

## **Afrikaans language**

### **Principles of Attitudinal Healing Beginsels van Genesingsgesindheid**

**1 The core of our being is Love - Die kern van ons wese is Liefde**

**2 Health is inner peace and healing is letting go of fear.**

**Gesondheid is innerlike vrede en genesing is om vrees te laat vaar'**

**3 Giving and receiving are, in truth, the same.**

**Om te gee en te ontvang is in wese dieselfde.**

**4 We can let go of the past and of the future -**

**Ons kan die verlede en die toekoms maar laat gaan.**

**5 Now is the only time there is, and every moment is meant to be given. Nou is die enigste tyd wat werklik is, en elke oomblik is bedoel om gegee te word.**

**6 We can learn about ourselves and of others by forgiving in stead of making a judgement.**

**Ons kan leer omtrent onself en van ander deur te vergewe in plaas van deur te oordeel.**

**7 We can see love in stead of errors (mistakes) we made or others could have made.**

**Ons kan liefde sien in plaas van foute wat ons gemaak het of wat ander kon gemaak het.**

**8 We can become aware of being at peace within whatever seems to happen to us on the outside.**

**Ons kan bewus word van die vrede binne in ons, ongeag van wat buite ookal met ons skyn te gebeur.**

**9 We are only students and teachers for each other.**

**Ons is slegs studente en leermeesters vir mekaar.**

**10 We can concentrate on life as a whole in stead of only fragments of it.**

**Ons kan op die lewe as geheel fokus in plaas van op fragmente daarvan.**

**11 Because Life is eternal, we need no longer see death as of any importance at all.**

**Aangesien Lewe ewig is, hoef ons nie die dood as van enige belang meer te sien nie.**

**12 We can always select to see others as persons who are either spreading love or asking for love.**

**Ons kan altyd kies om ander te sien as persone wat Liefde versprei of vir liefde vra.**