

MINDFULNESS: **'n Volbewus Vervullende Lewe!**



MINDFULNESS.ART





Home Again



The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other's welcome
and say, sit here. Eat.
You will love again the stranger who was
your self.
Give wine. Give bread.
Give back your heart to itself,
to the stranger who has loved you



all your life, whom you ignored
for another,
who knows you by heart.
Take down the love letters from the
bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.”

— Derek Walcott



My Lewe?





BEWUS

-syn

(awareness)



What is *Mindfulness*?

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

- Jon Kabat-Zinn



Wat is Mindfulness?

„Die bewussyn wat
te voorskyn kom deur
aandag te skenk,
doelbewus,
in die huidige oomblik,
sonder veroordeling!”

- Jon Kabat-Zinn



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Ingebore kapasiteit van bewussyn





‘n Onbewuste lewe:

“Each moment missed is a moment unlived.
Each moment missed makes it more likely
you will miss the next moment”.

-Jon Kabat-Zinn -

“If you miss the present moment, you miss your
appointment with life. That is very serious!”

- Thich Nhat Hanh -

47% in
AUTOPILOT
“Robotrat”

Gilbert & Killingsworth, 2010



Wat is Mindfulness?

„Die bewussyn wat
te voorskyn kom wanneer
jy doelbewus
aandag skenk,
in die huidige moment,
sonder veroordeling!”

- Jon Kabat-Zinn



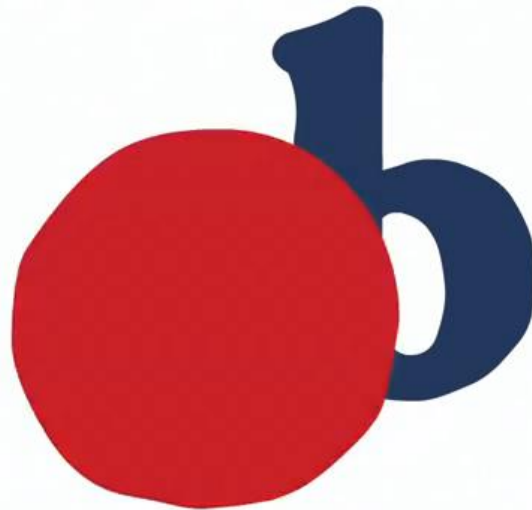
MINDFULNESS.ART



Watter persentasie van
die dag is jy wakker
teenwoordig?

