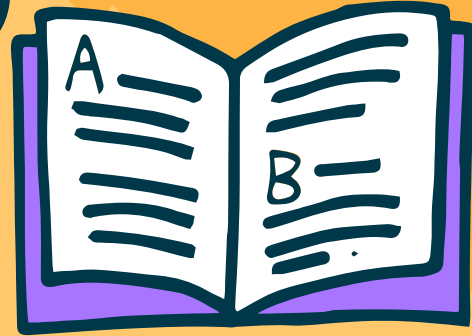
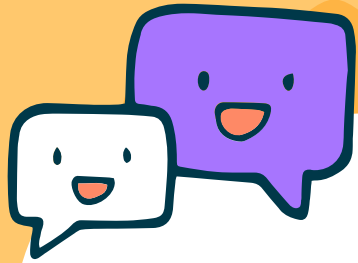


สนุกกับภาษา



Learning Through Mindfulness Songs
(4)





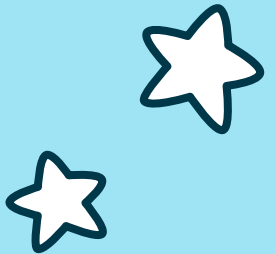
Be mindful

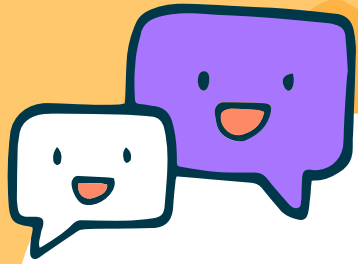
The song for today is "*Be mindful*"
by Jack Hartmann.

Be mindful, be mindful.

Use your body and your mind.

Be mindful, be mindful. Be helpful
and be kind.





Be mindful

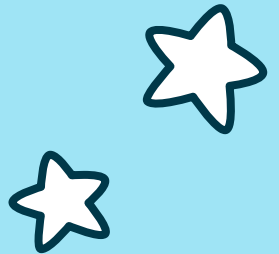
The song for today is *"Be mindful"*
by Jack Hartmann.

Be mindful, be mindful.

Sing along and you'll learn how.

Be mindful, be mindful.

Feel joy and peace right now.





Be mindful

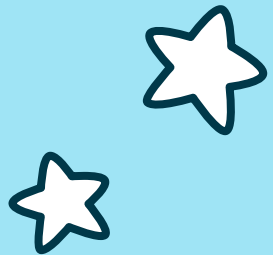
The song for today is "*Be mindful*"
by Jack Hartmann.

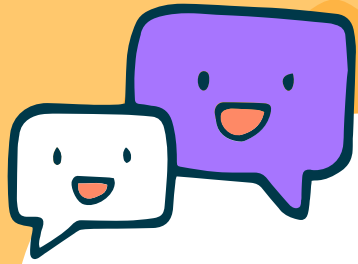
Shake a hand, shake a hand.

Be a friend, shake a hand.

Be mindful, be friendly to others
today.

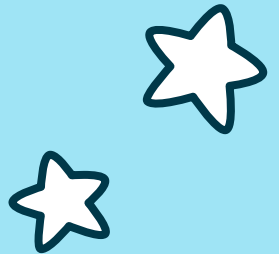
Give a smile, give a smile.



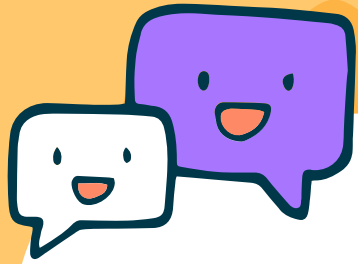


Be mindful

Spread some joy, give a smile.
Be mindful, share happiness today.
Give a hug, give a hug.
Share some love, give a hug.

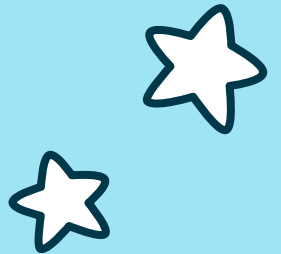






Be mindful

Be mindful, show you care today.
Dance together, dance together.
Together is better, dance
together.
Be mindful. Have fun together
today.







