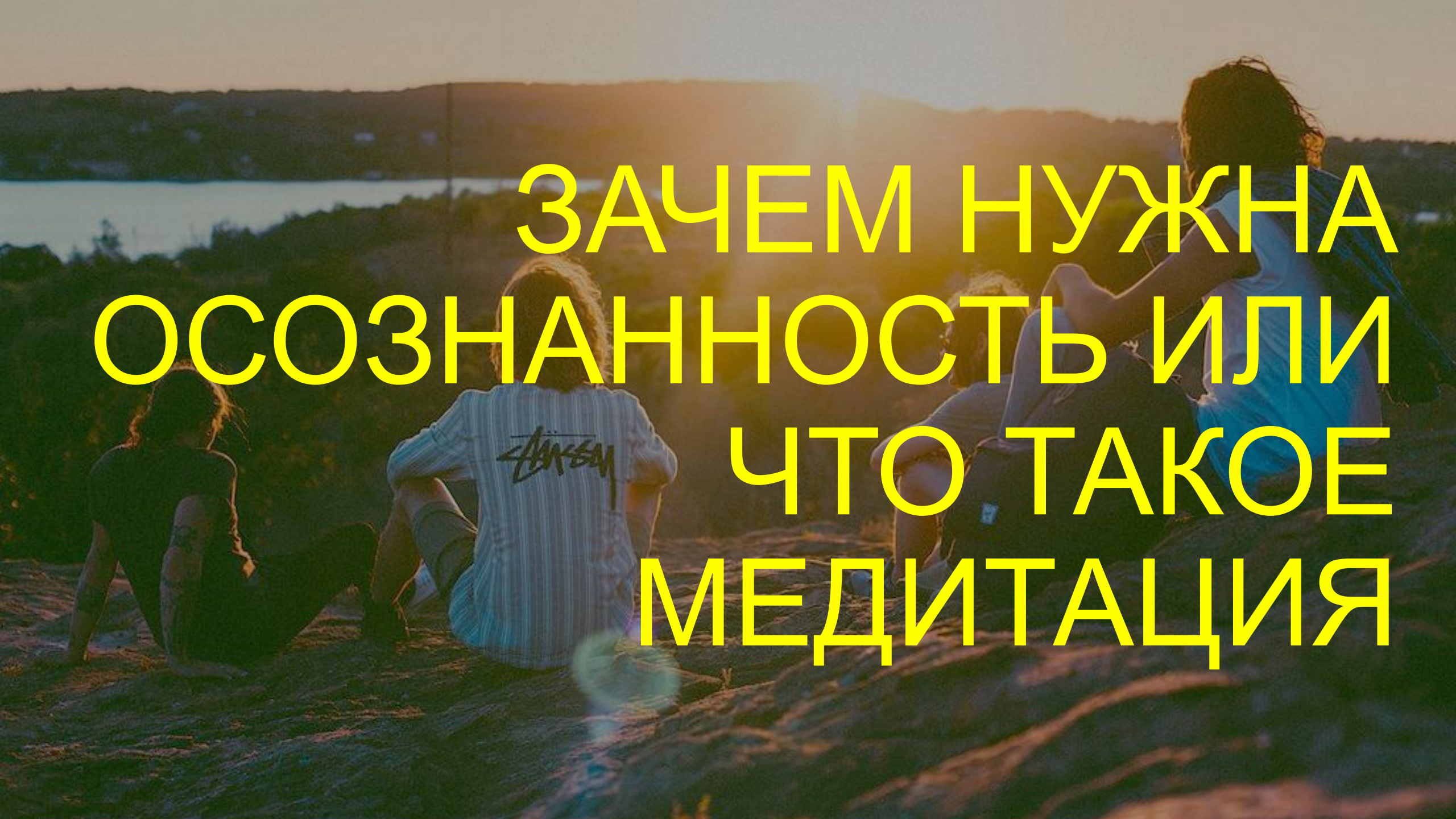
