

LOOKING FROM WITHIN



Reflection card set

LOOKING FROM WITHIN

The aim of these cards is to inspire the users to reflect on their wholeness, their inner resources, unique skills, personal competences, innate gifts, natural talents, charisma and individual purpose. They act as an invitation to "Look at the outer world from the perspective of the wholeness that lies within each one of us".

The cards consist of artworks inspired by elements from nature and symbols deriving from Ecocentric and Soulcentric Education and invitations, questions, quotes in order to support the participatory involvement, boost creativity and support reflection upon wholeness and personal as well as group development process.

Use these cards to facilitate learning processes, to rise questions and discussion topics, to reflect and connect to the feelings, ideas, thoughts that are happening within you, people and nature around you.

Asociatīvo kāršu komplekts

LOOKING FROM WITHIN

Šī materiāla mērķis ir iedvesmot lietotājus pārdomām par iekšējo veselumu, personīgajiem resursiem, unikālajām prasmēm, kompetencēm, dotībām, dabiskajiem piemītošajiem talantiem un dzīves aicinājumu. Kārtis darbojas kā ielūgums skatīties uz pasauli caur iekšējā veseluma perspektīvu, kas atrodama ikvienā no mums.

Katras kārts vienā pusē ir neliels mākslas darbs, radīts iedvesmojoties no dabas elementiem un dažādiem ekocentrētā un dvēseliski centrētā izglītībā izmantotiem simboliem. Otrā pusē lasāmi jautājumi, aicinājumi un citāti, kas var palīdzēt veicināt dalībnieku radošumu un iesaisti pārdomās par iekšējo veselumu. Materiāls izmantojams gan personīgas, gan grupas kopējās izaugsmes procesos.

Izmantojiet šīs kārtis, veidojot mācīšanās procesu, aktualizējot jautājumus un veicinot savstarpējas sarunas, izvērtējot pieredzes, attīstot saikni ar personīgajām sajūtām, idejām un domām, kas virmo Tevī, cilvēkos un dabā Tev apkārt.

Κάρτες αναστοχασμού

LOOKING FROM WITHIN

Ο στόχος αυτών των καρτών είναι να εμπνεύσουν τους χρήστες τους να εξερευνήσουν την ψυχική τους ολότητα, τους εσωτερικούς τους πόρους, τις μοναδικές τους δεξιότητες, τα έμφυτα χαρίσματα, τα φυσικά ταλέντα και τον σκοπό της ζωής τους.

Λειτουργούν ως πρόσκληση για να «κοιτάξετε τον εξωτερικό κόσμο από την οπτική γωνιά της ολότητας που βρίσκεται μέσα στον καθένα μας». Οι κάρτες περιλαμβάνουν έργα τέχνης εμπνευσμένα από στοιχεία της φύσης και σύμβολα από το πεδίο της Οικοκεντρικής Εκπαίδευσης. Περιλαμβάνουν επίσης προσκλήσεις, ερωτήσεις, αποσπάσματα και ρητά με πρόθεση να υποστηρίξουν την συμμετοχικότητα, να ενισχύσουν τη δημιουργικότητα και να προκαλέσουν προβληματισμό ως προς την προσωπική καθώς και την συλλογική διαδικασία ψυχικής ανάπτυξης και ολοκλήρωσης.

Χρησιμοποιήστε αυτές τις κάρτες για να διευκολύνετε την διαδικασία μάθησης, να θέσετε ερωτήσεις και θέματα προς συζήτηση, να συνδεθείτε με τα συναισθήματα, τις ιδέες, τις σκέψεις που κυριαρχούν μέσα σας, αλλά και για να συνδεθείτε με τους ανθρώπους και την φύση γύρω σας.

Set de cărți de reflecție

LOOKING FROM WITHIN

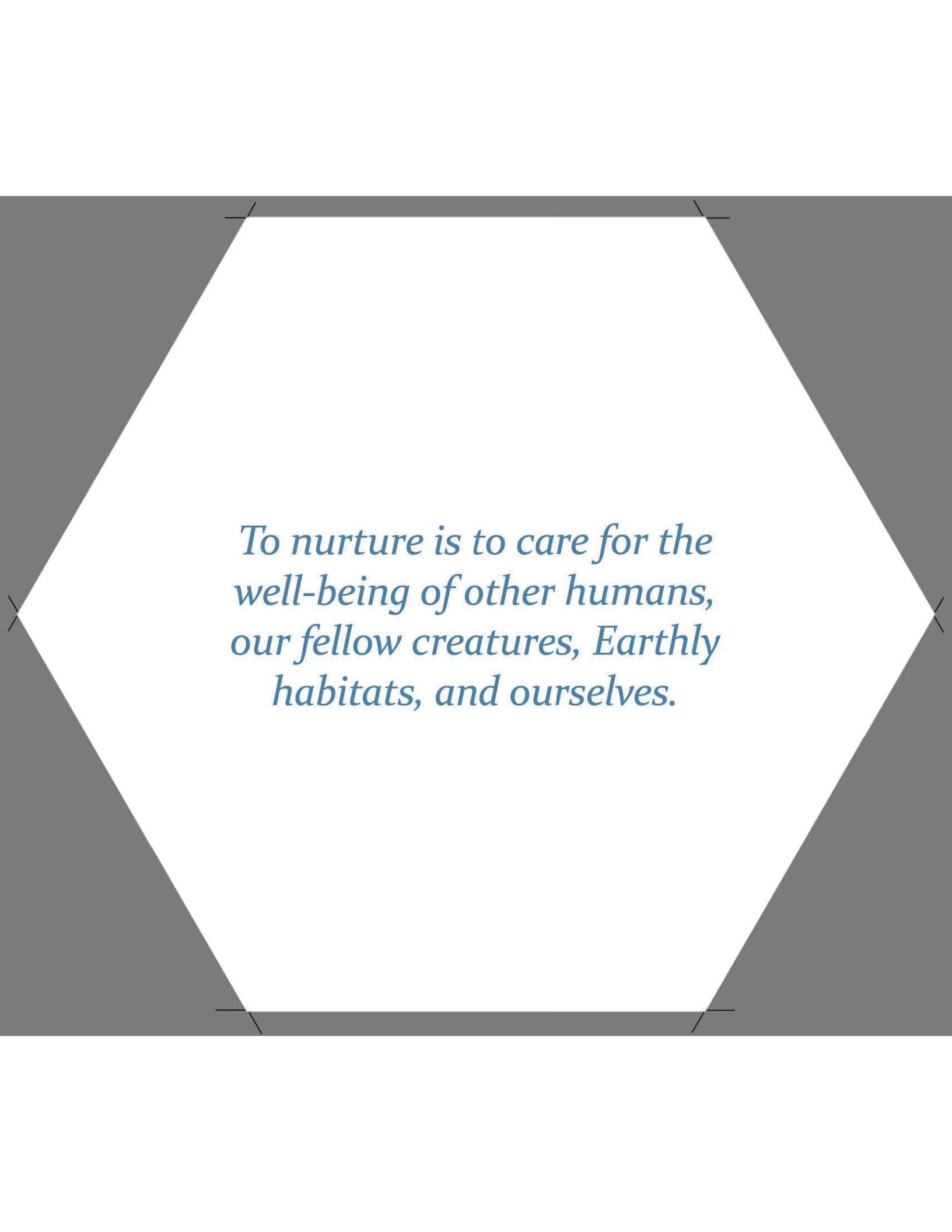
Scopul acestor carduri este de a inspira utilizatorii să reflecteze asupra deplinătății lor, a resurselor interioare, a abilităților unice, a competențelor personale, a darurilor înnăscute, a talentelor, a carismei și a scopul individual.

Aceste carduri sunt o invitație la a „Privi lumea exterioară din perspectiva deplinătății care se află în fiecare dintre noi”.

Cardurile reprezintă opere de artă inspirate de elemente din natură și simboluri care derivă din educația ecocentrică și bazată pe suflet. Conțin invitații, întrebări, citate pentru a susține implicarea participativă, pentru a stimula creativitatea și susține reflecția asupra deplinătății umane și a procesului de dezvoltare personală și colectivă.


Folosiți aceste carduri pentru a facilita procese de învățare, pentru a iniția întrebări și discuții, pentru a reflecta și a vă conecta la emoțiile, ideile, gândurile care se nasc în interiorul tău, în oamenii și în natura dimprejurul tău.





*To nurture is to care for the
well-being of other humans,
our fellow creatures, Earthly
habitats, and ourselves.*





*How should another person or a
community of people be treated,
or a particular place, or, more
generally, the planet?*





*Awaken to truth and sing its
beauty.*





*Our current actions ripple
across space and time to other
places and future generations.*






*Heart-centered thinking is
independent, creative, moral,
and compassionate.*





A deeply rooted tree.






*Fully and passionately at home
in the human body and in the
natural world.*



*Every day
I see or I hear
something
that more or less
kills me
with delight,
that leaves me
like a needle
in the haystack
of light.*

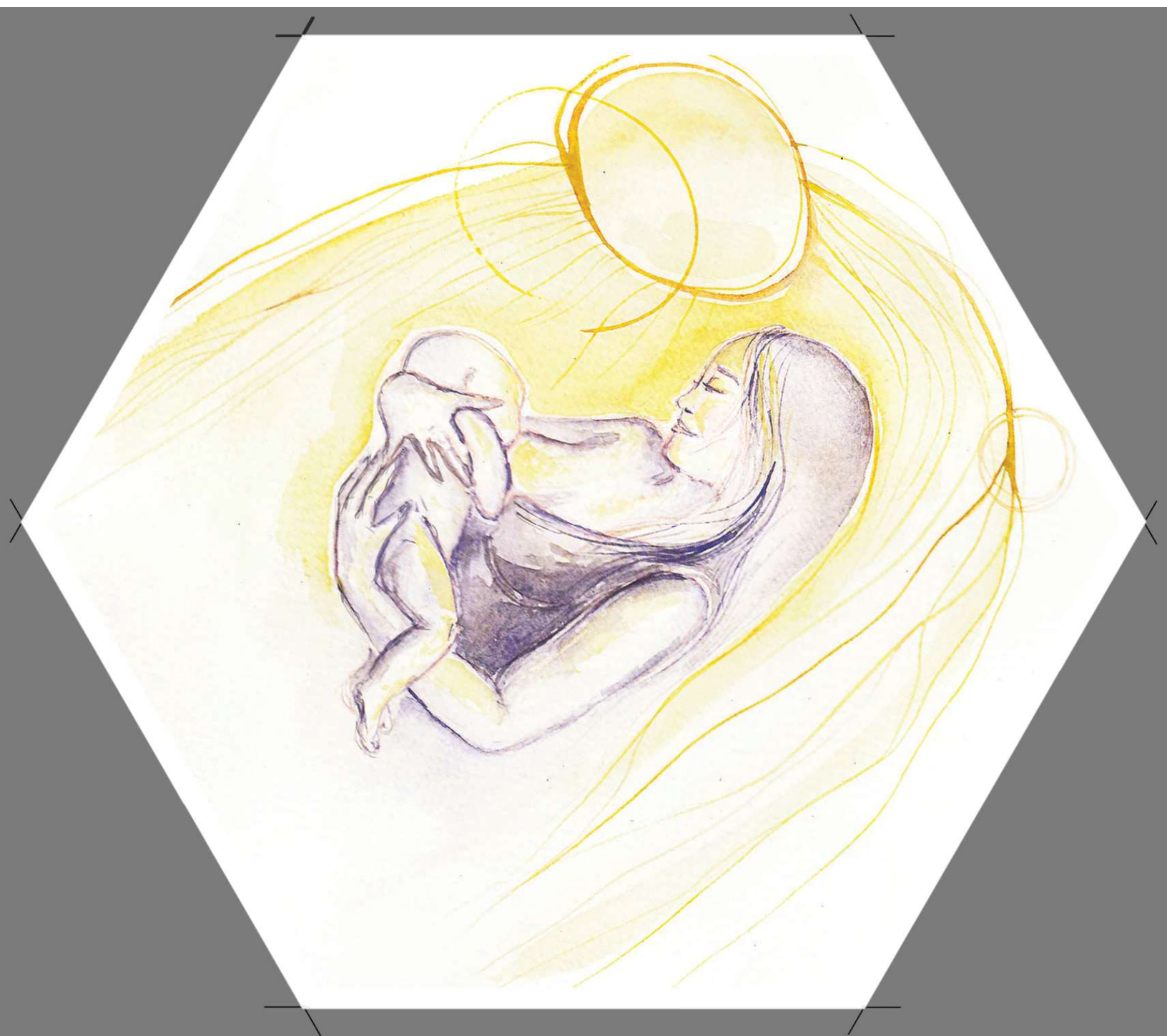
Mary Oliver, "Mindful"





