

ART OF LIFE MINDFULNESS COURSE



MINDFULNESS.ART

**NOVEMBER 11, 18, 2021
DECEMBER 9, 2021
JANUARY 13, 20, 27, 2022
@ 7 PM**

5

EVERYTHING IS WAITING FOR YOU - DAVID WHYTE

Your great mistake is to act the drama as if you were alone. As if life were a progressive and cunning crime with no witness to the tiny hidden transgressions. To feel abandoned is to deny the intimacy of your surroundings. Surely, even you, at times, have felt the grand array; the swelling presence, and the chorus, crowding out your solo voice You must note the way the soap dish enables you, or the window latch grants you freedom. Alertness is the hidden discipline of familiarity.

Alertness is the hidden discipline of familiarity.

The stairs are your mentor of things
to come, the doors have always been there
to frighten you and invite you,
and the tiny speaker in the phone
is your dream-ladder to divinity.

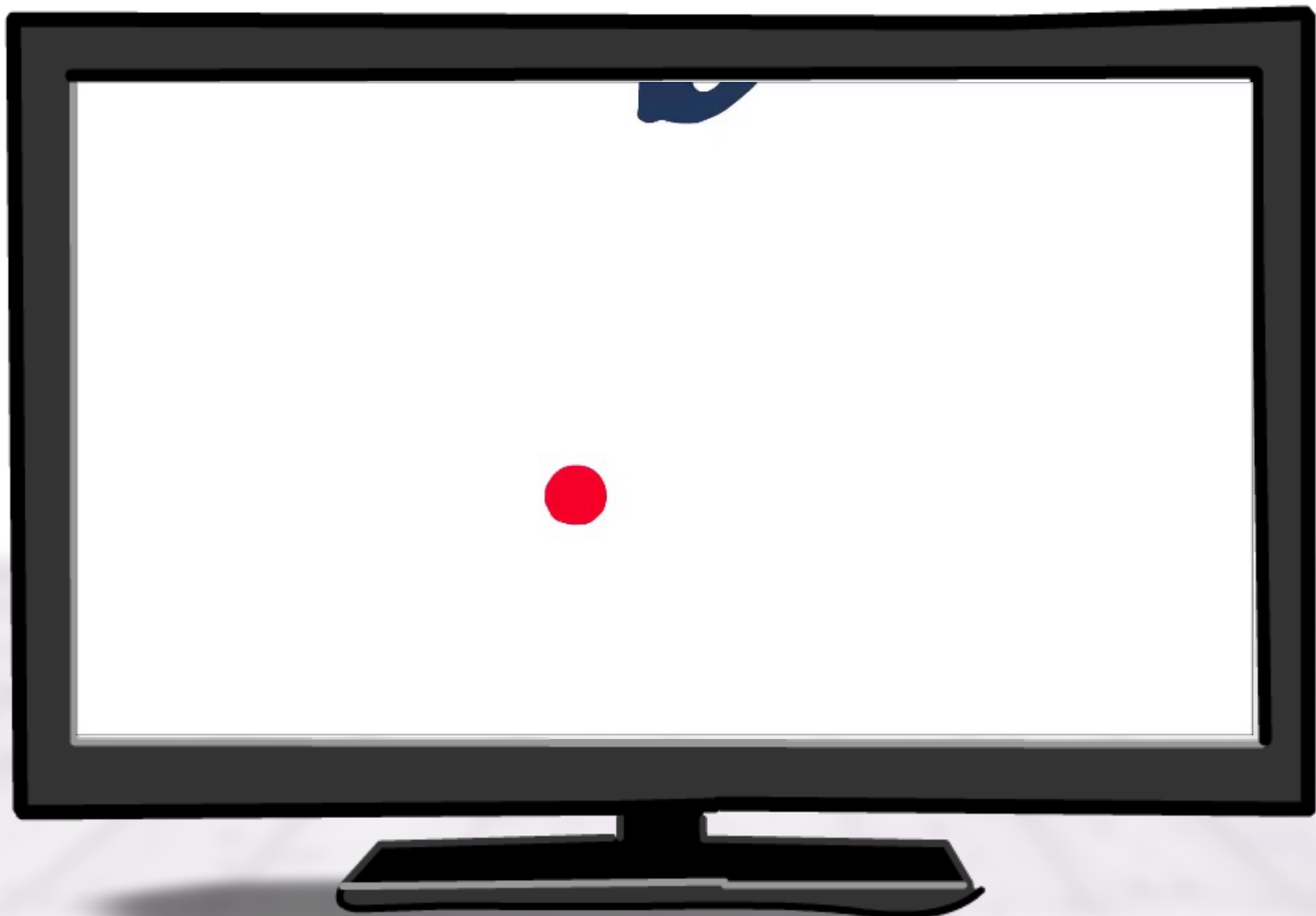
Put down the weight of your aloneness and ease into
the conversation. The kettle is singing
even as it pours you a drink, the cooking pots
have left their arrogant aloofness and
seen the good in you at last. All the birds
and creatures of the world are unutterably
themselves. **Everything is waiting for you.**