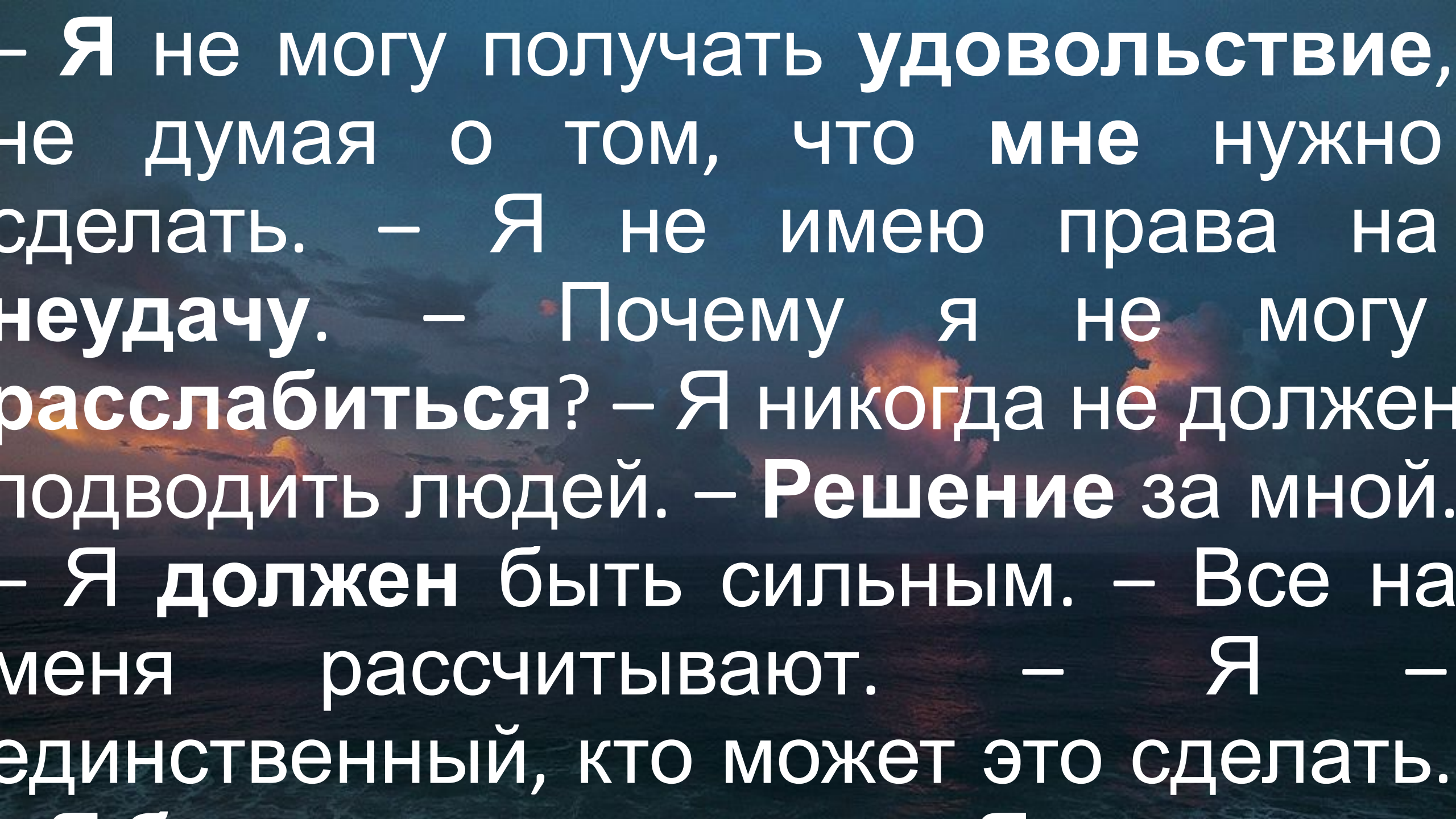