*Wild geese flying north.
And I can't remember
who I'm supposed
to be....*

/ Robert MacLean



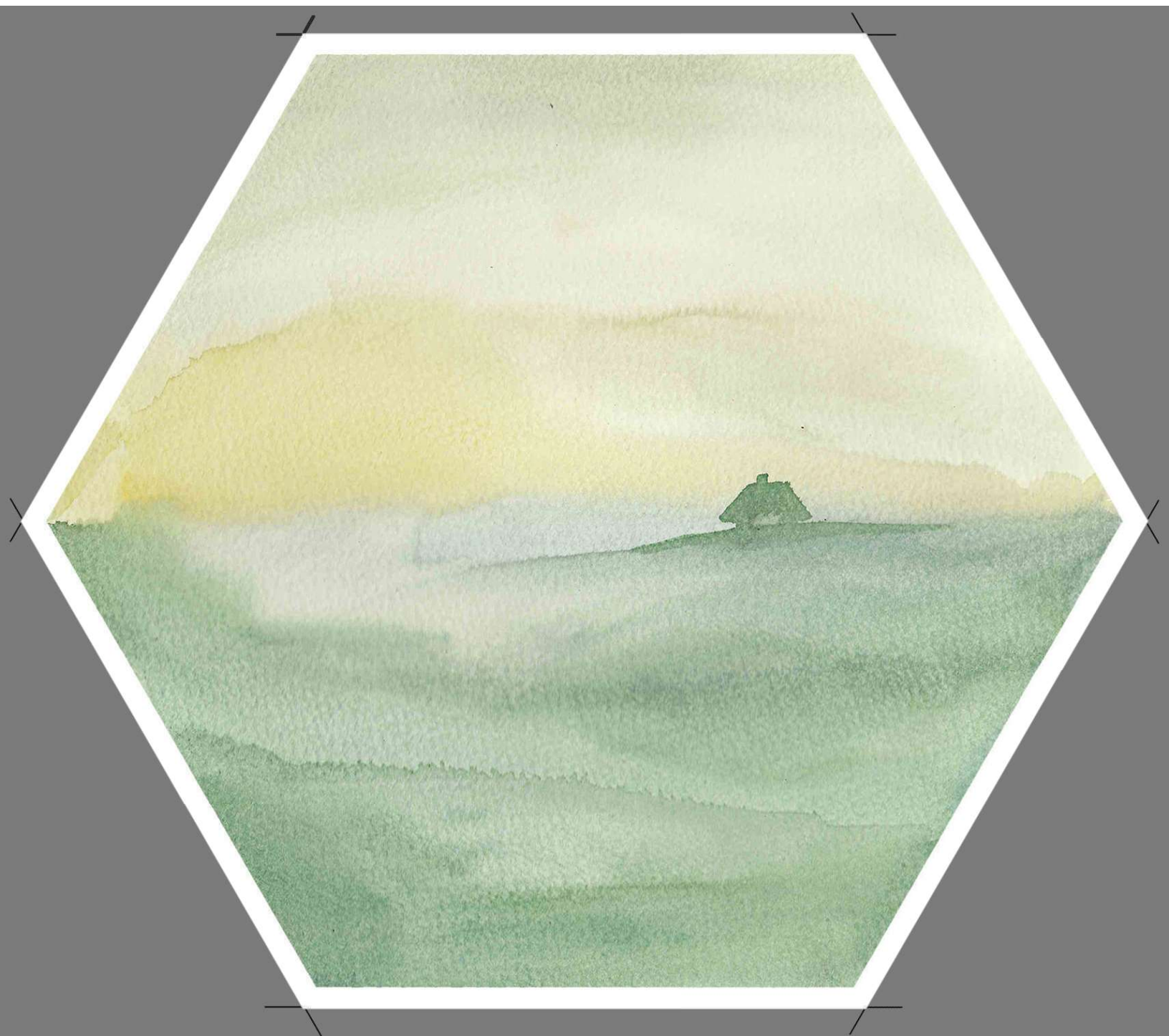


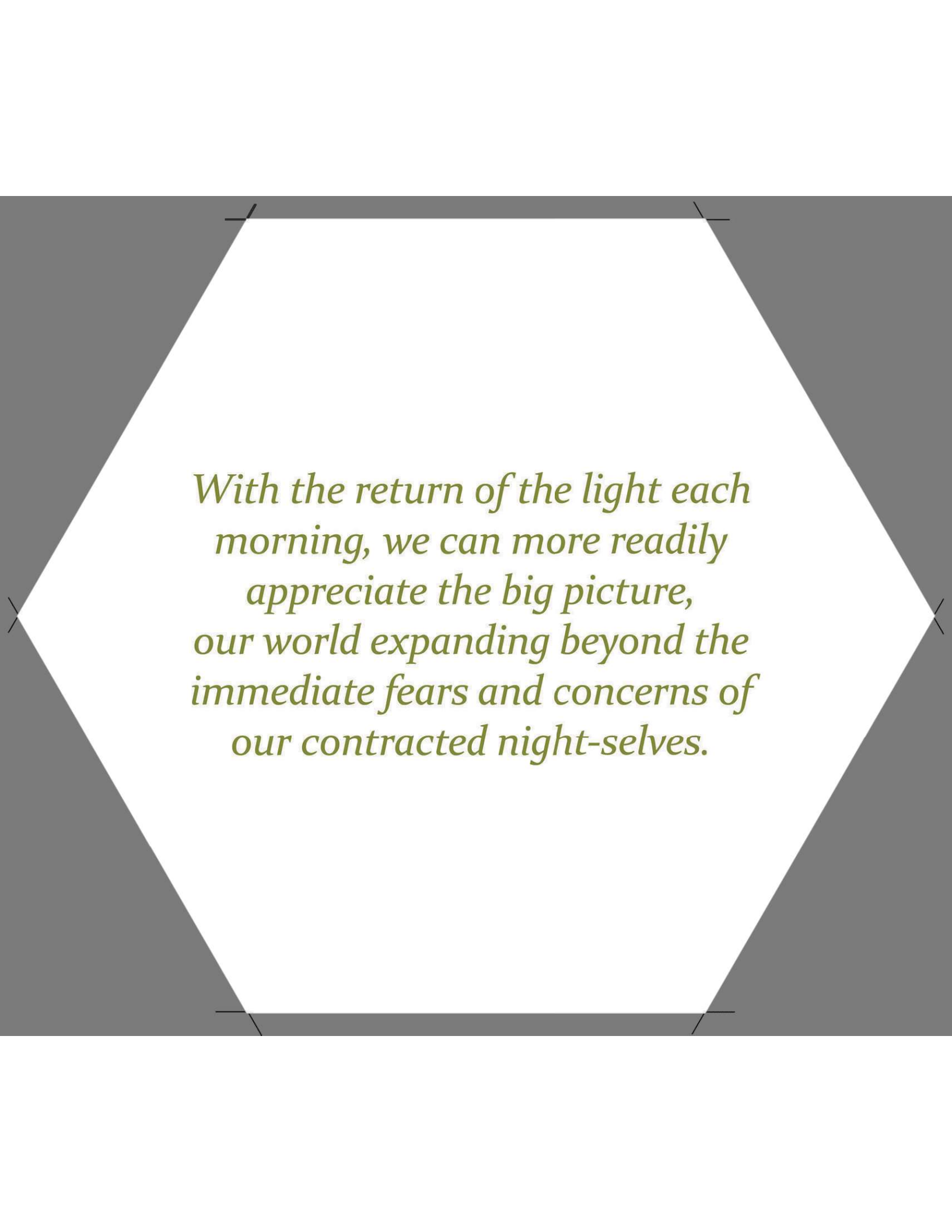
Becoming earth.

Becoming animal.

*Becoming, in this manner,
fully human.*

/ David Abram





With the return of the light each morning, we can more readily appreciate the big picture, our world expanding beyond the immediate fears and concerns of our contracted night-selves.



