

# สนุกกับภาษา



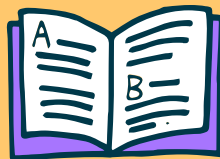
Learning Through Mindfulness Songs  
(2)





# Learning Through Mindfulness Songs

**Happiness is here and now**







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



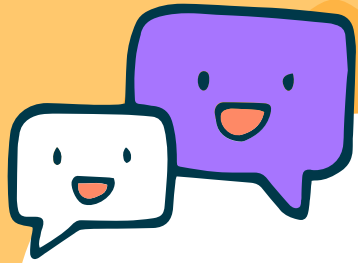
# Happiness is here and now



...พระพรตสาม  
นาง ตอนวิงวอน  
สิ่งทิวลาขจรเป็นเงา  
รกรกราดที่ขจร  
เช่นไปตามรรณตของหิน แล้วพระพรตเจ้า  
มาตมพบลือก็ทรวงทำใจใจงั้น โดย  
วิธีจืดปลั่งและระรื่นบนหมอนให้เกินรู้  
ได้สตรอกและวางเช่นกนกเทศต่าง  
ก็โรยตาทุกที่หน้าเขี้ยว โลกทำตัวให้  
ทุกที่ แสดงว่าปฏิบัติมีตนเล็ก ไม่มีที่  
ที่พระพรตเจ้าสอนให้ตนเช่นทุกที่ สาน  
บทนี้รู้ทำทันทุกที่เพื่อที่ระนุกได้  
นกรดต่างนากที่เรานินนาที่ปฏิบัติ  
ลงมือทำใจนี้ให้เช่น...







Happiness is here and now

I **have dropped** my worries.

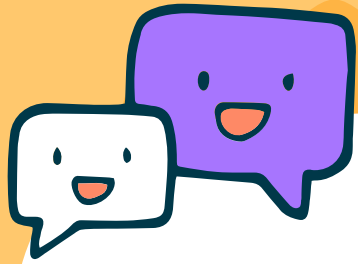
Nowhere to go, nothing to do.

nowhere , nothing  
(indefinite pronoun)

drop (v.) fall

drop (n.) small amount





## Happiness is here and now

I **have dropped** my worries.

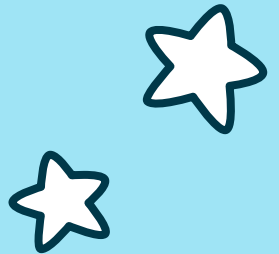
drop (v.) fall

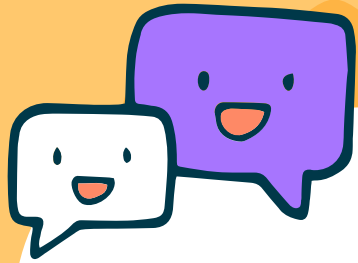
He **dropped** his keys.

She's always dropping things.

I **have dropped** my worries.

(stop)





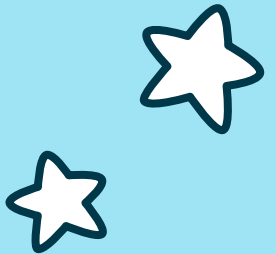
Happiness is here and now

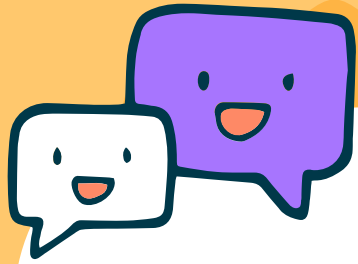
drop (v.) stop

I **have dropped** my worries. (stop)

I'm going to **drop** aerobics  
and do yoga instead.

Can you **drop** what you're doing  
and help me ?

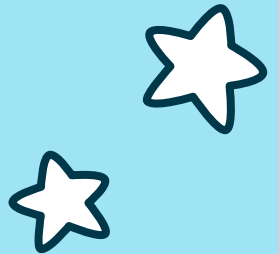


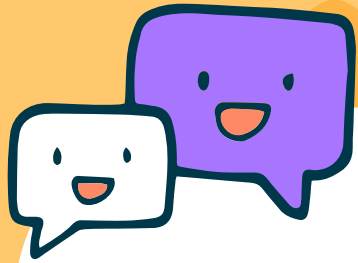


## Happiness is here and now

drop (v.) take    drop (n.) small amount

They **dropped** me off at the main entrance.