A photograph of three people sitting on a rocky shore, facing away from the camera and looking out at a body of water during sunset. The person on the left is wearing a dark top, the middle person is wearing a light blue and white striped shirt with a 'Stussy' logo on the back, and the person on the right is wearing a blue t-shirt. The background shows a calm lake and distant hills under a warm, orange-hued sky. The text 'ЗАЧЕМ НУЖНА ОСОЗНАННОСТЬ ИЛИ ЧТО ТАКОЕ МЕДИТАЦИЯ' is overlaid in large, bold, yellow capital letters.

ЗАЧЕМ НУЖНА ОСОЗНАННОСТЬ ИЛИ ЧТО ТАКОЕ МЕДИТАЦИЯ

- Навыки Стивина Кови перекликаются с идеей осознанности
- Есть хорошая книга про технику осознанности
- Максим Дорофеев вдохновлялся этими идеями и блогом Тима Урбана, а сейчас ездит по России и проводит мк «Как навести порядок в свои делах и как все успеть». Ответ на этот вопрос очевиден, никак. За мк он берет от 10000 и вы будете сидеть на последнем ряду без кофе брейка.



– Я не могу получать удовольствие,
не думая о том, что мне нужно
сделать. – Я не имею права на
неудачу. – Почему я не могу
расслабиться? – Я никогда не должен
подводить людей. – Решение за мной.
– Я должен быть сильным. – Все на
меня рассчитывают. – Я –
единственный, кто может это сделать.

A wide-angle photograph of a sunset or sunrise over a dark, choppy ocean. The sky is a deep, dark blue, with scattered clouds. Some clouds are illuminated from below by the low sun, creating a warm orange and yellow glow. The sun itself is a small, bright orange-red disk visible through a gap in the clouds near the horizon. The water in the foreground is dark with small, white-capped waves. The overall mood is serene and dramatic.

XM

A photograph of a dense forest with tall, thin trees. Sunlight is streaming through the canopy, creating a bright, hazy glow in the center of the image. The ground is covered in moss and fallen leaves.

МЕДИТАЦИЯ

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MOMENT





счастье

A photograph of two people performing a handstand in a vast, open landscape. The foreground is filled with a dense carpet of small, bright pink flowers. One person, wearing a teal jacket and dark pants, is in the foreground, upside down with their legs straight up. Another person, wearing a dark jacket and light-colored pants, is slightly behind and to the right, also upside down with their legs spread apart. The background features rolling hills and mountains under a cloudy sky, with some patches of snow visible on the distant peaks.

АКТИВНОСТЬ

A man in a white t-shirt and dark pants is embracing a woman from behind. The woman is wearing a brown dress and has her eyes closed. They are in a modern interior with large windows and a white railing. The word "ОТНОШЕНИЯ" is overlaid in large yellow letters.

ОТНОШЕНИЯ



ОСЛАБИТЬ ЗАВИСИМОСТЬ

ИММУНИТЕТ



A still from the animated film 'The Nightmare Before Christmas'. The scene is set in a dark, blue-toned landscape under a starry night sky. On the left, a young girl with long, flowing red hair is crouched down, looking towards the right. In the center-right, Jack Skellington, with his characteristic white, spiky hair and large, expressive eyes, is sitting on a large, dark, textured rock or mound. He is wearing his signature black suit and has a red bow tie. The overall mood is mysterious and slightly eerie, characteristic of the film's aesthetic.

МИФЫ

КРУОВОРОТ





ПРИРОДА МЫСЛЕЙ



КОНЦЕНТРАЦИЯ



A person with long blonde hair, seen from behind, is looking out of a train window. The hair is blowing in the wind. The background outside the window is a blurred landscape, suggesting the train is moving quickly. The person is wearing a striped shirt. The word "ПРОБЛЕМЫ" is overlaid in large yellow letters across the center of the image.

ПРОБЛЕМЫ

A first-person perspective from the back of a car, looking out over a rocky coastline. A dog is lying on a blanket in the back seat, and the person's feet in socks are visible in the foreground. The word "ЖИТЬ" is overlaid in the center.

ЖИТЬ

МЕДИТАЦИЯ

The image features a vast, dramatic sky filled with large, billowing clouds that are illuminated from below, giving them a golden, fiery appearance. The sky transitions from a deep blue at the top to a darker, more muted blue near the horizon. In the foreground, the dark, silhouetted outlines of rolling hills or mountains are visible against the lower part of the sky. The overall mood is serene yet powerful, suggesting a natural setting ideal for meditation.











