

MINDFULNESS IN
AFRIKAANS

LIEFDEVOLBEWUSTE
LEWENSKUNNS

6 WEKE KURSUS



MINDFULNESS . ART

3



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 Beweging na die Moeilike toe.

WEEK 5 Maak die meeste van elke Wondermoment.

WEEK 6 'n Florerende daaglikse lewe met Mindfulness.



MINDFULNESS . ART



UURGLAS MEDITASIE

FONDASIE

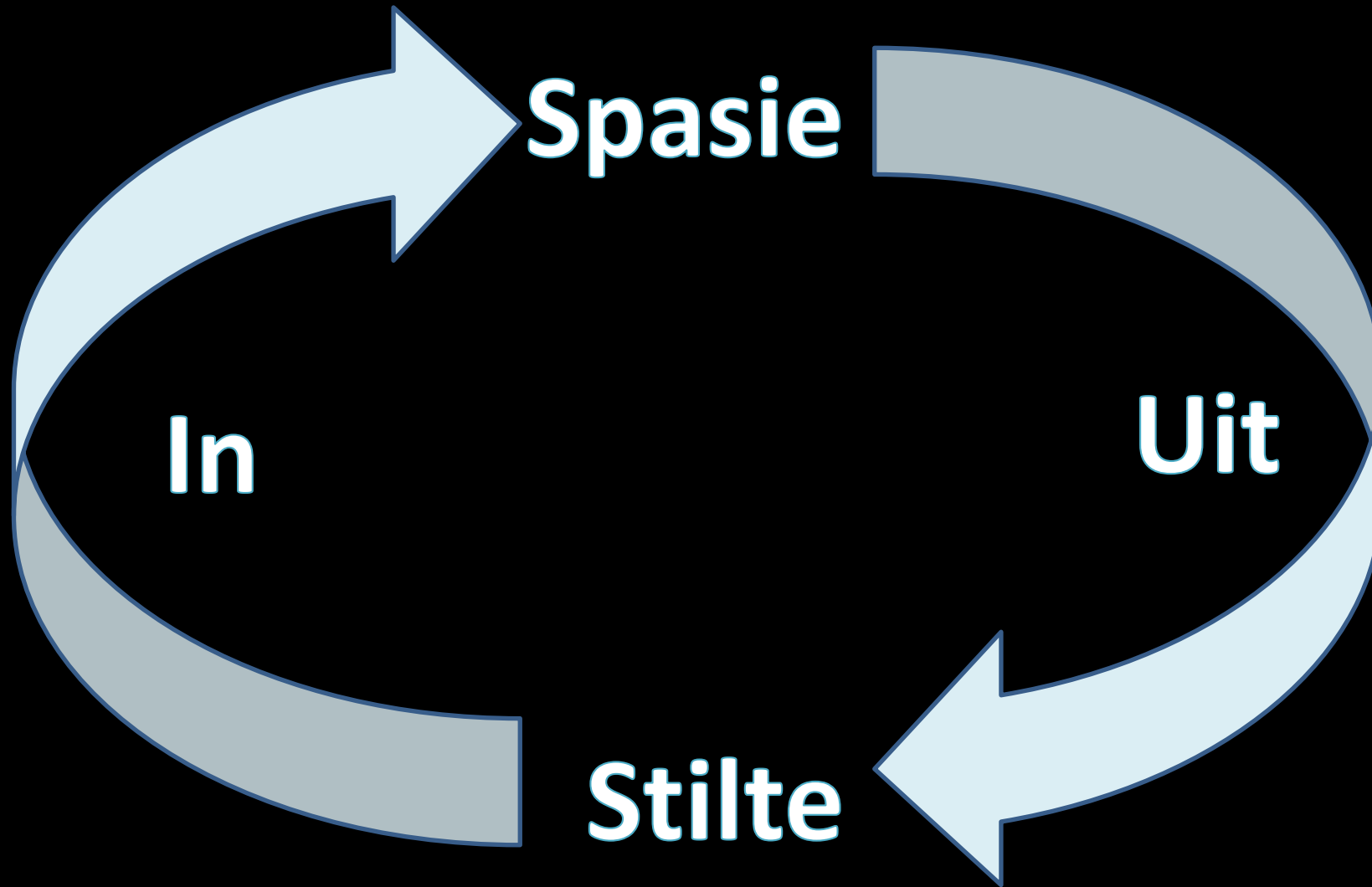
- Spasie en Stilte (Tyd, Plek en Alarm)
- Liggaamshouding (Gemaklik, Wakker, Ontspanne)
- Intensie & Motivering (LiefdeVOLbewus, kies ankerpunt: asem, lyf, klank, beweging, kos, natuur, woorde of oop, ensv)
- Blaaskans Asemrus (3 X Dieper, stadiger, smelt)
- Ondersteuning (Verbind, Geborge, Meegee)



