

Mindfulness

تركيز كامل للذهن

Achtsamkeit

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Video Abstract and Photographic Documentation- Film Stills


Rooted in meditation techniques, the term mindfulness is often equated to “awareness, attention, intention, purpose, fullness.” In the museum context, it has served as inspiration for generating new visitor experiences, such as yoga and meditation or relaxing arts & crafts workshops. However, mindfulness in the museum can also be applied to the practices of the staff. When we contextualise it in this sense, we should focus on its characteristic of careful introspection. This means actively shaping and re-shaping your mindset, being reflective about your place in the museum as a practitioner, aware of your biases as an individual and as an institution. It’s an act of break-taking, questioning, and adaptation.

This mindset considers our practice as an act of perpetual improvement, of continuous-learning. This can be complicated, because it goes against the socially-conditioned impulse to act and react instantly, to offer answers and solutions. These moments of reflection are what give meaning to our work behind the scenes but they’re effects are also visible to visitors. We need to learn to identify the moments to step back and look at the bigger picture or to zoom in and highlight details. This is what I understand by being mindful.

We need to actively choose to be fully present.



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Was bedeutet Geschichte für mich?

 1884 kamen die ersten Deutschen nach Kamerun. Die Kolonialmacht hatte die Aufgabe, die Kolonien zu verwalten. Die ersten Jahre waren geprägt von Konflikten zwischen den Deutschen und den Bewohnern in Kamerun. Die meisten der ersten Deutschen suchten nach Gold. Die meisten der Deutschen aus Afrika sind heute in Kamerun. Die meisten der Deutschen sind heute in Kamerun. Die meisten der Deutschen sind heute in Kamerun.



und wollte von diesem Bündnis
 chnologen erwerbte Waffen und
 kommen ließ. Er nutzte die
 in sich einen Vorteil gegenüber
 reich zu verschaffen, das
 sich die Deutschen profitierten,
 zusetzten Objekte erwerben,
 teuer zu stehen.
 führte nach dem Ende der
 it in Kamerun zu Konflikten

Germany
 y, when the Germans arrived
 urged him to fight. He refused.
 the Whites," he said. Njoya
 king sought to gain from his
 chnologies and welcoming
 used German military support
 s, such as the Baka's kingdom,
 er, King Njoaga. The Germans
 by obtaining many of the
 ter coat King Njoya's death
 ans led to conflicts with the
 an colonial rule in Kamerun.