**Verdubbel jou
lewensverwagting!**

Mindfulness oefen bewussyn deur aandagtigheid



Ingebore kapasiteit van bewussyn



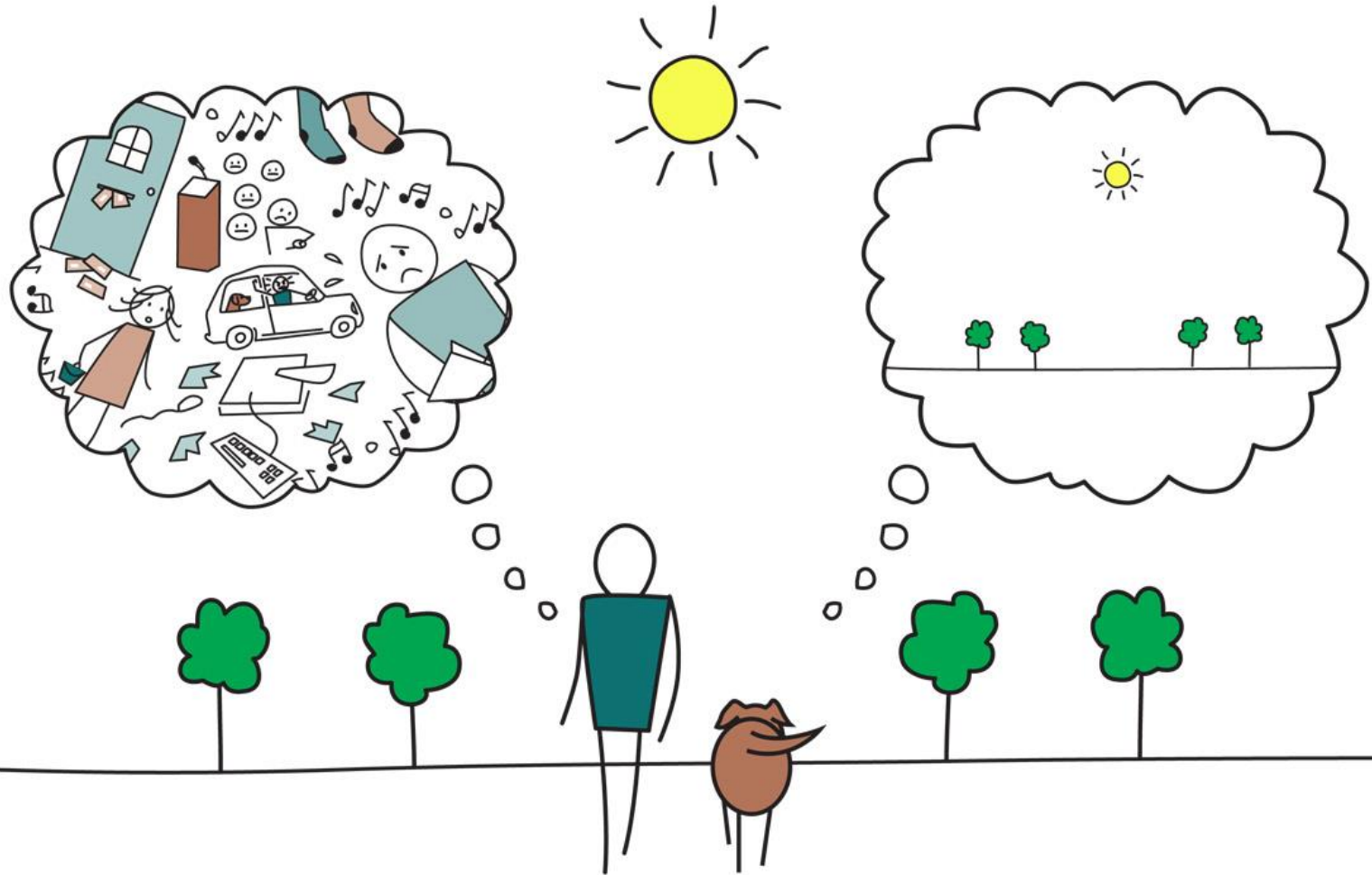


Martin
Aylward

-

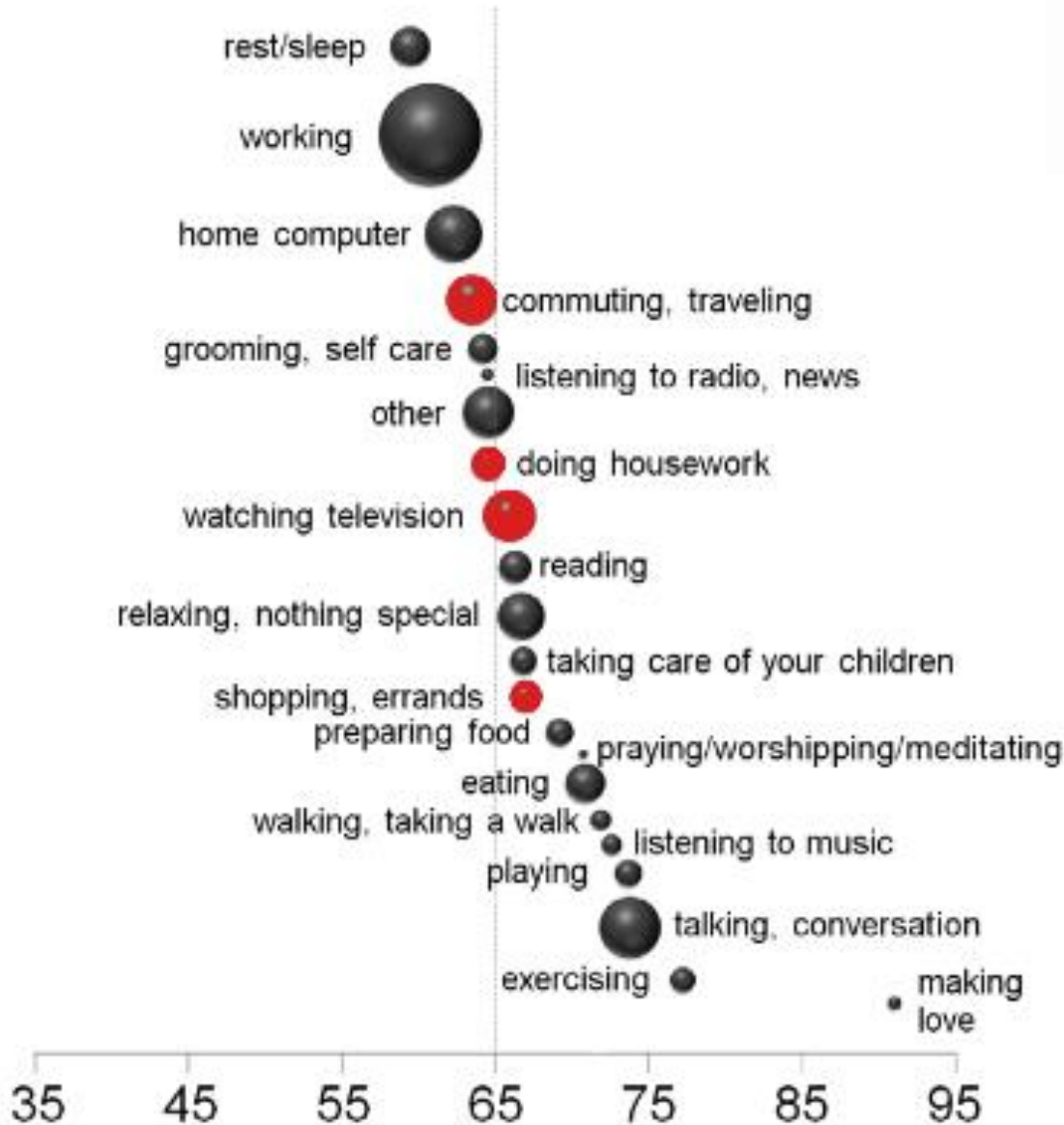
Mindfulness:
“tracking”

Mindfulness = Awareness



Mind Full, or Mindful?

Reported Happiness During Various Activities



HARVARD
UNIVERSITY



**A Wandering Mind
Is an Unhappy Mind**

Wat is Mindfulness?

„Die bewussyn wat
te voorskyn kom wanneer
jy doelbewus
aandag skenk,
in die huidige moment,
sonder veroordeling!”

- Jon Kabat-Zinn



MINDFULNESS.ART

Mindfulness

nian



nou

hart

Twee vlerke van Mindfulness: (kindfulness)



Affectionate
Deernisvol



Attention
Volbewus

Houding in Mindfulness Attitudes of Mindfulness

Asof die eerste keer Beginners Mind

Nieveroordeelend Non-Judging

Aanvaar Acceptance

Laat Gaan Letting Go

Vertrou Trust

Geduld Patience

Nie Forseer Non-Striving

Dankbaar Gratitude

Vrygewig Generosity



Een woord experiment

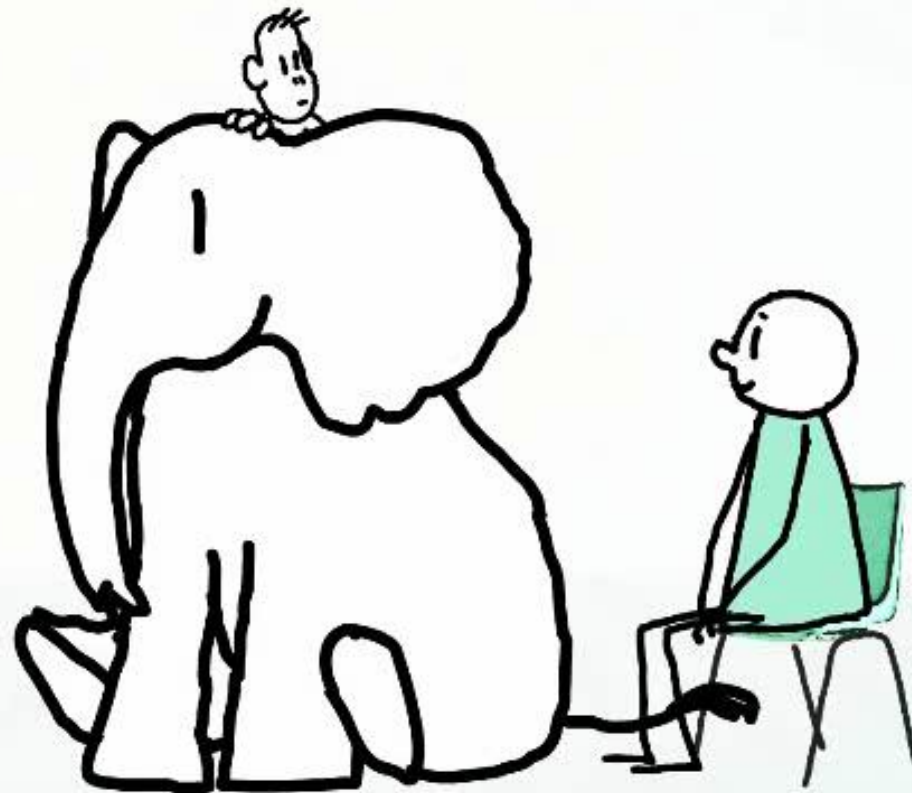
Kindfulness is genesend

.b



Kindfulness is genesend

.b



Wat is Mindfulness?

„Die bewussyn wat
te voorskyn kom wanneer
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aandag skenk,
in die huidige moment,
sonder veroordeling!”



