

สนุกกับภาษา



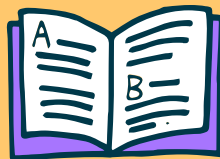
Learning Through Mindfulness Songs
(1)





Learning Through Mindfulness Songs

Happiness is here and now





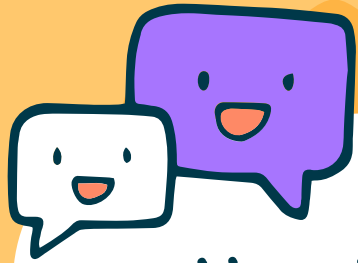
Happiness is here and now.

I have dropped my worries.

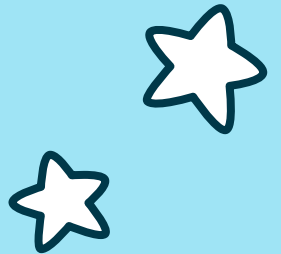
Nowhere to go, nothing to do.

No longer in a hurry.





Happiness is here and now.
I have dropped my worries.
Somewhere to go, something to do.
But I don't need to hurry.







Happiness is here and now

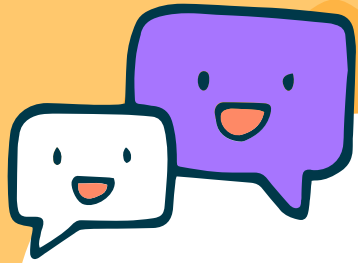


Happiness is here and now



...พระพรศาสนา
นวงศาวังรอง
สิ่งทิวลาขจรเป็นเงารอง
ธรรมชาติที่มิสูญและ
เช่นไปตามธรรมดองพัน แล้วพระพรเจ้า
นาตมพบลือก็ทรงทำไว้ในใจงจัน โดยมิ
วิธีจือปล่างและรวมขนนมในให้เอ็นรุ
ได้สะดวกและวางเช่นกฎเกณฑ์ต่าง
กัโศลกทุกที่มเวรตัว โศลกตัวให้เอ็น
ทุกี่ แสดงว่าปฏิบัติมีตนล็ก ใฝ่หิที่ใน
ที่พระพรเจ้าสอนให้คนเช่นทุกี่ สาน
บทนี้รู้ทำทันทุกี่เพื่อที่ระนก็ไปได้
มรรคต่างนากที่เรานินนาก็ปฏิบัติ
ลงมือทำในนี้ให้เอ็น...





Happiness is here and now

happiness (n.) happy (adj.)

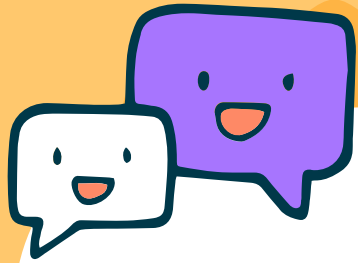
happily (adv.)

I'm happy. I'm a happy teacher.

We live happily in Thailand.

Happiness is here and now.



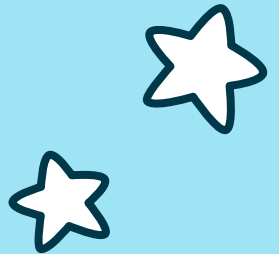


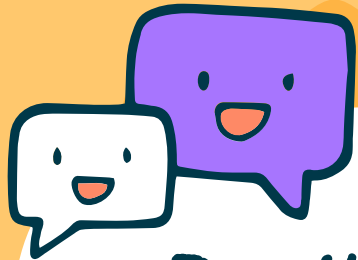
Happiness is here and now

I have dropped my worries.

Don't worry, everything will be alright.

**I have no worries about
unemployment / working at home**





Happiness is here and now

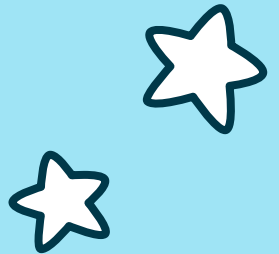
Don't give up! You can do it!

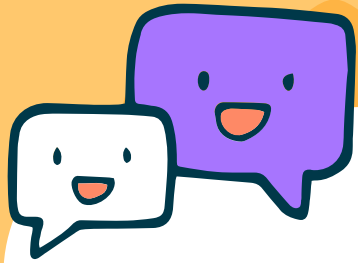
Do your best.

**It doesn't matter if you fail,
just do your best.**

Just do the job

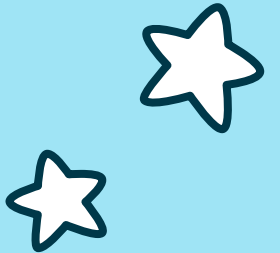
to the best of your ability.

