onstuimige emosies en gedagtes. (Leer die pad nie na lyflike ervaring v stilte)
- Oefen konstante volbewustheid.(awareness)
- Help die apiebrein wat van tak na tak spring om tot rus te kom en aandagtig te fokus.
- Diep ontspanning en verligting van angstigheid deur fisiese, emosionele, kognitiewe en geestelike rus.
- Ervaar dat daar tipes wysheid is wat anders as die rede.
- Oefen die 9 houdings vir Mindfulness.



# Hoekom die lyf?

- Oefen om te “wees” (“being”) in plaas van om net te doen (“doing”). Sodat jou “being” die basis van alle “doing” kan word.
- Geleentheid om by jouself beter te leer ken en tuis te kom in jouself. Liggaam te ken en versorg.
- Tyd vir stilte wat beduidende positiewe impak het.
- Raak beter bewus van jou lyf se sensasies en gesondheids-toestand.
- Beter kwaliteit asemhaling het talle voordele vir die gesondheid.
- Verdieping in spiritualiteit deur spirituale in ervaring of mistieke (God in die gewone) te ervaar.

## Don't Go Outside – Kabir



MINDFULNESS . ART

You are here:

Don't go outside your house to see the flowers.

My friend, don't bother with that excursion.

Inside your body there are flowers.

One flower has a thousand petals.

That will do for a place to sit.

Sitting there

you will have a glimpse of beauty

Inside the body and out of it,

Before gardens and after gardens.

