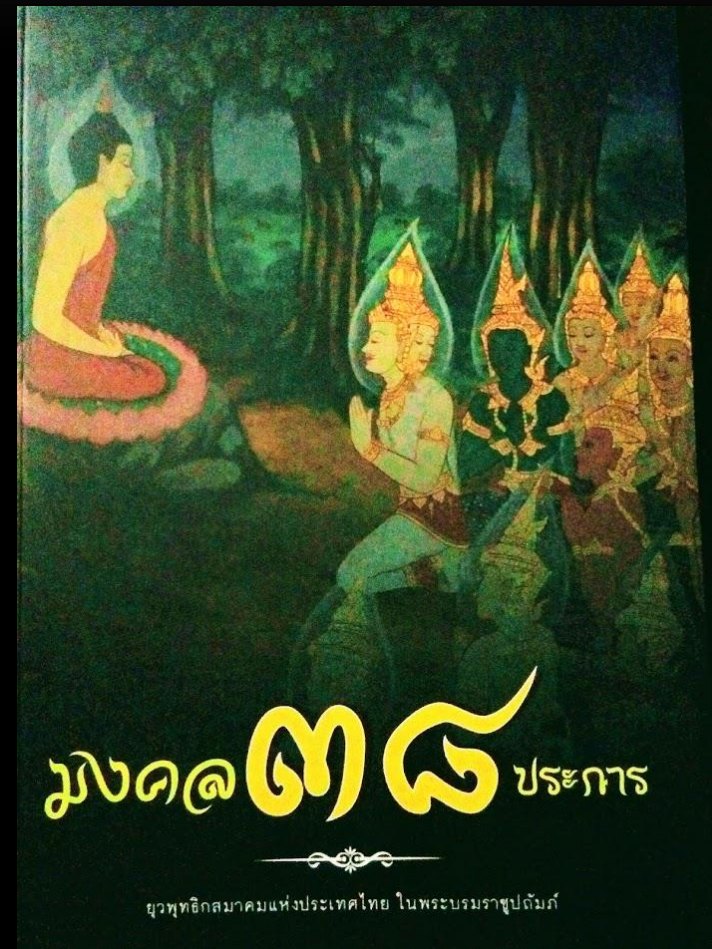
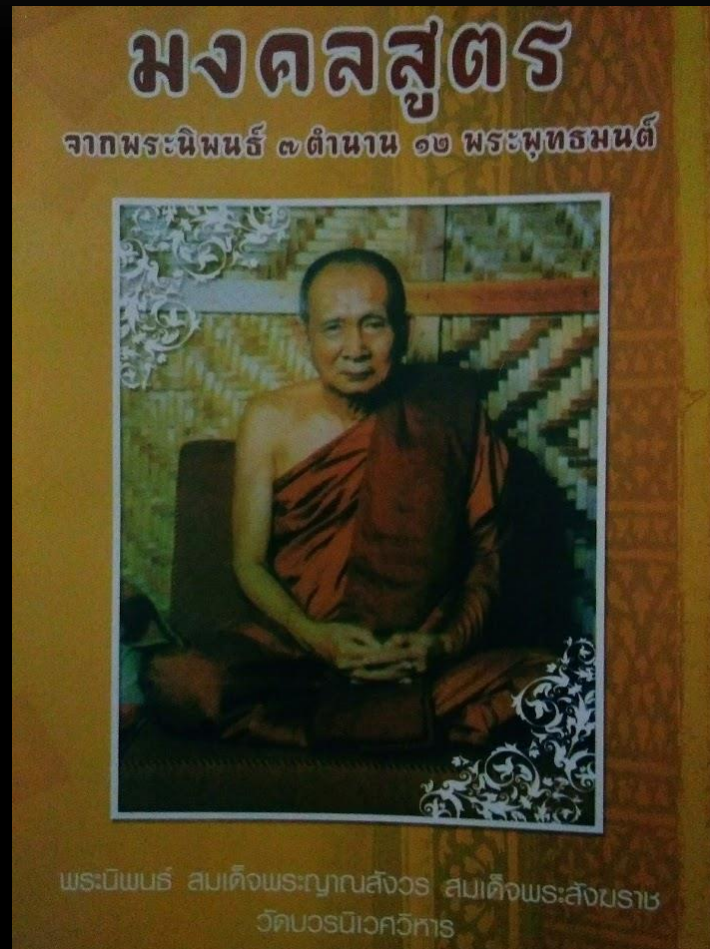