- Jon Kabat-Zinn



MINDFULNESS.ART

Twee vlerke van Mindfulness: (kindfulness)



**Affectionate
Deernisvol**

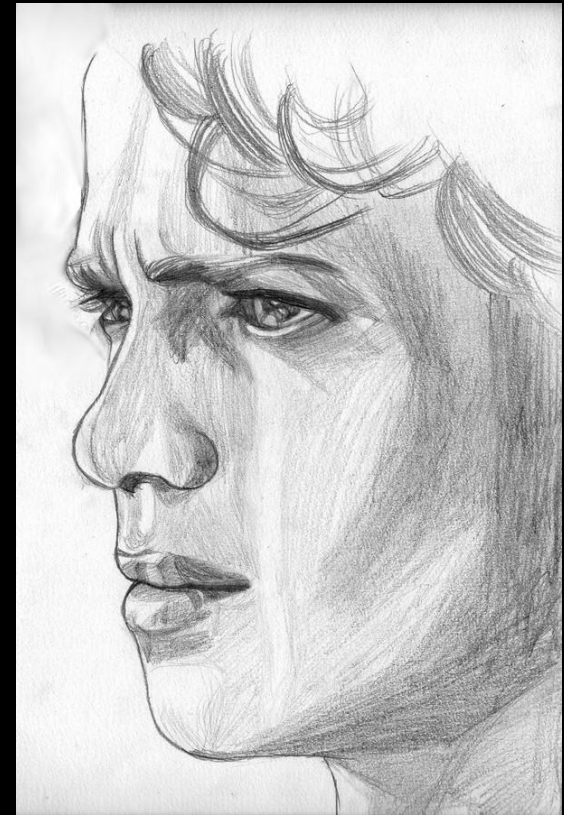


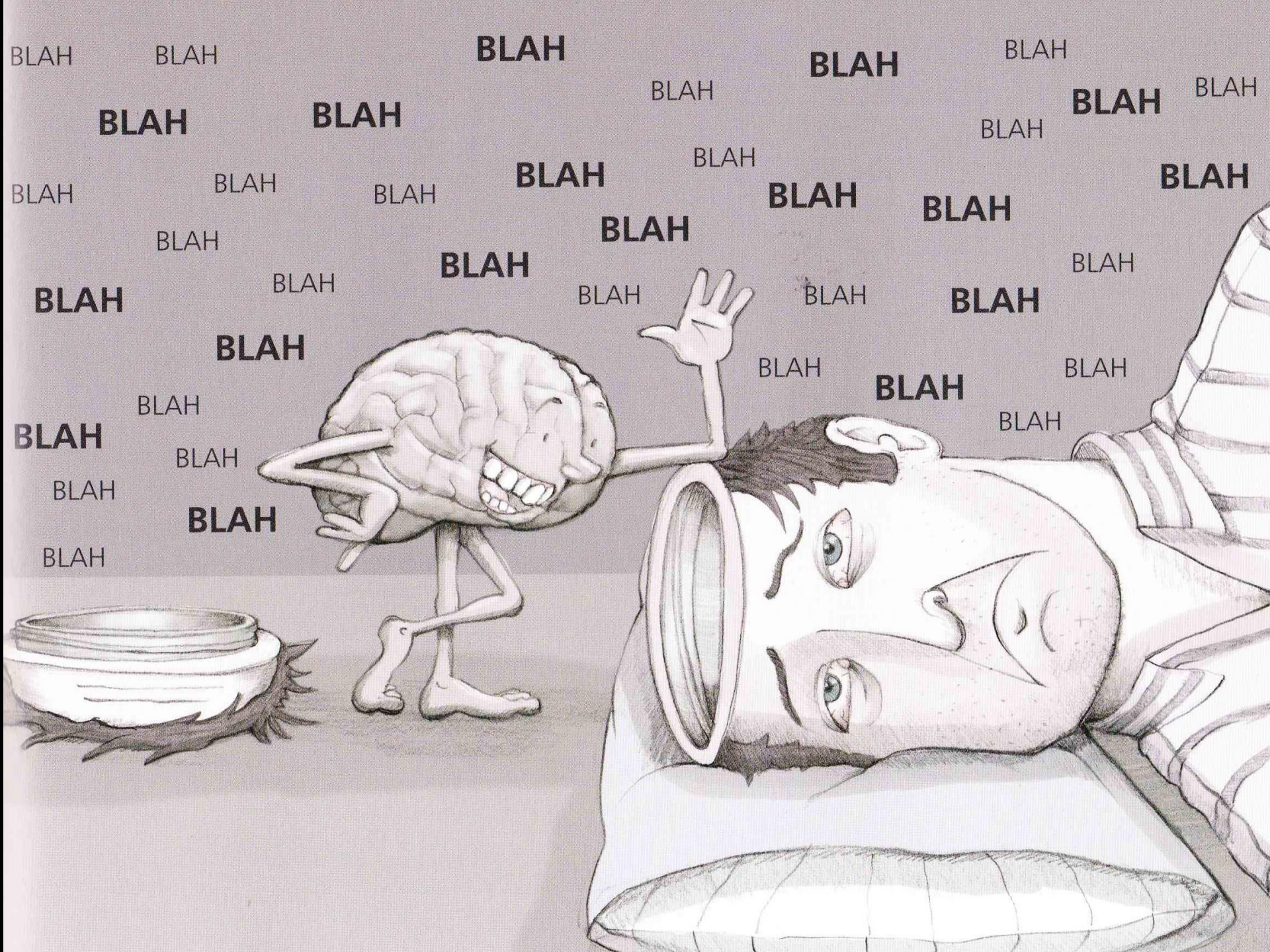
**Attention
Volbewus**

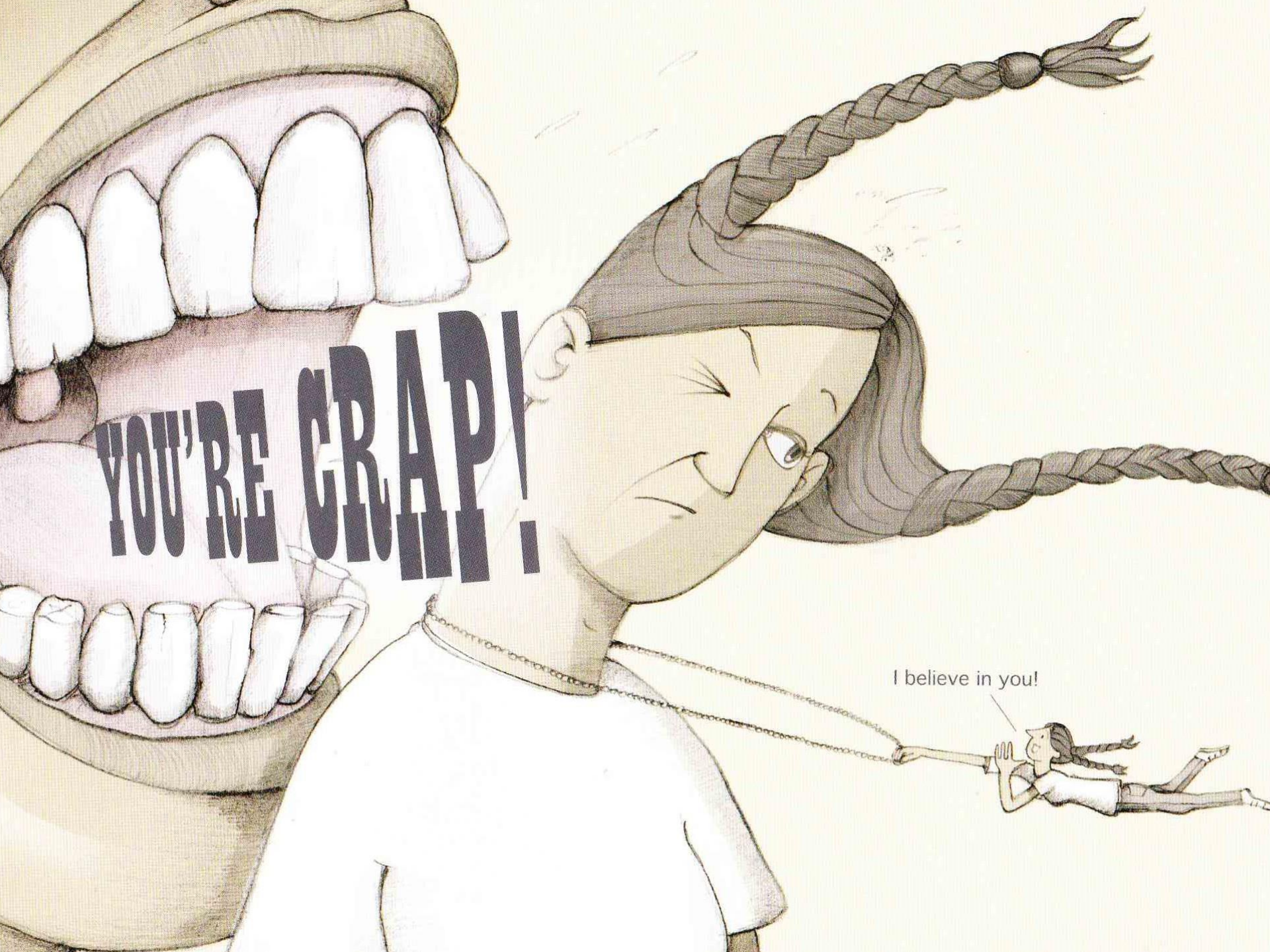