by Kabir

*visit your body*



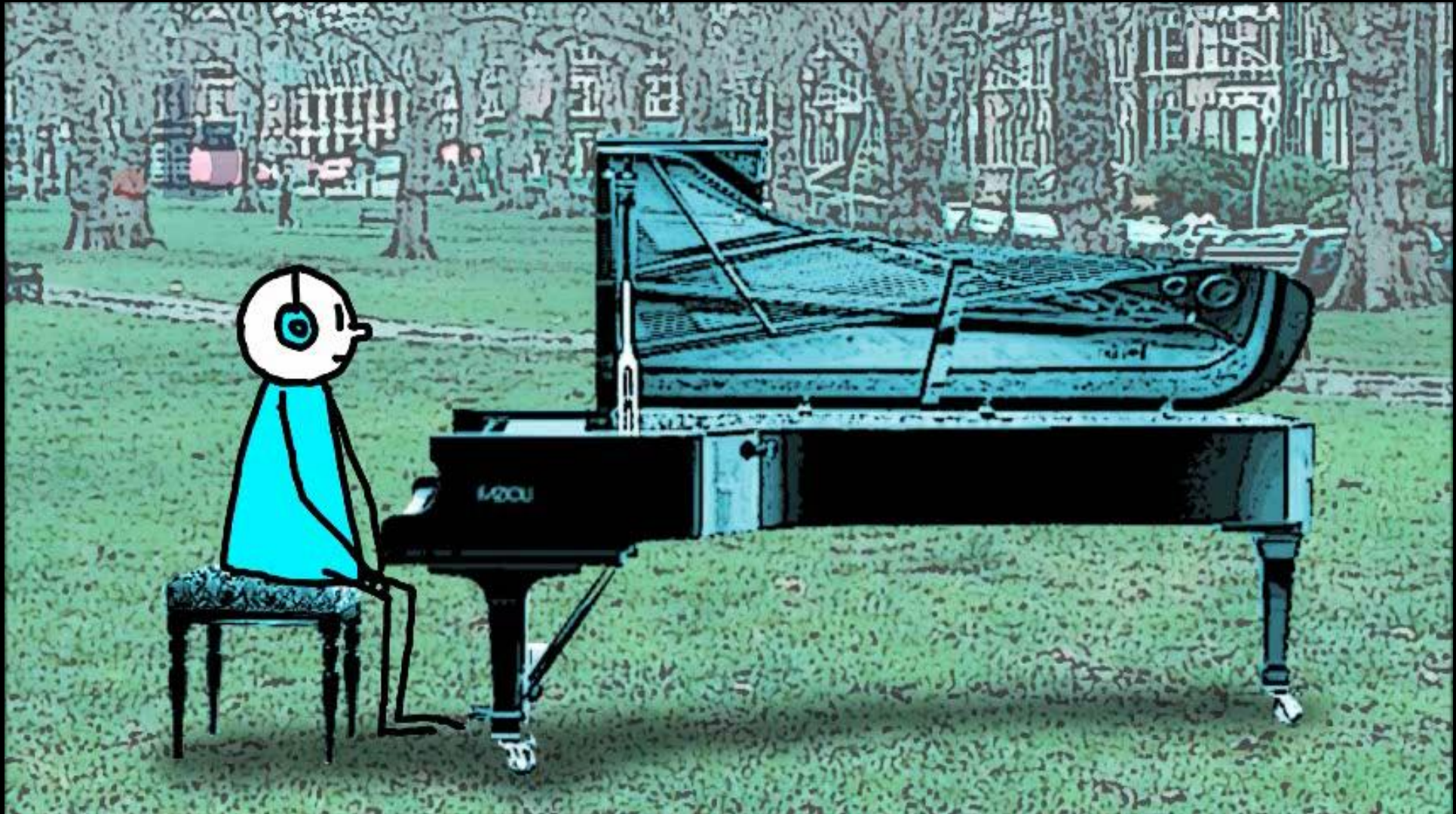
# Interoception



We all use **exteroception**—sight, smell, hearing, taste and touch—to navigate daily life.

But **interoception**—the ability to interpret signals from our body—is equally important for survival, even though it often happens subconsciously.

# Stapmeditatie





A low-angle, close-up shot of a person's legs and feet as they walk on a light-colored paved path. The person is wearing blue denim jeans and brown leather lace-up shoes. The background is a lush green lawn with several trees, some of which are out of focus, suggesting a park or golf course setting. The lighting is bright and natural, casting soft shadows on the path.

**Bewustelik stap**



**47:12 min stap**

**Tussen hier en daar  
is daar baie treë  
en tussen elke voetstap  
wat kom en gaan  
is daar 'n oomblik pouse  
van stilte**

**En van bo word daar  
met elke asemteug  
aan 'n heen en weer  
rooisel verkeer  
liefde volle suurstof en omgee  
gegee tot in die voetsool**

**wat oorvloei in die aarde  
om saam te floreer  
- Pieter Oberholzer**





A woman with long dark hair, wearing a white lace top, is shown in profile from the chest up. Her eyes are closed, and her head is tilted slightly upwards, suggesting a state of relaxation or meditation. The background is a clear blue sky with soft, wispy clouds. The overall mood is peaceful and serene.

**Asemhaling**

# Lyfmeditatie



“Body scan”



# Liggaam Meditatie (Bodyscan)

## 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)



MINDFULNESS . ART

## MEDITASIE

- Skyn volbewus jou aandag op verskillende dele van jou liggaam met fyn aanvoeling van die geringste sensasies.
- 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.

# *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**









# Navorsing oor die effek van

## “Bewus Leef” (Mindfulness)



- Deel van brein wat met positiewe emosies geassosieer word, word sterker.
- Net 8 weke *mindfulness*program en -oefeninge het permanente impak op geluk.
- fMRI wys fisies skuif van aktiwiteit van negatiewe na positiewe emosies.
- Fisiese struktuurveranderinge tot gevolg.
- Bewys dat mense meer deernis het.
- Meer passie vir die lewe (Zest for life)
- Groter bevryding om jouself te wees.



Heart rate

TRACK

TRENDS

Days ▾

All ▾



Wed, 13 September

55 bpm  
Minimum

67 bpm  
Average

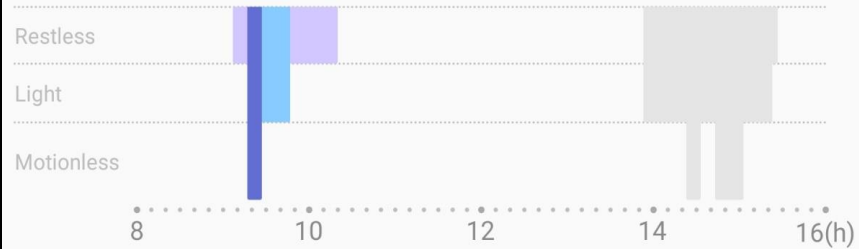
79 bpm  
Maximum

86

Track Trends

You missed your bedtime and wake-time targets

1 hr 13 mins  
09:07 (Fri) - 10:20 (Fri)  
Rate your sleep



Efficiency  
58%

Actual sleep time  
42 mins

Motionless  
10 mins  
(13%)

Light  
20 mins  
(27%)