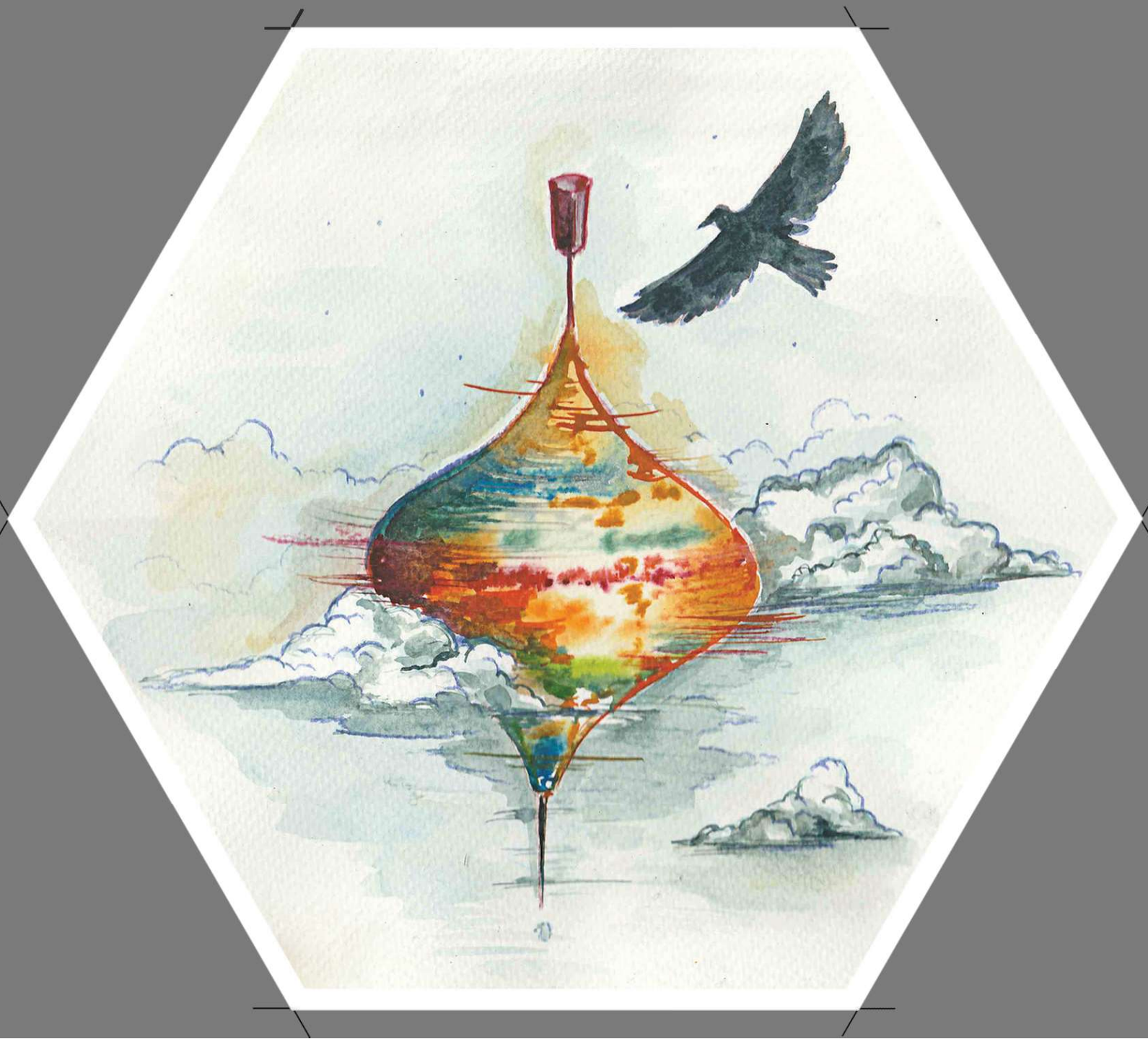


*With the light of the new day, we
walk out into the world.*





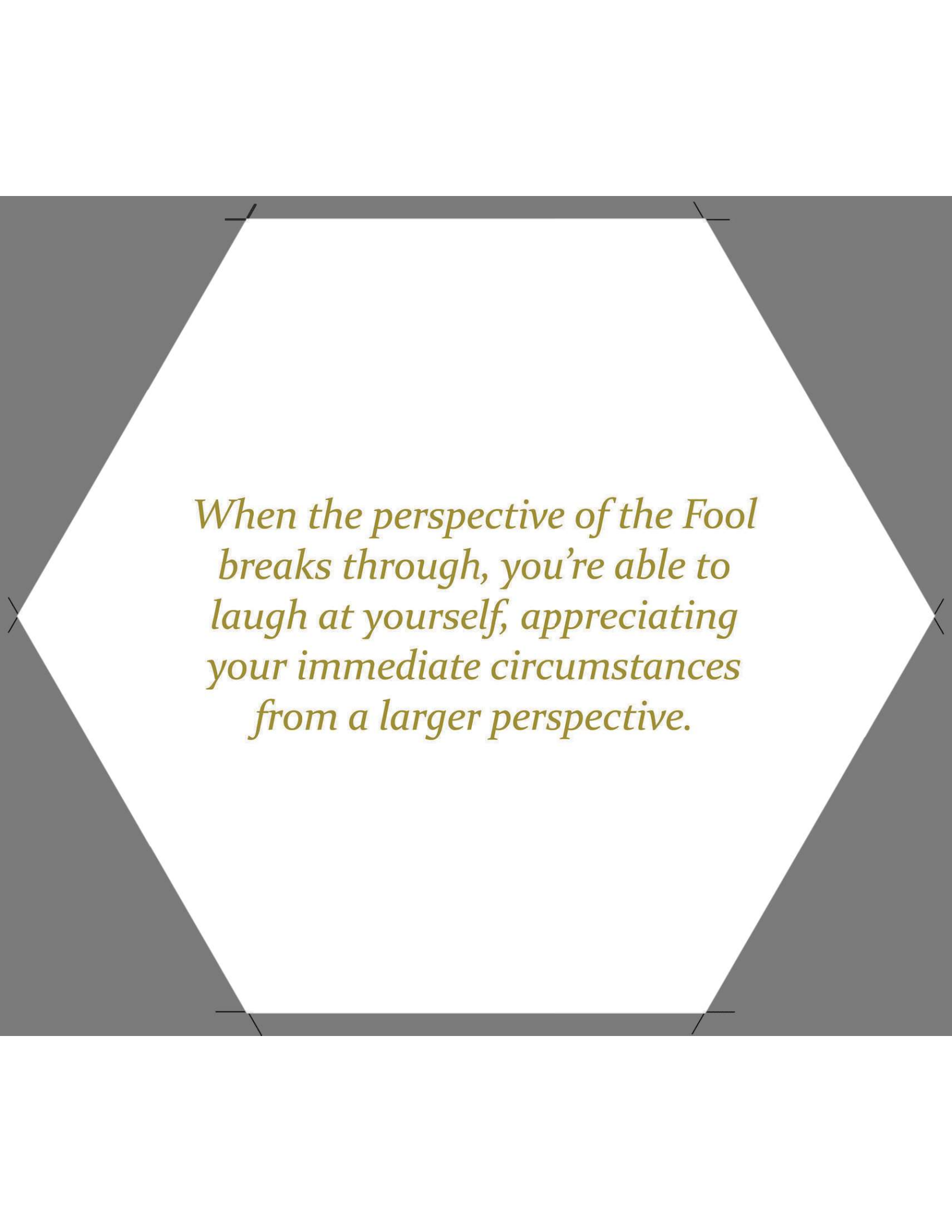
*Wisdom is simply innocence
seasoned by experience.*





The way to do is to be.





*When the perspective of the Fool
breaks through, you're able to
laugh at yourself, appreciating
your immediate circumstances
from a larger perspective.*





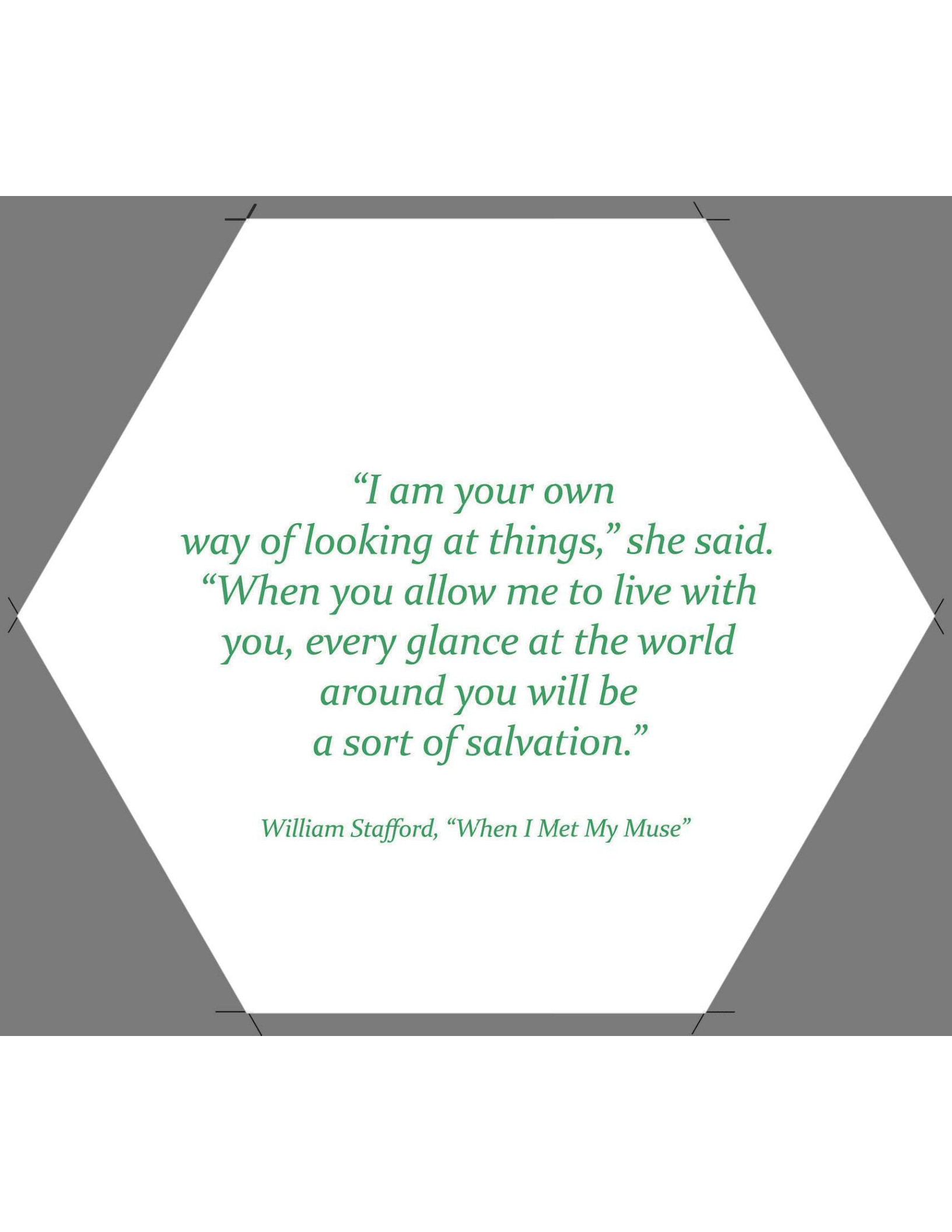
*The end flows seamlessly into
the beginning.*





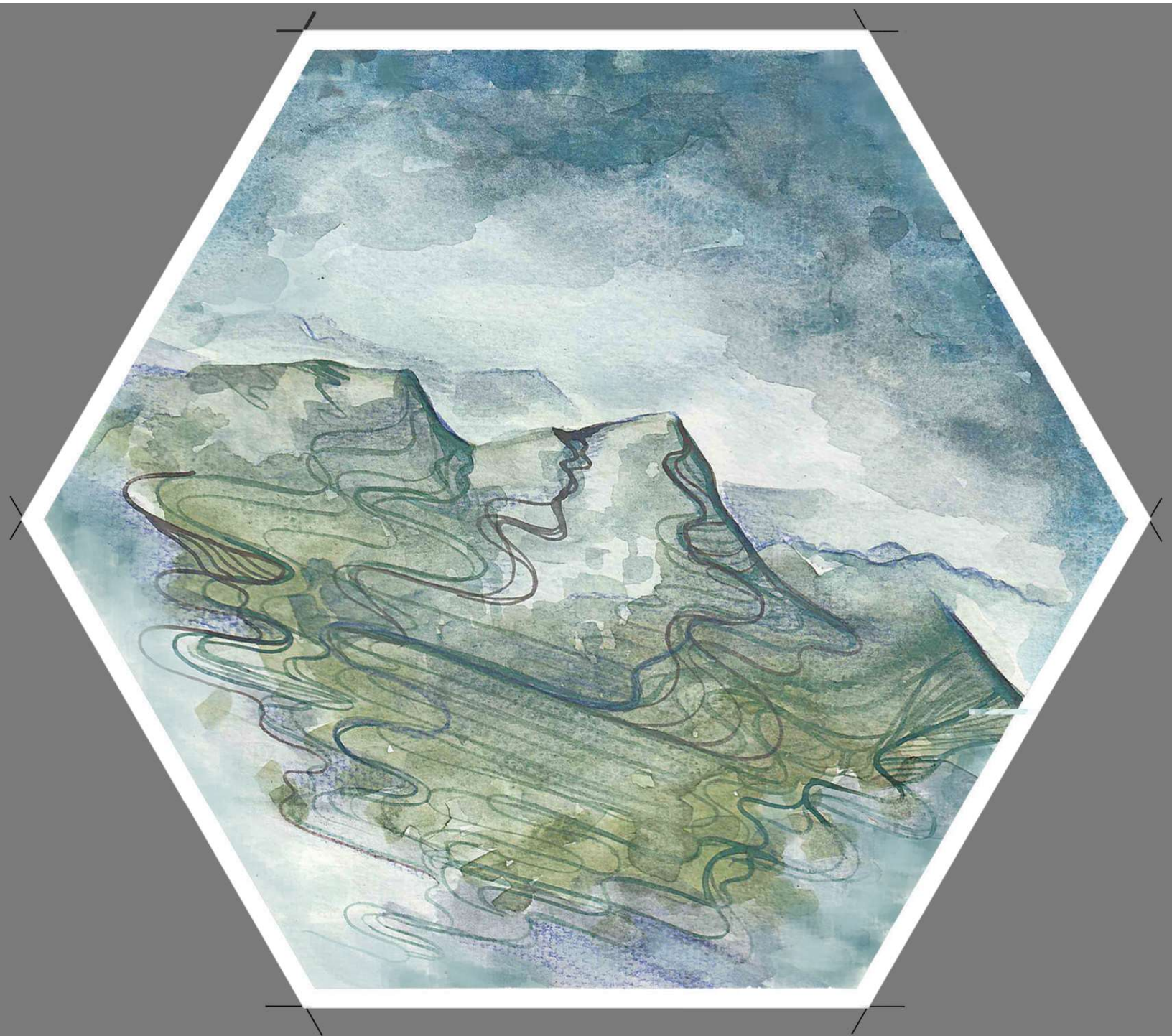
What is true security?