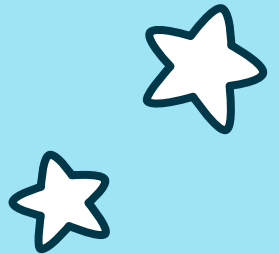


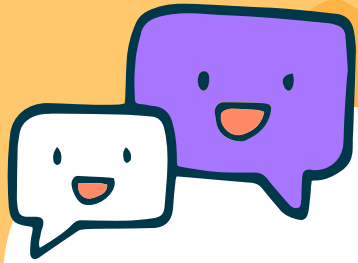


## Happiness is here and now

I dropped her at the library and  
went swimming.

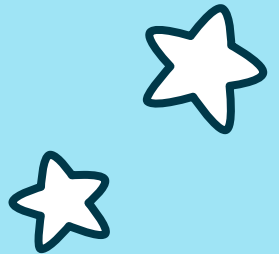
There are little **drops** of paint  
on the floor.

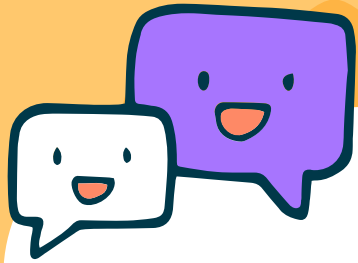




Happiness is here and now

I have dropped my worries.  
Nowhere to go, nothing to do.  
nowhere , **nothing** (indefinite  
pronoun)

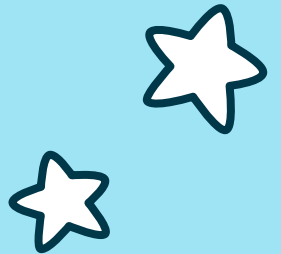


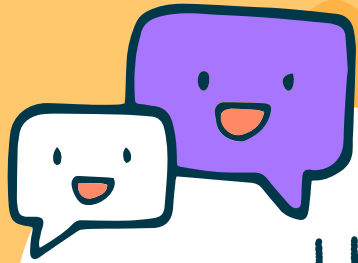


Happiness is here and now

Nothing's gonna change my love  
for you.

**Nothing** is going to change my  
love for you.





## Happiness is here and now

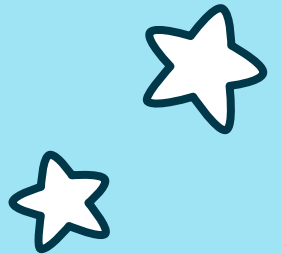
I have nowhere to go.

I'm happy to be here.

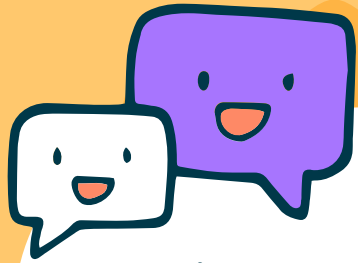
We need to do physical distancing  
to protect our loved ones.

But we remain close  
to each other socially.

The place to be happy is here.







## Happiness is here and now

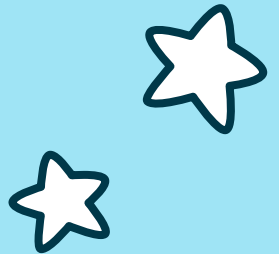
nothing (pronoun) not anything

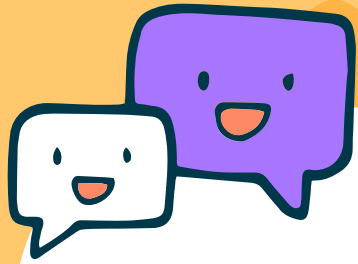
There is **nothing** in the room.

I have **nothing** new to tell you.

I did **nothing**.

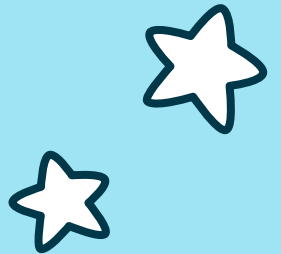
(I didn't do anything.)

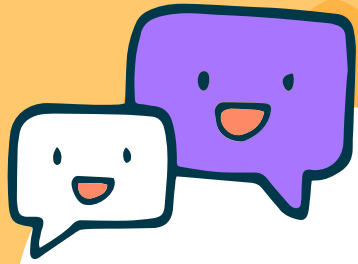




## Happiness is here and now

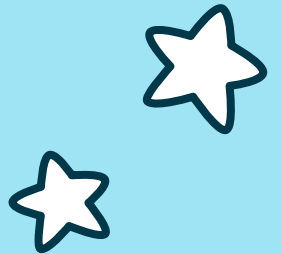
No one, nobody, nothing and nowhere are indefinite pronouns.