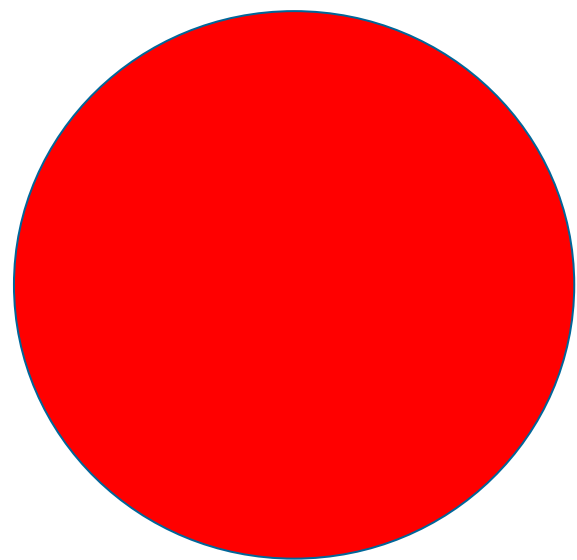


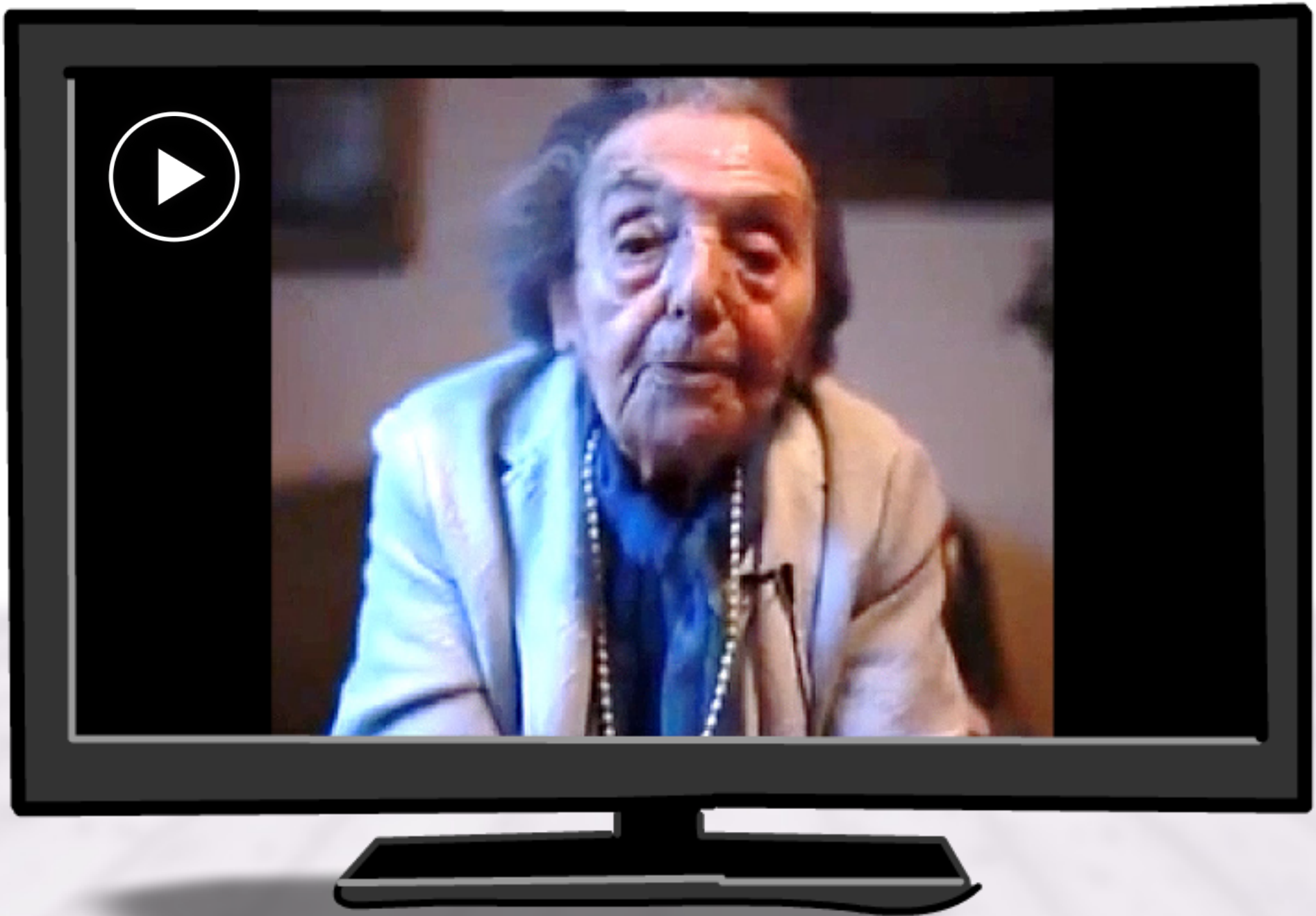
**“People usually consider walking
on water or in thin air a miracle.
But I think the real miracle is not to walk
either on water or in thin air, but to walk
on earth.**

**Every day we are engaged in a miracle
which we don't even recognize: a blue sky,
white clouds, green leaves, the black,
curious eyes of a child
— our own two eyes.
All is a miracle.” - Thích Nhat Hanh**









Solder wrote the following on Bonhoeffer:

“he always seemed to diffuse an atmosphere of happiness, of joy in every smallest event in life, and a deep gratitude for the mere fact that he was alive....He was one of the very few men I have ever met to whom his God was real and ever close to him. Bonhoeffer was different from the other prisoner’s, just quite calm and normal, seemingly perfectly at his ease...his soul really shone in the dark desperation of our prison.”