*“I am your own
way of looking at things,” she said.
“When you allow me to live with
you, every glance at the world
around you will be
a sort of salvation.”*

William Stafford, “When I Met My Muse”

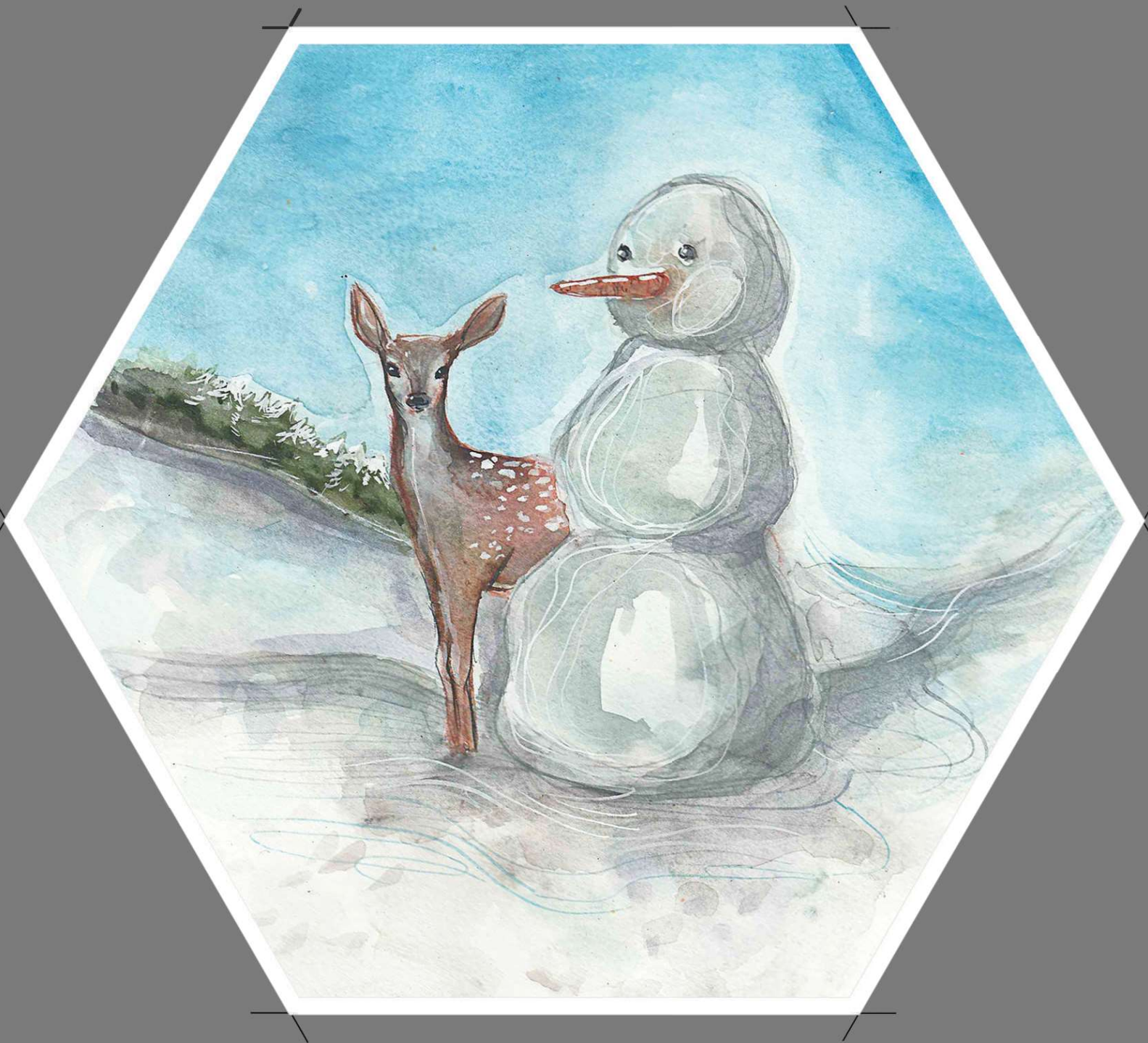



*My soul turns and goes
back to the place*

*Where, a thousand forgotten years ago,
The bird and the blowing wind
Were like me, and were my brothers.*

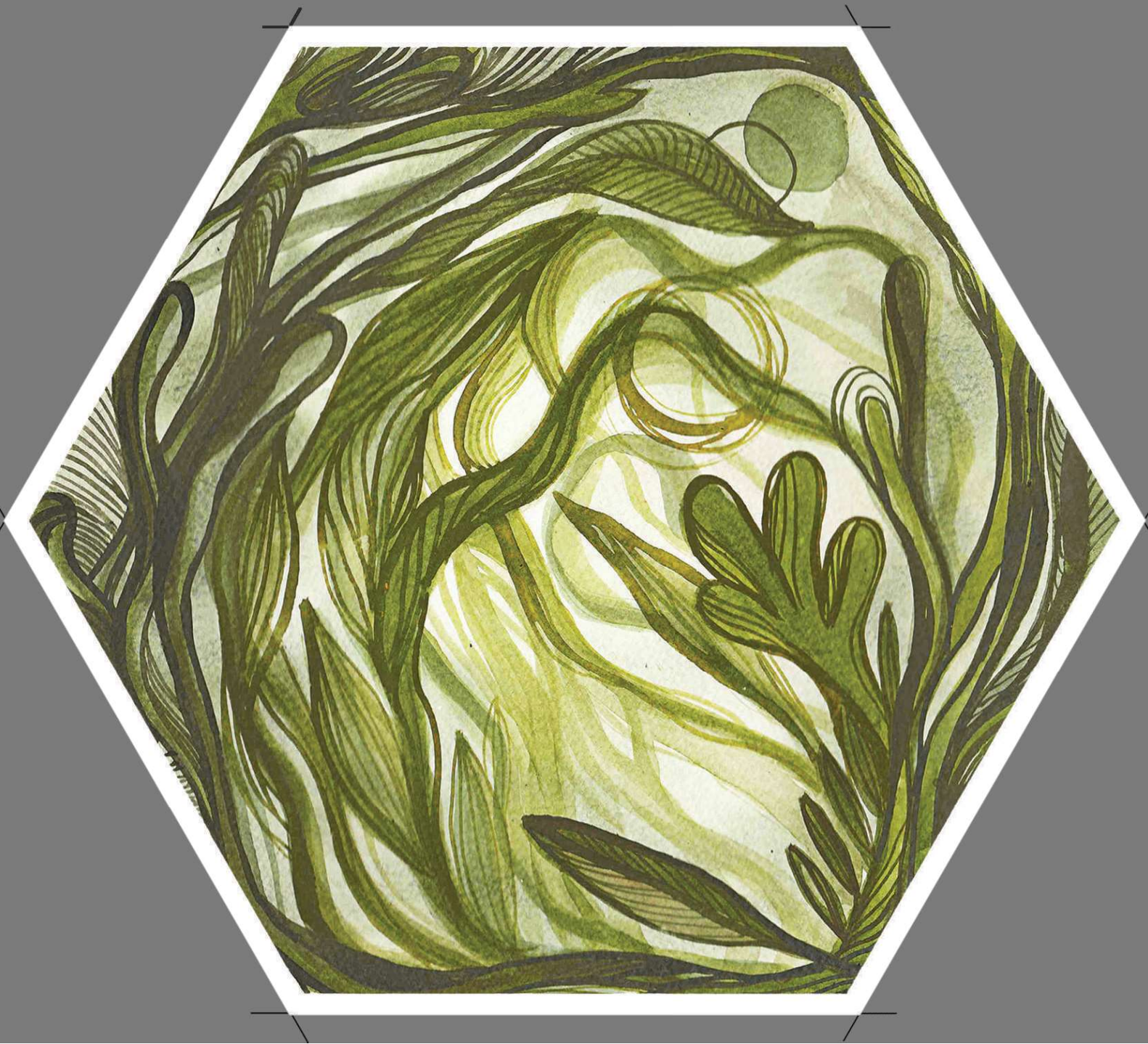
*My soul turns into a tree,
and an animal, and a cloud bank.
Then changed and odd it comes home.
And asks me questions.
What should I reply?*

/Hermann Hesse





*Can you
find the place where you can
open to whatever pain is present
without having to
experience it as suffering?*





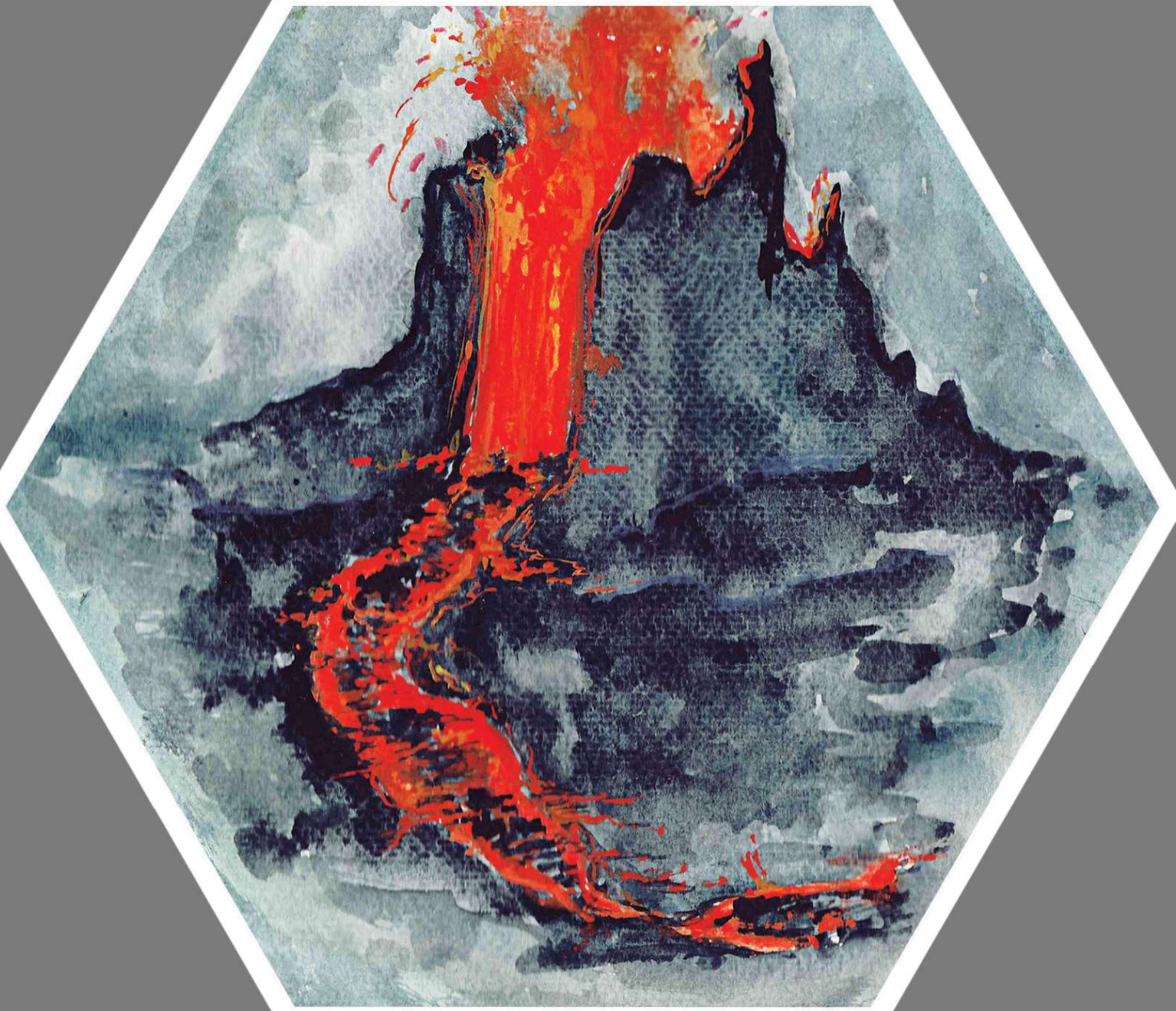
*How to take our true place in
the world ?*