MINDFULNESS . ART

MEDITASIE

- **Merk gedagtes op**
- **Punt van verskying**
- **Proses: verskyn, verloop, verdwyn**
- **Let op innerlike reaksie teenoor die gedagtes: Verwerp, Verknog, Ignoreer?**



Acceptance & Mindfulness Treatments for Children & Adolescents

A Practitioner's Guide

An Essential Resource for Clinicians

- Practical behavioral & cognitive applications & clinical techniques using:
- Acceptance & commitment therapy (ACT)
 - Dialectical behavior therapy (DBT)
 - Mindfulness-based cognitive therapy (MBCT)
 - Mindfulness-based stress reduction (MBSR)

Edited by LAURIE A. GRECO, PhD, & STEVEN C. HAYES, PhD

SECOND EDITION

Acceptance and Commitment Therapy

The Process and Practice of Mindful Change

THE MINDFULNESS & ACCEPTANCE PRACTICE

MINDFULNESS & ACCEPTANCE IN BEHAVIORAL MEDICINE

Current Theory & Practice

Mindfulness and Acceptance


Expanding the Cognitive-Behavioral Tradition

Edited by
Steven C. Hayes
Victoria M. Follette
Marsha M. Linehan

A NEW HARBINGER SELF-HELP WORKBOOK

The Mindfulness & Acceptance Workbook for Self-Esteem

Using Acceptance & Commitment Therapy to Move Beyond Negative Self-Talk & Embrace Self-Compassion



A POWERFUL STEP-BY-STEP PROGRAM TO HELP YOU:

- Break free from self-doubt
- Learn to accept yourself
- Discover your strengths



Hayes
Sahl
son


A NEW HARBINGER SELF-HELP WORKBOOK
MORE THAN 60,000 COPIES SOLD

The Mindfulness & Acceptance Workbook for Depression

SECOND EDITION

Using Acceptance & Commitment Therapy to Move Through Depression & Create a Life Worth Living

A POWERFUL NINE-STEP PROGRAM TO HELP YOU:



Your Mind & Into Your Life

The New Acceptance & Commitment Therapy

STEVEN C. HAYES, PH.D.
with SPENCER SMITH

Therapist



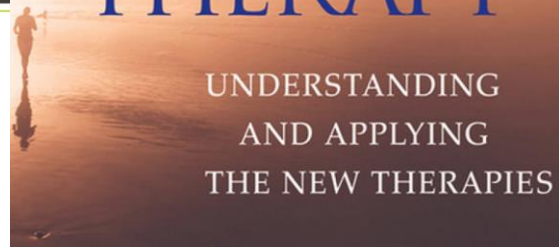
MINDFULNESS, ACCEPTANCE, — AND THE — PSYCHODYNAMIC EVOLUTION

Bringing Values into Treatment Planning
and Enhancing Psychodynamic Work with
Buddhist Psychology



Edited by **JASON M. STEWART, PsyD**
Foreword by **STEVEN C. HAYES, PhD**
Afterword by **GEORGE STRICKER, PhD**

Acceptance and Mindfulness in COGNITIVE BEHAVIOR THERAPY



UNDERSTANDING
AND APPLYING
THE NEW THERAPIES

Edited by
James D. Herbert **Evan M. Forman**

ACCEPTANCE AND MINDFULNESS-BASED APPROACHES TO ANXIETY

Conceptualization and Treatment

EDITORS
SUSAN M. ORSILLO
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SELF-HELP WORKBOOK

The Mindfulness & Acceptance Workbook for Social Anxiety & Shyness

Using Acceptance & Commitment Therapy to
Free Yourself from Fear & Reclaim Your Life



With downloadable
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A POWERFUL STEP-BY-STEP
PROGRAM TO HELP YOU:

- Understand social anxiety in a new way
- Stop avoiding social situations

ASSESSING MINDFULNESS & ACCEPTANCE PROCESSES IN CLIENTS



Illuminating the Theory & Practice of Change

Edited by
Kristoffer Henriksen, Jakob Hansen
and **Carsten Hvid Larsen**

Edited by
BAER, PH.D.

Mindfulness and Acceptance in Sport

How to Help Athletes Perform and Thrive under Pressure



“The curious paradox is that when I **accept myself** just as I am, then I can change.”

— Carl R. Rogers, On Becoming a Person: A Therapist's View of Psychotherapy

“People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, “Soften the orange a bit on the right hand corner.” I don't try to control a sunset. I watch with awe as it unfolds.”