POSTPONING JOY?

The point of living isn't to arrive at the future;
it's to arise in the present.

Music - Dance!

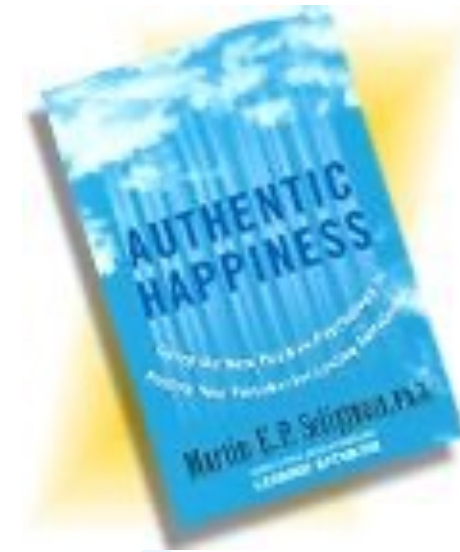
Life is a banquet. And the tragedy is that the most people are starving to death. They are brainwashed, asleep by ideas about love, freedom, happiness, and so forth. These wrong ideas are influencing your life and making a mess of it. We are surrounded with joy, with happiness, with love. In order to wake up, the one thing you need most is not energy, or strength, or youthfulness, or even great intelligence. What you need most is readiness to learn something new. The chances that you will wake up are in direct proportion to the amount of truth you can take without running away. Listen! Listen! Listen!...