Uitdagings, pyn en swaarkry



"Try to exclude the possibility of suffering... And you'll find that you have excluded life itself". – CS Lewis







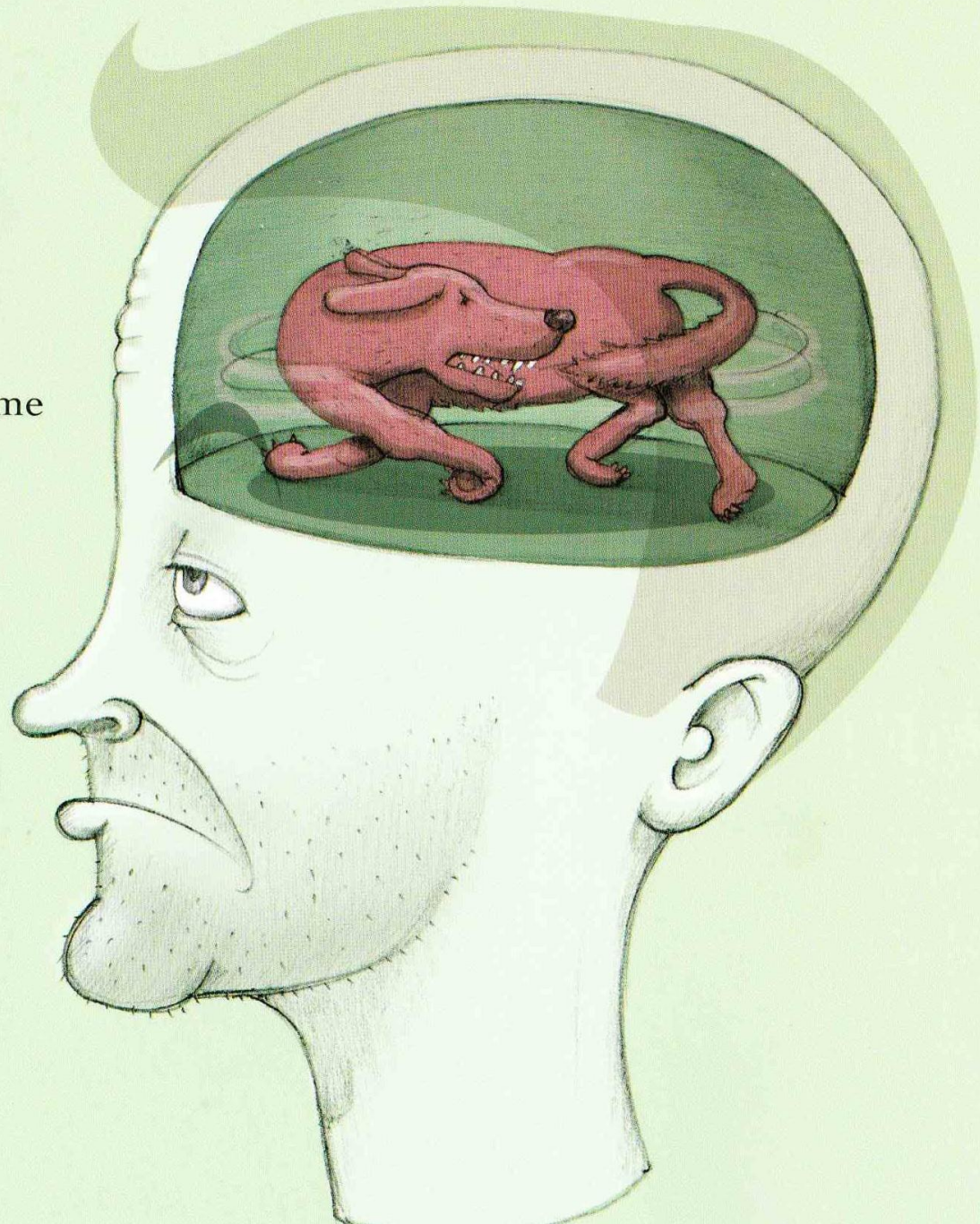
YOU'RE CRAP!

I believe in you!

