



Tulip Fields, Amsterdam, Netherlands

**By planting seeds of peace deep in the heart, you create a garden of good wishes.**

## Adjusting

Each day we face new situations - nothing remains the same. When we learn to adapt we are happy, whatever the situation may be. If we don't think too much we are able to experience the pleasure of adjusting ourselves. Where we have a rigid nature, we will not be happy. When things change demanding us to adapt and adjust, we need to make sure that we enjoy that too. We need not ask what happened or why it happened, but just enjoy the change which has something new to teach.

### Negative Control And Positive Influence

**The power of influence in relationships is extraordinary, but it practically disappears when we try to exercise control and force.**

You can influence anyone positively in many ways:

- \* **encouraging,**
- \* **sharing,**
- \* **listening,**
- \* **communicating in the right way.**

In '**negative control**' we generate stress, frustration and anger. In '**positive influence**' the energy flows in a relaxed way with harmony and is not threatening, respecting each one for their specialty and allowing each one to be as they are.

In order to influence positively we need the power of discrimination and judgement in relation to what to say and what to do e.g. when you believe that the other person is the problem; generally the problem is not what others say or do, but rather how you perceive them.

The way that you judge is what creates your negative feelings about them. **We have the choice to perceive others as a threat, as a problem, or as an opportunity;** an opportunity for learning, for change, for dialogue and understanding. We can choose to have compassion (kindness); to feel that the other is a problem indicates a lack of compassion.

## Soul Sustenance

### Important Understandings on Reincarnation (Part 1)

1. The soul has a separate identity from any of the bodies it adopts.
2. The human soul does not take a birth/body of any animal species, just as a lemon seed does not grow into a mango tree. The human soul always takes a human body e.g. if the soul of a cow was to take the birth of a human, wouldn't it carry *sanskars* of performing all actions like a cow into its human birth – how would it then function through the human body.
3. The various lives or births of a soul are like different episodes of a television serial, all different, yet connected with each other.
4. The cycle of action and reaction is never-ending. The soul must continue to play its entire role until all it has received the fruits for all its actions. This may require more than one body.

(To be continued tomorrow ...)

## Message for the day

### To finish excuses is to take up full responsibility.

**Expression:** To take up responsibility means to be ready to bear the consequences of the action done. The one who is responsible will never give excuses, but will be able to take the responsibility of correcting the situation. Under all circumstances, such a person will be able to give his best without situations hindering his output.

**Experience:** When I am responsible, it is not important for me why a mistake happened, but it is more important for me to find a method so that I am able to rectify what has gone wrong. So when I am responsible I am neither worried nor concerned too much for whatever has happened. On the other hand I am able to work with lightness to improve the situation.