- Awareness Anthony de Mello p26-29



Authentic Happiness

Martin EP Seligman



Positive Psychology



Authentic Happiness

General Happiness

0 Extremely unhappy

1 Very unhappy

2 Pretty unhappy

3 Mildly unhappy

4 Slightly unhappy

5 Neutral

• 6 Slightly happy

• 7 Mildly happy

• 8 Pretty happy

• 9 Very happy

• 10 Extremely happy

% Time happy ____ % Time unhappy ____ % Time Neutral ____

Authentic Happiness

Circumstances

- Good news 0
- Bad events +
- Finance 0
- Marriage ++
- Age 0
- Attraction 0
- Health 0
- Climate 0
- Education 0
- Race 0
- Gender 0
- Religion ++
- Democracy +++

0 – no influence

+ little

++ more

+++ significant

Authentic Happiness

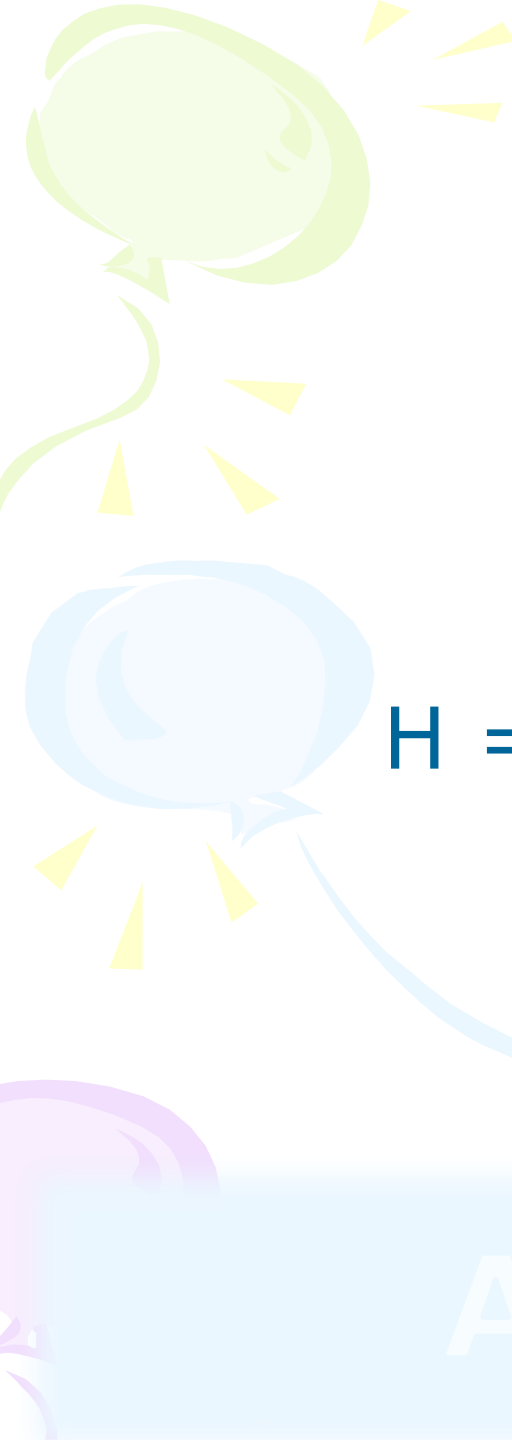
Circumstances

- Good news 0
- Bad events 0
- Finance 0
- Marriage 0
- Age 0
- Attraction 0
- Health 0
- Trauma 0
- Education 0
- Wealth 0
- Gender 0
- Religion ++
- Democracy +++

8-15%

0 – no influence + little ++ more +++ significant

Authentic Happiness



**Happiness (Enduring) =
Set Range + Circumstances +
Voluntary Control**

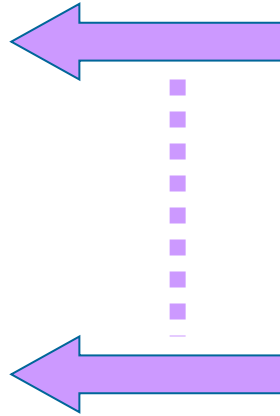
$$H = S (50\%) + C (8-15\%) + V (35-42\%)$$