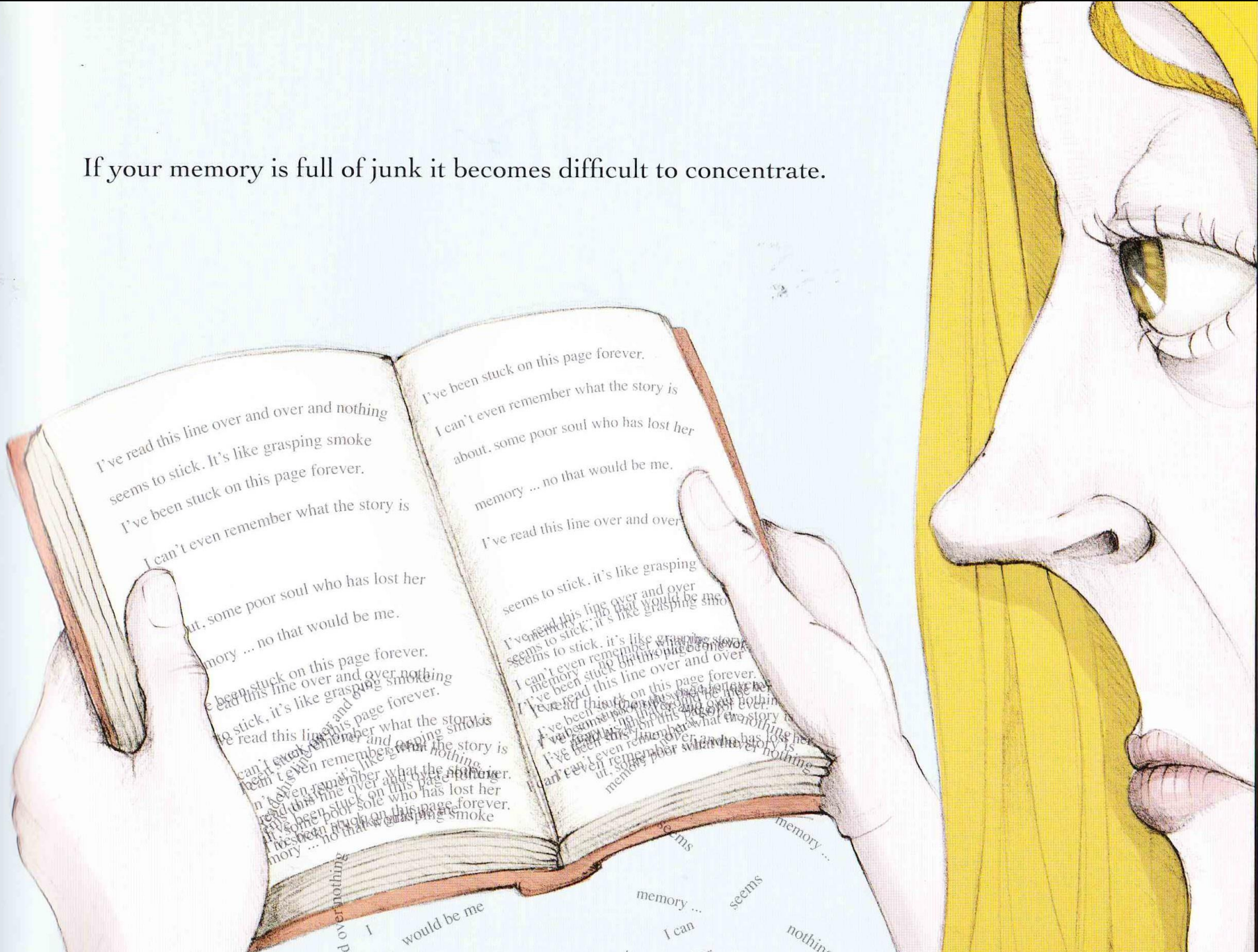


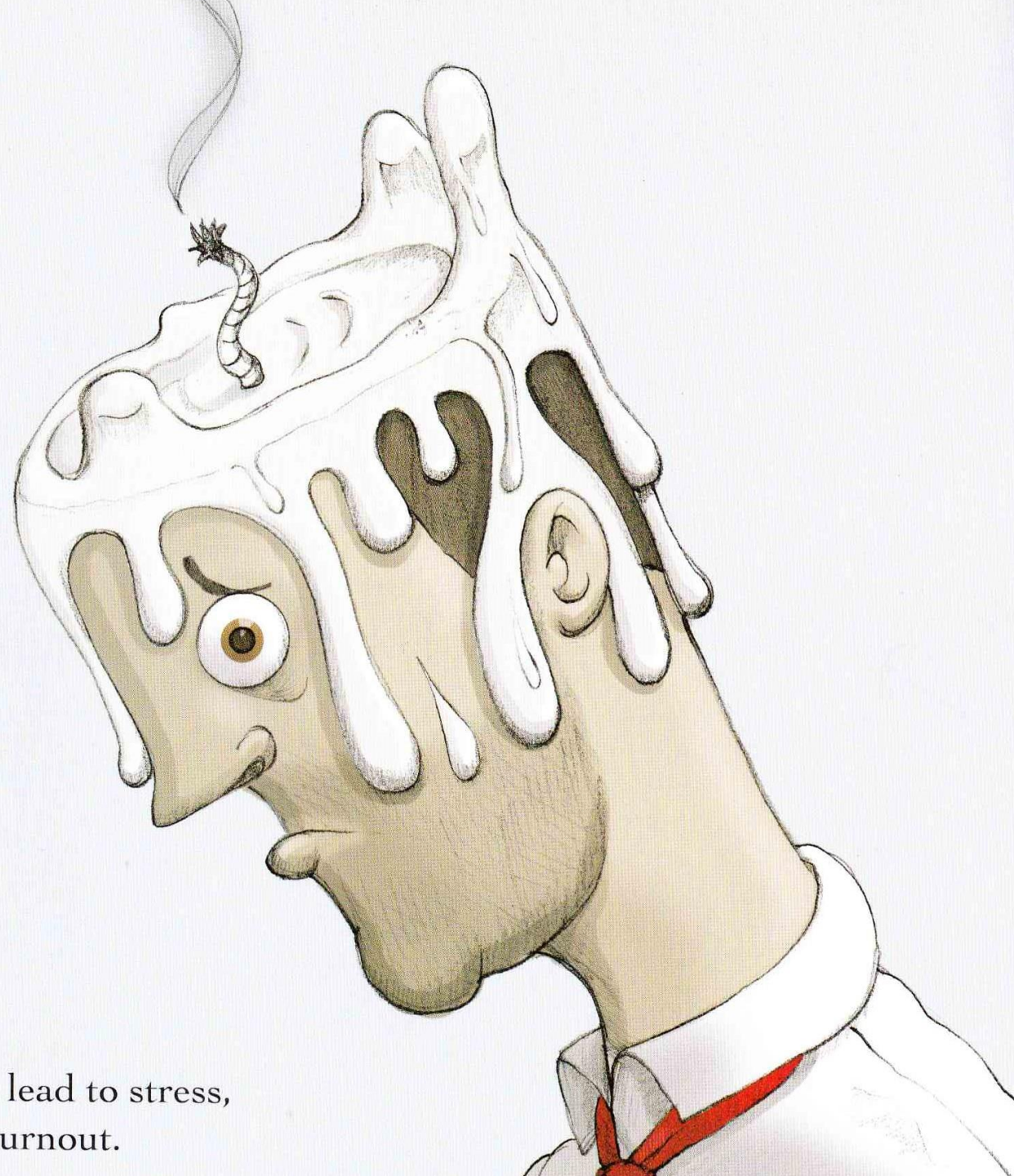
Just like a computer, your brain can fill up with junk and for some reason this junk takes up more memory and space than the important stuff.

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.