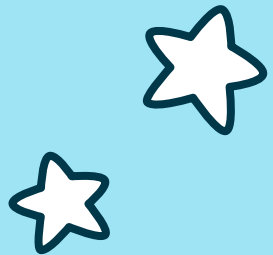
Be mindful

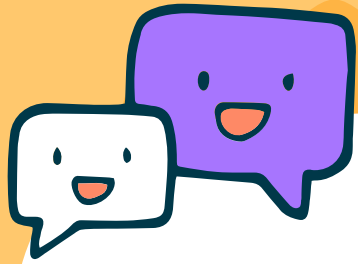
mindful (adj.) mindfulness (n.)

mind (n. / v.)

mindful = careful, giving attention to, conscious, intention, thinking and knowing what is happening around you

awareness (n.)





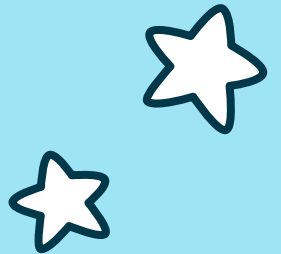
Be mindful

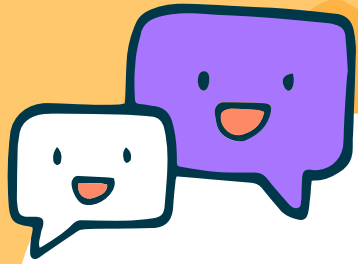
Be mindful, be mindful.

Use your body and your mind.

Be mindful, be mindful. Be helpful
and be kind.

mind / heart (n.)

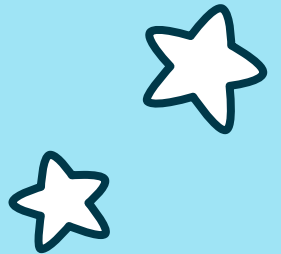


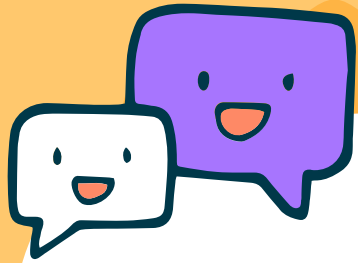


Be mindful

helpful (adj.) willing to help or
useful

kind, thoughtful, carefully
considering things





Be mindful



mind (n.) heart (n.)

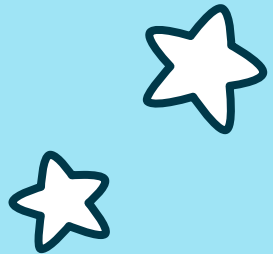
I'm free when my heart is open.

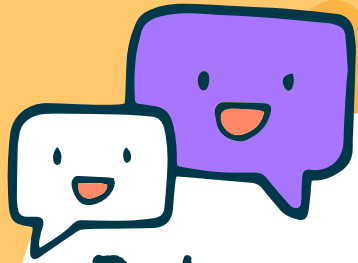
I'm free when my mind is clear.

She has a good heart.

She has **a heart of gold**.

She is very kind and generous.





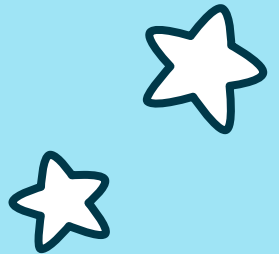
Be mindful

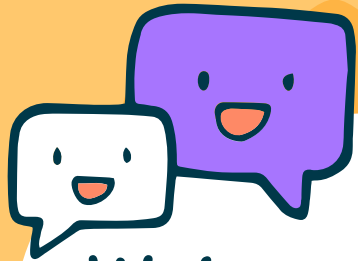
Put your heart and soul into something

She puts her heart and soul into her work.

She makes a lot of effort to do her work.

She is trying her best.



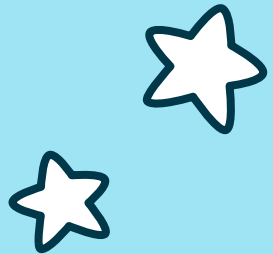


Be mindful

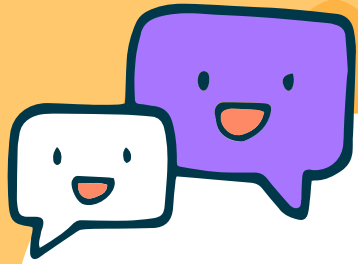
We've made up our minds. (We've made a decision.)

