

LiefdeVOLbewuste Lewenskuns Sessie 3 : BEMAGTIGENDE MINDFULNESS MENTALITEITE

Meditasie: Aangepaste uurglas oefening. (eindig met fisiese simbool van selfaanvaarding)

Oefeninge in die week: Dink terug aan jou ervaring van oefeninge deur die week

Een terugvoer:

[06/29, 07:52].....: Ek stem saam ons gedagtes is gekaap!!

Sommer ook deur jou eie domheid maar hoe sê jy sonder om jou af te kraak! !

Ek sien dit raak en klim uit die baan deur mooier padjies!! God gegewe gedagtes! 😊😏😄

[06/29, 07:53] Immanuel van Tonder:

JA ons het nie beheer oor gedagtes wat by ons opkom nie.

Ons kan wel beïnvloed of die gedagtes nes maak in ons koppe.

>>> Ons kan ook onderskei watter gedagtes ons laat los en waarop ons fokus.

Refleksie:

- * Is dit nie interessant om op te let dat gedagtes vanself opkom nie?
- * Let op ons reaksie as ons sien hoe ons aandagtigheid maklik gekaap word
>>> Dit geld van emosies, lyflike sensasies, selfs interpersoonlike verhoudinge.
- * Vaardigheid dat ons gedagte kan stop en skuif na ander punt van fokus.

WAT ons gewoonlik doen is om die **INHOUD van gedagtes** te wil verander.

* Daar moet ander goed opkom.

* Of ek moet dadelik iets anders in die plek daarvan plaas voordat ek eers daarna luister.

Baie jare was dit die doel van 'n beweging in die sielkunde en sg self-help programme.

Gevolge was egter interne oorlog :

the aversive thoughts, wishes for relief, catastrophic fantasies about our future, self-critical judgments, and all of the fear, anger, and frustration about our condition

Whatever you resist persist.

Baie van die grootste frustrasies en innerlike pyn in jou lewe is self geïnduseer. Dit klink baie vreemd, maar ons veroorsaak baie keer ons eie pyn. Ongelukkig besef ons nie dat ons grotendeels verantwoordelik is vir ons eie swaarkry nie. Mense vererger hulle eie interne pyn

** If feelings of anxiety are unacceptable, the person with panic attacks cannot go to the mall or ride on a bus.*

** If feeling stupid is to be avoided, then classrooms, tests, new jobs, and conversations with interesting and intelligent people may also be avoided.*

** If memories of a childhood sexual abuse history are aversive and avoided, then contexts that elicit those memories will likewise be avoided. If they arise in the context of intimate relations, intimate relations may be avoided and impaired.*

Vanuit die mindfulness beweging en sielkunde navorsing is nuwe pad gevolg wat beter kliniese resultate meebring het: **AANVAARDING** van interne toestand soos dit is.

>>>> Dit is die kern van 3e die golf in sielkunde (Sien boeke)
Veral ACT > Acceptance, Commitment Therapy (6 prosesse)

Aanhaling Carl Rogers >

“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

(Kabat-Zinn definisie : Non-Judging)

Acceptance speaks to the essence of mindfulness. It expresses a summation, grounding and cohering of all the other attitudes we have been exploring: Remove acceptance and all the other qualities fall away.- Simon Whitesman

It is at the *heart of how mindfulness allows us to work effectively* with fear, worry, sadness, depression, physical pain, addictions, and relationship difficulties—all of which, as we will soon see, are perpetuated by our refusal to accept some thought, feeling, or other experience.

WAT IS AANVAARING?

“ACCEPTANCE” > Van die Latynse woorde ad capere > To Take > Take something to oneself. Om te ontvang of vat vir jouself. (Bewussyn soos ‘n trechter wat ontvang)



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

AANVAAR is **NIE**

- GOEDKEUR NIE

- DAT NIKS GAAN VERANDER NIE

- DAT JY 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.

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

– Ghent

METAFORE vir AANVAARDING:

1 Blaar op water van gedateestroom

Imagine the thought on a leaf floating by in a stream, to interact with the thought as an imagined object to practice mindful awareness of the stream of thoughts, including the disturbing thoughts (Hayes, et al., 1999; Wilson & DuFrene, 2009).

