

DIE FONDASIE VAN NEO-SPEKTRUM:

Hier ontmoet ons 'n God wat LEWE en LIEFDE is
Hier erken ons dat die KRAG wat in ons is nie van ons is nie
Hier laat ons 'n GELOOFWAARDIGE stem hoor
Hier word alle mense MENSWAARDIG behandel
Hier is ruimte vir ANDERSDENKENDES
Hier gee 'n wysheidsirkel aan elkeen 'n STEM
Hier is geen VERWYDERING of YEROORDELING nie

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Maandag 6 Augustus 19h00

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BESONDERHEDE VIR EPOS NUUSBRIEF EN SMS TEMA

Naam en Van

E-Mail _____ Sel _____

ADRES: 7 BICCARD STR. DURBANVILLE

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uit in Koebergweg, tweede straat regs is:

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NEO-SPEKTRUM

15 JULIE 2018

THE BUTTERFLY EFFECT

DIE ENERGIE VAN WOORDE

STILTE IN DIE KAPEL

~ MOONLIGHT SONATA — STJEPAN HAUSER ~

IN DIE TEENWOORDIGHEID VAN GOD

“Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing future of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. Be yourself. Especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be, and whatever your labours and aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world.

Be cheerful. Strive to be happy.”

— Max Ehrman — Desiderata (1927) —

— A Tongue Reflects the Heart's Canvas —

Als wat loop, vlieg, kruip of swem, elke soort dier is al deur die mens getem, maar geen mens kan die tong tem nie. Dit is 'n ongetemde kwaad, vol dodelike gif. Met die tong loof ons die Here en Vader, en met die tong vloek ons die mense wat as die beeld van God gemaak is. Uit dieselfde mond kom lof en vloek. So moet dit nie wees nie. 'n Fontein laat tog nie uit dieselfde oog vars en brak water opborrel nie. 'n Vyeboom kan tog nie olywe dra nie, of 'n druiwestok vye nie. 'n Brak fontein kan mos nie vars water gee nie! — Jakobus 3:7-12

☞ **Engage Brain before opening Mouth** — leer om jou woorde te tel en te besef dat elke ding wat ons sê, dra 'n sekere energie. Ons woorde verwoord ons gedagtes en gedagtes, soos laas week bespreek, is 'n refleksie van ons intensies.

DINK — dink voor jy praat; dink voor jy reageer; dink voor jy besluit ...
Murmureer en sug minder; wees sagter in jou selfkritiek en selfverwyte.

"Nothing complements a fast mind better than a slow tongue. And nothing aggravates a slow mind better than a fast tongue." — **Mokokoma Mokhon**

☞ **Whatever I Judge will Judge Me** — "Dood en lewe is in die mag van die tong; en elkeen wat dit graag gebruik, sal die vrug daarvan eet." — Spreuke 18:21

DOEN — doen wat jy sê; wees 'n voorbeeld en wees konsekwent; doen woorde wat inspireer en motiveer ... do good beautifully.

"Words can be medicines; they can also be poisons. Words can heal; they can also kill... It all depends on how, when and where they are used and against whom! Let us not abuse our words. It's a misuse of the tongue!" — **Israelmore Ayivor**

☞ **Mirror of the Soul: Reflection or Projection** — geloof is 'n aksie, hoop is 'n keuse, liefde is 'n werkwoord ... laat jou woorde 'n refleksie wees van die vrugte van die Gees.

DANK — maak die tong 'n instrument van vrede, vreugde, en dank; laat elke sin begin en afsluit met 'dankie' - dan sal elke gedagte 'n gebed wees

"The words of the tongue should have three gatekeepers. The first asks, "Is it true?" The second, "Is it kind?" The third, "Is it necessary?" — **Arabian Proverb**



GIVING TRANSFORMS HAVING INTO BEING



~ CAVATINA — LESZEK ROJSZA ~

BREEK DIE BROOD EN DEEL DIE WYN

"Alles wat waar is, alles wat edel is, alles wat reg is, alles wat rein is, alles wat mooi is, alles wat prysenswaardig is – watter deug of lofwaardige saak daar ook mag wees – daarop moet julle julle gedagtes rig."
— Filippense 4:8 —

"I am grateful for all that this year has given me,
including the lessons it has given to my soul.
This year I will be kinder and more compassionate to myself
and to all beings.
I will stop being so hard on me.
I will laugh more.
I will unplug more.
I will shift into my heart more.
I will make the time to connect to the Divine and feed my spirit.
I will let go of the small stuff.
I will surround myself with uplifting people and activities.
This is my truth and so it is. Amen."
— Eileen Anglin —

Be the Awareness of the Presence of God

ANTIGA PALAVRA — MORRICONE & DULCE PONTES