(H=S+C+V)

Authentic Happiness

Set Range?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10



Authentic Happiness



*Enhance your
Happiness*

Present in the Present
Gratitude

Authentic Happiness

Robbing our Joy

- Caught in Thought
- Clinging
- Grasping



Ed Diener

$$\text{Happiness} = \frac{\text{What I have}}{\text{What I want}}$$

Authentic Happiness

Senses : pathway to presence



ROBERT DE NIRO ROBIN WILLIAMS

Nominated for Three Academy Awards®
Including Best Picture, Best Actor (Robert De Niro) and Best Screenplay!

AWAKENINGS



Based on a True Story



There is no such thing as a simple miracle.



*We've got remind them
how good it is!
People have forgotten
what it is to be alive!
The gift of life, the joy of life!
People don't appreciate
the simple things....
We dont know how to live...*



OF LOVE

I have been in love more times than one, thank the Lord. Sometimes it was lasting whether active or not. Sometimes it was all but ephemeral , maybe only an afternoon, but not less real for that. They stay in my mind, these beautiful people, or anyway beautiful people to me, of which there are so many. You, and you, and you, whom I had the fortune to meet, or maybe missed. Love, love, love, it was the core of my life,

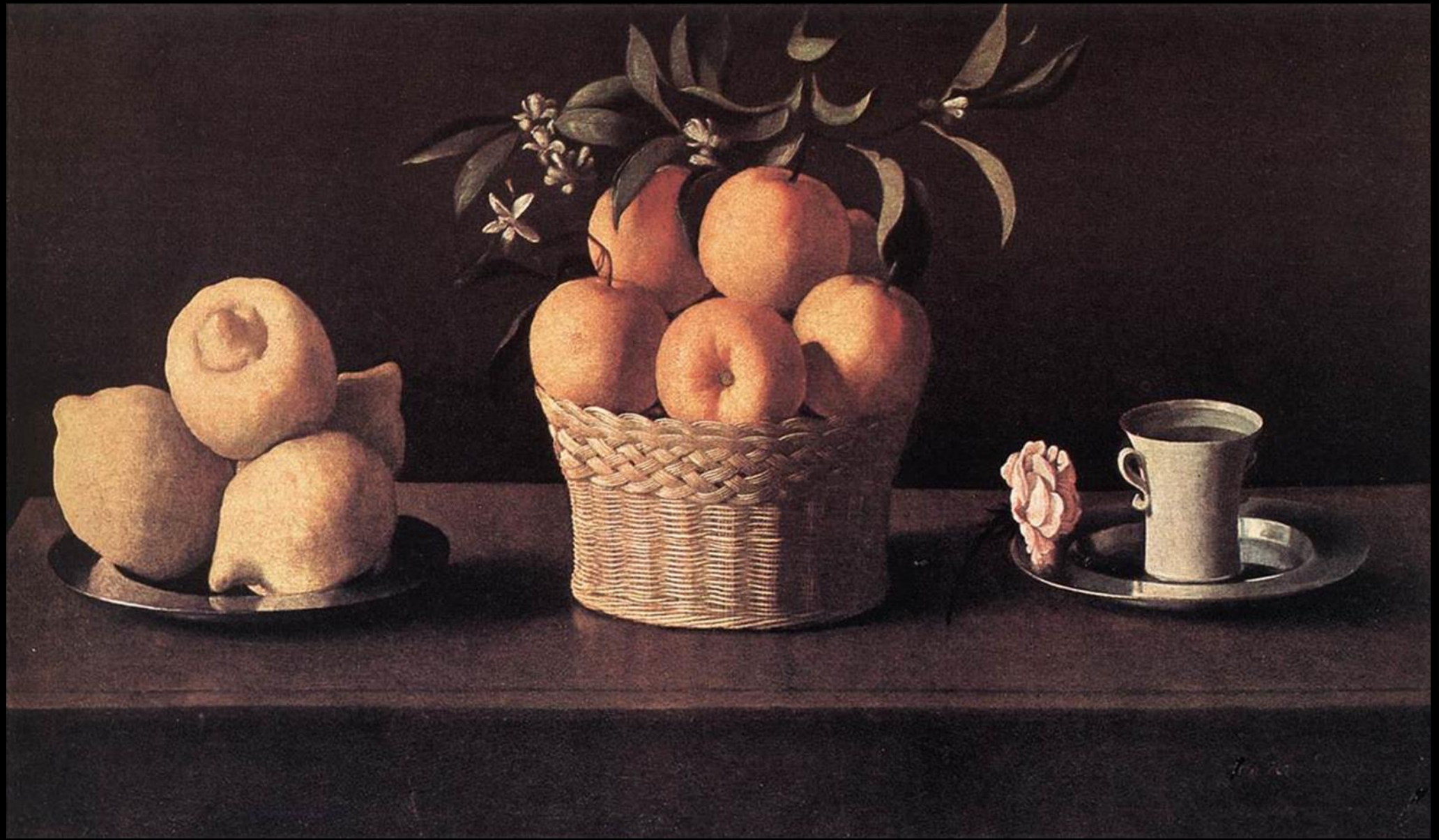
Love, love, love, it was the core of my life, from which, of course, comes the word for the heart. And, oh, have I mentioned that some of them were men and some were women and some—now carry my revelation with you—were trees. Or places. Or music flying above the names of their makers. Or clouds, or the sun which was the first, and the best, the most loyal for certain, who looked so faithfully into my eyes, every morning. So I imagine such love of the world—its fervency, its shining, its innocence and hunger to give of itself—I imagine this is how it began. - MARY OLIVER