2 Kamer

ROOM as me (content comes and goes) >>>> In ACT, a number of interventions are designed to help a client make contact with a **sense of self that is not experienced as identical** with any **particular content of consciousness**. This goal might be thought of as cultivating a transcendent sense of self.

So you're starting to notice yourself as a living room or the classroom or studio, or a church hall. Recognize yourself as the space for sadness, that you are the room. Sadness is within me. But you're also acknowledging is that actually who **you really are is bigger than sadness**. It's who you really are inside **vast**, it's who you really are. It's not trapped within that sadness. This, this is really **the core of who you truly are not trapped within the sadness**. The very fact that you can be aware of sadness, suggest that there's already some intelligence operating here. There's already some awareness here, the who you truly are is not inside the sadness, you're not confined to the sadness, you're not trapped within the sadness, you're not limited to the sadness.

You're the room for fear, you're not trapped within fear, the very fact that you can be aware of fear that you can see fear that, you can no fear. Suggest that you're not trapped within it. You are the room for it. **You're very roomy** for thoughts, feelings and sensations. You're the you're the room for this feeling of Despair.

It's always there. It's always present. It holds all of the contents. So all kinds of things happen in this room over the years. All kinds of people have walked in and out of this room. You know, they've been laughed has been laughter. And tears in this room. There has been been boredom in this room. Its been blessing. This room has been you all kinds of people come in and out of this room, all kinds of animals may be all kinds. It's been light and dark. In this room. It's like this this room that I'm in right now, you know, at night the lights, the lights go off in here, but the room still remains there in the morning. The lights come on and there's activity in the room. But the room itself is always present. The room itself. Isn't threatened or damaged by whatever happens in the room. You know if there's pain in the room of this bliss in the room, the room holds that the room allows that in essence. If there's laughter in the room, if there's tears in the room, the room holds that the room doesn't miss.

This is the keynote. The room doesn't say laughter is allowed but tears are not allowed in this room. The room itself doesn't say pain is not allowed in this room but only pleasure is allowed in the room. Doesn't say that in this room you have to feel good all the time.

All these sensations are allowed. The room just provides the space. Over the years, you know, all kinds of really intense uncomfortable painful feelings come into the room. And but do you ever mistake that you are those feelings? You've lost track. And if so actually. Yeah, like,, **I feel like the chair being kicked**, I don't feel like the room. I feel like I'm the time the chair being kicked and then, is there something is there some way that you make a shift or something?

The total embrace of content and its identification with something smaller than you, because who you are is vast who you are as the room as fast and all of the contents that arises thoughts, sensations and feelings.

On the mind is saying, you get rid of it, run away from it, the mind is trying to fix it. This is not against life. This is life, you know, even if it's a very intense feeling. - Jeff Forster

3 Kind by die deur

A lovely metaphor is the one of the child at the door. So if you imagine that there's a, there's a knock on your front door and you open it, and there's a child, and the child is cold and starving, and frightened, this poor child, they've been they've been wandering the earth, maybe millions of years, maybe and they've turned up on your doorstep.

And in this metaphor, this this child could be a thought. It could be a sensation, it could be a feeling, it could be a feeling of sadness, it could be a feeling of fear. It could be a feeling of confusion. It could even be a feeling of Despair. This child can take many forms. So, just to notice the child,

Because so often we don't even open that door, you know, we don't even open the door. So busy trying to whatever we're doing, caught up in past and future. We don't even open the door. So just beginning to open the door is huge to acknowledge our a child is here. Then enter in a way to begin to ask the traveler, who are you?

Who are you?... to sit with that feeling? Not with the intention of trying to get rid of it. Because that's often what we do. As I said the child appears at the door and we the feeling of sadness appears and we immediately we're trying to accept it because equally we want to get rid of it without even getting to know the child.

Because I mean, this is really the teaching that maybe these are all your children, you know, that all these all these feelings, these thoughts, these feelings, even sadness, even fear, even anger, even despair, even confusion, maybe these are not your kids.