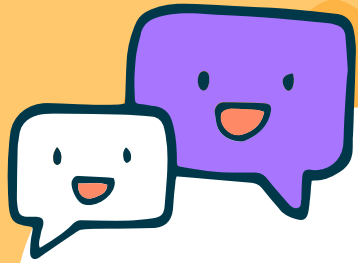




Happiness is here and now

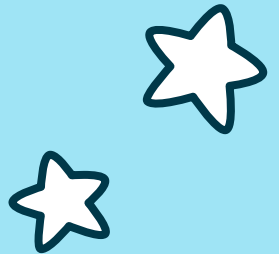
The time to be happy is now.
The place to be happy is here.
The way to be happy is
to make others so.





Happiness is here and now

My mind is filled with good ideas.
She was imagining fields of
blooming flowers in her mind.
I can't get you off my mind.
You're still on my mind.





Our minds are filled with friendliness
(loving-kindness).





Happiness is here and now

mind (n.) heart (n.)

I'm free when my heart is open.

I'm free when my mind is clear.

She has a good heart.

She has a heart of gold.

She is very kind and generous.





I love you **with all my heart**. (very much)

I love you, and I mean it **from the**

bottom of my heart. (very sincerely)

He broke her heart (made her very sad)

when he left her for another woman.



Happiness is here and now

Put your heart and soul into something

She puts her heart and soul into her work.

She makes a lot of effort to do her work.

She is trying her best.

Practice makes perfect.







Happiness is here and now 



Happiness is here and now 



Happiness is here and now



mind (n./v.)

Mind your step!

(Take care. Be careful!)

Please mind the gap between
train and platform.

I don't mind living near the MRT line.



A-Z

Happiness is here and now



We use the phrases *would you mind + -ing form*, and *do you mind + -ing form* to ask people politely to do things.



A-Z

Happiness is here and now



Would you mind getting me a newspaper, please?

Do you mind opening the window, please ?



A-Z

Happiness is here and now



When we ask for permission politely, we can use *would you mind if I + past* or *do you mind if I + present*



A-Z

Happiness is here and now



*Would you mind if I turned on
the radio?*

Do you mind if I sit here?



A-Z

Happiness is here and now



When someone ask for
permission, we usually reply
no...,meaning



A-Z

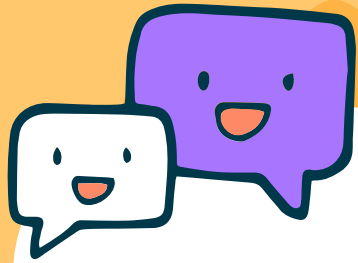
Happiness is here and now



"I don't mind" or "I'm happy with that." If we want to say that we are not happy, we usually begin with *"I'm afraid..."*



A-Z

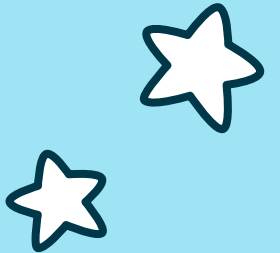


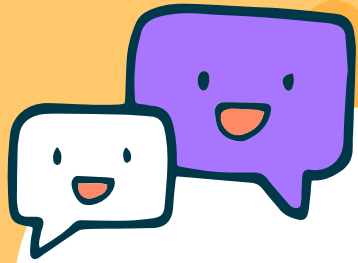
Happiness is here and now

A: Would you mind if we sat here?

B: No, not at all.

(You can sit here – I don't mind.)





Happiness is here and now

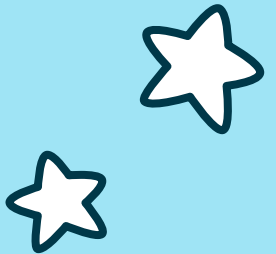
A: Do you mind if I use your phone?

B: I'm afraid the battery is dead.

Never mind (Don't worry.)

A: I'm sorry. I've broken your cup.

B: **Never mind.** It's only a cup!





The only difference between
a Good day and a Bad Day is your
ATTITUDE!

Dennis S. Brown





If we have a **good attitude** towards things around us, we will be **happy**.

The ones with a **good attitude** **outlive** those who have a bad attitude.





“ธรรมทั้งหลายมีใจเป็นหัวหน้า มีใจประเสริฐ
ที่สุด สำเร็จแล้วด้วยใจ ถ้าบุคคลมีใจดีแล้วจะพูด
หรือทำก็ตาม สุขย่อมตามเขาไปเพราะสุจริต ๓
อย่างนั้น (คือ กายสุจริต วจีสุจริต มโนสุจริต)
เหมือนเงาที่ติดตามตนไปฉะนั้น”







มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

คณะศิลปศาสตร์

เลขที่ 86 ถนนพิษณุโลก แขวงสวนจิตรลดา เขตดุสิต

กรุงเทพฯ 10300

ผู้ช่วยศาสตราจารย์ภาวิณี อุ่นวัฒนา

E-mail: pawinee.o@rmutp.ac.th