Sight

*The true journey of life consists
not in seeking new landscapes
but in having fresh eyes. - Marcel Proust*





Francisco de Zurbarán

People see colors for the
first time
EnChroma glasses

Hearing



"I am just as deaf as I am blind. The problems of deafness are deeper and more complex, if not more important than those of blindness. Deafness is a much worse misfortune.

For it means the loss of the most vital stimulus- the sound of the voice that brings language, sets thoughts astir, and keeps us in the intellectual company of man. „

"Blindness separates us from things but deafness separates us from people,,

– Helen Keller

The word
LISTEN
contains
the same letters
as the word
SILENT.

— Alfred Brendel

(The real) Song of Silence





Touching

Smelling



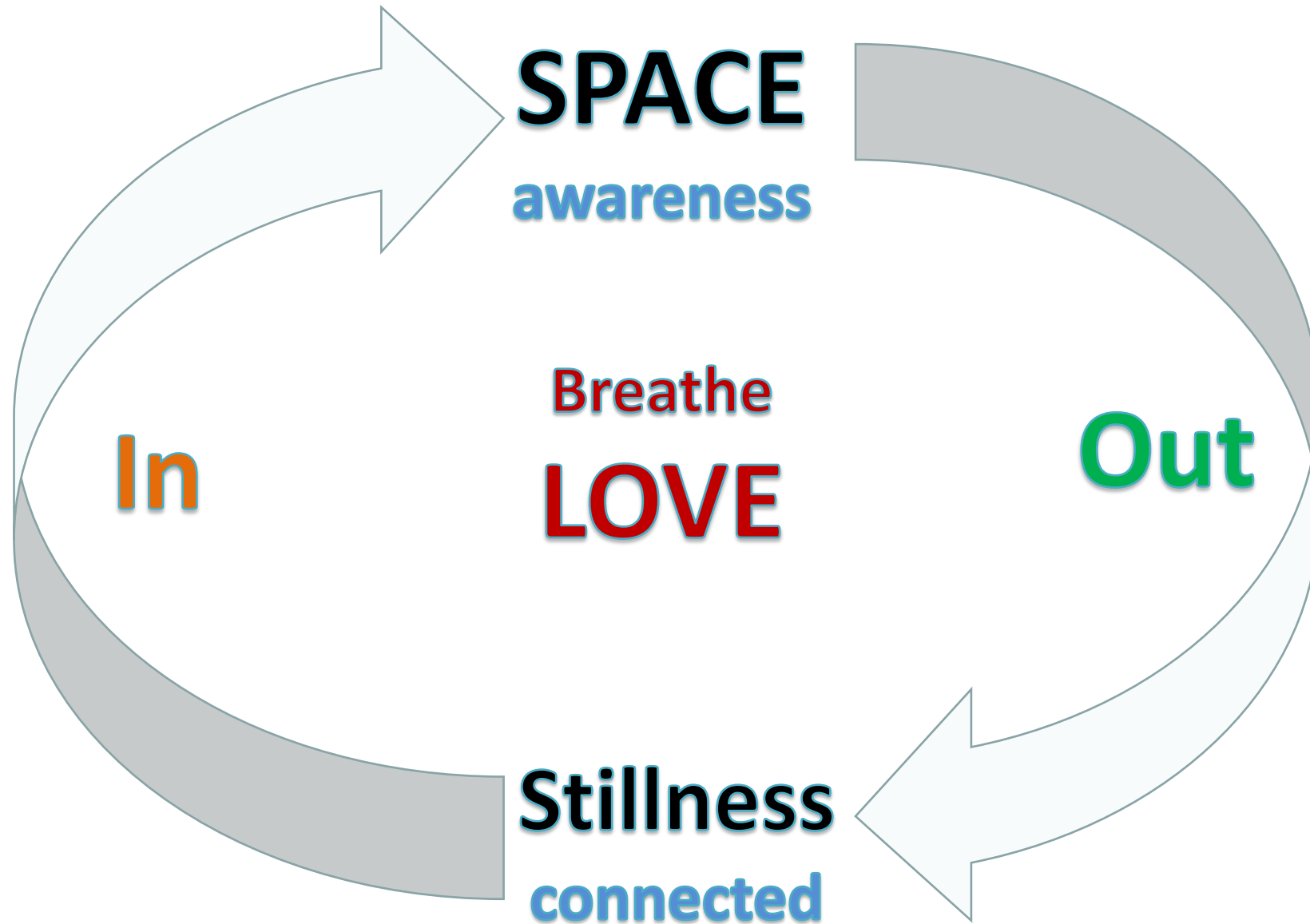
Tasting



There are two ways to live:
One is as though nothing is a miracle.
The other is as though everything is a miracle.

Albert Einstein





富嶽三十六景 神奈川沖
波裏

舟のあつち



Hokusai Says by Roger Keyes

Hokusai says Look carefully.

He says pay attention, notice.

He says keep looking, stay curious.

He says there is no end to seeing.

He says Look Forward to getting old.

He says keep changing,
you just get more who you really are.

He says get stuck, accept it, repeat yourself
as long as it's interesting.

He says keep doing what you love.

He says keep praying.

He says every one of us is a child,



every one of us is ancient,
every one of us has a body.
He says every one of us is frightened.
He says every one of us has to find a way to live with fear.

He says everything is alive –
shells, buildings, people, fish, mountains, trees.
Wood is alive.
Water is alive.
Everything has its own life.
Everything lives inside us.
He says live with the world inside you.



He says it doesn't matter if you draw, or write books.
It doesn't matter if you saw wood, or catch fish.
It doesn't matter if you sit at home
and stare at the ants on your verandah or the shadows of the trees
and grasses in your garden.

It matters that you care.
It matters that you feel.
It matters that you notice.
It matters that life lives through you.