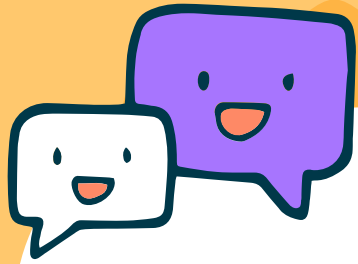




## Happiness is here and now

We use no one, nobody, nothing and nowhere to refer to an absence of people, things or places. We use them with a singular verb.

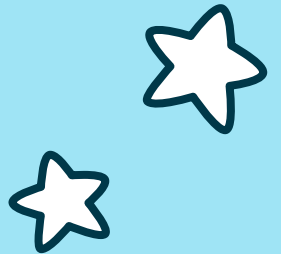


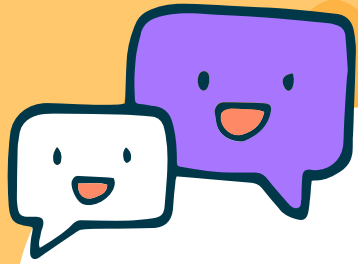


## Happiness is here and now

There was nowhere to park  
the car.

No one remembers the titles  
of the books they've read.

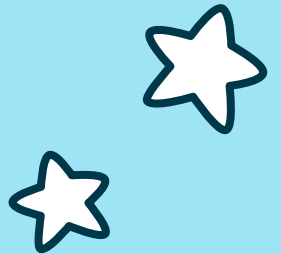


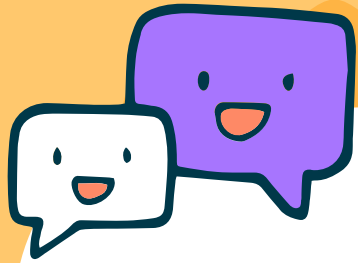


## Happiness is here and now

Anyone, anybody, anything and  
anywhere are indefinite  
pronouns.

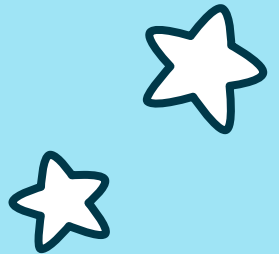
I don't want to see **anyone**.

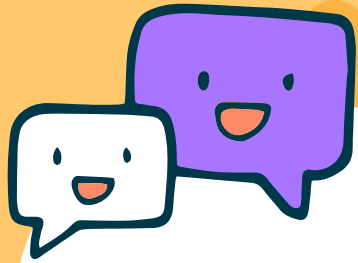




**Happiness is here and now**

Anybody is welcome to join.  
There aren't any rules.  
Can I do anything to help ?

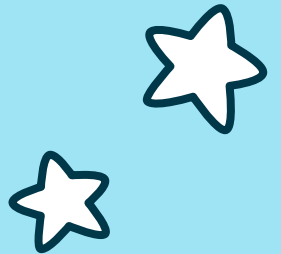


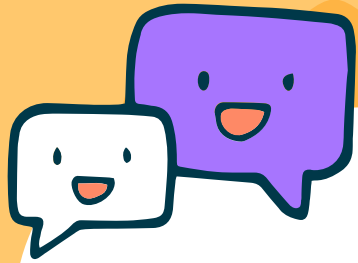


## Happiness is here and now

Anyone, anybody, anything and anywhere are indefinite pronouns.

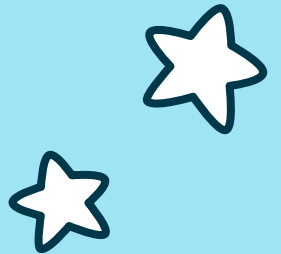
I don't know **anybody** who speaks Portuguese.





Happiness is here and now

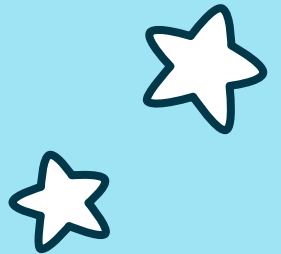
I can't find my phone anywhere.  
Did you go anywhere interesting  
this summer?