*“You only have to let the soft animal
of your body love what it loves.”*

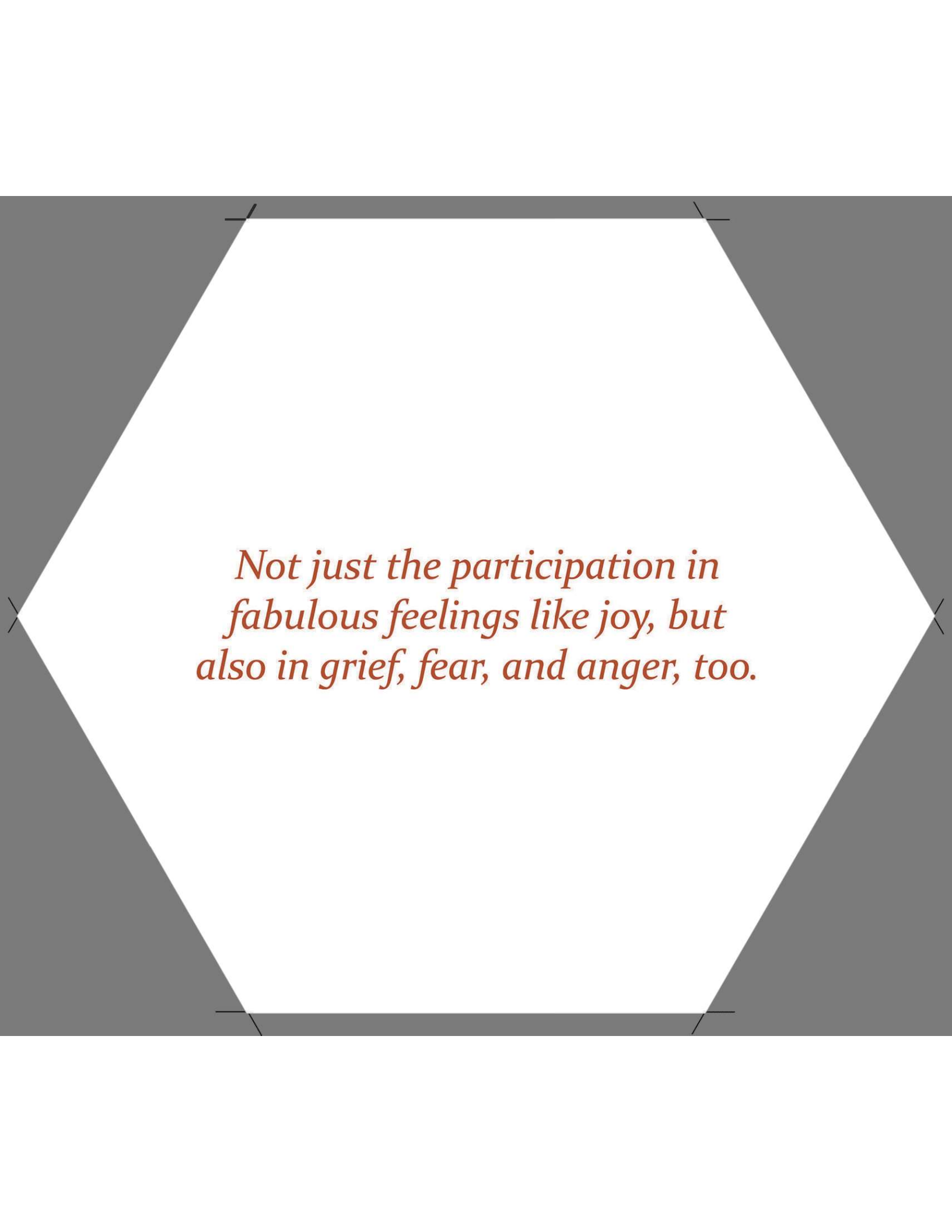
/ Mary Oliver





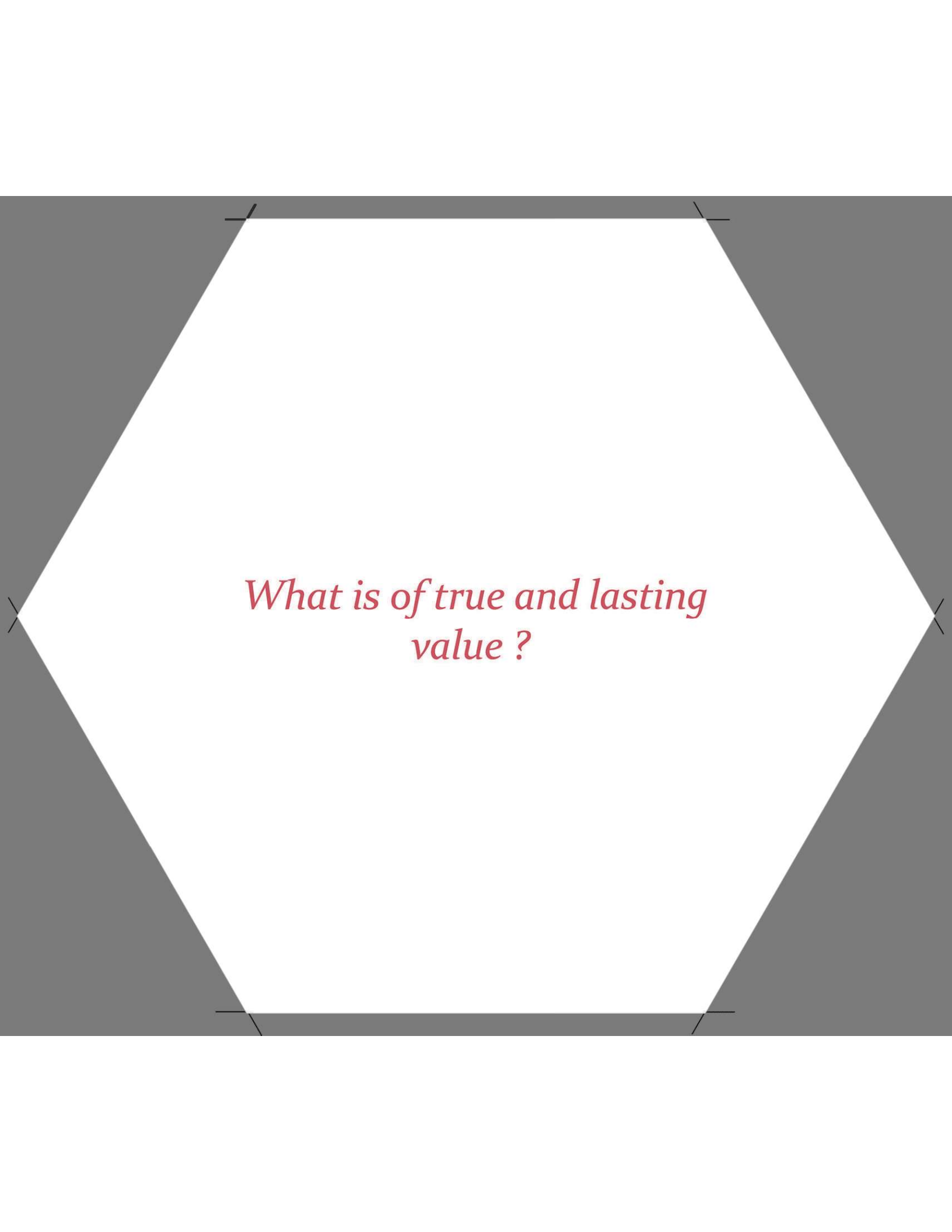
*We live
and breathe the sacredness and
pleasure of all the emotions.
All of them.*



