

## 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 VEROORDELING nie

### KONTAKBESONDERHEDE

Terblanche Jordaan  
Tel: 083.460.45.45  
terblanche1@telkomsa.net

Webblad: [www.neo-spektrum.com](http://www.neo-spektrum.com)  
Facebook: Neo-Spektrum  
Leierspan: [riaan.neethling@gmail.com](mailto:riaan.neethling@gmail.com)

**ACIM: Na skoolvakansie**  
**SK (Vyf gelowe) — 5 Augustus**  
**Ete & Veiling — 26 Augustus**

**BOEKGROEP**  
Maandag 7 Augustus 19h00  
[lydia@afriagrowth.com](mailto:lydia@afriagrowth.com)  
Marseille 15, Pinehurst

**BESONDERHEDE VIR EPOS NUUSBRIEF EN SMS TEMA**  
Naam en Van \_\_\_\_\_

E-Mail \_\_\_\_\_ Sel \_\_\_\_\_

### ADRES: 7 BICCARD STR. DURBANVILLE

Vanaf N1 — Durbanweg/Willie van Schoor afrit, reguit ± 8km tot by sirkel,  
uit in Koebergweg, tweede straat regs is:

**MAAK VIR ONS 'N MAANDELIKSE BYDRAE ASSEBLIEF**

#### Bankrekening vir bydraes

**ABSA: Neo-Spektrum**

Takkode: **632005**

Rekening: **4083481065**

*Vorms is ook beskikbaar indien jy  
'n debietorder wil teken*

#### SnapScan

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veiligheid.



# NEO-SPEKTRUM

## 30 JULIE 2017

### INTROSPEKSIE

#### VERSNELLERS VAN BEWUSSYN

## STILTE IN DIE KAPEL

~ IF IT BE YOUR WILL — LEONARD COHEN ~

## IN DIE TEENWOORDIGHEID VAN GOD

"Rabbit's clever," said Pooh thoughtfully.

"Yes," said Piglet, "Rabbit's clever."

"And he has Brain."

"Yes," said Piglet, "Rabbit has Brain."

There was a long silence.

"I suppose," said Pooh,

"that's why he never understands anything."

— Benjamin Hoff, 'The Tao of Pooh' —

"Many people suffer from the fear of finding oneself alone,  
and so they don't find themselves at all."

— Rollo May, 'Man's Search for Himself' —

"The purposes of a man's heart are deep waters,  
but a man of **understanding** draws them out."

— Proverbs 20:5 —

## STILTE VAN BINNE

## VERSNELLERS VAN DIE BEWUSSYN

*"A man must find time for himself. Time is what we spend our lives with. If we are not careful we find others spending it for us .... It is necessary now and then for a man to go away by himself and experience solitude; to sit on a rock in the forest and to ask of himself, 'Who am I, and where have I been, and where am I going?' .... If one is not careful, one allows diversions to take up one's time — the stuff of life." — Carl Sandburg*

**Intuisie > Intensie > Inspirasie > Integrasie > Introspeksie**

*Bepeinsing, besinning, nadenke, oorweging, refleksie om in kontak te kom met die 'taal van die siel'; 'taal van die hart'; 'taal van die gees'; 'taal van die gevoel'; en 'taal van die gedagtes' — om van die intellek, siel te maak!*

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### TO FIND DIVINE INTROSPECTION: (look within)

**"THE ONLY JOURNEY, IS THE ONE WITHIN."** — Rainer Maria Rilke

- 1. THE POWER OF INTROSPECTION** — Inspiration responds to our attentiveness in various and sometimes unexpected ways.  
Become conscious of all thoughts that aren't aligned with your Source.  
Quickly identify any thoughts that are moving us away from our Source, and then shift the direction.
- 2. THE POWER OF REFLECTION** — Refleksie is 'n rigting, nie bestemming sodat ons menslike kompas kan wys waar is ons — 'TRUE NORTH'  
Dit fokus ons gedagtes en stel ons in staat om in alle omstandighede **BEWUS** te wees: **to be the awareness of the presence of God**  
Refleksie bring — *discipline, devotion, dedication* wat **BESIN** oor ons seëninge en nie ons tekortkominge.
- 3. THE POWER OF SELF-EXAMINATION** — *purpose and meaningfulness*
  - i) It allows you to notice negative patterns in our life.
  - ii) It keeps you focused on the bigger picture.
  - iii) It helps you face your fears, surrender guilt, forgive projections.
  - iv) It allows you to make decisions based on your soul-mindedness.
  - v) It will change your mind and therefore change your world.**HOE?** — *Eerste/laaste gedagte; stilte-spasie; vra vrae; maak notas.*



## GIVING TRANSFORMS HAVING INTO BEING



~ TENDER PASSION — ORIGEN ~

*The will of God will never take you,  
Where the grace of God cannot keep you,  
Where the arms of God cannot support you,  
Where the power of God cannot endow you.*

*The will of God will never take you,  
Where the Spirit of God cannot work through you,  
Where the wisdom of God cannot teach you,  
Where the hands of God cannot mould you.*

*The will of God will never take you,  
Where the love of God cannot enfold you,  
Where the grace of God cannot sustain you,  
Where the peace of God cannot calm you,*

*The will of God will never take you,  
Where the comfort of God cannot dry your tears,  
Where the Word of God cannot feed you,  
Where the miracles of God cannot be done for you,  
Where the omnipresence of God cannot find you.*

*Everything happens for a purpose.  
We may not see the wisdom of it all now,  
but trust and believe in the Lord  
that everything is happening as a teacher*  
— **WILL** (thelema: splendour, desire, delight) of God —

**Be the Awareness of the Presence of God**

~ A VOICE FROM INSIDE — ENNIO MORRICONE ~