— Carl R. Rogers, A Way of Being

Mindfulness Definisie:

The working definition of mindfulness that my colleagues and I find most helpful is ***awareness of present experience with acceptance.***

- Daniel Siegel



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



MINDFULNESS.ART

Origin

LATIN LATIN
ad- capere
to take



LATIN
accipere
take
something to
oneself



LATIN
acceptare



accept

late Middle English

late Middle English: from Latin *acceptare*, frequentative of *accipere* 'take something to oneself', from *ad-* 'to' + *capere* 'take'.

Acceptance:
Om iets vir
jouself te vat
/ ontvang

AANVAAR is NIE:

- **GOEDKEUR NIE**
- **DAT NIKS GAAN VERANDER NIE**
- **DAT JY NIE MET ONDERSKEIDING WERK NIE**



Our self, awareness, is like an open, empty, allowing space.

As such, we resist nothing, hold nothing, seek nothing.

Thus, happiness is our essential nature.

– Rupert Spira

Acceptance is “active nonjudgmental embracing of experience in the here and now”. It is **not “toleration” or “resignation,”** but an **“active” process of changing one’s relationship to—not the content of—one’s internal world.**

(Hayes et al., 2012).

"Accepting means you **allow** yourself to feel whatever it is you are feeling at that moment. It is part of the is-ness of the Now.

You can't argue with what is. Well, you can, but if you do, you suffer"

~ Eckhart Tolle



In ACT, there is **no focus on changing the content of thought** from invalid to valid or from irrational to rational. The issue is not whether the thought (e.g. “I can’t interact well with other people”) is accurate, but **whether allowing the thought to guide your behavior** (e.g., staying at home) **is useful**. Both theory and evidence suggests that behavioral and emotional patterns can change even when the content of cognition does not. For example, in a trial of ACT with psychotic individuals

(Bach & Hayes, 2002)

“Radical Acceptance is the willingness to **experience ourselves and our lives as it is.**”

Radical acceptance rests **on letting go of the illusion of control** and a **willingness to notice and accept** things as they are right now, without judging. – Marsha M. Linehan



The unhealthy attitude is the attitude of **non-acceptance of the self**.

If anxiety arises in the mind, we can't get rid of it anymore. This is me at this moment, it **doesn't mean it always going to be me**. Okay, that's what there is to work with. It may not be what I wanted, but it is what I've got. Whatever arises in your mind's is okay. **Nothing is permanent**. You do not have to "like" what arises in the mind. Not that it will never change, and we resign to how things are.

RUIMTE SKEP:

“convey a quality of liberation and **expansion of the self**”

– Ghent



The Guest House (Rumi)

**This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows
who violently sweep your house empty of its furniture,
still, treat each guest honorably.
He may be clearing you out for some new delight.
The dark thoughts, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.**

Ed Diener

Geluk = $\frac{\text{Wat ek het}}{\text{Wat ek wil hê}}$



"...you no longer demand that a situation, person, place, or event should satisfy you or make you happy.

Its passing and imperfect nature is allowed to be.

And the miracle is that when you are no longer placing an impossible demand on it, every situation, person, place, or event becomes not only satisfying but also more harmonious, more peaceful."

Stillness Speaks - Eckhard Tolle



Formule vir Lyding

Pyn X Weerstand
= Lyding



“We are uncomfortable because everything in our life keeps changing -- our inner moods, our bodies, our work, the people we love, the world we live in. We can't hold on to anything -- a beautiful sunset, a sweet taste, an intimate moment with a lover, our very existence as the body/mind we call self -- because all things come and go. Lacking any permanent satisfaction, we continuously need another injection of fuel, stimulation, reassurance from loved ones, medicine, exercise, and meditation. We are continually driven to become something more, to experience something else.” — Tara Brach



Tinnitus is like People

This thing keeps screaming in my ear
To let me know that it's still here
It seems the more I push away
The more it seems to want to stay
Sometimes it gets a fevered pitch
Like screeching owls, a howling witch
At other times it's kind of meek
But never like a bubbling creek
More like a swollen rivers rage
Or ripping books out page by page
I heard lately that it never ends
I guess I'll have to be its friend
How do you love someone who never quits
Talking about how life is just the pits
Accept them all no matter what
They can't quite get out their rut
Accept it all
I'll give it a try



Home



Guided



Timer



Groups



Profile

Actually, I don't have a sense of needing anything personally. I've learned by now to be quite content whatever my circumstances. I'm just as happy with little as with much, with much as with little. I've found the recipe for being happy whether full or hungry, hands full or hands empty. Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am.



RAINS

Recognize

- Raaksien

Allow

- Aanvaar (toelaat)

Invesigate

- Ingaan op die saak.

Non-identification - Nie-identifiseer

Sharing

- Stuur / deel



Houding in Mindfulness

Beginners Benadering

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



"Do you have the patience to wait,
Till your mud settles and the water is clear?
Can you remain unmoving
till the right action arises by itself?"

Tao Te Ching



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Beginners Benadering

Nie-veroordelend

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