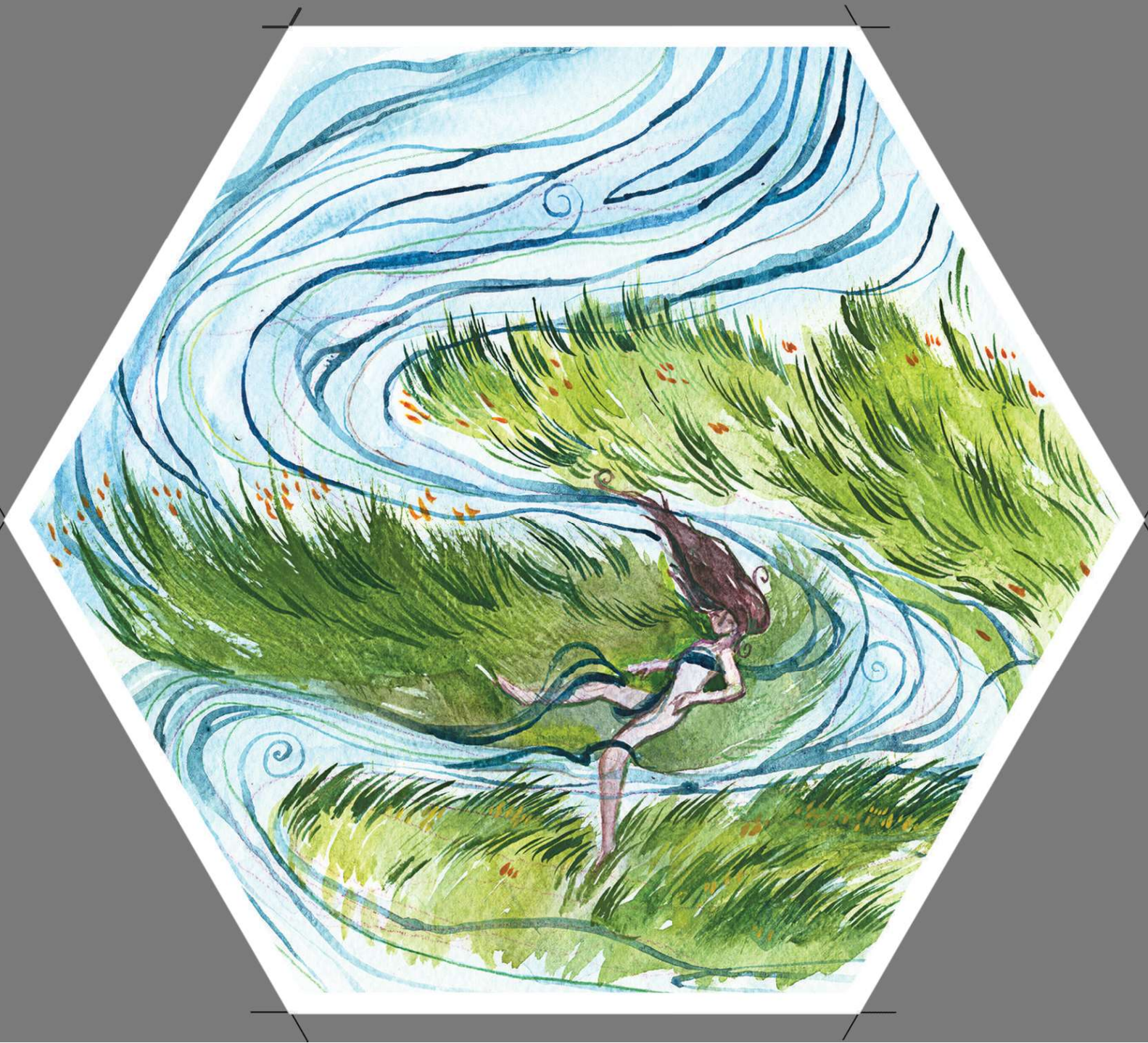


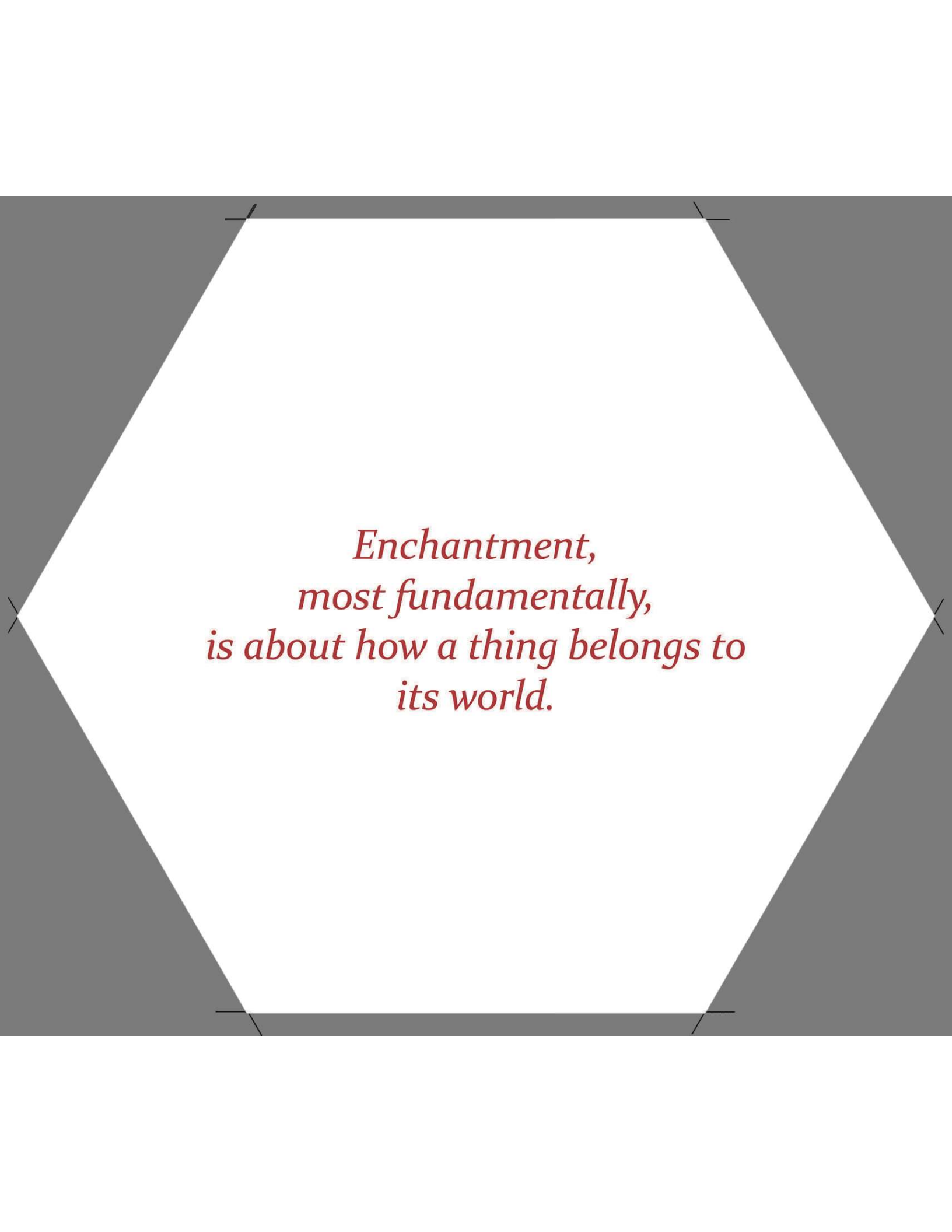
*Not just the participation in
fabulous feelings like joy, but
also in grief, fear, and anger, too.*





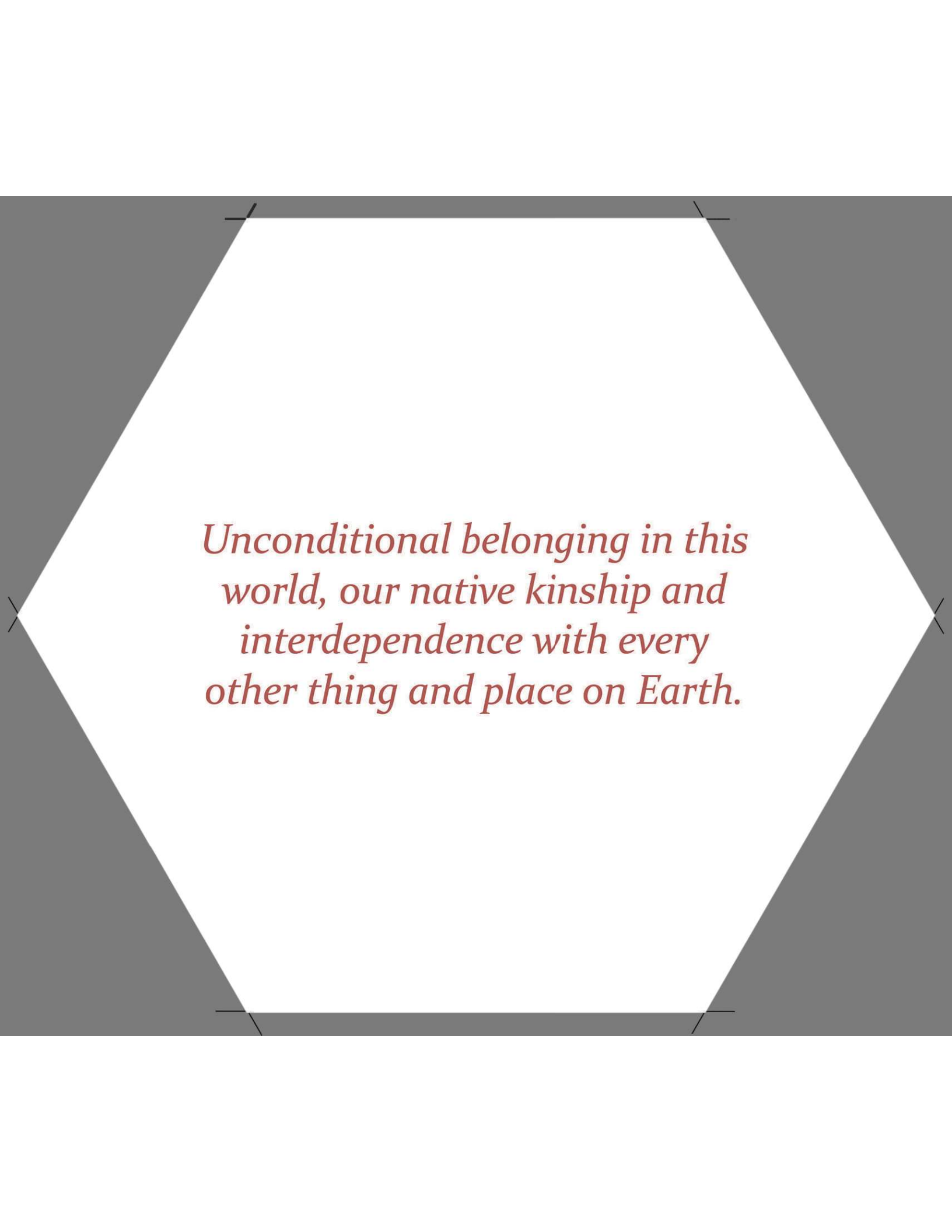
*What is of true and lasting
value ?*





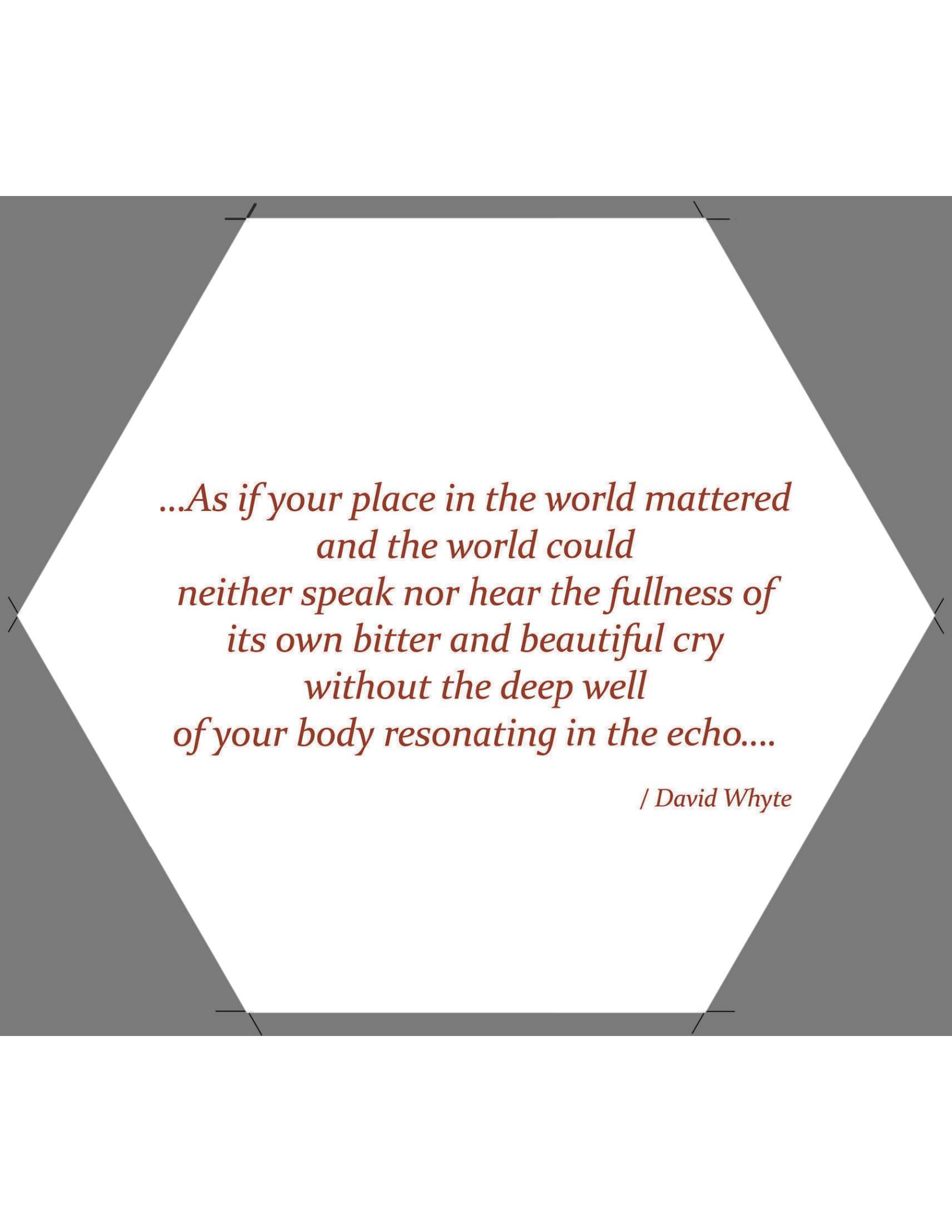
*Enchantment,
most fundamentally,
is about how a thing belongs to
its world.*





*Unconditional belonging in this
world, our native kinship and
interdependence with every
other thing and place on Earth.*





*...As if your place in the world mattered
and the world could
neither speak nor hear the fullness of
its own bitter and beautiful cry
without the deep well
of your body resonating in the echo....*


