

DIE ESSENSIE 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

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ACIM: Stad 13 Februarie 19h30
Kolping 16 Februarie 19h30
— Verhoudinge: 18 Februarie —

BOEKGROEP

Maandag 6 Maart 19h00
lydia@africagrowth.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*

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vir jou foon.
Installeer en
gebruik met
veiligheid.



Neo-Spektrum
12 Februarie 2017
RESET YOUR EARS
TOT DIE HART SPREEK

STILTE IN DIE KAPEL

~ MARETA NO'M FACES PLORAR ~

— DON MCLEAN —

IN DIE TEENWOORDIGHEID VAN GOD

"If there is no communication then there is no respect.
If there is no respect then there is no caring.
If there is no caring then there is no understanding.
If there is no understanding then there is no compassion.
If there is no compassion then there is no empathy.
If there is no empathy then there is no forgiveness.
If there is no forgiveness then there is no kindness.
If there is no kindness then there is no honesty.
If there is no honesty then there is no love.
If there is no love then God doesn't reside there.
If God doesn't reside there then there is no peace.
If there is no peace then there is no happiness.
If there is no happiness — then there IS CONFLICT
BECAUSE THERE IS NO COMMUNICATION!"

— Shannon L Alder —

STILTE VAN BINNE

"Laat hulle wat ore het om te luister, HOOR!"

"If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you."

— **Gospel of Thomas** —

"And God asked: what do you see when you see ME? Let ME be not put on the pedestal, nor the cross. Make ME not the screen onto which your projections are played. Unweave your stories, unlearn your judgments, forgive who you think I am and who you think I should be, and see ME truly - as a mirror, in which you see your own light reflected."

— **Lisa Trevino** —

To 'Listen' is an awareness of the presence of the now

✚ **ACTIVE LISTENING:** Hearing is accidental, listening is intentional

"Out beyond ideas of wrongdoing and rightdoing there is a field. I'll meet you there." — Rumi

✚ **The words 'silent' and 'listen' have the same letters**

- (1) *Filters van Luister — agtergrond, patrone, taal, en body-language*
- (2) *Kanale van Luister — luister om te verstaan en nie om te reageer nie*
- (3) *Beddings van Luister — verstaan + konneksie = kommunikasie*
- (4) *Besoedeling van Luister — verskille en konflik met waardigheid*
- (5) *Suiwering van Luister — om te luister is om met die hart te hoor*

- ◆ **Ignoring** — the "La La La, I can't hear you" fingers in the ears listening
- ◆ **Pretending** — the "Uh huh, Oh really? That's nice" listening
- ◆ **Selective Hearing** — the "But I'm sure I heard you say..." listening
- ◆ **Attentive** — the "Where were you, how did you react?" listening
- ◆ **Empathic** — the "And how does that make you feel?" listening

✚ **Om 'COUNCIL' te hou — beginsels van 'n Wysheidsirkel**

- A. Intimiteit — maak tyd: discipline, dedication, devotion
- B. Ubuntu — humanity: love, acceptance, respect, dignity, blessing
- C. Vergiffenis — whatever is 'wrong' is what I'm not prepared to give



GIVING TRANSFORMS HAVING INTO BEING



~ SAY SOMETHING — A GREAT BIG WORLD ~

When I ask you to listen to me and you start giving me advice,
you have not done what I asked. When I ask you to listen to me
and you begin to tell me why I shouldn't feel that way,
you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something
to solve my problem, you have failed me, strange as that may seem.

Listen! All I ask is that you listen. Don't talk or do - just hear me.

Advice is cheap - 20 cents will get you both

Dear Abby and Billy Graham in the same newspaper.

And I can do for myself; I am not helpless.

Maybe discouraged and faltering, but not helpless.

When you do something for me that I can and need to do for myself,
you contribute to my fear and inadequacy.

But when you accept as a simple fact that I feel what I feel,
no matter how irrational, then I can stop trying to convince you
and get about this business of understanding what's behind this irrational feeling.
And when that's clear, the answers are obvious and I don't need advice.
Irrational feelings make sense when we understand what's behind them.

Perhaps that's why prayer works - sometimes - for some people,
because God is mute. And he doesn't give advice or try to fix things.

God just listens and lets you work it out for yourself.

So please listen, and just hear me. And if you want to talk, wait a minute
for your turn, and I will listen to you.

— **Anonymous** —

BE THE AWARENESS OF THE PRESENCE OF GOD

THEY LIVE IN YOU (MAMELA: LISTEN!) ~ LION KING