Track Trends



Thu, 07 March

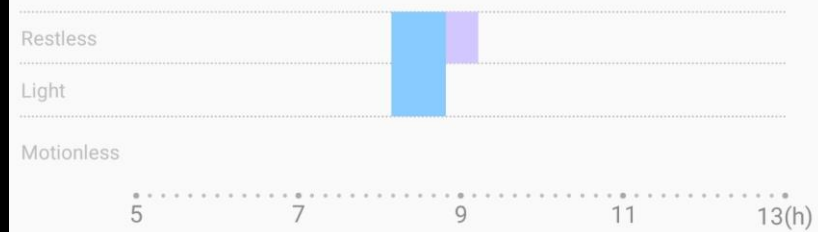
1 hr 4 mins

Total sleep time

Try to keep a regular bedtime and wake time

Sleep details

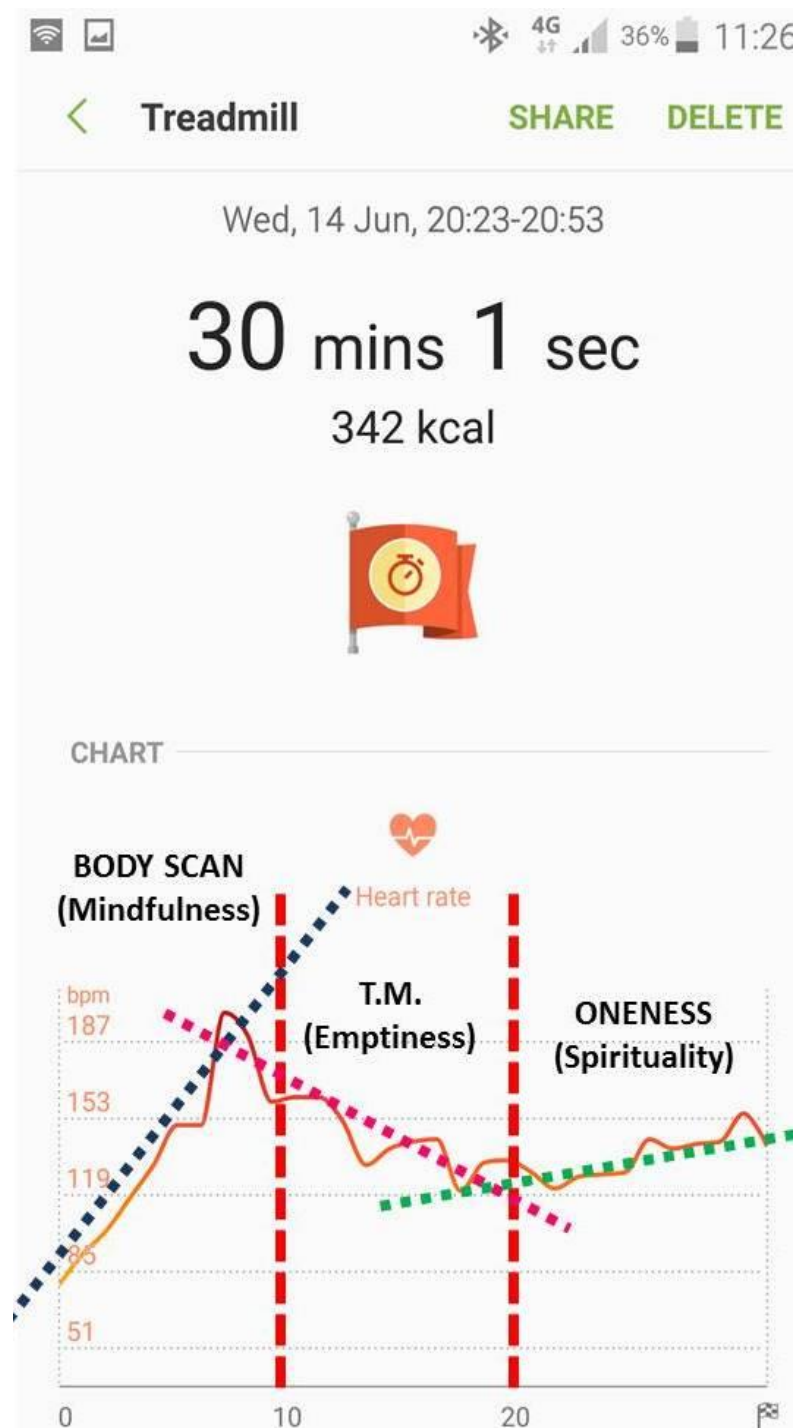
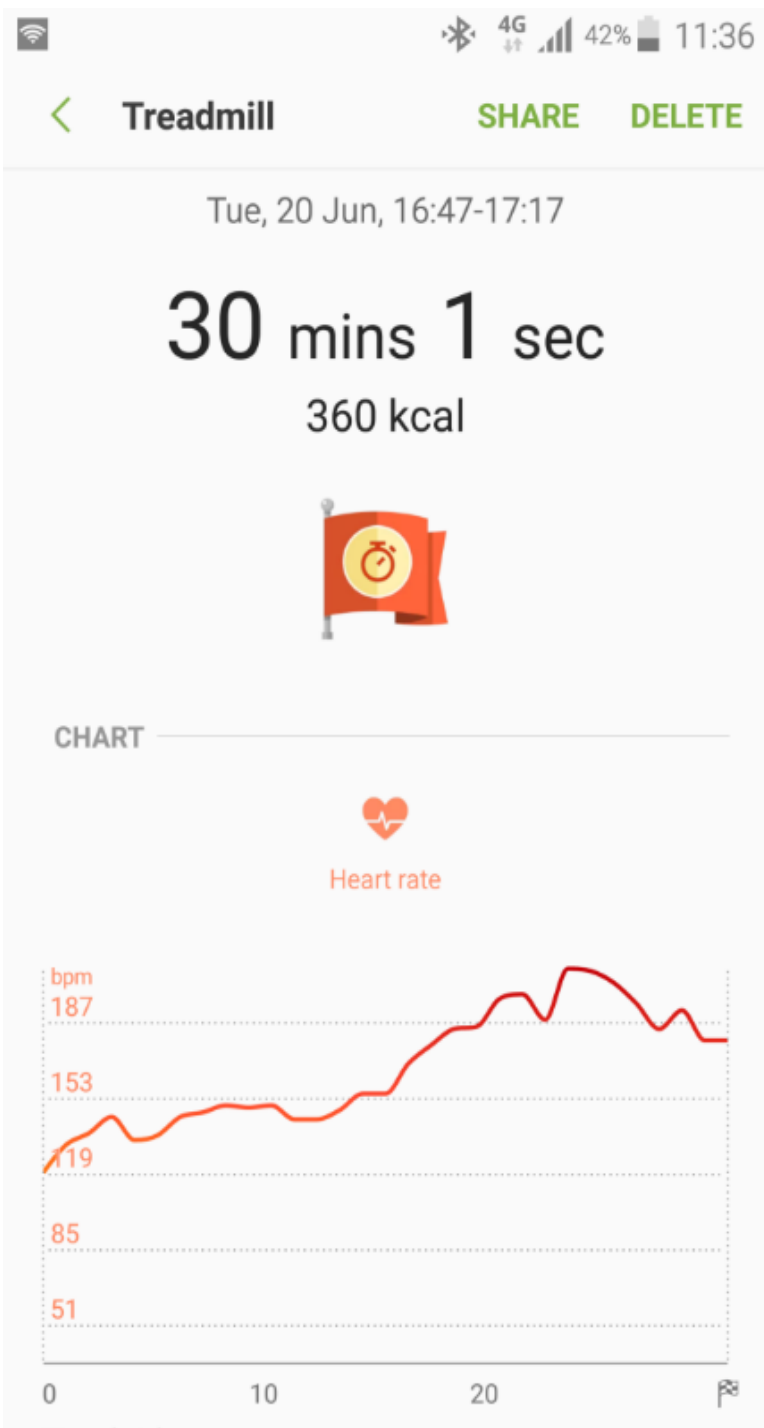
08:09 (Thu) - 09:13 (Thu)  
Rate your sleep



Efficiency  
60%

Actual sleep time  
38 mins





A surreal landscape at sunset. In the center, a tall, ornate clock tower stands on a sandy beach. The sun is low on the horizon, creating a golden glow. In the foreground, a fox is curled up on a rock, covered by a red shawl. The sky is filled with dramatic, colorful clouds.

# Eckhart Tolle Meditatie





# Oefeninge deur die week

- Wissel Uurglas, Stap-, Meegevoel- en Liggaammeditasies af
- Een lang liggaammeditasie (word aangestuur)
- Probeer een keer per dag iets doen asof jy dit die eerste keer doen
- Skryf in joernaal wat jy ontdek
- Stuur WhatsApp aan my as vrae het of opmerkings (0835406015)



# 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.



MINDFULNESS . ART



**“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**