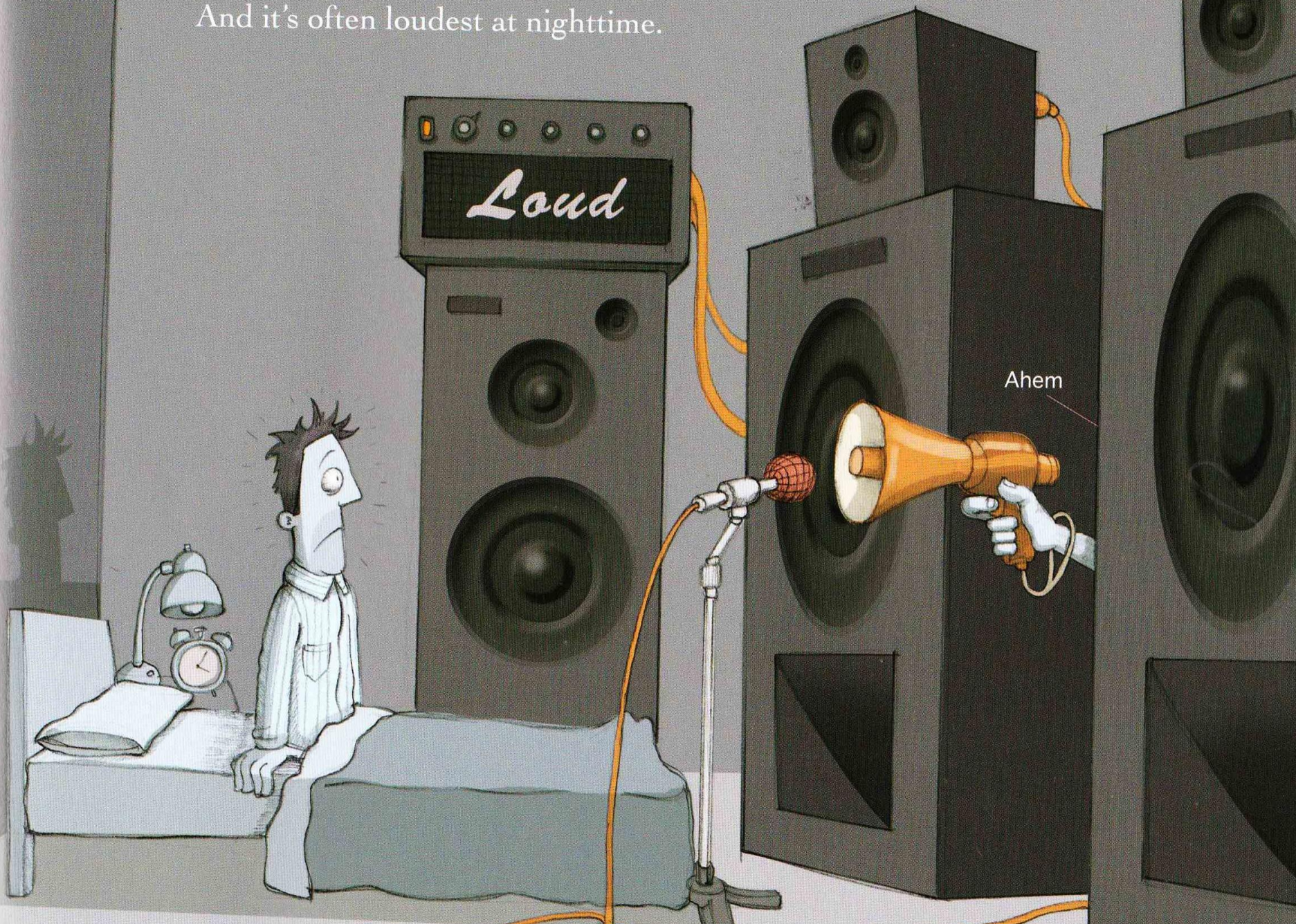


This kind of thinking can lead to stress, anxiety, depression and burnout.



The
Massive Book
of War

And it's often loudest at nighttime.





Immanuel Van Ton...

News Feed

Messenger

Marketplace

Shortcuts

- Lynnwood Gemeente 10
- rBlog
- Musiek at Lynnwo... 1
- Marketing Hub Sou... 20+
- KAIROS SOUTHE...
- Liefde is Liefde is L... 2
- See More...

Explore

- Events 3
- Groups 9
- Pages
- Friend Lists
- On This Day 18
- Pages Feed 20+
- See More...

Create

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.

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

ear This Follow

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

English (US) · Afrikaans · Français (France) · Español · Português (Brasil)

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YOUR PAGES

- Lynnwood Gemeente 9+
- Musiek at Lynnwood ... 1

CONTACTS

- Tebza Potsane
- Omara Moses
- Henna Van Wyngaardt
- Johan Pienaar
- Maryna van Niekerk
- Jacques Bornman
- Schalk Naude
- Anel Pienaar
- Gert Badenhorst
- Sum Goddesses
- Munya Maraïre
- Mark Markgraaff
- Han Janse Van Rens...

Search

Veg?

Vlug?

Vries?

Verdoof?



Veg?

Vlug?

Vries?

Verdoof?

Staan in nuwe

VERHOUDING

met jou binnekant!

(decentering)



Eva Moses Kor – Holocaust Victim



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



Wie is die koning van die oerwoud? (Dog Mind vs Lion Mind)



VS



** "I have a body, but I am not my body. I can see and feel my body, and what can be seen and felt is not the true Seer. My body may be tired or excited, sick or healthy, heavy or light, but that has nothing to do with my inward I. I have a body, but I am not my body."*

** "I have desires, but I am not my desires. I can know my desires, and what can be known is not the true Knower. Desires come and go, floating through my awareness, but they do not affect my inward I. I have desires, but I am not desires."*

** "I have emotions, but I am not my emotions. I can feel and sense my emotions, and what can be felt and sensed is not the true Feeler. Emotions pass through me, but they do not affect my inward I. I have emotions, but I am not emotions."*

** "I have thoughts, but I am not my thoughts. I can know and intuit my thoughts, and what can be known is not the true Knower. Thoughts come to me and thoughts leave me, but they do not affect my inward I. I have thoughts, but I am not my thoughts."*

Twee vlerke van Mindfulness: (kindfulness)



**Affectionate
Deernisvol**



**Attention
Volbewus**



Only that day dawns to
which we are awake!

Henry David Thoreau - Walden

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



As die Wonderoomblik Oopgaan

“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



WE SHOULD APPRECIATE
THE **HERE AND NOW!**
... 'CAUSE IT'S ONLY **HERE NOW!!**





Twee vlerke van Mindfulness: (kindfulness)



Affectionate
Deernisvol



Attention
Volbewus

Voordele van Mindfulness

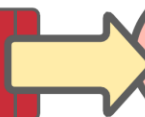


MINDFULNESS . ART



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	Equanamity				
Body reveals inner world					



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Sleep

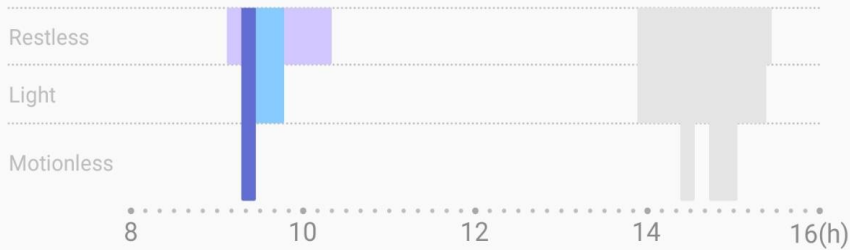


Track

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%)

Sleep

Share

Track

Trends



Thu, 07 March

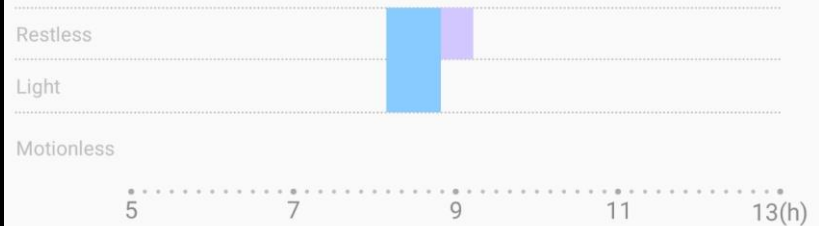
1 hr 4 mins

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

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

(De Mello, 1982)