Maybe these are not threats to you, maybe these are parts of you that just want to be seen. That's a huge beginning is just acknowledging the child. Yes, I see you. I see, I think healing has to begin that. I think there's no way around that, you know, I think it is healing has to begin with. I see you. I acknowledge that you're there on my doorstep in this moment. I don't quite know who you are. I don't I don't know what to do with you. But you're here. Not now. - Jeff Forster

The Guest House

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 thought, 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.

RUMI From "The Essential Rumi", translated by Coleman Barks with John Moyne, 1995.
*** Ons doen later opvolg op die gedig... (wat nodig is :)

4 Oseaan

Acceptance as the Ocean accepts the waves, still deep depth of Stillness.

5 "Yes"

Acceptance allows us **to say "yes"** to the parts of our personality we want to eliminate or hide. It is at the heart of how mindfulness allows us to work effectively with fear, worry, sadness, depression, physical pain, addictions, and relationship difficulties—all of which, as we will soon see, are perpetuated by our refusal to accept some thought, feeling, or other experience. Ultimately, it's acceptance that allows us to embrace both our ever-changing life and the ever-present reality of death. (not making it the enemy)

Radical Acceptance is letting go of fighting reality. The term "radical" means to imply that the acceptance has to come from deep within and has to be complete. Acceptance is the way to turn suffering that cannot be tolerated into pain that can be tolerated. Pain is part of living; it can be emotional and it can be physical. Pain is nature's way of signalling that something is wrong, or that something needs to be done.

HOEKOM AANVAARDING?

1 Die houer is krities belangrik.

Die inhoud wissel, en kom en gaan. Daar sis soms gesonde en soms ongesonde inhoud. Om wys met onderskeiding daarmee te kan werk het ek gesonde afstand daarvan nodig.

2 Spasie skep ruimer identiteit

Die gedagtes van wie jy is en jou potensiaal word verruim as jy jouself as die houer sien, nie verklein tot die inhoud nie. Aversie verklein en sluit die spasie af.

3 Verwerping word selfverwerping

Wanneer ons gedagtes, emosies en sensasies in die lyf verwerp sonder die besef dat ek meer is as die gedagte, emosie of sensasie word dit selfverwerping. Mense vereenselwig hulleself met die inhoud. As ek dan die inhoud verwerp, verwerp ek myself. Dit veroorsaak diep langdurige skade.

4 Impulsiewe verwerping keer dat jy luister

Die rykdom wat die inhoud wel inhou gaan verlore as ek nie eers goed daarna luister nie. As ek dadelik net verwerp en nie luister na die gedagte, emosie of sensasie nie, kan ek nie met wysheid optree om ongesonde patrone te vebreek nie.

5 Pyn se waarde ontken

Pyn het essensiële boodskappe word nie gehoor nie. As ek per se enige pyn verwerp, mis ek die waarskuwing wat dit wou oordra.

6 Gaping tussen verwagting en realiteit skep diep onvergenoegdheid

As ek nie kan aanvaar dat die lewe ook swaarkry inhou nie, en die lewe is baie swaar, is die gaping onvergenoegdheidsgaping massief. As ek egter aanvaar dat die lewe en innerlike wêreld soms lyding meebring, kan ek lyding aanvaar en vrede vind te midde van lyding. Is ek regtig oop om te aanvaar dat die lewe nie net maklik en vol ongemak is nie?

7 Lewensingesteldheid van ontevredenheid

Wanneer ek nie met aanvaarding leef nie, kan dit 'n gewone word om met alles en almal ontevrede te wees. Negatiwiteitsvoorkeur word versterk wat veroorsaak dat ek net die healtyd soek na dit wat verkeerd is, gevaarlik is, pynlik is en lelik is. Dan kyk mens maklik die goeie en opbouende mis. As ek aanvaar daar die negatiewe is deel van die lwe, kan ek juis fokus om die opboudende, goeie en skone waar te neem.