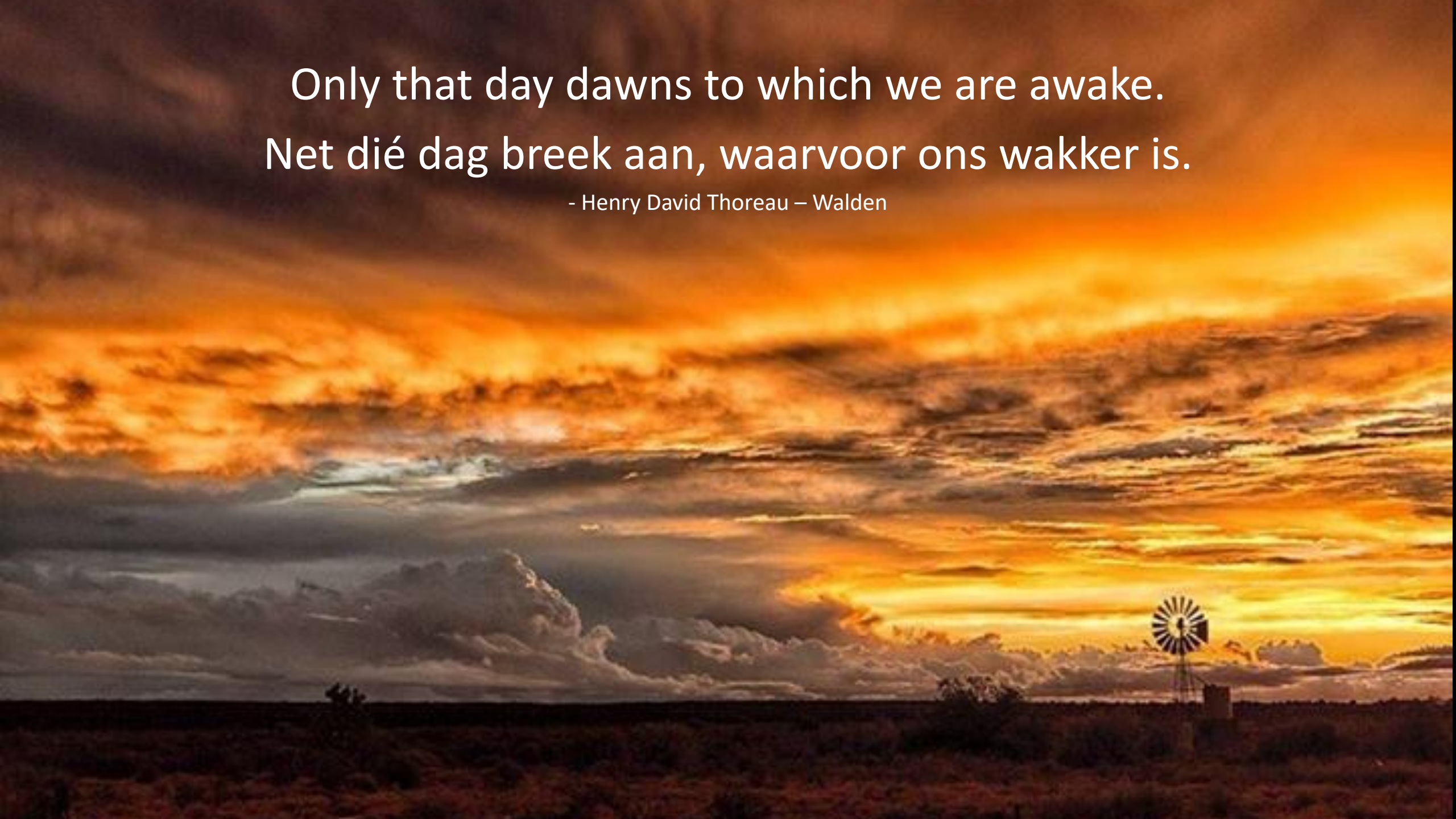
Contentment is life living through you.
Joy is life living through you.
Satisfaction and strength
are life living through you.

Peace is life living through you.
He says don't be afraid.
Don't be afraid.
Look, feel, let life take you by the hand.
Let life live through you.



Only that day dawns to which we are awake.
Net dié dag breek aan, waarvoor ons wakker is.

- Henry David Thoreau – Walden



Nietzsche:

“Precisely the least thing, the gentlest, lightest, the rustling of a lizard, a breath, a moment, a twinkling of the eye –

little makes up the quality of the best happiness.

Be Still!”