



## Fun – Introduction

The short films in the fun section are there to help you reflect on your reactions or behaviors to all kinds of situations. I hope they will give you a bit of energy and bring a smile to your face.

You can also use the films to observe the content of your mind by looking at the title of each film and considering how do you handle these many subjects.

If you notice anything, you write it down in your journal. Spontaneous thoughts can bring great insights if we notice and remember them.

The films are presented with a lightness of heart as self-reflection can be done in this fashion, it's comforting to realize that you can even look at tough things with a soft smile on your face, without being condescending to yourself or to others, but observing from loving acceptance.