8 Aanvaarding skep meer kapasiteit om met gedagtes en emosies te werk

Aanvaarding oefen nie noodwendig dat die ongemaklik gevoelens weggaan nie, maar dit vermeerder jou kapasiteit om dit te kan hanteer. In Engels onderskei hulle soms tussen “react” teenoor “respond”, om aan ondeurdagte reaksie te onderskei van weldeurdagte reaksie. As ek aanvaar dat ek nou ‘n ongesonde of giftige gedagte het, maar dit binne die groot potensiaal van my hele menswees sien, kan ek ander vaardighede inspan om die giftige gedagtes, emosies of sensasies wys te hanteer.

9 Whatever you resist, persist

Deur net ‘n hamer(verwerping) te gebruik om jou innerlike wêreld te beheer veroorsaak jy meestal net meer teenkating en patrone word net dieper gevestig.

10 Aanvaar verandering as deel van die lewe

Die lewe is egter verandering. As ek aanvaar dat veranderinge normaal is kan ek aanpasbaar word. Hoe meer rigied met weerstand ek die storm se wind probeer hanteer hoe makliker breek die boom. Die riete gee mee aan verandering and staan weer regop.

“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

Ons is gemaklik in die bekende en aangename situasies. As ek aanvaar dat dinge soms buite my beheer is, en my situasie kan verander, verruim my gemaksones! Ek kan selfs vorm van vrede ervaar te midde van die wat vir ander ongemaklik sou wees.

Gemaksones word groter

VOORBEELDE

* Angs

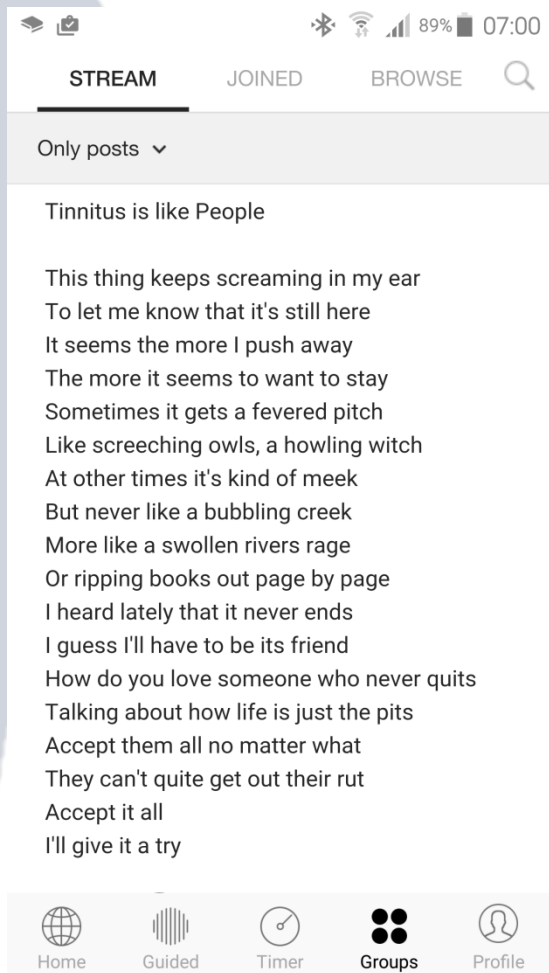
As jy angs beleef voel jy healtyd, dis nie OK nie, dis nie OK nie? Is dit dalk moontlik om angs of bekommernis te beleef en steeds OK te wees? Wat gebeur as jy vir jouself sê: “Dit is OK. Hierdie angs is OK. Gee tyd en spasie en sien hoe jou wese al meer ruimte maak vir angs. Dan ook hoeveel kleiner deel van jou bewussyn en identiteit die angs opneem. Gebruik gerus die RAINS proses hier onder. Begin sommer met “hallo angs!”

* Hartseer

Ons hou natuurlik nie van hartseer nie. Ons probeer dit blok of onderdruk. Aanvaarding is om dit eerlik te in die oë te kyk en duidelik te sien. Luister fyn waarom jy eintlik hartseer is.

Watse verlies is daar? Is die verlies werklik? Is dit 'n totale verlies van jou hele menswees? Gebruik gerus die RAINS proses hier onder.

*** Tinnitus:**



*** Paulus Fil 4:11-14**

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.

ONTWIKKEL en GROEI AANVAARING

*** TOETS dit**

Oefen dit in die praktyk met verskillende vorme van pyn en ongemak. Ervaar wat dit doen as jy dit verwerp en die verskil as jy daarvoor spasie maak.