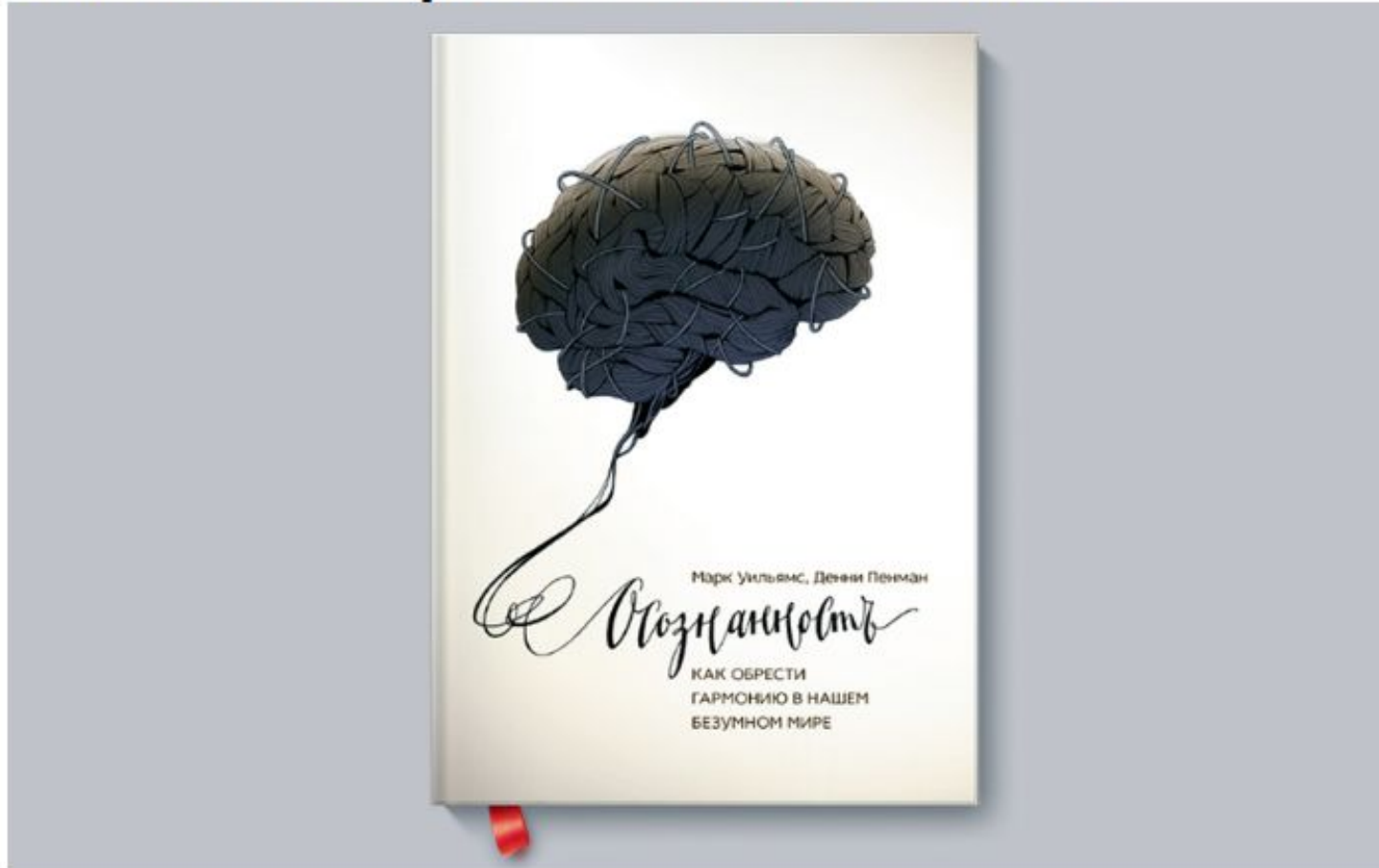








Осознание - сила: четыре способа обрести спокойствие



Почему современному человеку необходима осознанная медитация

Осознанность

Как обрести гармонию в нашем
безумном мире

Марк Уильямс и Денни Пенман



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