**SELFSORG SATERDAG**



Die uitnodiging vir vandag is om op drie maniere selfsorg toe te pas.

1 Maak tyd om te dink hoe jy vandag kan selfsorg toepas. Probeer in stilte luister na jouself deur die uurglas meditasie. Reageer dan op die behoefte wat na vore kom om vir jouself sorg te gee.

2 Sover dit vir jou moontlik is, probeer om aan ‘n ongemaklike emosie, gedagte of situasie in jou lewe liefdeVOLbewustheid te gee. Monitor die effek as jy aan daardie aspek wat jy gewoonlik verwens, wegdruk, frustreer met die lig van teenwoordigheid en aanvaarding te benader.

3 Probeer om iewers diè naweek een ete of ‘n drankie met al jou sintuie een aandagtigheid moontlik stadig te geniet. Reflekteer kortliks na die tyd oor die effek van die proses.

“And the people stayed home.

And read books, and listened, and rested,

and exercised, and made art, and played games,

and learned new ways of being, and were still.

And listened more deeply.

Some meditated, some prayed, some danced.

Some met their shadows.

And the people began to think differently.

And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways,

the earth began to heal.

And when the danger passed, and the people joined together again,

they grieved their losses, and made new choices,

and dreamed new images,

and created new ways to live

and heal the earth fully,

as they had been healed.” - Kitty O’Meara