/ David Whyte





*Can you have a good laugh with
yourself?*





*To be fully human we must fully
inhabit our sensuous animal
bodies.*



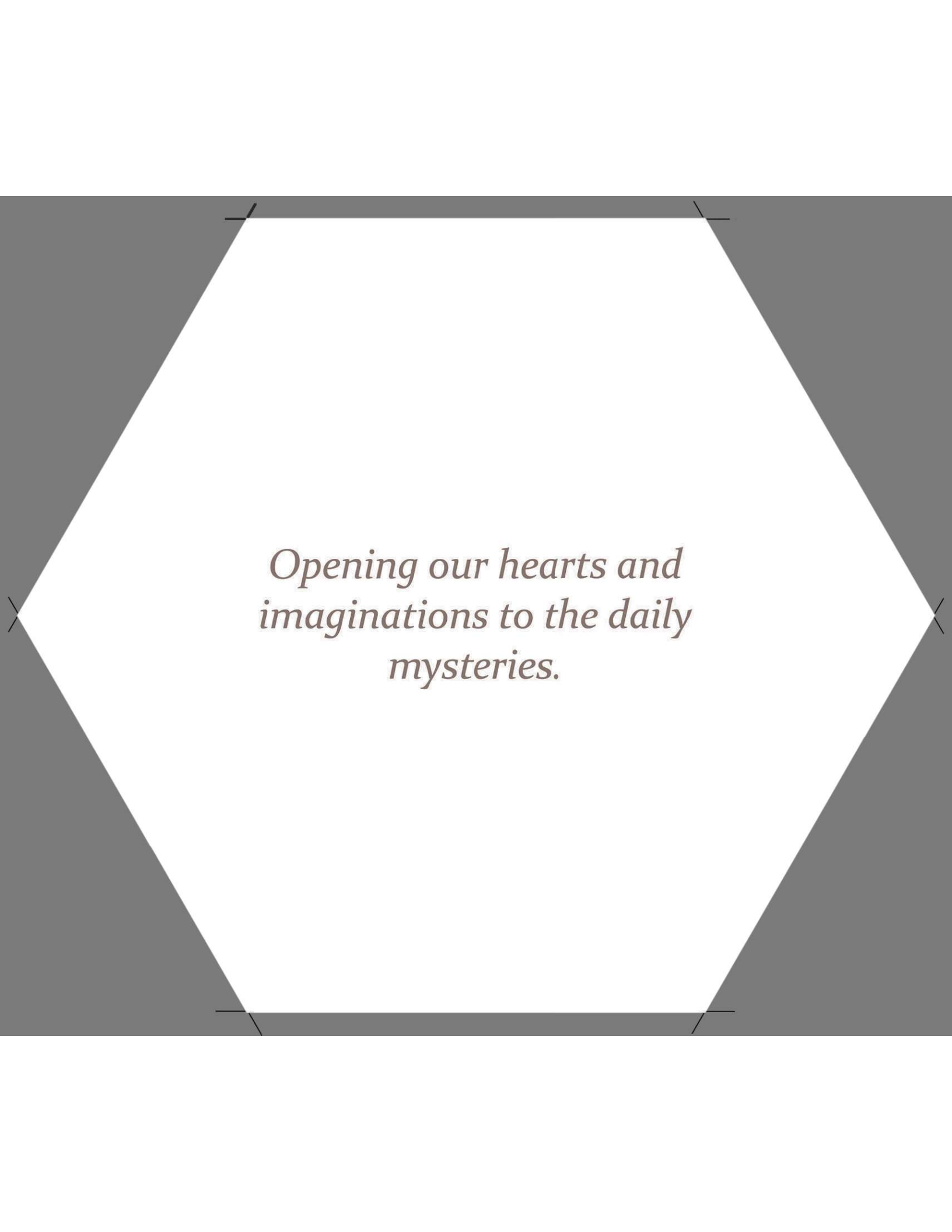


The answer is never the answer.



To love something is to
assist it to unfold and evolve,
and this requires a recurrent
dying to what it has
been.

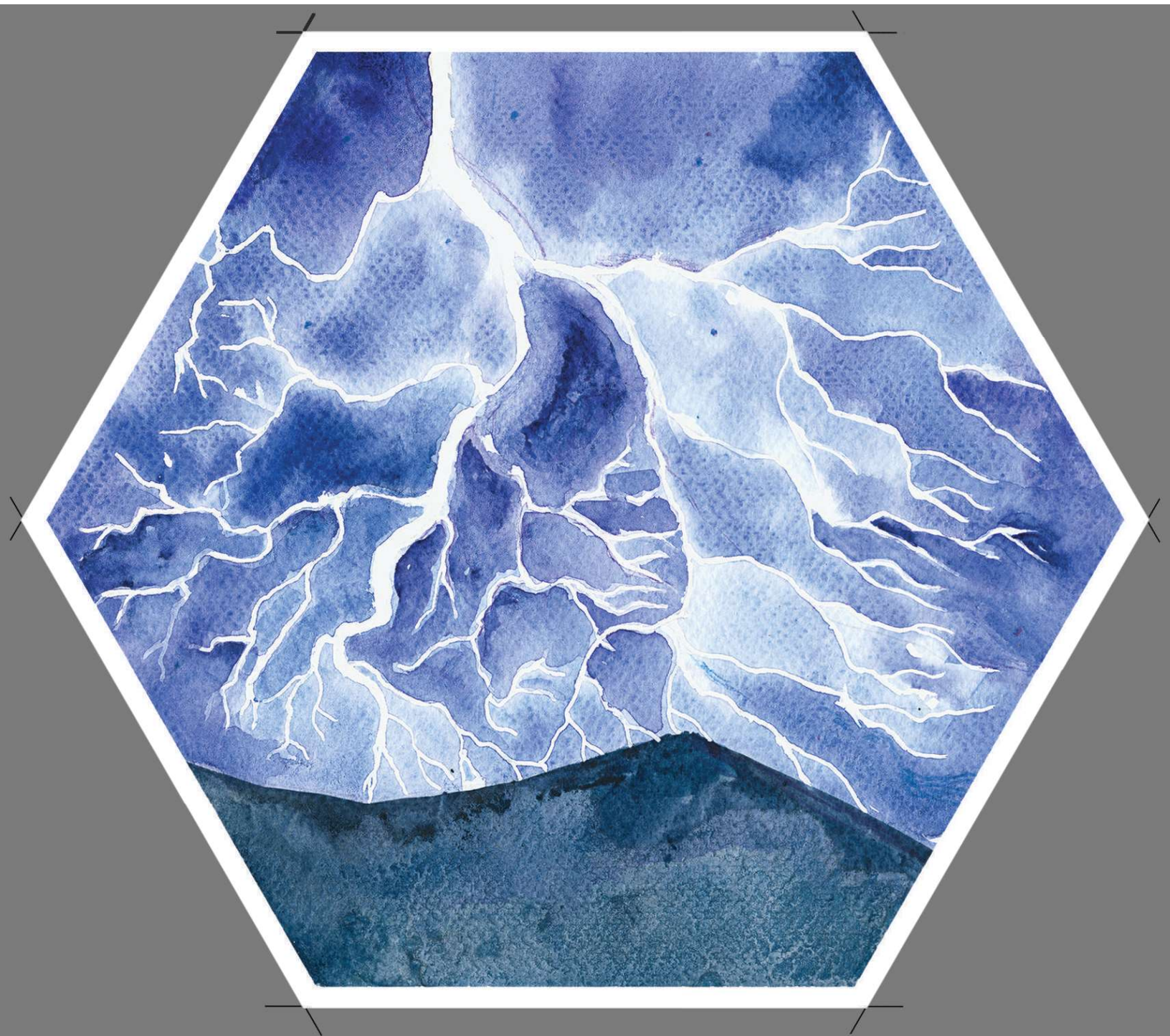




*Opening our hearts and
imagination to the daily
mysteries.*

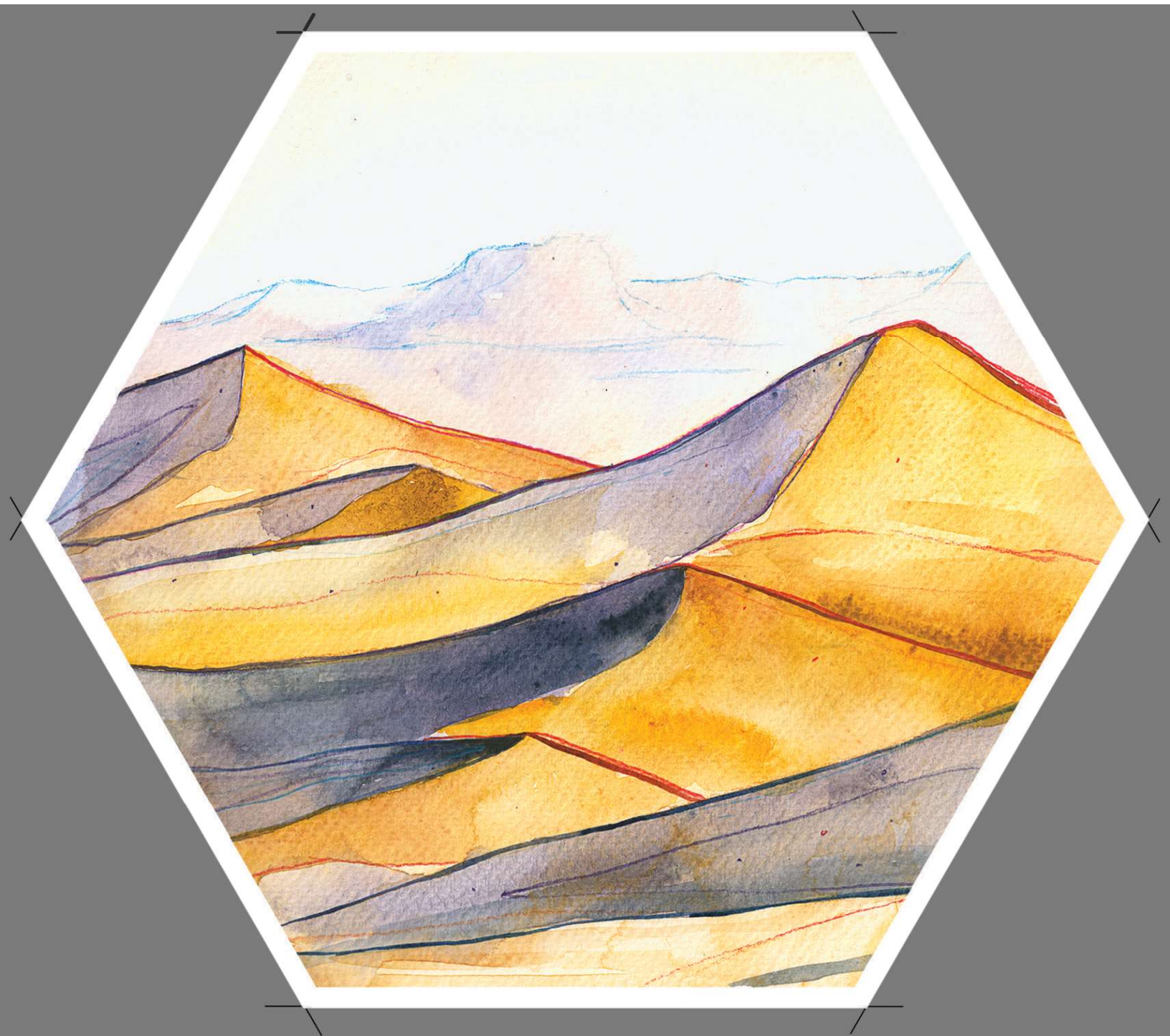


*The Muse is an inventive and
visionary hunter: a lover of
diversity, wildness,
revolution, evolution, and
transformation.*