* RAINS – Oefening

Recognize - Raaksien

Allow - Aanvaar (toelaat)

Investigate – Ingaan op die saak.

- *body detailed sensations, (allow, allow, allow of soften 3x)*
- *thoughts(stories we tell ourselves, assumptions & expectations),*
- *emotions (primary, underlying? Resisting(allow resisting)),*
- *Relating: Explore how we relate to the issue: is it solid, real, very NB, permanent?, stuck 4 ever?...or moving through...images?*

Non identification : nie-identifiseer (Wie is EK?)

Sharing – Stuur / deel die gawes aan self en ander

* Liefdevol meditasie (Lovingkindness meditasie)

Sien LiefdeVOLBewuste kursus sessie twee se uitdeelstuk en opgeneemde meditasie.

* Veroordelende gedagtes oefening

Na die fondasie, rus fokus op 'n anker.

Raak net bewus van hoeveel keer jou binnewêreld die proses en inhoud evalueer en beoordeel.

Sê dan die woord “beoordeel” of “judging” in jou gedagtes om dit op te benoem.

Evalueer en beoordeel is nie 'n probleem nie, maar sien hoeveel energie jou binnewêreld daaraan spandeer.

* Mindfulness Meditasies

Elkeen van die Mindfulness oefening bied ruim kans om aanvaarding te oefen.

>>> Meditasie gaan nie oor tegniek nie maar HOUDING! (attitude)

* Blootstellingstrategie

Gebruik “exposure” strategieë om jou te laat oefen om anders te reageer op die impulse. As indrukke oor en oor opkom tydens meditasie terwyl jy stewige fondasie het, kan dit help om meer aanvaarding te kweek.

Kort verysings na ander Mindfulness Mentaliteite:

Beginners benadering (beginners mind) sluit die hede oop!

Nie-veroordelend

Sluit sterk aan by Aanvaarding.

NB onderskei ONDERSKEIDING en VEROORDELING!!! Onderskei met meer duidelikheid en met feite ipv opinie, persepsies en vooraf indrukke.

Vertrou

Vertrou veral jou BEWUSSYN. Vertrou ook jou liggaam, sintuie en emosies vir boodskappe. Jou denke kan duidelikheid bring om te onderskei. Vertrou die Lewe.

Geduld

*"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:

Nie Forseer

Fokus eers om jou ware self. *"Effortless effort"*. Proses nie forseer nie maar laat vloei. Innerlike lokus van kontrole.

Dankbaar

Vrygewig

LAAT GAAN:

Soos blaar in herfs val omdat die boom die energie na die blaar laat opdroog.

Let go of attachment to thinking!

**"...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**

She Let Go Rev. Safire Rose

She let go. Without a thought or a word, she let go.
She let go of fear. She let go of the judgments.
She let go of the confluence of opinions swarming around her head.
She let go of the committee of indecision within her.
She let go of all the 'right' reasons. Wholly and completely,
without hesitation or worry, she just let go.
She didn't ask anyone for advice. She didn't read a
book on how to let go... She didn't search the scriptures.
She just let go.
She let go of all of the memories that held her back.
She let go of all of the anxiety that kept her from moving forward.
She let go of the planning and all of the calculations about how to do it just
right.
She didn't promise to let go.
She didn't journal about it.
She didn't write the projected date in her day-timer.
She made no public announcement and put no ad in the paper.
She didn't check the weather report or read her daily horoscope.
She just let go.
She didn't analyse whether she should let go.
She didn't call her friends to discuss the matter.
She didn't do a five-step Spiritual Mind Treatment.
She didn't call the prayer line.
She didn't utter one word. She just let go.
No one was around when it happened.
There was no applause or congratulations.
No one thanked her or praised her.
No one noticed a thing.
Like a leaf falling from a tree, she just let go.
There was no effort. There was no struggle.
It wasn't good and it wasn't bad.
It was what it was, and it is just that.
In the space of letting go, she let it all be.
A small smile came over her face.
A light breeze blew through her.
And the sun and the moon shone forevermore.