Of all phenomena, the mind is the forerunner.

Keep guarding your own mind.



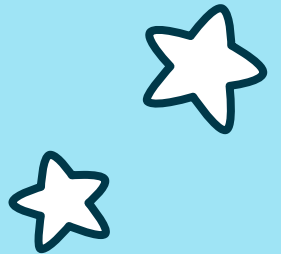


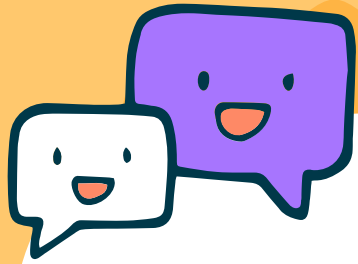


Be mindful

Be mindful, be mindful. Be helpful and be kind.

helpful (adj.) willing to help or useful, kind, thoughtful, carefully considering things peace,

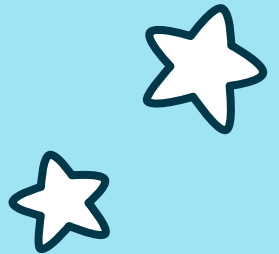


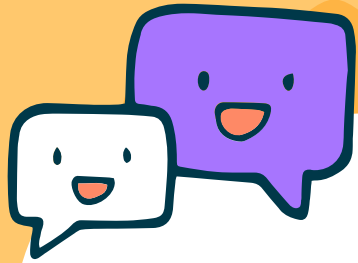


Be mindful

peaceful, calm, quiet, relaxed,
joyful, happy

He gave me a lot of **helpful**
suggestions.





Be mindful

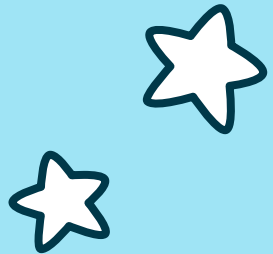
Be mindful, be mindful.

Feel joy and peace right now.

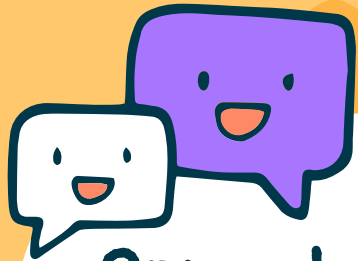
Be mindful, be friendly to others
today.

Porn is friendly. Everybody loves her.

She is a helpful woman. (kind,
thoughtful)







Be mindful

Spread some joy, give a smile.

Be mindful, share happiness today.

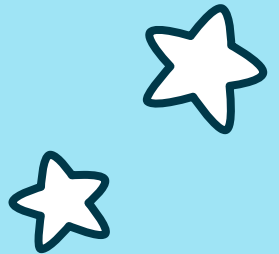
Give a hug, give a hug.

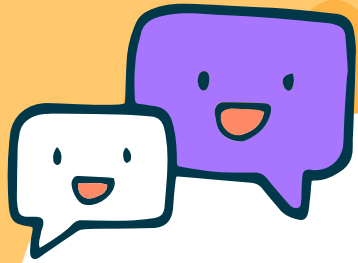
Share some love, give a hug.

She gave me beautiful smiles.

He gave me a warm hug.

Who is giving the speech ?

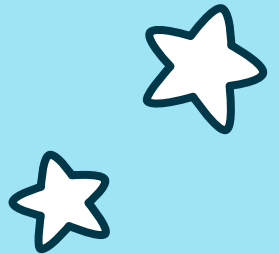


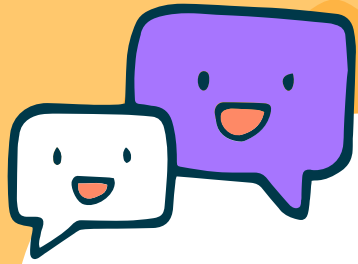


Be mindful

Be mindful, show you care today.
Dance together, dance together.
Together is better, dance together.
Be mindful. Have fun together
today.