Richard Davidson - neuroloog

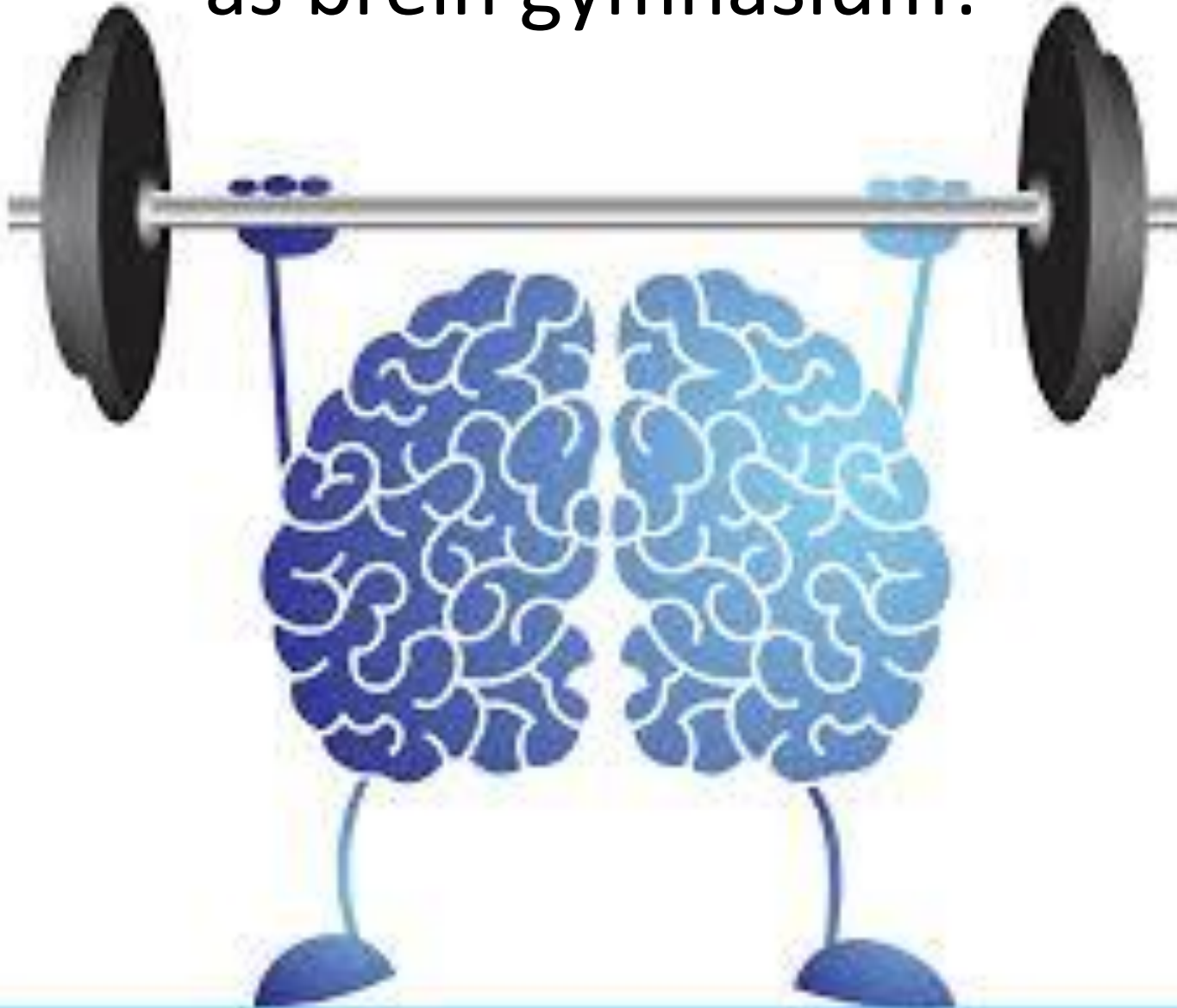


“Our brains are constantly being shaped wittingly (doelbewus) or unwittingly—most of the time our brains are being shaped unwittingly, and we have an opportunity to take more responsibility for the intentional shaping of our own minds and through that, we can shape our brains in ways that would enable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



Bou nuwe Bane

**Jou liggaam en asem
as brein gymnasium!**



Meditasie is om die instrument in te stel

- Uurglas: Kombinasie
- Liggaam skandering
- Asemhaling fokus
- Sintuie (Bv klankmeditasie)
- Bewustelik Beweeg (& Yoga)
- Natuur meditasie: berg, meer, boom
- Ten volle teenwoordig in lewensituasies

Jy kan nie bloed met
bloed afwas nie



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

Two wings of Mindfulness:



**Affectionate
(Compassion)**




**Attention
(awareness, presence)**

Insight Meditation timer

13:11 54%


95,000 Free Meditations

Live Events See all



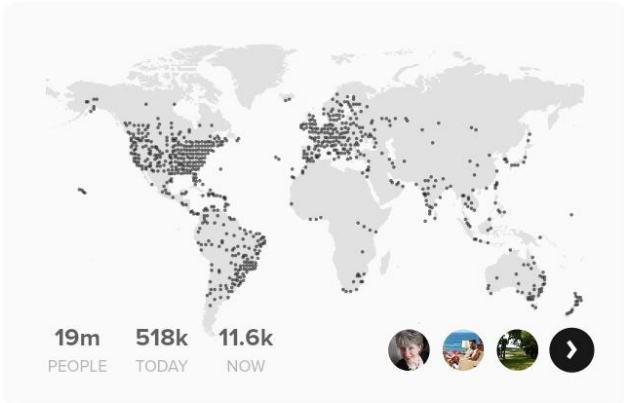
TODAY - 4:00 PM

Emilio Jose Garcia
How To Embrace Minimalism In Your Life
1.3k Attending



TODAY - 5:00 PM

Scott Shute
Self-Compassion for Inner Strength
670 Attending




19m PEOPLE 518k TODAY 11.6k NOW

20:58 32%

TIMER PRESETS

Starting bell



1 2 3

Duration Walking, 30:00 >

Interval bells None >

Ambient sound None >

Ending bell Wood Block >

93% **START**



BOOKMARKS

FEATURED

EXPLORE



Eckhart Tolle



Breathing into Sleep

632.3k plays • 17.8k ratings
17:50 • Bethany Auriel-Hagan

★★★★★ 4.6



Simply Being - Relaxation & Presence

553.2k plays • 32.9k ratings
05:00 • Mary & Richard Maddux

★★★★★ 4.4



Vipassana (Basic) Meditation

454.4k plays • 25.5k ratings
15:26 • Tara Brach

★★★★★ 4.6



Mindfulness for Releasing Anxiety

428.3k plays • 22.3k ratings
23:42 • Glenn Harrold

★★★★★ 4.7



Relax into Sleep Guided



The True Nature of Awareness

★★★★★

304.4k plays • 17.3k ratings

Eckhart Tolle helps us to discern between the stream of habitual thought and the nature of awareness itself.