*The need for mystery is greater
than the need for an answer.*





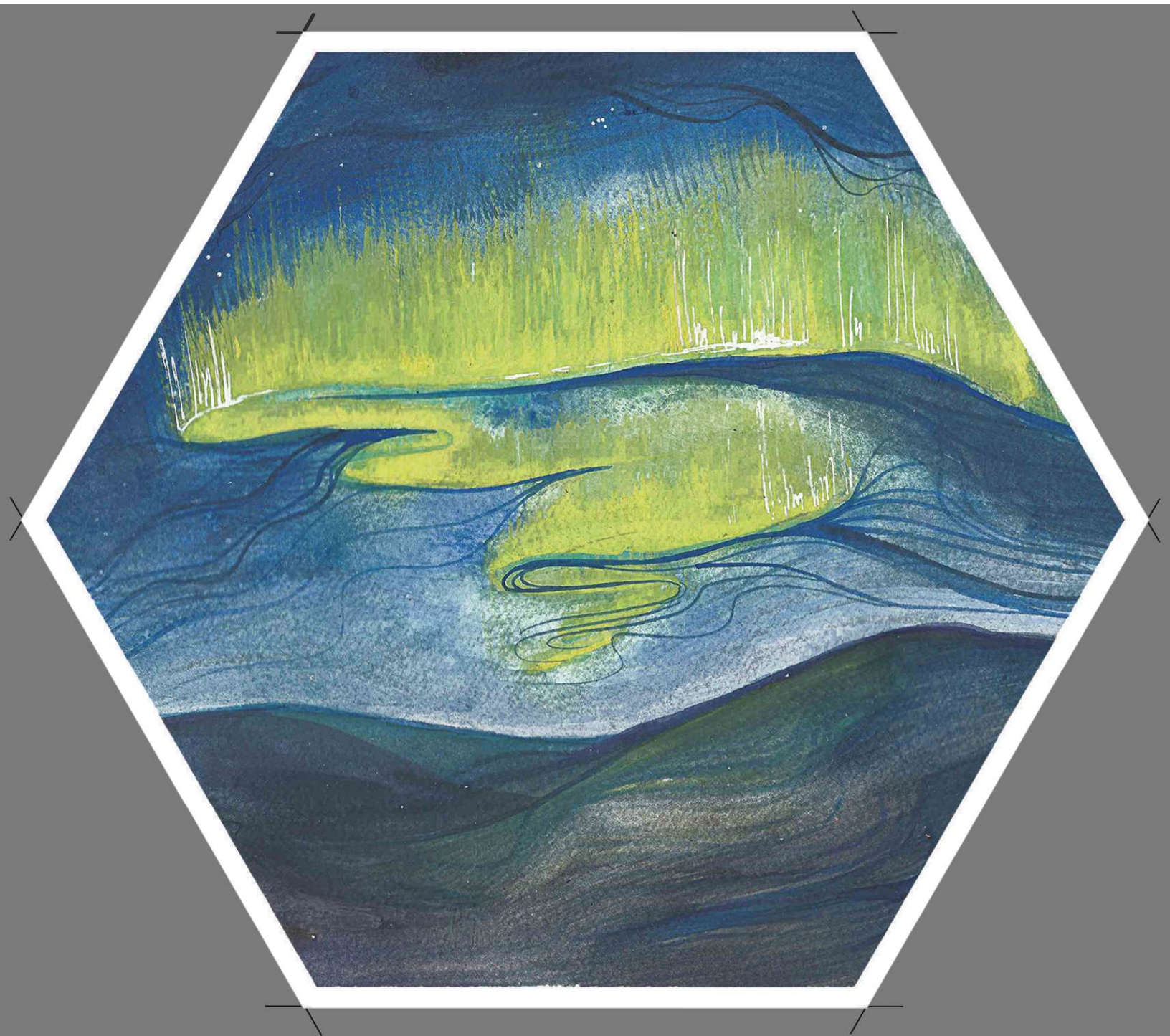
In fruitful darkness.






*“To the Eyes of the Man
of Imagination,
Nature is Imagination itself. ”*

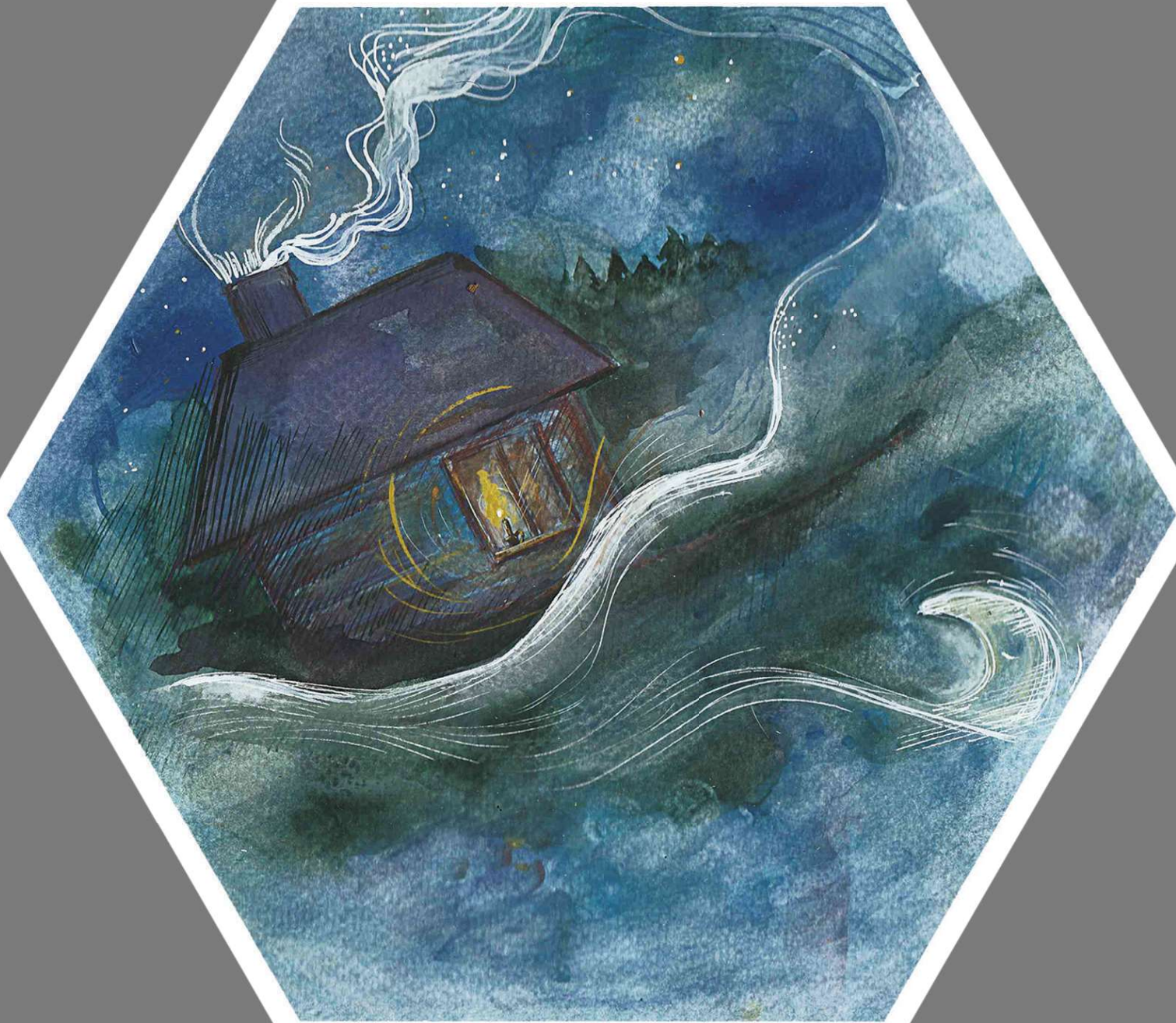
/ William Blake

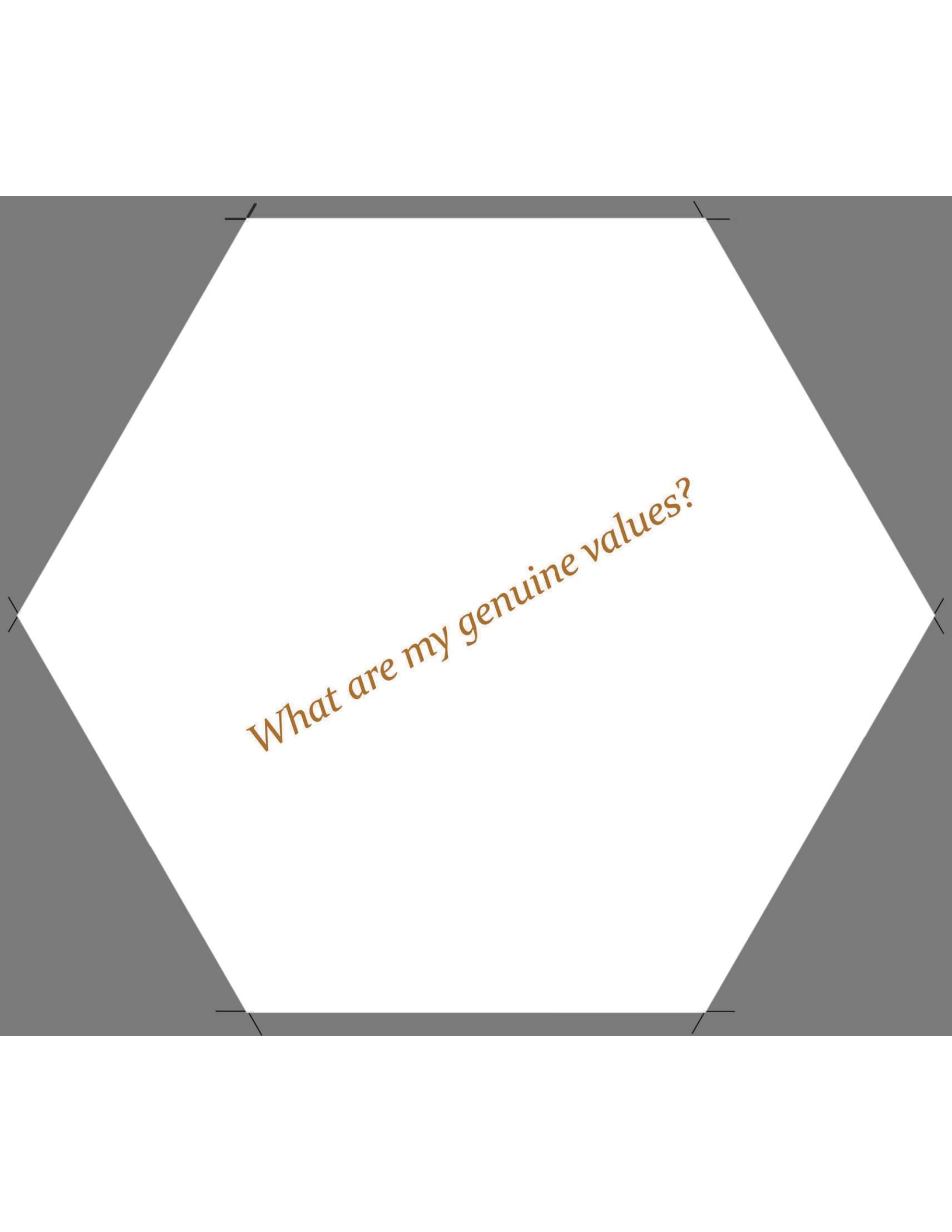




*We must become ignorant
of what we've been taught,
and be, instead, bewildered....*


/ Jelaluddin Rumi



A large white hexagon is centered on a dark gray background. The hexagon's vertices are aligned with the corners of the frame. At each of the six corners, outside the white hexagon, there is a small black 'X' mark, resembling a crop mark. The text 'What are my genuine values?' is written diagonally across the center of the white hexagon in a brown, serif font.

What are my genuine values?





*How might I praise or celebrate
what is good?*



Reflection card set
"Looking from within"

Artists:
Lauma Slinķe
Lelde Gusta

The quotes, poems and questions
are excerpts from the book
"Wild Mind: A Field Guide to
the Human Psyche"
by Bill Plotkin, Ph.D.



The Art of Wholeness
- innovative tools and practices
for inclusion of vulnerable young people



ACTIONS FOR CHANGE



Agency for International
Programs for Youth
Republic of Latvia



Co-funded by the
Erasmus+ Programme
of the European Union

Project is co-financed by European Union programme "Erasmus+".
The program is administrated by Agency of International Programs for Youth Republic of Latvia.

The European Commission's support for the production of this publication
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