Have a good time together today.



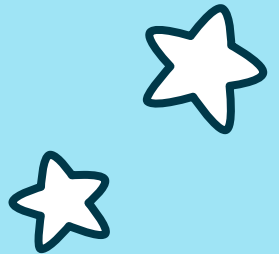


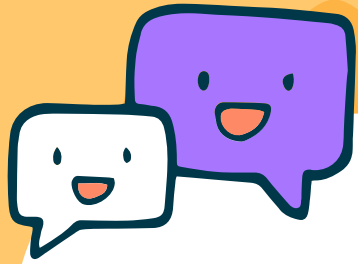
Be mindful

together (adv.) with each other

We used to go to museums
together.

We worked **together** on a
project last year.

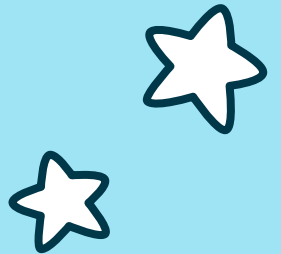


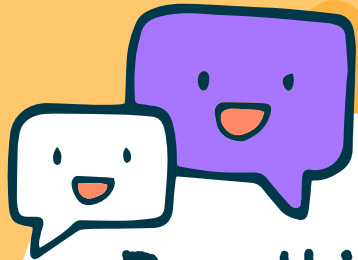


Be mindful

I cherish the memories of the time we spent **together**.

cherish = to love, protect, and care for someone or something that is important to you and bring you pleasure



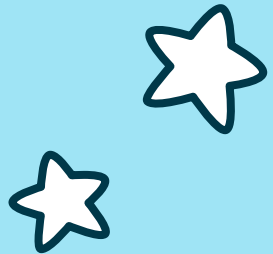


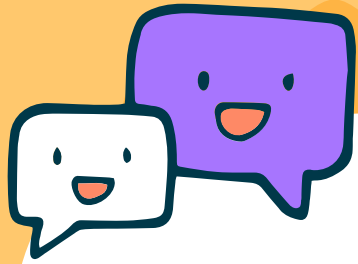
Be mindful

Breathing in, breathing out, smile and calm. You'll feel that the life is happy.

The accumulation of goodness brings happiness.

True happiness is the result of the accumulation of merits.