11:50



BOOKMARK

3924 REVIEWS 0 RELATED CONTACT



★★★★★ 10 minutes ago in Batavia, IL

Dawn - Feeling peaceful after listening. Thank you Eckhart



★★★★★ 25 minutes ago in Berkeley

Andrea - Makes me smile so wide by



Home

Guided

Timer

Groups

Profile

Home

Guided

Timer

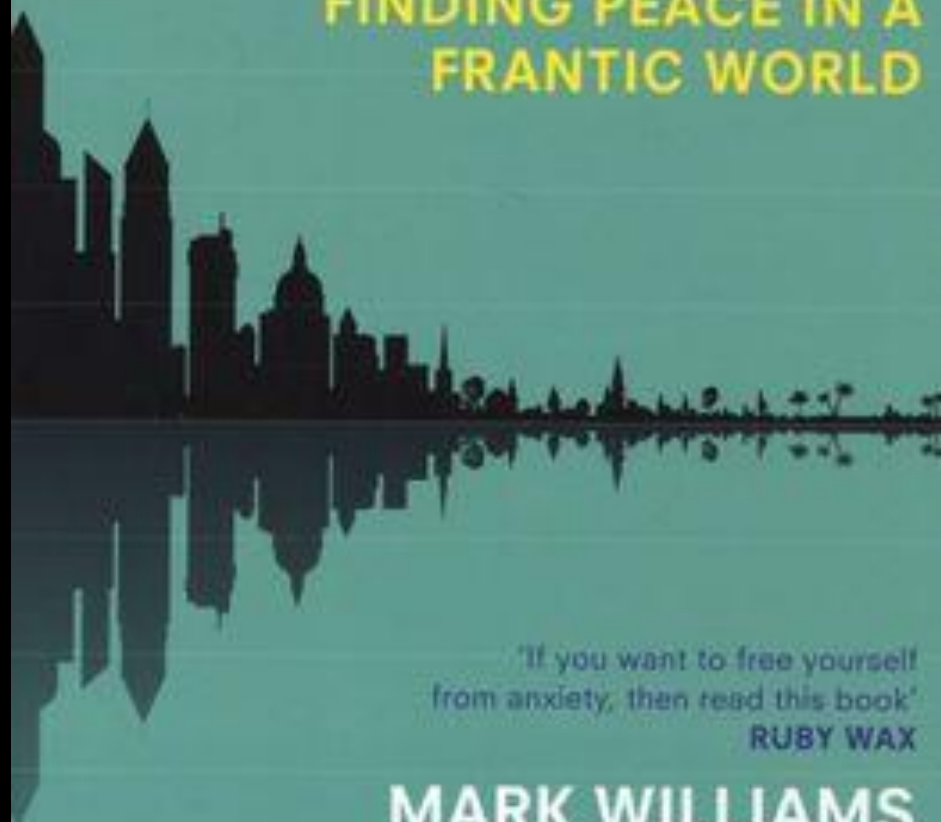
Groups

Profile

INCLUDES FREE CD OF GUIDED MEDITATIONS

Mindfulness

a practical guide to
**FINDING PEACE IN A
FRANTIC WORLD**



'If you want to free yourself
from anxiety, then read this book'

RUBY WAX

MARK WILLIAMS
and **DANNY PENMAN**

Foreword by Jon Kabat-Zinn



MINDFULNESS . ART

FULNESS OF LIFE mindfulness online cornerstone course (1 hour)



Mindfulness is waking up to the life you are living in its full range of experiences. Discover and develop the empowering gift of awareness and compassion.

In the one-hour course you will learn and experience what mindfulness is, how it cultivates wakefulness, the benefits of mindfulness, and how to come home in your own life.

*** The next "Fulness of Life Course" in Afrikaans (Mindfulness: 'n Volbewuste Vervullende Lewe! Hoekom Mindfulness?)

ART OF LIFE online mindfulness course in 6 transformative weeks



Mindfulness is much more an enlightened way of living and being, as a list of things to do. Cultivating a life where you live truly present being fully aware with healthy attitudes takes time and practice.

With the online course, the aim is to share the core concepts of mindfulness and practice mindfulness together. We are kindly re-wiring pathways in the brain for wellbeing. In the time between the events, you will be provided with meditations and motivation to grow your awareness and healthy attitudes.

SPRING DEEP ROOTS 8-week MBSR course (in-person in Pretoria)



Founded in 1979 at the University of Massachusetts Medical Center, the Mindfulness-Based Stress Reduction (MBSR) programme is the most successful and well-researched stress reduction programme worldwide.

Mindfulness-Based Stress Reduction Programme (MBSR) offers intensive training in formal and informal mindfulness-based practices. It is an approach that combines meditation, dialogue, reflective inquiry, and mindful movement.

Immanuel did his post-graduate studies in Mindfulness-Based Interventions at the





MINDFULNESS IN AFRIKAANS

VOLBEWUSTE LEWENSKUNS

**6 WEKE KURSUS OP
WOENSDAGAANDE
VANAF 16 JUNIE 2021
19:00-20:30**

**AANLYN:
LEWENDING & OPNAMES**



MINDFULNESS.ART



Nourish your roots with revitalizing RETREATS & NATURE WALKS



Several retreats are offered that differ in length and levels of experience with meditation and silence. Some of the options are thematic retreats, silent retreats with guidance, nature retreats, and reading retreats.

*** Pretoria Botanical Gardens Mindful Meditations 6 June 2021 @ 15:00-16:30. (R20 pp entrance to the Gardens. Optional donation on Snapsan)

*** Revitalizing 3-day Mindfulness Retreat 6-9 August 2021. R3300 pp all inclusive.

Empower PRIMARY SCHOOL CHILDREN(7 -11) with skills to engage skillfully with the world



Paws b [pause be] is a leading mindfulness curriculum for children aged 7 -11 in schools and was initially developed in collaboration with experienced primary school teachers, senior mindfulness teachers, and researchers at the UK Mindfulness in Schools Project.

The lessons are flexible and varied and can be taught as twelve 30 to 60-minute lessons or grouped into pairs and delivered over six sessions. [A significant body of evidence from research projects 'demonstrate evidence of a significant positive child outcome through an efficacy study' and 'additional consistent positive](#)

Lifechanging Mindfulness tools for SECONDARY SCHOOL CHILDREN (11-18) to flourish



.b, pronounced [dot-be], is the UK's leading mindfulness curriculum for 11-18 year olds in schools. **.b** stands for 'stop and be', a simple practice at the heart of this ten lesson course. Each **.b** lesson (between 40 minutes and 1 hour) is expertly crafted for use in the classroom to teach a distinct mindfulness skill.

The **.b** materials are designed to engage even the most skeptical of young minds. [A significant body of evidence from research projects 'demonstrate evidence of a significant positive child outcome through an efficacy study' and 'additi](#)



Imagine having crucial life skills from PRE_SCHOOL age (3-13)!



The Breathing Buddy Course is for children aged 3-13 and parents who want to support children in a skillful way of relating to life.

A very interactive course presented by Immanuel full of fun and energy. Children learn powerful but simple skills to feel safe, learn self-regulation of emotions and empower them at a very young age. Based on the sound science of breathing.

A safe fertile space for Mindfulness-based CONSULTATION



What about an optimal life? We tend to think of and focus on problems only. In the personal accompaniment sessions, we discover and develop your resources for you to flourish in life. Inspirational messages and reminders between sessions to motivate you. Individual confidential mindfulness-based counseling via zoom, my office, or in the comfort of your own home.

CONTACT ME FOR AN APPOINTMENT

Discover the richness of life with GUIDED MEDITATIONS



Join me for meditation in some of the most breathtaking areas in nature with or without guidance—different locations and lengths of meditations that suit your present need.

The first videos will be posted on the mindfulness.art youtube channel in May. Videos recorded in 4K for an immersive experience. Follow the video of the Meditation tour and Roadtrip around South Africa: <https://youtu.be/RceN-6XnDzw>.

Free mindfulness meditation sessions are offered live with reflection afterward. Participate in the comfort of your own home. Follow us on FB, Instagram or subscribe down





Immanuel



Edit



Art of Life Mindfulness Space

@ArtOfLifeMindfulness · Meditation Center

Edit WhatsApp

- Home
- Services
- Shop
- Offers
- More ▾

Promote



Help more people discover your website by promoting it: your Page



Promote Website



“Lovingkindness” Meditatie

Mag ek

... volbewus teenwoordig wees,

... bewus wees van innerlike bronne

... veilig voel te midde van storms,

... vergenoegd wees

... liefde ervaar en floreer!

Mag jy

... volbewus teenwoordig wees,

... bewus wees van innerlike bronne

... veilig voel te midde van storms,

... vergenoegd wees

... liefde ervaar en floreer!

Mag jy

... volbewus teenwoordig wees,

... bewus wees van innerlike bronne

... veilig voel te midde van storms,

... vergenoegd wees

... liefde ervaar en floreer!

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.

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. - David Whyte