สนุกกับภาษา

มงคลชีวิต ๘

มงคลชีวิต ๘

Highest Blessings



Highest Blessings

- **What are the Highest Blessings in life?**
 - **Support of mother and father**
 - **Cherishing of children and wife**
 - **A livelihood which is free from complications**
-

Highest Blessings

- **Cherishing our parents**
 - **cherish** (v.) to love, protect, and care for someone or something that is important to you
 - **She cherishes** her children.
 - **I cherish** the memories of the time we spent together.
-

Highest Blessings



ธรรมะเฉลิมพระเกียรติ ๘๕ พรรษามหาราชา

King Bhumibol

พระมหากษัตริย์ยอดกตัญญู

คัมภีร์ชีวิตที่เป็นสิริมงคล และเป็นมิ่งขวัญประจำบ้านเรือนของเรา

Highest Blessings

- Thai culture is based on presenting **gratitude** and **respect** for parents and teachers. It is seen through the Thai way of life and ritual.
- **culture** = way of life, lifestyles, a manner of spending one's life

Highest Blessings

- Thai culture is based on presenting **gratitude** and **respect** for parents and teachers. It is seen through the Thai way of life and ritual.
- **gratitude** = a strong feeling of appreciation to someone or something for what the person has done to help you

Highest Blessings

- **gratitude** (n.) **grateful** (adj.)
 - I'm **grateful** for your love and support.
 - **Thank you** so much for helping us.
 - We're so **grateful**. We really **appreciate** all the help you gave us.
 - I **have great respect** for my parents and teachers.
-

Highest Blessings

- Rare persons

1. one who is first to do a favour;
previous benefactor

2. one who is grateful and repays the done
favour; grateful person

Highest Blessings

- Giving support to parents
- Cherishing our parents
- **Appreciating and repaying**

1. repaying our debt of gratitude to our parents:
physically and spiritually both before they pass
away and after death too

Highest Blessings

- Giving support to parents
- Cherishing our parents
- **Appreciating and repaying**

2. announcing the goodness of our parents

Highest Blessings

- **Taking good care of our parents is the most fundamental of virtues.**
 - **virtue (n.) a good moral quality in a person**
 - **Gratefulness is a virtue.**
 - **He is a virtuous and hard-working man.**
-

Highest Blessings

- **Support of mother and father**
- **Cherishing of children and wife**
- The appreciation of good deeds and cherishing our parents is our first and most fundamental opportunity to express gratitude.
 - Give and take

Highest Blessings

- **Support of mother and father**
 - Give and take
 - Having been supported by our parents we will support them in turn.
 - We will do their work for them.
-

Highest Blessings

- **Support of mother and father**

We'll keep up the honour and the traditions of our family.

- I will make myself worthy of my heritage.
 - I will grant donations for my parents.
-

Highest Blessings

- **Cherishing of children and wife**
 - In the five ways his parents show their love for him:
 - They keep him back from evil.
 - They train him in virtue.
 - They have him taught arts and sciences.
-

Highest Blessings

- **Cherishing of children and wife**
 - In the five ways his parents show their love for him:
 - They arrange for his marriage to a suitable wife.
 - They hand over his inheritance to him in due time.
-

Highest Blessings

- **The good life is built with good relationships.**
 - family friends community
 - What keep us happy as we go through life?
 - **Sensual happiness**
 - **Spiritual happiness**
-

- **Sensual happiness**
 - **Spiritual happiness**
 - **Sports is empowerment.**
 - **He meditates for 30 minutes a day.**
 - **She practises meditation.**
-