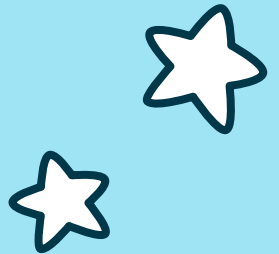
Be mindful

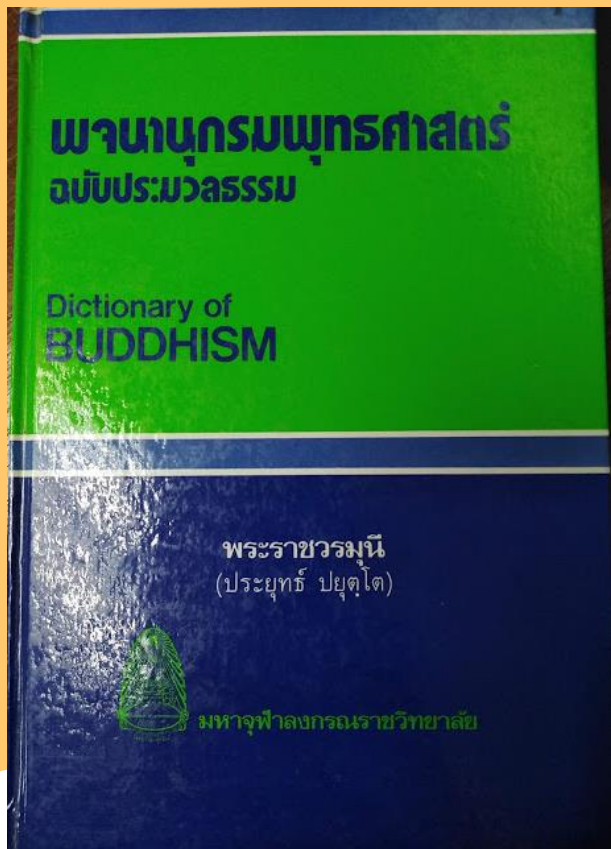
happiness, bliss, perfect

happiness, pleasure and happiness

1. Bliss of ownership

2. Bliss of enjoyment





พจนานุกรมพุทธศาสตร์
ฉบับประมวลธรรม

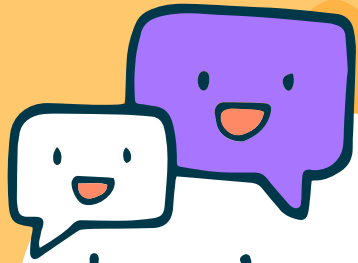
Dictionary of
BUDDHISM

พระราชวรมุนี
(ประยูร ปยุตโต)



มหาจุฬาลงกรณราชวิทยาลัย





Be mindful

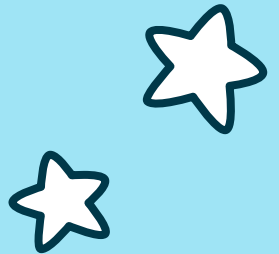
happiness, bliss, perfect

happiness, pleasure and happiness

3. Bliss of debtlessness

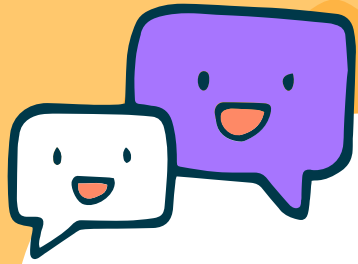
4. Bliss of blamelessness

mindset (n.) a person's way of thinking and their opinions









Be mindful

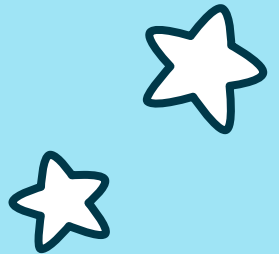
When it rains, look for rainbows.

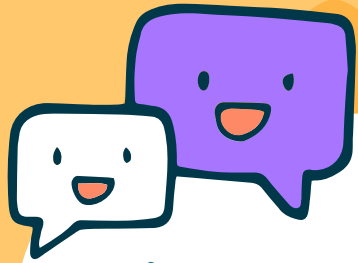
When it's dark, look for stars.

Don't compare your life to others.

*There's no comparisons between
the sun and the moon.*

They shine when it's their time.





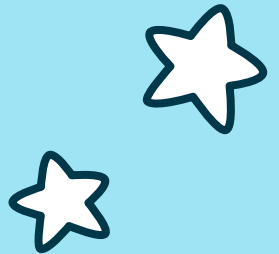
Be mindful

There are many ways to increase happiness levels.

Spend money on other people.

Meditate everyday.

Appreciate the beauty of the present moment.



This Coffee Company Keeps Girls in School and Protects the Rainforest

Gorongosa Coffee in Mozambique does it one cup at a time.

May 18, 2020

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VIEWS



Tags: Coffee, Rainforest, Girls' Education, Womens' Empowerment, Gorongosa Coffee, Mozambique







Powerful Buddha Quotes



“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”



A-Z

Powerful Buddha Quotes



"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves."



A-Z

ปลูกต้น พระธรรมในหัวใจ





พุทธพจน์



“ธรรมทั้งหลายมีใจเป็นหัวหน้า มีใจประเสริฐที่สุด
สำเร็จแล้วด้วยใจ ถ้าบุคคลมีใจดีแล้วจะพูดหรือทำ
ก็ตาม สุขย่อมตามเขาไปเพราะสุจริต ๓ อย่างนั้น
(คือ กายสุจริต วชิสุจริต มโนสุจริต)
เหมือนเงาที่ติดตามตนไปฉะนั้น”



A-Z





มหาวิทยาลัยเทคโนโลยีราชมงคลพระนคร

คณะศิลปศาสตร์

เลขที่ 86 ถนนพิษณุโลก แขวงสวนจิตรลดา เขตดุสิต

กรุงเทพฯ 10300

ผู้ช่วยศาสตราจารย์ภาวิณี อุ่นวัฒนา

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

