A photograph of a person meditating in a lotus pose against a vibrant sunset sky. The sky is filled with warm orange, yellow, and red hues, with scattered clouds reflecting the light. The sun is visible in the lower center. The silhouette of the meditating person is on the left.

**1-1) The Hanasoul Dimensions**

**Holy Spirit**

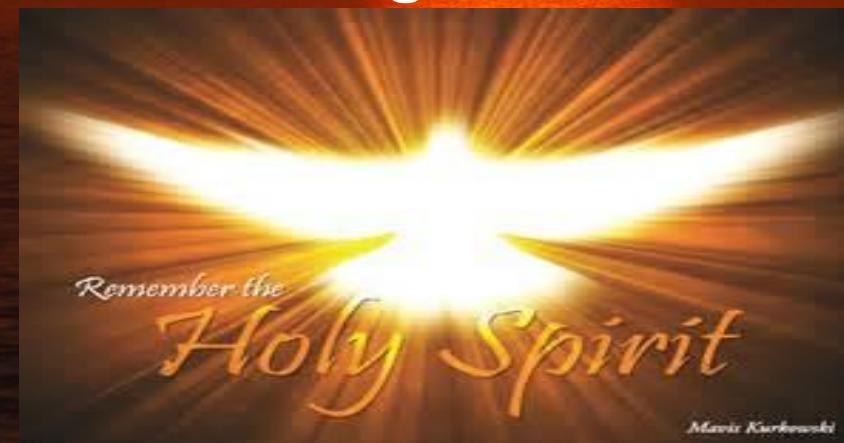
**The Mindfulness of Hanasoul**

# 1-1-1) The Fruits of the Holy Spirit The Mindfulness of Hanasoul

**Galatians 5:22-23 - New Testament**

**“22 - But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness”**

**“23 - gentleness and self-control. Against such things there is no law.”**



# 1-1-2) The Fruits of the Holy Spirit

## The Mindfulness of Hanasoul

- 1) Love 爱 2) Kindness 善良 3) Gentleness 温柔
- 4) Peace 平和 5) Patience 忍耐 6) Self-control 自我控制
- 7) Joy 喜悦 8) Goodness 善良 9) Faith 信仰



# The Ten Commandments

The End