Highest Blessings

- **Spiritual happiness**
 - **concentration / mental discipline**
 - She enjoys natural surroundings and heal herself through **meditation**.
 - I can't **concentrate** on my work with all that noise.
-

Highest Blessings

- **Spiritual happiness**
 - **mindfulness** (n.) the practice of being aware of your body, mind, and feeling in the present moment, thought to create a feeling of calm:
 - **Mindfulness** can be used to alleviate feelings of anxiety and depression.
-

Lifestyle

Everything you need to know before travelling with your senior parents



- **the pros and cons** = the advantages and disadvantages of something, especially something that you are considering doing:

We're weighing up **the pros and cons** of joining a tour.

Buddhist Festival in Thailand Celebrates Boys as 'Princes'



Highest Blessings

- Support of mother and father
- Cherishing of children and wife



CNA Insider

**Super granny, 81,
climbs mountains,
plays tennis and
runs 7km every day**

a day ago · ▶ 23:12



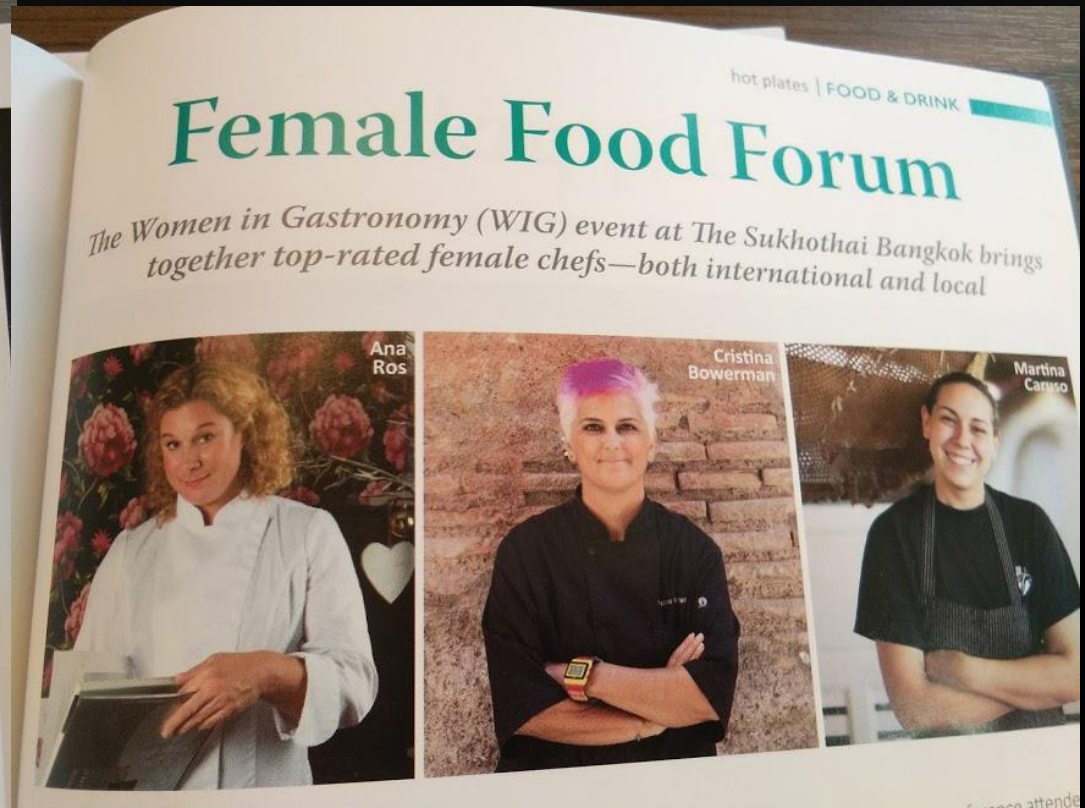
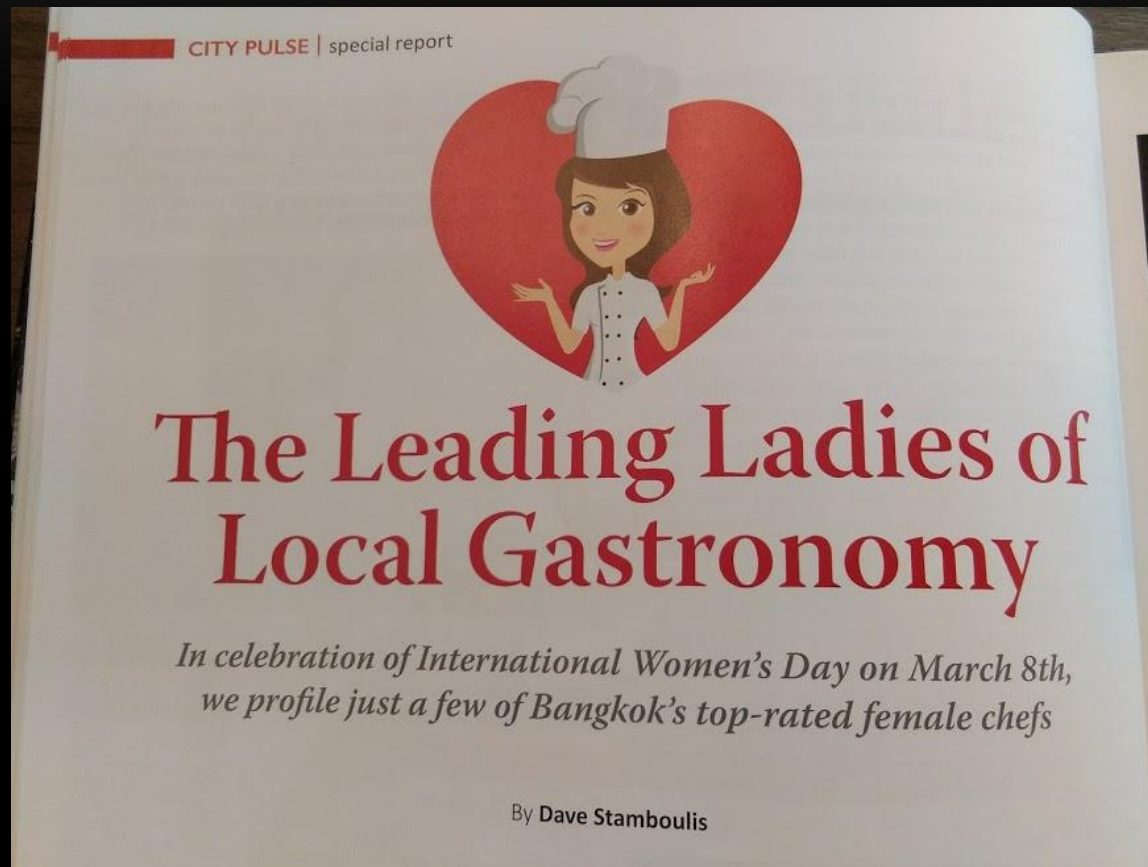
 mediacorp

