VADERSDAG

Wees fyn aandagtig oor die emosies wat gedagtes of herinneringe aan jou pa by jou losmaak. Sover moontlik, gee deernis, meelewing aan jouself vir dáárdie gedagtes en emosies wat opkom. Vanuit daardie innerlike ervaring van liefde, gee liedevolbewuste reaksie teenoor jou pa op gepaste wyse. Selfs as jou pa nie meer leef nie, vra na gepaste reaksie of ritueel wat vir jou genesend sal wees. \* Wees asb uiters Covid veilig 😷

HUMAN RELATIONSHIP

"Humans are tuned for relationship. The eyes, the skin, the tongue, ears, and nostrils – all are gates where our body receives the nourishment of otherness." David Abram (Spell of the Sensuous)

IN LOUISVILLE: “In Louisville, at the corner of Fourth and Walnut, in the center of the shopping district, I was suddenly overwhelmed with the realization that I loved all these people, that they were mine and I theirs, that we could not be alien to one another even though we were total strangers. It was like waking from a dream of separateness, of spurious self-isolation in a special world. . . .

This sense of liberation from an illusory difference was such a relief and such a joy to me that I almost laughed out loud. . . . I have the immense joy of being man, a member of a race in which God Himself became incarnate. As if the sorrows and stupidities of the human condition could overwhelm me, now that I realize what we all are. And if only everybody could realize this! But it cannot be explained. There is no way of telling people that they are all walking around shining like the sun.”

Thomas Merton, Conjectures of a Guilty Bystander

Meelewing meditasie 12 min (Loving-kindness meditation)