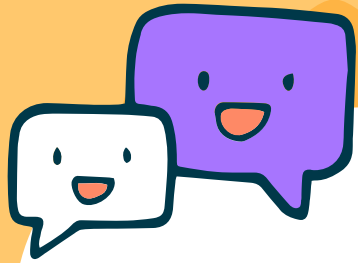






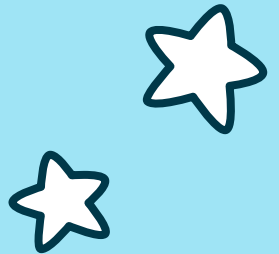
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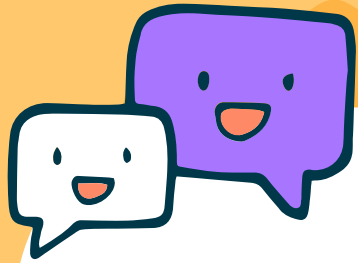




## Happiness is here and now

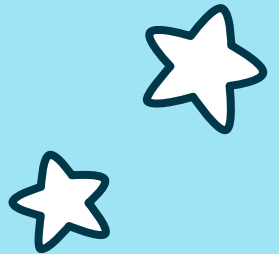
I'm looking for **somewhere** to stay.  
Can we go **somewhere else** to talk?  
It's very noisy here.

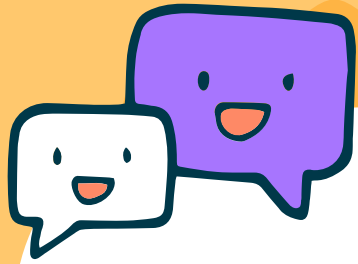




**Happiness is here and now**

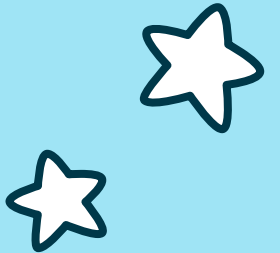
Never judge someone by the  
way they look.  
Can you hear something ?

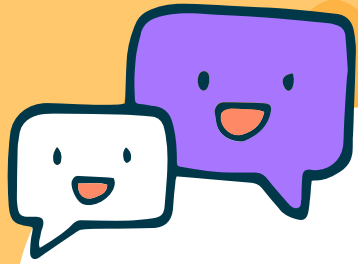




## Happiness is here and now

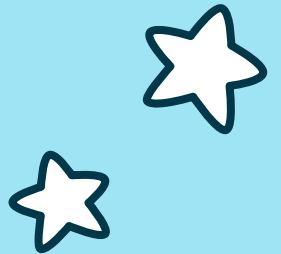
Everybody makes mistakes.  
Nobody is perfect.  
Her name is Jenta but  
**everyone** calls her Jenny.  
Everybody loves her.

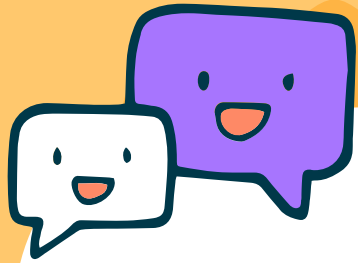




**Happiness is here and now**

I keep on thinking I've seen him  
before **somewhere.**



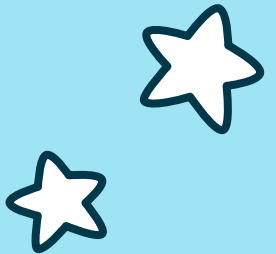


## Happiness is here and now

**Happiness** is a habit.

It's what we do to make  
everything in life **awesome**.

You can train your brain to scan  
for the **good things** in life.



# How to be happy



**Be mindful**

**Master the art of moderation**

**Practice gratitude**



**A-Z**

# Happiness is here and now



## Be mindful

Mindfulness meditation has been reported to produce positive effects on psychological well-being.



A-Z



# Happiness is here and now



Studies report that meditation can permanently rewire your brain to raise levels of happiness.



A-Z

# Happiness is here and now



**Master the art of moderation**

It means "Not too little.  
Not too much. Just right." It's  
the opposite of materialism  
and consumerism.



A-Z

# Happiness is here and now



Be moderate in order to enjoy  
a fuller life.

To taste the joys of life in  
abundance.



A-Z

# Happiness is here and now



Make it a habit to talk about what you're grateful for, or write in a gratitude journal.



A-Z

# Happiness is here and now



Train your brain to look for the good in your life. Each day, spend 5 minutes writing about positive experience that happened to you in the past 24 hours.



A-Z



มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

คณะศิลปศาสตร์

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