CNA Insider

Super granny, 81, climbs mountains, plays tennis and runs 7km every day

After refusing knee surgery in her 50s, this Taiwanese senior started exercising instead - and went on to shatter track records and preconceptions about ageing, as the series Super Octogenarians finds out.

Gastronomy = the art and knowledge involved in preparing and eating good food





Young Singaporean author Sofia Chen with her book *Amazing Animals: Creative Brick Building with Step-by-Step Ideas*, as well as the Lego animal creations you can create. (Photo: Mayo Martin)

A 9-year-old published author-inspired by her little sister with special needs

- **SINGAPORE:** At the age of nine, Sofia Chen made history last year by becoming the youngest Singaporean author to land a major publishing deal in the United States – with a Lego how-to activity book.

- Read more at <https://www.channelnewsasia.com/news/lifestyle/9-year-old-singapore-author-inspired-little-sister-special-needs-10098134>

A 9-year-old published author-inspired by her little sister with special needs

- And it all began because she simply wanted to help her six-year-old sister, who has Down Syndrome, build brick toys.
- Read more at <https://www.channelnewsasia.com/news/lifestyle/9-year-old-singapore-author-inspired-little-sister-special-needs-10098134>

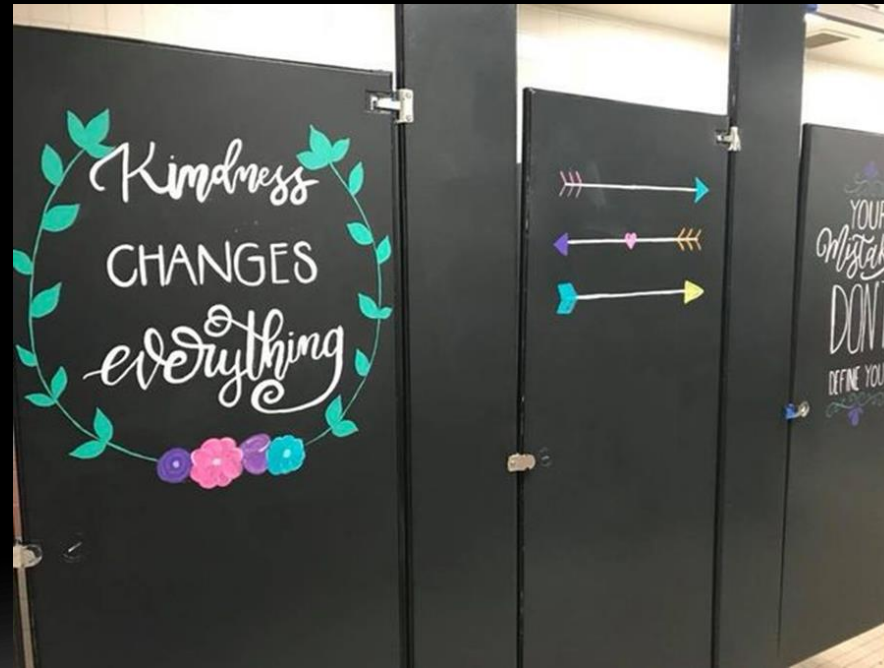
A 9-year-old published author-inspired by her little sister with special needs

- Sofia is the young **co-author** and **co-designer** of **Amazing Animals: Creative Brick Building with Step-by-Step Ideas**. Published by Post Hill Press and **distributed** by Simon & Schuster, it is the first title in a brick building series for children aged four and above, and will be **officially launched** worldwide **next month**.

Read more at <https://www.channelnewsasia.com/news/lifestyle/9-year-old-singapore-author-inspired-little-sister-special-needs-10098134>

How Parents Brought Joy and Kindness to School Bathroom Doors

“It’s to remind them that they can do anything they want if they try hard enough.”



- www.goodnet.org

How Parents Brought Joy and Kindness to School Bathroom Doors

“It’s to remind them that they can do anything they want if they try hard enough.”

- This year, the students of Mary Moore Elementary School in Arlington, Texas, chose happiness as this year’s campus theme. To surprise and show support for their kids, the parents worked for 37 hours to paint messages of unity, kindness, and hope across the fifth grader’s bathroom stalls and water fountains.

CNAexplore



The Taj Mahal: On the road to a world wonder

READ MORE

Highest Blessings

- **Support of mother and father**
 - **Cherishing of children and wife**
 - **A livelihood which is free from complications**
-

“If you want happiness for an hour- take a nap.

If you want happiness for a day- go fishing.

If you want happiness for a year- inherit a fortune.

**If you want happiness for a lifetime-
help someone else.”**

- Chinese Proverb
-

แนะนำติชมรายการได้ที่

- ผู้ช่วยศาสตราจารย์ภาวิณี อุ่นวัฒนา
- คณะศิลปศาสตร์ มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร
- เลขที่ ๘๖ ถนนพิษณุโลก แขวงสวนจิตรลดา เขตดุสิต
กรุงเทพฯ ๑๐๓๐๐
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