**MAANDAG Week 1 Dag 5**

UURGLAS

Doen iewers 'n uurglas aan die begin van die week en probeer fyn luister na die motivering en emosionele energie in jou vir die week wat voorlê. Met watse emosionele "brandstof" dryf jy jouself aan? Vrees? Spanning? Potensiaal? Liefde? Nuuskierigheid? ....

MATINS By JOHN O’DONOHUE

1.

Somewhere, out at the edges, the night

Is turning and the waves of darkness

Begin to brighten the shore of dawn.

The heavy dark falls back to earth

And the freed air goes wild with light,

The heart fills with fresh, bright breath

And thoughts stir to give birth to colour.

2.

I arise today

In the name of Silence

Womb of the Word,

In the name of Stillness

Home of Belonging,

In the name of the Solitude

Of the Soul and the Earth.

I arise today

Blessed by all things,

Wings of breath,

Delight of eyes,

Wonder of whisper,

Intimacy of touch,

Eternity of soul,

Urgency of thought,

Miracle of health,

Embrace of God.

May I live this day

Compassionate of heart,

Gentle in word,

Gracious in awareness,

Courageous in thought,

Generous in love.

Kyk of jy een van die dinge wat jy gewoonlik "automaties" doen soos tande borsel, bestuur, gaan sit, of wat ookal, met fyn ingestelede bewussyn kan doen. Dit help soms om dit net stadiger te doen.

